



Northern Neck Sentinel™

The Voice of The People

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Volume 7 - Edition 10 - November 2024
FREE TAKE ONE



(L to R) Chinese President Xi Jinping and Russian Vladimir Putin

AMERICA'S ADVERSARIES ARE ROOTING FOR KAMALA HARRIS

Fred Fleitz

Although America's ferociously anti-Trump media refuses to admit it, there is a powerful group of people who cannot vote in the U.S. presidential election but are rooting for Kamala Harris to win: the leaders of China,

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Photo Credit: screensavergift.com

THE FINAL BATTLE FOR AMERICA'S SOUL

John Haynes, Jr.

One nation under God. Many of you will recognize that sentence as one of the final stanzas of the Pledge of Allegiance that those of my generation recited every morning at school and at nearly all public gatherings. Although the Pledge is still

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(L to R) NNS Editor John Haynes, NNP Chairman Tom Jeffries, Member Cheryl Johnson, J6er Jon Mellis, Member Maurice Johnson and Member Carol Brinson [Photo Credit: Jenn Baker]

NORTHERN NECK PATRIOTS J6 VIGILS MARK THEIR SECOND ANNIVERSARY

John Haynes, Jr.

On January 6th, 2021 a vast crowd estimated at over a million people gathered in Washington D.C. for what was called a "Stop the Steal Rally". The rally was intended

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Photo Credit: video.foxnews.com

HERE WE GO AGAIN

Craig Shirley

When the Democrats lose next Tuesday, they will be saddled with and searching for yet another excuse as to why they lost. Again.

Democrats. obsessed with power, naturally see

CONTINUED ON PAGE 15



(L to R) Presidential Candidates Kamala Harris and Donald Trump [Photo Credit: Associated Press]

ELECTION 2024 THOSE WHO LECTURE VERSUS THOSE TIRED OF BEING LECTURED

Victor Davis Hanson

The election is finally shaping up to be not only liberal

CONTINUED ON PAGE 17



U.S. Supreme Court nominee Judge Neil Gorsuch testifies at his Senate Judiciary Committee confirmation hearing on Capitol Hill in Washington on March 21, 2017. [Photo credit: Joshua Roberts/Reuters]

A MUCH-NEEDED BONFIRE OF REGULATIONS

Jeffrey A. Tucker

The word "deregulation" is back, thanks mostly to Tesla CEO Elon Musk's strong emphasis on this as essential to restoring America's prosperity. There are too many regula-

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Observations



John Haynes Jr., Editor



Photo Credit: usatoday.com

IT'S TIME TO TAKE OUT THE REAL "GARBAGE"

John Haynes Jr.

By now most of you have heard the remarks by President Biden characterizing Trump supporters as "garbage." This should hardly be a surprise considering how previous Democrat presidents have referred to Trump supporters, largely composed by the middle class.

When I was growing up this type of attitude was referred to as snobbery. Who can forget Obama characterizing rural Pennsylvania trump supporters thusly: "You go into these small towns in Pennsylvania and, like a lot of small towns in the Midwest, the jobs have been gone now for 25 years and nothing's replaced them... They get bitter, they cling to guns or religion or antipathy to people who aren't like them or anti-immigrant sentiment or anti-trade sentiment as a way to explain their frustrations."

No Barry, it has nothing to do with guns, religion or anti-immigrant sentiment. It has everything to do with failed government policies by American hating bozos like you. Needless to say, Democrat Presidential candidate Hillary Clinton had a similar take on the American middle class.

During a fundraiser in New York she solemnly intoned: "You know, to just be grossly generalistic, you could put half of Trump's supporters into what I call the basket of deplorables. Right?" Clinton said. "The racist, sexist, homophobic, xenophobic, Islamaphobic—you name it. And unfortunately there are people like that. And he has lifted them up."

She later amped it up even further by using the term "ir-

redeemable." So, not only are Trump supporters deplorable but they are beyond redemption." Thankfully, our creator doesn't feel the same way. Incidentally, Clinton has never apologized for her crass remarks.

As far as Biden's latest snafu (and there are many) they were prompted by a bad joke told by a comedian named Tony Hinchcliffe at a Trump rally several hours before Trump spoke. He referred to Puerto Rico as "floating island of garbage in the middle of the ocean.". The crowd booed his remarks but the remark was actually a reference to an ongoing problem that Puerto Rico actually does have with trash. According to an October 30th article on The EnvironmentalBlog.org:

"Puerto Rico is grappling with a pressing trash problem that's not just a visual blight, but a serious threat to its stunning landscapes, marine life, and the environment. The urgency of this crisis is underscored by its far-reaching impacts on health, tourism, and the economy. Let's delve into the reasons behind this crisis, its profound effects on Puerto Rico, and the ongoing efforts to restore the island to its former glory."

Although Hinchcliffe's joke was in poor taste it had nothing to do with Trump and was based on facts. Biden used this as an excuse to once again attack Trump supporters who he regularly describes as "fascists" and "chumps".

Needless to say, Trump was all over it and



Photo Credit: conservativenewsdaily.com

within a day did a photo op sitting in a garbage truck and mocking Biden for his crude gaffe. Despite Trump's faults he never attacks Biden's supporters in a personal way but seeks to convince them by citing the disastrous turn our nation has taken during the Biden administration. His efforts have had a dramatic effect on the polls.

For those of us living in Virginia there was shocking news from a poll taken by Chism Strategies that was released on November 2nd. According to a related article by Brannon Miller:

"Virginia has the most surprising result of the three states we surveyed. While there have been few surveys of the state, those we have seen have



mostly shown Harris performing close to Biden's 2020 numbers and Tim Kaine running significantly ahead of Harris.

However, our survey tells a different story, with Harris up by .7% (45.2%-44.5%), a statistical tie, and Kaine not leading his Republican opponent Hung Cao by much more (46.4%-44.9%)."

I have always said that Virginia would be a heavy lift for Republicans but if Trump is this close in a state that Biden won by 10 points in 2020 November 5th could be a good day for the American middle class to finally take out the real "garbage".

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FINAL BATTLE, CONTINUED FROM PAGE 1

recited in some schools, that too will end if Kamala Harris is elected as president.

Never in the history of our great nation has there been such an openly anti-American presidential candidate. Although Obama was also anti-American, he emerged in a much more traditional age and had to be careful in disclosing his true identity. When he first stated his intentions to “fundamentally transform America” many incorrectly understood that he meant to improve America for the better.

That false assumption allowed Obama to incrementally impose his will with the eager assistance of the legacy media, social media platforms, academia, various federal agencies, the Deep State and many other American institutions.

This “march through the institutions” began in the early 20th century and was led by radical Marxists such as Herbert Marcuse and other acolytes of the German Frankfurt School of Critical Theory that was the forerunner of Critical Race Theory and other radical doctrines.

The proponents of the Frankfurt School were so radical that they had to flee Germany after the rise of Hitler because even Hitler would not tolerate their extreme doctrines. Can you imagine being too radical for Hitler?



Herbert Marcuse [Photo Credit: richardsonpost.com]

According to a 2023 article by Gary Demar in The American Vision, a Biblical Worldview Ministry:

“There was a radical worldview shift in the 1960s. What was its foundational source? Those pushing for an overthrow of the establishment learned a great deal when their radical and often violent actions failed to accomplish their stated goals to bring down the system and turned most of the population against them and their tactics. In time, the radicals understood it would be necessary to capture the institutions without ever firing a shot or blowing up another building. Roger Kimball captures the tactic well in his book *The Long March: How the Cultural Revolution of the 1960s Changed America*: “The long march through the institutions signified in the words of [Herbert] Marcuse, ‘working against the established institutions while working in them’. By this means—by insinuation and infiltration rather than by confrontation—the counter-cultural dreams of radicals like Marcuse have triumphed.” [1]”

The long march through the institutions has taken decades to reach fruition and America is now about to make an existential choice. A few months ago, I considered moving back the scheduled print date for this edition as it was scheduled too late to include the election results. Then it occurred to me that the election results could take several days to determine.

And sure enough, in mid-October Pennsylvania election officials announced that the results of the November 5th election could take several days to tabulate. This situation occurred in the 2020 election as described in a Washington Post article published in October as follows:

“When the polls closed on election night in 2020, President Donald Trump appeared to be winning Pennsylvania. But over the next several days, as officials counted mail-in ballots, his lead shrunk and then disappeared. By Saturday, Joe Biden was the clear winner of Pennsylvania — and with it, the presidency.

The protracted counting process left a days-long vacuum that Trump filled with demands to stop counting the ballots while he was still ahead, declaring victory in Pennsylvania and building the false narrative that the mail-in votes were fraudulent. It became a core part of the false narrative that helped propel Trump’s “Stop the Steal” crusade and spurred election denialism among his allies and supporters that has continued to this day.

The delay was caused by a quirk of Pennsylvania’s election law, which forbids the opening of mail-in ballots until 7 a.m. on the day of the election. The narrow Election Day vote margins in 2020 coupled with the unprecedented number of people voting by mail because of the pandemic created a massive backlog and left election officials racing to finish the count. Pennsylvania, one of the most hotly contested battleground states, is one of only seven states, including another battleground, Wisconsin, that doesn’t allow pre-canvassing — the act of opening and processing mail ballots ahead of Election Day. In 2020, 27 states allowed pre-canvassing. Since then, 16 more states have passed laws permitting it.”

In the week before the election the “Steal of 2024” was in full swing with instances of Democrat cheating being discovered across the nation. Pennsylvania was a hub of deceit and, according to an October 29th article in the Washington Examiner:

“Former President Donald Trump took to social media this week to lambaste claims of voter fraud in two Pennsylvania counties in the closing days of the 2024 election cycle.

“Wow! York County, Pennsylvania, received THOUSANDS of potentially FRAUDULENT Voter Registration Forms and Mail-In Ballot Applications from a third party group,” Trump wrote on Truth Social Monday evening. “This is on top of Lancaster County being caught with 2600 Fake Ballots and Forms, all written by the same person.”

Pennsylvania also had problems with election officials closing voting lines early and turning away voters. Republican officials filed suit and the judge ordered the voting sites to reopen so that all of those who wanted to vote could do

so.

In Virginia a federal judge ordered the names of 1,500 self-admitted illegal aliens, to be placed back on the voter rolls despite the fact that the law mandating the removal that was signed then Democrat governor Tim Kaine. In response, Youngkin issued the following statement:

“Let’s be clear about what just happened: only eleven days before a Presidential election, a federal judge ordered Virginia to reinstate over 1,500 individuals—who self-identified themselves as noncitizens—back onto the voter rolls. Almost all these individuals had previously presented immigration documents confirming their noncitizen status, a fact recently verified by federal authorities.

This is a Virginia law passed in 2006, signed by then-Governor Tim Kaine, that mandates certain procedures to remove noncitizens from the voter rolls, with safeguards in place to affirm citizenship before removal—and the ultimate failsafe of same-day registration for U.S. citizens to cast a provisional ballot. This law has been applied in every Presidential election by Republicans and Democrats since enacted 18 years ago.

Virginia will immediately petition the Fourth Circuit Court of Appeals and, if necessary, the U.S. Supreme Court, for an emergency stay of the injunction.”

On October 28th Virginia appealed to the Supreme Court to block the ruling. Does anyone think that this would have happened if illegals were likely to vote Republican? Fortunately, the Supreme Court reversed the federal judge’s ruling on October 30th but it is disgraceful that any judge would try to tip the scales with such a partisan ruling.

The types of laws that allow these situations would not be allowed in a fair process but elections in America are more rigged than any time in our history. Because of that, and probable delays in Michigan, Wisconsin and other states I chose not to delay publication of this edition.

Another factor in my decision was the announcement by the State of Georgia that overseas ballots won’t be fully collected until three days after the election and Arizona has already announced that they anticipate delays. Shades of 2020!

In a recent NBC interview Kamala Harris crowed that she has teams of lawyers lined up to litigate election issues and again attacked Trump for inciting violence on 1/6/21 that resulted in the deaths of policemen. No police officers died that day or were even seriously injured. One cop did die the day afterwards of a stroke exacerbated by a lack of proper medical attention. His name was Brian Sicknick and he was a Trump supporter.

Over the past several months damning evidence has emerged from Freedom of Information requests, whistle blowers and real investigative journalists such as Julie Kelly and Darren Beattie revealing that the whole January 6th debacle was a highly coordinated effort to distract from claims of a rigged election and to use the full force of government and their corporate surrogates to destroy any who dared to challenge their treachery.

Nowhere is this more evident than the systematic abuse



George Floyd Riots [Photo Credit: cityam.com]

FINAL BATTLE, CONTINUED FROM PAGE 3

of the J6 hostages. During the violent George Floyd riots in the summer of 2020 there was massive violence and destruction but only a very small percentage of those involved were actually charged and those who were received ludicrously lenient treatment. The J6ers had no such luck. According to a post on policemag.com:

“Looting and arson were common during the period studied. The 68 cities and counties reported that they experienced 2,385 incidents of looting and 624 incidents of arson, including 97 police vehicles burned.

More than 2,035 law enforcement officers were injured at the protests and riots during the time frame studied. The most common weapon used by the rioters against officers in the reporting cities and counties were thrown projectiles, including rocks, bricks, glass bottles, and frozen water bottles. The report says violent protesters often used a front line of peaceful protesters as human shields while they assaulted officers with thrown objects.

Officers were also commonly assaulted with commercial fireworks, impact weapons, and lasers targeting their eyes. Nearly half of the respondents said rioters had used incendiary devices. MCCA reports that some rioters used the tactic of throwing firebombs behind the officers so that they could be trapped between barriers built by the mob and the flames. A little more than half of reporting jurisdictions said they had encountered firearms during the protests and riots. One agency reported that four of their officers were shot by rioters.”

The real reason for the hugely disproportionate response to the Stop the Steal Rally was that if the rampant cheating that occurred in the 2020 Presidential Election was disclosed the Democrat Party could not foist their idiotic, anti-American policies on an unwilling public and the rights of individual citizens would be restored. This would wrest power from the Uniparty elites and that could not be allowed.

Those same elites also know that a return to the White House by Donald Trump would reverse the march through the institutions as America awakens to the horrors of Socialism embodied by the increasingly radical and unhinged Democrat Party.

All of this was predicted by our founders, including Ben Franklin who, when asked what kind of new country we would have, answered: “A Republic if we can keep it.”

On January 27, 1838 in an address to the Young Men’s Lyceum in Springfield, Illinois, Abraham Lincoln stated, in part: “At what point then is the approach of danger to be expected? I answer, if it ever reach us, it must spring up amongst us. It cannot come from abroad. If destruction be our lot, we must ourselves be its author and finisher. As a nation of freemen, we must live through all time, or die by suicide.”

Even the Bible preordained our current dilemma in Ephesians 6:12 which states: “For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

As the days wound down to the election the leftists became frenzied, calling Trump and his followers fascists, calling Trump Hitler and encouraging violence against him. Even after Trump survived two assassination attempts their calls for violence continued. As this article goes to publication just two days before the election one thing is for sure. We are in the final battle for America’s soul.

J6 VIGIL, CONTINUED FROM PAGE 1

to peacefully protest massive cheating by the federal government, various state governments, members of print broadcast and social media and anti-American organizations in the November 2020 election.

Although the vast crowd was primarily composed of Trump supporters, there were also many members of Antifa and other anti-American groups as well as hundreds of undercover “assets” aka agitators drawn from various state, federal and D.C. law enforcement agencies.

During a congressional hearing Louisiana congressman Clay Higgins confronted F.B.I. director Christopher Wray with an assertion that at least 200 undercover assets were present and heavily involved in the rally but Wray refused to address his allegations. In a subsequent interview with Tucker Carlson, as reported on by the AMAC Newsline, Higgins said:

“We believe that there were easily 200 FBI undercover assets operating in the crowd, outside the Capitol, embedded into groups that entered the Capitol

or provoked entry of the Capitol,” Rep. Clay Higgins, R-La., said ... Given the scope of the operation and the number of doors where entry was allowed or even encouraged—and the number of people that were actually outside the Capitol and that entered—we believe 200 [is a] conservative number,” Higgins said of his estimate... Based on the evidence he’s reviewed, Higgins said FBI assets worked with the local Washington, D.C., Metropolitan Police Department and U.S. Capitol Police. The assets were dressed as supporters of then-President Donald Trump inside the Capitol, “because those were the guys that knew their way around the Capitol.”

Don’t forget, the F.B.I. and other federal agencies had heavily infiltrated patriot groups such as the Oath Keepers and The Proud Boys in hopes of entrapping them and encouraging them to participate in violence. That didn’t work as these groups were fundamentally non-violent and were actually formed to provide security and protect Trump supporters from attacks by Antifa, BLM and other Anti-American groups.

But members of the Proud Boys and Oath Keepers were not the only ones in the crosshairs. There have now been nearly 1,600 J6 attendees arrested on phony, trumped up charges and the arrests continue apace. While there were some Trump supporters who broke windows and scuffled with the police, most of those who became agitated were prompted to do so by the unnecessary deployment of flashbang grenades, pepper balls and OC spray without

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J6 VIGIL, CONTINUED FROM PAGE 4

warning.

Several attendees were savagely beaten by officers. One was pushed off of a building and an elderly lady was pushed down a flight of stairs repeatedly. Rosanne Boylan, who died that day, was brutally beaten as she lay unconscious. A petite demonstrator named Victoria White was savagely beaten as she covered and raised her arms in an attempt to ward off the blows.



Ashli Babbitt on 1/6/21

A total of four Trump supporters died that day. They were Kevin Geeson (55), Benjamin Phillips (50), Rosanne Boyland (34) and Ashli Babbitt (34). Despite repeated lies from the media and Biden Administration, no police officers died that day. At least three of the four who died did so at the hands of police and government operatives.

It appears that Geeson died of a stroke that may have been exacerbated by the attacks from the police but there is no definitive evidence. Phillips was hit by a flash bang grenade before collapsing with what was diagnosed as a heart attack. Boyland died after being crushed under a pile caused by the police pushing protesters down a flight of stairs on top of one another and a savage beating by Capitol Police Officer Lila Morris as Boyland lay unconscious on the ground. Babbitt was killed by a gunshot from Capitol Police Officer Michael Byrd as she stepped into a broken window to escape the surging mob behind her.

Babbitt's death inspired her mother Micki Witthoeft to devote her life in remembrance of her patriotic daughter. In the January, 2023 edition of the Sentinel, I described Ashli's background as follows:

"Ashli was Micki's first born and joined the Air Force right after high school. She served four deployments to Afghanistan, Iraq, Kuwait and Qatar. During one deployment Ashli was injured when an IED detonated beside her vehicle. The force of the concussion caused internal injuries so severe that she was told she would never be able to have children. It occurred on the day she turned 21.

She served on active duty from 2004 to 2008, in the Air

Force Reserve from 2008 until 2010 and in the Air National Guard from 2010 to 2016. She was a Security Force Controller which is a type of military police used primarily to guard Air Force bases."

When Micki first learned of Ashli's death, she went into a months long depression and isolated herself from the rest of the world. Then one night Ashli came to her in a dream and told her that if she were still alive that she would be in front of the D.C. Gulag supporting the January 6th Political Prisoners. This inspired Micki to dedicate the rest of her life to make sure that her daughter's patriotism and sacrifice would never be forgotten."

And that is exactly what she is doing. On August 1, 2022 Micki along with those related to detainees and other supporters began nightly vigils outside of the D.C. Jail where so many J6ers have been detained and systematically brutalized. Those vigils have continued ever since. The site of the vigils is now called "Freedom Corner."

During the vigils Micki and her associates speak to detainees over the speaker phone as well as interviews with J6 supporters and reporting on other J6 matters. The vigils are also live casted with listeners following along in real time. In addition to her own vigils Micki has assisted members of a Northern Neck based group called the Northern Neck patriots (NNP) in setting up their own weekly vigils outside of the notorious Northern Neck Regional Jail (NNRJ).



J6 Wife Tammy Perryman at the First NNP Vigil October, 2022

Many of our regular readers know that the idea of holding Vigils at NNRJ was first initiated by Tammy Perryman. Tammy is the wife of J6 prisoner Brian Jackson and a friend and associate of Micki Witthoeft. Micki is the mother of Ashli Babbitt, the Air Force veteran who was murdered no 1/6/21 by Capitol Police officer Michael Byrd.

Tammy reached out to NNP Chairman Tom



Jenn Baker

Jeffries and offered to help him set up vigils similar to those conducted by Micki and members of the foundation and website named for Ashli Babbitt called 4Ashli.com."

On October 11th the NNP celebrated the second anniversary of their vigils. In addition to NNP members, others in attendance included recently released J6 hostage Jonathan Mellis

and Jenn Baker who is a writer, J6 advocate and podcast host of "Flip the Switch w/ Jenn" on Rumble. Jenn is also a contributor to Gateway Pundit and CondemnedUSA. They are all pictured in the photo at the beginning of this column.

The celebration was lively as J6ers and their family members called in with the latest J6 news. Jon Mellis also gave a report on the conditions that he endured and answered questions. Vigils are conducted every Friday night from 7:00 p.m. until 9:00 p.m.

They are usually held at the VFW building in Warsaw and further details are available at the website <https://northernneckpatriots.org>. You are welcome to come in person or watch the popular live cast. The NNP formed about three years ago and, according to their website: "Northern Neck Patriots is a collection of Nonpartisan citizens dedicated to protecting our God-given inalienable rights as enshrined in our Constitution. We the People : acknowledge our obligation to our Founders and fellow citizens to uphold a government Of, By, and For the People.

Over the past few years, the NNP has raised thousands of dollars to assist J6 prisoners and their families and their constant advocacy, vigils and attendance at Jail Board meetings is credited with the transfer of dozens of J6ers from the notorious Northern Neck Regional Jail (NNRJ).

As our tyrannical government continues to brutalize the J6ers and their families, the members of the NNP remain steadfast. They will not cease or desist until justice has been served.



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LOCAL NEWS



Engineer, Consultant and Surveyor Jeff Howeth

ESSEX COUNTY NEWS BZA SILENCES HOWETH COUNTY ICON PASSES

In October the Essex County Board of Zoning Appeals (BZA) held a meeting to hear an appeal from landowners Cathy Wood and Stanley Moore, husband and Wife, for a zoning exception to allow construction of a home on a

waterfront lot that they have owned for several years.

This is a very common procedure. When the hearing began County Attorney, Andrew McRoberts of Sands Anderson, informed the Board that he was representing the County and asked the Board to dismiss the application.

He went on to inform the Board that they did not have jurisdiction to rule on anything but zoning matters and that the application before them also dealt with matters involving Chesapeake Bay Regulations related to the buffer zone as well as erosion and sediment concerns. Because of that he

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Social Services Dir. Claudette Henderson

LANCASTER COUNTY NEWS HENDERSON NAMED SS DIRECTOR

NEW TIDES ADDING CONDOMINIUMS

The Lancaster County Department of Social Services has announced that Claudette Henderson has been hired as their new director. She replaces Edna Davenport who retired recently. Mrs. Henderson has been involved in social services for many years and served as the director of neighboring Richmond County's Social Services Department from March of 2006 until February of 2014 after clashes with employees and staff resignations prompted her resignation..

Despite her troubled departure Mrs. Henderson has received several designations and certificates through the years including a certificate of recognition for the Virginia

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RICHMOND COUNTY NEWS TAX COLLECTIONS SOAR RAIDERS ON A ROLL

Richmond County taxpayers are having sticker shock as tax bills roll in but this was something that should have been expected as real estate values have soared for the past several years. In fact, recent estimates released in February by the National Board of Realtors state that typical home price has risen 42% in the past three years. Home prices do not always indicate rises in other types of businesses such as commercial property or farmland but the vast majority of taxpayers are most affected by home prices.

At the June Supervisors Meeting the tax rate for real es-

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KING GEORGE COUNTY NEWS MONTHLY REPORTING SYSTEM COMING

James R. Shaw

Town Hall Meetings took place in various locations over the past few months. These informal gatherings give the individual county supervisors the opportunity to hear directly from the people of the county and their direct constituents. Our Board of Supervisors and Service Authority members are listening.

Getting Accurate Numbers is not always easy. In the

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(L to R) Governor Youngkin, Senatorial Candidate Cao and Representative Wittman [Photo Credit: Jim Penney]

NORTHUMBERLAND COUNTY NEWS YOUNGKIN/CAO COME TO TOWN CALLAO APARTMENTS APPROVED

On Saturday, October 12th the Northumberland County Republican Committee held a rally at Bleak House Farm in Lottsburg to raise funds for the Trump Campaign and other conservative candidates. The original headliner was

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WESTMORELAND COUNTY NEWS COLONIAL BEACH AND STRATFORD HALL BOTH RECEIVE GOVERNMENT GRANTS

The United States Department of Agriculture (USDA) has announced funding for 10 Virginia localities including the Town of Colonial Beach. According to a press release from the USDA:

"The Virginia Department of Housing and Commu-

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ESSEX, CONTINUED FROM PAGE 6
 requested that the application be dismissed.

The applicants addressed the Board and informed them that they had come all the way from New Jersey to attend the hearing but had only received paperwork from the County related to the hearing the previous day. After some opening remarks by Mrs. Woods and Mr. Moore, Mrs. Woods asked Jeff Howeth, who is their adviser and engineer, to address the Board on some of the details of the application.

Mr. McRoberts immediately objected saying that Mr. Howeth would be practicing law without a license and should not be allowed to speak. The Board seemed confused but reluctantly acceded to his request. Mr. Moore objected, stating that Mr. Howeth was his fiduciary and had been hired to represent him. Mrs. Woods agreed adding: "He's not our attorney he's our fiduciary."

Becoming increasingly frustrated, Mrs. Woods added: "I am tired of Essex County giving me the ring around the Rosies." She also voiced her displeasure about being misled and having to pay fees without proper guidance. After further deliberation the Board denied the application but added that they would be happy to give it further consideration once an application addressing the concerns with the Chesapeake Bay Act and the erosion and sediment issues had been addressed.

After the denial the Board allowed Mr. Howeth to speak during the public comment period. Obviously, it was too late to assist his clients as the application had already been denied, but he spoke anyway stating, in part: "That was the finest high jacking of a meeting by an attorney that represents staff but not you guys that I've seen in a long time. They did that same trick at the Middlesex County Board of Appeals but they didn't fall for it."

There is also the issue of prior restraint which is an order that forbids certain speech before it occurs. Courts generally frown upon these types of actions which could be a factor should Howeth or his clients seek further legal remedies. We will give a further update in a future edition.

On a sad note, on October 22nd Virginia "Burnsie" Slaughter passed away surrounded by family after 98 years of accomplishment. She was heavily involved in the community including the Chamber of Commerce the Yacht Club and St. John's Episcopal Church. She is perhaps best

known as the co-owner of Tappahannock Furniture which her family has owned for decades. A memorial service was scheduled for November 9th.

KING GEORGE,
 CONTINUED FROM
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past, the best you could do for accurate county budget and spending accounting numbers is to look at the year-end report and the audit that goes with it. What that means in the end, is that it can take up to 18 months to get accurate feedback on current County financial activity. This is unacceptable to most people looking for transparency and timely reporting. The good news in this regard is that county administrator Smolnik is working with the towards a monthly reporting system. Be on the lookout for the results as they roll out. These numbers of course will be unaudited results, but some beats none. The BoS theme of transparency continues to be carried forward.

Maintaining our county buildings - During the tours of the old preschool building and the old middle school in September, it became clear to some of the participants that our county has fallen short when it comes to maintaining the buildings that we already own. Most taxpayers are concluding that some kind of change in mindset is needed before we go forward with building new buildings (including schools). It gets very expensive to build these buildings and then just let them go. The school building covered by the November bond referendum is just one example of a building that people have concerns about its future care and maintenance. The proposed new school building is being planned to supersede the old middle school which is been left unused and abandoned for 14 years. As you may have opportunity, encourage the School Board and the BoS to put together and communicate an effective long-term maintenance strategy for our county land and buildings.

Dahlgren West developers and tech people who are pulling together the Dahlgren West Tech Park and data center buildings have been working closely with the Planning Commission—making headway on various changes and improvements to their submitted plans. So the team put together a presentation and feedback session for their future neighbors in the Cleydael subdivision. Approximately 15 people showed up at the Smoot library October 30 to hear their progress. The response from the Cleydael residents was generally positive. Environmental considerations — es-

pecially regarding wetlands, set-backs, and noise continue to be refined. In a related reveal, a nature trail accessible by Cleydael residents is planned. Be watching the agenda and minutes of the monthly Planning Commission meetings to see when a more formal public presentation will be made.

Other Data Centers - No news to report on the Amazon (old Birchwood power plant) negotiations nor the Green Energy Ventures project being worked on nearby.

Another Surprise - The old way of doing things in KGC, went something like this, "Don't do today what you can put off until tomorrow". Apparently DEQ has been on the Service Authority to reconfigure all of their wells to preserve the integrity of the two aquifers located beneath our feet. Included in that well inventory is the Peppermill well in the Cleydael subdivision. When this well was originally drilled, it was in an age when cross-aquifer well drilling was an acceptable practice. This well accesses both the shallow aquifer and the deep aquifer. This is now a problem as there is the potential for cross aquifer contamination. So some time back, as part of long-term planning, DEQ requested that the Service Authority fix the well at that location. This would require drilling a new well costing hundreds of thousands of dollars. And since we waited so long to act, and are now bumping up against a deadline, the cost for the new well appears quite excessively expensive. Stay tuned as we see how the Service Authority leadership creatively figures out a way to lower the cost of the replacement well.

Fall Festival - Weather was much better this year. Lieut. Gov. Winsome Sears was invited to attend, but had to back out at the last moment as the catastrophic flooding from Hurricane Helene required her attention in southwest Virginia. We pray for those who have been affected by the great flooding.

New School Board Member sworn in- With the resignation of Matt Roles, the School Board put out the call for his replacement from the James Monroe district. After a thorough evaluation process, Carrie Cleveland was appointed as a replacement to fill out the balance of his term (ending Dec, 2025). A copy of her background and experience can be found along with those of the other applicants in the school board meeting agendas and minutes.

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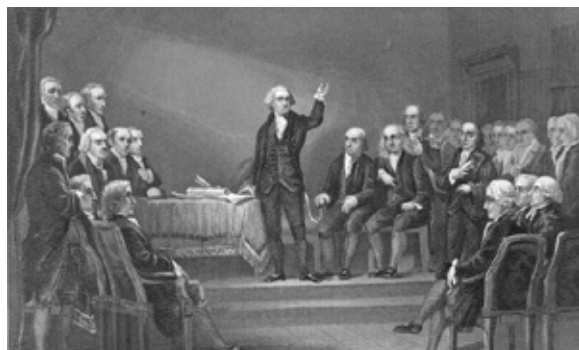
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THE SECRET FORMULA OF AMERICAN SUCCESS

Allen Zeng

A question my radio listeners often ask me, and one I have pondered myself, is

whether there is any solution to the seemingly unsolvable social and economic problems of our time. In 2018, I interviewed a college professor named Paul Skousen during a news segment, and he provided an answer. He convinced both my audience and me that we simply need to return to the wisdom of the Founding Fathers. By doing so, we would grasp the underlying reasons behind current events and know the precise solutions.

In my interviews with him, I asked Skousen where his wisdom came from, and he introduced me to the 28 founding principles of America. "What 28 founding principles? I've never heard of them!" I exclaimed. He explained that his father, Cleon Skousen, had uncovered them while studying the U.S. Constitution. Cleon Skousen, in his search for the thinking behind our Constitution in the 1930s, read all the writings and correspondence of the Founding Fathers, as well as the notes from the Constitutional Convention of 1787. As he read, he noticed that certain great and clear principles kept surfacing. Each time one of these principles appeared, he wrote it down, and the list grew. However, after reaching 28 principles, he realized that everything else he came across was just a repeat of what he had already recorded. He then summarized these principles into a book titled "The Five Thousand Year Leap: 28 Great Ideas That Changed the World," published in 1981.

I've read the book at least five times. I love it so much that I produced an online course based on it, organized a bus tour around it, created two video series, and published a Chinese book on it. Thousands of my followers are fascinated by these principles and are amazed by how they made the success of the United States possible—something they never knew before.

[America's Success Isn't Coincidental](#)

CONTINUED ON PAGE 10



HARRIS AND HER GANG OF DISHONEST LEFTISTS

Laurie Higgins

Kamala Harris and her gang that tries so hard but just can't shoot straight reveal daily what a disastrous candidate she is. She is a disastrous candidate in every way imaginable.

Her constellation of calamitous ways includes her giggly schoolgirl affect, her peculiar body movements when offering equally peculiar responses to press questions, her radical policies, her lies to cover up her radical policies, and her choice of collaborators.

Since I wrote about Harris' eager exclusion of Christians from her inclusive campaign rally last week, she has further plumbed the depths of moral swampiness, intellectual vacuity, rhetorical incoherence, political ineptitude, and strategic sneakiness.

In her recent town hall meeting with Anderson Cooper, she listed all the glorious feats of government magic her administration will perform, following which Cooper asked why she didn't perform this magic during the last four years. She responded,

Well, there was a lot that was done, but there's more to do, Anderson, and I'm pointing out things that need to be done that haven't been done but need to be done.

Thar she blows again—gaseous emanations that stink up the joint. In an NBC interview, Hallie Jackson asked if Harris would be willing to "consider" offering healthcare providers a religious exemption from being required to destroy the lives of unborn humans. Harris replied,

I don't think we should be making concessions when we're talking about a fundamental freedom to make decisions about your own body.

In service of combating misinformation and pseudoscience, couldn't just one interviewer ask this follow-up question: When conception occurs, a new human life begins with its own unique DNA and its own developing body. When Planned Parenthood sells those tiny organs, they aren't selling the mother's organs now, are they? So, how is abortion about just a woman's body?

Harris continued in her unholy quest to make human slaughter legal from conception till birth for any or no reason: A basic freedom has been taken from the women of America—the freedom to make decisions about their own body—and that cannot be negotiable.

In referring to "freedoms," Harris is talking about rights. Surely Harris—an attorney—knows the difference between positive and negative rights.

Negative rights, like those found in the Declaration of Independence and Constitution, are rights with which neither the government nor other persons may interfere. Negative rights, like the right to vote, speak freely, and exercise one's religion, do not require any person or government entity to provide any good or service.

In contrast, "positive rights essentially provide the right holder with a claim against another person or the state for some good, service, or treatment. Thus, a right to housing obligates someone—presumably the state—to

CONTINUED ON PAGE 10

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THE SECRET FORMULA, CONTINUED FROM PAGE 9

The book tells us that the United States didn't become the greatest nation on this planet by coincidence. In fact, between 1783 and 1790, after the Revolutionary War and before the federal government was established, the United States was in a state of blight and depression. Trade was blocked by Britain, the dollar was worthless, veterans were suffering, debt-related riots were spreading across the country, and the Continental Congress had neither money nor power to fix these problems.

However, once the Constitution, which incorporated those principles, was ratified and the federal government began functioning in 1790 everything started to change. Two years after the new government was in place, George Washington wrote, "The United States enjoy a scene of prosperity and tranquility under the new government that could hardly have been hoped for," and "Tranquility reigns among the people with that disposition towards the general government which is likely to preserve it. ... Our public

credit stands on that ground which three years ago it would have been considered as a species of madness to have foretold."

After that, the United States moved forward and never looked back. In just 120 years, it became the most powerful nation in the world, producing 50 percent of all industrial goods globally with merely 6 percent of the world's population—unrivaled by any other great nation or dynasty in human history.

The Success Formula Is So Coherent and Clear

Few people today realize that these principles exist and that they are so profound, coherent, and clear. They are the invisible force binding everything we know today: the Declaration of Independence, the Constitution, the Bill of Rights, the checks and balances between the three branches of government, the balance between state and federal governments, how our economy operates, and how we choose our public servants.

The 28 founding principles capture the essence of de-

These principles are universal truths that endure the test of time, and believe it or not, they provide answers to the most difficult problems we face today: rising crime, exploding national debt, homelessness, government overreach, disintegration of the family, loss of faith, cultural degradation, and even wars.

I hereby invite you to embark on a special journey to explore the wisdom of our Founding Fathers and the 28 principles they left us, which created the great nation we now live in.

Our journey will start with an 81-foot marble statue that every American should know, but few do, in Plymouth, Massachusetts, where the Mayflower II is moored. To be continued ...

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HARRIS AND HER GANG, CONTINUED FROM PAGE 9

provide the right holder with housing, typically via resources obtained from others."

Our fundamental rights, as outlined in the Declaration of Independence and Constitution, are negative rights. The so-called "right" to have one's offspring offed and the "right" to force others to provide that service are "positive rights" and are not fundamental. They're not right either.

Doctors have a fundamental negative right not to be forced by the government to use their knowledge, training, and skills to destroy life.

In faux-indignation, Kamala huffed and puffed again about Trump sending COVID tests to Putin "when Americans couldn't get their hands on COVID tests."

Not a flicker of self-awareness about her hypocrisy flashed across her false face: the Harris-Biden administration opened the border wide and provided safe travel, phones, housing, and medical care to lawbreakers—goods and services that law-abiding American citizens couldn't get their hands on.

Moving from the lousy candidate to her equally lousy surrogates takes us to the continually exalted second "gentleman," Doug Emhoff, whom the press lauds as a paragon of male virtue—ya know, an emasculated beta male.

Since Emhoff is actively campaigning for his wife, including doing solo interviews, maybe the press will ask him about the on-the-record statement from his former girlfriend—an attorney—claiming he slapped her in the face so hard once that the force spun her around.

And while they're at it, maybe they can ask him if the reason he so passionately supports abortion has anything to do with impregnating his children's nanny during his first marriage.

Inquiring minds wonder what goes on behind closed doors between an abusive man who publicly pretends to be a feminist and an angry feminist opportunist who pretends to be a giggly schoolgirl. Rounding out the feckless trio is Harris's vice presidential pick—another man's man—true patriot Tim Walz, who has spent his entire adult life shuttling impressionable high school students to Walz's honeymoon

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cadences of learning by the Founding Fathers—from ancient Greek, Roman, Israeli, and British governance, to the 116 days of work at Independence Hall in Philadelphia in 1787, to the 85 essays written by Alexander Hamilton, James Madison, and John Jay during 1787 and 1788. In simple and concise terms, these principles make up the formula for America's success.

The Principles Don't Change Over Time

It's amazing how these principles have persisted through 250 years and remain valid today. They aren't outdated knowledge from 18th-century plantation owners. Rather, they capture the essential relationship between man and God, nature, and other men.

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LETTERS TO THE EDITOR

THY WILL BE DONE

I had a long talk with God last night. It was Saturday evening around 2:00 a.m. when he woke me up. His answer will be at the end, so read on. Usually when this happens he wants me to write it down and share, so I will.

I told him (God) that he chose strong people to complete this mission, and I understand that. But we all have a breaking point and we can't take much more—a few months maybe, but not years. I told him that I believe I made a difference in helping those who need inspiring words and that he helped me choose those words on many occasions.

We talked about the election and how we need to keep evil out of it and how We The People will choose the person to help take back our Country. The people need to choose, and it needs to be fair.

I mentioned how some people I know have their lives depending on the outcome of the election and their family is also being weakened by the length of time this has taken. We don't complain much, but we are tired. I know of a J6er whose life will be destroyed if evil wins the election (actually more than one J6er will be affected). We have been doing God's work, but we can only take so much. We can manage another day, or another week and even a few more months, but not years. I asked for help to make us strong and help us continue spreading his message to others.

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A MONUMENT TO IGNORANCE

In the September edition, Mr. John Haynes, Jr. produced an important piece called A Monument to Ignorance. As I read it, a stray thought entered my mind; the modern, man-on-the-street interview; common and comical theme. A reporter asks random ADULTS simple questions. How many stars are on the American Flag? What country did the Queen of England come from? How many dimes in a dollar? What is the capitol of the United States?

When asked these questions, normal, healthy, well-dressed, young adults freeze. It's most cringe-worthy at festivals and beach resorts. Immediately you can see the twenty- and thirty-somethings are well to do and - educated (?). The answers are mystifying! How many stars? "Um...a hundred...um...a hundred and twenty-three!" [knucklehead smiles triumphantly]. The reporter in one popular version of this genre looks at the camera, depressed, and says, "...yes."

The Queen of England apparently comes from France, China or Cleveland. It's hard to say which is correct. The sample set is too narrow.

How many dimes? "Uh...I don't...It's like.... I wasn't good at maff." OUCH!

And finally, the easiest question: "...wait...the United States has a capitol?" Reporter: "Yes." Knucklehead: "I don't know." Reporter: "Yes, you do. C'mon you got this." Knucklehead: "Um... California!" Reporter: [long, sad pause, eyes askance] "Yes."

The connection to the Haynes article, about the removal of a civil war monument, is the inculcated ignorance of our young. Our last two generations of adults grew up in schools that don't teach civics at all. If they teach any history,

CONTINUED ON PAGE 29

THE COMING REALIGNMENT

All,

A few years ago, with the help of a friend (he did all the work, I only had the idea) we started a website called www.DollarsVoteLouder.com with the concept that as 'the people' our greatest strength lies in our individual choices, that like single drops of rain, eventually form raging rivers capable of moving anything in its path. Hydraulic forces are some of the strongest forces on earth, and so is the will of the people.

That will is expressed moment to moment and day by day when we vote with our DOLLARS, our EYEBALLS, and our CLICKS. In one week (or less by the time you read this), one of the other ways we the people express our will is with our BALLOTS.

If you have not already voted, please do, if you know someone who you think hasn't voted, please encourage them to do it-- do more than encourage it, help them register, help them get their ballot, and help them turn it in or go to a polling center/location to do it. Do not underestimate your power, do not think you don't matter, you do.

There is a trick, politicians and by extension the media play-- it's called the Hegelian dialectic. The idea is they take different topics and they coral the people on two side of any issue, pro-choice/pro-life, pro-war/anti-war, pro-union/right to work...Most issues, are more complex than the simple dualities we are spoon feed by the political industrial complex which in America has boiled things down to Republican - Democrat, Red - Blue paradigms.

We are in the middle of a realignment; some elections matter more than others. This is one of those. Donald Trump and his Maga movement has swallowed up the Republican party and has claimed the 'middle ground' or the 'common sense' positions that were stacked against by the traditional two-party system. For example, for the first time in living memory we have a 'republican party' that is anti-war AND pro-life... Traditionally the two-party system split the issues of life. To vote for prenatal life, you had to vote Republican, which also supported foreign war...To vote against foreign war, you had to vote for 'choice' and to sacrifice prenatal life. They split the issue of Life, and made you decide to support the life of babies, or our brothers and sister abroad. (Understandably, this isn't as simple as the duality I just presented, there are reasonable justifications

for both Abortion and War, but the two party system took that debate from the people and placed with the politicians who simply made you 'split the issue'

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LETTERS TO THE EDITOR POLICY

The Sentinel encourages Letters to the Editor and all viewpoints are welcome.

- Please limit submissions to 500 words.
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ADVERSARIES, CONTINUED FROM PAGE 1

Russia, Iran, North Korea, terrorist groups, and other U.S. adversaries.

America's adversaries took full advantage over the past three years of a sharp decline in American global influence and deterrence. This resulted in new wars and massive terrorist attacks, including Russia's invasion of Ukraine, a surge in provocations and threats by China against Taiwan and in the South China Sea, the October 7, 2023, Hamas massacre against Israel, a new 7-front war against Israel, a dangerous increase in Iran's sponsorship of terrorism and major gains in its nuclear weapons program, a huge increase in North Korean missile tests, 11 million illegal migrants crossing our southern border, and other threats.

On top of this, a dangerous new Russia-China-Iran-North Korea axis began during the Biden years. Russia and China greatly strengthened their diplomatic, military, and economic ties. Iran has been providing Russia with missiles and drones for the Russian military to use in the war in Ukraine. North Korea has provided Russia with missiles, ammunition, and troops for this war. Russia has provided North Korea with missile technology. China, Russia, and Iran have held joint military exercises. There are reports these states may also hold a military exercise with North Korea. However, despite the deterioration of the U.S.-led global order since 2021, America's adversaries see even greater opportunities to exploit U.S. weakness under a Kamala Harris presidency. There are two reasons for this. One reason is that the damage Joe Biden could do to U.S. national security was limited because many of President Trump's successful national security policies were difficult for Biden to cancel or roll back. For example, the historic Abraham Accords, which normalized Israel's relations with four Arab states, survived the Biden years despite President Biden's inept, anti-Israel policies. The Biden administration wanted to move the U.S. embassy in Israel out of Jerusalem and create a consulate in Jerusalem for Palestinians but was thwarted by opposition from Israeli officials and members of Congress. Although Biden criticized the Trump administration's sanctions against Iran and tariffs against China during the 2020 presidential campaign, he kept most of them in place.

Similarly, although Biden strongly condemned Trump's withdrawal from the disastrous 2015 nuclear deal with Iran

and could have rejoined it with the stroke of a pen, Biden instead unsuccessfully attempted to negotiate a new nuclear deal with Iran. This isn't to say Biden's policies to appease Iran and not enforce U.S. oil sanctions were not terrible—they were. But they could have been much worse. A second reason is that despite the weakness of Joe Biden's global leadership driven by his mental decline and opportunistic shifts to the left, Biden has decades of foreign policy experience from his time on the Senate Foreign Relations Committee. He served as chairman of this committee. Biden, sometimes moderate, occasionally sided with Republicans on the Foreign Relations Committee. He also strongly supported Israel. Although as a senator, Biden was notorious for grandstanding and talking too much, he served for 36 years and was an influential member of the Senate.

These factors—the staying power of President Trump's national security policies and President Biden's residual national security knowledge, Senate leadership, and moderation—acted as guardrails for Biden's national security policies, limiting the damage they could cause. If Kamala Harris wins the 2024 presidential election, there will be no such guardrails on her foreign policy. Harris is more radical than Bernie Sanders, and she would not have any residual foreign policy experience or leadership to rely on as president.

Moreover, as I explained in my August 16th American Greatness article, "Ominous Signs of What US Middle East Policy Might Be Under a Harris Presidency," Harris has been called "the most outspokenly anti-Israel member of the administration" and has hired two anti-Israel radicals as foreign policy advisors.

Making this worse, Kamala Harris proved to be vapid, unserious, and unable to handle adversarial press interviews during her time as vice president and presidential candidate. Even many of Harris's recent interviews with friendly reporters have been train wrecks. She has been widely mocked for "word salad" answers to press questions and an inability to speak coherently without a teleprompter.

America's adversaries therefore believe a Harris presidency will be far weaker, less principled, and easier to manipulate than Biden's. Chinese President Xi and Russian President Putin realize that if Harris fears tough interviews with the American media, she will be putty in their hands.

This means the foreign policy of a Harris presidency could be a catastrophe and cause irreversible damage to global security. China may decide that her term is the perfect time to invade Taiwan and use its navy to seize control of the South China Sea. North Korea would probably conduct an eighth nuclear test. Iran might conduct

its first nuclear test, which could set off a full-fledged Israel-Iran War. There would also likely be an increase in terrorist attacks, many funded by Iran. Illegal immigration would explode across the U.S. southern border because a Harris administration would do nothing to stop it.

Russia might escalate the war in Ukraine and invade Georgia and Moldova. The China-Russia-Iran-North Korea axis would further develop and help advance China's effort to create a new reserve currency to displace the U.S. dollar. U.S. relations with Israel would deteriorate further, especially since a Harris administration likely would recognize a Palestinian state and vote to make it a full member of the United Nations. On the other hand, American adversaries desperately do not want to see Donald Trump return to the White House and are reportedly meddling in the 2024 presidential election to prevent this from happening. They fear that Trump would reestablish strong American leadership and deterrence that would sharply curtail their global influence and ambitions. Xi and Putin know Trump would be difficult to negotiate with and fear his unpredictability. Trump would drive a hard bargain with Putin and Ukrainian President Zelinsky to end the war in Ukraine. He also could break up the Russia-China-Iran-North Korea axis. Russia and China also probably believe that Trump would move quickly to repair frayed U.S. relations with Israel and the Persian Gulf states and reverse the significant gains in relations they made with these states during the Biden administration.

In Kamala Harris, America's adversaries see a U.S.

president who would be substantially weaker and more incompetent than Joe Biden, whom they could easily manipulate and defy to destroy the U.S.-led global order. In Donald Trump, they see the return of a strong American president who will use peace through strength policies to restore American



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Schools & Education



EXTENDING TAX-CREDIT SCHOLARSHIPS

Larry sand

According to a just-released Education Opportunity in America report by 50CAN, only 39% of public school parents are satisfied with their child's education.

Other polling results are also discouraging. Released in August, EdChoice's annual Schooling in America Survey revealed that 64% of parents think K-12 education in America is on the wrong track. Not only is this an eight-point increase from last year, but it is also the highest level of pessimism among parents since the question was first asked in 2014.

Hence, it should be no surprise to anyone that a poll from RealClear Opinion Research discloses that 71% of Americans, including 80% of Republicans, 66% of Democrats, and 69% of independents, support school choice.

And indeed, parental freedom is accelerating rapidly. Over the past three years, 12 states—Alabama, Arizona, Arkansas, Florida, Indiana, Iowa, Louisiana, North Carolina, Ohio, Oklahoma, Utah, and West Virginia—have passed universal or near-universal school choice laws, and more states are set to join them in the coming years.

Three more states could be added shortly, as school choice is on the November ballot in Colorado, Kentucky, and Nebraska. Additionally, Texas is among the states poised to pass sweeping choice measures in 2025.

In all, 32 states have implemented some sort of private choice program thus far, and as EdChoice reports, more than one million children now participate in these programs across the U.S. Moreover, 22 million students—or 40% nationwide—are now eligible to participate.

While education is a hot button topic, the subject has not been a high-priority issue in the presidential campaign. Donald Trump has addressed it a few times, notably assert-

ing, "I'm going to close the Department of Education and move education back to the states."


Kamala Harris responded to Trump's comments about closing the DOE in a speech to the American Federation of Teachers, saying, "We are not going to let him eliminate the Department of Education that funds our public schools."

Harris's comment is, of course, fallacious. The U.S. Department of Education does not fund public schools to any serious degree. On average, each state derives just 13.6% of funding for public K-12 education from the federal government. Those dollars come with strings attached, and the cost of complying may not be worth ceding control of classrooms, which is why some states are considering weaning themselves off the federal dole.

However the election shakes out, it's doubtful that the federal hand in education will disappear. So, the best we can do is to minimize it and leave education policy and financing to individual states—with one exception: a national


tax credit program. In a system of education tax credits, which currently exists in 20 states, taxpayers—individuals and businesses—get a dollar-for-dollar tax credit for contributions to scholarship-granting organizations (SGOs). So, where tax credits are in play, if a taxpayer owes \$10,000 in taxes, he can divert half of it to an SGO, the other half going to the government. The taxpayer is out \$10,000 either way, so no tax savings are involved. Per a recent survey, voters like the idea. Released earlier this month, the Center Square Voters' Voice Poll, conducted by Noble Predictive Insights, finds that 69% of likely voters say they would support a national tax credit program that allows students to attend a school of their choice, including a private school. Only 20% of voters maintain that students "should attend the schools they are assigned to attend." Voters on both sides of the aisle are in favor, with 77% of Republicans saying they back a federal school choice program, while 62%

CONTINUED ON PAGE 15






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SCHOLARSHIPS, CONTINUED FROM PAGE 14
of Democrats responded affirmatively.

William Mattox, director of the J. Stanley Marshall Center for Educational Options at the James Madison Institute, writes about another possible federal role. He notes that when it comes time to renew the Child Tax Credit next year, Congress should give "top priority to adopting an enhanced CTC for education freedom of, say, \$8,000 per child. "The current setup is horribly unfair. In states without a school choice program or that limit availability, parents who send their kids to private schools pay twice for education. They are assessed taxes to pay for other people's children to attend public schools, as well as out-of-pocket costs (tuition, books, materials, etc.) for their own children's education.

As an abolitionist, I fervently believe that government involvement in education is a terrible idea. But getting the bureaucrats out of the education realm is nigh impossible. However, tax-credit scholarships and rerouting federal child tax credits would certainly be helpful to American families.

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HERE WE GO AGAIN, CONTINUED FROM PAGE 1
Stalinist-like plots wherever they look while searching fruitlessly for the real reason as to why they lost yet another presidential campaign.

Joe Biden's foolish, stupid and heartless comments about the supporters of Donald Trump as "garbage" is one for the history books and will shortly become enshrined in Democrat lore as the reason why they lost to such an obviously inferior candidate. And they may be right. It's already become a tired cliché that his gaffe is the equivalent to Hillary's infamous "deplorables" slur. And they may be right.

Of course, slow thinking left wing careerists like Nancy Pelosi will say the reason why Kamala lost is because she didn't drill down hard enough on collectivism. That she should have gone full "nanny state." And no, they won't be right. The closest this country has ever come to full on socialism was during the New Deal when the federal government actually got into regulating baby diapers.

Talk about a Nanny State.

But the foolish Democrats look for any excuse every four years when they lose and they have been doing since 1968.

Vice President Hubert Humphrey supposedly lost because of Richard Nixon's "Secret Plan" to end the Vietnam

War and not because the incumbent Lyndon Johnson has so screwed up the country, any change was acceptable.

Of course, the mythology in 1972 was George McGovern lost because of Watergate and not because their nominee George McGovern was a total bozo.

Ronald Reagan won in 1980 over incumbent Jimmy Carter because of "Debategate" or an "October Surprise" or because Carter had halitosis. The left has never been able to accept that

a Hollywood movie star could beat their intellectual titan Carter into the ground and go on to become one of our greatest presidents. To the left, to run government, you must be in government, or academia. Or anything that smacks of collectivism. Certainly not a businessman, or a farmer, or a soldier or a Hollywood actor.

And who can forget Willie Horton? Surely Michael Dukakis lost because of the Willie Horton issue and not because he was a lefty so out of touch with average Americans, he could not even screw up anger at the hypothetical raping of his wife.

This is the problems with Democrats. They keep looking for excuses when the fault is not in the stars but themselves. This is a center right country rooted in common

CONTINUED ON PAGE 17



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OUTDOORS




Fox leaving chicken coop area one evening

CELLULAR TRAIL CAMERAS GAME CHANGERS FOR HUNTERS

Mark Fike

Want to maximize your time and chances of filling a deer tag this season? If you have not upgraded to cellular trail cameras, do it now.

I can recall when the first trail cameras came out. I could not afford one for a while and when I finally could, it was one camera and it necessitated a roll of film, D cell batteries which died quickly, and a trip to the film developer at the drug store and a wait and more money to often just see branches, squirrels and maybe a deer if I was lucky. That was a long process to get a look at what animal may be using an area.

Fast forward to the digital age of trail cameras where we are now and being able to check the cameras with a card reader, SD card and batteries that last a lot longer and SD cards that can hold far more images or videos than a roll of film ever could. The trigger times on the digital cameras improved greatly as did the cost of trail cameras.

In the past few years trail cameras have taken another huge leap in advancement with the addition of cellular service to check cameras remotely and have the photos or videos sent straight to a smartphone. Additionally, some trail camera companies also offer solar panels to power their trail cameras cutting back even further on the need to



Stealth Fusion cellular trail camera

replace batteries.

So, is the availability of cellular trail cameras just a fad, or are they worth all the hype? I decided to find out. In the past six months I have been testing a Muddy Mitigator camera and four Stealth Fusion MAX cameras that I found to be reasonably priced. Since I have been using these cameras, I have been very happy with the results. I have had no issues with using them and there are a lot of perks for those that upgrade to cellular trail cameras.

Save time and money

I tested a pair of cameras from Stealth and liked them so much I purchased two more and added the Muddy camera to my hunting tools this season. These cameras save me a lot of time and money due to the fuel I am saving not driving to various leases or properties to check them each week. This also means I was saving a lot of time too. Now I rarely have to go to the camera location. In fact, so far, I have not done so except to move one when I quickly realized the area I put it up was not productive at all. Within a few days you can tell if you have enough activity to warrant leaving your camera in the area or if the area is even worth hunting. For the working hunter that gets a precious few hours to hunt each week, this matters greatly. There is no point in sitting in a stand when no decent deer or elk has passed by for weeks. Or, they are coming by at night. All the game sign in the world is no good to a hunter if it is being made at night. This is particularly true when taking a new hunter or young hunter afield. We all want success, but if we really want to recruit new hunters, we need success or at least sightings of game.

Scent and disturbance

Checking a standard digital trail camera once or twice a week means choosing a time to slip in and out of the area and hope not to blow the lid off the place with scent or disturbance as you check cameras. This is particularly true during the peak of the rut when you most definitely do not want to tip off a bull or a big buck you are in the area. Pressure can ruin an area for days, weeks or even the entire season depending on the animal. Being able to check your phone to see what is passing by is a very nice feature to have without worrying about leaving scent or making noise to alert animals.

Trespassers

Most of us realize that hunting lands can be tough to find, smaller in size, and crowded know that trespassing is an issue we often deal with. Digital trail cameras really helped us with this problem, but we still had savvy poachers that would see the cameras and try to steal them, damage them or even shoot them. We may not find out about this for a week or more. With a cellular trail camera we can get "on demand" photos or video sent to our phone when the trail camera is triggered. By then it is often too late for the trespasser or poacher as their picture has been sent by the time they realize the camera is there. That is evidence the game warden can use.



Solar Pak 3X by Stealth

There are a lot of other uses for cellular trail cameras too. I use mine to watch my driveway, the animal pens to see what predators are causing problems, and I also use them off season to "inventory" the wildlife that made it through the season.

The time that can be saved, the batteries that can be saved, if opting for the solar panel accessory, the fuel saved from having to go check the cameras in person and the fact that hunting areas can remain less pressured by using cellular trail cameras is more than enough reason to spend a little money on them this season. This is particularly true if you don't get to hunt as often as you would like.

The Stealth Fusion MAX models I am currently using

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Stealth Fusion with solar cable attached to tree trunk in the background

TRAIL CAMERAS,
CONTINUED FROM
PAGE 16

and the Muddy Mitigator camera have plans that offer 600 photos for \$5 a month, 1200 photos for \$8 a month or \$20 a month gets me unlimited photos per camera. I save that in one trip checking cameras once a week! I found that for active camera sites I upgraded to the \$8 a month plan and for those other cameras with less activity the 600 photo plan was perfect.

The Fusion MAX cameras and the Muddy Mitigator have an app with a mapping feature so I can find the cameras if I forget exactly where they were placed. Solar and lunar tracking as well as wind speed, temp etc is on the photo details in the app. I can control my camera settings via the

app and often do by dialing back or increasing delays on photos or changing the sensitivity. The Fusion MAX cameras themselves have 36MP capabilities, 760 HD video, while the Muddy Mitigator has 24MP images. Both have a Quick Scan set up, burst mode, time out delay features easy mounting, low light sensitivity, a 12v DC jack and other features. Stealth's SOL PAK 3X is compatible with both of them. In short, these cameras are easy to use and packed with features to make your time hunting more efficient. I found them very easy to set up my first time using them. If you have not tried a cellular trail camera, you won't be disappointed. Stealthcam.com or GoMuddy.com

HERE WE GO AGAIN, CONTINUED FROM PAGE 15

sense and they keep pitching leftist, wacko anti American woke ideas. They offend people and they scare people. They have little in common with the average American.

When they lose, there will be the usual finger pointing again, as there always is when Democrats lose. There will be panels and discussions and white papers and polling and incessant talking but they need to realize once and for all their exhausted, ultra left wing politics are not suitable for America now, or ever.

They need to come to grips with the fact that our ideas are better than their ideas.

ELECTION 2024, CONTINUED FROM PAGE 1
Democrat Kamala Harris versus conservative Republican Donald Trump.

Instead, it has become a larger contest between those who talk down to their fellow Americans and those who are increasingly sick and tired of being lectured. How smart is it, for example, for Harris supporters to claim nonstop that ex-president Trump is a fascist dictator — and thus, by extension, those also who vote for him?

Women voters poll about 53.5% for Harris. Trump enjoys a similar, although likely somewhat smaller, majority margin of male voters.

Yet Harris — along with campaign surrogates Barack Obama and Bill Clinton — has been lecturing both black and white male voters nonstop that they are misled.

Or they supposedly suffer from false consciousness — as if they have no clue that Harris and her progressive agenda are really in their own self-interest.

Such haughtiness reached a zenith when Harris ran ads of actors costumed as supposedly working-class men. They voiced scripted talking points to prove that "real" men are progressive Harris supporters.

But the actors were so patently ridiculous, their canned lines so unreal, that most viewers likely thought the ads were run by Trump himself — to show how arrogant, out-of-touch elites must imagine how the so-called "clingers" and "deplorables" think and talk.

CONTINUED ON PAGE 20

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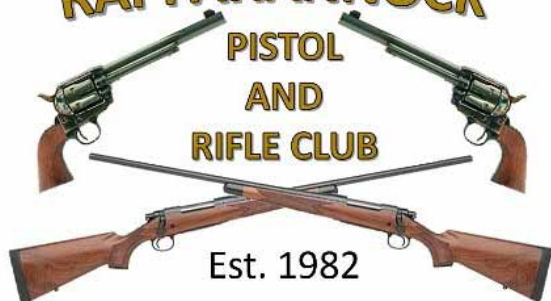
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SPORTS



WASHINGTON OCTOBER SUMMARY COMMANDERS LEAD NFC EAST

Washington started October off with a bang thumping the Browns 34 to 13 as the defense held Cleveland to just 212 total yards and had 7 sacks. In fact, they were so dominating that rookie star quarterback Jayden Daniels sat out the whole fourth quarter to avoid any chance of injury.

For the day Daniels was 14 of 25 for 238 yards with a touchdown and an interception. Daniels was also the leading rusher with 11 carries for 82 yards including a 34 yarder. The leading non quarterback rusher was Austin Ekeler with 67 yards on just 6 carries. He also caught 2 passes for 30 yards. Jeremy McNichols was also effective with 44 yards and a touchdown on 7 carries as Brian Robinson struggled with just 18 yards on 7 carries but he did score 2 touchdowns.

Terry McLaurin had another big day at wide receiver with 112 yards on 4 catches. One was a 66 yarder on a broken play that took the ball down to the goal line. On the minus side, McLaurin also dropped a perfectly thrown touchdown pass and had a fumble. Dyami Brown also came up big with 2 catches for 57 yards including a beautiful 41 yard touchdown pass in the corner of the end zone.

As good as the offense was, the defense was even better. They held beleaguered Browns quarterback Deshaun Watson to just 125 yards and 1 touchdown as he was running for his life for most of the day. Linebackers Frankie Luvu and Booby Wagner were dominant. Luvu has 7 tackles and 2.5 sacks followed by Wagner with 6 tackles and 1.5 sacks. Also notching sacks were Jonathan Allen, Dorrance Armstrong and Dante Fowler.

With the powerful Ravens up next on the road, Washington would have to be at their best to win but even a close game would be a positive for a team that won only 4 games in 2023.

Although Washington lost 30 to 23, they kept the game close and Jayden Daniels continued to impress. The addition of running back Derrick Henry has made the Raven offense a nightmare to defend and Washington just doesn't have the defensive personnel, especially in the secondary, to hang with the top offenses.

The running game was throttled by the Ravens defense and managed only 52 yards on just 18 attempts. Conversely, Baltimore rushed for 176 yards on 37 carries led by Henry with 132 yards and 2 touchdowns.

Because of the stagnant rush game Daniels was forced to attempt 35 passes, the most by far this year. Fortunately, he passed for 269 yards with 2 touchdown passes and no interceptions. Daniels also had the fewest rushes of the year with only 22 yards on 6 attempts.

Tight end Zach Ertz continued to excel with 4 catches for 68 yards followed by Noah Brown with 4 catches for 58 yards and Terry McLaurin with 6 catches for 53 yards and 2 touchdowns. Running back Austin Ekeler, one of the best pass catching backs in the league, chipped in with 4 catches for 47 yards.

CONTINUED ON PAGE 19



DALLAS OCTOBER SUMMARY

PLAYOFF PROSPECTS FADING

Dallas got off to a good start in October with a 20 to 17 victory over the Steelers but, before Dallas fans start planning for the playoffs, it should be noted that the Steelers were without their starting quarterback and the fill in, Justin Fields, managed just 131 yards through the air although he did throw for 2 touchdowns.

Dallas quarterback Dak Prescott had more success going 29 of 42 for 352 yards with 2 touchdowns but also 2 interceptions. Jalen Tolbert was the leading receiver with 7 receptions for 87 yards and a touchdown. He is emerging as a solid number 2 receiver and has taken some pressure off of Pro Bowler CeeDee Lamb. Tight end Jake Ferguson continued his strong season with 6 catches for 70 yards followed by Lamb with 5 catches for 62 yards.

Rico Dowdle was the leading rusher with 20 rushes for 87 yards and a touchdown. Ezekiel Elliott followed with just 17 yards on 6 carries and it appears as though his best days are behind him. Dallas is thin at running back and an injury to Dowdle could be problematic.

CONTINUED ON PAGE 19



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Commanders' Hail Mary win over the Bears
[© Scott Taetsch/Getty Images]

WASHINGTON, CONTINUED FROM PAGE 18

Despite struggling, there were some bright spots on defense. Rookie Mike Sainristil had his first interception which he returned 38 yards, end/linebacker Dante Fowler had 2 sacks and Bobby Wagner had 12 tackles. On the minus side, defensive tackle Daron Payne didn't have a single tackle or any defensive statistic as he continues to struggle. Even more ominous was the loss of fellow Pro Bowl defensive tackle Jonathan Allen who tore a pectoral muscle and is out for the season.

Despite their loss, Washington still led the NFC East with a 4 and 2 record. With the 1 win Panthers up next Washington would have to guard against complacency. Despite their obvious improvement they need to play hard every game to stay atop the suddenly mediocre NFC East.

And play hard they did, totally dominating Carolina 40 to 7 despite the loss of Jayden Daniels early in the game to a rib injury. The injury is not serious and he may be available as soon as the next game. Backup Marcus Mariota played well in his absence going 18 of 23 for 219 yards with 2 touchdowns and no interceptions. He was only sacked once and had a 132.8 rating. Conversely, Panthers quarterback Andy Dalton was 11 of 16 for 91 yards with no touchdowns

and 2 interceptions for a rating of 44.0.

The Carolina run game was slightly better gaining 95 yards but the ground game was their strong suit and phenom running back Chuba Hubbard was held to 52 yards on 17 carries. Washington gained 214 yards on the ground aided by the return from injury of Brian Robinson who had 71 yards on 12 attempts. Jayden Daniels also had 50 yards on 3 carries including a 46 yard scamper on the first play. It now appears that he was injured on that play as 2 panthers landed on top of him during the tackle.

Terry McLaurin had another big day at wide receiver with 6 catches for 98 yards followed by Zach Ertz with 4 catches for 40 yards and a touchdown. Rookie tight end Ben Sinnott also had a 3 yard touchdown pass and the performance of Mariota was encouraging, especially if he needs to start against the Bears.

The defense had their best day of the year with several standouts. Defensive end/linebacker Dante Fowler had an interception which he returned 67 yards for a touchdown. He also had a sack. Beleaguered 2023 first round pick Emmanuel Forbes had an interception and played 73% of the snaps. Rookie cornerback Mike Sainristil had 7 tackles and linebacker Frankie Luvu also had a sack.

To show just how lopsided the game was the Commanders gained 421 yards to 180 for Carolina and had 26 first downs to 10. They can expect a much bigger challenge from the Bears but who would have ever thought that Washington would be leading the NFC East after 7 games?

In a stunning victory on a last second Hail Mary pass by Jayden Daniels, Washington defeated a feisty Bears team 18 to 15 to remain atop the NFC East. Washington actually dominated for most of the game gaining 481 yards to 307 for the Bears but their inability to score touchdowns kept the game close.

For the day Daniels was 21 of 38 for 326 yards and a touchdown for a 92.7 quarterback rating. Coming off a rib injury he didn't seem to have his normal velocity but he

obviously had enough. Chicago quarterback Caleb Williams was 10 of 24 for 131 yards with no touchdowns and a 59.5 quarterback rating. This was significant as Williams was the first player drafted in the 2024 draft and Daniels was the second. Fans have been waiting for this matchup since the draft and it looks like Daniels prevailed in their first meeting.

As usual the leading receiver was Terry McLaurin with 5 catches for 125 yards including a 61 yarder. He was

followed by tight end Zach Ertz with 7 catches for 77 yards and Noah Brown with 3 catches for 73 yards including the 52 yard Hail Mary that ended the game.

The Washington running attack was also productive, gaining 168 yards. They were led by Brian Robinson with 65 yards on 16 carries followed by Austin Ekeler and Daniels who had 52 yards apiece.

Defensively Washington played well against the pass but gave up a whopping 196 yards on the ground including 129 yards by D'Andre Smith who also had a 56 yard touchdown run. This is a situation that needs to be addressed. Safety Quan Martin had his best game of the season with 11 tackles including a tackle for loss and both Jalyn Holmes and Daron Payne had sacks.

Few would have thought that Washington would be 6 and 2 and in first place in the NFC East at the end of October. With the 2-6 Giants up next Washington would have a chance to extend their winning streak as their performance so far is the talk of the league.



Photo Credit: sportige.com


DALLAS, CONTINUED FROM PAGE 18

Defensively the Cowboys played well led by linebackers Eric Kendricks and DeMarvion Overshown with 10 and 8 tackles respectively. This is particularly important with both DeMarcus Lawrence and Micah Parsons missing the game due to injuries. Pittsburgh was held to just 226 yards of total offense and the improved defensive play needed to continue with a strong Lions team due up next.

Unfortunately, the defense collapsed against Detroit in a humiliating 47 to 9 loss as they surrendered 492 yards while gaining only 251 yards themselves. Their plight was further determined by 5 Dallas turnovers and shoddy play in general. Dak Prescott was just 17 of 33 for 178 yards with no touchdowns and 2 interceptions. He was also sacked 6 times.

The running attack was also anemic, gaining only 53 yards. Ezekiel Elliott gained only 17 yards for the second week in a row and appears to have become an after-

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DALLAS, CONTINUED FROM PAGE 19

thought. The offensive line also struggled as they surrendered 4 sacks and failed to open holes for the run attack.

Wide receiver CeeDee Lamb was the only offensive player who distinguished themselves as he caught 7 passes for 89 yards. Jalen Tolbert, who has become the second option behind Lamb, had 4 catches for 43 yards.

Linebacker Damone Clark led the defense with 9 tackles and a half of a sack but the Lions dominated for most of the day. It was embarrassing to get thrashed so badly at home and it was their fourth consecutive home loss after an amazing 16 game home winning streak that stretched over the previous two seasons.

Owner Jerry Jones blew a gasket in an interview after the game and even threatened to fire the interviewers. According to a report in the New York Post:

“Three Dallas radio hosts who experienced the wrath of Jerry Jones this week said the Cowboys owner took an all-time loss when he appeared to threaten their jobs during his on-air meltdown Tuesday.

During Thursday’s installment of “Shan & RJ” on 105.3 The Fan, radio personality Bobby Belt explained that Jones’ outburst over a line of questioning about the Cowboys’ quiet offseason made him look like “a little man,” while co-host Shan Shariff said the 82-year-old owner took a major L by “threatening” their livelihood.”

With the bye week up next Dallas would have time to regroup. Dallas has been outscored by their opponents by 42 points this season. By comparison, Washington has outscored their opponents by 33 points this season. With the

49ers up first after the break Dallas needed a big rebound before their season was lost.

Unfortunately, that rebound didn’t occur as Dallas lost to the 49ers 30 to 24 but the game was not as close as the score indicates. San Francisco outgained Dallas 469 yards to 292 and only 2 late touchdown passes to CeeDee Lamb made the game close.

Dak Prescott was 25 of 38 for 243 yards with 2 touchdowns. That would have been a good day were it not for the 2 interceptions that he also threw. That gives him 8 interceptions in the first 7 games after signing a 4 year contract extension that made him the highest payed player in NFL history. Prescott also has only 24 yards rushing in his first 7 games and he needs to step it up before it’s too late.

The Dallas rushing attack was also abysmal as they gained only 56 yards and Dallas is now one of the worst teams in the league at both rushing and stopping the rush.

The one major bright spot was the performance of CeeDee lamb who dominated with 13 catches for 146 yards with 2 touchdowns. After leading the league with 135 receptions in 2023, Lamb is probably the best receiver in the NFL.

Defensively Dallas was inept against both the pass and the run. 49ers tight end George Kittle ravaged them for 128 yards and a touchdown and San Francisco put up 260 yards total. The 49ers also rushed for 223 yards led by rookie Isaac Guerendo with 85 yards and a touchdown.

Linebacker Eric Kendricks led the team with 9 tackles and fellow linebacker DeMarvion Overshown had a sack but the defense seems to be in a downspin. 5 of the Cowboys coming opponents have winning records and, entering

November with a 3 and 4 record, it looks like Dallas’ playoff hopes are fading fast.

**ELECTION 2024,
CONTINUED
FROM PAGE 17**

The Trump campaign also tries all sorts of strategies to win over women voters, from promising to rectify the Biden-Harris hyperinflation to reducing spiraling crime in towns and cities.

But one method they avoid is claiming women are ignorant of their real self-interest and deluded by Harris — accurately assuming that a candidate does not win voters by belittling their intelligence. Harris and Obama both dressed down black men, claiming they are especially culpable for not voting en masse for Harris — even though a far

higher percentage of black males will vote for Harris than for Trump.

This hectoring the electorate on its supposed ignorance or moral shortcomings has become a Harris campaign trademark.

To Harris, objecting to 10-12 million foreign nationals entering the country illegally without background checks during the Biden-Harris administration is supposedly a sign of a lack of compassion.

And claiming that a current declining rate of illegal immigration should allay voters’ supposed paranoia utterly ignores the millions of illegal aliens who were all but welcomed in by Biden-Harris before the 2024 election cycle.

Voters are also talked down to ad nauseam that they do not appreciate the Biden-Harris economy given the rate of inflation is falling.

True. But most voters go shopping in a manner politicians do not.

So they resent such top-down sermons. They know best that prices for staple foods, fuel, insurance, and housing have spiked by some 20-30% since 2021 — and stayed astronomically high.

Currently, the auto industry is in crisis. Its huge inventory of electric vehicles sits unwanted and unsold. Harris and the left, remember, mandated all sorts of EV standards in their war against the internal combustion engine. Then the proverbial people revolted against the comparatively limited range of EVs and the difficulty in finding accessible and quick-charging stations.

So the free market and consumer demand ignored the increasingly strident lectures.

Likewise, Harris pontificated that crime that had spiked in 2021-2023 is now not all that bad.

But voters know all too well that their major cities are now unsafe. They sense one reason this year that crime is not soaring as it was two years ago is because it had gotten so bad that any further commensurate increases would have made life utterly unlivable.

The Harris campaign was further hurt by past videos that keep popping up of Harris lecturing voters about how they either must think correctly or remain cluelessly selfish or ignorant.

So a recent clip surfaced on Columbus Day 2021 of Vice President Harris lecturing America about Western civilization’s “shameful” sins in discovering the new world.

Another video reveals Harris warning the country in 2020 on national television that the massive post-George Floyd demonstrations — that had turned violent and deadly — were not and should not stop, as if the country had to pay collective penance for its sins.

This 2024 race may be becoming analogous to an October 2020 teachable moment. Then a preachy and sanctimonious incumbent Jimmy Carter — ahead in the final October polls over challenger Ronald Reagan — finally turned off voters for good.

The previous underdog Reagan won in a landslide for a variety of reasons. But certainly, one explanation was that

ELECTION 2024, CONTINUED FROM PAGE 20 the electorate had finally collectively shrugged off their weariness. They were sick and tired of Carter's downer lectures about how they were wrong and culpable.

Reagan, however, reminded voters that America was better than all the alternatives, needed not to be perfect to be good, and had nothing to apologize for.

The same contrast will likely determine the election of 2024.

Victor Davis Hanson is a classicist and historian at the Hoover Institution, Stanford University, and the author of "The Second World Wars: How the First Global Conflict Was Fought and Won," from Basic Books. You can reach him by e-mailing authorvdh@gmail.com.

REGULATIONS, CONTINUED FROM PAGE 1 tions, too many laws, too many rules. On that there is surely universal agreement. No one approves of the unfathomable, convoluted, expensive, and internally contradictory thicket that has emerged over the decades.

In fact, Justice Neil Gorsuch has a new book with the title "Over Ruled: The Human Toll of Too Much Law." It is outstanding, with a focus on all the ways in which government imposition hobbles the freedom we are supposed to be guaranteed in the United States. "The truth is, something's happening in our country," he writes. "Law is multiplying, and its demands are growing increasingly complex. So much so that ordinary people are often caught by surprise, and even seasoned lawyers, lawmakers, and (yes) judges sometimes struggle to make sense of it all.

"At the most basic level, law in our country has simply exploded. Think Congress is wracked by an inability to pass legislation? Less than a hundred years ago, all of the federal government's statutes fit into a single volume. By 2018, the U.S. Code encompassed 54 volumes and approximately 60,000 pages.

"Over the last decade, Congress has adopted an average of 344 new pieces of legislation each session. That amounts to about 2 to 3 million words of new federal law each year. Even the length of bills has grown—from an average of around 2 pages in the 1950s to 18 today. "Still, these figures from Congress only begin to tell the story. Federal agencies have been busy, too. They write new rules and regulations implementing or interpreting Congress's laws. Many bear the force of law."

Years ago, I began to notice that household items were not working anymore. The showerheads are now federally regulated to restrict flow, as are the toilets and garbage disposals. The mandated designs and blueprints make all the products worse.

The new gas cans are awful, while the old ones sell for a premium. Once I was cutting the grass and found that the mower kept getting clogged because of a lack of airflow. Sure enough, the functioning was hobbled by safety regulations that forced the cage ever lower to the grass surface, to the point where the machine could no longer do what it is supposed to do. Indeed it is hard to think of a single product you use that is not trapped in some kind of forced design emanating from a federal bureaucracy. This pertains not only to everything in your house, but also to every business, all the way down to the fabric of the aprons in every restaur-

ant. These are just federal laws, but state and local ones also add to the burden.

Ask any real estate developer and he will tell you the reason for the housing shortage. It comes down to extreme controls on every single step in hiring and building. The customer ends up paying in two ways: higher prices and less choice.

"If you're a budding pasta entrepreneur, take note: by federal decree, macaroni must have a diameter between 1.1 and .27 inches, while vermicelli must not be more than .06 inches in diameter," Gorsuch writes. "Both may contain egg whites—but those egg whites cannot constitute more than two percent of the weight of the finished product.. Every product in the grocery store is regulated this way. Ever wondered why

the meat stock you buy at the store is mostly water with not much stock? That is heavily regulated. As I've pointed out before, the United States is one of the few countries in the world that require eggs to be washed before being sold, which means that they have to be refrigerated. First-time visitors to the United States are amazed at this.

It's also true with meat: It is simply not possible to raise a cow and sell the meat without jumping through many regulatory hoops and using independent processors. This has benefited agri-business, but has been very harmful for small farmers. Small farmers suffer daily because of this.

Musk himself has told stories about how his Starship launches are routinely delayed by crazy mandates. His recent launch-and-catch had to be delayed for studies on how the landing would impact the sharks, the whales, and the hearing of the seals. And that's just the start of it. All of Musk's companies are facing an astonishing blizzard of attacks from agencies.

Truly, there are no words to describe the reach and scope of the regulatory state. It's a minefield with no map, presenting danger with every step. If you have ever attempted to start a business, you know. Every industry faces huge compliance costs. It's not just capital you have to spend. You need lawyers. You need consultants. You need, above all, time, and lots of it.

People go into business only to discover that they must spend most of their time not on serving the customer, but on dealing with compliance and administrative red tape.

Just try hiring one employee, for example. The array of bureaucracies who want a piece of you will amaze you. They all charge for everything they do. They will send letters demanding more with no end in sight. And this is just for one employee. Once the staff grows, so do the mandates and the legal risks.

You no doubt have stories of friends who attempted to start a business and gave up. I know of many.

The bureaucracies simply cannot sit still. They make new rules and regulations daily, if only to foil the industry, with not a care about what it costs or the impact on economic growth and job creation. The United States has created whole industries entirely devoted to smoothing compliance.

The word "deregulation" doesn't quite describe the fullness of what we need. The United States needs to burn its regulatory codes in a raging bonfire, one that should last for months. What is the path to achieving that? As Gorsuch writes, it is not up to the judiciary to make a fundamental difference. That is the job of the legislatures.

In the late 1970s, there was a bipartisan consensus to deregulate three industries: trucking, energy, and telecommunications. All three initiatives were a huge success and the prosperity of the 1980s is owed to these emancipations. The reason the word "deregulation" fell into disrepute is due to the financial deregulation of 1983, which freed up the banking sector that was then blamed for every crisis that followed, from the savings and loan crisis of the 1980s and 1990s to the 2008 financial crisis. There is a strong reason

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REGULATIONS, CONTINUED FROM PAGE 21
to believe this assignment of blame was correct. The problem can be traced back to the doctrine of too-big-to-fail, made possible by the Federal Reserve.

There will always be problems with deregulation so long as the government's printing presses are still in operation. Sadly, these issues partly discredited the whole idea of deregulation.

Another point to remember: You can still have the good kind of regulation in absence of government intervention. Every professional field has an oversight organization that certifies credentials even apart from any government mandate. And consider the role of Underwriters Laboratories (UL), founded in 1894 and still in wide operation today. It has more credibility than any government agency. Even if dozens of agencies were abolished, there would still be private associations around to do the regulating. But they could do so with a market-based focus, the way UL does today. Another market-based form of regulation is reputation. When you buy online, do you look at reviews? Of course you do. This is a method by which quality is assured in our times. User ratings have a much larger role in our buying decisions than any administrative edict.

In other words, deregulation does not mean anything goes. It means that society itself is in the position to provide market standards of quality. If the federal Food and Drug Administration were abolished, for example, we might well end up with safer food and more effective drugs. For one

thing, all the indemnifications for vaccines would disappear, making companies legally liable for damages.

There is an ongoing controversy to figure out what to do about agency capture, wherein the largest private companies operate a revolving door with the regulators and game the system against startups. The best and most effective answer to agency capture is simple: Eliminate the agency and the laws and legislation that sustain them.

We should all be thrilled about the new push for another round of genuine deregulation. Agency compliance is too expensive, too arduous, and too threatening for free enterprise to thrive. In an ideal world, the government would only do what is mentioned in the Constitution and nothing more. That would mean cutting back. This is not possible in four years, but something has to give. We need a dramatic turn against force and toward freedom in the management of our economic lives. the regulatory state by 90 percent or more.

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LANCASTER, CONTINUED FROM PAGE 6

Social Services System Division of Training Management Learning Experience.

Mrs. Henderson also has an extensive academic record. She graduated from the VCU Social services Management Institute and also holds a Bachelors Degree from Notre Dame, a Master's Degree in applied psychology from the University of Baltimore and a Doctor of Strategic Leadership Degree from Regent University.

Mrs. Henderson is also an Air Force veteran and served in the Virginia Air National Guard. She currently lives in Weems.

In other Lancaster County news, it has been announced that New Tides has decided to do a major overhaul of the former Tides Lodge into by turning it into a residential community. It would be converted into 25 condominiums as well as a clubhouse and a marina with 56 boat slips. There should be no problem with approvals as the site on St. Andrews Lane was approved for 65 condominium units back in 2004 as

part of a master plan.

New Tides representative Matt Smith addressed the Lancaster Board of Supervisors and stated that there had been thought of building a 65 unit apartment building but, upon further consideration, it was decided that the new plan would be much more "harmonious" with the surrounding community.

Mr. Smith also advised the Supervisors that there were two different plans for two and three story units intended to be either 3,500 square feet or nearly 5,000 square feet. The new plan would also eliminate previously approved elements such as a restaurant. The new plan would also reduce density which should reduce traffic that could affect surrounding neighborhoods. The current North Tides Wastewater Treatment Plant would handle the wastewater and drinking water would be provided by Aqua of Virginia.

According to County Staff there has been no public opposition to the project and the one local resident who called into the Board meeting was in support of the project. The caller also asked what would be done with the golf course infrastructure which is currently being used for walking paths. Mr. Smith responded by saying it is under consideration but that no changes are planned at this time.

District 5 Supervisor William Smith, whose district contains the development, was supportive and made a motion for approval. His motion was unanimously approved.

NORTHUMBERLAND, CONTINUED FROM PAGE 6

Senatorial Candidate Hung Cao and both Representative Rob Wittman and Delegate Hillary Kent-Pugh were also scheduled to speak.

Then, about two weeks before the event it was learned that Lieutenant Governor Winsome Sears would be in attendance but it was too late to publicize her upcoming appearance. Just a couple of days before the event Sears cancelled to go to Southeast Virginia to assist with the devastation from Hurricane Helene.



*Youngkin Mingles With His Constituents
[Photo Credit: Jim Penney]*

Fortunately, Governor Youngkin stepped into the breach and joined Cao, Wittman and Kent-Pugh in addressing the raucous crowd estimated to be about 700 people. It was a festive event with food trucks, crafts, MAGA bling and music. The crowd could be heard roaring as the candidates gave their speeches and Youngkin and the other speakers

CONTINUED ON PAGE 25

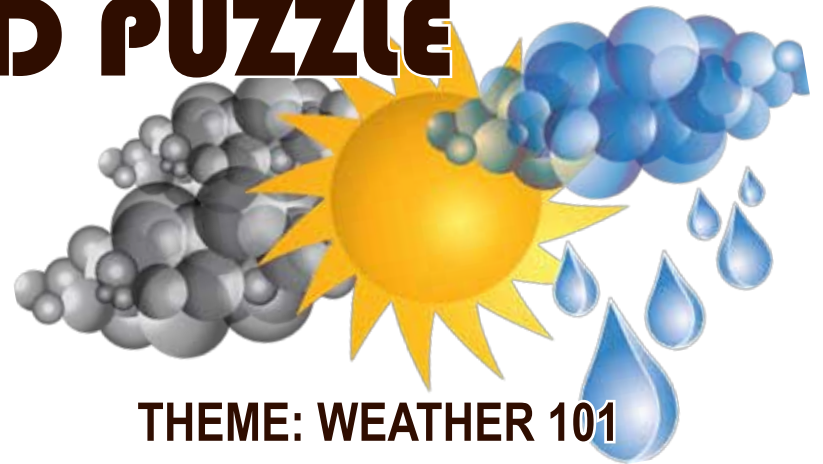
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ACROSS

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- Astern
- Newspaper piece
- Light beige
- Old wound
- Palate lobe
- Reposed
- Needle case
- Katmandu's land
- *Natural electrical discharge
- Fiber source
- Madison Square Garden, e.g.
- Anatomical pouch
- *Like air from north of Canada
- Same as boric
- Slang for million dollars
- Mother-of-pearl, pl.
- Of a particular kind
- Exclude or omit
- Not safe
- Parallel grooves
- Campbell of "Scream" fame
- Morally degraded
- Lt.'s subordinate
- Weed a.k.a. dyer's woad
- Nervous (2 words)
- Rubber substitute, acr.
- Broom of twigs
- Wild plum
- *Short-lived whirlwind (2 words)
- Philip Roth's "The Human ____"
- Additional
- Driver's spare
- Church songs
- Biology lab supply
- Pac Man's blue ghost
- *H in HI
- Slightly insane
- ____pool or ____pit

DOWN

- Come together
- Smoothie bowl flavor
- Two-masted sailing vessel
- Broad-brimmed beachwear
- ____ a play
- Flora's partner
- H.S. math class
- *Not sunny
- Between larva and adult
- Enthusiasm
- Split lentils dish
- Roman statesman, Nero's advisor
- Open up
- Three
- "Send help!" acronym
- Make change
- "Inside Out 2" main character
- Actor Owen
- Between Phi and Kappa
- Like some sausages
- Cake cover
- *What storm pursuers do
- *"____ as Ice" by Foreigner
- Feel regret
- *Condensation-starting point (2 words)
- Church assembly
- Stock regulator, acr.
- Herpes ____, a.k.a. shingles
- Not odds
- Nauseant
- Battle of the ____, 1944-1945 German offensive
- Literary composition
- Eyelid affliction
- Tibetan monk
- Like Beethoven
- Climbing plant
- Irritates
- Grazing lands
- "Zip it!"

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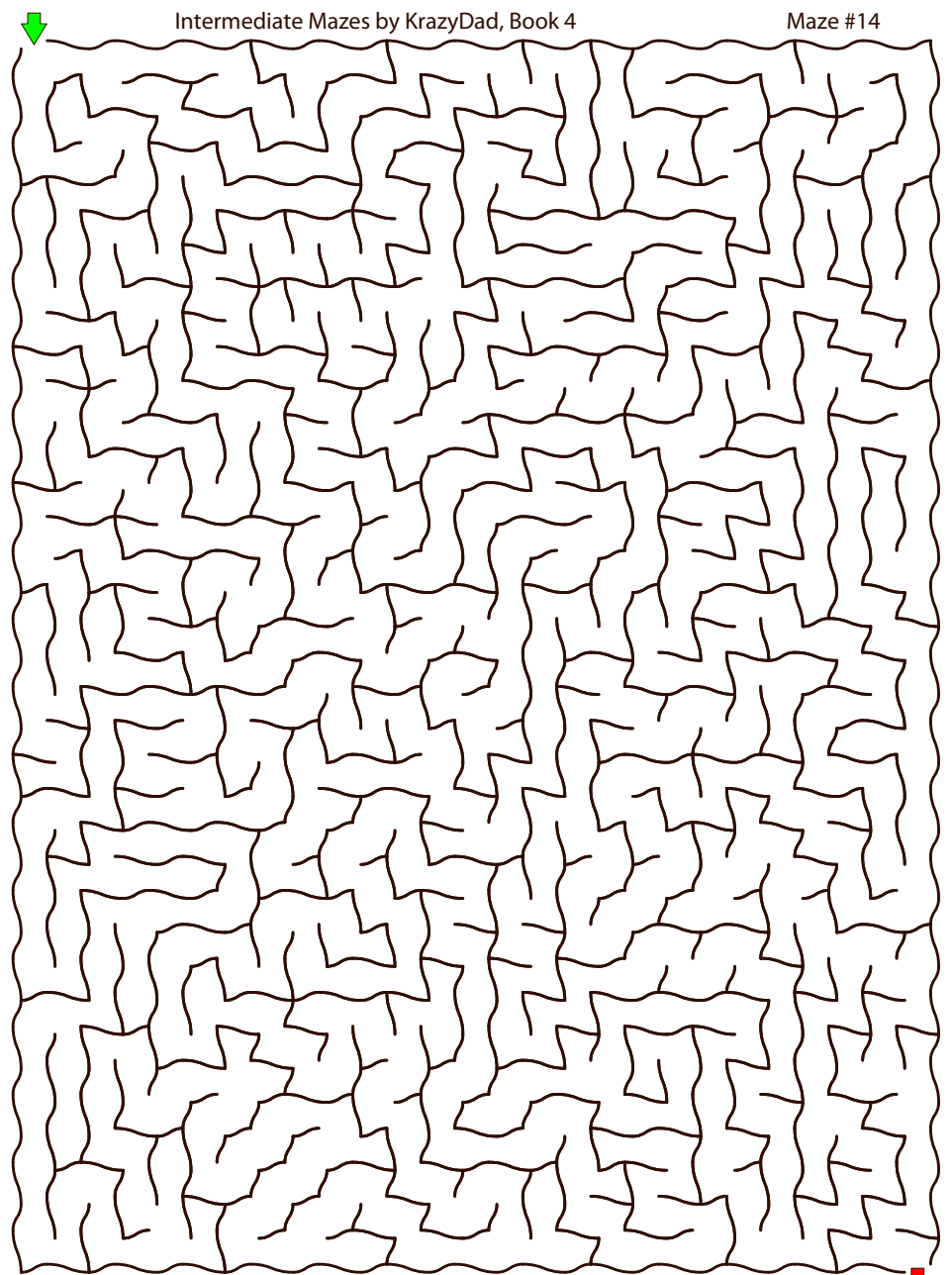
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SOLUTIONS PAGE 38



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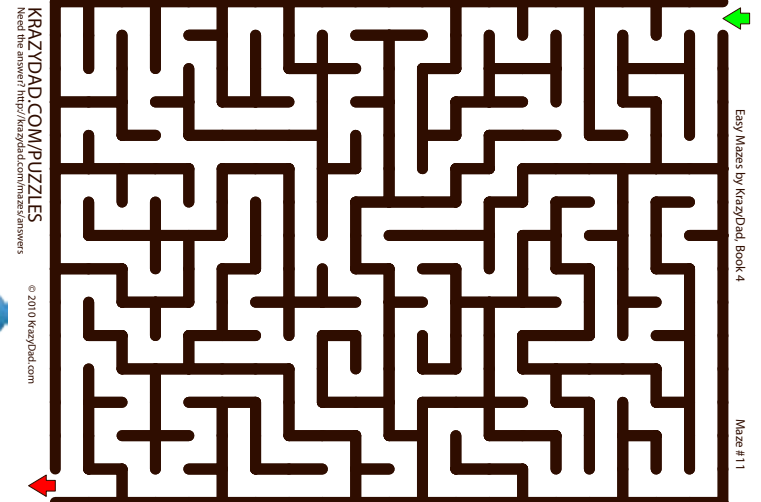
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NORTHUMBERLAND, CONTINUED FROM PAGE 22
mingled with the crowd who greeted them enthusiastically. There were also booths set up for various citizens groups such as the Northern Neck Patriots, NCSB Watch and the Northumberland County Republican Committee who organized and sponsored the event. Admission was \$20.00 which included free hot dogs, soda and water. While you would expect a visit from the Governor to draw local press coverage, that was not the case. Unfortunately, liberal press bias exists even in rural areas.

On Thursday, October 10th the board of Supervisors unanimously approved the conversion of a building at 410 Northumberland Highway into a 12 unit apartment building. Lisa Deitz, who is the president of the Callao Hometown Community Association, spoke out for the project during the public comment period of the meeting, stating:

“There is a great need for such housing to help attract and maintain employees in the area. It helps people establish and build community ties, spend locally and build a stronger economy.” It should also be noted that Mrs. Deitz is the owner of an adjacent property so she will be directly affected by it. She continued: “Since Old Tidewater bought the property they have made significant improvements to the building and the surroundings. The building improvements match what we were trying to accomplish with our revitalization project.”

Some of the Supervisors were skeptical. Supervisor Fisher voiced concerns based on previous properties such as The Wicomico Apartments and Callao Apartments that have had problems with crime and attracting undesirable elements. “Are you going to have Section 8 in there” he asked. He also asked Mrs. Deitz: “Do I take it, in your opinion, this is not going to be another Callao Apartments?”

Mrs. Deitz agreed with his concerns and stated that she thought the quality of the improvements and new management would attract a totally different kind of clientele.

Supervisor Brann stated that he had spoken to the new owner and was satisfied that he would handle things properly, adding: This is someone who has invested money into our county. We’re all for growing business. This is another small business and it’s going to benefit people by giving them a place to live.” The final vote for approval was unanimous.

RICHMOND, CONTINUED FROM PAGE 6
tate was set at 60 cents per hundred. This was lower than the existing 70 cents per hundred rate and was supposed to moderate the increased real estate values. To keep taxes level a reduction to 54 cents per hundred was needed but the majority of the supervisors decided to set the rate at 60 cents per hundred.

The lone dissenter was Supervisor Richard Thomas who stated that he felt that the increase was too much for most citizens to tolerate. At the time of the increase, it was estimated that \$700,000 in additional tax revenues would be generated by the increased values but, according to County officials the actual increase is \$970,000 more in taxes.

Richmond County has the highest poverty rate in the region and because of that they receive much more state school funding. Without that the County would be in dire straits.

Needless to say the schools are again the largest recipient of local tax dollars. The final budget ended up at 33.8 million dollars. As always, the school budget was the highest at 21 million dollars. This figure is inflated by the fact that Richmond County schools have enrolled about 238 non-resident students who

Commissioner of Revenue Jennifer Delano advised that the majority of the increase was not in land value but in building values. This makes sense as, due to inflation, the cost of building houses has soared as have many other commodities due to runaway inflation that the government has gone to great lengths to justify.

According to Delano, land values increased by \$46.8 million while building values increased by an amazing \$266 million. When you combine the real estate tax increases with the Town of Warsaw’s recent increase in fees for a variety of services, Richmond County is becoming an increasingly expensive place to live.

Another topic that was addressed at the June Supervisors Meeting was the subject of home occupations which have increased markedly over the past several years. County Administrator Hope Mothershead informed the Board that the subject had not been addressed in quite a while and she went on to discuss how the current process works. There was an extended discussion on the topic and it appears that an overall review of the current system will be overtaken.

In sports news, the Rappahannock Football teams defeated the Lancaster Red devils 47 to 16 on October 25th to run their perfect record to 8 and 0. The Raiders have been dominant all year and, after winning the state championship in baseball this year, this could be a banner year for Rappahannock High School sports. A season summary will be provide in our December edition.

WESTMORELAND, CONTINUED FROM PAGE 6
nity Development (DHCD) is launching its first Mobilizing Main Street Program cohort-based program with the first 10 participating organizations representing the localities of Big Stone Gap, Buena Vista, Clarksville, Colonial Beach, Covington, Galax, Martinsville, Hilton Village in Newport News, Petersburg and Phoebus in Hampton. This two-year

program will provide the framework for targeted organizational development support to Exploring Main Street (EMS) communities interested in pursuing Advancing Virginia Main Street (VMS) designation and Main Street America accredited status.”


During their October meeting the Town Council unanimously passed a resolution supporting a Main Street designation for the Town. The Main Street Program has been a big success in other local communities and their funding and guidance provides and economic boost that can have far reaching effects.

The day after the meeting representatives of the USDA’s Rural Development and the Virginia Department of Housing and Community Development met with members of the Town Council as well as Town Manager Natasha Tucker, Assistant Town Manager Ben Prescott and County Supervisor Tim Trivett in whose District the Town is located. The Town received the maximum grant of \$500,000 and extensive plans are under way for several projects to improve and beautify the Town.

In more good news for the County, it was announced at the October County Supervisors Meeting that Stratford Hall has received a \$500,000 grant from the Virginia Department of Historic Resources. These much needed funds will help to restore buildings and provide other upgrades.

Stratford Hall President Karen Daly addressed the Board of Supervisors explaining that Stratford Hall had been the home of four generations of the Lee family over a period of 85 years and contains 15 historic buildings as well as many precious works of art and artifacts.

CONTINUED ON PAGE 27



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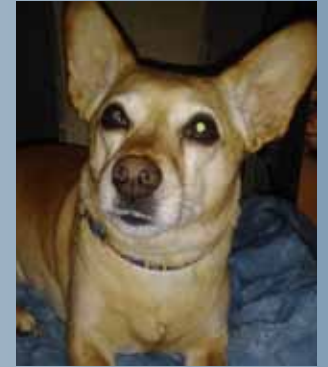
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All of these pets were rescued and are living happily ever after in their forever homes.



On the exam table

UNEXPECTED TURNS

Kristy Fike

Whether it is an unexpected injury calling for a long journey to recover, a terminal illness, disorder, or a disability, navigating unexpected turns in your pet's health can be challenging, especially if you are unfamiliar with the given health condition. If you should ever find yourself in a position where your pet's health takes an unexpected turn, consider the following to help you get started.

Primary Care Veterinarian

While there are walk-in veterinary clinics, it is ideal to have a trustworthy primary veterinarian that can help guide you through your pet's health journey. They will be "in it for the long haul" and will likely offer much more personalized care for your pet compared to a walk-in clinic. In addition, it is a good idea to keep an ear out for a secondary office should your primary office not be available or closed.

When working with your veterinarian, it is important to ask questions and try to familiarize yourself with the ins and outs of your pet's health condition. In addition, try to understand how the medications work that your veterinarian is prescribing. Working to understand these things may equip you to catch onto new symptoms sooner, adverse effects of medications, and/or come up with ideas on how to further help your pet's health. Below are a couple of questions to

consider asking your veterinarian.

- Are there any medicines or preventatives that may exacerbate my pet's condition?
- If your pet is struggling with a disorder or terminal illness, are there environmental factors that could have caused my pet's health condition or that may exacerbate my pet's health condition?
- In what ways does such a health condition alter both my pet's and our daily life (new routines, new precautions, etc.)?

Gut Feelings

Similar to other faucets in life, sometimes we get gut feelings of when something isn't right or doesn't fully set well with us. Listen to yourself. If you are trying to find a veterinarian office, and something does feel right when you try one, try another office. If you feel like you need a second opinion, then get one. If something isn't setting well with you about your pet's symptoms, voice them to your trusted veterinarian.

Leaning on Others

There are many that do not have people in their life to lean on. If you are blessed with family and friends, humbly lean on them for help when you need it. Taking care of a pet with a health condition is an involved task. Sometimes asking for help may be in the form of small favors such as taking your pet outside to use the restroom or feeding them. Other times, it may be in the form of larger favors such as asking for someone to watch the kids while you take your pet to the veterinarian. Some may even need someone else to take their pet to the veterinarian for them. If you live by yourself and need help, consider asking a nearby neighbor, fellow church

members, or co-workers for help. For example, if you have a large dog with a physical ailment, you may need help getting your dog in your vehicle before a vet appointment. In addition, try not to push people away that care about you and your pet. Follow up with them when they inquire about your pet.

Unexpected turns in our pet's health can be stressful,

CONTINUED ON PAGE 27

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UNEXPECTED, CONTINUED FROM PAGE 26
 heartbreaking, time-consuming, and costly. To many owners, pets are family. It is important to get established with a primary care veterinarian if you are not already. Discuss with them your limitations, concerns, and questions. Better equip yourself to better help your pet by taking extra time to understand your pet's health condition. Listen to those gut feelings you have about a situation. Lastly, lean on others for help and be thankful for them.

WESTMORELAND, CONTINUED FROM PAGE 25

The entire property is comprised of 1,900 acres of gardens, grounds and farmland and has been a tourist attraction for decades. The Supervisors were extremely supportive and Supervisor Jeff McCormack, who is a history teacher, stated:

"I spent the last two days in the Menokin Glass House project with a hundred seventh graders. As a history teacher I appreciate the work you all do to preserve our local history, the good the bad and the ugly. Your job is incredibly important and I thank you for all that you do."

The grant has garnered a lot of attention and, according to an October 26th article in the Fredericksburg Free Press by Ted Schubel:

"Stratford Hall awarded a \$500,000 grant from the Virginia Department of Historic Resources to complete critical preservation work.

The Westmoreland historic site says the funds will en-

able Stratford Hall to preserve historic buildings, including work by master craftsmen on the site's structures. This includes restoring the Spring House, built on a foundation that dates to the Lee Colonial era and was devastated by a storm.

Additional upgrades in lodging will improve the visitor experience onsite, while new interpretive signage will present the courageous struggles of our ancestors who built this nation and preserved Stratford Hall."

With a million dollars in state and federal grants announced in one month, things are looking up in Westmoreland County. Now, if the long awaited repairs to the Chandler Mill Pond dam hold up there will truly be cause for celebration.

KING GEORGE, CONTINUED FROM PAGE 7

Economic Development Authority (EDA) - The revitalized EDA board has had its first meeting. The members are: Delaine Richards, James Shaw, John Windsor, Stephen Zarembo(Chair), Brien Gregan, Guy Booth, and William L. Emory.

Tea Party meeting in October included some brief informal reports from various county officials along with a presentation on voting integrity—a topic of concern to many.

KGMedia.Top now has a Facebook/Meta page. Work continues on the website to provide the most needed news and information that KGC residents seek. Some kind of instant—at-a-glance county dashboard is a high priority.

The site wants to answer the repeating questions that get asked at the public meetings. These questions for specifics either don't get answered quickly or are answered with a very limited distribution of the numbers. Who wants to wade through a 2-3 hour meeting video? If everyone had easy access to the commonly sought numbers, a good chunk of the repeating questions for numbers should go away. Community Facebook posts may at times appear timely, but they are often quite opinionated and inaccurate. KGMedia.Top is one low-cost volunteer effort to provide a NPOV and positive view of KGC news and information.

THY WILL, CONTINUED FROM PAGE 12

There was more said, but it was 2:00 a.m. and this conversation was one sided. He did give me an answer. THY WILL BE DONE!

I think that means we will be ok and not to worry.
Cheryl Johnson; Reedville, VA

ADVERSARIES, CONTINUED FROM PAGE 13

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WITTMAN'S OFFICE SECURES OVER \$3.6 MILLION IN FEDERAL BENEFITS FOR CONSTITUENTS

Congressman Rob Wittman (VA-01) announced that his office has secured over \$3.6 million in federal casework funds for residents of Virginia's First District since May 2023.

Casework dollars are secured by advocating for constituents facing backlogs and bureaucratic delays with a federal

agency, program, or benefit. The Office of Congressman Rob Wittman works to resolve issues ranging from Social Security and Medicare benefits to U.S. Department of Veterans Affairs (VA) claims and IRS tax refunds.

"I am committed to delivering real results for the people of Virginia's First District, whether that be through working with my colleagues in Congress, federal agencies, or localities," said Rep. Wittman. "Whether you need assistance with a VA claim, renewing your passport, or checking on your Social Security benefits, please do not hesitate to contact my team. I am proud of the quality constituent services my office provides — we will always be happy to assist you."

cases for Virginia's First District residents.

Below are testimonials from constituents who contacted Congressman Wittman's office for assistance with an issue involving the federal government:


"Congressman Wittman, my wife and I would like to thank you for your assistance in getting things straightened out concerning our cases with the USCIS. Your assistance could not have been faster or more efficient. Our cases were resolved within two weeks, instead of two years. Thank you!" – Ray, Poquoson

"In April 2024, SSA committed an enrollment error and canceled my Medicare benefits. After numerous attempts to resolve this issue on my own, I contacted Congressman Wittman's office to seek intervention on my behalf with the SSA. What a blessing that Ms. Gale was the individual assigned to my case!

"She continued to stay in contact to keep me abreast of her progress with SSA and never seemed bothered by my


Since the beginning of the 118th Congress, the Office of Congressman Rob Wittman has closed over 4,000

CONTINUED ON PAGE 29






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"Now, more than ever before, the people are responsible for the character of their Congress. If that body be ignorant, reckless, and corrupt, it is because the people tolerate ignorance, recklessness, and corruption. If it be intelligent, brave, and pure, it is because the people demand these high qualities to represent them in the national legislature....."

— President James Garfield



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CONGRESSMAN
ROB WITTMAN
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CONTINUED FROM PAGE 28

continued 'pestering.' Needless to say, SSA is a frustrating bureaucratic agency to deal with and Ms. Gale kept me sane throughout the process while remaining caring and professional at all times." – Marie, Williamsburg

"Looks like I'll be going before the review board after all! Rob Wittman's office has helped me so much in pursuing my dream of becoming an officer in the Air Force. I appreciate the support." – Tallie, Yorktown

For assistance with a federal agency inquiry, constituents can contact Congressman Wittman's casework team here or by calling one of his offices:

- Washington, D.C. Office: (202) 225-4261
- Glen Allen Office: (804) 401-4120
- Yorktown Office: (757) 527-6270
- Tappahannock Office: (804) 443-0668

Congressman Rob Wittman represents the 1st District of Virginia. He serves on the House Natural Resources Committee and the House Armed Services Committee, where he serves as the vice chairman of the full committee and as the chairman of the Tactical Air and Land Forces Subcommittee. www.wittman.house.gov

HARRIS AND HER GANG, CONTINUED FROM PAGE 10 site: Communist China.

As it turns out, aw-shucks Walz has been quite the busy beaver finding ways to deconstruct America from the inside.

Three weeks ago, Stanley Kurtz revealed in National Review that Walz appointed "Brian Lozenski, an associate professor of urban and multicultural education at Macalester College in Saint Paul, Minn."—a leftist institution—"to help write the statewide 'implementation framework' (similar to a curriculum) for Minnesota's new 'ethnic studies' standards."

Kurtz warned in August that Minnesota's liberated ethnic studies initiative—introduced and promoted by Tim Walz in 2021—constitutes the most radical educational initiative in and poses a threat to the nation.

Kurtz provides evidence of the alarming hopes and dreams of change agent Lozenski, who said this in a 2022 Zoom video, which has recently been taken down:

The first tenet of critical race theory is that the United States as constructed is irreversibly racist. So, if the nation-state as constructed is irreversibly racist, then it must be done with, it must be overthrown, right. And so, we can't be like, "Oh no, critical race theory is just about telling our stories and divers[ity]." It's not about that. It's about overthrow. It's insurgent. And we, we need to be, I think, more honest with that.

Do you see the forest yet? First came the master puppeteer Barack Obama—another Harris collaborator—who was raised by a socialist mother and whose father was a socialist/communist. Now we have Harris—raised by a Marxist father. Then Harris chooses communist-sympathizer Tim

Walz, who chose a Marxist revolutionary to construct a curriculum for the indoctrination of all Minnesota schoolchild. It's a brilliant strategy—insidious—but brilliant.

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AMERICAN GREATNESS

IGNORANCE, CONTINUED FROM PAGE 12

they teach a sparse, dumbed down, revisionist history that reflects the partisan views of the teachers' unions. And across most subjects, the kids are "socially advanced" year after year with disastrous results. But they know there are 192 genders and can machine gun Rap lyrics at you for an hour!

A Monument to Ignorance reminds us that of ALL our collective understanding of our history, the civil war is the LEAST understood chapter. Modern morality and emotion cloud the subject. Understanding fades.

Confederate SOLDIERS were no more evil than Union soldiers. Both sides fought bravely. Both suffered privations of warfare we could never hope to fathom. All the monuments that sprung up across the country served multiple purposes. To honor hallowed ground, upon which the flower of American youth died ON BOTH SIDES of the conflict; to foster a spirit of reconciliation; and to remind us of the horrors that we might not repeat them.

As you listen to the monument killers in recent years, and the Democrat party right now (14 Oct 24), you hear people who would see us repeat the conflict. The modern Left are intentionally dividing us. They are preying on the

CONTINUED ON PAGE 31



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VETERANS AFFAIRS



CLINICAL PRESENTATION OF COVID-19 ILLNESS IN VETERANS

PART 2 OF 2

Gammon Irons

Remdesivir

Remdesivir is a nucleotide analog that was approved by FDA for treatment in hospitalized COVID-19 patients. Its precise role remains uncertain. In veterans, its efficacy may be limited. Michael et al conducted a cohort study in US veterans and found routine use of remdesivir showed no benefit. In fact, the use of remdesivir did not improve survival or reduce the 30-day mortality, but prolonged the length of hospitalization.⁵⁰ The longer hospital stays could be partially attributed to the treatment course of remdesivir, which lasted for several days.

Antibody-Based Therapies with Convalescent Plasma

It has been hypothesized that convalescent plasma, which contains potentially therapeutic antibodies from individuals who have recovered from COVID-19, has a clinical benefit for hospitalized patients suffering from COVID-19. However, research on veterans showed that convalescent plasma did not actually reduce the death rate in veterans with non-severe COVID-19. Approximately, 8% of 4755 VA patients had received convalescent plasma therapy in the study. The 30-day mortality rates of patients who received and did not receive convalescent plasma were 6.5% and 6.2%, respectively.⁵¹ In summary, the results showed no benefits on mortality rates in veterans with non-severe COVID-19.

Hydroxychloroquine

Hanna et al investigated 64,000 VA patients, among whom more than 7000 tested positive for SARS-CoV-2, and found hydroxychloroquine had no clear clinical benefit.⁵² In total, 657 veterans were prescribed hydroxychloroquine; however, use of either hydroxychloroquine alone or in

combination with azithromycin was not shown to be effective. Conversely, in veterans using hydroxychloroquine with azithromycin, there was a higher risk of mechanical ventilator use.⁵² Consequently, the decision to use hydroxychloroquine in veterans should be weighed carefully.

Antibacterial Agents

Since there are few data on bacterial co-infection and it is relatively uncommon, routine administration of empiric antibiotic therapy is not recommended in the current clinical practice.⁵³ However, more than 50% of hospitalized patients received empiric antibiotic therapy without definitive identification of the pathogens.⁵⁴ Nevertheless, it is reasonable to prescribe antibacterial agents in severe clinical situations. Laboratory findings that are suggestive of bacterial co-infection include leukocytosis and elevated inflammatory markers and chest roentgenogram may reveal patchy areas of consolidation. Also, recurrent fever after initial defervescence is another feature. For patients requiring mechanical ventilator support and for critically ill patients, empirical antibiotic treatment is also recommended.⁵³ Antibiotic de-escalation strategy is necessary with close evaluation according to the microbiological evidence and the patient's condition.

Thrombosis and Venous Thromboembolism Prevention

Prompt evaluation and prevention of venous thromboembolism is suggested in the current literature. A study of veterans with COVID-19 showed that baseline aspirin use is associated with lower mortality rates.⁵⁵ In addition to antiplatelet medications, the use of anticoagulants lowered the mortality from COVID-19 according to data from the VA health system, which included about 4200 patients admitted due to COVID-19. Compared with patients not receiving anticoagulants, patients on anticoagulation therapy had a 27% lower risk of 30-day mortality from COVID-19. Moreover, its use was not apparently associated with serious bleeding events.⁵⁶ In conclusion, veterans may benefit from the prophylactic use of anticoagulants, which prevent venous thromboembolism in hospitalized patients with COVID-19.

The Role of Palliative Care in Managing Veterans with COVID-19

The high burden of coexisting comorbidities in veterans means that they are more vulnerable than the general population. Palliative care may play an important role in veterans with COVID-19.⁵⁷ In such patients, several pharmacological and non-pharmacological management for breathlessness, agitation, and anxiety are crucial. Withholding non-beneficial treatment should also be considered. Jordana et al demonstrated the benefits of palliative care in veterans. Palliative care intervention provides critically ill patients with relief from discomfort, which in turn is beneficial to the patient's family.⁵⁸

Outcomes in Veterans with COVID-19

In veterans, more than 80% of COVID-19-related deaths were seen in patients older than 65 years of age, which was higher than in the general population.^{8,19} Nevertheless, the overall mortality rate in veterans showed a declining trend. The initial 30-day mortality rate was 19.2%, which dropped significantly to 16.8% over the first 10 months of the COVID-19 pandemic. The decline might be due in part to increased utilization of personal protective equipment and proper social distancing, as well as better management of patients suffering from COVID-19.⁸ However, even though there was a substantial improvement in the overall mortality among veterans, there is still a relatively high risk of severe disease and death in these patients compared to the general population.

The functional status at discharge is important in patients who have recovered from COVID-19 infection, especially in the elderly. Functional disability in veterans with COVID-19 increased with age and severity of COVID-19 as well as related complications, including respiratory failure, delirium, cardiac disease, and thromboembolic disease. These data provide health systems with useful information, which may help inform decisions related to arrangements of discharge plans for veterans and conducting a proper transition to other care facilities for veterans with dependence on activities of daily living after recovering from the illness.⁵⁹

Chronic COVID-19, also known as "long COVID", has no formal diagnostic criteria.⁶⁰ However, veterans who have recovered from acute symptoms of COVID-19 disease are at higher risk of mortality and further consumption of medical resources at one-month post-recovery. Moreover, veterans may suffer from several symptoms for a prolonged period after the acute phase of the illness. Prolonged symptoms place an excess burden on veterans. The most commonly involved organ is the respiratory system with presentation of cough, hypoxemia, and shortness of breath. The extrapulmonary systems that are affected include the cardiovascular, hematologic, endocrine, dermatological, gastrointestinal, renal, and neurological systems, as well as mental health.⁹

Conclusion

In this review, we conducted a thorough analysis of studies in the literature that related to veterans with COVID-19.

CONTINUED ON PAGE 31

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THE NORTHERN NECK

Between the yellow Rappahannock and the broad Potomac blue, There's a lovely strip of country down in old Virginia true. Just a narrow strip of inland. On the map it's scarce a speck, but it's home to everybody, in the good ole Northern Neck. You go 60 miles from nowhere, down a winding country road. Past a picturesque old mill pond, and a patriot's first abode. Yes, it is rather isolated, but I know when you reflect. You will surely want to linger in the good ole Northern Neck. You'll find many stately mansions of the true colonial style, Tucked behind old fashion gardens, filled with flowers all the while. River views, with steamboat landings, everything you would expect, Of Virginia's rich traditions, in the good ole Northern Neck. The folks have got a charming way of saying, "Come right in". There's smoked cured ham and batter-bread, with potatoes in the bin. The people still believe in God, and home is not a wreck. And everybody's "kirth and kin" in the good ole Northern Neck. Sure, I've heard them sing of heaven, guess was never meant for me, but sometimes, I stop and wonder: How's the next world's going to be? But St. Peter needn't worry, when I'm cashing in my check, for my soul will stay forever, in the good old Northern Neck

James S. Allen
July 20, 1925
Warsaw, VA

COVID-19, CONTINUED

FROM PAGE 30

In the United States population, the proportion of veterans is approximately 7%; however, due to older age, obesity, and multiple comorbidities, veterans are at higher risk of developing severe COVID-19, compared with the general population. During the COVID-19 pandemic, reduced hospitalizations, delayed surgeries, and even a rise in cases with serious mental illnesses were reported in veterans, which could have a major impact on public health. The symptoms and signs in veterans with COVID-19 are similar to those in the general population, and complications resulting from COVID-19 in veterans are common. Overall, several COVID-19-specific treatments have been carried out in veterans, but none of them have been shown to reduce the mortality rate. Further research on veterans with COVID-19 is necessary. Moreover, governments should pay more attention to this vulnerable population.

IGNORANCE, CONTINUED FROM PAGE 29

ignorance they helped foster.

We must combat this ignorance.

For a deeper dive please visit www.streetpolitics.us and search "The Taliban and the Modern American Left: Samey-Same". Browse for follow-on articles about the destruction of our monuments.
Matt Jordan; Colonial Beach, VA

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REALIGNMENT, CONTINUED FROM PAGE 12

while in smoke filled rooms they tacked back and forth moving forward where THEY wanted to go, not where we did...hint-- war and abortion in our abundant world are both about population control).

The current election presents a choice between two candidates who have realigned, one party is pro-choice (abortion) AND Foreign war...One party is Pro-life AND anti-war...imagine that. I can go on for a long time about how almost every major issue that once was split by the Hegelian dialectic method has realigned. One party holds the commonsense middle ground, the other is on the

CONTINUED ON PAGE 32



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HISTORY OF THE OLYMPIC GAMES

Olivia V. Smart

Have you ever watched the Olympic Games? Even if you haven't, you are probably aware of many controversial scenes in the Olympic ceremonies and games. While we see this mostly in the present-day, it has also been extremely common throughout ancient history.

On July 26, 2024 the customary Olympic torch was lit and the summer games in Paris, France were to begin. Consisting of a parade, speeches from many of France's figureheads, and a live concert, the opening ceremonies were thrilling to observe. The commemoration showcased authentic French culture. Unfortunately, it also showcased blatant blasphemy. Many individuals around the world were very disturbed with the crude live imitation of the Last Supper, which Olympic Officials claim was a depiction of a pagan ancient Greek feast in the Olympic opening ceremonies. The parody or perhaps more accurately characterized as propaganda displayed models and obese trans-gender men parading down a red carpeted table with actors feasting behind them. One drag queen was wearing a royal blue garment and a gold crown, resembling those in paintings of Jesus. Another drag queen was decorated in light blue paint and adorned with a flower crown, imitating Dionysus, the Greek god of wine and ecstasy. He looked like a Smurf! Chatting, gossiping, drinking, and gorging, the actors appeared to be mocking Jesus' last meal with His disciples. Whether the scene was performed to promote

pagan activities or to mock our Christian beliefs, this part of the Paris Olympic opening ceremony is only one example of deception and controversies in the international games.

The very first Olympic Games date back to 776 BC, when the Greeks began recording time in Olympiads, which represent a four-year increment. As a sign of honor to their most noble god, Zeus, the ancient tournaments were held every four years in

Olympia, Greece. Representing Greek culture and athletics, the earliest Olympic Games displayed competitions in poetry, singing, theatre, sprinting, wrestling, chariot racing, and of one you likely haven't heard. While many of these sports are still seen today in the Olympics, one in particular, called the pankration has not been played in hundreds of years due to the player's brutality. Competitors in the pankration fought till one's death or surrender. The sport only had two regulations: no biting and no eye-gouging. Now I'm

sure you can see why this match was discontinued! As the games and ceremonies received more and more controversy, Roman Emperor Theodosius 1 decided to ban the Olympics in 393 AD. He declared that the origin of the secular Greek games represented and encouraged paganism. The Olympic games weren't revived until the late 1800s.

Whether it be the twenty-first century or the years shortly before and after Christ's birth, two Olympic Game constants have been controversy and agenda promotion. As Christians and U.S. Citizens, it is important to recognize these occurrences and perhaps even take action in ways we find fitting.

REALIGNMENT, CONTINUED FROM PAGE 31
extremes.

Please consider your vote in this cycle more important than ever, this election will solidify the direction we go in for the next generation.

Also...I have heard good things for my family and I if the Red team wins...

Taylor Johnatakis; Springfield Federal Penitentiary

EDITORS NOTE: Taylor is a J6 detainee and regular caller to the NNP weekly vigils. Those wishing to help him survive his ordeal can send donations to: <https://www.givesendgo.com/JohnatakisFamilyHelp>

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Photo courtesy of Shawn Miller

SHARING FIRST-HAND ACCOUNTS OF MILITARY SERVICE

More than a century after the signing of the Treaty of Versailles ended World War I, stories told by American veterans who served during

this pivotal time offer fascinating insights into this period.

To preserve and share history as it happened through the lens of those who lived it, the Library of Congress Veterans History Project (VHP) collects these stories, and the stories of veterans who followed.

The individual stories of many of the veterans involved have been lost to time; however, the program encourages military veterans to document their experiences via first-hand oral histories, photos or written accounts. The stories are then made accessible so current and future generations may better understand what veterans experienced during their service.

As time passes, new submissions from veterans who served in World War I have become increasingly rare, but occasionally, something special is uncovered, such as two submissions from Sherie Lockett: collections from her grandfathers, both African American World War I veterans.

Containing 34 original letters, Jessie Calvin Lockett's collection provides a unique insight into his experience serving in France as a stevedore, loading and unloading cargo ships.

The collection of Sherie Lockett's grandfather, Arthur Singleton, includes a unique find: a 105-year-old diary.

When Singleton joined the Army in 1918, he was assigned to the 803rd Pioneer Infantry Brigade, a segregated unit tasked with constructing and repairing infrastructure.

Singleton's diary is notably VHP's first written account from a Black soldier who served during World War I. Entries detail his time in service, from training at Camp Grant to enduring harsh conditions en route to Europe aboard the USS Mannequin. He describes arriving in Scotland, traveling to France for further training and being sent to the front lines on Nov. 11, 1918, the same day the Armistice took effect.

His combat experience lasted only six hours, but his time in Europe extended beyond the ceasefire. Post-combat entries describe camping at Menil-La-Tour, receiving a promotion to Platoon Sergeant, recovering U.S. property from the trenches and visiting Paris.

He also candidly recounts instances of racism from fellow American troops while abroad – including being denied service at his base canteen and harassed out of a theater –

CONTINUED ON PAGE 35



Photo courtesy of Shutterstock

EFFECTIVE WAYS TO SUPPORT VETERANS YEAR-ROUND

For the approximately 18 million veterans in the United States – roughly 6% of U.S. adults ages 18 and older, according to the U.S. Census Bureau – the return to civilian life can present challenges.

Because many veterans need assistance as a result of their military service, consider these impactful and meaningful ways to support veterans and ensure their sacrifices are honored and needs are met.

Engage in Community Outreach Programs

By participating in community events, you can help bridge the gap between veterans and civilians, fostering a sense of understanding and appreciation. Events such as parades, public ceremonies and educational forums can be organized to highlight the contributions of veterans. Additionally, volunteer opportunities within your community can also provide support to veterans, such as helping with home repairs, providing transportation to medical appointments or simply spending time with veterans who may feel isolated.

Provide Employment and Career Support

Gaining employment is an issue for many veterans transitioning back to civilian life. To help ease the transition, community members can support veterans by offering resume writing workshops, interview coaching and career fairs specifically targeted at veterans. Employers can also actively seek and hire veterans to leverage their unique skills and experiences. Veteran-friendly hiring practices and mentorship programs can also be beneficial toward ensuring veterans find the financial stability and purpose they need to thrive.

Contribute to Veteran-Focused Charities

Donating to veteran-focused charities can help provide essential services such as housing, health care and educational assistance. In addition to monetary donations, consider volunteering your time or skills. Many charities need volunteers to help with various tasks, from organizing events to providing administrative support.

Advocate for Veteran Health Care Initiatives

Many veterans require specialized medical care due to their service. Advocating for better health care policies and initiatives can help ensure they receive quality care. This includes supporting legislation that improves access to medical and mental health services for veterans. You can also work with local health care providers to develop programs specifically designed for veterans.

Promote Mental Health Awareness and Resources

Mental health is a critical aspect of overall well-being, and many veterans face unique mental health challenges, including post-traumatic stress disorder and depression.

Promoting mental health awareness and providing resources can help veterans cope

CONTINUED ON PAGE 35

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DAILY DETOXING FOR BETTER HEALTH

by Jeannie A. Smith,
BCTMB, MMP, CCH,
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Fall is the perfect time to detox. We have a lot of toxins that are thrown at us that we get through the air, the food that we eat,

the water that we drink, electromagnetic frequencies going through our bodies all the time, medicines and things like that. A lot of things can be toxic to us so we want to find out how we can be in better health just by watching what we ingest, what we think about, and what we are exposed to externally. While some people decide to go on a cleanse for a specific number of days or a specific time period, what we are talking about today is something that you can actually incorporate into your daily life, so there's no need to wait for toxins to accumulate and then go on a three day or a week long cleanse which can be too dramatic or too overwhelming for some people. Even though you can still do that; there are things that you can do on an almost daily basis so that you do not accumulate too many toxins. In this way, you can create a healthier lifestyle for yourself.

You really have to think about doing a little detoxification every single day. You can do that from eating certain foods that have detoxification properties, for example, asparagus with glutathione will help to detoxify the liver. Watermelon is good as a detox food because anyone can tell you that has had kidney stones that they are very painful. One way to help detoxify the kidneys and flush out oxallates that accumulate and cause kidney stones is to do a watermelon fast to include part of the rind because the lycopene helps to reduce the crystallization of calcium and oxalate which softens them and they can pass more easily. Once a month is the recommended time frame for this. Now, with any suggestion given here, please do your own research. I am not a doctor and do not give medical advice. Please see your health care practitioner for any issues you may have.

Next, let's talk about water for detoxification purposes and what is the best type of water. If you're drinking tap water, we know that that's got a lot of things in it that we don't want, so most people agree that tap water is not the best choice. You can get filtered water which is at least

better than tap water, but it may not remove everything you want removed. And then, of course, you can always buy bottled water. There's distilled water, there's reverse osmosis. there's purified water, there's alkaline water, so there's those types of water that you can purchase, but then you have to think about microplastics, and the landfill it lands in. Alternately, there are lots of different systems that you can install in your house, from a whole home unit to a countertop unit. In any case, water is something that you do need to pay attention to how much you drink and what kind of water you drink because if you drink toxic water that comes out of your tap, it won't detoxify you. So, the number one way to detoxify the body is drink plenty of water. It will flush toxins right out if it is good water.

Next, let's talk a little bit about essential oils that you can use, for detoxification. Don't take my word for any suggestions here, again, do your own research and make sure the essential oils that you use are good quality. Use care and caution when using essential oils. One detoxification oil is rosemary. It can help to remove toxins and is good to detoxify the liver and help remove toxins. Here's a recipe using rosemary; cinnamon clove, eucalyptus, lemon and orange, and just add 1 drop of this mixture into some honey, and you can use that as a part of your detoxification program. Another essential oil that I like to use for detoxification, is coriander as coriander chelates heavy metals from the brain in much the same way that cilantro will help to remove heavy metals from the brain. Clove has the highest oric value

of any other food that I know of - it's got over 1 million oric value, which what means is that it has a very high antioxidant value. and remember that you can use all of these in food as well, right in your meals, if you use them as spices. Next is valerian root as it also has chelation properties, which removes heavy metals from our body, the brain and our liver and other areas. To diffuse valerian root, you can add 3 drops of valerian, and then 2 drops of vetiver. Add one drop of cedarwood and that is going to help to clear your negative emotions and feelings as well, and if you rub that concoction on the bottom of your feet at night, you're going to sleep pretty well too because it helps with that also. Next, is the mint family – peppermint, spearmint and ginger. you can put ginger, spearmint and peppermint in a diffuser, and it'll give you an energy boost. Another good one, myrrh, has properties that will help to improve oxidative damage to the liver, which happens daily and so myrrh,

CONTINUED ON PAGE 35

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DETOXING, CONTINUED FROM PAGE 34
 can actually protect the liver from this and if you were to apply this mixture to the bottom of your feet. 3 drops of myrrh, 2 drops of frankincense and 2 drops of spikenard, one drop of valerian root and then use coconut oil as a carrier. Then you can rub that on the bottom of your feet and it will have detoxification properties.

Next, there are crystals that might help to detoxify the body. According to Brana Mijatovic, PhD., one of the best stones for detoxifying is smoky quartz. Crystals work on the principle of resonance and they are composed of the minerals, most of which we have in our bodies, but of course, not all crystals are the same. There is a whole science behind it and more and more information is available in various books and even some online resources today. When you are working with specifically detoxification, then

you want to place crystals on the body for a minimum amount of 15 minutes and maximum 30 and then drink a lot of water after that.

The next stone is amethyst, and this is especially useful for people who are going through the 12-step program so detoxifying from the effects of alcohol. A lot of people have found it helpful. Of course, it does not replace any other therapies that you're doing, so please take this advice as something that you can add on. You can also carry it in your pocket or wear it as a bracelet, or a piece of jewelry would be the way to use the amethyst or you can meditate with it because it can help you go into the state of deep relaxation. You want to support your kidneys when you're doing any kind of detoxing, and for that, one of the best stones is jade, especially green jade. You can also use chlorite and ruby as well. Be sure to detoxify your crystals before and after each use by using running water, like when we take a shower and you can leave in the sun for a few minutes, but it is not necessary to do so. To detoxify from EMF, she suggests raw black tourmaline.

People are doing all types of cleanses - there's the master cleanse, the liver cleanse, there's a lot of different types of cleanses, but one of the main reasons of disease is inflammation, and if we can do something to clear out toxins that's going to help reduce inflammation. A lot of times we have a fatty liver and we don't realize it, but if we've got systemic inflammation, we need to take a look at the liver, because if it's full of toxins already, there's nothing more, it can do. It's maxed out. So, we want the liver to work more efficiently so that it can do its job. At least do some green juices from time to time, because that is a great support for the liver.

Another thing that we want to think about detoxifying is our mind. When we have negative thoughts, it can also create an acidic condition in the body. When we have a thought, it releases a chemical from the brain, either positive or negative, and it's really important that we can think about moving in the direction of peace and joy and love, rather than in the direction of toxic thoughts such as fear, anxiety and stress, so detoxifying your mind as well as the body is really important.

Next, the air that we breathe has a lot of toxins if we are in environments that are full of all kinds of artificial substances, like glue in carpets and even airborne bacteria and viruses, so we may want to research and invest in air purifiers to detoxify our air. Also, Himalayan salt lamps. A lot of people believe that they work through the release of negative ions, however, it's not the negative ions, because the amount of negative ions they produce is not enough to cleanse the air. The way it works is salt actually attracts moisture and it binds it to itself right to the salt. And this is the principle upon

which Himalayan lamps actually work, they bind the water molecules that are in the air to the lamp, but at the same time within those water molecules are all those airborne bacteria that we breathe in as we breathe this air, so the salt lamp actually binds that water to the lamp. And therefore, you are breathing actually fresh air.

If we can do simple things each day to improve our quality of life, it empowers us. Please consider detoxing in small ways daily to keep the body functioning optimally.

Jeannie Smith is a Board-Certified Manual therapist with more than two decades of experience helping people alleviate pain and stress and have a better quality of life. Her practice encompasses the greater Hampton Roads Metropolitan area of Virginia. Sanctuary of Hampton Roads also offers Soundscapes for groups on the Peninsula and Middle Peninsula of Virginia that focus on healing outcomes for participants. Please call FML or bookings.

Phone: 757-287-6135

email: SanctuaryofHR@protonmail.com

Website: www.sanctuaryofhr.com

MILITARY SERVICE, CONTINUED FROM PAGE 33

and shared how his unit was assigned "background" work while white engineer units received recognition for digging trenches on the front lines.

Thanks to their granddaughter's donation of their letters and diary to the effort, VHP can share Jessie Lockett's and Singleton's experiences and perspective as Black soldiers during World War I. While the program requires first-hand submissions, the stories of veterans who served long ago and have already died still may be included through similar donations of diaries or pre-recorded videos.

To read more veterans' stories and learn more about how you or a loved one can contribute to the program, visit loc.gov/vets.

SUPPORT VETERANS, CONTINUED

FROM PAGE 33 with these issues. This includes organizing mental health awareness campaigns, providing information on available resources and reducing the stigma associated with seeking help.

Find more ideas for supporting veterans in your community at eLivingtoday.com.

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 7-11- 17/HICKORY FORK RD.
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 NEWSOME'S BODY SHOP - HEATHSVILLE
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 LITTLE RIVER MARKET - REEDVILLE
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 MOOSE - CALLAO
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 LAUNDROMAT - WARSAW
 NAPA AUTO PARTS - WARSAW
 NN SENTINEL OFFICE - WARSAW
 POST OFFICE - FARNHAM
 POST OFFICE - HAYNESVILLE
 POST OFFICE - SHARPS

POST OFFICE - WARSAW
 POST OFFICE - OLDHAMS
 RITE AID - WARSAW
 ROMA'S RESTAURANT - WARSAW
 SEVEN ELEVEN - WARSAW
 SHELL STATION - WARSAW
 SPEED MART - HAYNESVILLE
 THOMAS' STORE - EMMERTON
 TOWN OFFICE - WARSAW
 WARSAW VETRINARY CLINIC - WARSAW

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 ART OF COFFEE - MONTROSS
 BEVARD AUTOMOTIVE - HAGUE
 BIRDDOGS COUNTRY STORE/GULF -
 MONTROSS
 CORNER MARKET/EXXON - CARMEL CHURCH
 DOLLAR GENERAL - MONTROSS
 FASMART - COLONIAL BEACH
 FOOD LION - COLONIAL BEACH
 GARNER'S PRODUCE - NOMINI GROVE
 HALL'S SUPERMARKET - COLONIAL BEACH
 HANDY WAY - KINSALE
 JACK RABBIT EXPRESS/SUNOCO - CARMEL
 CHURCH
 LAUNDROMAT - MONTROSSLIBRARY - HAGUE
 MONTROSS CRABS & SEAFOOD MARKET
 MOOSE LODGE - COLONIAL BEACH
 MOOSE LODGE - MONTROSS
 NORTHERN NECK BLDG. SUPPLY
 P&D BODY SHOP - MT. HOLLY
 POST OFFICE - COLONIAL BEACH
 POST OFFICE - HAGUE
 POST OFFICE - MONTROSS
 POST OFFICE - MT. HOLLY
 RITE AID - COLONIAL BEACH
 RITE AID - MONTROSS
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A COMFORT FOOD FAVORITE FOR FOOTBALL NIGHTS

With football season in full swing, it's time to break out game day favorites that get the crowd on their feet. This Bison Barbecue Meatloaf may not be a traditional tailgate item, but it's a perfect way to bring the family together for weeknight games.

Visit Culinary.net to find more game day dishes.



BISON BARBECUE MEATLOAF

Recipe courtesy of "Cookin' Savvy" // Servings: 4-6

- 1 pound ground bison
- 1/3 pound hamburger (optional)
- 2 tbsp. mesquite seasoning or barbecue seasoning
- 1 egg
- 1/2 cup barbecue sauce

Glaze:

- 1 cup barbecue sauce
 - 2 tablespoons brown sugar
- Heat oven to 350 F. In bowl, mix bison; hamburger, if using; seasoning; egg; and barbecue sauce. Place in loaf pan. To make glaze, mix barbecue sauce and brown sugar. Spread over meatloaf. Bake 45 minutes.

PAIR FALL MEALS WITH CREAMY MASHED POTATOES

Potatoes are a perfect kitchen partner any time of year, but fall's comfort food cravings make it spud season for busy (and hungry) families. These Mashed Potatoes with Mushroom Gravy are a must-add for autumn menus as they're a breeze to make, require just a handful of pantry staples and pair well with fall favorites like meatloaf.

For more fall recipe ideas and potato inspiration, visit Culinary.net.



MASHED POTATOES WITH MUSHROOM GRAVY

Recipe courtesy of "Cookin' Savvy" // Servings: 6-8

- 3 pounds potatoes
 - salt, to taste
 - pepper, to taste
- Mushroom Gravy:
- 1/2 stick butter
 - 4 tablespoons flour
 - 1 can (8 ounces) mushrooms, drained
 - 1 1/2 cups chicken broth
 - 1/2 cup heavy cream
 - 1 tablespoon garlic powder
 - salt, to taste
 - pepper, to taste

Peel and cut potatoes. Boil 20 minutes until fork tender. Mash with hand mixer. Add salt and pepper, to taste. To make mushroom gravy: In saucepan over medium

heat, brown butter and flour. Once butter is paste-like, add mushrooms. Whisk in chicken broth and heavy cream. Add garlic powder and season with salt and pepper, to taste, while whisking. Remove from heat when mixture starts boiling. It should be thick.

Serve potatoes topped with mushroom gravy.

PLEASE PUMPKIN LOVERS WITH A TWIST ON A FALL FAVORITE

Apple, cherry and blueberry crumbles may get all the adoration, but when fall comes around, you may as well lean into the flavor of the season: pumpkin. This simple dessert satisfies the sweet tooth with some fiber to boot.

Discover more desserts designed for pumpkin lovers at Culinary.net.



PUMPKIN CRUMBLE

Recipe courtesy of "Cookin' Savvy" // Servings: 8-12

- 1 can pumpkin
- 1 can evaporated milk
- 1 cup brown sugar
- 2 eggs
- 1 tablespoon pumpkin spice
- 1 teaspoon cinnamon
- 1 box cake mix (yellow, white or spice)
- 3/4 cup chopped pecans
- 3/4 cup chopped white chocolate chips
- 1 1/2 cups melted butter

Whipped Cream:

- 1 cup heavy whipping cream
 - 2 tablespoons sugar
- Heat oven to 350 F. In bowl, mix pumpkin, evaporated

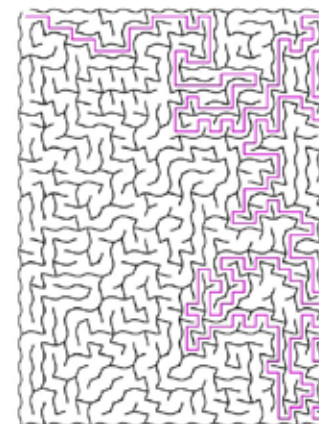
milk, brown sugar, eggs, pumpkin spice and cinnamon. Pour into greased 9-by-11-inch baking dish. In separate bowl, mix cake mix, pecans and white chocolate chips. Sprinkle over pumpkin mixture. Pour butter evenly over top. Do not mix or stir. Bake 1 hour. To make whipped cream: Using hand mixer, whip heavy whipping cream and sugar until thick. Serve crumble with whipped cream.

PUZZLE KEYS:



J	A	B	S	A	F	T	O	P	E	D			
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9	8	5	1	6	2	3	7	4
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7	1	3	9	4	5	6	8	2
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2	3	8	4	5	6	1	9	7



Puzzles & Mazes located on pages 23-24

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ANGELA CARTER ACHIEVES PRESTIGIOUS CERTIFIED REAL ESTATE BROKERAGE MANAGER (CRB) DESIGNATION

EXIT Realty Expertise is proud to announce that Angela Carter, Managing Broker of EXIT Realty Expertise in Warsaw, Virginia, has earned the Certified Real Estate Brokerage Manager (CRB) designation, one of the most respected credentials in the real estate industry. Awarded by the Real Estate Business Institute (REBI), the CRB designation is recognized for its emphasis on leadership, strategic management, and operational excellence in real estate brokerage.

Angela's achievement places her among the elite 3% of real estate professionals nationwide who hold the CRB certification. Angela has complemented her leadership role with a range of professional certifications and designations that enhance her ability to serve both sellers and buyers. Her credentials include Certified Real Estate Brokerage Manager (CRB), Accredited Buyer Representation (ABR®), Senior Real Estate Specialist (SRES®), Pricing Strategy Advisor (PSA), Resort and Second Home Property Specialist (RSPS), Seller Representation Specialist (SRS), Home Finance Resource (HFR), and At Home with Diversity (AHWD). Additionally, her Commitment to Excellence (C2EX) endorsement from the National Association of Realtors® and her designation as a Virginia Broker Premier Certified agent, along with her role as a Moseley School of Real Estate instructor, further reflect her dedication to top-tier service and expertise. Angela also looks forward to serving on the Professional Development Committee for the Virginia Association of REALTORS® in 2025.

Since obtaining her real estate license in 2018 and stepping into the role of Managing Broker in 2022, Angela has been a driving force in her community, known for her passion for guiding, teaching, and supporting others. Her extensive qualifications solidify her reputation as a highly skilled, knowledgeable, and client-centered real estate leader.

For more information, contact Angela Carter at myrealtorangelaecarter@gmail.com or 804-313-7844.

About EXIT Realty Expertise: With offices located in King George and Warsaw, VA, EXIT Realty Expertise is a trusted real estate firm with over 40 agents serving the Northern Neck and surrounding areas. They are dedicated to providing clients with exceptional real estate services and personalized support.

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