



Northern Neck Sentinel™

The Voice of The People

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Volume 7 - Edition 11 - December 2024

FREE TAKE ONE



WILL THE J6 PATRIOTS FINALLY RECEIVE JUSTICE?

John Haynes Jr.

Ashli Babbitt at the "Stop the Steal" Rally on 1/6/21

It has been nearly four years since our corrupt and merciless government staged the 1/6/21 "Fedsurrection" as a distraction from the blatant theft of the 2020 Presidential Election and, more importantly, as a deterrent against any who would dare challenge their treachery of, We the People.

There have now been over 1,500 people charged with mostly manufactured offenses as the federal government and their surrogates in big tech, academia, the main-

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(L to R) Lara Trump, Donald Trump and Melania Trump [Photo Credit: mirror.co.uk]

MORNING IN AMERICA 2.0 A RED, WHITE AND BLUE WAVE

John Haynes, Jr.

During the 1984 presidential campaign the Reagan Administration ran what has become an iconic ad detailing the enormous progress that our nation made during Reagan's first term when America made a momentous comeback from the precipitous decline suffered during the Carter Administration. It is commonly referred to as the "Morning in America" ad and

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Whitney Bean playing Taps for the veterans

A LOST CEMETERY OF WORLD WAR VETERANS RESTORED AND REDEDICATED BY LOCAL CHURCH

Kerry Petersen

Kilmarnock, VA – A vibrant flag-waving parade from a

small chapel at the crossroads of Mary Ball Highway and Devils Bottom Road to a rediscovered cemetery transformed a quiet November Sunday into a moving celebration of history and service in Virginia's Northern Neck. More than 100 participants—including church members, community volunteers, and descendants of those interred—came together to honor the lives of World

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[Photo Credit: redstate.com]

THE TRUMP COUNTERREVOLUTION IS A RETURN TO SANITY

Craig Shirley

We are witnessing a historic counterrevolution after Trump's victory, far different from his first election in 2016.

The orthodox and the supposed scripted future are now suspect. And they are likely to be dethroned—from the trivial to the existential.

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War Hero and Former Sentinel Columnist Major John Haynes Sr. (Deceased) Poses with Atty. General Candidate and Friend Pam Bondi.

IT'S TIME TO DEFEND TRADITIONAL MASCULINITY

John Haynes Jr.

Many of you will recognize the smiling folks above as former Florida Attorney General and current Attorney General nominee Pam Bondi and war hero, veterans advocate and

CONTINUED ON PAGE 5



Photo Credit: altoday.com

THE IMMORALITY OF ILLEGAL IMMIGRATION

Victor Davis Hanson

Donald Trump will not be president for almost another two months.

Yet Democrat politicians, both federal and local, vie to be the most strident in denouncing his plans to begin deporting millions of foreign nationals who, over the last

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Observations



John Haynes Jr., Editor



Santa Trump [Photo Credit: salon.com]

A MERRY CHRISTMAS FOR WE THE PEOPLE

Individual rights are the bedrock upon which the American dream was built. For most of human history individual rights were nonexistent as the rich and powerful ruled with an iron fist over the teeming masses. But the dream of self determination began long before the idea of America.

As far back as the Roman Emperor Cincinnatus there have been individuals willing to sacrifice their private lives in service of their fellow men. Far from modern career politicians, men such as this were willing to sacrifice by their public service not to enrich themselves from it. According to Encyclopedia Britannica:

“Lucius Quinctius Cincinnatus (born 519? BC) was a Roman statesman who gained fame for his selfless devotion to the republic in times of crisis and for giving up the reins of power when the crisis was over. Although he was a historical figure, his career has been embellished by legend.

The core of the tradition holds that in 458 Cincinnatus was appointed dictator of Rome in order to rescue a consular army that was surrounded by the Aequi on Mount Algidus. At the time of his appointment he was working a small farm. He is said to have defeated the enemy in a single day and celebrated a triumph in Rome. Cincinnatus maintained his authority only long enough to bring Rome through the

emergency. He then resigned and returned to his farm.”

George Washington was also such a figure. As a young man Washington was recognized for his bravery during the French and Indian war. I have written about this extensively but suffice it to say that during one battle Washington had his coat pierced by four musket balls and had two horses shot from underneath him but emerged unscathed and became a national hero.

Similarly, after he led the Continental Army of ragtag patriots to victory in the Revolutionary War, he initially declined to serve as President. Eventually he grudgingly agreed and served two terms before returning to his farm in Virginia despite countless pleas for him to stay.

And now, as we near our 250th anniversary, America once again has a man willing to sacrifice his fortune and even his life for his country if need be. His name is Donald J. Trump.

Despite his sometimes gruff and blunt manner, Trump is fiercely patriotic and believes deeply in traditional conservative values and individual freedom. He is an avowed populist and the consummate man of the people more comfortable at McDonalds than the French Laundry.

As a reminder of the kind of man that Joe Biden, the man that Trump is replacing, is you need look no farther than the December 5th declaration that he was granting a full and unconditional pardon to his deviant, criminal son Hunter. This is after months of stating emphatically that he would never do so while on the campaign trail. You needn't worry he assured us: “You have the word of a Biden.” And so we did for what it's worth.

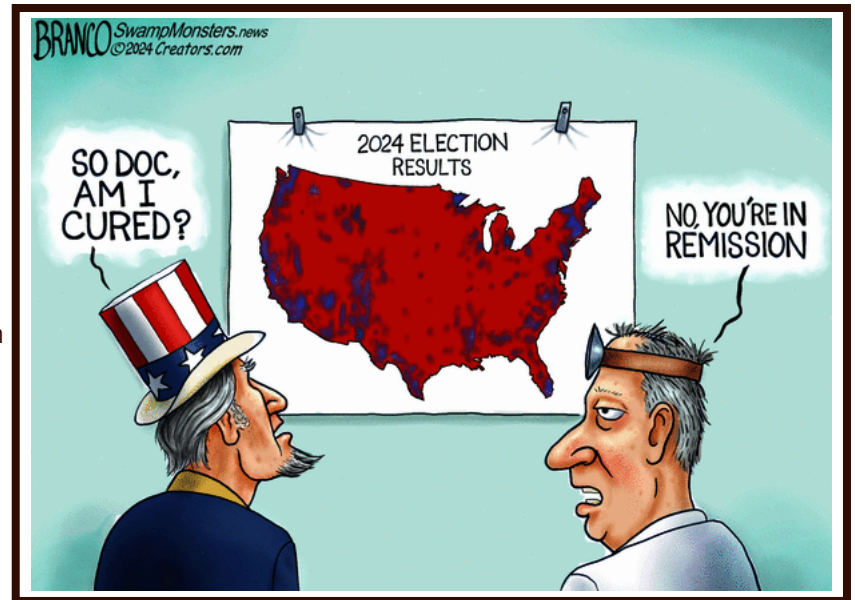
Trump has lost millions if not billions of dollars in his largely self-supported campaigns, has been



Fight! Fight! Fight!

defamed, sued repeatedly and shot on national television. When Trump arose from the stage at Butler, Pennsylvania rally with blood streaming down his face, he immediately pumped his fist in defiance as he shouted “Fight! Fight! Fight!”

When he stood tall on that stage, tens of mil-



lions of forgotten Americans arose with him, inspired by his raw courage. They knew that this was a man that would sacrifice everything for them and they rewarded his commitment on November 5th as a new era of America greatness dawned.

On July 13th in Butler, Pennsylvania America dodged a bullet and, thanks to the votes of 77 million patriots, we have a second chance to save our great nation. And now, as we enter the holiest season, we have truly received the greatest gift of all under our national Christmas Tree. It is called freedom.



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MORNING IN AMERICA,
CONTINUED FROM PAGE 1

the text was as follows:

“It’s morning again in America. Today more men and women will go to work than ever before in our country’s history. With interest rates at about half the record highs of 1980, nearly 2,000 families today will buy new homes, more than at any time in the past four years. This afternoon 6,500 young men and women will be married, and with inflation at less than half of what it was just four years ago, they can look forward with confidence to the future. It’s morning again in America, and under the leadership of President Reagan, our country is prouder and stronger and better. Why would we ever want to return to where we were less than four short years ago?”

During the 2020 presidential campaign President Trump was coming off a similarly successful term but he faced two obstacles that Reagan never encountered. The first was the Covid “Scamdemic.” This scam enabled the bureaucracy to force mail in ballots on the American people through a combination of fear and coercion. It has long been known that mail in ballots are the easiest voting method to cheat with and members of both



Elizabeth Warren [Photo Credit: nytimes.com]

parties decried them for years.

One such critic was Massachusetts Senator Elizabeth Warren aka “Pocahontas.” Several years ago, she derided mail in ballots as a threat to the integrity of the process. Then, when the Democrats decided to promote them as a means to hijack the 2020 election, she did a complete about face.

In an April, 2020 article published by National Public Radio Warren’s radical proposals were described thusly:

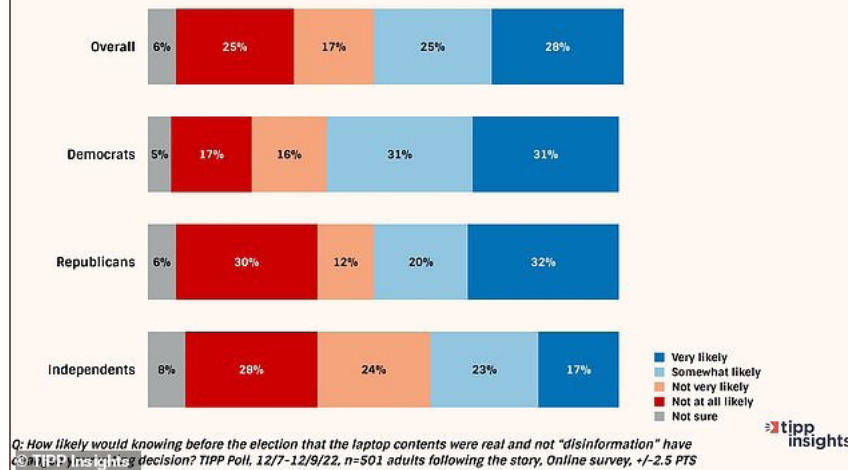
“The proposed plan calls for \$4 billion in new elections funding, 30 days of required early voting and a mail-in ballot to be sent to every registered voter in the country. It was published Tuesday morning, the same day as the controversial Wisconsin primary, which saw thousands of voters disregarding health guidance to wait in line at polling stations.

“The chaos and the attempt to suppress the vote in Wisconsin should be a wake-up call for the United States Congress,” Warren said in an interview with NPR. “We need to act immediately.”

Senator Warren’s plan was largely implemented and

Would Knowing The Laptop Contents Were Real And Not
“Disinformation” Have Changed Your Vote?

Base: 501 Adults Following The Story



it led to the most corrupt national election in our nation’s history. For those of you still insisting that the 2020 election was above board I would ask why there were at least 7 million more popular votes for Biden in 2020 than for Harris in 2024. In such a high stakes, massively publicized election how could that possibly be? The obvious answer is that they were manufactured.

The second obstacle was a concerted conspiracy by the legacy media, social media platforms and government agencies to censor damaging information about Democrats and amplify false propaganda about the Republicans. It proved to be very effective.

In 2022 TIPP Insights ran a survey asking if the truth about the Hunter Biden laptop would have affected their vote. As you can see, 28% of those polled would “very likely” not have voted for Biden had they known that the laptop was real. That includes 17% of Independents. That alone would have changed the outcome.

Social media also censored information and skewed search results to favor Biden. All of this plus the post-election shenanigans turned what should have been a solid Trump victory into a narrow defeat.

In a February, 2021 article in Time written by Molly Ball, she bragged about the massive conspiracy to steal the election and how it was justified saying, in part:

“That’s why the participants want the secret history of the 2020 election told, even though it sounds like a paranoid fever dream—a well-funded cabal of powerful people, ranging across industries and ideologies, working together behind the scenes to influence perceptions, change rules and laws, steer media coverage and control the flow of information. They were not rigging the election; they were fortifying it. And they believe the public needs to understand the system’s fragility in order to ensure that democracy in America endures.”

In 2024 the Republicans were prepared. Even though there was still considerable cheating, proof of which is still emerging, it was deterred enough for a Trump victory. Interestingly, the Democrats seemed to have assumed a Trump

victory due to internal polling and focused their efforts more on down ballot candidates.

The abject cheating in the Pennsylvania senatorial race was perhaps the most blatant example. Although Republican candidate David McCormick was named the winner by every major news outlet incumbent Bob Casey refused to concede.

Although there were still some uncounted ballots trickling in there were not enough outstanding ballots to change the outcome so there seemed to be no logical reason

for Casey’s intransigence.

And then the reason emerged.

In Bucks County



(L to R) Commissioners Marseglia and Harvie [Photo Credit: Carol Ross]

Democrat Commissioner Diane Marseglia bragged about the fact that she intended to violate the law in open session. When a fellow Commissioner made a motion not to count unsigned ballots, as is required by law, Marseglia stated: “I am not going to second that mostly because I think we all know that precedent by a court doesn’t matter anymore in this country and people violate laws any time they want. So, for me, if I violate this law, it’s because I want a court to pay attention to it. There is nothing more important than counting votes and I’ll take it all the way.”

Fellow Commissioner Bob Harvie agreed with her and, despite warnings from the county attorney, both Harvie and Marseglia voted to count the 405 illegal ballots. The reaction from the State Supreme Court came swiftly.

After the Pennsylvania Republican Party and the RNC filed suit the State Supreme Court ruled immediately that the illegal ballots could not be counted. It now also looks as though criminal charges may be pending.

When word of possible repercussions emerged, Marseglia immediately began to backpedal and apologized for her remarks.

There were also serious discrepancies in the Wisconsin senatorial race. In a November 15th article in Natural News by Ethan Huff the situation is described as follows:

“In the late-night hours of November 6 while most of the country was asleep, a “huge and improbable Dem vote dump,” to quote the “Shylock Holmes” (@shylockh) X / Twitter account that dropped the news, resulted in the Wisconsin Senate race being handed to Democrat Tammy Baldwin instead of Republican Eric Hovde.

Two counties in particular, Dane and Winnebago, saw oddly improved Democratic vote counts at numerous points during the count. Every time the GOP started to pull ahead

MORNING IN AMERICA, CONTINUED FROM PAGE 3
 in the race, the Democrat vote spikes became observably more “extreme” to offset it.

Also, in Milwaukee at 3:31am, there was a single count update of 109,000 votes, 83 percent of which favored Democrats. That vote count dump ultimately flipped the outcome of the race from Hovde to Baldwin.”



Photo Credit: statustown.com

So how did Trump and the Republicans prevail this time? By assembling a new populist coalition, the likes of which America has not seen since the administration of Ronald Reagan. The 1980 landslide victory by Reagan was a reaction to the national decline suffered under the Carter Administration just as Trump's recent victory was fueled by the calamitous Biden Administration.

Not only did Trump gain in traditional Republican constituencies, he also made major inroads into traditional Democrat constituencies such as minorities and young voters. Trump even gained in white women voters, beating Harris by 53% to 46%. This is particularly significant in that white women comprise the largest voting block at 40% of the electorate.

Trump also made encouraging progress with black voters. Kamala Harris received 83% of the black vote just four years after Biden had received 91%. Trump received 16% of the black vote after receiving 8% in 2020. Being able to double your percentage of any constituency in four years is impressive.

Perhaps Trump's most encouraging result was his surge in Hispanic support. Although the black percentage of the population has stayed at 13% for decades, the Hispanic population is currently at 20%, is the fastest growing constituency by far and is currently growing at approximately 2% annually. Although Harris received 56% versus 42% for Trump, Biden had prevailed with the same group 63% to 35%. The trend is obvious.

Trump even managed gains among his strongest constituency which is white males. In 2020 Trump bested Biden

in this cohort by 17%. In 2024 his vote share increased to 20%. Again, not a huge gain but a sign that traditional Republican constituencies remain secure.

Perhaps the single most encouraging sign for Trump and Republicans in general is the dramatic shift among young voters. Among the 18 to 29 cohort Harris narrowly won 52% to 46% after Biden had prevailed with that group 61% to 36%.

These trends are even more encouraging than you may think at first blush. Hispanics and young people are the fastest growing demographic groups and Republicans are gaining momentum with both of them. Remember, election results are basically a snapshot of voter sentiment on the day of the election. If Trump can turn things around you can expect the trends in his favor to continue.

For decades the Democrats sought to form a coalition of minorities, women, the young, the poor and white-collar, highly-educated liberal voters that were generally affluent and were clustered around big cities. This is the primary reason that Democrats have pushed illegal immigration so hard.

Unfortunately, their plans were thwarted when the Trump juggernaut started making major inroads with all of those constituencies except white liberals who are plainly in denial. That may be due to the fact that their wealth insulated them from the disastrous Biden Administration but now even they are feeling the effects of massive layoffs in the tech, media and entertainment sectors. College enrollment is plummeting. They are increasingly despondent as USA chants and the “Trump Dance” dominate the public discourse.

The true problem with the Democrat Party, as presently constituted, is that every time they lose, they blame it on messaging. That is like a restaurant that is losing customers because their food stinks, deciding that they need better advertising.

Craig Shirley, who is a noted histo-

rian, writer, columnist, a regular contributor and friend said it best in an article published in last month's Sentinel:

“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.”

The “Trump Effect” started taking hold within days of the election as the stock market surged, both China and Russia indicated that they wanted to get along, and Trump's favorability rating surged from 48% on election day to 56% just two weeks later.

Then European Commission president Ursula van der Leyen suggested that Europe could begin buying more natural gas from America and both Mexico and Canada indicated that they would work with the U.S. to stop illegal immigration.

Shortly thereafter Israel announced a cease fire with Hezbollah and both Russia and Ukraine agreed to peace negotiations. Perhaps most surprising was the reaction of the Democrat leadership. Rather than rioting, many Democrat leaders voiced support of some of Trump's cabinet picks and leftist media types such as Joe and Mika Scarborough journeyed to Mar a Lago to offer an olive branch.

I am not so naïve as to think that the leftists have truly had a change of heart. Obviously, they know that Trump and his wrecking crew of a cabinet are going to expose their previous sins and that an accounting is on the way.

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(L to R) Robt. Kennedy Jr., Donald Trump and Tulsi Gabbard
[Photo Credit: mldiario.com]

MORNING IN AMERICA, CONTINUED FROM PAGE 4

Daddy is home at last.

Perhaps the most encouraging aspect of the November election was the significant Democrat crossover. While many high profile Democrats and liberals such as Robert Kennedy Jr., Tulsi Gabbard and Elon Musk have joined the Trump Team, many Democrats of all walks of life also switched much as the “Reagan Democrats” did in 1980 and 1984.

When you combine all of this with the gains among Independents who traditional lean left, it is even more impressive. About a third of the electorate identify as Independents and their preference for Democrats has shrunk from 13 points to 5 points.

Trump’s gains in blue states were also impressive as he cut Democrat margins in blue bastions such as New York and California in half and only lost New Jersey by 5 points.

He also increased his leads in red states. As the final votes were being tallied it was discovered that Republicans had gained in percentage of votes in all 50 states. That is not a typo. What an amazing achievement.

Thus, it can be said that the Presidential Election of 2024 was truly a red, white and blue wave powered by liberty loving Americans longing for a return to past glory. Because of that there is hope that we are about to experience morning in America 2.0.

TIME TO DEFEND, CONTINUED FROM PAGE 1

Sentinel co-founder John L. Haynes Sr. The major, who was my father, passed away in November of 2023 and I thank God that I was fortunate enough to have a man like him as a role model and a mentor.

Most importantly, he taught me how to be a man and how to use my time and talents to help others. He also taught me my sacred obligation to faith, family and freedom. In short, he taught me the tenets of traditional masculinity and the obligations with which it is associated.

For several decades there has been a concerted and ongoing crusade against males and their allegedly innate flaws typically referred to as “toxic masculinity.” This phenomenon is defined by psychologytoday.com as: “Toxic masculinity is a set of strict rules that prescribe what being a man should be, leading to misogyny, violence, and psychological distress.

That the website of Psychology Today would parrot these extreme views is hardly surprising as the field of

“Toxic Masculinity

43% of boys are raised by single mothers. 78% of teachers are female. So, close to 50% of boys have 100% feminine influence at home and 80% feminine influence at school. Toxic masculinity isn't the problem. The lack of masculinity is.”



Photo Credit: linkedin.com

psychology is dominated by far-left thinkers and the war on males is one of the guiding principles of modern leftism. Not surprisingly, Psychology Today lists a set of “toxic man rules.” These include:

- 1) A man should suffer physical and emotional pain in silence.
- 2) A man shouldn't seek warmth, comfort, or tenderness.
- 3) A man should only have the emotions of bravery and anger. Any other emotions are weaknesses. Weakness is unacceptable.

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LOCAL NEWS



Fleet Dillard

ESSEX COUNTY NEWS NO NEW FACES ON TOWN COUNCIL • MORE WETLANDS BOARD DISPUTES

In a four person race for the 3 open Town Council seats all three incumbents running were reelected. Those 3 included Anita J. Latane, Fleet Dillard and Katherine "Kay" Carlton.

Latane is the longest serving incumbent, having served on the Council since 2007. She has also been the Vice

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[Photo Credit: lamdwatch.com]

LANCASTER COUNTY NEWS NEW WATERFRONT GUIDELINES SHORT TERM PERMITS APPROVED

At their November 14th meeting, the Planning Commission voted to hold a public hearing to get additional public input on proposed changes to the W1 waterfront overlay for all zoning districts that would require all lots to be a minimum of two acres if they are within 800 of what is referred to as "the water interface shoreline." Currently the 800-foot requirement is applied to "tidal shores and wetlands." This issue was addressed at the August meeting by Director of Planning and Land Use Olivia Hall in reaction

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Photo Credit: pixels.com

RICHMOND COUNTY NEWS PACKETT PROPOSES 300 HOME DEVELOPMENT IN WARSAW

At the November Warsaw Town Council meeting local developer Gregory Packett proposed a massive 63-acre development that would be comprised of 321 units composed of 85 single family dwellings, 68 senior oriented units and 166 condo/apartments. The 63 acres to be used is currently composed of six parcels that are zoned R-1, C-1, R12 and C2 and, if Packett's plan is approved, all of the parcels will be consolidated into a single parcel that will be zoned R-12.

Mr. Packett is by far the most active developer in the region and he has worked with the Town of Warsaw and Richmond County officials in the past. He is also currently

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Underground Cables

KING GEORGE COUNTY NEWS

James R. Shaw

About Those Data Cables-

Travelers on Route 3 to and from Fredericksburg have been seeing huge spools of colorful conduit and underground conduit pulling equipment in recent months. The resulting conduit runs will be used for fiberoptic cable to supply data centers and other potential future applications. When this citizen-journalist went on-site to speak with the supervisor Duayne, he was very forthcoming up to a point and then the "unable to disclose" kind of language started being used. Such are the new "rules" of some modern-day development efforts. This job will continue off and on through the winter as weather permits until completed. The fiber is coming from the main line near I-95. It travels a similar path that APB (All Points Broadband) used in their rural internet project in recent years. Due to the contract requirements for high volume and redundancy, conduit is being run on both side of Route 3. The contract calls for the fiber to reach all the way to a spot (marked) between the Bloomia entrance and Farley Vale Drive.

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Photo Credit: justfor-hunting.com

NORTHUMBERLAND COUNTY NEWS RIFLE HUNTING BEING CONSIDERED • MORE SCHOOL BUDGET DRAMA

At the November 14th meeting of the Board of Supervisors the topic of allowing deer hunting with rifles was explored. A revision to the existing ordinance was suggested that would require hunters to use rifles above 0.23 caliber and would further require that shots can only be fired from raised platforms, commonly called deer stands, with a minimum height of at least 8 feet. The proposed ordinance also included that hunting be done only with written permission of the landowner.

This past year Richmond County passed a similar set of revisions with overwhelming public support. Senior Conservation Officer Tyler Bumgarner of the Department of Wildlife Resources (DWR) stated that his department supports all legal forms of hunting and added that Region 11, which includes the Northern Neck and King George counties,

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New County Administrator James Taylor [Photo Credit: hanovergov.com]

WESTMORELAND COUNTY NEWS NEW COUNTY ADMINISTRATOR HIRED

Ever since the termination of County Administrator Ben Prescott in May, there has been turmoil regarding his ouster and, to this day, there is no rational reason given about his ouster. Whatever the reason, it certainly did not reflect on his character as he was hired as the Assistant Town Manager for Colonial beach a couple of months ago.

Supervisor Tim Trivett, whose District contains Colonial beach, was one of the two supervisors who voted against terminating Prescott and he surely would have informed Colonial Beach officials if Prescott's termination was related to character or inability to do his job.

It appears as though certain Westmoreland officials are determined to keep the details of Prescott's departure

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ESSEX, CONTINUED FROM PAGE 6

Mayor since 2022 and received 552 votes, which was the most of any candidate. She is also a native of Essex County and holds a Bachelor of Science degree from St. Paul College in business administration and A Master's Degree in business marketing. She is also a teacher at the James H. Cary Intermediate School in Tappahannock.

Carlton earned the second highest number of votes with 435. This will be her second term. Mrs. Carlton is also well known by county residents as the director of the Essex County Department of Parks and Recreation. She is also a native of Essex County and is a graduate of St. Margaret's School in Tappahannock. She also has a Bachelor's Degree in Education from V.P.I. (now Virginia Tech.) and has served on the boards of both the Essex County Museum and Historical Society and the Historic Downtown Tappahannock Board.

Dillard is a well know attorney whose office is in Tappahannock. He is also entering his second term and he received 403 votes. Also an Essex County native, Dillard received his Bachelor's Degree from the University of the South and a J.D. from Mississippi College School of Law. He has practiced law in Tappahannock since 1998.

Elaine Horowitz is the only candidate that is not a native of Essex County. Despite that she managed to garner 228 votes. She is a member of the Planning Commission and at one time acted as an occupational therapist for Essex County Schools. She is currently a freelance writer and published a children's picture book called Orrin Helps in 2022.

Terms for the Town Council are for 4 years. In 2026 the 3 seats currently occupied by Carolyn Barrett, Troy Balderson and Kenneth Gillis will be up for election as will the mayor position currently occupied by Roy M. Gladding.

In other county new, the controversy concerning the Wetlands Board and former member Jeff Howeth continues. Earlier this year the Board of Supervisors voted to repeal the wetlands zoning and coastal primary sand dunes ordinances because the ordinances were in conflict with new state ordinance changes. They then reenacted them with an effective date of December 1st and stated that they would be receiving applications for new members for a reconstituted Wetlands Board with the eventual goal of forming a regional wetlands board.

Howeth, who is the former Chairman of the Board, claims that he and the other former members were remove without the proper legal process required by law. Essex County has filed a petition with the Essex County Circuit Court for a declaratory judgement against the former Board members so that they can be removed and replaced. No hearing date has been set as of press time.

Howeth has stated that he has a viable contract with the County and can only be removed for reasons such as malfeasance or poor attendance. Howeth has also stated repeatedly to this publication and others that he does not want to be confrontational but that he feels strongly that the legal rights of the former Board members have been violated. Future updates will be provided as new information becomes available.

LANCASTER, CON-

TINUED FROM PAGE 6 to concerns voiced by residents concerned about the inability to develop land within the 800-foot boundary.

The changes are a type of compromise that would allow further development but would reduce density by the two acre guideline. The code was originally enacted to control excessive growth and protect water quality. At the November meeting several different options were discussed. These included decreasing the distance of setbacks and whether different distances should be included for things such as tributary streams, tidal shores and wetlands.

Mrs. Hall also pointed out that the proposed setback was far more restrictive than the Bay Act which only requires a 100 foot setback. There was some disagreement among the Commission members as to whether the proposed changes would hurt water quality or affect housing affordability in the county. The Commission eventually voted by a 4 to 1 margin to schedule a public hearing for January 16th. Members Pinn, Sorenson, Booth and Brent voted in favor with commissioner Chupp voting against. The members also voted the same way to authorize changes to the zoning code definitions that would be necessary.

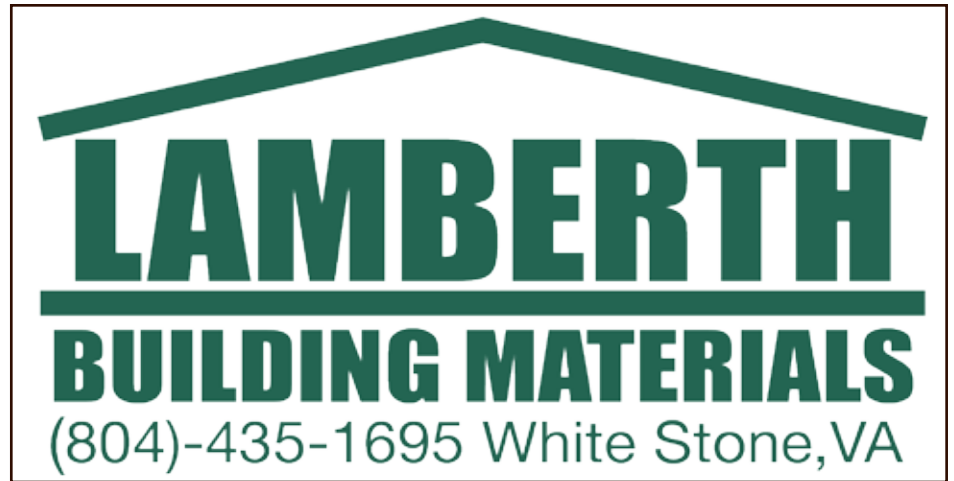
In other land use matters, the Board of Supervisors addressed two special exceptions requests from property owners wanting to operate short term rentals (STR's) as is now required due to recent changes in the related ordinance. The first request was from Daniel and Susan Nester who wanted permission to operate an STR in a property they own and eventually plan to retire in. The property is located at 1541 Cox's Farm Road in Weems.

Two adjoining neighbors spoke during the hearing and noted that the neighborhood was not as quiet as before the property was converted to a STR. The Nesters expressed surprise as they have a noise monitor on the property and have never had a complaint before the hearing. Their request was unanimously approved.

There was also a special exception request by Scott Strayer for a property located at 381 Tidewater point Lane in Lancaster. There were no public comments and Mr. Strayer's request was also unanimously approved.

Another interesting development in Lancaster County is the discovery of a forgotten burial ground that was once owned by Moreau and Isabella Nickens who were African American landowners in the late 1800's. The burial ground was recently discovered in an overgrown area.

This is a tremendous historical find and is just one example of the many undiscovered gems within the County. There is a front-page article in this edition providing further details of this amazing story.



NORTHUMBERLAND, CONTINUED FROM PAGE 6

already has similar ordinances in both Richmond and King George Counties.

During the public comment period there were mixed reactions and the Supervisors voted unanimously to table the matter until the December meeting to allow time to study ordinances in other nearby counties.

At the same meeting the Board also unanimously approved a measure requiring solar facilities to have a minimum .75 mile buffer zone from tidal waters. This change was not popular with all of those present. One attendee named Eric Poth stated that he would not be able to put his farm into a land conservancy because he couldn't afford it financially without being able to sell part of it for a solar facility. He also contended that the same thing would happen to other landowners. He added that he felt that his rights were being "highjacked."

In school matters, matters involving a new playground for the Elementary School were raised to the Board by Martha Williams who is the principal of the school. The initial bid estimate that Williams presented to the Board to replace the playground was for \$567,000. Supposedly, other bids were obtained in October but details were not provided.

School Finance Director Tara Booth advised the Board that she felt that there would be sufficient surplus funds from the 2024 budget but the Supervisors were not impressed. The school budget has been a subject of controversy for a few years and it looks like most of the Supervisors want more detailed answers.

According to County Administrator Luttrell Tadlock, who had obviously researched the topic, funding for the playground was first mentioned in the long term plan in the 2014-15 fiscal year but was never mentioned again until the 2022-23 capital improvement plan eight years later. Even then it was listed as a medium priority. Just one year later the playground was listed as an urgent priority.

The 2023-24 budget listed \$500,000 of new construction money for the program. Inexplicably, the Capital Improvement Plan (CIP) listed \$375,000 in new construction funds for the playground.

Chairman Haynie questioned why the playground wasn't replaced by the funds available in the 2023-24 budget.

CONTINUED ON PAGE 10

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EYE ON THE NATION



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THE SYSTEM WORKED

Jeffrey A. Tucker

During the past few years, many suppositions about the U.S. system of government have come into question. You can see it in the polls showing that Americans have lost trust in everything, including medicine, media, tech, academia, and, of course, government.

In addition, the sources we once associated with expertise have pushed agendas that have contradicted all experience and hence have been rejected by vast numbers of people.

The United States is hardly alone in this. Most countries of the world today are dealing with a wrenching upheaval in politics and social order generally. Stability has turned to instability, certainty to uncertainty, and clarity to the fog of war. The resulting thicket seems to offer no way out.

Inevitably, many people have questioned whether the democratic system of choosing leaders works properly anymore. Protests following election returns are common worldwide, not necessarily because people have stopped believing in the ideal, but because they doubt that the count is accurate and the ballots are legitimate. Technology has not helped this problem, but rather introduced more doubt.

This issue has massively afflicted the United States in recent years. There have been doubts at every point, not helped by a well-documented loosening of voting rules both during the pandemic response, when the Centers for Disease Control and Prevention encouraged mail-in voting, and then after, when a refugee wave disrupted many communities around the country. This is a serious problem: When people have doubts about the basic functioning of the system, they begin to feel as if they are caged in a machine that the elites control.

This is a major reason for the shock concerning the results of the Nov. 5 election. The Republicans not only swept the presidency and one if not both houses of Congress, but also won the popular vote, which no one really believed possible. The betting markets gave such an outcome very low odds.

Many people this year trudged to the polls with grave doubts about the relevance of what they were doing. Is the system so broken that the will of the people no longer matters in comparison with the power of the elites?

Amid this uncertainty, the election results were a real shock, for people from all sides. The people's voice rose above all the money, manipulation, claims of fraud, uncertainties about voter ID, technology, and so much more. For years now, people have habitually found fault with nearly everything. The prediction was that it would take days, weeks, or even months to count the votes and conclude the election. Such a prospect was enormously depressing for a nation that imagines itself to be a great one.

But on Nov. 5, the results came in on a perfect schedule as the polls closed, culminating in a result for a candidate that has for years received attacks from every angle. It was the least expected conclusion to the most contentious election of our lives. It was a clean victory for Donald J. Trump, who even received the popular vote. More importantly, it

was a credible result. That's the key.

The result accomplished much. It wiped out several years of partisan agitation against the system of the Electoral College as

established in the U.S. Constitution. The purpose of this institution is to grant a more even representation of the states as entities over the popular will. This is part of the federalist system established by the Founders. They designed not one state with centralized control, but a federation of states that come together for their common betterment. Wiping that structure out would have been transformative.

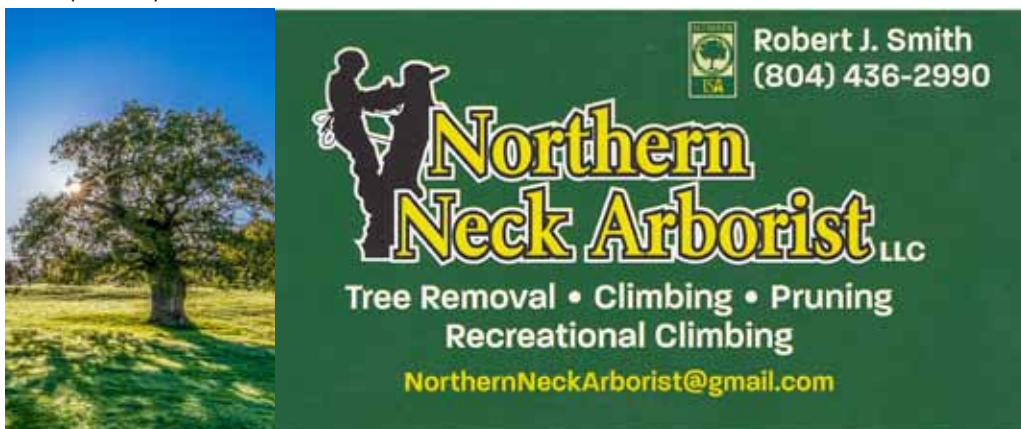
But with Trump's victory in the popular vote, that is no longer an issue. It would not have changed the result, but this blessed feature of the outcome quelled the much-predicted street violence. Even Vice President Kamala Harris's concession speech was conciliatory, and contained not even a hint of funny business or rigging. The election result was a clear expression of popular will, to which everyone on all sides had to accede. As Harris said, this does not mean giving up principles or disappearing. It means working harder in the future for causes in which one believes, to make them ascend in the public mind, waiting to be embodied in a candidate who can carry those concerns to the halls of power.


In other words, we have been granted a peaceful transition of power. Herein lies the genius of the democratic form. It was never created or defended because it produces perfection. It is messy and difficult. Its purpose, as forged hundreds of years ago (and it can be traced back even further, to ancient times), is to provide a better solution to public discontent than war and revolution. To prevent violence, bloodshed, and social dissolution is the whole point.


And that is precisely what has happened. We had in context two dramatically different visions of the role of government. Instead of civil war, we had ballot boxes and peace.

If you voted in the election, you know the interesting feeling of being handed a ballot and given a private space to make your selection. It confers on the individual a sense of responsibility and influence—not ultimate power, of course, but something else: a right of participation in the civic commonwealth. The remarkable thing about 2024 is that the voters were able to see how their participation makes a crucial difference. This experience alone has done more to restore American patriotism than anything in many years. Americans could feel pride in the wisdom of the Founders. Crucially, the results echoed around the world, encouraging millions and billions to see how it is possible to go against the grain of the establishment, the media, the academic elites, and the whole system of intimidation and control, and do so in a way that is consistent with civility and public order.

Once again, America provided a beautiful lesson to the
CONTINUED ON PAGE 10




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SYSTEM, CONTINUED FROM PAGE 9
 world in how it is done. It's been many years since we could feel pride in that. Many people across the globe, watching the lockdowns unfold and the political conflicts grow ever more intense, had begun to wonder if we still had it, if this country was still capable of leading by example. Well, we did. And the example will resound all over the world, encouraging "populist" movements in all countries. We did it not through force of arms or financial pressure, but rather by being an example of light in the darkness.

We should not underestimate the power of this. Many people the world over are looking to the United States to protect free speech, guarantee election integrity, uphold the ideal of democracy, and celebrate the possibility of living together under a system of transparent integrity. There is a long way to go. We need far-reaching reform, and everyone must hope that the new administration will be willing to do what is necessary. That said, Election Day was a wonderful start, an example to the world that freedom still works, that

it is still valued here and should be everywhere.

Do you feel a sudden sense of pride in what we have here, despite all the flaws and missteps? I certainly do. It's been a long time coming, but it seems finally to be here. For that we should all be deeply grateful.

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NORTHUMBERLAND, CONTINUED FROM PAGE 7

School Superintendent Holly Wargo stated that other projects such as flooring and athletic track replacements had been given a higher priority which begs the question of why even bother having budgets and CIP's if they were not going to be followed.

Supervisor Williams also voiced concerns that the County had approved the funds knowing that they would later be reimbursed, adding: "The struggle I'm having is how we have gotten to this point today." Chairman Haynie summed up the situation perfectly, stating: "That allows you

to spend that money twice and the County's out the money."

Supervisor Brann noted that the playground should have been given preference because of safety issues and stated that the Board could have then worked with the schools on the other projects.

Chairman Haynie reminded the school representatives that there was a process involved and that a public hearing would have to be held by law because the amount requested is over 1% of the total budget. He summarized the situation by stating the obvious: "The next thing is where are we going to get the money from? We don't have any additional funds right now."

are currently approximately 900 housing units in Warsaw. Therefore, what amounts to a 33% increase in housing could place a huge strain on traffic, the schools and public services.

The area to be used begins at Wallace Street and extends down to the area by the Southern States building. Traffic in this area is already problematic due to the nearby schools, especially at opening and closing times when parents are transporting students and school buses are on the road.

Over the past few years Warsaw has grown exponentially and, while this has its benefits, many citizens have noted that traffic has already grown noticeably as have taxes. According to Quesenberry, the Town is taking a cautious approach and they have already requested more information from Packett including proffers.

Although a public hearing has been set for December 12th, some council members have indicated that this will be a lengthy process and both Quesenberry and Mayor Randy Phelps have voiced similar sentiments.

In crime news, a shooting in Newland way back in July of 2022 finally seems to be coming to a resolution. There were originally 7 individuals identified as shooters at the party. One of them, Domonique Romello Doublin of Tappahannock, has worked out a plea deal in which he agrees to plead guilty to two misdemeanors in exchange for the dropping of four felony charges.

Doublin submitted an Alford Plea which entails not pleading guilty while conceding that the prosecution would be able to prove their case. He was originally charged with reckless handling of a handgun, using a gun in the commission of a felony, shooting into an occupied building and malicious wounding.

The charges of using a gun in the commission of a felony and malicious wounding were dropped outright but the other two charges of reckless handling of a handgun and shooting into an occupied building will be subject to a year of advisement where Doublin will be subject to random drug testing and will also be subject to search and seizure as well as maintaining peace and good behavior.

Failure to do any of those things will result in the restoration of the original charges. Doublin will also be on probation where he will be closely supervised.

WESTMORELAND, CONTINUED FROM PAGE 6

under wraps, but it remains to be seen if their efforts will prove successful.

After Prescott left his duties were assumed by Interim Administrator Debra Whaley and then assumed by Acting County Administrator Donna Cogswell. The task of filling Prescott's position was complicated by the fact that when long time County Administrator Norm Risavi retired at the end of 2023 his assistant retired at the same time so there was no one waiting in the wings.

Taylor was in attendance at the November Supervisors meeting and addressed the Supervisors who had approved his hiring unanimously. He said, in part:

CONTINUED ON PAGE 12



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WESTMORELAND, CONTINUED FROM PAGE 12

"I'd like to thank you all for selecting me to be your next county administrator. I appreciate your confidence in me, and look forward to working with you to advance your goals for the community. I'm excited to meet and get to know the team and the people of Westmoreland County. We will continue to build on what makes Westmoreland great and look for opportunities to make it even better. My goals are to execute the Board's vision, continue to accentuate the positive, develop a productive work environment, foster relationships, and look for opportunities to improve."

Taylor has lived in Hanover County for decades and has been active in both government and the private sector. As part of his remarks, he gave a brief resume'.

"Having spent the last 24 years working in Hanover County, the birthplace of Patrick Henry, I think it's only fitting that I come to the birthplace of George Washington and James Monroe," Taylor continued. "We are blessed to have such history here at home. Both Washington and Monroe had ties to my alma mater, William & Mary, where I received my bachelor's in government. I have also received a master's in public administration from Virginia Commonwealth University and am a credentialed manager by the International City & County Management Association and look forward to putting my skills to work here."

The Supervisors were very welcoming to Taylor and also praised the staff, especially Mrs. Cogswell, for their efforts to keep the County running until Prescott's position could be filled.

In a tragic story, a local resident went to the Kinsale

Transfer Station in late November before the normal 7:00 a.m. opening time and found a male employee who had arrived early suffering from symptoms of distress.

The Cople District VFD, Westmoreland County EMS and Westmoreland County deputies all responded at around 6:37 a.m. to render aid. The man in distress was identified as Brian Wood (56) and he was still breathing when the first responders arrived. More details will be provided as they become available.

TIME TO DEFEND, CONTINUED FROM PAGE 5

- 4) A man shouldn't depend on anyone. Asking for help is also weak.
- 5) A man should always want to win, whether in sports, work, relationships, or sex.

As a 74-year-old male who grew up in a military family with a father who served four combat tours in three wars, I was raised by a traditionally masculine man. He grew up poor and joined the Marine Corps at the age of 15 just in time to serve in the World War II Chinese Campaign. He had first tried to join at the age of 13 but was rejected. His mother thought that he had run away from home until she received a letter from China written by Dad on his 16th birthday.

Five years later he served in the Korean War where he received a purple heart after nearly being killed by a Korean artillery barrage that blew him up against a wall, peppering him with shrapnel and knocking him unconscious. When he came to, he managed to drag another wounded marine to safety before collapsing.

In the 1960's he served two deployments in Viet Nam where he received a Silver Star for rescuing troops trapped behind enemy lines despite heavy Vietnamese fire. In fact, he had to go in twice when it was discovered that a soldier was still missing after the first rescue.

My father also had an unbelievable tolerance for pain. Once, when I was in my early teens, he and me and my grandfather were loading hay from a loft when my dad stepped on an unlocked trap door that gave way under his weight. He lunged forward and gashed his shin on the edge of a rafter so deeply that his shinbone was exposed. Blood was everywhere.

My grandfather wanted

to go to the hospital immediately but my dad would have none of that. He washed the wound with turpentine and ripped up a burlap bag to make a makeshift bandage that he wrapped tightly around his leg. He then finished the job before going to the hospital.

Another time, when he was in his mid-sixties, he was working on a pier in his back yard when he slipped on a slope and his leg buckled underneath him. Despite the pain, he finished the job. When he went to the hospital the next day he was diagnosed with torn ligaments and was immediately scheduled for surgery.

I didn't even know about it for months until my mother mentioned it to me. The reason that I am relating this to you is that, despite his obvious bravery and toughness, he was one of the kindest and most caring men that I have ever met.

When I was a teenager, we used to hire a couple of black teenagers who lived nearby to help us harvest tobacco on our small farm as well as assisting with other chores. One, named James, was a big strapping fellow who worked like a horse. The other teenager, Francis, was short, skinny and scraggly and couldn't come close to matching James in output despite his best efforts.

One afternoon, after our work was done for the day, my Dad paid them both in cash. Hand cutting and hanging tobacco in August was hot and tiring work and their pay was well earned. I was surprised to notice that both were paid the same despite the disparity in their performance. When I asked my Dad about it he said to get in the truck and he would show me why.

We drove about a mile down a back road that bordered our property and Dad stopped near an old shack that was falling apart. It didn't look fit for human habitation. I will never forget what he then told me: "This is where Francis lives. He may not do as much work as James but he does what he can and he really needs the money." I don't think I will ever forget that lesson or what it told me about my Dad's character.

Even after Dad left the government his dedication to the sacrifices made by his brothers in arms never waned. He was active in several veterans' organizations such as the VFW, Marine Corps League and others. He was the driving force behind the EOD Memorial Wall located at Eglin Air Force Base in Florida.

According to the EOD website:

"The EOD Memorial Wall at Eglin Air Force Base in Florida honors EOD technicians who gave their lives in the performance of their duties. The names on the wall date back to the formation of EOD in World War II. The basic structure consists of four cenotaphs; one for each branch of



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TIME TO DEFEND, CONTINUED FROM PAGE 12 military service, Army, Marine Corps, Navy, and Air Force. A bronze tablet with the names of fallen EOD warriors is inscribed and attached to each cenotaph.

Every year, on the first Saturday in May, the EOD Memorial Ceremony is held to commemorate fallen EOD technicians to recognize and preserve the legacy of the service and sacrifices of our fallen warriors and their families.

The ongoing care and maintenance of the EOD Memorial Wall is funded by private donations.”

After my Dad retired from 30 years in the Marine Corps at the age of 45, he worked as a government contractor on the Trident Nuclear Submarine Program where his experience in explosives as a former Explosives Ordnance Disposal (EOD) technician was crucial.

After all his years in the government and the military my Dad retired to Monticello, Florida in 2005 where he had spent much of his childhood. He lived there until passing away in November of 2023. I think about him every day.

My father’s accomplishments and awards are too numerous to list but our regular readers will remember him as our veterans columnist for many years. His articles helped numerous veterans obtain their benefits and I can’t remember the number of veterans who have thanked me for his columns. I always told them they were thanking the wrong guy.

An article by the Florida Veterans Foundation, where the Major was the first Chairman when it was formed by the state legislature in 2008, states some of his accomplishments:

“While in Maryland in 1978, Major Haynes served as Deputy District Governor for the Lions Club International. During that time, he was honored to receive the Distinguished Citizen of Maryland Award by the Governor of the State of Maryland.

In 1979 Major Haynes served as State Commandant of the Maryland Marine Corps League.

In 2006, Major Haynes was 1st Vice President of the Military Officers Association. Also in 2006, he was a Director of the Explosive Ordnance Disposal Foundation and Chairman of the Charter EOD Memorial Committee. He has also served as 3rd, 2nd, 1st, Senior, and State Commandant of the Florida Disabled American Veterans.

Major Haynes has served for 20 years as a Service

Officer for the Veterans Administration and the American Legion. He is also the Florida State Service Officer of the Veterans of Foreign Wars and was awarded the title of Service Officer of the Year.

In 1993-1994, Major Haynes was All State Post Commander of the Veterans of Foreign Wars for the State of Florida and was District Commander of the Veterans of Foreign Wars in 1995. He was also National Aide-de-Camp of the Veterans of Foreign Wars for two years and served on the National Scouting Committee.”



(L to R) Atty. Gen. Pam Bondi, Gov. Rick Scott and Major Haynes

The Major lived near the state capital of Tallahassee and became friends with many state officials. He is pictured here with Florida Attorney General Pam Bondi and Governor Scott as he accepted the Governor’s Medal of Merit. Even though he received many such awards during his lifetime, his heart was consumed with helping his fellow veterans. Many times he helped needy veterans out of his own pocket while they waited for the paperwork that he submitted on their behalf to be processed. He was seldom repaid but he could have cared less. His was a life of service.

One of my father’s proudest achievements was acting as the Florida Representative for the signing of the VA Mission Act of 2018. The signing was na-



Vice President Pence and the Major

tionally televised and the Major got to meet with several high ranking federal officials including Vice President Pence with whom he is pictured.

My father was born in abject poverty at the beginning of the Great Depression. His family lived on his grandfather’s



Friends Celebrate an Honor for the Major farm and chipped in any way they could to survive. As a 12 year old my father worked delivering ice to help sustain the family. Sometimes this involved hauling 50 pound blocks of ice up flights of stairs. Quite a task for a 12 year old.

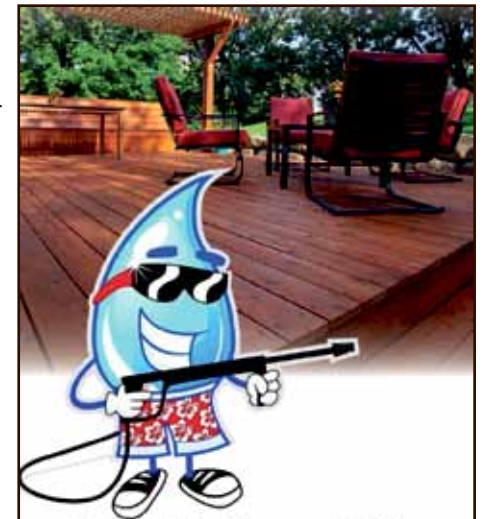
The Haynes family was very religious and was always willing to help others. A few months before he died, my father told me a story about how his mother would always gather up whatever was left after the family supper. She would then place the leftovers in a bag which she would then hang on the back door for an elderly black neighbor who was even worse off than them. Remember, there was no such thing as government assistance in the 1930’s.

Since his passing the State of Florida has named a highway in his honor as well as a new law preserving veterans history. The April, 2024 edition of the Sentinel described it as follows:

“The month of March witnessed the naming of both a highway and a new law preserving veterans history in honor of war hero, veterans advocate and Sentinel co-founder major John L. Haynes Sr. The Major, who passed away on November 14th, 2023 is also well known by our readers as our veterans affairs correspondent who helped countless veterans to obtain and access their veterans rights.

On December 12th the Jefferson County Commission issued a proclamation to name a section of State Road 59 near Monticello,

CONTINUED
ON PAGE 21



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Schools & Education



The Department of Education in Washington on July 16, 2019. Samira Bouaou/The Epoch Times

PUBLIC EDUCATION SYSTEM SET FOR A SHAKE-UP UNDER TRUMP

Aaron Gifford

Expected policy changes to U.S. public education under the Trump administration will likely involve areas such as universal school choice, critical race theory, transgender ideology, student college debt relief, and higher education accreditation.

In addition, the fate of the U.S. Department of Education (DOE) itself hangs in the balance—though dismantling it would require an act of Congress.

“We will send Education back to the states, and Linda will spearhead that effort,” Trump wrote in a Nov. 19 statement when announcing his nomination of Linda McMahon to lead the DOE in his administration.

The Department of Education was established in 1979 by President Jimmy Carter.

Its scope was to ensure equal educational opportunities, to share research and information that can help state and local education agencies, to provide additional funds to very low-income schools that cannot get by with just state aid and local property tax dollars; and to administer federal grant and loan programs for higher education.

The federal agency cannot mandate curriculum, graduation requirements, or teacher and administrator credentials. Those decisions are made at the state and local levels, where municipal property taxes and state aid fund schools.

The department has taken on more recent tasks such as special education funding, civil rights investigations, and guidance on technology and artificial intelligence education.

Jonathan Butcher, a senior research fellow at the Heritage Foundation Center for Education Policy, says all of those functions could easily be absorbed into other federal agencies, resulting in massive savings for taxpayers.

“Washington is paying an administration to do the work that state departments of education should already be doing,” Butcher told The Epoch Times, adding that federal aid to poor districts amounts to less than 10 percent of per-student allocations.

“Abolishing the U.S. Department of Education provides more authority for states and districts to make decisions for themselves.”

Butcher said the DOE “certainly did not advance policy in any meaningful way,” citing the unsuccessful attempts to provide student debt relief, the continuation of low test scores, and the lack of support for allowing males to compete in female sports. Under the Trump administration, Butcher said he expects the DOE to cut redundant adminis-

trative costs, emphasize academic improvement, empower state and local education administrators to lead better, and promote universal school choice nationwide.

Representatives from the American Council on Education (ACE), during a Nov. 6 panel discussion, said in the past 40 years Congress has lacked the political will to dismantle the department.

With a Republican majority, it could eliminate positions in the agency to save millions of dollars, but abolishing it may not be advantageous, ACE representatives said.

“The Department of Education is a massive, influential, visible tool to reach into every school district, to reach into every college and university campus and exert attention and pressure and other things as to your administration’s policy priorities,” said Jon Fansmith, ACE’s assistant vice president of government relations.

“Why would you give that up if that’s now with your

CONTINUED ON PAGE 15



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SHAKE-UP, CONTINUED FROM PAGE 14

authority?"

The Epoch Times contacted the U.S. Department of Education, but did not receive a response.

Gender Ideology and Critical Race Theory

During a July rally in St. Cloud, Minnesota, Donald Trump vowed to cut federal education funds to schools that push critical race theory (CRT), gender ideology, and "other inappropriate racial, sexual, or political content onto the shoulders of our children."

"And I will not give one penny to any school that has a vaccine mandate or a mask mandate," Trump said. "And I'll keep men out of women's sports."

The nonprofit Parents Defending Education (PDE) organization publishes an online map that identifies incidents of liberal ideology in schools.

Its research is based on complaints submitted by parents and requests for freedom of information that verify the incidents.

Recent incidents include a California district that paid a consultant \$530,000 to develop a curriculum around "CRT, whiteness, and social justice activism"; a story time program in Vermont to teach kindergartners how to explore gender identity; and a district in Virginia that collaborated

with a Chinese organization that wanted to establish schools with U.S. curriculum in the communist country as part of a "cultural exchange" program.

Most states had at least one instance where a district hid a student's "gender identity" to comply with President Joe Biden's executive order amending Title IX, according to PDE research.

Michelle Exner, PDE director of federal affairs, said the election results came as no surprise to her considering the number of complaints her organization received in every state in the past four years

"Parents are fed up," she said. "There's an erosion of parental trust. Schools can't hide information from parents. We are getting back to merit and meritocracy. Lowering the bar and getting rid of metrics doesn't help the students."

Exner does not think Trump will immediately leverage federal funding to force lower-income school districts to eliminate CRT and gender ideology programs.

Instead, the U.S. Department of Education's Office of Civil Rights, which investigates complaints of discrimination or harassment and publishes its findings, will apply pressure on non-complying schools and remind them they risk losing the aid if they don't take corrective actions.

"It's a way to dismantle the woke cancer that is affecting

education," Exner said.

In education, CRT and transgender ideology represent a national dichotomy.

Website pages for state education departments in some deep blue states highlight special events such as Transgender Day of Visibility. In contrast, those in red states like Arizona and Arkansas have disclaimers noting bias that detracts from academic standards is not tolerated.

"Without commenting on politics, I am encouraged to see a new administration commit to removing the elements of Critical Race Theory and so-called diversity, equity, and inclusion from schools," Arizona Education Commissioner Tom Horne said in a statement to The Epoch Times.

"I have fought against those programs for years because they divide people on the basis of race when people should be judged on their character, their knowledge, and ability to appreciate beauty,"

Expanding School Choice

At the national level, Sen. Bill Cassidy (R-La.) plans to push his Educational Choice for Children Act, which would provide income tax credits to individuals or organizations that donate money to private school voucher programs.

CONTINUED ON PAGE 17



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Look one more time

THE IMPORTANCE OF LOOKING ONE MORE TIME

Mark Fike

Those of us that have deer hunted know that sometimes we end up having to track a wounded animal and things can be stressful and frustrating. The goal is to make the most ethical shot possible, but sometimes due to various circumstances, some of which can be out of our control, the animal is still on its feet.

There are various opinions about waiting and letting an animal expire before going to look for it. Some say you should always wait a certain amount of time, with 30 minutes being a popular number. Some say longer is necessary and some say it depends on the animal and its condition and the conditions on the ground such as rain, wind blowing over leaves where blood may be found and coyotes nearby. That being said, a judgement call has to be made with the facts at the scene.

The first facts to be gathered are the confidence of the hunter on the shot placement whether it be with an arrow or bullet. Next, were there any obstacles between you and the deer to impact the flight of the arrow or bullet? Third, what did the deer do at the time of the shot. This is critical in my opinion. Observation of the deer's behavior is going to be very telling most of the time. Deer that look hit give clues. Out of the 40+ years of deer hunting I have done, I have seen one animal that ambled off like nothing happened that was instead, mortally wounded. That animal was this year when a young man I was mentoring shot it and had to thread the bullet through some brush. He is an excellent and careful shot, but the shot was difficult. The deer stopped, then flagged us and waved his tail back and forth like he was prancing, and he ambled across the small field to a line of trees, he continued prancing and went through those trees and then continued on. He went some 250-300 yards and never ran or stumbled or acted hit.

Most deer, in my opinion and observation, when hit, tuck

or keep their tail down. This one did not. I tell all the young hunters I mentor and the parents, that there are several things to do when the shot rings out to increase rapid chances of recovery. First, watch and see the last place the deer goes. Mark it mentally. Find a landmark to keep in mind where the deer was. Second, mark mentally exactly where the deer was standing when you shot. Third, listen for a crashing sound of the deer piling up.

At least a half dozen times in the past ten years I have had new hunters tell me they must have missed because they did not find blood or the deer ran off. After hearing all of the above observations and hearing the shooter tell me they thought they aimed well I have told them they hit the deer, and we need to go look again. When I question the shooter about their shot placement I also ask about the angle of the deer when it was standing and where they put the crosshairs or sight. A quartering away deer needs a shot placement further back to drill through the heart and lungs. So many new hunters aim strictly for the shoulder as they were taught in hunter education classes or by others and they may not think this through.

On a recent youth hunt I heard from a young man that he shot at a buck and they looked but found no evidence of a hit. After hearing how it acted and knowing the young man was a good shot and hearing how he aimed and where he aimed, I told him that he likely got the deer. A search party went out and quickly found the deer. There is no point in feeding coyotes unnecessarily! He was happy and I was too. They got some great meat to take home.

On the story about the young hunter I mentored, I actually thought that perhaps when trying to thread his shot through the brush, he might have not seen a branch that was close through the scope and the bullet may have gotten deflected. I based that strictly off the fact the deer did not act hit.

Just to be sure, I got down out of the stand and walked over to where he said it was standing when he shot. I had not moved during the whole aiming and firing out of fear I would spook the deer so I was not able to see fully what was going on. There was no blood to be found. No hair was on the scene. I walked twenty yards into the field and saw nothing. Just to

CONTINUED
ON PAGE 17



DEER HUNTING BLUES GOT YOU DOWN? TRY SOME SQUIRREL HUNTING TO ENJOY SOME SUCCESS

Mark Fike

It is that time of year where seeing deer has become tough. Given the facts that by now, likely half or more of the deer that will be harvested this year are gone from the landscape and the remaining half that will be put into freezers are very, very spooky and tough to find during daylight hours; it can be very easy to get frustrated.

I have found that sometimes taking a break from deer hunting, particularly in early to mid-December, can be a good thing. You can sleep in a little bit and go any time of day. Lower your frustration level and recharge your batteries. Sometimes we get in a habit of doing the same exact thing which makes us predictable, and we get the same results...NADA!

It can be tough to be motivated to change up our pattern or go try a distant end of a property when we have not seen anything for awhile or we feel all the deer are nocturnal.

CONTINUED ON PAGE 17

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LOOK ONE MORE TIME, CONTINUED FROM PAGE 16
 be double sure I walked to where I saw the buck enter the woodline. Within 30 seconds I found a large blotch of blood on the leaves and more and more as I looked. I am SO glad I went to look at the last place I saw the deer. The blood trail was easy to follow the remaining 200 yards.

Lessons learned? First, sometimes deer do not bleed right away. Sometimes the blood has to fill the chest cavity to the point where it can pour out of the exit hole. Second, sometimes deer may not act hit or know they were hit to the point they react much. Last and more importantly, go look one more time to be SURE. That act of looking again allowed me to find the young man's first deer and it was a 174 pound 8 point buck. Even after all these years I was surprised.

SQUIRREL HUNTING, CONTINUED FROM PAGE 16

So, perhaps a change in scenery and pace would be in the books.

Squirrel hunting is fun. The meat is good, particularly when slow cooked and stripped off the bone. Squirrels are everywhere and the chance for success is quite high compared to deer hunting. Think about it. When you are deer hunting, how many squirrels do you see? How many even get in the same tree you are in or hop right up to you? Yeah, dozens if you are like me. The funny thing is that when you go squirrel hunting at this time of year, they sense it, and you will not see dozens, but you can definitely see squirrels and get some. You just need to use your deer hunting tactics to do so.

What does that mean? At this time of year, the landscape is pretty open and barren. Leaves are pretty much gone, and squirrels see for miles. Mice and other easy meals for hawks and owls are often underground and harder to catch which means that birds of prey and foxes and coyotes are also putting squirrels higher on the menu. Why do I bring that up? Squirrels are skittish now. If they see something amiss at a hundred yards out, they are racing through the leaves for a den tree so fast leaves are swirling in their wake! Gone are those archery deer days when you had to almost step around a squirrel as you made your way to the stand!

So, go find a hardwood lot, probably the same spots you are deer hunting, and sit tight for a half hour. Squirrels will start to come out and feed again. If you are using a loud firearm, you may have to wait longer between shots to see another squirrel or if you wish, stalk as quietly as possible to another spot and sit. Stalking squirrels on dry days is a no go at this time of year. If we get rain and the woods are wet, you might be able to get close enough for a



rimfire shot. Even so, sitting more than stalking is going to be the game plan for success.

So, when you get your squirrels what is the best way to clean them? There are two main methods. The first method is one that I use which is to pinch the skin upwards in the middle of the backbone and slice downwards to the meat. Work your fingers under the skin and pull apart taking the squirrel's shirt and pants off. Use some tin snips or a knife and cut the feet off at the joints. Next, slice parallel to the body to remove the shoulders and front legs. Next, flip the squirrel over and cut off the hindquarters at the ball joint of the hip. Some cook the whole squirrel by gutting it and roasting it whole. The ribs are small and there really is not much meat to be had so I quarter my squirrels.

Another way to clean your squirrel is to make a cut through the tail at the rectum. Be careful to not cut all the way through the skin but do cut through the base of the tail and then cut the front feet off. Hold the rear legs in one hand and pull on the tail holding the severed tail bone and tail to pull the skin to the neck and over the front legs. Cut the head off or remove the front legs as stated above. Then grab the fur that is remaining and pull it rearward to the base of the ankles and remove the feet at this point. Then follow the directions above to quarter it.

Squirrels are nutritious and lean, protein fed meat. Slow cook those legs to get the meat you need for a meal. Sifting through the bones is easy to do and the remaining meat can be stewed, fried, roasted or stir fried. A half dozen squirrels will feed a family of four. Six is the daily limit and they are abundant, so you won't hurt the population.

After a few successful squirrel hunts you will be ready to get back to deer hunting and who knows, you may actually see some deer sign while squirrel hunting!

SHAKE-UP, CONTINUED FROM PAGE 15

He said he has Trump's support and hopes to replace Sen. Bernie Sanders (I-Vt.) as the chairman of the Health, Education, Labor, and Pensions Committee when Republicans take control of the Senate in January.

Cassidy joined other politicians and education leaders

in rallying for school choice during the Nov. 7 Center for Education Reform event in Washington.

They said restricting tax dollars to local schools is an outdated idea and that the funding should instead be given to the child's choice of public schools, private schools, or homeschooling expenses.

Christopher Marker, chief executive officer of the Freedom Institute of Collier County, Florida, said there are many outstanding public schools. Still, he said school leaders and elected officials have dismissed parents instead of embracing them as partners in the education process.

Without more input from parents and universal school choice nationwide, he said, public education will become a trillion-dollar industry "of factory schools with warehouse model inefficiencies."

"We all love our schools and our school programs, but we don't love them more than we love our kids," he said.

The National Education Association (NEA) teacher's union, which endorsed Democratic presidential candidate Vice President Kamala Harris, issued a public statement expressing disappointment with the election results. However, the union also claimed victory in that the referendum to end the taxpayer-funded private school voucher program in Nebraska passed, while referendums to codify school choice into the state constitutions in Colorado and Kentucky were defeated.

"Now that this election is over, elected leaders around

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SPORTS



WASHINGTON NOVEMBER SUMMARY

Washington began November with a 27 to 22 victory over the Giants and two things stood out. The first was that New York is better than

many people think and the second is that the game was not as close as the score. In fact, quarterback Jayden Daniels ended the game by kneeling down at the Giants one foot line in the game's final plays.

For the Day Daniels was 15 of 22 for 209 yards with 2 touchdowns and no interceptions. He also ran for 35 yards. New York quarterback Daniel Jones was 20 of 26 for 174 yards with 2 touchdowns and no interceptions and he ran for 54 yards. Giants rookie phenom Malik Nabors caught 9 passes for 59 yards and the Giants have some real firepower if they can beef up their offensive line.

The Washington offensive line has been a pleasant surprise this year. Against the Giants they surrendered no sacks and blocked for 149 yards on the ground despite the absence of starter Brian Robinson. Noah Brown was the leading receiver with 5 catches for 60 yards and Terry McLaurin had only 2 catches for 19 yards but both catches were for touchdowns.

Defensively, Washington was gashed by the run, surrendering 164 yards but did manage 2 sacks, both by Dante Fowler who now has 6.5 sacks for the season. Safety Jeremy Chinn also excelled with 13 tackles including 2 tackles for loss and linebacker Bobby Wagner had 7 tackles.

The 6 and 2 Steelers were up next and Washington would have to step it up a notch to win. A few days before the game Washington traded a 3rd, 4th and 6th round pick to the Saints for Saints cornerback Marshon Lattimore and a 5th round pick. Lattimore is a four-time Pro Bowler and a huge upgrade. Unfortunately for Washington, he is recovering from a hamstring injury and would not be available against Pittsburgh. It was also announced that Brian Robinson would be out for the second consecutive week.

Although Washington lost to the Steelers 28 to 27, it is a game they could have easily won were it not for some major mistakes at crucial times. Perhaps the worst was a fumbled punt by Olamide Zacchaeus on the Washington 12 yard line that the Steelers immediately converted to a touchdown.

Another major blunder came late in the game when the Steelers had a fourth down and short deep in their own territory. They lined up as though they were going to run a play but even the announcers mentioned that it was probably a trick to draw the Commanders offsidess.

Sure enough, rookie Johnny Newton took the bait and lunged offsidess to the delight of the Steelers. Had they been forced to punt Washington would have had plenty of time to go for a game winning field goal.

Even dependable veteran Zach Ertz contributed to the blunders. Late in the third quarter he dropped a perfect pass that would have resulted in a first down. Then, on a fourth down with just over a minute to go, he caught a pass on a fourth and 10 play that came up

CONTINUED ON PAGE 19



DALLAS NOVEMBER SUMMARY

Dallas began November with their third consecutive loss as they bowed to the Falcons 27 to 21, dropping their record to 3 and 5. Dallas was losing 27 to 13 before a late game comeback but their future grew even dimmer when quarterback Dak Prescott went down with a hamstring injury late in the game. It now appears that there was a partial tear and Prescott is likely out for the season.

Before the injury Prescott was 18 of 24 for 133 yards with a touchdown and no interceptions. He was also sacked 3 times as the offensive line continues to struggle. Cooper Rush came in for Dallas and was 13 of 25 for 115 yards and a touchdown. Rush has played well in the past but he can hardly be expected to replace the highest paid player in the league.

The Dallas rushing attack was efficient, gaining 137 yards with an impressive 6.5 yards per attempt average. Rico Dowdle led the way with 75 yards on 12 attempts and the run game will be vital with Prescott out. Tight end Jake Ferguson led in receiving yardage with 71 yards on 7 catches and CeeDee Lamb had 8 catches but only 47 yards.

Defensively, linebacker Eric Kendricks had 9tackles and appears to be the Cowboys best offseason acquisition. Fellow free agent signee Carl Lawson also came through with 2

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Wide Receiver Terry McLaurin
[Photo Credit: dcsportsking.com]

WASHINGTON, CONTINUED FROM PAGE 18 inches short. The replay showed that it was a bad spot but a veteran like Ertz should have known better than to run a route with such a thin margin.

Cornerback Benjamin St-Juste was also in on the blunders as he surrendered a 32 yard touchdown late in the game when he reacted too late on a pass play. He later admitted that he had blown it but errors like that are inexcusable.

The fact that Washington nearly won anyway shows how far they have come this year but also shows room for further improvement. Jayden Daniels had his worst day of the season going 17 of 34 for 202 yards with no touchdowns or interceptions and he was held to just 5 rushing yards by the dominant Steelers defense.

The run game was also anemic with just 60 yards led by Austin Ekeler with 44 yards on 13 attempts. The loss of starter Brian Robinson to injury didn't help but it was a weak performance nonetheless.

Terry McLaurin continued his stellar season with 5 catches for 113 yards including a 54 yarder. Noah Brown, whose role has grown, had 3 catches for 33 yards

Washington also had a shaky game on defense as they surrendered 195 yards through the air and an alarming 140

yards on the ground although they only allowed 3.3 yards per attempt.

Wide receiver George Pickens had 5 catches for 91 yards and a touchdown and newly acquired Mike Williams torched St-Juste for what turned out to be the winning touchdown.

There were some bright spots on defense including safety Jeremy Chinn who had 13 tackles with an interception and end/linebacker Dante Fowler with 5 tackles including 2 tackles for loss and 2 sacks. Fowler now has 8.5 sacks for the year. He is on a one year contract and appears set for a payday next year whether he remains in D.C. or goes elsewhere.

With the Eagles up next in a Thursday night game, Washington would need a quick rebound. A victory would put them back in first place in the NFC East but a loss would leave them scrambling for a playoff slot.

Washington just didn't have the firepower to compete with the red hot Eagles and went 26 to 18 after leading at the half due to a 20 point surge in the fourth quarter as the Eagles wore down the Commanders.

Jayden Daniels struggled going 22 of 32 for 191 yards with a touchdown and an interception. Daniels missed a couple of throws badly including an interception and a wide open Noah Brown who was poised for a big gain.

The run game was also lackluster as they gained only 93 yards led by Brian Robinson with 63 yards on 19 carries. Daniels only had 18 yards rushing as defenses have started to key on him.

Although the Washington defense held Eagles quarterback Jalen Hurts to 221 yards and no touchdowns, they were gashed for 228 yards on the ground led by Saquon Barkley with 146 yards and 2 touchdowns most of which came in the fourth quarter when the Washington defense collapsed.

All Pro receiver Terry McLaurin was held to 1 reception for 10 yards as the Eagles keyed on him all game long.

The first three leading receivers were running back Austin Ekeler with 8 receptions for 89 yards, tight end Zach Ertz with 6 catches for 47 yards and a touchdown and tight end John Bates with 2 receptions for 17 yards. Wide receiver will be an offseason priority as other teams will undoubtedly continue to blanket McLaurin until he gets more help.

Defensively, safety Jeremy Chinn and the linebackers continued to shine. Chinn had 13 tackles for the second

week in a row. Linebacker Frankie Luvu had 10 tackles including 2 sacks and fellow linebacker Bobby Wagner had 8 tackles.

At 7 and 4 Washington still has a shot at the playoffs. Washington would have 10 days to prepare for their next game against the struggling Cowboys. A win against Dallas would put Washington back in the playoff race. Only 2 of the 6 remaining teams left on the schedule have winning records and Washington still has their bye week ahead. A strong finish this year would bode well for Washington as they have a ton of cap space and an upcoming draft to fill in weak spots in what is a vastly improved team.

After losing 34 to 26 to the struggling Cowboys it appears that the league is adapting to Washington's offense and the defense also took a step back as they could only sack Dallas quarterback Cooper Rush once despite his battered offensive line.

Conversely, the Commanders offensive line surrendered 4 sacks. They did better in the run game with 145 yards but 74 of those yards came from quarterback Jayden Daniels. Even worse, running back Austin Ekeler had a concussion late in the game and fellow back Brian Robinson suffered an ankle sprain early in the game. Their availability against the Titans in the next game was not immediately apparent. Offensive tackle Andrew Wylie also suffered a concussion and his status is also unknown.

The Washington offense was virtually nonexistent during the first half as they scored only 3 points. Fortunately, Dallas also scored only 3 points but things changed in the second half. The collapse started when tight end John Bates fumbled a catch for a first down on the Washington 45 yard line. Dallas cashed in on the fumble with a touchdown.

Washington battled back with a touchdown on a run by Daniels and had a 2 point conversion to cut the deficit to 3.

Then, with just under 3 minutes in the game Kavontae fumbled a kickoff at the goal line but picked it up and ran 95 yards for a touchdown. What looked like a possible turnover had turned into a touchdown.

Late in the 4th quarter Washington battled back with an 86 yard touchdown to Terry McLaurin that made the score 27 to 26. Unfortunately, Austin Seibert missed the extra point. Then, in the last moments of the game, Dallas recovered an onside kick and Juante Thomas returned it 43 yards for another touchdown.

This is a game Washington could have won. In fact, they outgained Dallas 412 yards to 332 yards. During the game Washington had 8 penalties, including one that wiped out a Washington interception.

For the day Jayden Daniels was 25 of 28 for 275 yards with 2 touchdowns and 2 interceptions. One of the interceptions was actually a catch that the defensive back ripped out of the hands of the receiver. Daniels also ran for 74 yards and a touchdown on 7 carries and appears to finally be fully healed from his rib injury.

Terry McLaurin was the leading receiver with 5 catches for 102 yards and a touchdown followed by Noah Brown with 6 catches for 71 yards. Dependable tight end Zach Ertz

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WASHINGTON, CONTINUED FROM PAGE 19
had 6 catches for 38 yards but Washington clearly needs more depth at wide receiver.

Defensively, linebackers Bobby Wagner and Frankie Luvu continued to excel with 8 tackles apiece. Defensive tackle Daron Payne also had a sack but it was the only sack of the game against a battered offensive line.

With the 3 and 8 Titans up on December 1st, Washington needs to regroup fast. Another loss would likely ruin their playoff hopes.



Quarterback Cooper Rush [Photo Credit: nypost.com]

DALLAS, CONTINUED FROM PAGE 18
sacks. Linebacker DeMarvion Overshown had 7, including 3 for losses, and continues to blossom into a solid linebacker.

Despite the bad news about Prescott, All Pro linebacker Micah Parsons is expected back for the next game and he should provide a boost. With the 6 and 2 Eagles up next Dallas will need all of the help that they can get.

Although Parsons did return to the lineup it was of no help as the Eagles thrashed the Cowboys 34 to 6 dropping Dallas' record to 3 and 6 for the year and dimming their playoff hopes in the process. Just to show how lopsided the game really was, the Eagles led in total yardage 348 to 146, time of possession 34.01 to 25.59 and first downs 24 to 11.

Backup quarterback Cooper Rush was 13 of 23 for 45 yards with 2 fumbles and backup Trey Lance was 4 of 6 for 21 yards with an interception but, after subtracting for 3 sacks, Dallas had 45 net passing yards. The rushing attack was slightly better with 97 yards led by Rico Dowdle with 53 yards on 12 attempts.

Tight end Jake Ferguson was the leading receiver with just 24 yards on 4 catches followed by CeeDee Lamb with 6 catches for 21 yards. For the day Dallas averaged 3.9 yards per catch.

Defensively, Eagles wide receiver A.J Brown burned Dallas with 5 catches for 105 yards and Dallas surrendered a whopping 207 yards rushing as their run defense continues to underperform. There were some defensive bright spots such as linebacker DeMarvion Overshown with 11 tackles including 2 sacks and Parsons with 2 sacks.

On top of bad play, Dallas had an interception and 4 fumbles in what was an embarrassing loss to a division rival. Even worse, the next opponent up was the mighty

Texans. Speculation has already begun about the pending departure of Head Coach Mike McCarthy. Another loss just might seal his fate.

After a 34 to 10 blowout loss to the Texans the speculation of a major shakeup, including the termination of head coach Mike McCarthy, is on the front burner. Quarterback Dak Prescott's injury has been floated as a major reason for the decline, but he was having a poor year before his injury and has missed major parts of seasons in recent years as he appears to be in a decline.

Replacement Cooper Rush has fared even worse. With a run game that produced only 64 yards against the Texans, Rush was forced to go to the air. He finished going 32 of 55 for 354 yards with a touchdown and an interception. He was also sacked 5 times.

As usual, CeeDee Lamb was the leading receiver with 8 catches for 93 yards. Speedster KaVontae Turpin also had his best day as a pro with 3 catches for 86 yards including a 64 yard touchdown. Top tight end Jake Ferguson suffered a concussion on his only reception but backup Luke Schoonmaker stepped up with 6 receptions for 56 yards and rookie Brevyn Spann-Ford had 4 catches for 42 yards.

As if this were not bad enough, the struggling offensive line also suffered injuries. Rookie tackle Tyler Guyton injured his shoulder and future Hall of Famer Zach Martin suffered an ankle injury as did fellow guard Tyler Smith. Neither participated in the following practice and their status for the next game against the Commanders is in doubt.

Defensively there were few bright spots. Linebacker Eric Kendricks had 9 tackles and defensive tackle Osa Odighizuwa had a sack. Unfortunately, the defense also had bad injury news as safety Marquese Bell suffered a season-ending shoulder injury.

As the battered Cowboys prepared to meet the 7 and 4 Commanders they seem to be in a downward spiral. They have only won 3 games this season and their playoff dreams have become a nightmare.

Just when it seemed that all was lost, the beleaguered Cowboy had 2 late game special teams touchdowns to defeat the Commanders 34 to 26 in a game that was close until the final minutes. Quarterback Cooper Rush rebounded with a strong performance going 24 of 32 for 247 yards with 2 touchdowns and no interceptions.

More importantly, he was only sacked once as the injury riddled offensive line stepped up. The run game was less effective with 91 total yards led by Rico Dowdle with 86 yards

on 19 carries. As usual, CeeDee Lamb led the receivers with 10 catches but managed only 76 yards. The next leading receiver was tight end Luke Schoonmaker with 3 catches for 55 yards as he continues to fill in for the injured Jake Ferguson.

The biggest surprise on defense was the performance of cornerback Josh Butler who was filling in for the injured Trevon Diggs. Butler has 12 tackles, 3 passes defended and a sack. Linebacker Eric Kendricks had 10 tackles and Micah Parsons, now fully healthy, had 8 tackles, 2 sacks and 2 tackles for loss. Linebacker DeMarvion also had a sack as the Dallas linebacker corps continues to excel.

The biggest defensive weakness was the pass game where wide receivers Terry McLaurin and Noah Brown got open consistently. McLaurin had 5 catches for 102 yards including an 86 yard touchdown pass late in the game that would have tied it up had Austin Seibert not missed the extra point. It hardly mattered as, during the closing minutes, Kevontae Turpin had a 95 yard kickoff return and Juanteh Thomas returned an onside kick 43 yards for a touchdown.

With the 2 and 9 Giants due up on Thanksgiving Day Dallas would have a chance at a 2 game winning streak and a return to respectability.

Although Dallas prevailed 27 to 20, they were far from impressive. One of their touchdowns was on a tipped pass that was returned for a touchdown and New York was playing without starting quarterback Daniel Jones who was released in a sign that the Giants have written off the season.

Dallas quarterback Cooper Rush was underwhelming
CONTINUED ON PAGE 21

DALLAS, CONTINUED FROM PAGE 20

as he went 21 of 36 for 195 yards and a touchdown. His average of 5.4 yards per pass shows just how far the Dallas passing game has fallen. KaVontae Turpin was the leading receiver with 4 catches for 54 yards and Brandin Cooks returned from injury to catch 3 passes for 16 yards and a touchdown. Pro Bowler CeeDee Lamb had a tough day as he dropped at least 3 passes while catching 2 for 39 yards.

The run game showed improvement, gaining 122 yards led by Rico Dowdle with 22 attempts for 112 yards and a touchdown as he has emerged as the Cowboys' lead back.

The defense also had a good game as they held Giant quarterback Drew Lock to just 178 yards as he had no touchdowns and was intercepted on a tipped ball for a pick six. The 6 sacks kept the Giants offense hobbled as Lock was running for his life all day.

With the Bengals up next in a Monday Night game on December 9th, Dallas will be coming off of a 10 day rest against a 4 and 7 team. Another win would be a big step up for a team in disarray.

SHAKE-UP, CONTINUED FROM PAGE 17

the country should come together and focus on serving all Americans, ensuring all students can attend an excellent public school, and America's educators have the support and respect they deserve," NEA President Becky Pringle said in the Nov. 6 news release.

Higher Education

During the Moms for Liberty summit in Philadelphia last year, Trump criticized Biden's student loan forgiveness

program, applauded the Supreme Court for its decision to prohibit affirmative action in college admissions, and said he would eliminate higher education diversity, equity, and inclusion (DEI) programs funded by the federal government.

Ted Mitchell, ACE president, said the election results usher in "an anxious moment" for higher education.

"An awful lot of Americans feel higher education is moving American society in the wrong direction," Mitchell said during the Nov. 6 panel discussion.

ACE speakers said Trump might take steps similar to those taken by Canada, Australia, and the United Kingdom and limit the number of foreign students; but they don't believe he will reduce funding to Historically Black Colleges and Universities or tribal colleges, which have strong bipartisan support.

Fansmith predicts Trump will use the Department of Education's Civil Rights office to oppose DEI hiring and curriculum programs. "The critique is that they inherently discriminate against other groups of students," he said.

Jan Friis, senior vice president for the Council of Higher Education Accreditation (CHEA), agrees. The CHEA, a nonprofit, oversees dozens of organizations that set and maintain industry standards in the humanities and STEM (science, technology, engineering, and math) subjects.

Under the Higher Education Act, college majors are required to be accredited in order to get federal money for research and other functions.

The CHEA is not federally funded, Friis said, but the U.S. government "accredits the accreditors."

"Accreditation has been around a lot longer [than college DEI and social justice programs]," Friis told The Epoch

Times. "Any threat would be met with a strong reaction from higher education."

The American Civil Liberties Union notes on its website that it plans to fight the Trump administration from day one.

The organization vows to represent schools that teach CRT and transgender ideology. "We call on lawmakers, students, parents, educators, and community members to support the fight against these classroom censorship attacks and book challenges. The battle is far from over," says a page on the website titled Defending Our Right to Learn.

Exner, from PDE, said parent groups like hers are no strangers to litigation, and they expect a series of lawsuits from the ACLU in the years to come.

However, given Republicans' success in the 2024 election, she said, supporters of education reform and an objective education for all should be confident that change is coming.

"These are common sense 80/20 issues," she said. "We are bracing for more friction and resistance, yes, but public sentiment is on our side so it's an uphill battle for them."

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TIME TO DEFEND, CONTINUED FROM PAGE 13

Florida in his honor. The proclamation was approved by the Florida Legislature and signed off on by Governor DeSantis. Major Haynes grew up in the Monticello area and has lived there since his retirement over two decades ago."

Later, in the same article, the naming of a new law in the Major's name was described:

"Lawmakers have cleared a bill that would create the Florida Veterans' History Program and name it in honor of decorated World War II veteran Major John Leroy Haynes.

The bill (HB 1329) calls for the collection and preservation of Florida-based veterans' stories so they may be shared with future generations.

"When I led the Florida Department of Veterans Affairs under Governor (Ron) DeSantis, I tried to find Florida D-Day veterans to help us commemorate the 75th anniversary, but it was nearly impossible," Senate Bill (SB 408) sponsor Sen. Danny Burgess said.

"That's when I first started thinking about how we could preserve the memory of our state's heroes before it is too late and the opportunity to do so is gone forever. Creating the Florida Veterans' History Program will ensure that we remember the stories, impart the courage and honor the service of Florida's veterans. Having the opportunity to not only help establish this program, but to name it after one of Florida's greatest heroes, like Major Haynes, is truly an honor."

The motto of my father's beloved Marine Corps is "Semper Fidelis" which is latin for "always faithful" and my father always was. Faithful to his faith, to his family and to our freedom. He was, in short, the epitome of traditional masculinity and, in these trying times, we could use more like him.

J6 PATRIOTS, CONTINUED FROM PAGE 1

stream media and other left wing sympathizers try desperately to conceal the biggest election heist in history.

The lady pictured above is Ashli Babbit, who was murdered in cold blood by Capital Police Officer Michael Byrd as she was trying to stop Antifa members from breaking down the door to the Capital Building. Byrd was never tried or disciplined in any way and was actually promoted to Captain which included a large pay raise. It is almost as though Byrd's superiors condoned his behavior. Credit:freedomstump.com

Over the past few years more and more details have leaked out about Byrd and it is overwhelmingly obvious that he had no business being in law enforcement in any capac-

CONTINUED ON PAGE 22

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Michael Byrd [Photo Credit: freedomstump.com]

J6 PATRIOTS, CONTINUED FROM PAGE 21

ity. Before the day of Babbitt's tragic death Byrd had been disciplined for leaving a loaded firearm in a public bathroom but most of his escapades were kept under wraps. That is about to change.

Thanks to a House Administration Oversight Committee investigation led by Chairman Barry Loudermilk (R-Ga.) more details are emerging regarding Byrd's past behavior. In a November 20th letter to the United States Capitol Police Chief of Police John Manger, Loudermilk cites particular examples as follows:

- A 2004 incident where Byrd, who was off duty, fired his weapon at a stolen vehicle as it was fleeing his residential neighborhood;
- A 2015 "conduct unbecoming an officer" complaint filed by a fellow officer after Byrd, again off duty, confronted him while the officer was working at a high school football game in an incident with racial overtones;
- A 33-day suspension in 2019 after Byrd left his service weapon unattended in a public Capitol Hill bathroom;
- A failure to pass a routine background check shortly after Jan. 6 when attempting to purchase a shotgun for home protection, after the USCP worked to provide Byrd a department-issued shotgun instead, he failed the training; and
- Three further referrals to the Capitol Police Office of Professional Responsibility for which records are reportedly missing.

This should set off alarm bells. First and most obvious, how can a man who is a police officer keep his job when he can't pass a background check? How can you lose three referrals to the Office of Professional Responsibility? It seems that in Washington only records that reveal government abuses and corruption get "lost".



On November 25th investigative reporter Paul Sperry sent out the following message on X (see bottom left).

The results of that requested information will undoubtedly be damning. Don't forget, immediately after shooting Babbitt Byrd sent out false radio statements trying to make it look as though he shot in self defense because he was being shot at. That is absolutely false. Byrd was the only one that fired.

With the election of Donald Trump and his appointments of Pam Bondi as Attorney general and Kash Patel as Director of the FBI you can bet that the truth train is pulling out of the station. The rats are starting to scatter as true accountability is finally at hand.



Micki Witthoef [Photo Credit: huffpost.com]

All of this is incredibly gratifying to Ashli Babbitt's family. Ashli's husband Aaron Babbitt has filed a 30 million dollar wrongful death lawsuit and her mother Micki Witthoef has been conducting nightly vigils outside of the D.C. Jail every night for 27 months. Micki has also helped to set up vigils with the Northern Neck Patriots that are held every Friday in Warsaw where the notorious Northern Neck Regional jail (NNRJ) is located. She has also attended NNRJ Jail Board meetings and expressed herself in no uncertain terms. If anyone deserves justice it is Micki.

Unfortunately, Ashli Babbitt's family are not the only ones that have been denied justice. Many J6ers were confined at the NNRJ and I have gotten to know many of them. As they begin to gain their freedom you can rest



James Grant [Photo Credit: newsweek.com]

assured that you will hear more from them.

One who was recently released was James Grant who calls into the vigils on a regular basis. He was released in December and actually worked as a door knocker for the Trump campaign. James recently issued a statement regarding his stay at NNRJ and the horrors he experienced. It states:

"I sat in Northern Neck, what many call "the worst jail in America," for over 13 months. Every day in the facility was a complete unrelenting nightmare. In that jail, where murders happen all the time, any day could have been my last.

Nearly every day, raw sewage and feces would flood the unit from the drains. The "clean water" we were given to drink and shower had a distinct feces-like smell and an oily film on it.

Meals consisted of gray soy-meat, sometimes real gray

CONTINUED ON PAGE 25

Bentah's Sleepy Hollow Salon

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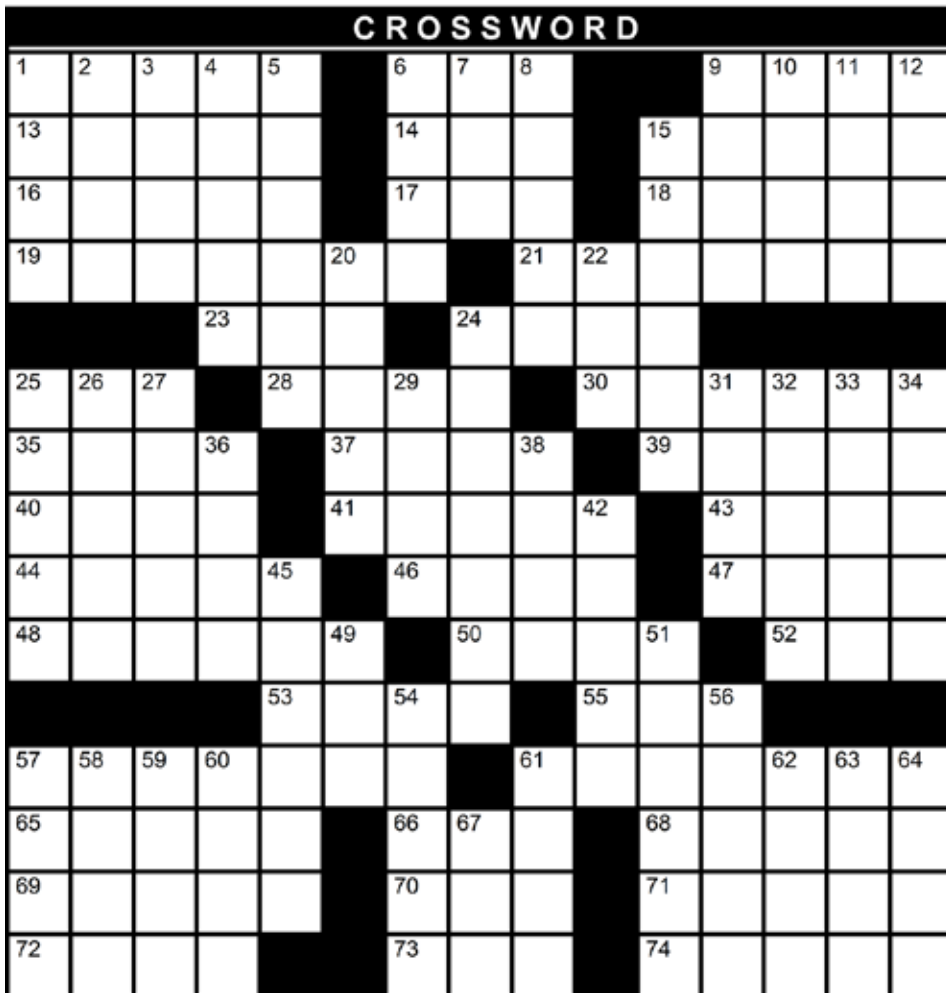


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CROSSWORD PUZZLE



happy holidays

THEME: HAPPY HOLIDAYS

ACROSS

1. F, unit of electrical capacity
6. *Buche de Noël, e.g.
9. What influencers do?
13. Yemeni's neighbor
14. Another word for Tokyo
15. Singer Ross of "Where Did Our Love Go" fame
16. Laundry room fire hazard, pl.
17. Much of it about nothing?
18. Furnish with a fund
19. **A Bad Moms Christmas" actress Bell
21. *Tiny Tim creator
23. Tibetan ox
24. Khrushchev's domain
25. *Goo on real Christmas tree
28. Sketch
30. *Poinsettia's motherland
35. "_____ Good Men", movie
37. Brussels' org.
39. Plant fungus
40. Reluctant
41. Klutzy
43. **It's beginning to look _____ like..."
44. Domains
46. Bog down
47. Oxen connector
48. Under epidermis
50. Mums' mums
52. Over, poetically
53. Alleviate
55. _____ Mahal
57. *Tanne in "O Tannenbaum" (2 words)
61. *It is feliz to Feliciano
65. Radioshow host: "Hello, you're _____"
66. Knot-tying vow (2 words)
68. Dispatch boat
69. Carthage's ancient neighbor
70. *Egg _____
71. Oil lamp dweller
72. Fishing poles
73. Bigheadedness
74. Painter Degas

DOWN

1. Lore people
2. Mideast ruler
3. Hindu princess
4. Jittery
5. Farthest from point of origin
6. Ground beef description
7. Like Lemmon and Matthau together
8. Merchandise
9. Swim's alternative
10. Dwyane, once of Miami Heat
11. Any day now, to Shakespeare
12. Swerves
15. King's order
20. Increasing
22. Philosophy ending
24. Undo, as in strings
25. Green side
26. Before, in the olden days
27. J.M. Barrie's Pan
29. "Howdy, _____!"
31. Internal picture
32. Meltable home
33. Singer Sam of "Twistin' the Night Away" fame
34. Weasel's aquatic cousin
36. **"Last Christmas" band, with !
38. Edible pod
42. Busybody, in Yiddish
45. Mountain range
49. Certain fraternity house letters
51. Cruel
54. Île de la Cité river
56. Tripped the light fantastic
57. *Number of ghosts in "A Christmas Carol"
58. **"He's Just Not That _____ You", movie
59. Police's surprise
60. Habitual twitches
61. Not happening (2 words)
62. Minor bumper damage
63. "Heat of the Moment" band
64. Opposite of talker?
67. *The Grinch's Max

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J6 PATRIOTS, CONTINUED FROM PAGE 22

turkey crumble, with portions smaller than those given to elementary school students.

I saw dozens of fights there, more than I saw at any other facility combined.

My last few nights were awoken by strip-searches. In 6 days, I was strip-searched 3 times, once at 3 a.m. Maybe it was a going away present?

Northern Neck main unit houses 80 men and resembles a concentration camp, in appearance and quality of care.

I caught Covid 3 times at Northern Neck but each time I had to hide that I was sick and suffer silently, or else. If they test you positive for COVID, they put you in solitary confinement to be "quarantined."

Those 13 months were the longest of my life. Mentally, they felt like a century."

As more J6 hostages are released we will provide updates on how they are faring. When those still incarcerated call into the vigils since the election they are full of hope and gratitude and determined to continue to speak out for freedom. It is now up to all of us to do everything humanly possible to assure that justice is served and that those who sought to destroy our freedoms pay the price. Never again.

CEMETERY, CONTINUED FROM PAGE 1

War veterans and their families buried in a long-forgotten burial ground.

The Kilmarnock Branch of the Church of Jesus Christ of Latter-day Saints (commonly known as the LDS Church or informally as the Mormons) made a remarkable discovery

earlier this year on their chapel property: a forgotten burial ground once belonging to Moreau and Isabella Nickens, African American landowners from the late 19th century. Despite numerous efforts to locate the rumored site, the burial ground had remained hidden beneath decades of dense overgrowth. Its rediscovery came when Branch President Kerry Petersen, determined to try one final time, cut his way through the thicket with a machete. His effort revealed a single tombstone for Dorothy E. Ball, a Nickens descendant, bearing the poignant inscription: "Gone, But Not Forgotten."



Children of the Church helping unearth buried tombstones

This find ignited a months-long restoration effort, with church youth and adults painstakingly clearing brush and fallen timber. The discovery grew to include approximately 23 burial sites, including the tombstones of two military veterans: James Carroll Barber, an Army veteran of World War I, and John Robert Webb, a Navy veteran of World War II.

In conjunction with Veterans Day, the church hosted a memorial service on Sunday, November 17, 2024. The event began with a chapel service, featuring prayers, patriotic hymns, and a history of the Nickens family and the cemetery. A public reading of the names of the interred, many of whom had no tombstones, moved attendees to tears. Among the family attendees were two surviving grandchildren, the last of their generation. Margaret "Tina" Webb stood at their veteran grandfather's restored grave. Dorothy Harrison, a descendant of Dorothy Ball, expressed her heartfelt gratitude in a letter read during the service.

The day's highlight was a heartfelt parade, with participants waving small American flags to honor the Black veterans who were often denied



Parade from the chapel to the newly restored burial ground the public celebrations their White counterparts received upon returning from war. The procession moved from the chapel to the cemetery, where flags were placed on the veterans' graves in a solemn tribute. Whitney Bean, a talented trumpet player from the local high school, performed Taps as part of the moving rededication ceremony.

The event fostered a sense of community and history, drawing family from as far as Maryland. The service ended with a dedicatory prayer and a luncheon, where neighbors shared stories and forged connections.



LDS Branch President Kerry Petersen and Margaret "Tina" Webb at the tomb of her grandfather, WWII veteran John Robert Webb. Relatives Shara Khon and Mary Duncan in the background at the tombstone of Dorothy E. Ball.

In a fitting coincidence, the memorial service occurred on the birthday of Dorothy Ball, whose rediscovered tombstone had first revealed the cemetery's existence. The day was a testament to the enduring legacy of those who rest there and the community's commitment to honoring their memory.

IMMIGRATION, CONTINUED FROM PAGE 1

four years, have entered the U.S. illegally. Trump pledges to focus initially only on the 400,000 to 500,000 current felons and some 1.4 million additional aliens who have ignored legal summons for their deportation.

Weekly we read of thousands of illegal immigrants arriving from areas controlled by violent Mexican cartel gangs or failed, strife-torn South American countries that have emptied their jails to send their felons northwards. Hundreds of thousands of them have been committing violent crimes while demanding still more free housing and support

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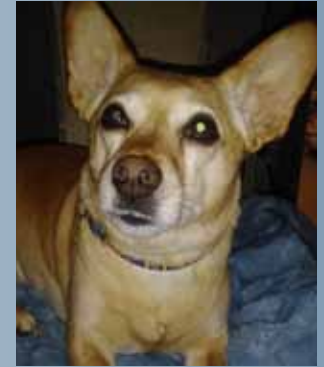
NYX



THEIA



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



Tuckered after playing hard

WINTER CONSIDERATIONS FOR DOG OWNERS

Kristy Fike

As many of us bustle about trying to keep up with daily tasks and the upcoming Holidays, we should keep our dogs' well-being a priority, especially as these seasons bring cold changes. As we segway into the winter months, it is important that dog owners keep their dog(s) healthy, active, allow them time outside, and plan for winter challenges.

Parasite Prevention

Some dog owners disregard giving their dogs monthly parasite prevention during the winter, as they feel that parasites are not as big of a threat during the colder months. However, parasites can still be a threat during the winter, especially during a period of abnormally high temperatures. If you decide to back off your parasite prevention during the winter, it is still ideal for you to at least check your dog over for ticks and keep an eye out for symptoms that may be caused by parasites. This is especially true for dog owners who have active dogs or dogs that stay outside. If you question whether you should administer your dog's monthly preventions, consult your veterinarian.

Keeping Active

When those bitterly cold days hit, many who hate the cold are not motivated to go outside. However, it is still important that your dog stays active during the cold months and has time to be outside. Aside from health benefits, keeping a dog exercised will aid in keeping their behavior

positive (reduce chewing, whining, barking, and pacing). If you truly can't get outside with your dog, consider indoor activities. For some, this may mean using a treadmill to help exercise their dog. Many will roll their eyes or laugh at the thought of putting a dog on a treadmill. However, with some training and acclimation, it can be an ideal way for some dog owners to exercise their dogs. A different activity may be having your kids play hide and seek with your dog. Have

one of your kids make your dog stay in one room while the other visibly leaves the dog and hides the toy in a different room. Then have your kids release the dog to find the toy. This will keep both your kids and dog entertained and active. Aside from these ideas, simply allowing your dog keep up with you around your home during busy chore days is still better than them laying in a crate or on the couch.

Time Outside

Aside from keeping dogs active during the winter months, allowing them to have some time outside is also important. It is healthy for dogs to have time away from their owners and have time to be a dog. For those with fenced in yards, this is easy. However, those without a fenced in area or yard, may have to invest in a tie-out system or pen for their dog. Regardless of your setup, ensure you provide adequate shelter for your dog with insulation. Be cautious when putting your dog outside if they are not acclimated to the cold, as your dog may experience a hard time staying warm and may get hypothermia. Aside from shelter, provide your dog with water too. Dogs can easily become dehydrated in the winter too. Depending on how often you allow your dog to

stay outside, you may have to increase their food during the winter months.

Planning Ahead

It is important to keep essentials on hand just encase you cannot leave your house and/or your delivery driver cannot deliver dog supplies due to icy roads or snowy conditions. Keeping extra dog food on hand is ideal. Those who feed

CONTINUED ON PAGE 27

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A Snowy Walk

A SNOWY WALK
CONTINUED FROM
PAGE 26

refrigerated dog food should consider purchasing a backup dog food option (dry kibble or canned food) should their power go out and their refrigerator go bad. Aside from food, keeping extra jugs of water on hand is imperative too. In addition, ensure that you have enough prescription medications

on hand. This is especially true for those who administer medications daily.

Amongst the rat racing we may find ourselves doing this winter, it is important that we keep in mind ways to keep our dogs healthy and protected. With varying lifestyles, that will look different for each dog owner. Regardless, consider ways that you can keep your dog healthy this winter and plan for the challenges that this season may bring.

IMMIGRATION, CONTINUED FROM PAGE 25

from strapped American taxpayers.

Big-city left-wing mayors and city councils boast that they will do all their best to nullify federal immigration laws, even as their cities face near insolvency housing, feeding, and monitoring the influx. More specifically, they brag they will continue to order local and state authorities to resist all efforts of federal Immigration and Customs Enforcement officers. They scream about possible “massive deportations” to come under Trump, callously ignoring that their own advocacy has fueled rising crime waves of unaudited illegal aliens. And they appear absolutely indifferent to the social

costs imposed by illegal immigration upon their own poor and middle-class constituents.

Virtue-signaling Democratic governors and mayors have so far not dared to utter a word of criticism about what has been the Biden administration’s truly historic “massive importation” of illegal aliens into the U.S. over the last four years.

Why?

Largely

because these political grandees and media demagogues have the money, connections, zip codes, and influence to be immune from the fallout of their own performance-art advocacy of illegal immigration. They take for granted that the baleful consequences of open borders always falls upon the distant and vulnerable Other.

Again, consider the left-wing logic: it is deemed moral to dismantle the border, disrupt the social fabric of the country, and destroy federal immigration laws. But it is immoral to restore U.S. sovereignty, secure the border, stop the flux of lethal cartel-supplied fentanyl and child sex trafficking, and follow the law?

In this regard, the party that prides itself as progressive is regressively adopting the states’ rights arguments of 19th-century southern states that boasted they would resist all federal enforcement of tariffs. By the late 1850s, these future Confederates were asserting that the national government had no jurisdiction in their state domains. Such brazen nullification would lead to the Civil War.

Note the left assumes that conservatives will not emulate their tactics and thus declare swaths of federal firearms or environmental laws null and void within their red state and county jurisdictions. They know that doing so would start a cycle of lawlessness that would eventually result in either civil war, total anarchy, or both.

The open-borders left’s more immediate spiritual predecessors are states’ rights resisters like former segregationist Governor George Wallace. He boasted that federal civil rights legislation had no sway over his own state’s laws. Wallace, remember, in a historic moment, was removed from blocking the entry of black students to the University of Alabama by federal troops.

Given that nullification now has been turned upside down, will California Governor Gavin Newsom or New York Governor Kathy Hochul block the entrance to their state jails to prevent federal agents from sending home murderers and rapists who arrived in the U.S. illegally?

The left has learned nothing and forgotten nothing from the recent election and decisive Trump victory. The defeat of left-wing candidates was a result most prominently of the Biden administration’s deliberate destruction of the southern border and the illegal welcoming of some 12 million foreigners without legal sanction or health and criminal background audits. This lawlessness ensured that Kamala Harris, who had sanctioned it, was going to lose the election. The daily sight of thousands swarming the border with impunity, coupled with Orwellian assertions of President Biden, “Border Czar” Vice President Harris, and Homeland Security Director Alejandro Mayorkas that the border was absolutely “secure,” doomed the Biden and then Harris campaigns.

Violating U.S. sovereignty and laws while sending millions into already frayed health, food, housing, medical, legal, and education social services designed to help American citizens was never a winning campaign strategy.

Yet almost nothing could deter the Biden-Harris administration from their fixation with undermining the border and federal immigration law while seeking to change the very

demography of the American southwest. The resulting influx of illegal aliens within just three years proved comparable in size to the creation of some 12 American cities, all the size of San Francisco.

The mass crossings resulted from an effort by Joe Biden to utterly disregard his oath to faithfully execute the laws of his country. He was also helped in his lawlessness by some 600 state and local “sanctuary city” jurisdictions that subverted federal law by using their own offices to thwart immigration enforcement. Indeed, left-wing state and local officials pledged their own greater fealty to the welfare of the illegal millions who ignored the law and swamped the border than to their own overtaxed and underserved American citizen constituents.

Finally, on November 5, the people said no more. In historic fashion, traditional Democratic constituencies of the working class and minorities turned on their own left-wing politicians who had first turned on them.

Yet the cynicism of the left had known no bounds. As the presidential campaign had heated up, and the polls, first for Biden and then for his surrogate Harris, began to erode, both began to lie that their vanished border was in fact “secure.”

In other words, they knew they had permanently alienated the American public, knew that it would cost them the election, and so then frantically first tried to deny the truth they had welcomed in millions of illegal aliens. Then they pivoted and sought belatedly to stop the public relations disaster at the border for a few weeks before the election, vainly hiding the sheer cynicism of such an insincere effort.

Earlier, they had tried blaming border hawk Republicans for not signing onto a false border “bipartisan,” red-herring bill. The left introduced it in Congress solely to allow blanket amnesties for millions of illegal aliens while still allowing 4,000 illegal aliens daily to enter the U.S.

The great majority of sane senators who did not sign the Trojan Horse were then immediately demonized for the mess by Biden and Harris themselves, who deliberately created the catastrophe.

Now that the election is over, an enfeebled Joe Biden has two months left on his presidency and no longer worries about reelection. So, in its final gasp, the left is again trying to invite in more illegal aliens. Apparently one final huge caravan is forming south of the border and plans to make its way northward just days before Trump takes office and begins to fulfill his promises to the majority of voters to close the border.

Finally, why did illegal immigration explode to levels never seen before?

One, the left saw millions of desperately poor foreign nationals as a natural long-term constituency for their big-government, anti-poverty programs. They felt that some 20-30 million illegal aliens over the last 50 years, along with their children, had flipped California, Nevada, New Mexico, Colorado—and soon Arizona—from blue to red as planned. Of course, should the sudden Hispanic backlash against the immigration insanity of bicoastal elites persist, then the left might turn on their Hispanic voters as illiberal or

CONTINUED ON PAGE 28

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IMMIGRATION, CONTINUED FROM PAGE 27

brainwashed by the right—and ironically move to close the border to preclude more MAGA boosters.

Two, Mexico and Latin America received some 120 billion dollars per year in remittances, mostly sent by their own citizens residing illegally in the U.S. and reliant on American government services that free them up to send billions into the coffers of our own increasingly hostile neighbors. Mexico further sees its 20 million expatriate illegal aliens as a strong lobby group to promote Mexico City's agendas. The more Mexico exports its impoverished citizens, the more it saves on social services for them, while cynically noting that the more distant and longer their citizens reside away from Mexico, the more they romanticize it, safely from afar.

Three, corporate employers like cheap labor from Latin America, especially when the U.S. government subsidizes such workers with massive housing, food, transportation, and health social services.

On the other side of the ledger, the left cares little that an

open border is destroying support for legal immigration and de facto punishes immigrants who wish to follow our laws. A cynic might argue that the left also may fear legal immigrants applying under meritocratic standards, as too independent, self-supporting, educated, skilled, and law-abiding to become its predictably loyal constituents at the polls.

So, what might change to close the border and stop the massive influx?

Donald Trump won the electoral college and the popular vote with a mandate to restore border security and immigration sanity. He received a near-record number of minority voters for a Republican candidate, given they believed that most often must deal with the realities of what elites have unleashed.

In other words, the proverbial people are on to the no-borders elites. They suffer firsthand from their utopian bromides and are tired of being smeared as racists and xenophobes for simply wishing the United States to follow the law, restore secure borders, and end illegal immigration.

And now they have the power and mandate to do all of that.

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COUNTERREVOLUTION, CONTINUED FROM PAGE 1

Critics claim Trump has no mandate to stage such a counterrevolution. They argue that he did not win 51 percent of the popular vote or achieve a Reaganesque landslide in the Electoral College.

Yet all the initiatives he advanced and won on polled landslide public approval.

Despite being the target of Democrat lawfare for years, a defiant Trump promised to end an open border, massive illegal immigration, rising crime, and soaring prices. He pledged to slash government and its administrative state, terminate racial and gender identity politics, and restore deterrence abroad.

The people overwhelmingly wanted those messages but were waiting for an unorthodox messenger who would actually deliver them.


The Trump messenger reassured weary citizens that they were not crazy.

Instead, they had good cause to be sick of being talked down to by a media, academic, bureaucratic, and political elite that never earned nor deserved such self-appointed status.

The FBI, the CIA, and the DOJ, not the massive crowds at rallies, were the ones truly out of control.

President Joe Biden was really suffering from dementia,

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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COUNTERREVOLUTION, CONTINUED FROM PAGE 28 not those who said he was.

Criminals with weapons are as deleterious to society as law-abiding citizens deprived of them.

It is not a thought crime to believe there are two sexes—not three or four or more. No one should be forced to buy an electric vehicle, disconnect their natural gas stove, or submit to racial or gender indoctrination sessions.

Americans should speak their minds and write what they wish without worry of being censored, blacklisted, ostracized, doxxed, or shadow-banned—or jailed.

Campuses are not oases of tolerance, disinterested inquiry, and free expression.

They instead increasingly became overpriced indoctrination centers that shred the Constitution and graduate indebted students who know less—but are far more biased—than when they enrolled.

Trump and his MAGA appointees promise to slash over a trillion dollars from the annual federal budget, disbanding entire agencies.

Is the objection that an ever-expanding government—\$37 trillion in debt, running nearly \$2 trillion in annual deficits—should keep growing?

Trump pledges to reform the Pentagon—ending DEI Pentagon commissars and revolving-door corporate generalship.

He vows to hold the 4-star class responsible for the ca-

tastrophe in Afghanistan and to reenlist soldiers who were driven out due to draconian vaccination mandates or woke intolerance. Trump envisions changing the entire system of military procurement.

Does the status quo object on the grounds that our military leadership has been winning our wars abroad?

Is the Pentagon currently awash in eager recruits? Has it stockpiled a huge surplus of shells, bombs, and rockets?

Trump promises historic deportations of the 12 million who destroyed the southern border and surged in without health or criminal audits.

Trump vows to rescue swamped social services and stop crimes by illegal alien felons.

Is that really worse than the Biden administration's original massive importation of millions of illegal aliens, empowered by drug-importing and sex-trafficking cartels?

Who are the culpable? Those flagrantly mocking and breaking the law, or those vowing to enforce it?

Trump says he will deter enemies without bogging America down in "endless wars"—and did just that in his first four years as president.

Is the current alternative preferable to convincing enemies that there are few consequences to their aggression, sandbagging allies like Israel, or feeding the war in Ukraine without any plan of either winning or ending it?

The Trump revolution is also cultural and social. Shared

class interests have replaced race, ethnicity, and gender chauvinism.

Athletes of all races are no longer taking a knee in protest of America's supposed systemic racism during the national anthem. Sometimes they celebrate their scoring by doing honorific Trump YMCA/golf-swing dances on national television.

Enlistments to help craft the Trump counterrevolution are not always predicated on degrees, conventional resumes, or past lengthy government service. Race and gender do not determine qualifications alone. Nor does class.

Common sense, successful lives outside of government, and a desire to end the current nonsense count instead as better prerequisites.

For Trump, party identification, titles, and traditional prestige matter less as he is surrounded by an ideologically diverse cadre including Elon Musk, Robert Kennedy, Jr., Dana White, Tulsi Gabbard, and Joe Rogan.

The country no longer must apologize incessantly for its past or present but can move on—content that it need not be perfect to be better than all the alternatives.

The age of flashing pronouns, renaming iconic landmarks, statue toppling, trashing the dead, vandalizing with impunity the campus library, or spouting anti-Semitic venom is passing.

So, another name for the Trump counterrevolution is a simple return to sanity.

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VETERANS AFFAIRS



Photo Credit: ishn.com

SLEEP PROBLEMS IN VETERANS WITH PTSD

Gammon Irons

Sleep problems - in particular chronic insomnia and nightmares - are frequently some of the most troubling aspects of PTSD. While these sleep problems are considered symptoms of PTSD, the evidence suggests they tend to become independent problems over time that warrant sleep-focused assessment and treatment. There are both pharmacologic and cognitive behavioral treatment options available.

PTSD is unique among mental health disorders in that sleep problems are mentioned twice among its diagnostic criteria in DSM-5: the presence of insomnia qualifying as a symptom of an alteration in arousal and reactivity (hyperarousal) and the presence of frequent nightmares as an intrusion symptom. Insomnia is reported to occur in 90-100% of Vietnam era Veterans with PTSD. Insomnia was also the most commonly reported PTSD symptom in a survey of Veterans from Afghanistan and Iraq (OEF/OIF). In the Millennium Cohort Study, 92% of active-duty personnel with PTSD, compared to 28% of those without PTSD, reported clinically significant levels of insomnia.

It has been argued that sleep problems, rather than being just symptoms of PTSD, are a hallmark of the disorder. In support of this viewpoint, insomnia occurring in the acute aftermath of a traumatic event is a significant risk factor for the later development of PTSD in civilian and active-duty populations. Despite the efficacy of evidence-based treatments for PTSD such as Prolonged Exposure (PE) or Cognitive Processing Therapy (CPT), the arousal and reactivity (hyperarousal) cluster symptoms that include sleep difficulties appear to be particularly difficult to resolve even

after substantial PTSD improvement.

There are fewer data on the prevalence of chronic nightmares with PTSD. In the National Vietnam Veterans Readjustment Study, 52% of combat Veterans with PTSD reported significant nightmares. In a second study in the general community, 71% of individuals with PTSD endorsed nightmares; and, compared to civilians with PTSD, the nightmares of Veterans were more likely to be a replay of their trauma(s). Post-traumatic nightmares are independently associated with daytime distress, and impaired functioning. Nightmares often do not fully remit with trauma-focused treatment although the degree of improvement is larger for nightmares than for insomnia in general.

An additional consideration is obstructive sleep apnea (OSA), which has been found to be more common among individuals with PTSD than the general population. Estimates vary based upon measurement (e.g., self-report, Apnea Hypopnea Index (AHI) thresholds); and, a meta-analysis found OSA rates were significantly higher in individuals with PTSD (ranging from 43.6% to 75.7% based upon AHI threshold) than without the diagnosis. Of note, the classic predictors of OSA - older age and body mass index (BMI), in particular - may not be as relevant among Veteran samples, as indicated by a study of OEF/OIF/OND Veterans.

Treatment of Insomnia in PTSD

There are two primary approaches to treating sleep problems in PTSD, psychotherapy and pharmacotherapy (i.e. sleep medications). To date, little is known about the efficacy of using both approaches concurrently. The recommended first-line treatment approach in the VA/DoD Clinical Practice Guideline (CPG) for PTSD is Cognitive Behavioral Therapy for Insomnia (CBT-I), when available, which is agreeable to the American College of Physicians first-line recommended treatment approach for sleep problems and the VA/DoD Clinical Practice Guideline (CPG) for Chronic Insomnia Disorder and Obstructive Sleep Apnea recommendation for treating chronic insomnia.

Cognitive Behavioral Therapy for Insomnia (CBT-I)

CBT-I is a series of strategies focused on stimulus control, sleep restriction, cognitive restructuring and sleep hygiene that can be delivered in either individual therapy or in a group format with 6-10 patients. Treatment length is typically 6 sessions but ranges from 4-8 sessions for most patients.

CBT-I has demonstrated efficacy in patients with primary insomnia as summarized in three meta-analyses. CBT-I demonstrated sustained improvement in chronic insomnia symptoms on follow-up assessments ranging from 1 to 3 years. The durability of treatment effects is a clear advantage over long-term pharmacotherapy, as are the lower risks of side effects and potential drug interactions. A randomized trial in Veterans with PTSD found that

CBT-I led to greater improvements in sleep and disruptive sleep-related behaviors demonstrating the efficacy of CBT-I in this population. Improvements were maintained at 6 months.

VA CBT-I Rollout

To increase the availability of empirically supported treatments for sleep problems for Veterans, the VA created a national dissemination program for CBT-I in 2010. Through this program, VA mental health providers can attend an intensive didactic and experiential training to learn the fundamentals of CBT-I. Participants then meet weekly by phone with a consultant who reviews recordings of CBT-I sessions to provide feedback to facilitate the learning process. This has been the largest CBT-I dissemination program ever conducted, with over 900 providers having completed the training, greatly increasing access to this treatment. Clinical outcome data has been collected demonstrating large improvements in insomnia over the course of treatment. The VA also released a treatment companion mobile app - CBT-I Coach - to assist during therapy.

Group CBT-I

CBT-I can be delivered both individually and in a group format. Within the VA, a typical CBT-I group consists of 6-8 Veterans and meets weekly for about 6 weeks for 90 minutes per visit. The material is the same as in individual CBT-I with the added element of hearing the experiences of other Veterans with insomnia. A recent meta-analysis found that clinical improvements from group CBT-I were generally strong but slightly smaller than for individual treatment.

Telehealth Delivery

Even with the national dissemination and the option to deliver CBT-I in a group, many VA facilities still do not have access to a trained CBT-I provider or the demand for treatment is greater than available provider time. The latter is not surprising given the high prevalence of insomnia in Veterans, especially among those with PTSD. Another option for increasing access to treatment is the use of clinical video telehealth (CVT) technology. CVT allows a provider to deliver real-time, interactive treatment to a patient in at another location (e.g., rural community clinics, home of the patient). This technology allows a provider to have a greater reach with treatment.

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SLEEP PROBLEMS, CONTINUED FROM PAGE 30

Sleep Medications

There are several medications available that are either approved as sleep agents or that are used because of sedating side effects. In general, sleep medications carry significant side effects and are recommended for short-term use only. There are few clinical trials examining the efficacy and safety of these medications, particularly in Veterans with PTSD. Benzodiazepines are not recommended for the treatment of PTSD in the Va/DoD CPG for PTSD. The newly issued VA/DoD CPG for Insomnia Disorder and Obstructive Sleep Apnea suggests non-use of benzodiazepines for chronic insomnia disorder; and, the guideline suggests the use of a non-benzodiazepine benzodiazepine receptor agonist in patients who are offered a short-course of pharmacotherapy.

Benzodiazepine and non-benzodiazepine sedative hypnotics include temazepam, zolpidem, zaleplon, and eszopiclone. While these do initially promote sleep, after a few weeks of use, tolerance and physical dependence develop. Continued use is reinforced by a desire to avoid withdrawal symptoms and rebound insomnia. Other common adverse effects are cognitive impairment, daytime sedation, falls and fractures, disinhibition and increased mortality.

Other FDA-approved medications for insomnia include doxepin, ramelteon and suvorexant. Off-label options include: trazodone, tricyclic antidepressants, mirtazapine and hydroxyzine. Given significant side effects, use of atypical

antipsychotics such as risperidone and quetiapine should be avoided unless justified by a labeled indication such as schizophrenia or bipolar disorder. Over-the-counter options include antihistamines (diphenhydramine, doxylamine) and melatonin. Clinicians should carefully consider age, comorbidities and risk factors when reviewing treatment options with patients and offer referral to a sleep specialist in refractory cases or when sleep apnea is suspected.

Some medications effective for the core symptoms of PTSD can cause or exacerbate insomnia (e.g. sertraline and venlafaxine), while others are sedating (e.g. paroxetine). For a more detailed review of psychopharmacology for PTSD, see Clinician's Guide to Medications for PTSD.

Treatments for Nightmares

There are fewer treatment options available for nightmares. In terms of pharmacotherapy, the main option available is prazosin, an alpha-adrenergic antagonist that is FDA-approved as a treatment of high blood pressure. Despite multiple trials demonstrating prazosin was effective for reducing nightmares and improving sleep in Veterans with PTSD, a large multi-site trial conducted in VA showed no difference between prazosin and placebo. As a consequence of this work,

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the VA/DoD Clinical Practice Guideline for PTSD now states there is insufficient evidence to recommend prazosin for trauma-related nightmares. Since prazosin is effective for some, it is reasonable for patients experiencing benefit to continue treatment. Veterans and clinicians considering a prazosin trial should acknowledge the recent equivocal evidence during shared decision-making.

A psychotherapeutic approach to treating nightmares is an approach

called Imagery Rehearsal Therapy (IRT), which is also called nightmare re-scripting. This approach entails choosing a recurrent nightmare and picking a way to change (i.e. re-script) the content in a way to make it less intense or distressing. There are several trials with positive outcomes of IRT in civilian populations but a large, randomized trial in Vietnam Veterans with PTSD failed to demonstrate clear efficacy. In two recent studies, investigators tested IRT in combination with evidence-based therapies for PTSD and insomnia. The first study's protocol added IRT and CBT-I to Prolonged Exposure (PE) which led to large reductions in insomnia, but this effect was not statistically significant, possibly due to the small sample size. The second study delivered IRT before CBT-I and found no improvement in nightmares or global sleep disturbance with the addition of IRT beyond CBT-I alone. These studies suggest that CBT-I is effective for improving both insomnia and nightmares in PTSD; it remains unclear if IRT offers any additional benefit.

Treatment of Sleep Apnea and PTSD

It is possible that PTSD and chronic arousal are related to OSA bidirectionally, as research has yet to definitively determine temporality. A meta-analysis reported that among patients with PTSD and OSA, adherence to use of continuous positive airway pressure (CPAP) was associated with reduction in nightmares and PTSD symptoms more broadly. Specific to Veterans, research suggests that among those who completed Cognitive Processing Therapy at VA, Veterans with OSA who were using continuous positive airway pressure (CPAP) devices showed more improvement in PTSD than those who were not addressing OSA.

Conclusions

In summary, sleep problems are highly prevalent in Veterans with PTSD. In addition to being included as symptoms of PTSD, sleep problems can become an independent disorder over time that is uniquely associated with significant distress and impairment. Fortunately, there are efficacious treatments available for both insomnia and nightmares. In many cases, sleep-focused treatment will be needed to optimize patient outcomes.

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THE US CONSTITUTION THROUGH HISTORY

Gammon Irons

The Rise of Federal Power: Hamilton's Bank

Today, many Americans believe the US Constitution's meaning was fixed at the Philadelphia Convention or during the ratification period. But historian Jonathan Gienapp has persuasively argued the early republic period played a critical role in fleshing out the Constitution. Indeed, early American constitutionalism was notably dynamic. In this chapter, we will learn American politics after ratification often focused on constitutional meaning. And those debates, such the creation of a Bank of the United States, helped reshape American constitutional thought.

National Debt

After ratification, the new Constitution increased the power of the national government beyond what had existed under the Articles of Confederation. There remained disagreement about how powerful this new federal government was. The issue took center stage during the early days of George Washington's administration. The country still had large outstanding debts from the Revolutionary War. Creditors included both foreign and domestic persons and entities. The country owed significant sums to the French and Spanish governments as well as Dutch bankers.

This debt was dangerous for the country. If the US developed a reputation as a country that didn't pay its debts, it would not be able to borrow money in the future, crippling the nation's economy. Foreign nations might even see the nonpayment of debts as a pretext for war against the US, perhaps to gain North American lands. Thus, many American leaders agreed that foreign debt repayment was a priority.

However, there was also an even larger domestic debt: money owed to US citizens and businesses by both the national and state governments. Secretary of the Treasury Alexander Hamilton proposed the US government assume the obligation of paying not only the US government's \$42 million of domestic war debts but also the state govern-

*EDITORS NOTE: Gammon Irons is a well known historical writer who is widely published. He distributes his works to teachers nationwide to help counter the many false narratives that have worked their way into our history curriculum. Learn more about Gammon Irons at this link:

<https://www.gammonirons.weebly.com>

ments' collective \$25 million of debts. This was controversial. Some states, like Virginia and Maryland, objected strenuously on the theory they had already paid their debts. Their citizens' tax dollars would be going toward paying other states' debts.

Alexander Hamilton though, thought if the federal government relieved the states of their debts, states would no longer need to raise taxes, mitigating a major source of economic distress and political turbulence.

To ensure sufficient support in the House of Representatives, Hamilton reportedly struck a deal over dinner with James Madison (now a House member) and Thomas



Photo Credit: theusconstitution.org

Jefferson. Madison and Jefferson were both Virginians, and they wanted the new national government to be located in the South. The Constitution empowered Congress to create a new district to become the seat of government for the US. In exchange for Madison's promise to support Hamilton's plan, Madison and Jefferson won Hamilton's support for a plan to locate the new national capital along the banks of the Potomac River. This would mean the US capital, unlike European capital cities, would not be an urban banking center.

In July 1790, Congress passed Hamilton's plan. The federal government would assume the states' wartime debts, and it would also establish the nation's capital in what we now know today as Washington DC.

The Bank Of The United States

Hamilton also proposed

Congress create the Bank of the United States. It would be owned both by private shareholders and the federal government. Hamilton thought the bank could help strengthen the national economy by aiding in tax collection, serving as the government's sole depository, and controlling the state banks. Most importantly, it could create a single national currency to replace the numerous state-based currencies that had previously contributed to economic chaos. This federally issued paper money would hold its value in relation to specie - gold and silver coins.

Additionally, Hamilton thought the bank could manage the national debt in a new way. Though he wanted the federal government to assume the states' Revolutionary War debts, he did not intend to pay off the national debt in its entirety. Rather, his idea was to create a permanent national debt encouraging continual investment in the US government. The government would make regular interest payments to its creditors. A consolidated and permanent national debt would strengthen the US, in part by demonstrating Americans' willingness to repay their debts.

Madison's And Jefferson's Misgivings

Madison argued against the bank's constitutionality in the House. He stated the Constitution nowhere explicitly granted Congress the power to create a bank and the absence of this express power settled the issue. The powers of the federal government were limited, not general. Madison considered the potential powers Congress might theoretically be exercising in creating a national bank: the power to lay and collect taxes, the power to borrow money on credit of the US, or the power to pass all the laws necessary and proper to execute Congress' other powers.

The problem was that the proposed bill didn't fit in any of these. It didn't lay any taxes or borrow any money. As for the necessary and proper clause, that provision, Madison

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CONSTITUTION, CONTINUED FROM PAGE 32 argued, should not be read so broadly as to give an unlimited discretion to Congress. The essential characteristic of the Government, as composed of limited and enumerated powers, would be destroyed if Congress, by virtue of its power to borrow, could create the means of lending by incorporating a bank.

Madison was sketching out a constitutional argument for limited federal power. But here, he found himself in the minority. Most of Madison's fellow House members argued in favor of a broader congressional power. The House voted to adopt Hamilton's bill chartering the bank by a 39-to-20 vote. The proposal passed even more easily in the Senate. But it still needed to be signed by the president, and Washington asked his cabinet for opinions. Like Madison, Attorney General Edmund Randolph denounced the bank plan as unconstitutional. Randolph contended that if Congress could imply the power to create the bank, then it could imply other powers.

Unlike Madison and Randolph, Secretary of State Thomas Jefferson had not participated in the Philadelphia Convention. But that did not stop him from weighing in against Hamilton's idea. Jefferson hated banks. He thought Hamilton's plan would promote speculation - investment in stocks - which he worried would corrupt public virtue. The

nation's real future, he believed, lay in agriculture. Farmers grew products of real value and embodied the virtue necessary for the republic's health.

As for constitutional arguments, Jefferson's views were similar to Madison's and Randolph's. If the necessary and proper clause were construed so broadly as to permit Congress to create a bank to help it carry out its taxing power, the reasoning would swallow up all the delegated powers. The Constitution's limitations on national power would cease to exist. This would contrast the Tenth Amendment's instruction that the powers not delegated to the federal government were reserved to the states or to the people. But Jefferson did concede if Washington thought it were a close case, he might be wise to side with Congress.

Hamilton's Counterargument

Hamilton argued in favor of the bill's constitutionality. He stated that the power to erect corporations is inherent in the very definition of government. Nothing in the Constitution deprived Congress of this power. Article I, Section 9 placed some explicit limitations on Congress' power; it said nothing on the topic. Given it is inherent in a nation's sovereign power to erect corporations, the power belongs to the government of the US.

Moreover, it is not denied, that there are implied, as well as express powers. Given that Congress necessarily

has some implied powers, the question is whether the power to be exercised has any natural relation to any of the acknowledged objects or lawful ends of government. Hamilton's theory was not that Congress could do whatever it wanted. For example, he pointed Congress could not create a corporation for the purpose of supervising the Philadelphia police because Congress is not authorized to regulate the police of that city.

However, the Bank of the United States could help

Congress carry out the powers the Constitution granted it. A bank could assist with the collection of taxes by creating a currency by which taxes are to be paid. This could also help facilitate interstate commerce. A bank could aid Congress' efforts to raise and support an army and navy. All those powers were within Congress' enumerated powers. Naturally, then, Congress should have the implied power to incorporate a bank enabling it to carry out those other powers more effectively.

Moreover, continued Hamilton, Randolph's and Jefferson's narrow interpretations of the necessary and proper clause were off base. For one, the constitutionality of an act of Congress should not be judged by how necessary it is that government undertake that action but rather by the relation between the measure and the end. The bank was closely connected to the exercise of some of Congress' enumerated powers. Thus, Hamilton thought the argument in favor of its constitutionality was correct.

Washington reviewed his cabinet members' memos on the topic - and found Hamilton's the more persuasive. In February 1791, Washington signed the bill into law. The Bank of the United States opened for business with a 20-year charter in December of that year.

The Birth of Party Politics

This episode had important consequences for constitutional structure. First, it set a precedent of strong national power and a broad interpretation of Congress' constitutional powers. Congress could adopt measures it deemed good for the nation, even if the Constitution did not explicitly authorize them. Second, the battles over the bank set political battle lines that would continue for decades. On one side were Federalists, like Hamilton, who favored a strong national government and believed the nation's future rested in the development of industry and finance. On the other side were Jefferson and Madison, who preferred more limited national power and saw agriculture as the nation's future.

Several years later, when Washington announced he would not seek a third term as president, these competing visions would crystallize into the nation's first political parties. With Washington set on retiring, the Federalist Party fought a bitter election in 1796 against the new party created by Jefferson and Madison: the Democratic Republicans. In the end, the Federalist candidate, John Adams, prevailed over the Democratic Republican candidate, Thomas Jefferson. Four years later, however, the contest repeated itself. This time, Jefferson won.

American party politics had begun. Note that political parties became central institutions for organizing and exercising political power, even though the Constitution does not say a word about them. The framers seemed blind to the significance of parties, which would have profound consequences for our constitutional structures. For example, the framers set up a system of separation of powers in which the legislative, executive, and judicial powers were divided into separate branches of government. This created a system of checks and balances in which the different branches would control each other. Separation of powers is a core principle of the US Constitution, but party politics change

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Wellness



FAKE SUGAR, ENERGY DRINKS AND LABEL LITERACY

Jeannie A. Smith, BCTMB, MMP, CCH, CPLC, TAM

Today, I want to talk about the importance of reading ingredient labels before purchasing a product and the dangers of artificial sweeteners and energy drinks.

I went to make a protein shake the other day with a decent, (I thought) healthy shake powder. The last two ingredients Sucralose and Acesulfame potassium, made me think, "I should have known better." This protein powder was expensive and I got the biggest size. These last two ingredients are artificial sweeteners. Why should I care so much about this topic? Because artificial sweeteners can have detrimental effects on the body. Something that people consume because they think it is healthy, may have an undesired opposite effect.

Here is a list of artificial sweeteners that sometimes go by different names that may not be so good for you as you may think.

Aspartame, Acesulfame potassium, Alitame, Cyclamate, Dulcin, Equal, Glucin, Kaltame, Mogrosides, Neotame, NutraSweet, Nutrinova, Phenlalanine, Saccharin, Splenda, Sorbitol, Sucralose, Twinsweet, Sweet 'N Low, Xylitol.

And now, here is a list of side effects of consuming these artificial ingredients.

1. Can be addictive. People will crave more and more sweeter foods to fill the satiation gap that is not provided by artificial means which can lead to overeating and obesity.
2. Can lead to weight gain by messing up your metabolism, your gut microbiome and can alter glucose homeostatis leading to overeating.
3. Can lead to poor gut health by affecting the good gut bacteria and actually increasing the bad bacteria which can cause gut inflammation and Crohn's like symptoms.
4. Can increase cancer risk, especially aspartame and acesulfame potassium.
5. Can lead to metabolic syndrome and diabetes.

Frequent consumption of these ingredients can lead to metabolic dysfunction.

I had a client come to the office the other day that I had treated for Plantar Fasciitis, which resolved a couple of years ago and she continues regular treatments. Her chief concern was a list of symptoms that sounded to me like Aspartame Poisoning. Now, I am not a doctor, but I do know how to read and have been researching the dangers of artificial sweeteners for quite some time. According to Livestrong.com and other information available, Aspartame poisoning can lead to psychological, neurological and physical symptoms. My client revealed to me that she had been suffering from neurological symptoms-dizziness, facial pain and headaches and physical symptoms-ringing in the ears and joint pain. I asked her if she was consuming artificial sweeteners to which she replied that she had been drinking two or more diet sodas per day for awhile. I wrote something on a piece of paper and told her to read it every time she wanted a diet soda and advised her that it would be in her best interest to remove all artificial sweeteners from her diet. The paper said "To thine own self be true."

The next time I saw her she reported she hadn't had a diet soda since her last appointment, and though there was a detoxification process that her body went through, she is feeling better and better. It amazes me how simple changes in diet and lifestyle can make all the difference in the world when it comes to being healthy. We have far more control than we give ourselves credit for. It is time to take responsibility for our health to not only improve the quality of our lives, but to be happier and healthier.

BONUS: Energy Drinks

Energy drinks are supposed to help you be focused and give you more energy, These drinks are high in caffeine and contain gobs of sugar and may pose some health risks. These energy drinks can also contain lots of taurine (an amino acid) and guarana and ginseng, natural herbal extracts. Having one of these energy drinks on occasion may not be that bad, but increased consumption can raise the risk of adverse health effects, especially if you already have a medical condition.

Consuming energy drinks can put you at risk for these side effects: Anxiety, Depression, Diarrhea, Hallucinations, Mood Swings, Nausea, Rapid Heart Rate, Stroke, Tooth Decay, Weight Gain.

Mixing energy drinks with alcohol is a really bad idea. The energy you get from the caffeine and herbal ingredients like guarana will mask how buzzed you get from the alcohol. This can also lead to dangerous behavior like driving drunk or riding with stranger or unwanted or unprotected sex, or risk of injury. The same goes for medications, especially if you are on anti-depressants or blood thinners.

The temporary boost you get from energy drinks is short and will leave you not feeling great. Instead, you may try coffee, black tea, green tea, coconut water, kombucha or sports drinks.

Make it a habit of checking labels to see what exactly you are putting into your body and what effect it will have on your health. Don't do what I did and end up with a bag of protein powder that I can't use because I didn't do just that. Once again, we have to take responsibility for our health. It really is up to us to be informed so that we can make better health choices.

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 FMI for bookings.

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how they play out.

In recent decades, the major political parties have become increasingly ideologically distinct and highly partisan. Thus, Congress is far more likely to act as a meaningful check on the president - and vice versa - if they're from different parties.

Madison's vision of the legislative and executive branches seeking to check each other did not anticipate that many politicians' primary allegiance would be to their political party.

McCulloch v. Maryland

The struggle between Hamilton and Jefferson over the bank established important principles guiding future interpretations of

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 the Constitution's meaning. But the subsequent arguments about the bank illustrate how much that meaning remains open to debate. Recall the Bank of the United States had an initial charter of 20 years. When the charter lapsed in 1811, Congress refused to renew it. Some members opposed the bank because they preferred state-chartered banks. Jeffersonian agrarians still opposed the bank, though Jefferson now publicly supported it.

The War of 1812 shortly followed, as did new economic turmoil. These problems, coupled with some irresponsible practices by the state banks, changed the political calculation. The federal government in the previous few years had relied on state banks to borrow money and pay the national debt. Calls for a new national bank were renewed. In 1816, when Congress passed a bill chartering a Second Bank of the United States, President James Madison signed it into law.

Several states were hostile to the Second Bank of the United States, seeing it as a threat to their own state banks. Some states, including Maryland, sought to impose high taxes on the bank. The bank's Baltimore cashier, J.W. McCulloch, refused to pay Maryland's tax. Maryland sued McCulloch in state court. The Maryland state courts ruled in the state's favor, and the case went to the US Supreme Court.

Writing for the court in 1819 in the case McCulloch v. Maryland, Chief Justice John Marshall upheld the bank's constitutionality. He defended his ruling with various constitutional arguments. He pointed out Congress had done this before, signaling courts should afford past governmental practices some respect. Moreover, the first Congress had created the bank. If any Congress in our history were well attuned to the constitutional implications of their actions, it would have been that one.

Marshall made several other moves affirming the federal government's broad powers. Maryland's lawyer, Luther Martin, had argued the Constitution was merely a compact with the states. Therefore, the states retained the same sovereignty under the Constitution they had enjoyed under the Articles. States could rein in federal entities within their borders. In response, Marshall ruled the US government proceeds directly from the people rather than the states. After all, it was not the state legislatures but rather the people themselves, acting in conventions, who had ratified the Constitution. Accordingly, national governmental power flowed directly from the people, not the states. Therefore, the states cannot veto federal action.

Marshall further argued the Constitution must be read broadly to provide the government the flexibility to choose how to carry out its powers. Just because the Constitution did not expressly grant Congress the power to incorporate

a bank did not mean Congress did not possess the powers to address the nation's problems. Moreover, governments necessarily possess incidental powers. For instance, the necessary and proper clause granted Congress additional wiggle room to use means it deemed wise to carry out its enumerated powers. As for the argument the necessary and proper clause limited Congress's powers, Marshall pointed out it appears in Article I, Section 8, the section listing Congress's powers. Were the clause intended to limit congressional powers, it would have appeared in Article I, Section 9, which restricts congressional action. Marshall concluded Congress did have the power to incorporate the bank. States, therefore, did not have the power to tax the bank. It did not make sense to give a single state the authority to destroy a national entity.

Analyzing Marshall's Opinion

The Second Bank of the United States survived the constitutional challenge in the McCulloch case, but after 20 years, its charter expired. President Andrew Jackson, who hated the bank, did not support an extension. And this was the end of our country's central banking system - until 1913, when Congress passed the Federal Reserve Act.

The McCulloch decision is widely understood to support a vision of broad national power. However, Marshall's opinion reaffirmed the broad powers of the national government

CONTINUED ON PAGE 39

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 EAST COAST CUSTOM GRAPHICS -
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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
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 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
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 CHURCH
 LAUNDROMAT - MONTROSSLIBRARY - HAGUE
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 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
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TURN TURKEY LEFT-OVERS INTO AN EASY ONE-POT MEAL

Put those turkey day leftovers to good use with this Turkey Spinach Orzo, a quick and easy one-pot dish that makes cleanup a breeze after a busy Thanksgiving. Best of all, it's different from classic holiday dishes so it'll taste like a completely new meal.

Visit Culinary.net to find more family recipe ideas.



TURKEY SPINACH ORZO

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

- 2 cups leftover chopped turkey
- 1 1/2 cups frozen spinach
- 2 tablespoons butter
- 2 cups chicken stock
- 2 cups orzo
- 1/2 cup grated Parmesan cheese
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- salt, to taste
- pepper, to taste

In large skillet over medium heat, brown turkey and spinach with butter. Add chicken stock and orzo; cover and cook 10 minutes.

Turn off heat and mix in Parmesan cheese, garlic powder and onion powder. Season with salt and pepper, to taste.

GIVE THANKS FOR THIS NO-BAKE DESSERT

With Thanksgiving right around the corner, hosts know pumpkin pie will be on the menu. Save some space in the oven this year with this no-bake Pumpkin Chiffon Pie, and find more recipes for the holiday season at Culinary.net.



PUMPKIN CHIFFON PIE

Recipe courtesy of "Cookin' Savvy" // Servings: 8-10

- 1 envelope unflavored gelatin
- 1 can pumpkin
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon cloves
- 1/2 teaspoon salt
- 1/2 cup sugar
- 1 beaten egg
- 3/4 cup milk
- 1 cup whipped topping, plus additional for serving (optional)
- 1 graham cracker pie shell

In saucepan, mix gelatin, pumpkin, cinnamon, ginger, cloves, salt and sugar. Whisk in egg and milk. Bring to boil over medium heat while stirring.

Set aside and let slightly cool then whisk in 1 cup whipped topping. Pour into pie shell. Refrigerate overnight.

Serve with additional whipped topping, if desired.

SMOKE YOUR THANKSGIVING TURKEY FOR A TASTY TWIST ON TRADITION

Make room in the oven this Thanksgiving with a Spatchcock Smoked Turkey recipe that stays moist and tender. By relying on the smoker rather than a traditional baked bird, you can keep the oven freed up for savory sides and delectable desserts.

Visit Culinary.net to find more Thanksgiving recipes.

SPATCHCOCK SMOKED TURKEY

Recipe courtesy of "Cookin' Savvy" // Servings: 8-10

- 1 stick melted butter
 - 2 tsp garlic powder
 - 2 tsp onion powder
 - 2 tablespoons thyme powder
 - 2 tablespoons lemon powder
 - 1 turkey (10 pounds)
- Heat smoker to 225 F.

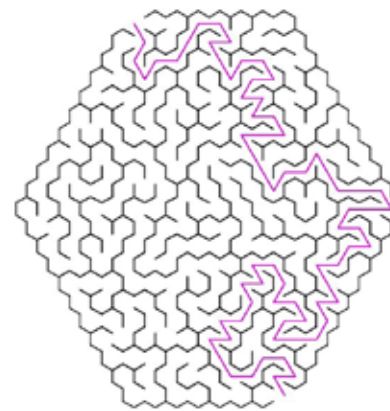
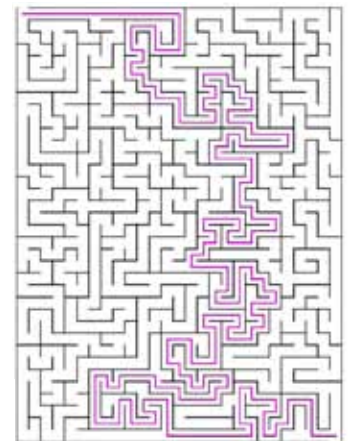
Mix melted butter, garlic powder, onion powder, thyme and lemon powder. Rub entire turkey front and back with butter mixture. Smoke turkey until it reaches internal temperature of 150 F. While turkey finishes smoking, heat grill to at least 450 F.

Sear turkey on grill until internal temperature reaches 165 F, about 10-15 minutes. Flip turkey breast side down 30 seconds to crisp skin. Use pizza peel to remove from grill.



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O	M	A	N	I	E	D	O	D	I	A	N	A	
L	I	N	T	S	A	D	O	E	N	D	O	W	
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O	N	A	I	R	I	D	O	A	V	I	S	O	
U	T	I	C	A	N	O	G	G	E	N	I	E	
R	O	D	S	E	G	O	E	D	G	A	R		



6	8	3	4	2	7	1	5	9
5	1	9	3	6	8	7	2	4
2	4	7	9	5	1	6	3	8
7	5	2	1	8	6	9	4	3
8	3	1	7	9	4	5	6	2
9	6	4	2	3	5	8	7	1
4	9	5	6	1	2	3	8	7
1	2	6	8	7	3	4	9	5
3	7	8	5	4	9	2	1	6

Puzzles & Mazes located on pages 23-24

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CONSTITUTION, CONTINUED FROM PAGE 35

but still left room for states'-righters to mount their arguments in future cases. Perhaps, like most judges, Marshall did not want to prejudge an important issue not yet before the court. A constitutional question in this era was whether the federal government had the authority to make internal improvements. The Constitution grants no such express authority to Congress. But one could argue Congress has such an implied power to help effectuate its authority to regulate interstate commerce. After all, better roads and canals help facilitate commerce, and the Constitution does grant Congress the power to regulate commerce. In the early 19th century, this was a deeply divisive issue.

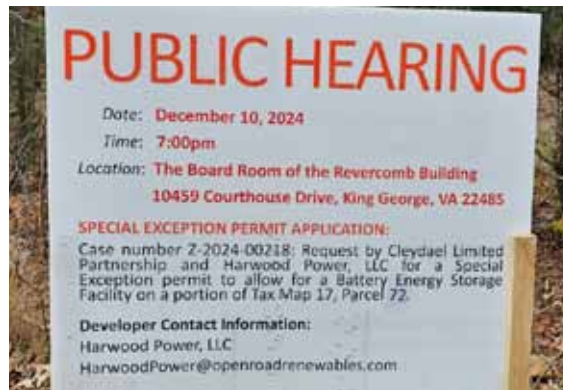
Another reason Marshall might not have issued too forceful a ruling in favor of national power was slavery. Too broad an endorsement of implied federal powers might suggest the federal government could regulate slavery. Marshall was a slave owner. He likely understood his slave-holding neighbors in Virginia would have reacted with alarm to such an opinion.

Constitutional scholar David Schwartz points out future courts would rely on McCulloch less often than one might expect. In the mid-19th century, for instance, the court under the leadership of Chief Justice Roger B. Taney ignored McCulloch entirely - likely in part to protect slavery from federal interference. The court would revive McCulloch in the late 19th century. Moreover, the case would feature especially prominently in the court's reasoning in the mid-20th century. But the conservative Supreme Court in recent years has retreated from the broad vision of national power that dominated American legal thought in the mid-20th century. McCulloch v. Maryland was one of the most important Supreme Court decisions in our nation's history. But no case can definitively resolve constitutional meaning.

Join us next month for a discussion on *Constitutional Issues of Westward Expansion*.

KING GEORGE, CONTINUED FROM PAGE 6

Dahlgren West (data center tech park) has incorporated



Public Hearing Harwood Power Battery Energy Storage Facility

into their overall data center site design a "Battery Energy Storage Facility" incorporated into 1 of 2 power substations located on the 500+acre site. This will be the topic of a formal Public Hearing on Tuesday December 10, 7:00p-10:00p as Harwood Power LLC makes application for a Special Exception permit. We found out about this when one of those large "Public Hearing" signs was put up on the side of the road near the white water tower off 301.

King George Technology Center Progress- You may recall back in July, Green Energy Ventures put on an informational Q&A at the Hopyard clubhouse. They have been hard at work since that time working with county staff--making progress in their data center site design. On November 21, they held a meet, greet, and let's talk about what our plans are event at the L.E. Smoot library. It was an opportunity to ask questions and get answers to some of the concerns that have been raised over the course of the development of this project. A formal presentation will take place at the next Planning Commission meeting on Tuesday December 10, 7:00p-10:00p. More details and pre-meeting background material can be found on the county website in the Planning Commission agenda section.

Bye-Bye to Sewage Treatment plant- The beginning of the end for one of our sewage treatment plants is at hand. This underperforming, fine-generating, and served its useful purpose facility near Purkins Corner is coming to

an end. DEQ (Dept. of Environmental Quality) has been on the county for a number of years to make some constructive changes to solve some effluent processing challenges that have plagued the Service Authority for many years. The money (through some ARPA & Virginia Department of Health Fund grants), along with design, and system reconfiguration plans have come together. On the December 3 Board of Supervisors meeting (SA-12-03) agenda is a bid that includes the cost of decommissioning the Purkins Corner plant & laying some new water and sewer pipes that is slated to cost \$8,451,985.00. Previously at the November 19 meeting, we saw presented an itemized estimate that totaled \$8,791,985.00.

Tea Party meeting in November included some personal testimonials via phone from J6ers who continue to work towards better treatment. With the election of Donald Trump as the next president of the United States, most are concluding that the treatment of J6ers will take a turn for the better after January 20, 2025.

KGMedia.Top will be building beyond its initial Facebook/Meta presence. A weekly county-wide calendar has been started with distribution through the Facebook/Meta channel. This will evolve as needs and demands dictate. Due to censorship issues, we can foresee some additional changes and growth into other popular social media platforms that are more friendly to the KGC's rural character. KGMedia. continues to strive to be a low-cost source for KGC news and information.

This column marks the 13th column written by this author. It has been a privilege and a honor to serve the citizens of King George county and to be instrumental in launching a more regular source of information from a more conservative viewpoint than what one may have seen in years past. The plan is to branch out and continue to grow using the evolving new-media as driven by citizen-journalists and AI. As Elon Musk has said, "Legacy media is dead. Long live citizen journalism!". This form of information gathering and dissemination is in its infancy. Let's watch it grow and make it better.



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