



Northern Neck Sentinel™

The Voice of The People

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Volume 7 - Edition 12 - January 2025

FREE TAKE ONE



(L to R) Select Committee Chairman Benny Thompson and Vice Chair Liz Cheney

THE FINAL NAIL IN THE COFFIN

John Haynes, Jr.

If there was ever any doubt as to the actions and intentions of the so-called January 6th Select Committee, they have been dispelled by Initial Findings Report from the House Subcommittee on Oversight that was released
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NNEC President and CEO Bradley "Brad" Hicks [Photo Credit: NNEC Website]

More importantly, it also appears that Hicks, along with NNEC attorney Steven Brown misled former NNRJ President and CEO Hunter Greenlaw into thinking that he must step down from his position because of an alleged conflict
CONTINUED ON PAGE 21

COVERUP? NNEC CEO ACCUSED OF INAPPROPRIATE BEHAVIOR

John Haynes, Jr.

Over the past couple of months, I have spoken with several current and former Northern Neck Electric Cooperative (NNEC) employees regarding alleged inappropriate behavior and mismanagement on the part of current President and CEO Bradley "Brad" Hicks.



"One Question Remains: Your Move" by Kelly Meggs and Robert Morss

of what really happened on that fateful day of January 6th, 2021 when a crowd estimated at over a million participants gathered to protest what an increasing number of Americans regard as the most fraudulent election in our history.

NNRJ SURVIVOR AND OATH KEEPER COAUTHOR J6 TELL ALL BLOCKBUSTER

John Haynes, Jr.

In early December, 2024 J6 hostages Robert Morss and Kelly Meggs released a book that they coauthored while in detention at the Federal Penitentiary in Philadelphia telling the inside story

CONTINUED ON PAGE 3



WHAT WAS SO DIFFERENT THIS TIME ABOUT TRUMP'S ELECTION?

Victor Davis Hanson

In the weeks before the 2016 Trump Electoral College victory, Trump was polling between 35 and 40 percent. He would average only about 41 percent approval over his tumultuous four-year tenure. No one knows what lies ahead over the next four years. But for now, Trump already polls at well over 50 percent approval.
CONTINUED ON PAGE 22



Photo Credit: linkedin.com

THE NEW YEAR IS A TIME OF HOPE

Jeffrey A. Tucker

We've all felt this building now for several months, but the drama is reaching a crescendo and a conclusion with the turning of 2024 to 2025. The end of the first quarter of the 21st century seems to be ending in the most implausible but widely shared emotion: hope itself. New Year's seems like just a date
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Joseph Robinette Biden [Photo Credit: us.cnn.com]

GOOD RIDDANCE

Craig Shirley

Fortunately, our worst and most corrupt president ever, Joe Biden will be gone in a few weeks. America dodged a bullet. But we did suffer greatly for four years. Can anyone think of anything he's done right? Neither can I. When John Jay, James Madison and Alexander Ham-
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Observations



John Haynes Jr., Editor



Photo Credit: foxnews.com

BIDEN PARDONS ARE ADMISSIONS OF GUILT

If anyone ever had any doubt as to the character of Joe Biden, his pardon of his reprobate son Hunter underscores

the fact that he has been the most corrupt and self-serving president in our nation's history. I have followed Biden's sordid career for decades and he has demonstrated since the earliest days of his political career that he was for sale to the highest bidder.

In our February, 2021 edition I discuss Biden's basic dishonesty in my editorial where I write, in part:

"Biden's precarious position is further weakened by his own moral failings. A serial prevaricator, Biden has been caught numerous times lying and plagiarizing to advance his career. He was first caught plagiarizing in college and had to step down from the 1988 presidential race for the same reason.

In fact, in 1974 Biden stated in an interview with PBS that he has always been willing to sell out to the highest bidder. An article in PJ Media by Megan Fox describes his surprising (not) disclosures:

"Not only did he admit that was willing to "prostitute" himself, but he compared himself to a "token black," furthering his ongoing problem of making racist comments without being aware of it. "I'm not sure you should assume I'm not corrupt," said Biden. "I'm a 29-year-old oddball...I'm like the token black or the token woman...I went to the big guys for money and I was ready to prostitute myself in the manner in which I talk about it, but what happened was they said "come back when you're 40, son."

He then went on to blame the corruption on the Ameri-

can people. "We were told that we politicians, as the young kids say, rip off the American public. I think the American public in a way rips off politicians by forcing us to run the way they do."

Let that sink in. He not only freely admits that his position is for sale but then blames his personal corruption on the public. It obviously never occurred to him to change the corrupt system as Trump has done. Rather than shrink the Deep State Biden seeks to grow it.

Never has a president so flagrantly flouted his powers for self-enrichment as he has amassed a considerable fortune after years of portraying himself as the "poorest man in the senate."

Although the pardon of Biden's reprobate son for any offenses "against the United States which he has committed or may have committed or taken part in during the period from January 1, 2014 through December 1, 2024." garnered most of the headlines it was just the first of many to come. On November 12th Biden pardoned two Communist Chinese spies and the relative of a prominent Chinese official. According to an article in the New York Post published in Early December:

" President Biden pardoned two Chinese spies and the relative of a high-ranking member of the Chinese Communist Party who was caught with tens of thousands of images of child pornography on his computer last month in a prisoner swap between the two countries that was made public Thursday when the three received clemencies.

Yanjun Xu and Ji Chaoqun, who were both convicted of espionage, were granted clemency last month, along with Shanlin Jin, who was convicted of possession of more than 47,000 images of child pornography while a doctoral student at Southern Methodist University in Dallas in 2021.

Their clemencies, signed by President Biden, are dated Nov. 22."

This is particularly problematic in that Joe Biden has consistently claimed that neither he nor his son had any ties with the Chinese and that he (Joe



(L to R) Xi Jinping is introduced to Hunter Biden in 2013



Biden) had never spoken to Hunter or anyone else regarding foreign business deals. This should come as no surprise as Joe Biden is a habitual liar. The accompanying photo shows Joe Biden introducing Hunter to Xi Jinping shortly after he became the General Secretary of the CCP all the way back in 2013.

These pictures were recently obtained through a lawsuit against the National Archives and were supposed to be released by October 24th but the Biden Regime refused to release them until after the election. I wonder why?

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J6 TELL ALL, CONTINUED FROM PAGE 1

While the vast majority of those present were peaceful, there were also elements of violent, leftist groups such as Antifa and Black Lives Matter (BLM) present. Some were actually observed changing into Trump gear behind a clump of bushes. These leftist groups had attacked Trump supporters at previous events and rallies and members of both the Proud Boys and the Oath keepers were asked by several scheduled speakers to assist in protecting rally goers from attacks by these leftist groups.

Also present were numerous government operatives of several varieties including members of assorted government agencies, confidential human sources (CHS's) and others. During a congressional hearing last year Louisiana Congressman Clay Higgins stated that he had information that over 200 operatives were present. In a January, 2024 interview with Tucker Carlson Higgins stated, in part:

"We believe that there were easily 200 FBI undercover assets operating in the crowd, outside the Capitol embedded into groups that entered the capitol or provoked entry of the Capitol. Given the scope of the operation and the number of doors where entry was allowed or even encouraged—and the number of people that were actually outside the Capitol and that entered—we believe 200 [is a] conservative number."

Later in the same interview Higgins added:

"There's no way they can come in some random door that gets opened and then get their way directly to Statuary [Hall] or the House chamber or the Senate chamber. It's just not possible. "The FBI assets that were dressed as Trump supporters that were inside the Capitol were there, I believe, and evidence indicates that they were there to specifically wave in the Trump supporters that had gathered outside the Capitol."

In writing "One Question Remains" Meggs and Morss provide a historical backdrop of the events leading to the events of 1/6/21 beginning with the election of Donald Trump in 2016 and the immediate mobilization of the Deep State machine to undermine Trump in every possible way. This was intended to damage him so badly through propaganda, a fake "plandemic" designed to force voting by mail and the illegal law changes by state legislatures made to ensure that Trump had no chance at reelection.

Even prior to January 6th, I could see the leftist playbook coming together and realized that if it was allowed to

continue that Trump's reelection was impossible and our country was doomed. That is why I began publishing the Sentinel in February of 2018.

I can remember a friend asking me at the time why I would take on such a task with Trump in the White House. I remember telling him that the American people were asleep at the switch and that Trump would never be reelected unless the anti-American, left leaning government agencies, corrupt corporate interests and the deeply inept and elitist media were somehow brought to heel. Much to my disappointment, my worst fears came true.

One Question Remains also provides biographical information on it's authors who had become close friends over the past few years. Our regular readers are already familiar with Robert Morss and, to a lesser extent, Kelly Meggs.

Meggs and Morss first met in mid-2021 at the D. C. Jail. In November Morss was transferred to the Northern Neck Regional Jail (NNRJ) which we have reported on monthly since the first J6 transfers arrived. In January of 2023 Morss, along with the other J6ers were transferred to Lewisburg Pennsylvania Penitentiary where Morss reunited with Meggs as pictured in the accompanying photo.

They both eventually transferred out of Lewisburg until they were reunited at the Federal penitentiary in Philadelphia where their friendship deepened and the decided to coauthor their amazing book.

Our regular readers are already aware of Robert Morss as his trials and tribulations have been reported on in our J6 articles beginning in January of 2022. Members of a local organization named the Northern Neck Patriots began communicating with Robert and other detainees in early 2022 after they were transferred to the NNRJ and it soon became apparent that Robert was a moral and spiritual leader among the group as he organized a prayer group, a code of conduct and regular correspondence. The contact between detainees and the members of the NNP intensified even more after weekly J6 vigils began at the NNRJ parking lot in October of 2022.



Robert Morss

In our April, 2023 edition we discussed Robert's situation as follows:

"Mr. Morss is a veteran and a brief summary of his military history, written by his family, is posted on his GiveSendGo page. It reads, in part:

"Robert entered the army at 17. While in boot camp, he had his 18th birthday and was chosen to be an Army

Ranger. As an elite soldier, Robert completed three tours in Afghanistan. The many parachute jumps and extensive combat training left Robert with permanent back pain and lifelong injuries. As an Army Ranger, Robert was injured many times. Some of these injuries are not just physical.

He has great difficulty sleeping due to night terrors. Robert has PTSD from his time of service. It should be noted that Robert is much more fortunate than fellow Rangers who did not come home. However, my boy entered the US Army at 17 and came home four years later, almost broken. <https://givesendgo.com/LegoMan>"

What my article didn't say was that Robert attended college on the G.I. Bill after his service and was working as a history teacher when he was arrested. You may wonder why a man of such character would thank someone like Captain English when he was involved in so much brutality.

The reason was simple. Robert was trying to serve out his time as best he could and was also trying to improve the conditions for both himself and his fellow trustees. The truth is that Robert despises the NNRJ and has told me recently: "There's a lot of evil going on in there." In fact, just recently I spent nearly two hours with Robert on a series of phone calls where he described a litany of atrocities in great detail. I taped the conversations.

Robert described regular beatings, rotten food and much more. He also described how he was instructed to paint over mold and blood stains before inspections. He advised that there was so much blood in one of the shower areas that the tiles had become spongy.

In early February I received a copy of a letter that Robert had sent to Congressman Jim Jordan who heads the Judiciary Committee that will be examining abuses inflicted upon J6 detainees. In the letter Morss references: "the notoriously abominable and merciless Northern Neck Regional Jail..."



Kelly Meggs

Although I do not personally know Kelly Meggs, I have followed his plight from the outset as one of the members of the Oath Keepers, one of the most persecuted groups in American history. In fact, Mr. Meggs was the leader of the Florida Chapter of the Oath Keepers and was sentenced to 12 years on a series of trumped-up charges.

Known as "Gator" Meggs was born in North Carolina but had lived in Florida for many years where he graduated from high school in Boca Raton and was involved in the automotive industry where he became the general manager of a car dealership in Lake City, Florida in 2010.

He became an Oath Keeper in 2020 as a means to get involved in hurricane relief. The Oath Keepers are comprised of former military, law enforcement, first responders and other citizens dedicated to defending the Constitution. According to their website:

"Oath Keepers USA is a group of proud American Patriots who are dedicated to upholding the Constitution of the United States of America. Our members have rich, diverse

CONTINUED ON PAGE 4



Detainees (L to R) Brockhoff J6, Jackson, Ramey, Morss, Rodriguez, Alam, Grant, Rhodes, Meggs, Fellows, Courson, Taake

J6 TELL ALL, CONTINUED FROM PAGE 3

backgrounds and include prior and current military, law enforcement, firefighters, first responders and civilians, all of whom have taken a solemn oath to support and defend the Constitution against all enemies, foreign and domestic. Our Mission is to honor our Oath to support and defend the Constitution of the United States of America against all enemies, foreign and domestic. We believe that it is our patriotic duty to peacefully protest unlawful actions of our government.

Our Vision is that the United States of America endure in perpetuity as a Constitutional Republic.

We invite you to find out the truth about our organization and members, and if you are interested in supporting or joining our cause, we would be honored to serve alongside you!"

Kelly began working security for Roger Stone, a political consultant, lobbyist and Trump advisor in December of 2020 at an event in Miami after problems with counter protesters became more pronounced and aggressive.

He subsequently provided security at other Stone events and was eventually asked to provide security on January 5th and 6th at the Capitol grounds for congressmen scheduled to speak on a stage on the east side of the Capitol. His job was to keep counter protestors off the stage and to protect Trump supporters who had been attacked and harassed at previous rallies. As Kelly states in One Question Remains: "We were sent to protect more than congressmen, we were sent protect those who could not protect themselves on January 6th."

Mr. Meggs has also published another book called Fight, Fight, Fight which I would highly recommend.

Another interesting fact pointed out in the book is that the planning and organizing of security for the January 6th rally was handled by a man named Ali Alexander. Even though men such as Mr. Meggs and Oath Keepers founder Stewart Rhodes received sentences of 8 and 12 years respectively for supposedly organizing and planning the so call "Insurrection", Mr. Alexander, who was actually central to organizing security for the event, was never even charged and his name is largely unknown to this day.

The same can be said of the infamous Ray Epps who was a primary instigator of the mayhem on January 6th and bragged about it in text messages to his nephew. Despite his well documented transgression, Epps received only one year of probation.

There are several unique aspects to One Question Remains that are noteworthy. On page 94 a series of 15 questions are presented to point out the many inconsistencies and outright lies that have been foisted on We the People over the past few years. At the conclusion of the 16 questions one final question is posed and it is: "What are you going to do?"

Another unique aspect of the book is on page 145 where the top of the page states: "Your move" as a challenge to the reader. Also, on page 182, the final page of the book, is the last line of the Declaration of Independence at the top of the page which reads: "...with a firm reliance



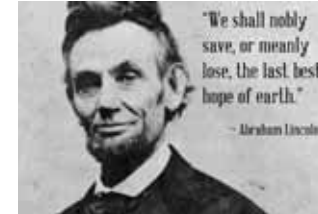
(L to R) Cowboy Logic Hosts Donna Fiducia and Don Neuen With Sentinel Editor John Haynes Jr.

on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.."

The whole rest of the page is intentionally left blank to provide space for readers to gather autographs of

J6 political prisoners as a keepsake. There will be public events conducted in the future where J6ers will be available to meet their fellow patriots.

I would be remiss if I didn't point out the role played by Donna Fiducia and Don Neuen, who are the hosts of the popular cable show Cowboy Logic. Don and Donna have been instrumental in promoting the cause of the J6ers and I have actually had the opportunity to appear on their show as pictured above where I display my Ultra MAGA shirt. Their epic reporting on all things involving the J6 saga has been phenomenal and I would highly recommend their program to all of my fellow Americans. They also wrote the forward for One Question Remains.



Copies of One Question Remains are available at amazon and other outlets at the cost of \$12.30 and sales are booming. As someone who has closely followed the events of

January 6, 2021, I am amazed that Robert Morss and Kelly Meggs could produce such a magnificent book while enduring the horrors they are subjected to as political prisoners. Their courage and perseverance are truly amazing.

The one question that remains for all Americans is What Will You Do? How you answer that question will determine the fate of our great nation. A month before he issued the Emancipation Proclamation, President Abraham Lincoln sent a letter to Congress stating, in part: "We shall nobly save, or meanly lose, the last best hope of earth." Our forefathers paid a dear price to rise to Lincoln's challenge. May eternal God grant us the strength to do the same.



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in March. **FINAL NAIL**, CONTINUED FROM PAGE 1

Although evidence is still being unearthed, it is beyond apparent that the illegally constituted Select Committee was nothing more than a Democrat propaganda psyop designed to conceal the true events leading up to and during the "Stop the Steal" Rally at the Capitol Grounds on 1/6/21.

Damning details are emerging at an alarming rate fueled by the election of Donald Trump and the steady release of J6 political prisoners who are increasingly adding their voices to the dialogue. In fact, in this very edition there is an article by J6ers Robert Morss and Kelly Meggs full of alarming disclosures that have been covered up for nearly four years.

On March 11, 2024 Oversight Committee Chairman Barry Loudermilk released the Initial Findings Report along with the following statement:

"For nearly two years former Speaker Nancy Pelosi's January 6th Select Committee promoted hearsay and cherry-picked information to promote its political goal – to legislatively prosecute former President Donald Trump. It was no surprise that the Select Committee's final report focused primarily on former President Trump and his supporters, not the security failures and reforms needed to ensure the United States Capitol is safer today than in 2021.

The American people deserve the entire truth about what caused the violent breach at the United States Capitol of January 6, 2021. It is unfortunate the Select Committee succumbed to their political inclinations and chased false narratives instead of providing the important work of a genuine investigation. In my committee's investigation, it is my objective to uncover the facts about January 6, without



(L to R) Chairman Bennie Thompson, Vice Chair Liz Cheney, member Adam Kinzinger and Member Jamie Raskin political bias or spin. My report today is just the beginning."

Among the many disclosures in the initial report is that massive amounts of evidence exonerating Donald Trump and participants in the "Stop the Steal" rally was intentionally concealed and destroyed. Witnesses with exculpatory evidence were not allowed to testify.

Many witnesses, particularly Cassidy Hutchinson, made claims that the Select Committee knew were false but those statements were included in the report nonetheless. Video recordings, depositions and interviews were hidden and deleted. Some of these actions are criminal acts.

For example, Liz Cheney secretly met with Cassidy Hutchinson behind the back of her attorney and talked her into changing her testimony and her attorney. Cheney then arranged for an attorney to represent Hutchinson Pro Bono and tried to have Hutchinson's former attorney disbarred.

Mrs. Cheney's actions constitute witness tampering and suborning perjury. Constitutional Attorney and law professor Jonathan Turley wrote an article recently discussing the situation. It reads, in part:

"Former J6 Committee Co-Chair and Rep. Liz Cheney

has long been criticized for her role in creating a one-sided and at times erroneous record of what occurred on January 6th. That includes editing out Trump's call for supporters to protest "peacefully," burying evidence on Trump's offer to supply National Guard support for that day, and highlighting a false account of Trump in his presidential limo that was directly contradicted by witnesses.

She now stands accused of unethically contacting a key represented witness to get her to change her testimony. In my view, ethical proceedings are unlikely after the disclosure of ex parte communications with former Trump aide Cassidy Hutchinson. However, the evidence seemingly contradicts public accounts of how Hutchinson decided to fire her counsel and change her testimony.

Hutchinson was represented by Stefan Passantino, who some clearly viewed as a stumbling block to getting Hutchinson to turn against Trump. Hutchinson would claim under oath that Passantino pressured her to stay "loyal" to Donald Trump and coached her responses to support Trump despite her conflicting accounts.

However, newly disclosed evidence allegedly contradicts that account, including Hutchinson telling former Trump aide (and now The View co-host) Alyssa Farah Griffin that "[Passantino's] not against me complying." Griffin reportedly responded "I actually agree with Stefan's approach and think it's accomplished everyone's goals. I am happy to tip Liz off."

Mrs. Cheney probably has little to fear from the hopelessly corrupt Bar Association for witness tampering. In fact, there is an article in the Eye on the Nation section of this

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2025 Semester Overview

SPRING

- JANUARY

Social Emotional Learning (SEL)
- FEBRUARY

Critical Race Theory (CRT)
- MARCH

Restorative Justice (RJ)
- APRIL

Gender Ideology
- MAY

Comprehensive Sex Education (CSE)

FALL

- AUGUST

Generative Curriculum
- SEPTEMBER

Graphic Sexual Content in School Libraries
- OCTOBER

Ethnic Studies
- NOVEMBER

Marxism

MOMS for LIBERTY

For more information please visit M4LU.org

IT'S A NEW YEAR AND A NEW INITIATIVE!

Moms for Liberty is pleased to announce M4LU: a new academic approach to the issues and ideologies facing our children in the classroom.

The Spring and Fall 2025 semesters will cover major ideologies from Social Emotional Learning to Marxism and more! Parents who tune into these exciting January events will quickly become experts on Social Emotional Learning and the mental health crisis facing our children. All of these events will be recorded and housed in our SEL Parent Toolkit, available now at M4LU.org!

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LOCAL NEWS



*The Essex County Trojans State Champions
[x photo by @bsyncmedia22]*

ESSEX COUNTY NEWS TROJANS WIN STATE TITLE SOLAR PROJECT ON HOLD MORE SCHOOL CONTROVERSY

In December the Essex County Trojans football team capped off their amazing 14-1 season by winning the VHSL state class 1 Championship with a convincing 20 to 0 victory over the Grayson County Blue Devils. It was the Trojans first state championship since 2009 for what has become the dominant high school football team in the region.

This was a huge comeback for the Trojans who lost the 2023 championship 7 to 6 to Galax on a last second 42 yard field goal that hit the crossbar and bounced over

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LANCASTER COUNTY NEWS POSITIVE NEWS FOR THE SCHOOLS

At the December 12th meeting of the Board of Supervisors a contract was awarded to expand and improve the Convenience Center located on White Pine Drive in Weems. The contract was awarded to J.C. Franklin, Inc. and was in the amount of \$424,314.86.

County Administrator Don Gill advised the Board that the improvements would double the size of the site and would add a third compactor as well as buildings designed to store recyclables. A new traffic pattern will also be established to reduce wait times. The contract was approved by a 4 to

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NNP Chairman Ton Jeffries Addresses the Board in February of 2023

RICHMOND COUNTY NEWS COULD COUNTY BE LIABLE FOR NNRJ MISBEHAVIOR?

For three years now the Sentinel has reported on a series of abuses alleged by inmates and detainees of the Northern Neck Regional Jail (NNRJ) which is located in Warsaw. An effort to address these abuses is being led by a local group called the Northern Neck Patriots (NNP) who are advocates for individual freedoms and a government of, by and for the people.

Members of the NNP have addressed the Board of Supervisors on this subject as has Commonwealth's Attorney Elizabeth "Libby" Tribble has confronted NNRJ officials over what she considered to be to be abusive treatment of the inmates and detainees.

The difference between an inmate and a detainee is that inmates have already been convicted in a court of law whereas detainees are those accused of a crime who have not yet been proven guilty. Detainees are supposed to be

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Battery Storage Facility
KING GEORGE COUNTY NEWS

James R. Shaw

12 Months of Transparency- Most of the people that this reporter has encountered regarding the currently constituted Board of Supervisors efforts at fulfilling a campaign promise of more transparency has been positive. Their work began one year ago in January, 2024. We look forward to another year of the same.

Annual State of the County Report was presented by County Administrator Smolnick on 12/17. The downloadable report (10 pages PDF) summarizes all the county accomplishments and progress over the past 12 months.

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Cockerell's Creek Image [Photo Credit: wric.com]

NORTHUMBERLAND COUNTY NEWS SCHOOLS WANT MORE MONEY COCKRELL'S CREEK SEWAGE SPILL

At their December meeting the Northumberland County School Board announced that they will be seeking a 1.4 million dollar budget increase for the 2025-26 fiscal year. This would bring the budget to \$22,953,751 which is an increase of \$1,424,688 over the current budget of \$21,529,064. That represents an increase of approximately 6%.

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Dump Site Off Pomona Road

WESTMORELAND COUNTY NEWS A TRASHY SITUATION EMERGES MURDER SUSPECT ACQUITTED

In mid-December the Sentinel received an email from a Westmoreland County reader notifying us of a large and growing illegal trash dump in the county near Colonial Beach as pictured above. According to the sender the dump is on Pomona Road between Cedar Hill Road and Longfield Rd.

The email also states that the growth of the dump has exploded since the County increased the fees for the landfill

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ESSEX, CONTINUED FROM PAGE 6

for the Galax win. Some had written off the Trojans title hopes after a late season loss to Rappahannock High from neighboring Richmond County but the Trojans were not to be denied.

It was also a notable game personally for Coach Jones who faced former college teammate Stephen James for the first time. The two of them had played together at Emory and Henry and have both gone on to successful high school coaching careers.

It was also personal to Coach Jones after losing his uncle Wally to a heart attack during the 2023 championship game.

Quarterback Keon Hence broke a 51 yard touchdown early in the game and the Trojans never looked back. The powerful Essex County run game amassed 246 yards including 72 yards by Jaden Holmes, 65 yards by Demetrius Stewart, 60 yards by Keon Hence and 54 yards by Zay Bundy. With several of their top players returning, the Trojans are eyeing a repeat in 2025.

On December 10th there was a public hearing conducted to hear plans of New Energy Equity, an Annapolis, Maryland based firm, to construct a large-scale solar project in Essex County. The project would require a conditional use permit, which is an exception to existing zoning laws, and that requires a public hearing before being submitted to the supervisors for approval.

The Planning Commission had already conducted a public hearing with several speakers, most of whom opposed the project, and had recommended that the proposed project not be allowed. The property is in the Ozeana area and is owned by William Emmett Stevens.

Much of the public opposition stems from the disastrous environmental damage caused by a washout at the Essex Solar Center a few years ago that eventually resulted in \$245,000 worth of fines from the Department of Environmental Quality (DEQ). The washout caused massive sediment runoff into Muddy Gut Creek which empties into the Rappahannock River.

At the Public Hearing all of the speakers except the property owner and their attorney spoke in opposition to the project. One of the most adamantly opposed was Lisa Mountcastle who was there representing the Essex County Conservation Alliance. She voiced her disagreement with

using agricultural land for solar projects and also brought up the previous problems in the county, saying: "We've already had one destructive solar project in Essex County. Do we want another one?"

Members of the Board were also skeptical. Supervisors Magruder and Smith asked questions concerning fire suppression and future review of the permits but Supervisor Gill was the most adamant, stating:

"Solar does have a loss further down the road. A lot of the infrastructure in this county is predicated on agriculture. We have farm equipment dealers, farm insurance carriers, supply stores and we have grain markets. I know this is a smaller scale project but the total economic impact needs to be included in those site agreements."

A vote on the matter is scheduled for January but, considering the statements of the public and the Supervisors a final approval seems unlikely.

As usual, there was more school drama in December. The Board of Supervisors has agreed to release 1.2 million dollars in state funds under the condition that the only be used according to the guideline detailed by the state.

The allocation has been delayed due to the fact that the schools have failed to provide a Capital Improvement Plan or a Comprehensive Plan in compliance with SOQ standards approved by the School Board. They have also failed to provide a copy of the school's policies regarding purchasing policies and procedures as well as those regarding financial management.

The funds have to be used by June 30th or returned to the state so time is of the essence. All of the Supervisors agreed except for Sidney Johnson who stated: "If the schools are under obligation to spend the funds in a certain way how can we intervene in that process?"

Chairman Akers tried to explain it, saying: "We do not want this 1.16 million to go away so it would behoove us

to discuss how the funds should be used and inform the School Board." Mr. Akers also pointed out that the schools were supposed to have the requested information to them by September but it still has not been received.

The County Attorney, Max Hlavin tried to explain further, stating: "The appropriation can be appropriated for specific functions under the funds. You can restrict them on the spending of the funds because that's what the appropriation is."

Despite the explanations of Chairman Akers, The County Attorney and County Administrator April Rounds, Johnson was not to be deterred, asking again: "Then why don't we let the schools do with the money what they want to do with it?"

Chairman Akers tried once again to explain the procedure on why the schools cannot do whatever they please and reminded Johnson that the schools had failed to provide the information requested so the lack of transparency has caused unnecessary problems in what should be a very simple process. The Board ultimately voted 4 to 1 to release the funds for the three approved categories with Johnson dissenting.

This attitude by Johnson of letting the School Board do as they please has been a longstanding problem. In fact, a recent article in this publication asked which Board Johnson is actually working for. The answer appears to be obvious.

KING GEORGE, CONTINUED FROM PAGE 6

Dahlgren West (data center tech park) - Harwood

Power LLC has earned the approval of the Planning Commission (Public Hearing Tuesday, Dec 10) in their application for a Special Exception permit for a "Battery Energy Storage Facility". The recommendation is forwarded to Board of Supervisors for further action. Watch the BoS pre-meeting agenda for the future date.

King George Technology Center Progress- After the Green Energy Ventures meet and greet at the L.E. Smoot library on November 21, a formal presentation took place at the Planning Commission meeting on December 10. Application Z-2022-00021 & Z-2024-194, King George Technology Center/Green Energy Ventures Data Center Rezoning and Special Exception. These data center developers have been working in KGC since 2021. They were the first-having begun at the old Birchwood Power property and now are working with 352 acres of land between the former power plant and Route 3. They are including 18 acres of land for a water treatment facility. They intend to build 7.2 million square feet over 10 years. The completed buildings will support 1,200 high tech workers over 3 shifts and generate an estimated 18.7 million in annual tax revenue. First occupancy is expected in 2027. Key issues: Noise,

CONTINUED ON PAGE 8

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KING GEORGE, CONTINUED FROM PAGE 7

light, traffic, and water.

Bye-Bye to Sewage Treatment plant(s)- The December 3 Board of Supervisors meeting (SA-12-03) saw the bid approved that includes the cost of decommissioning the Purkins Corner waste treatment plant (WTP) & laying some new water and sewer pipes. Cost: \$8,451,985.00. Another sub-par WTP will be following suit after Purkins Corner.

Gibson Solar – The Planning Commission on December 10, received an update from Ryan Gilchrist on Application Z-2024-00184, Gibson Solar Special Exception (This is the combo dual use/hybrid model for solar using sheep). Of the 1,900 acres purchased/leased, 890 acres will be pasture/sheep/solar. 1,310 acres will be permanently conserved (timber and wetlands). It is noteworthy that the sheep population will start at 200-250 and gradually increase to an eventual 450-600. The regenerative farming methods employed are designed to improve the soil and pasture grasses over time. The proof is seen when the reinvigorated land is able to support more livestock.

Noteworthy was a part of the presentation that dealt with power capacity issues. The existing larger and smaller solar projects that are in various stages of development throughout the county have tapped out all the capacity of the existing lines to receive the generated power back into the grid. The cost to run new lines is too great to cost justify any new lines being built to come into the county. So don't expect any more solar projects that need to feed large amounts of electricity back into the grid.

Data Center JLARC Study- (Joint Legislative Audit and Review Commission) The rapid expansion of power-hungry data centers is having an impact on short and long-term growth of electricity generation infrastructure. Who pays for the lines and the power generation plants? Search: "JLARC data center study 2024" to find the 150-page study and appreciate the complex implications that face all Virginia counties. One interesting stat: "About 70 percent of global internet traffic flows through northern Virginia, according to certain estimates." Readers will notice that the Virginia Clean Economy Act (VCEA) of 2020 and its requirements for decarbonization of our energy infrastructure results in many raised costs and challenges in the years ahead. We will reserve judgment on what voters can do to change the modeled outcomes presented in the report.

County Debt- The challenge when one attempts an ongoing regular reporting of debt numbers is in providing data that is both accurate and timely. The feedback we get from county staff is that true accuracy only happens after the annual audit which is completed 5-6 months after the close of the books on June 30 each year. A 5 to 17-month delay in reporting is not going to work for most county citizens and residents. So how can one solve this snails-pace problem and provide more timely reporting?

The first step is monthly reporting of monthly and year-to-date budget amounts and expenses. This new reporting is in the works. We have not yet seen a firm target date yet. There are multiple departments and personnel involved along with new processes and procedures.

An interim presentation could be based upon the working documents used in the budget process. The challenge there is that as the year goes along things can change. So accuracy can suffer, and people could begin to mistrust what is reported if that differs from the monthly soon-to-be-reported numbers (future). We present these issues here to the public in a transparent way so that everyone can be aware of what the holdup is. The last thing people need to be inundated with is constant correction postings. We want to get this reporting right the first time and in a timely manner. We are also trying to report what the people want to see and not what we may think the people want to see and know.

Tea Party meeting in December included reports from Supervisors and other county officials.

KGMedia.Top continues to provide a Facebook/Meta presence that now includes a brief weekly county-wide calendar. KGMedia.Top continues to strive to be a low-cost source for KGC news and information.

LANCASTER, CONTINUED FROM PAGE 6

0 vote as Supervisor William Smith was not present at the meeting.

School Superintendent Jessica Davis was also present at the meeting and she provided an update on school activities for the Board. She was especially proud that the Lancaster schools were ranked 10th in the state for overall SOL score gains. Mrs. Davis also touted enrollment gains in JROTC, band and chorus as well as new courses in science, technology engineering and arts for grades K through 5.

The Superintendent also promoted the Teachers for Tomorrow program which encourages students to pursue careers in education with specialized training that can result in college credits and other opportunities. It has been highly successful in many schools and is a practical way to encourage and develop teachers for tomorrow.

Mrs. Davis also informed the Board that disciplinary problems are "on appositive swing" and cited the fact that disciplinary referrals have been cut in half. Many schools saw a surge in disciplinary problems after the Covid closures ended but, hopefully, that is finally being mitigated.

In other county news, the annual reorganization meeting was conducted after the regular meeting was conducted on December 12th. By a 4 to 0 vote (Supervisor Smith was absent) Ernest Palin was elected as Chairman and Jason Bellows was elected as Vice Chairman.

Regular meeting times will remain at 7 p.m. on the last Thursday of the month except for the holidays. The November meeting will be on the 20th and the December meeting on the 12th. There were no changes to the bylaws and the strategic plan was readopted.

The Supervisors also kept all of the Supervisor Board appointments as is. Many residents don't realize it but your supervisors also serve on several boards such as the Northern Neck Planning District Commission (NNPDC), the Social Services Board, the Virginia Association of Counties (VACO), the Rappahannock River Basin Committee,

the Broadband Authority liaison and the Bay Consortium Workforce Development Board. These additional duties are time consuming and the Supervisors deserve credit for their participation.

NORTHUMBERLAND, CONTINUED FROM PAGE 6

Most of the additional money requested will be for filling new positions, salary increases and increased health insurance contributions. The school budget increases over the past few years have generated a lot of public concerns as families and taxpayers are struggling to survive in a failing economy. The concerns are also magnified by the public perception that the quality of education continues to decline.

This topic was raised at the public hearing by county resident Karen Pica who noted that there was no mention of how to improve student outcomes or teacher support other than salary increases. She also questioned the amount of money spent on administration with the problems of the quality of education left unaddressed.

On a more positive school note, High School principal Travis Burns explained the cell phone policy to the Board. He began by advising them that all phones are to be turned off and out of sight during school hours. A first offense results in a verbal warning. A second offense will cause the phone to be confiscated and the parents of the student will be notified. A third offense will also result in confiscation and a notation will be placed in the student's record. A fourth offense will result in a one day suspension and barring the student from having a phone at school for the remainder of the year.

Although there is at least a policy in place, one would have to wonder why it take four offenses before any real consequences are imposed? This lenient approach encourages bad behavior. Some schools require cell phones to be left in lockers all day and some ban cell phones all together. It's time for some real discipline in our schools.

On January 15th the Northumberland County Sanitary District found a rupture in the main sewer line that runs under Cockrell's Creek. As the repairs began vacuum trucks were sent to the pump stations to remove sewage before more could leak out. All appropriate state and federal agencies were promptly notified.

On January 26th County Administrator Luttrell Tadlock issued the following press release:

"Crofton Industries was able to remove and replace the damaged section of pipe late Tuesday evening January 23, 2024 to prevent any further sewage leaks into Cockrell Creek from this section of pipe. The Northumberland County Board of Supervisors took emergency procurement action on January 25, 2024, to enter into a contract with Webb Boring & Well Inc. to install a new pipe crossing Cockrell Creek and to abandon the old sewer pipe. All applicable permit applications are being filed with regulatory agencies.

Northumberland County would again like to thank all those that assisted the County with this matter: Crofton In-



Habeas Corpus: From England to Empire
by Paul D. Halliday

ANGLO-HERITAGE COURTS NOW AN EMBARRASSMENT TO OUR HISTORY

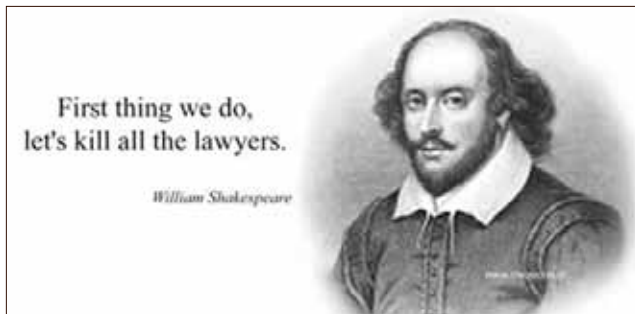
Howell Wolz

Chances of getting 'justice' in an English, American or Australian court will soon reach zero -- thanks to the Bar Associations that have so terribly mismanaged them
RATE OF REVERSIBLE ERROR--EVEN IN DEATH PENALTY CASES--82% IN 'THE LAND OF THE FREE'

FACT 1--According to a Columbia Law School compilation--from state and federal court reviews of death penalty cases over a 26 year period--9% were provably innocent when put to the hazard and 73% of the death penalties were reversed due

to such egregious violations of the defendants' rights that the outcome was undependable.
<https://www.newyorker.com/news/news-desk/the-destruction-of-defendants-rights>

FACT 2--During the decades leading up to the American Revolution, the King's Bench in England granted petitions for writs of habeas corpus and released those being illegally held at the incredible rate of 83 %--almost the same rate of error in today's American courts--except they are not released. (Habeas Corpus: From England to Empire, by Paul D. Halliday (Belknap Press, 2010)



Was Shakespeare right in Henry VI, Pt 2--or is there perhaps a less violent solution?

MY TAKEAWAY IS

THIS: If roughly 82% of prisoners are illegally held today in America, versus 83% being released by Lord Mansfield and The King's Court as being illegally held leading up to The American Revolution--maybe it's time for another American Revolution!

WHAT TRAIT DO ALL CORRUPT JUDGES, PROSECUTORS AND DEFENCE ATTORNEYS SHARE?

These corrupt men and women of all shades and hues have just one thing in common. They are ALL members of private monopolies going under the name--BAR.

That's right. Every form of judicial corruption be it a crooked judge, a lying prosecutor or incompetent defense attorney who refuses to defend--every one of them is a member of a private BAR monopoly, which is 100% responsible for judicial corruption from local to global levels.

NAME ANY FIELD WHERE YOU CAN 'GET IT WRONG' 82% OF THE TIME AND STILL HAVE TOTAL CONTROL

The corruption of our Anglo-heritage judicial system began in the mid 1600s when "the Crown of England established a formal registry in London where



Photographer's caption is "the corrupt and incompetent Bahamas Bar Association". I knew many of these crooks when I lived in Nassau, and it's no different than New York, London or Canberra--all are corrupt

greater tyranny of those controlling the law--and who could practice it--The British Accredited Registry.

When America was still a chartered group of British colonies under patent -- established in what was formally named the British Crown territory of New England -- the first British Accredited Registry (BAR) was established in Boston during 1761 to attempt to allow only accredited barrister-lawyers access to the British courts of New England. This was the first attempt to control who could represent defendants in the court at or within the bar in America.

Today, each corporate STATE in America has its own BAR Association.

UNTIL THE BAR ASSOCIATIONS LOSE THEIR MONOPOLY STATUSES, WE'RE STUFFED, MATES


As long as these thugs in robes and pinstripes run our courts and systems of 'justice' via their state-sanctioned monopoly power, there will be absolutely no change.


The Tommy Robinsons will still go to prison for speaking truth and illegal alien rapists/murderers will still be coddled--often without



Tommy Robinson is in prison for telling the truth while the Muslim rape gangsters walk free--and 'the bar' calls this justice

CONTINUED ON PAGE 10




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ANGLO-HERITAGE, CONTINUED FROM PAGE 9
penalty—and free to commit more heinous acts against those whose nations are being invaded—‘us’.

The destruction of defendants’ rights and the decimation of our once-proud system of justice is 100% the fault of the Bar Association monopolies who rule them, and until those outside their system can access the courts—and truly ‘just’ proceedings—we may as well set up our own.

Does this picture look familiar? If Islamists illegally on our shores are allowed to create and run their own courts, citizens of heritage should have the same power, no?



GB News announces, “Britain becomes ‘western capital’ for sharia law courts as 85 open throughout the UK” Dec. 18, 2024

IF BIG MO AND CREW CAN CREATE THEIR OWN COURTS, WHY DON’T WE?

What we’re proposing in the United States are Article III (Judiciary clause) District Courts of the People, which can be created by a simple statute as so many others have



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been (tax courts, immigration courts, admiralty courts, bankruptcy courts etc). The full proposal can be seen and shared at howell-woltz.com (Take Action).

In short, we’ve asked Congress to create a system of courts (one per congressional district—as distinguished

from federal court districts) where any citizen living in that district who has a working familiarity with the U.S. Constitution can be elected as the Court Ombudsman, with full staff, to hear cases where a citizen’s rights were violated under color of law.

What does that mean, ‘under color of law’ you ask?

Suppose a federal judge and prosecutor hold you beyond the 70 days required by The Speedy Trial Act of 1974 (and Sixth Amendment) to bring you to trial, for example, as has been done to almost every January 6th patriot in America—some of whom are still awaiting trial four years later?

The law required all of these patriots to be brought to trial within 70 days of arrest absent a short list of ‘excludable delays’ yet none of them were.

So in short, these judicial officers committed a crime using their authority ‘under colour of law’ and are each liable for violating those rights pursuant to 18 USC §242:

Whoever, under color of any law, statute, ordinance, regulation, or custom, willfully subjects any person in any State, Territory, Commonwealth, Possession, or District to the deprivation of any rights, privileges, or immunities secured or protected by the Constitution or laws of the United States ... shall be fined under this title or imprisoned not more than one year, or both..

But the corrupt judge—most likely a former prosecutor herself—and the U.S. Attorney who held you there colluded with each other, probably in concert with your defense attorney, making this a ‘conspiracy to deprive rights under color of law’ making the sentence 10 years and fines of a million—for each of them. (18 USC § 241).

If someone died as a result of this judicial crime, this judge, prosecutor and even private individuals like your corrupt ‘defense’ attorney who conspired with them to do this, are all liable to

be executed as well.

**Rather powerful stuff, no?
BUT WHO WILL CHARGE THESE GOVERNMENT GANGSTERS FOR THEIR CRIMES?**

Now you see the problem, don’t you?

These laws have been on the books forever but there is no one in the system who is not part of the BAR cabal to charge them—so they go free as they have in all of the J6 cases— paying no penalty for the deprivation of rights they so clearly committed against those they swore to serve.

So we propose setting up a District Court of the People run by an elected Ombudsman in each congressional district in America with the authority to do two things:

1. Grant immediate relief to those who prove they were so violated; and to criminally charge any who violate a citizen’s right under the color of their authority—and
2. any who conspired with them to do so—including public or private actors.

CONTINUED ON PAGE 17



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LETTERS TO THE EDITOR

THE SOLAR FARMS MYTH

The Northern Neck of VA now has 10,000 acres of Solar farms (5000 in Richmond county AND 5000 in Lancaster county) built with very little

Public scrutiny. They first clearcut the land of all existing trees and then enclose the perimeter with a row of fir trees to hide it from view. This was all done for the 'greater good' to reduce the 'Carbon Footprint' of Producing electric power with fossil fuel in order to save the planet.

Let us review the science of this idea with typical facts that can be checked on Google:

OXYGEN SIDE

A typical tree produces enough oxygen to support 4 persons per year. While there are on average 200 to 400 trees per acre lets, conservatively speaking, use the 200/acre in our example to show that therefore:

1 acre would provide the yearly needs for 800 people.

So consequently this 10,000 acre solar farm will remove and will extinguish enough Oxygen for 8,000,000 people or roughly the population of New York City.

CARBON DIOXIDE SIDE

As we've all been told, one of the basic greenhouse gas emissions responsible for climate change is Carbon Dioxide. This gas as we all know from our high school biology class makes up a large percentage of our atmosphere and is converted during the photosynthesis process in trees to make oxygen for us to breathe. The carbon that is a

byproduct of this process is stored in the fibers of the trees and remains there through the life of the tree and even it's afterlife when it is turned into commercial lumber. The Photosynthesis process therefore removes 48 pounds of CO2 per tree per year. For the 10,000 acres in just these 2 counties of Virginia a total of some 96,000,000 pounds of CO2 would NOT be removed from the greenhouse gases in our environment.

SOLAR PANEL SIDE

The solar panels used in these FARMS as you know are not made in this country but produced by our favored nation trading partners in CHINA and transported here by ship. The panels themselves are only 20% efficient AND have a limited lifespan of 20 years after which they have to be replaced with new panels while throwing the old ones on the hazardous waste dump.

Imagine 10,000 acres of all those panels stacked up in hazmat sites or dropped in the ocean.

ADDITIONAL ENVIRONMENTAL EFFECTS FOR THE SOLAR FARMS

During the operation of these panels the water runoff from rain and snow has been shown in Essex County to turn the creeks a yellow color. Note that the panels contain lead and cadmium in addition to glass in the panels so the runoff should be of great concern to the quality of the soil under the panels.

Also, the reflected heat from the dark panels throws a

tremendous amount of heat back into our atmosphere which will add to the ever-increasing GLOBAL warming.

REDUCED FARM LAND

As we all know, the Northern Neck of Virginia is a most fertile growing area for crops for which the Chicken industry is greatly dependent on. When we remove the normal farmlands from production those industries have to find other resources. Not only would these lands be lost for the 20 year life of the panels BUT those former solar farms would never be useable acreage for

Crop production as the runoff makes the land unfertile for many years thereafter if not forever.

ELECTRIC VEHICLE
CONTINUED ON PG. 15



Taylor Wood [Photo Credit: WTVR.com]

TAYLOR WOOD ON WESTMORELAND NEWS

It was extremely distressing to read the deplorable article published in the Westmoreland News on December 11th by

Michelle Smith. As a supposed "caring community newspaper since 1948," one would think you would take your readers into consideration before publishing gory and graphic details about our daughter's murder.

Taylor Wood was a beloved teacher of Washington District Elementary School in your community for over five years. Her first cohort of students are seniors in high school this year and capable of reading the account of the trial of one of her accused murderers. Her most recent class is now in seventh grade. Those young people have fond memories of their teacher, memories that are now contaminated by the filth you chose to publish about her demise.

This article victimized Taylor, and traumatized her family, her friends, and her students, most of whom were not privy to this information. This hardly seems like a "caring" newspaper, one that purports to care for its community. Taylor's students are members of your community.

Rather than featuring the mug shot of the alleged killer, you could have included a picture of Taylor. You could have focused on asking where we are supposed to find justice for her. Instead, you took the lowest and most explicit road to exploit her death.

With another trial scheduled this spring, we hope the editors will make a more judicious decision when approving a reporter's article. Publishing such minute details of the evidence used in the trial also potentially contaminates the jury pool for the second trial.

We have to wonder what kind of a person decides to trade in a person's death to such a degree purely for views and clicks. What kind of a person publishes such heinously graphic details for profit?

We hope that in the future your professional judgment will take into account the younger and vulnerable members of your community whom you hope will be reading your newspaper. Show that you are indeed the "caring community newspaper" you advertise yourself to be.

Robert and Lisa Wood; Mechanicsville, MD

LETTERS TO THE EDITOR POLICY

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

- Please limit submissions to 500 words.
- The deadline is the last work day of each month.
- Profanity and personal invective will not be allowed.

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RICHMOND, CONTINUED FROM PAGE 6 treated differently than inmates but, according to several conversations with former detainees, both inmates and detainees are routinely abused.

Another problem at NNRJ is that, in addition to those prisoners from the participating counties of Richmond, Northumberland, Westmoreland and Gloucester, there are large numbers of federal detainees housed at NNRJ which poses a threat to the local prisoners.

Local prisoners are generally in for relatively minor, non-violent offenses whereas federal prisoners are more likely to be murderers, rapists and other violent felons. While these two groups are supposed to be segregated, they are

not. In fact, there are numerous reports of intentionally placing non-violent detainees with violent offenders as a form of punishment.

In the March, 2023 edition of the Sentinel is an article describing an address to the Board concerning abuses at NNRJ by NNP Chairman Tom Jeffries. The article reads, in part:

“For the second month in a row the public comment period contained comments concerning alleged abuses at the Northern Neck Regional Jail (NNRJ). Addressing the subject was Tom Jeffries who is the Chairman of the Northern Neck Patriots.

Mr. Jeffries told the Board of remarks from a detainee

that he had heard at one of the Friday night vigils regularly conducted at the jail. He also asked that the Jail be included in the regular monthly agenda as more disclosures would be forthcoming. He then played part of a recording published in Gateway Pundit where detainee Geoffrey Sills describes the violent assault on fellow detainee Ryan Samsel by staff at the Jail.

It described how Samsel was cuffed behind his back despite orders from the Jail doctor not to do so due to previous injuries. According to Sills Captain English then chastised Samsel for not cooperating with the government and he was dragged down the hall, his head was smashed into doorways, he was stabbed with jail keys and was further assaulted upon arriving at his cell resulting in numerous injuries including a fractured skull.

Mr. Jeffries noted that many of the employees at the Jail were good people but encouraged the Board to read the articles in the Gateway Pundit as well as the Northern Neck Sentinel for further information and hoped that they would look into this further.”

The Sentinel reports on this topic regularly and much of our emphasis has been on the J6 detainees who are now being released as their sentences expire. It is also widely expected that incoming President Trump will pardon many if not most of the J6 prisoners after he takes office on January 20th.

It has recently been announced that a 50 billion dollar lawsuit has recently been filed by over 100 J6ers and, according to an article recently published by the Gateway Pundit:

“In a groundbreaking legal battle, over 100 January 6 political prisoners have come together to file what is being hailed as the largest lawsuit ever against the Department of Justice.

Officially named the January 6 Restitution and Wrongful Incarceration Lawsuit, this \$50 billion class action is spearheaded by Jake Lang, a January 6 prisoner who has been incarcerated for nearly four years. Lang, through his new organization, Federal Watchdog, the Anti-Lawfare Group, is joined by an esteemed team of conservative attorneys, including Steven Metcalf, Anthony Sabatini, Stephanie Lambert, and Jonathan Gross. Together, they aim to expose the injustices faced by January 6 prisoners and secure much-needed restitution.”

Sentinel staff has been coordinating with some of the attorneys involved and has further learned that a lawsuit involving former NNRJ detainees is under way. NNRJ has been sued repeatedly throughout the years but usually by individuals with limited resources. They have been forced to settle some of the lawsuits but it has not deterred them from further abuses.

Richmond County could be particularly affected in that the NNRJ is located in the County and members of the NNP have spoken out about these abuses at NNRJ Jail Board meetings for over two years. According to Richmond County Administrator Hope Mothershead, liability coverage for the County is purchased through the Virginia Association of Counties (VACO) of whom they are a member.

Aside from the financial consequences the situation at NNRJ is a stain on the county's reputation. Robert Morss, who was detained at NNRJ for over a year, has recently coauthored a book called One Question Remains. An article discussing this new book is on the front page of this edition.

Hopefully, Richmond County will take this situation seriously as a large lawsuit could be problematic for one of the poorest counties in the state.



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Division

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Rachel Pill

BOARD MEMBERS

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Carol Greenwald
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PHOTO MONTAGE
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Dear Friends,

Since 1994, One Israel Fund has been the premier organization securing and developing the communities in Judea, Samaria and the Jordan Valley. With your ongoing support many families and individuals have been able to call these places 'home'.

October 7, 2023 - Simchat Torah 5784 is the date our world changed forever. *One Israel Fund was immediately ready to fill emergency needs. In response to the attacks of October 7th, we created a new initiative- the One Israel Fund Women's Division, to focus on our sisters in the Heartland of Israel who suddenly needed to take almost sole responsibility for their families, businesses, farms, schools, vineyards and security while the men left to fight the ongoing war.*

These women are incredibly strong, but also human and vulnerable. On our inaugural leadership mission in February, we had the opportunity to connect with many women and learn about their needs. The Women's Division plans to have a yearly leadership mission. This year, it will take place February 17-24, 2025.

The vision of the One Israel Fund Women's Division is to build meaningful connections between caring women in America and the inspiring women of Judea and Samaria. We will meet together with these women, listen, learn and help them to thrive despite their tremendous daily challenges.

We invite you to join us and become a member of the One Israel Fund Women's Division Your membership will directly empower these courageous women and provide needed resources.

Choose your membership level and directly empower the incredible women of Judea and Samaria. Please visit oneisraelfund.org/wdmembership or scan the QR code.

<p style="text-align: center;">General \$180</p> <p style="text-align: center;"><i>Support our mission</i></p>	<p style="text-align: center;">Gold \$500</p> <p style="text-align: center;"><i>Receive limited edition print of original artwork by Marc Provisor, famed artist and security projects consultant for One Israel Fund</i></p>
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Wishing you and your family a Happy and Healthy New Year.



Rachel Pill
President, One Israel Fund Women's Division



Jacqui Herman
President, One Israel Fund

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Schools & Education



Photo Credit: UfaBizPhoto/Shutterstock

HOW TO REVITALIZE AMERICA'S EDUCATION SYSTEM

Adam Ellwanger

Imagine these words as the first speech delivered by the incoming secretary of education:

"Today, I am here to deliver bitter medicine: American education has failed. Teachers and parents, administrators and government—and even students—all bear some responsibility."

The most common explanations for our educational crisis are inadequate funding, overuse of standardized testing, and systemic prejudice. They are false.

- Our schools do not lack funding—no country spends more on public education.
- The poor results of standardized tests indicate our failures; they are not the cause.
- Our schools are not prejudiced—the most aggressive education reforms since 1955 directly aimed to eliminate systemic discrimination.

For decades, we ignored signs of trouble, but the COVID-19 pandemic revealed the depth of our challenges. The problems are so pervasive and complex that there is no quick fix. We cannot merely repair; we must rebuild.

Since 2020, American families have struggled mightily. The declining quality of education prompted affluent families to opt out of public schools, leaving middle- and working-class families with diminished resources and influence to push for reform. States' refusal to enact school choice reforms widened the wealth gap and limited general mobility. But lower- and middle-class families bear some responsibility, too. The rise of single-parent households, less common among affluent families, has been catastrophic. When the only adult in the home works up to 60 hours per week to make ends meet, there is little time for homework help, PTA meetings, or engaging with school officials. Even in households with two working parents, time and energy are often in short supply.

Teachers, for their part, have good reason to despair. Despite the monumental importance of their work, many are underpaid. They face administrators who value standardized test scores above all else. Meanwhile, declining standards for decorum and discipline, often justified in the name of "social justice," have made schools unsafe for both teachers and students. Violence and insubordination create an environment unfit for serious learning. Some parents treat schools as daycare centers or demand good grades for minimal effort. Worse, parents of disruptive students often refuse to ensure that their children do not rob others of the opportunity to learn.


Yet teachers, too, have failed. They inflate grades to keep their jobs but do no favors for students unprepared for future challenges. This, in turn, lowers the quality of education for students ready for more advanced work, driving gifted students out of public schools. Another harsh truth is that many teachers are unprepared for the job. The educa-

tion system has failed for so long that many teachers have never mastered the material they are supposed to teach. Colleges steer future educators toward "education" majors, where coursework focuses more on leftist "social justice" ideology than on subject mastery. Some graduates believe that their mission is to "dismantle" an "unjust" society by creating anti-American activists.

When these activist-teachers enter classrooms, they often abandon their duty to transmit America's culture, knowledge, and values. Instead, they teach students to disdain their nation, its people, its past, and its way of life. This undermines social cohesion and deprives disadvantaged students of the tools they need to succeed.

Outdated curricula exacerbate these issues. Most schools still use models from the late 20th century, failing to address how computing, the internet, and artificial intelligence have transformed how we read, write, and learn.

CONTINUED ON PAGE 15




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REVITALIZE, CONTINUED FROM PAGE 14

Even in innovative schools, teachers often struggle to balance the needs of non-native English speakers with those of native speakers, diluting the educational experience for the latter.

Our colleges and universities are also broken. Admitting underprepared students has lowered academic standards nationwide. General education curricula often assume a need for remediation, leaving motivated students without the challenge or preparation they deserve.

Government-run financial aid has inflated tuition costs while diminishing the value of college degrees. Proposals to cancel student debt signal to universities that they can continue raising prices without consequence, encouraging predatory admission policies that saddle students with unmanageable debt.

How Do We Revitalize US Education?

Nothing short of an academic Sputnik will suffice. Just as Sputnik spurred the urgency that sent Americans to the moon, we need a bold initiative to revolutionize education:

- We will create K–12 curricula prioritizing history, civics, and an understanding of our government.
- We will eliminate curricula that divide Americans by race, class, religion, sex, or sexual identity.

- We will implement school choice nationwide.
 - We will end federal student loan programs, allowing private lenders to evaluate borrowers' ability to repay. Conditional lending will force colleges to lower tuition and revise admissions and program offerings.
 - We will expand vocational training and enhance opportunities for gifted students.
 - We will raise teacher credentialing standards to ensure advanced subject knowledge.
 - We will enforce decorum and discipline in schools. Uniforms will unify student bodies, and measures such as suspension and expulsion will ensure that classrooms are conducive to learning.
 - We will revise college accreditation standards to reflect post-graduation success and employment metrics.
 - We will penalize public colleges and universities that engage in discriminatory admissions practices.
- And that is just the beginning.

The destiny of our nation depends on education. The effort to revitalize our schools must be as bold as our aspirations. Together, we will bring U.S. education into the 21st century. Together, we will make American education great again.

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NORTHUMBERLAND, CONTINUED FROM PAGE 8

dustries, Omega Protein, Smith Point Sea Rescue, Charles Williams, Chip Williams, Spencer Headley, W.C. Lower, and the Sanitary District Staff.”

The County Staff, Board of Supervisors and others are to be commended for their rapid response to what could have been a much worse situation.

SOLAR FARMS, CONTINUED FROM PAGE 12

CONCERNS

The proposed mandates on eliminating fossil fuel vehicles and replacing them with EV's using lithium battery power as per my calculations would require enough solar farms in the United States in an area the size of South Dakota. This would be in addition to the amount of land needed to power our homes and industry. Removing this amount of land would be devastating to our farming program altering us from the being the breadbasket of the world to forcing us to be dependent on other countries for our food sources.

D. Ryan; Lottsburg, VA.



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Post season shed find

SHED ANTLER HUNTING

Mark Fike

Deer season is over but there is the post season when hunters can get out and look for shed antlers. Most antlered bucks shed their antlers in January and February with the oddball bucks

shedding in late December or March. The decrease in testosterone causes this. There are several reasons to go shed hunting.

Shed antler hunting allows hunters to gather information about deer that can be used next season. Deer are generally relaxed and back in their normal behavior routines by mid to late January and February. If a shed hunter moves quietly, they may observe where deer are sunning, traveling or feeding. New bedding areas are often located when the woods are bare and the focus is not on stalking and shooting. A whole new perspective can be had when in a relaxed "hiking and hunting for sheds" mood is in play.

Second, shed hunting is good exercise and can be a family affair which means some "on the fly" education can be passed along to kids and other family and friends. I like to take the whole family at midday when the temperatures are not too bad and when everyone has had a good breakfast or an early lunch. This is an excellent time to point out old deer rubs, travel corridors, good stand locations and so on. January and February are also excellent times to see

other wildlife such as eagles and other birds when there are no leaves on the trees and you are less likely to run into ticks, poison ivy and other noxious or irritating things.

So, where do you look for shed antlers?

I like to look for sheds in the afternoon. The sun has a different angle in the winter months and hits white antlers just right to allow them to stand out among the leaves or ground cover. Use binoculars to look at opposing hillsides and take your time scanning.

Do not overlook thickets or thick areas as this is often where the antlers are jostled off. A field with some hedge-grows is going to be a great place to look. Bedding areas are also great places to look. If you are able to access a dense cutover you will likely find sheds there. Anywhere there is good cover is where the antlers will be found.

Fence crossings and places where a buck has to duck under a log or jump over a log on a trail might jostle antlers loose. I also have found antlers on the banks of creeks where deer jumped to cross. When you find one antler, keep that location in mind for future excursions. Deer are creatures of habit and you will likely continue to find antlers in that area.

Squirrels and mice will begin gnawing on antlers after they are on the ground, so do not wait too long to go looking. Not only is it really rewarding to find an antler, but it is fun to try to find the matching side too. It should not be too far away. Finding an antler that is fresh tells you that the buck survived the season and hopefully will grow an even bigger set of antlers the following season!

Some people have trained dogs to help them find antlers. That is also an activity that has a good following. Labs are really good for this, but no certain breed has the monopoly on shed hunting. Dogs all have great noses. The trick is to get them to understand what you want them to look for.

So what do you do with the sheds you find? Of course,

that is up to the person, but I have seen home decorations made from them to include light fixtures, a stringer of antlers on paracord, knife handles, pens and other items. For me, simply having a unique shed on a shelf allows me to look up while on the computer and remember a nice day afield. For others it may be a conversation

CONTINUED
ON PAGE 17



BLIND ETIQUETTE GOES A LONG WAY

Mark Fike

With deer season now over and small game and waterfowl season taking center stage, a short primer on some blind rules might be in order.

Dogs

If you have a dog that retrieves and you are invited to a hunt or to hunt with someone the best thing to do is ask if you can bring your dog. Well, perhaps the best thing to actually do first is ask yourself if your dog can behave and do the job that it may be called to do.

One year we had a goose hunt we were invited to. A gentleman wanted to bring his dog. The guide was iffy about it and he hunts pretty much to just see his own dog work and for that reason his dogs are superb. The invitee brought his dog and the dog was out of control. It was like having a spoiled child on the loose. The dog was constantly being reprimanded and the whole hunt was disrupted by the selfishness of this individual who insisted on bringing his dog despite him not obeying basic commands. At one point the dog was tethered to the ground blind and decided to make a run for it. The blind nearly got torn apart. I began wondering about the future of that dog. The sad thing is that the owner kept talking about how great the dog was. I should have stayed in bed that morning!

If you bring a dog on a waterfowl hunt, introduce the dog to everyone and tell everyone about any quirks the dog has. We have a dog that was a bit nervous if someone just randomly walked up and grabbed it or suddenly touched it. A friend did just that once and the dog whirled around and snapped at him. I felt a little bad for both of them. The next week I warned him to not say anything to the dog but approach with his gun in hand before we walked to the blind. He did and the dog warmed up quickly and upon seeing his waterfowl gun and camo, deemed him a friendly and cozier

CONTINUED ON PAGE 17

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Baily striped up

BLIND ETIQUETTE, CONTINUED FROM PAGE 16

right up to him and wanted to be friends despite the bad experience the week before.

Everyone on a waterfowl hunt needs to be aware of the dog and firearms. A rule a good friend of ours has is that if the dog is out retrieving, all gun safeties are ON until the dog is back in the blind. We do not leave guns lying or propped up loaded where the dog can step on a trigger and set a gun off either. Things happen in the chaos of a flight of waterfowl. Take extra steps to keep the dog and the hunters safe.

Calling

When on a hunt and you are a guest, do not call unless those arrangements have been worked out. Some people think they are the world's greatest callers and they flare birds. It does not matter how many years of experience you feel you have, it does not mean your experience added up to anything more than flaring birds! Ask the host if you can call and then proceed as directed. I carry my calls with me and I never use them as a guest unless the host makes that suggestion. I have no issues trying to call but if I get a look telling me I am not in synch with the host, I shut it down. Too much calling is a recipe for flared birds.

Bragging

Every duck or goose blind has an element of bragging in it. That is part of the hunt I suppose. However, too much bragging by the same person can wear on the nerves of others and when people are talking later I guarantee someone is going to say, "Well, he or she sure knows a lot!" with a heavy dose of sarcasm. You may not find yourself invited back if you brag or "know" too much.

Sky busting

All waterfowl hunters reading this are already groaning. Those that shoot when the ducks are so high in the air that they have their tray tables down and the in flight movie going should have their guns taken away. Ducks have to be in range. That means 50 yards or less and it is greatly preferred to be 40 yards or less. No one benefits from a volley of shots at 60-70 yards except the birds that are now educated and the ammo manufacturers. Wait for the hunt master to call the shot and then shoot but choose your shots carefully.

Movement

When the birds are coming in, do NOT look up. That is the surest way to flare birds except maybe standing up and yelling. The hunt master will tell everyone when to move. Wear a mask, a hat and/or camo up good but do not move.

Movement draws attention to you and not the spread and gets birds nervous.

This season, consider any invites to hunt waterfowl a blessing and show some gratitude by observing some blind etiquette!

SHED ANTLER, CONTINUED FROM PAGE 16

starter about antlers and how they form or maybe a story about a big buck that got away. Whatever your reason, finding sheds is good exercise, fun and relaxing and it can be a family affair as well.



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ANGLO-HERITAGE, CONTINUED FROM PAGE 10

I worked on over 400 federal criminal cases between 2006 and 2012 and not one of these men were ever brought to trial as the law and due process required—because there is no one to charge government criminals—ab-

sent new District Courts of the People. If we had them, the DC gulags would empty overnight—because every single J6er had their rights of due process and a speedy trial denied 'under color of law' by the judicial thugs in conspiratorial collusion with leading media figures and agents. THE CORRUPT BAR EVEN CONTROLS THE UNITED NATIONS AND WHO THEY CAN HOST FOR TALKS

In 2011 a book I wrote, *Justice Denied: the United State v. the People*, became the basis of a documentary by that same name in 2013.

I was invited to the United Nations in New York City to make a speech on the topic of

judicial corruption where the film was also to be premiered.

The presentation and film debut, however, were cancelled at the last moment—by the American Bar Association—who said my presentation and story might undermine the credibility of their profession.

No kidding. Goons with an 82% rate of error—even when they are putting the citizen to death—should worry about their 'credibility', I agree, but hiding their crimes from scrutiny is not the way to fix it.

What they did instead was prevent the public from seeing it after the damning evidence of the Columbia Law School summary was published in 1995 by pushing the A.E.D.P.A. (Anti-Effective Death Penalty Act) through Congress which basically eliminated any means of a wrongly-convicted prisoner to challenge their perfidy.

That's right. That law, in effect, eliminated the Constitutional right/privilege of habeas corpus.

We have no way of knowing how much evil these people do today without such means of scrutiny, but it isn't any better, I can assure you—as they've just proven with the J6ers by violating the sacred constitutional rights of every single one of them.

The only way to turn this around is to be able to hold the BAR bandits to account—and we'll need our own District Courts of the People—and similar remedies in other nations—to bring justice back within reach of the citizens.

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SPORTS



WASHINGTON DECEMBER SUMMARY FROM THE OUTHOUSE TO THE PENTHOUSE

Washington began December with a 42 to 19 blowout of the Titans to end a 3 game losing street and reinvigorate their playoff hopes. To illustrate just how dominating Washington was, they led in total yards 463 to 235, time of possession 40:13 to 19:47 and first downs 29 to 12.

The run game was completely lopsided as Washington gained 267 yards to 35 for the Titans. Because of this Washington threw only 30 passes but quarterback Jayden Daniels completed 25 of them for 206 yards including 3 touchdowns and an interception. Daniels also rushed for 34 yards including a touchdown.

Brian Robinson led the way on the ground with 103 yards and a touchdown and second year player Chris Rodriguez gained 94 yards on just 13 carries for an impressive 7.2 yards per carry average. Rodriguez showed potential as a rookie and it looks like he will be getting more carries going forward.

Titans quarterback Will Levis was 18 of 37 212 yards and 2 touchdowns and was sacked twice but he was hurried all day which accounts for his poor completion percentage.

As usual, Terry McLaurin was the leading receiver with 8 catches for 73 yards with 2 touchdowns. That brings his touchdowns to 9 this year which is his career high. Tight end Zach Ertz chipped in with 3 catches for 35 yards including a touchdown as the 34 year old veteran has proved to be a free agent steal.

On defense, rookie cornerback Mike Sainristil continued to shine with 7 tackles and linebacker Frankie Luvu had another sack. Defensive linemen Clelin Ferrell and Daron Payne also split a sack and the defense overall had perhaps their best game of the season.

With their bye week up next and the struggling Saints up on the 15th, a victory would practically guarantee a playoff spot.

Although Washington managed a narrow 20 to 19 victory, some problems emerged that need to be addressed. The most glaring is the lack of depth behind star receiver Terry McLaurin. This has been a problem all year but, with the recent loss of number 2 receiver Noah Brown and the concussion to starting tight end Zach Ertz against the Saints, the problem has become chronic.

Despite his depleted receiver corps Jayden Daniels had another strong day going 25 of 31 for 226 yards with 2 touchdowns and no interceptions. He was also the leading rusher with 66 yards followed by Brian Robinson with 65 yards. Terry McLaurin was the leading receiver with 7 receptions for 73 yards including 2 touchdowns.

The second emerging problem was the offensive line performance which surrendered 8 sacks. The loss of starting center Tyler Biadasz to illness just before the game was problematic as his replacement Michael Deiter was steamrolled all game. It should also be noted that 3 of the "sacks" were when Daniels ran out of bounds before reaching the line of scrimmage. Expect significant turnover on the offensive line in the offseason.

CONTINUED ON PAGE 19



DALLAS DECEMBER SUMMARY

PLAYOFF DREAMS DEMOLISHED

Going into the Bengals game the Cowboys were on a 2 game win streak and were looking to turn their season around. Despite high hopes Dallas lost 27 to 20 in a game they could have easily won. With 3:38 left in the game and the

score tied 20 to 20 Dallas forced the Bengals to punt from deep in their own territory. When the punt was blocked it looked like Dallas had the game won as they would already be in field goal range with plenty of time and all of their time outs.

Then a flag was thrown. It turned out that a Dallas player had muffed the ball trying to recover the blocked punt before a Bengals player jumped on it. Because a member of the receiving team touched the ball it was live and the Bengals now had the ball. They promptly marched down the field and scored a touchdown to win the game.

Although the Cowboys were crestfallen, the Bengals had actually outplayed them, gaining 111 more yards and recording 6 more first downs. Bengals quarterback Joe Burrow riddled the Dallas defense, going 33 of 44 for 369 yards with 3 touchdowns and an interception. Wide receiver Ja'Marr Chase dominated the Dallas secondary with 14 catches for

CONTINUED ON PAGE 20



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Jayden Daniels [Photo Credit: si.com]

WASHINGTON, CONTINUED FROM PAGE 18

Although the Commanders only managed a 1 point victory, it could have been much more without some Washington miscues. In the first half Terry McLaurin was wide open on a deep pattern but Daniels overthrew him by inches. In the second half McLaurin broke free deep down the sideline only to drop a perfectly thrown pass.

Washington was also stymied by 8 penalties for 84 yards and some bad officiating. Linebacker Dante Fowler had 2 sacks wiped out by roughing the passer penalties and at least one of them was a horrible call as verified by the commentators. On another occasion McLaurin was open deep down the field before the pass arrived but and was grabbed by the defender. Unfortunately, the official ignored the obvious infraction.

The worst call of the game came in the closing seconds when the referee inexplicably stopped the clock with 9 seconds remaining after the Saints had just converted a fourth and three pass to the 1 yard line. The Saints rushed to the ball and spiked it with 3 seconds remaining. They then scored a touchdown on the next play. Had the clock run the game would have ended before the touchdown and the final score would have been 20 to 13.

To show how misleading the final score was, the Commanders outgained the Saints 326 to 245 in yardage and 40:50 to 19:10 in time of possession.

The debut of cornerback Marshon Lattimore was a huge success as the Saints, from who he was acquired, avoided him all day. From the team for whom he has played for since he was a rookie in 2017, that is quite a compliment for the 4-time Pro Bowler.

Rookie cornerback Mike Sainristil also impressed with 5 tackles, 2 passes defended and an interception. Safety Jeremy Chinn had 7 tackles, 2 tackles for loss and a sack and defensive linemen Daron Payne and Dorrance Armstrong had a sack apiece.

With the powerful Eagles up next Washington needed to correct their problems at wide receiver and the offensive line to have any chance. They actually led Philly for most of the game in their first meeting and another strong performance would be needed to keep their playoff dreams alive.

And that's just what they got, beating the Eagles 36 to 33 despite falling behind 14 to 0 in the first 7 minutes. If there were any remaining doubts as to the poise and maturity of Jayden Daniels they have been dispelled.

Daniels was 24 of 39 for 258 yards with 5 touchdowns and 2 interceptions. He also ran for 81 yards including a 29 yard scamper on third down and long. Perhaps most impressive was his final drive with 1:58 left and 57 yards to go that culminated in a 6 yard touchdown pass to Jamison Crowder with 6 seconds left. The fact that this was done against the highest ranked defense in the NFL speaks volumes.

Daniels also became the only rookie quarterback in league history with 5 touchdowns and at least 65 rushing yards in a game.

Washington did all of this despite 5 turnovers, including two lost fumbles in their own red zone by Brian Robinson who had his worst day of the season with just 24 yards on 10 carries. Although Washington's run game was mediocre, the passing attack more than made up for it.

Olamide Zaccheaus led the way against his former team with 5 catches for 70 yards and 2 touchdowns including a

49 yarder. Terry McLaurin had 5 catches for 60 yards and a touchdown and Dyami Brown had 4 catches for 56 yards. Seldom used Jamison Crowder only had 2 catches for 15 yards but both were touchdowns.

The defense played well with the exception of the run game where the Eagles totaled 211 yards including 150 yards by rushing leader Saquon Barkley. Those stats are a little misleading as most of those yards came on 2 long runs, including a 68 yard touchdown run.

The Eagles were also held to 127 passing yards after starting quarterback Jalen Hurts left the game in the first quarter with a concussion. Backup Kenny Pickett was 14 of 24 for 143 yards with a touchdown and an interception and was sacked 3 times.

Wide receiver A.J. Brown was the major weapon for the passing game with 8 catches for 97 yards and a touchdown but he also had 3 interference calls in his favor 2 of which appeared to be bad calls.

Defensive standouts for Washington included linebacker Frankie Luvu who had an interception, 7 tackles, 2 tackles for loss and 1 pass defended. He is having a Pro Bowl caliber year and is one of the most underrated linebackers in the league. Rookie defensive tackle Johnny Newton, defensive end Clelin Ferrell, linebacker Dante Fowler and defensive end Jalyn Holmes also had sacks.

With the Falcons up next ESPN gave the Commanders a 90% chance of making the playoffs. They held their future in their own hands.

In an overtime thriller that had the fans on the edge of their seats, the Commanders prevailed 30 to 24 on a touchdown drive on their first possession of overtime propelling them into the playoffs. This is quite an achievement considering the fact that Washington won only 4 games in 2023.

Although the Falcons lost, there is hope for the future as rookie quarterback Michael Penix showed the arm and poise to be a force in the league after a disappointing year from veteran quarterback Kirk Cousins. Penix was 19 of 35 for 223 yards with a touchdown and an interception in only his second game as a starter but he made some throws that were impressive. He also showed surprising mobility after an injury marred collegiate career. He appears to be at full health going forward.

Washington also has reasons for optimism as Jayden Daniels once again led a game winning drive. He also rushed for 127 yards giving him 864 yards on the year which breaks the rookie record held by former Washington quarterback Rober Griffin. Griffin also set the record in a 16 game season which is the same number that Daniels has played. With the current 17 game schedule Daniels will have another game to extend his record.

Daniels also broke the Rookie of the Week Award record by receiving his 10th award this season. The previous record was 9 and was held by Pittsburgh quarterback Ben Roethlisberger.

Daniels went 24 of 36 for 227 yards with 3 touchdowns and 1 interception giving him 354 yards of total offense including his rush yards. Olamide Zaccheaus was the leading receiver with 8 receptions for 85 yards and a touchdown. Tight end Zach Ertz had 6 catches for 72 yards with 2 touchdowns, including the winning 4 yard touchdown reception. Terry McLaurin had only 1 catch for 5 yards as he was shadowed all day and, with the loss to injury of Noah Brown, McLaurin needs to step up.

In the rush game Brian Robinson had 60 yards on 13 carries as Daniels led the way on the ground. Chris Rodriguez chipped in with 5 rushes for 16 yards including a late game touchdown run. Both are healthy going into the

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WASHINGTON, CONTINUED FROM PAGE 19
playoffs which bodes well.

One thing Washington needs to clear up for any chance in the playoffs is penalties. They had 13 for 108 yards against the Falcons. A holding call and offsides cost a touchdown and a field goal. Losing 10 points because of penalties is a luxury the Commanders can't afford.

With Dallas up in the finale and the playoffs clinched, Washington could be tempted to rest some starters. However, a loss would give them a tougher first round playoff opponent so you can expect the Commanders to come out ready to play.

Playoff results will be discussed in next month's article but, Washington has gone from the outhouse to the penthouse in one year in what has been an amazing turnaround for them.



Cooper Rush [Photo Credit: marca.com]

DALLAS, CONTINUED FROM PAGE 18

177 yards and 2 touchdowns as he ran free all night.

The Dallas defense actually did fairly well against the run, holding the Bengals to 74 yards on 19 carries but it was not enough. Amazingly, Pro Bowler Micah Parsons, who had dominated the previous 2 games after returning from injury, did not have a single tackle. You can bet other teams will be watching the film to replicate the Bengal's defense. Safety Malik Hooker also had an interception on a deflection but it was not enough.

There were a couple of bright spots on offense. Running back Rico Dowdle has his second consecutive 100 yards plus game, gaining 131 yards on 19 attempts and it appears that Dallas finally has a real lead back. Wide receiver CeeDee Lamb also played well with 6 catches for 93 yards and a touchdown.

Quarterback Cooper Rush was 16 Of 31 for 183 yards with 2 touchdowns and an interception but the dinged up offensive line struggled against the pass rush allowing 3 sacks and several hurries. Rush is one of the better backups in the league but is an average starter at best.

With the 3 and 10 Panthers up next Dallas had another weak opponent before them. Another embarrassing loss could set the stage for a chaotic offseason.

Dallas bounced back from their devastating loss to the Bengals by manhandling the lowly Panthers 30 to 14 led by a dominant rushing attack that yielded 211 yards. The

impressive effort was led by Rico Dowdle who gained 149 yards for his third 100 yards plus game in a row. He now has 880 yards for the season and, with 3 games to go, should pass 1,000 yards for the season.

Quarterback Cooper Rush also played well going 18 of 29 for 214 yards with 3 touchdowns and no interceptions. Equally impressive was the fact that the struggling offensive line only allowed one sack. As usual, CeeDee Lamb was the leading receiver with 9 catches for 116 yards and a touchdown. Although Dallas only tallied 114 passing yards, it was due to the fact that the run game was so dominant.

The Cowboys offense also dominated resulting in Panthers quarterback Bryce Young going 19 of 28 for 219 yards with 1 touchdown and 2 interceptions. The only effective receiver was Jalen Coker with 4 catches for 110 yards but 83 of those yards was on a long touchdown pass.

He was also sacked 6 times. In addition, Carolina could only muster 60 yards on the ground as the Dallas defense controlled the line of scrimmage. The Cowboys also had interceptions by Eric Kendricks and Isreal Mukuamu and sacks by Chauncey Golston. Mukuamu, Jourdan Lewis, Carl Lawson and Micah Parsons (2).

With the 8 and 6 Tampa Bay Buccaneers up next Dallas would need another strong effort to keep their dwindling playoff hopes alive.

Although the Cowboys were eliminated from the playoffs by Washington's victory over the Eagles earlier in the day, they showed character by rising up for a 26 to 24 victory over the struggling Buccaneers. The win was sealed by a late game forced fumble by Daron Bland and an interception by Jourdan Lewis who ripped the ball out of Bucs receiver Jalen McMillen's hands.

Quarterback Cooper Rush had a solid day going 26 of 35 for 292 yards with a touchdown and no interceptions. As usual, CeeDee Lamb was the leading receiver with 7 catches for 105 yards but the Dallas run game was an afterthought as the Cowboys managed only 31 rushing yards led by Rico Dowdle with 23 yards on 13 carries. This is after three consecutive 100 yards plus games by Dowdle.

Defensively Dallas managed 4 sacks, one apiece by Chauncey Golston, Donovan Wilson, Micah Parsons and Linval Joseph. Surprisingly, seldom used linebacker Nick Virgil was the leading tackler with 10 stops.

Dallas had the Eagles next and, after failing to win the division against Washington, they will be highly motivated.

Although their playoff dreams are gone, Dallas is fighting for respectability and a lot of jobs are on the line.

After losing 41 to 7 Dallas came back to earth after winning 3 of their 4 previous games. While it should be noted that Dallas was playing without their starting quarterback, so was Philadelphia. The Cowboys actually started off well and were tied 7 to 7 after the first quarter. They never scored again.

Although Philly clearly outplayed Dallas, outgaining them 376 yards to 268, it was the 4 Dallas turnovers to none for the Eagles that was the determining factor. Dallas quarterback Cooper Rush was 15 of 28 for 147 yards with 1 touchdown and 2 interceptions. There were also fumbles by Jake Ferguson and Rico Dowdle. Couple that with the absence of CeeDee Lamb and the Cowboys were simply outmatched.

The lone bright spot offensively was the continued progress of running back Rico Dowdle who had 104 yards on 23 attempts. He has emerged as the primary running back and his development solves at least one of the Cowboys' weaknesses.

The lack of a viable receiving threat behind Lamb continues and the leading receiver for Dallas was Brandin Cooks with 4 catches for 52 yards. Expect this deficiency to be addressed in the offseason.

Defensively, Dallas was shredded by the Eagles run game, surrendering 179 yards including 167 yards by Saquon Barkley who surpassed 2,000 yards for the season. Also, Eagles wide receiver DeVonta Smith had 6 catches for 120 yards and 2 touchdowns against an overmatched

CONTINUED ON PAGE 21

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DALLAS, CONTINUED FROM PAGE 20

Dallas secondary. The Dallas pass rush was nonexistent, recording no sacks, as the Eagles offensive line dominated.

Cowboys owner Jerry Jones had made some supportive remarks during Dallas' recent resurgence but the lopsided loss to Philly won't sit well. Washington is up next and, even though they have made the playoffs, a win against Dallas would help their seeding and enhance their chances. Expect a fired-up Washington team. It will be interesting to see how Dallas responds.

COVERUP, CONTINUED FROM PAGE 1

of interest or he would be involuntarily terminated by the NNEC Board. All of this is contained in legal filings recently obtained by the Sentinel that are now public records.

A motion to show cause and to quash a protective sought by the NNEC Board order was filed in Richmond County Circuit Court on September 24th. The motion read, in part:

"On September 16, 2024, Attorney Steven D. Brown and Bradley Hicks met in person with Greenlaw to discuss his position as Chairman. (Compl. ¶ 3.) Brown and Hicks told Greenlaw that he had a disqualifying conflict of interest with Northern Neck. (Id. ¶ 3.) They 2 also told Greenlaw that the Board would immediately remove him from his director position if Greenlaw did not, then and there, sign a letter resigning from the Board. (Id.) Relying on Hicks and Brown's representations to him, Greenlaw signed the resignation letter. (Id.)

Hicks and Brown misled Greenlaw into signing the

resignation letter in two ways. First, they omitted facts material to Greenlaw's resignation decisions. In advising Greenlaw, Brown failed to disclose—as he was professionally obligated to do—that he represented the Board, not Greenlaw. Hicks and Brown also concealed the fact that, with respect to Greenlaw's resignation decision, they had personal conflicts of interest. (Compl. ¶ 7, 15.) Brown was looking to become the permanent general counsel of Northern Neck and knew that Greenlaw would oppose this. (Compl. ¶ 16.) Hicks—concerned about his tenure as CEO because of inappropriate conduct at a professional conference—wanted Brown as general counsel because he thought Brown would side with Hicks in the matter. (Compl. ¶ 17.) Neither Hicks nor Brown alerted Greenlaw to these conflicts. Second, Hicks and Brown induced Greenlaw to sign the resignation letter by affirmatively telling him that he had a disqualifying conflict of interest. (Compl. ¶ 12.) There was no such conflict of interest. (Id.) On September 18, 2024, Hunter rescinded his resignation due to the misrepresentations uttered or implied by Hicks and Brown."

It should also be noted that the plaintiff claims that the defendants have improperly defied discovery and deposition requests.

The filing also contains considerable background information describing Mr. Greenlaw's long tenure on the Board and the fact that he has been on the Board of Directors since 1979 and has also served on the Board of the Old Dominion Electric Cooperative (ODEC) since 1991. ODEC generates the power that NNEC distributes to its six member counties of Stafford, Richmond, Westmoreland, Lancaster, Northumberland and King George. They

service approximately 20,000 customers and have over 50 employees.

The supposed conflict on the part of Greenlaw consisted of the fact that he had represented, in his role as a realtor, clients seeking to sell or buy properties. Evidently, Peterson Companies, with whom NNEC has had business dealings, was one of the companies interested in properties of some of Greenlaw's clients.

To be clear, Greenlaw was actually in an adversarial relationship with Peterson Companies as he represented his clients seeking to get the best possible deal with Peterson. To suggest a conflict is nonsensical.

Subsequent to the initial filings, more recent filings naming Hicks and Brown individually have now been

submitted to the court. It should be remembered that aside from reputational concerns, Mr. Greenlaw is also impacted financially.

Board members are well compensated. According to their 2023 990 filing, then Board Chairman Greenlaw was paid \$29,000 for that year. Other Board salaries were \$35,500 for Mary Catherine Jones, \$35,000 for Holly Wargo, \$34,300 for Vice Chairman Rusty Brown, \$31,000 for Jason Kenner, \$31,000 for Ralph Sutton and \$36,000 for James Wise. Total hours worked per week claimed by the Board members ranged from 2.5 hours to 9 hours

Officers are also well paid. Their compensation is divided into actual salary and benefits but the total compensation for Brad Hicks was listed at \$576,910. It is obvious why he wishes to retain his position.

After Greenlaw was pressured to leave, Vice Chairman Russel "Rusty" Brown was elevated to Chairman. Long time legal counsel Dillard and Katona was also terminated as Steven Brown was put in his place despite admitting that he lacked expertise in certain areas and stating in an email "I may need to reach out to a tax or real estate lawyer that I know (he is across the hall from me in another firm) if there are issues in the tax and real estate world I don't know." It seems that those would be core responsibilities for such a position.

I have recently learned that Dillard and Katona has been reinstated as NNEC legal counsel and I left a message at their office stating that I wanted to discuss the NNEC matter. My inquiry was ignored which is what I expected.

There is no room to publish all of the back and forth between the individuals involved in the alleged misbehavior but the legal filings contain email with specific quotes and even copies of the actual text messages between those involved such as this:



This is just one of many examples of improper behavior and it is patently obvious why the defendants would be reluctant to cooperate. I have spoken to both past and cur-

CONTINUED ON PAGE 22

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COVERUP, CONTINUED FROM PAGE 21
 rent NNEC employees and the consensus is that the NNEC leadership has strayed from their mission.

I have heard examples of threats and intimidation and know of at least one former senior employee who resigned due to their disappointment over the current conditions at NNEC.



NNEC Chairman Russell "Rusty" Brown

One community member, Richard "Rich" Gouldin Jr. of Richmond County, has stepped up in a bid to serve on the Board to replace current Richmond County Representative Russel "Rusty" Brown and has already submitted a petition with 225 signatures to NNEC Assistant Secretary Valerie Hinson. Additional signatures are still being gathered.

According to NNEC bylaws, anyone wishing to serve on the Board has to apply within 130 days of the annual meeting and must submit a minimum of 100 signatures to be considered. The annual meeting is generally held in May.

Mr. Gouldin may be familiar to many readers as an active participant in community affairs and has served on various boards through the years including the Boards of Rappahannock Community College and Lewis-Ledwith Free Clinic. Mr. Gouldin's family also has extensive roots in

the NNEC as his father was the Assistant Manager there for many years and went on to become the Manager.

I have had many NNEC members ask me which of the Directors voted to push out Greenlaw and which supported him. Although I know the answer, I choose not to disclose it at this time to protect my sources. I would suggest, however, that this may be a topic of interest at the upcoming annual meeting.

Further information will be provided in future editions as it becomes available.

TRUMP'S ELECTION, CONTINUED FROM PAGE 1

Trump's inauguration in a few weeks likely will not resemble his 2016 ceremony.

In the 2016-7 transition, Democratic-affiliated interests ran commercials urging electors to become "faithless" and thus illegally reject their states' popular votes and instead elect the loser, Hillary Clinton.

Massive demonstrations met Trump on Inauguration Day.

In less than four months after assuming the presidency, Special Counsel Robert Mueller was appointed to investigate the hoax of Russian collusion.

That wasted 22-month, \$40 million investigation found no collusion but did derail the first two Trump years.

What followed the collusion ruse was a consistent effort to undermine the Trump presidency—two subsequent impeachments, the laptop "disinformation" hoax, the

COVID-19 nationwide lockdown, and news suppression of any mention of the Chinese lab origin of the virus or questioning the closing of schools.

In the Trump administration's last summer of 2020, 120 days of riot, arson, looting, assault, and murder followed, with the denouement of the January 6 turmoil.

In contrast, during the 2024-2025 transition, Trump has all but assumed the presidency. Over 100 foreign leaders have elbowed each other to be invited to Mar-a-Lago or to phone in their congratulations to the newly elected Trump.

Remember that in 2016 the left

screamed "Logan Act" if a Trump transition appointee even talked with foreign officials.

So why is newly elected Trump a veritable cultural hero in 2024 in a fashion unimaginable eight years ago when the media had rendered him a near demon?

One, Trump is now seen as a welcome relief.

A departing and unpopular Joe Biden will leave with about 36 percent approval rating. The prior Biden years are now seen as abnormal, if not disastrous.

The left's cultural revolution championed fringe policies never quite seen before: destroying the border, welcoming in 12 million illegal aliens, nihilist critical race and legal theories, institutionalizing a third sex, and mandating woke/DEI quotas and indoctrination sessions.

Yet Biden had inherited from Trump a secure border, an economy rebounding after the COVID quarantines, 1.23 percent inflation, no wars abroad, and cheap energy.

Four years later, the outgoing Biden administration is widely unpopular. Almost every one of its policies polls below 50 percent.

In response, Trump promises not just to restore his first-term success but to expand it.

Two, Trump personally remains transparent, upbeat, and energetic—eager to meet with anyone, anytime, anywhere, to talk about anything.

His energy offers a sharp contrast with the era of the non-compos-mentis Biden. The change is welcomed by an electorate exhausted by past presidential stumbling, wandering, incoherence, mind freezes, and angry, "get-off-my-grass" aged fragility.

Three, Trump is grudgingly admired, now even by some of his enemies who once sought but failed to destroy him. He endured two impeachments, five civil and criminal court indictments, incessant lawfare, a 95% negative media, attempts to remove him from states' ballots, and two assassination attempts.

Yet all these unprecedented hostile efforts to end Trump may only have made him stronger—and more empathetic when seen as a target of increasingly fanatical enemies.

Four, Trump has expanded his MAGA base and permanently branded it as an ecumenical movement that welcomes shared class interests rather than fixates on the tired old tribal racial and ethnic chauvinism.

Trump also brought in disaffected Democrats, independents, and minorities in a way the Democrats could not with the evaporating and bitter Never Trump dead-enders. Trump's veritable campaign menagerie of RFK, Jr., Tulsi Gabbard, Elon Musk, Joe Rogan, Dana White, and Kid Rock made it impossible for the left to demonize MAGA Republicans as right-wing aristocrats, warmongers, or laissez-faire capitalists.

Fifth, the endorsements of the Biden-Harris legacy media, calcified Hollywood endorsers, blowhard university faculties, and tech barons proved overrated.

It was trumped by more popular and dynamic internet influencers, podcasters, bloggers, and maverick entrepreneurs.

Sixth and finally, Trump himself proved more experi-

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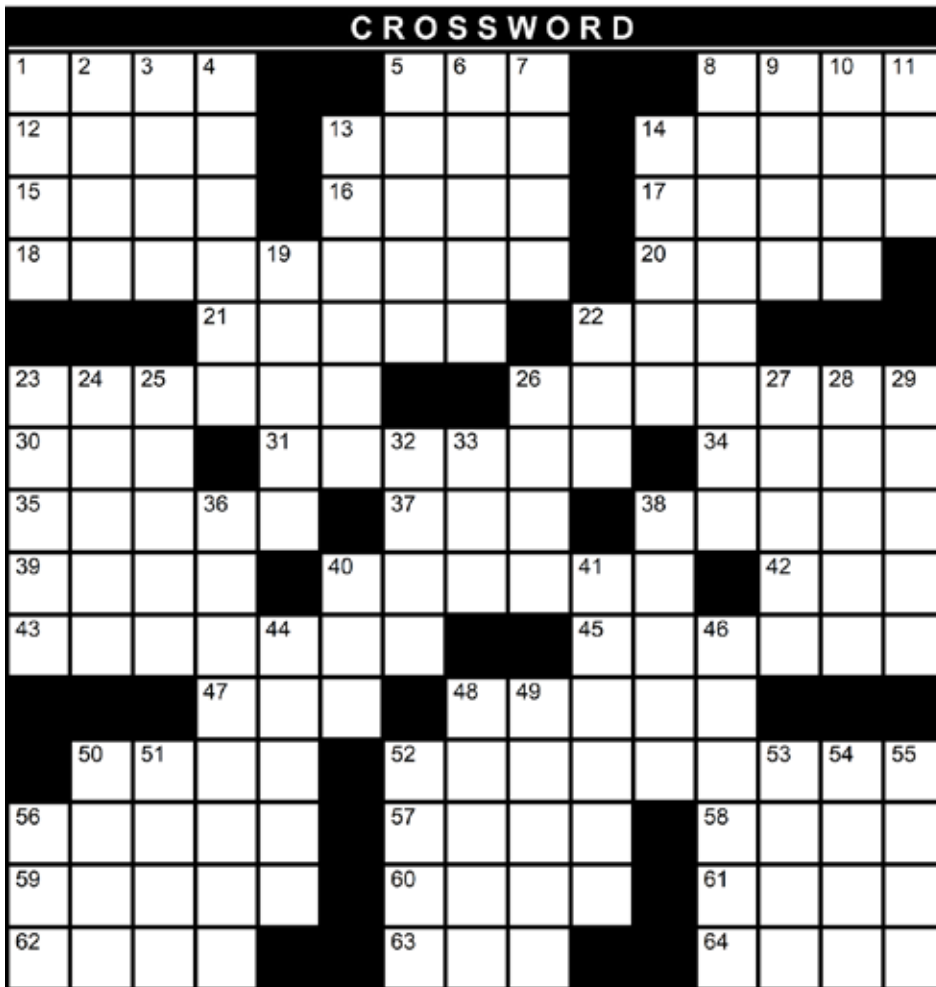


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THEME: SCIENCE FICTION



ACROSS

1. Le Corbusier's art
5. *"The Matrix" protagonist
8. Captures
12. Funkiness in the air
13. Vegetative state
14. Capital of Vietnam
15. Fairy tale villain
16. Beware of these in March
17. Spiker and Sponge of "James and the Giant Peach"
18. *Bioengineered humanoid in "Blade Runner"
20. The Beehive State
21. Burn with coffee, e.g.
22. Tire meas.
23. Sea nymph
26. Salad dressing option
30. *Pierre Boullé's Cornelius
31. Hoity-toity
34. Back arrow key
35. Covered with sphagnum
37. Tiny Tim's guitar
38. Allegro ____, in music
39. Sign of escape
40. Apprehension
42. Emergency responder, acr.
43. Neuron junction
45. Sleeping sickness vector
47. *Katniss Everdeen's sister
48. Hammerin' Hank
50. Tennis "innings"
52. *2010 film starring DiCaprio
56. Meat of coconut
57. Desperate
58. Karl of politics
59. *1979 film starring Sigourney Weaver
60. Fail to mention
61. Bo Peep's females
62. *"Do Androids Dream of Electric Sheep" author
63. Was ahead
64. *Spock's are pointy

DOWN

1. Point of entry
2. Side of a ruler, e.g.
3. S or C follower, in business
4. Two-word threat
5. Relating to node
6. Make corrections
7. Kiln for hops
8. *Captain Nemo's submarine
9. Tolstoy's Karenina
10. This and that
11. Bro's sibling
13. Droning insect
14. Niger and Nigeria language
19. In an unfriendly manner
22. Parent org.
23. "He named ____"
24. Strong adhesive
25. Pine juice
26. Original thought
27. Garment enlarger
28. *"The Hitchhiker's Guide to the Galaxy" author
29. Neil Diamond's "Beautiful ____"
32. *Frank Herbert's famous novel
33. "I Like ____" 1950s campaign slogan
36. *"Where no man has gone before" TV series
38. "The Tortoise and the Hare" author
40. "It's no ____!"
41. Beale of Memphis, e.g.
44. South Korean port
46. Main dish
48. Japanese cartoon art
49. Like thick smoke
50. Solo, pl.
51. Long narrative poem
52. Worshiped one
53. Minnesota's southern neighbor
54. Last word on radio
55. Famed loch
56. Rogue or rascal

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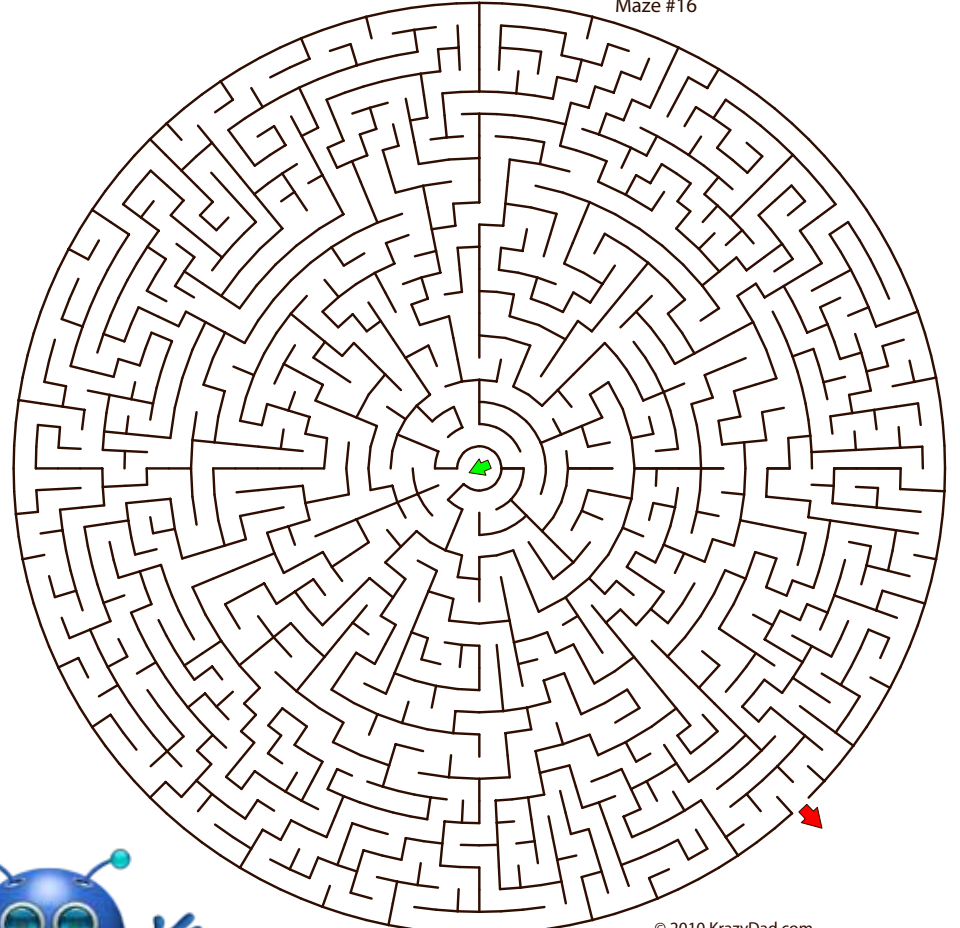
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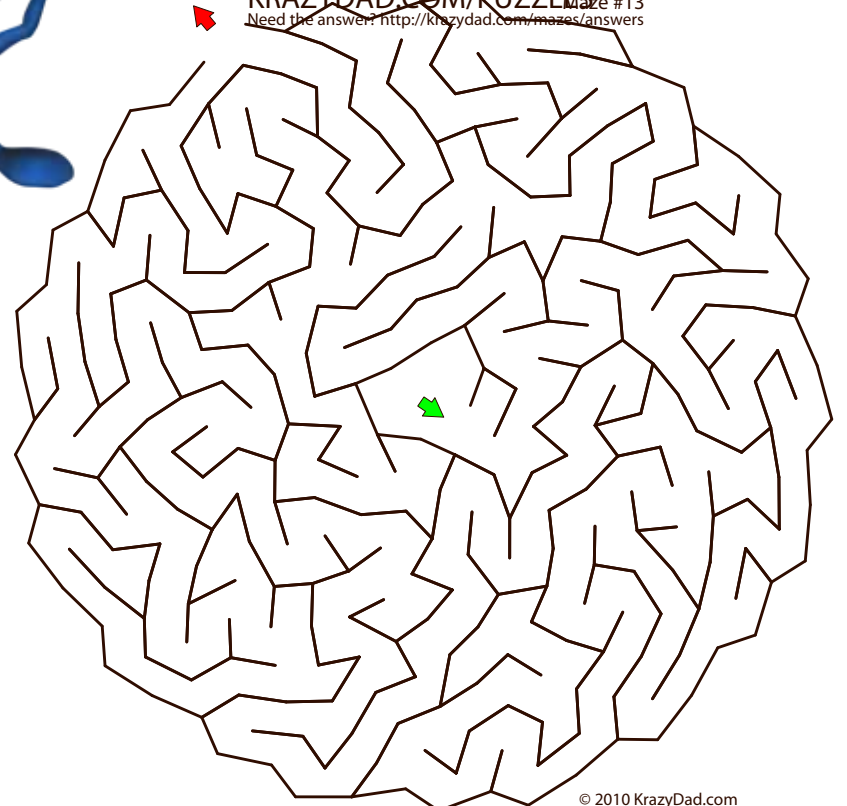
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TRUMP'S ELECTION, CONTINUED FROM PAGE 22

enced and reflective than in 2016. His team too was more disciplined and street smart, led by savvy chief of staff Susan Wiles.

2024 saw truly pivotal moments of Trump as everyman—posing for a mug shot after being railroaded by a weaponized lawfare indictment, serving McDonald's drive-through customers, riding in a garbage truck cab, and raising his fist and yelling "fight, fight, fight"—after having his head near blown off by a would-be assassin.

Add all of these once unimaginables up, and the people trusted more—and liked better—the Trump reboot than grouchy Joe Biden or inane, inauthentic Kamala Harris and their shared extremist agendas.

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AMERICAN GREATNESS

NEW YEAR, CONTINUED FROM PAGE 1

on the calendar, but this time it means much more.

Determination is overcoming fear, light is replacing darkness, and a bright vision of the future is displacing the gloom. Hope is different from optimism, which G.K. Chesterton described as a mere empirical prediction, just like pessimism. Despair and hope are better words: The former is the absence of faith, and the latter is the belief that goodness is possible through faith.

This hope is a substantial and notable cultural change that is obvious, so much so that even The New York Times is reporting on it. It mentions in a long piece that "Christmas tree maximalism" has been the rage this year, with trees decorated so extravagantly that you can no longer see the tree itself.

Why might that be? Of course, the newspaper did not speculate. But any reader knows the answer. It's about leaving behind the toughest four years of our lifetimes, characterized by grave levels of uncertainty in every area. In economics, inflation has been devastating for everyone, much more so than the data would indicate. The learning losses from COVID-19 pandemic-era school closures are all around us, made worse by digital addiction and overall demoralization.

We can dig through all the data to find and reveal the evidence, whether on crime, birth rates, low output, rising inequality, and declining lifespans. It's all there for anyone to see, even as we have watched the United States' great cities descend into squalor, businesses and residents fleeing. It's been too much even to process, mentally or emotionally. It creates the persistent feeling that something terrible, something exogenous to the social order, has seized control and will not let go.

And yet, what we've watched take place in American society over several years is an inspiring determination to rebuild and recover. The most conspicuous and headline event, of course, is the triumph of President-elect Donald Trump. The movement he represents seems without precedent, which you know if you have been anywhere near the rallies. I was in Phoenix recently, and the entire city seemed to be in a rumble of anticipation a day before his plane

landed.

At my hotel, I was awakened at 3 a.m. by cheering crowds outside the window. I gave up sleeping and went outside to find that the line to hear Trump speak some eight hours later had already woven around the block and back. Can you even imagine? What would cause thousands of people to skip a night's sleep to be present for a speech they could watch on TV? We know. There is magic in this movement, something more awesome and rooted than any cultural force.

I was talking with a cameraman from CNN about it on the elevator down. We were marveling at the noise, the unrelenting spontaneous cheering. I asked him what he thinks is behind this. He said that he wasn't sure. I said to him that I suspect it is happiness, relief, and hope for the future. He quickly agreed that this was it. He clearly understood. It's actually impossible not to understand.

You could say that this is all misplaced, that no one man and no president can possibly match the expectations behind him. That is true. Most people know that. In fact, this movement is centered on Trump, but ultimately that is not the whole substance of it. He is the vessel and the focal point, but the cultural determination to rebuild and recover is made of much more.

At AmericaFest in Phoenix, I spent quite a lot of time talking with people who were there—families, workers, students, and everyone. The whole reason for this is both simple and philosophically highly sophisticated: These people all just want their lives back.

They want the freedom to practice their faith, raise their kids, start and work in businesses, safely walk the streets, publish and read the truth, eat healthy food, and be rewarded for their labors. They want to trust their doctors again. They want to like their schools again, and go to the movies without being assaulted by creepy messaging.

This is not a movement about theocracy, dictatorship, imposition, or any of the other dark fantasies we've been presented with over several years. All the paranoid warnings about MAGA extremism melt away once you see it up close. I'm gradually coming to the view that most of this was never real in the first place or, in any case, was always a wild exaggeration from a very small sample of marginal cases.

The essence of what is really going on boils down to the normal hopes and aspirations of people of all classes to be

trusted again to live their lives in peace and build prosperity for themselves. To understand that requires no access to deep philosophical treatises, opinion polls, or expert views from the Ivy League. It requires only open eyes and an open heart.

The U.S. Constitution is what was supposed to provide this for people. But it has been obvious for years now that something has gone very wrong. I recently scrolled through a remarkable document, a 500-page chronicle put together by a little-known outfit called the Cybersecurity Infrastructure Security Agency (CISA), created only in 2018 but exercising a vast power over digital technology.

The report, made available by America First Legal, offers a reverse chronicle that begins in mid-February 2020 and shows how the agency worked with partners, nongovernmental organizations, and universities to flag and purge content from the internet that contradicted the goal of near-universal inoculation with a new shot using a new technology. Any posts that raised doubts came under fire, and the packet-switching network went into overdrive to censor.

Among the postings directly targeted were the early seroprevalence studies of Jay Bhattacharya of Stanford, whose work implied that the wave of infection would end a high degree of population immunity without vaccination. In other words, CISA was directly targeting good science in favor of propaganda, and worked closely with all of the social media companies to achieve its goals. It also directly targeted The Epoch Times, which CISA claimed "pushed conspiracy theories about coronavirus and protests in the U.S."

CONTINUED ON PAGE 27

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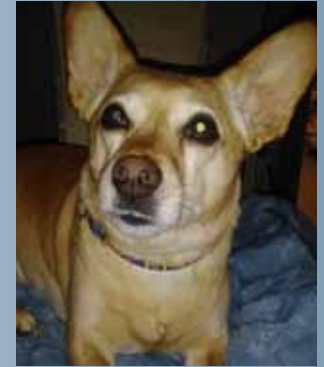
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IN IT FOR THE LONG HAUL

Kristy Fike

Time has a way of slipping through our fingers, especially in the fast-paced society we live in. We don't have time for many things, including our dogs at times. However, they always seem to find time for us. I've noticed this increasingly as my oldest is approaching twelve years old. To say she's provided me with many things is a significant understatement. Her loyalty never fails. She's been in it for the long haul, both in the home and field working. I can't say that it has always been a two-way street. I have allowed life to keep me too busy to do many things with her that I should have been doing all along. While these realizations can leave one feeling a sense of guilt, there is time for change.

To dog owners alike, I encourage you to be alongside your dog for the long haul, this is especially true for those whose dogs hold an occupation or work alongside you. It is

important that you cherish the time you do have with your dog(s). Take a minute to breathe and spend time with them. For some, that may mean simply sitting down and taking the time to pet them for a while. For others, this may mean allowing their dog to run a couple of errands with them.

Take the time to also see the blessings through the partnership you may have with your dog(s). This often applies more to owners that have dogs who work alongside of them either for a hobby or occupation. That partnership brings companionship and teaches you patience and trust, as you must rely on your dog, and they must rely on you.

In addition, slow down. We are often quick to become impatient and frustrated. Part of being in it for the long haul, means accepting that there is a process to achieving the goals you have for your dog. This applies to home companions just as much as working companions. In order to have a desirable family companion, there is a process dog owners go through with their dog. Similarly, there is a process dog owners/trainers must go through to achieve having a desirable working companion. In addition to accepting the process, it is important to slow down and work through each stage you are in during that process. As you do, your relationship and/or partnership with your dog will solidify and you will be more likely to learn the patience and trust mentioned above.

We live in a society that is striving toward making things more and more convenient while getting more done. While it sounds ideal and efficient, operating in this way will come in between the things that matter most in

life, as we strive to get more and more done in the same twenty-four-hour period. This can make us view our dogs as another daily chore to get done, especially if caring for them is inconvenient. If you have found yourself doing that, I encourage you to try to cherish the time you have with your dog. It goes by far too quickly. Be mindful of the blessings that your dog can bring you through the relationship and

CONTINUED ON PAGE 27

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LONG HAUL, CONTINUED FROM PAGE 26
 partnership you have with them. Slow down and understand that there is a process involved in working with your dog and helping shape them into the dog you desire them to be.

NEW YEAR, CONTINUED FROM PAGE 25

This is all alarming and scary, to imagine that people in government could have such a profound disregard for the First Amendment. But you know what's even worse? Suspecting that such a thing is going on but having no proof. That's when you start to go crazy and imagine that you might be experiencing some kind of paranoid delusion. It's better to have firm proof so that at least we know that our intuitions are credible.

We finally have that now. This is just the beginning, of course. I'm not likely ever to get through the 17,000-page document produced by the Subcommittee on the Weaponization of the Federal Government. I'm still glad that it exists. Better to know than not know.

Knowing means gaining confidence that what has been broken can be fixed. When we observe that this was not some scary ghost or mystical thing that was targeting our lives and liberties but really just a system built by men, it's like the last unveiling in Scooby-Doo, when the mask comes off and reveals the mayor of the town.

It has been rough, but American society seems to be fixing itself—and not from the top down, but from the bottom up, through the hard work, energies, prayers, and pious patriotism of people who still believe that America can be a land of opportunity, home of the brave and free. Let the elites sniff and the corporate media balk, but it is happening anyway.

It's exciting to consider also that if America fixes itself, this can be an inspiration to the entire world to embrace the idea of freedom and the capacity of people to organize their lives without centralized impositions and controls. In such a world, culture can flourish as never before, just as we've seen in the rebuilding of Notre-Dame Cathedral.

Indeed, let that cathedral be a symbol of our age: many centuries to build, one day to burn, years to restore, but now gleaming and gorgeous as never before. So, too, for all of our lives.

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GOOD RIDDANCE, CONTINUED FROM PAGE 1

ilton were hammering out the Federalist Papers making the case for a strong Constitution, they realized the country also needed a chief executive of high moral character.

At the time, they had in mind national hero George Washington as our first president. But the descent from Washington to Biden has been quick. Kinda like Albert

Einstein to Forrest Gump.

Except Gump had high morals. Just low IQ. Biden has neither.

We've almost always has presidents of good character. Except Joe Biden, a man of sorry character. the Maytag repairman of presidents.

How lonely and how failed is Biden? A planned book on his presidency was cancelled due to lack of interest. How dumb is Biden? He's the only president of a party that believes man can have babies. He's the only president who passed a high spending bill and called it "Inflation Reduction." He's the only president who let his wife run a Cabinet meeting and saw the average IQ of the room go down.

He can't raise the necessary funds for a presidential library. Maybe he's be better off with a presidential bookmobile, filled with coloring books and fingerpaints.

Biden recently gave awards to habitual liar Hillary Clinton and America hater George Soros. This was an act of a petulant and childish man.

Jimmy Carter's recent passing invites the inevitable comparisons to other presidents, Carter was a failed president, like Biden, but a man of mostly high morals.

After a fashion, Carter's opinion was sought. Biden's will never be sought.

The nation's worst press secretary by far, KJP, keeps saying over and over that Biden is great. But this Myna bird
 CONTINUED ON PAGE 39

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REEDVILLE'S PROSPEROUS FISHING HISTORY

Olivia Smart

Have you visited the quaint fishing town of Reedville, Virginia? Do you know the fascinating history it possesses? Along the Chesapeake Bay, the town of Reedville was the wealthiest menhaden fishing town in the United States in

CONTINUED ON PAGE 29



TOWN OF WARSAW ANNOUNCES ENTERPRISE ZONE EXTENSION

The Town of Warsaw is pleased to announce that they, along with Richmond County, have successfully applied for and received an extension of the Enterprise Zone Incentive Program until December 2033. "This program is an integral part of our economic development strategy and has led to many improvements across Town. We're thankful to the Department of Housing and Community Development staff, Director Horn, and the Governor's

office for believing in our community. This extension will allow us to continue our successful economic development strategies, provide additional employment opportunities, increase commerce, and create a more resilient community" stated Joseph N. Quesenberry, Town Manager.

Within the last five (5) reporting years, the program has deployed \$242,854.79 in funds to projects within Richmond County, and \$794,415.81 within the Town of Warsaw, for a combined total of \$1,037,270.60. Some of these projects include Dairy Queen, Ace Hardware, Healthy Harvest, YMCA, etc. The incentive program is described on the

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

REEDVILLE, CONTINUED FROM PAGE 28
 the 1800s and early 1900s. Today the coastal community provides a museum for those who wish to learn about its rich fishing history.

The Reedville Fishermen's Museum is located on Cockrell Creek in Reedville, Virginia, which makes it accessible by waters as well as land. Consisting of four buildings, a pavilion, and a dock, the museum and historical landmark offers an excellent explanation and experience of fishermen's lives in the 1800s and early 1900s. The Pendleton Building showcases model train sets assembled and donated by local volunteers in 2003. Surrounding the miniature train tracks is a detailed historical model of numerous towns on the Northern Neck. The scenes depict the hypothetical hustle and bustle the towns might have experienced if a railroad had been established on the Northern Neck of Virginia. Behind the train room you can find a boat workshop, which is humorously referred to as the "Daycare for Old Men." The William Walker House is an old residence and historical site in the heart of Reedville, Virginia that is furnished and displayed on the museum grounds. Docked at the fishermen museum's pier are old fishing boats called deadrisers. You'll find that these unique boats have a wide vee hull at their stern and a narrower vee towards their bow, designed perfectly for fishing. If the weather's nice, check out the Reedville Fishermen's Museum's beautiful boats on display!

The town of Reedville, Virginia was established in 1874 when Elijah Reed relocated his commercial menhaden company from Booklin, Maine south to the Chesapeake

Bay. The peninsula where Reed developed his business was on Cockrell Creek. As noted on the fishermen museum's website, Reedville, Virginia is the most major fishing port in America second only to Kodiak, Alaska. In its prime, Reedville was one of the wealthiest locations in North America to live. The small fishing town's National Historic District and Main Street stretch only a mile with water on either side of it. Framing the landmark's main street, colorful, Victorian style, fishermen houses line the peninsula. Situated in the midst of these is the Walker House, located on the Reedville Fishermen's Museum grounds. Today Reedville remains the home of menhaden fishing, oystering, clamming, and crabbing industries.

For the second time, I visited the Reedville Fishermen's Museum on November 29 with my family. The rich history presented inside continues to fascinate and encourage me. Chugging by on their complex locomotive tracks, the various trainsets in the Pendleton Building never fail to captivate my gaze. If you have little ones or are even a train fanatic yourself, this spot is a must-see when visiting Reedville! The boat workshop or the "Daycare for Old Men" is also an excellent experience for those who wish to learn more about the Chesapeake's unique fishing boat, the deadrise. Inside the historical Walker House, spectators observe the 19th Century furnishings and lifestyle. Every sight on the museum grounds offer an amazing maritime history lesson for locals and visitors alike.

Open Thursday through Saturday from 11am to 4pm, the Reedville Fishermen's Museum volunteers and employees welcome visitors with open arms and ready minds! For

further information check out the museum's website at www.rfmuseum.org. Come to the dainty town of Reedville on Virginia's Northern Neck to experience the joys and hardships of a fisherman in the 19th Century.

WARSAW, CONTINUED FROM PAGE 28

DHCD website as a "... partnership between state and local government that encourages job creation and private investment. VEZ accomplishes this by designating Enterprise Zones throughout the state and providing two grant-based incentives, the Job Creation Grant (JCG) and the Real Property Investment Grant (RPIG), to qualified investors and job creators within those zones, while the locality provides local incentives. If the total investment is less than \$5 million, the maximum grant amount is \$100,000 in a five consecutive-year period. If the total investment is more than \$5 million, the maximum grant amount is \$200,000 in a five consecutive-year period."

The Town Manager's office, the County Administrator's office, and the Northern Neck Planning District Commission worked together to submit the successful renewal application. According to current records, Warsaw/Richmond County are the only communities in the former Northern Neck Enterprise Zone that submitted an application for zone renewal. "This showcases Warsaw's commitment to sustainable growth and economic development. We appreciate our partnership with Richmond County on the application and look forward to working with them on more projects in the future," said Mayor Randall L. Phelps.

CONTINUED ON PAGE 31

THE 1916 PROJECT IS HERE, AND WE'RE EXPOSING THE DARK TRUTH BEHIND PLANNED PARENTHOOD AND MARGARET SANGER. THE LIES ARE CRUMBLING.



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HELPING YOUR CHILD AND GRANDCHILD DEAL WITH ADHD AND ADD

Gammon Irons

This column usually deals directly with veterans' concerns in health care and assistance available from the Veterans Administration. Since the holidays are now over, you may have noticed certain behaviors in young family members during their visits. I include this article because many veterans are parents and grandparents. Unfortunately, the Veterans Administration is not equipped to handle such maladies and therefore does not provide adequate assistance. If you notice abnormal behavior in your child or grandchild, I advise seeing a mental health practitioner outside the Veterans Administration.

Does your toddler or preschooler struggle with hyperactivity, impulsivity, or inattention? Are they prone to tantrums or appear overly sensitive? If so, you may wonder if these are just normal phases of childhood, or if they indicate attention deficit hyperactivity disorder (ADHD), also known as

attention deficit disorder (ADD).

Many children can demonstrate the early signs of ADHD, such as restlessness, outbursts, or lack of concentration. Parents may expect them to grow out of these tendencies by their later years. But if they do have the neuro-developmental condition and carry it into adulthood - especially if they remain undiagnosed and/or untreated - it can negatively impact their entire lives.

Today, we have more knowledge than ever about this common mental health condition, which affects 7 million (11.4%) children ages 3-17, according to the Centers for Disease Control (CDC). Children who are found to meet the criteria for ADHD can be diagnosed as early as 4 years old.

Recognizing the earliest warning signs of ADHD is key to getting kids the help they need. In this article, you'll discover seven ADD symptoms every parent/grandparent needs to know.

EARLY-CHILDHOOD RISK FACTORS FOR ADD/ADHD

A retrospective study of risk factors for ADHD in different stages of infancy found that four elements were significantly associated with the condition's later development. At 0-1 month old, these factors were:

- Advanced maternal age.
- Lower maternal education.
- Family history of ADHD.
- Social problems (such as divorce, socioeconomic difficulties, and parental illness).

At 3 and 18 months, a decrease in head circumference growth was associated with later ADHD. And, at 9 and 18 months, there were correlations found between ADD, delays in motor and language development, and having a difficult temperament.

A 2023 systematic review of 48 articles also found that temperament in infancy or toddlerhood could indicate an early risk for childhood ADHD. Moderate associations were found with activity level, negative emotionality, and sustained attention.

The first two of these were found to be predictive of all three symptom dimensions (i.e., inattention, hyperactivity/impulsivity, and combined). The third, sustained attention, was associated only with combined symptoms.

Further research will help explore the links between ADHD's development and sustained attention and inhibition in a child's earliest months and years.

Finally, in an overview published in Health Psychology Research, a variety of genetic, neuro-biologic, and neuro-chemical factors were explored as contributors to ADHD in young children. These include:

- Heredity and genetics.
- Brain structure, neurobiology, and neuropsychology.
- Cognitive dysregulation.
- Pregnancy or birth complications.

- Exposure to environmental toxins.
- Parenting styles.
- Diet.

EARLY SIGNS OF ADD/ADHD

What does this mean for parents and grandparents who are concerned about possible early symptoms of ADHD in their child? Here are some early signs of ADHD to look out for in your toddler or preschooler:

1. *Poor coordination and a tendency to be accident-prone.*

The overview mentioned above notes that ADHD in children can manifest with poor motor coordination or motor performance and balance. These children are also more prone to accidental injuries and physical trauma, including head trauma, which itself can lead to or exacerbate ADHD symptoms.

2. *Impulsivity.*

One of the hallmarks of ADHD, impulsivity in a preschooler or toddler may present itself as speaking before thinking, impatience while waiting, or interrupting others. An impulsive child may also yell or scream when they're frustrated, get physical with other kids, or run into the street without looking for oncoming vehicles.

3. *Impaired academic performance.*

Once a child reaches preschool, their performance may already be compromised by the academic challenges associated with ADHD. One of the early signs of ADD in preschoolers, trouble with paying attention, impacts their ability to learn in a traditional classroom. Parents and grandparents working with their child's teachers may be instrumental in helping children with ADHD perform better, which is one benefit of early diagnosis.

4. *Sleep disruption.*

A 2022 study published in Frontiers in Pediatrics noted that children with ADHD are more likely to have sleep disorders. This association works in both directions. Not only does the degree of ADHD symptoms correlate with sleep disorder severity, but sleep disorders can trigger or worsen the symptoms of ADHD.

5. *Sensitivity and intense emotions.*

In the retrospective study mentioned above, researchers found that temperamental and behavioral problems in children 9 and 18 months old are an important predictive factor for the development of ADHD. This may take the form of excessive crying during infancy.

CONTINUED
ON PAGE 31



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ADHD & ADD, CONTINUED FROM PAGE 30
 Later, these children displayed issues with sensory integration, attention, and behavioral development. Emotional hyperarousal, emotional dysregulation, and rejection sensitive dysphoria are some of the common emotional issues faced by those who have ADHD. Parents and grandparents may notice that their child has intense reactions or stays stuck in emotions for longer periods than would be expected. Or perhaps their child has more, or longer-lasting, tantrums and outbursts, or frequently shows signs of frustration.

6. Behavioral issues.

A 2021 study reported that 40% to 60% of children with ADHD also have oppositional defiant disorder (ODD). Another behavioral disorder that may overlap with ADHD is conduct disorder. Harming oneself and/or others (with behaviors such as biting) may also become an issue in children with ADHD.

7. Constant movement.

Young children with ADHD can be excessively restless or fidgety, with difficulty sitting still and paying attention. They may be constantly in motion and excessively talkative. Parents may have trouble getting them to sleep, eat a meal, or focus on tasks.

TREATING ADHD IN TODDLERS AND PRESCHOOLERS

According to the American Academy of Pediatrics' (AAP) Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children and Adolescents, ADHD criteria can be applied to children as young as ages 4-6. The guidelines advise medical professionals to note symptoms across multiple settings, such as home and preschool.

The most common treatment prescribed at these early childhood ages is Parent Training in Behavior Management (PTBM). The AAP explains that this consists of helping parents learn:

- What to expect in terms of age-appropriate development.
- Behaviors that will help strengthen the parent's and grandparent's relationship with the child.
- Useful skills to help manage problem behaviors.

Parents and grandparents who have spent time implementing and incorporating these strategies at home can then report their results to the medical professional, as well as provide a picture of the child's persistent symptoms and struggles. This enables a more accurate ADHD diagnosis.

Brain scans can also help in the diagnosis of ADHD in toddlers and preschoolers. Because there are seven different types of ADHD/ADD, it's crucial to pinpoint which type is interfering with a child's development. With brain scans, clinicians can then determine an effective and personalized treatment plan.

Many doctors rely on prescription medications for childhood ADHD, and they can be highly beneficial for some kids. However, stimulant medications are not effective for all ADHD/ADD types - and they may even cause harm. In addition to ADHD medication or in lieu of it, children can

reap significant benefits from all-natural lifestyle changes, including:

- An elimination diet that removes sugar, gluten, dairy, corn, soy, and artificial dyes and sweeteners from the diet (to rule out potential allergies).
- A higher-protein, lower-carbohydrate diet.
- More exercise.
- Sleep hygiene and increased sleep duration.
- Less screen time.
- Supplements such as omega-3 fatty acids.

Parents and grandparents can also help by rethinking traditional discipline measures, which may not be helpful for children with ADHD. Instead of yelling, threats, and anger, these children tend to respond to different strategies. Remaining calm and positive will help better guide their behavior.

Finally, because there is a genetic component associated with the condition, parents of children with attention problems may want to undergo screening for ADHD themselves. At health clinics providing mental health screening, many adults with ADHD only learn about their condition after bringing in their child for an evaluation.

HELPING ADHD TODDLERS, PRESCHOOLERS, PARENTS, AND GRANDPARENTS

It's never easy to be a parent or grandparent. But it can be even more challenging when you're parenting a child who shows the early signs and symptoms of ADHD. Fortunately, we know more than ever about what to watch for in our toddlers and preschoolers - as well as the benefits of early diagnosis. With vigilance, patience, and understanding, we can help ensure that they are given the best chance of success in life.

WARSAW, CONTINUED FROM PAGE 29

For new or existing businesses that are interested in the program, please contact Joseph N. Quesenberry, Warsaw Town Manager at jquesenberry@town.warsaw.va.us for information related to potential Town projects, and Hope Mothershead, Richmond County Administrator at hmothershead@co.richmond.va.us for information related to potential County projects.

For more information, please contact Joseph Quesenberry, Town Manager, at (804) 333-3737, or by email at jquesenberry@town.warsaw.va.us.

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FINAL NAIL, CONTINUED FROM PAGE 5

edition discussing this very problem.

Suborning perjury, however is a different matter as laid out in 18 U.S.C. § 1622 (2024) which states:

"Whoever procures another to commit any perjury is guilty of subornation of perjury, and shall be fined under this title or imprisoned not more than five years, or both."

Although this will take a while to play out you have to remember that Mrs. Cheney and the other members of the Select Committee will most likely be dealing with Pam

Bondi as the Attorney General, Kash Patel as FBI Director and Tulsi Gabbard as Director of National Intelligence.

Although Liz Cheney and her partners in crime are still spinning their propaganda, the incoming administration has the goods on them and the final report from the Oversight Committee will be the final nail in the coffin.



Attorney General Nominee Pam Bondi [Photo Credit: thefamouspeople.com]

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THE US CONSTITUTION THROUGH HISTORY

Gammon Irons

Westward Expansion

The early republic's population grew quickly. In the first two decades, the country's population grew by 70%. This growth signaled the young country's vitality and promise, but it also presented problems. President Thomas Jefferson worried the country would soon be unable to feed all its people. The obvious solution, Jefferson thought, was to acquire more land. This chapter covers America's westward expansion, including the Louisiana Purchase and tensions between the Native Americans and white settlers.

The Louisiana Purchase

Thomas Jefferson believed the country needed to have a predominantly agricultural character. He disdained industry and worried subservient factory labor would harm the national character. To remain agrarian and feed the growing population, the country needed more land, and the logical place to look was the western frontier. Americans were already moving west at a rapid rate.

In the Americans' eyes, the land west of the Mississippi River belonged to Spain. In the 1780s, Spain had closed off the Mississippi River to Americans, cutting Americans west of the Appalachians off from the rest of the country. Eventually, the Americans had managed to secure navigation rights on the Mississippi to ship produce down the river to New Orleans. This situation changed in 1800, when Spain ceded New Orleans and the entire Louisiana Territory to Napoleon Bonaparte of France. Napoleon planned for this land to be part of France's New World empire. It would be centered around the Caribbean sugar islands, most notably Saint-Domingue. But Napoleon - increasingly preoccupied with events in Europe, including the outbreak of war with Great Britain - removed many French troops from Saint-Domingue. In 1803, the former slaves declared their independence from France, forming the Republic of Haiti.

The example of Haiti terrified American slaveholders. These developments helped Jefferson's efforts to acquire

*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>

western lands. Napoleon decided he didn't need New Orleans after all. Jefferson sent James Monroe to Paris to offer to buy New Orleans and whatever else he could obtain. Napoleon offered to sell the entire Louisiana Territory for \$15 million. Monroe jumped at the chance. This acquisition doubled the size of the United States' land mass, extending the country west from the Mississippi River to present-day Montana in the north and New Mexico in the south.

This deal provided sufficient land for generations of farmers and ensured European powers could no longer meddle with Mississippi River cargo. However, Jefferson also had serious constitutional doubts about the Louisiana Purchase.



Photo Credit: usnews.com

Jefferson favored the states' rights over national power as well as narrow constructions of the Constitution. But no constitutional provision expressly authorized the purchase of the new territory. Jefferson believed there should be a constitutional amendment enlarging the nation's powers before Congress ratified the Louisiana Purchase treaty. Without an amendment, the constitutional precedent of the Louisiana Purchase would be dangerous, rendering the Constitution a blank paper upon which future presidents or Congresses could write their own rules.

Not everyone agreed with his constitutional misgivings. His secretary of the treasury, Albert Gallatin, argued it would be a natural construction of the Constitution to say the federal government does have the power to acquire territory - by virtue of provisions giving the federal

government the authority to make war, make treaties, and govern the US territories. Jefferson was not convinced initially. He even prepared two constitutional amendments to deal with the issue. However, his advisors argued against pushing too hard for amendments. Jefferson ultimately sent the treaty to the Senate, which ratified it on October 20, 1803. Jefferson's acceptance of the Louisiana Purchase set a precedent of broad constitutional interpretation. This gave the federal government substantial powers to take the measures it deemed necessary for the good of the country.

Native American Affairs

Americans had already been moving west for decades. These lands, of course, were home to numerous indigenous peoples, whom the whites called Indians or American Indians - terms federal law still uses. After the Revolutionary War, the Confederation Congress realized the young country's safety required peace with the Native Americans. In 1787, it passed the Northwest Ordinance, which promised to observe the utmost good faith in dealings with the Native Americans. The ordinance made other promises as well: "Indian lands and property shall never be taken from them without their consent. Laws founded in justice and humanity shall from time to time be made, for preventing wrongs being done to them, and for preserving peace and friendship with them."

Native American affairs were a major issue confronted by the Confederation Congress, which was too weak to deal with them adequately. For instance, Congress could do little to discourage white settlers from squatting on Native American lands. Some states, such as Georgia, exacerbated the situation, repeatedly violating national treaties with the tribes and undermining federal credibility. It is arguable the Native American legal affairs was one of the major issues prompting the creation and ratification of the Constitution.

CONTINUED ON PAGE 33



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CONSTITUTION, CONTINUED FROM PAGE 32

Many white leaders believed the country needed a new, more powerful federal government to protect whites from the Native American nations and ultimately seize Native American lands.

The Constitution does include powers giving the federal government authority to deal with indigenous peoples. The commerce clause empowers Congress to regulate Commerce with foreign Nations, and among the several States, and with the Native American tribes. The war power permits the country to defend itself and attack its enemies, including Native American tribes. Another provision authorizes Congress to make rules respecting US territories - US lands not yet states and often contained sizable indigenous populations. Finally, the treaty power gives the president the power to make treaties, provided two-thirds of the Senate concurs.

The US often relied on this treaty power in dealing with the Native American nations, as though they were foreign countries. But the Native American tribes' lands were sometimes within territory the US claimed to own. Moreover, the US treaties did not treat the Native American tribes as completely independent, sovereign nations. The treaties, for example, often forced the Native American tribes to acknowledge a dependence on the US, undermining their sovereignty. Treaties further specified Native American

tribes were under the protection of the United States and were forbidden from dealing with European nations. The US was afraid Native American nations might ally themselves with the English or other European nations hoping to gain land in North America.

The US attitude toward the Native American tribes lacking the full sovereignty of foreign countries was further evident in its attitude toward Native American lands. The US position was indigenous peoples had the right to occupy but not own land. They could stay on their lands, but they could not decide what happened to those lands over the long term. However, although government officials in the 18th century usually wanted to keep the peace with the Native Americans, whites on the western frontier had different ideas. American settlers encroached on western lands and killed Native Americans and Native Americans killed them in return. The US built a standing army, in substantial part to try to keep the peace on the frontier. It became increasingly evident the US was not living up to its promise of keeping the peace by treating the Native Americans justly.

Fueled in part by the demand for cotton in English and New England mills, the country became increasingly hungry for new land. Jefferson's acquisition of the vast Louisiana Territory now gave the US even more room for settle-

ment - provided it solved its problem with Native American peoples. Lewis and Clark's famous western expedition from 1803 to 1806 was partially an effort to establish trade and peaceful relations with the Native Americans.

During the late 18th and early 19th centuries, the US negotiated a series of problematic land cession treaties with various Native American tribes. In some instances, the Americans made deals with one set of Native Americans to buy a different Native American tribe's lands. In many cases, the treaties

were one-sided. Even where they expressed good will, white settlers often ignored them and pressed into Native American territory without the government's permission. Native American peoples felt increasingly squeezed out of their own territories.

Native American Resistance

Some resisted. Tecumseh, for example, was a Shawnee leader in present-day Ohio who rejected the legitimacy of these treaties, arguing land cessions had to be made collectively by all Native American peoples. Tecumseh joined with other tribes to create a pan-Native American alliance, which joined forces with Great Britain and fought against the US in a series of skirmishes becoming part of the War of 1812. The war between Britain and the US was fought on numerous fronts and resulted in a draw. But the Native Americans' cause was defeated. Tecumseh was killed in 1813, and his pan-Native American alliance collapsed. The remaining Native American tribal lands in the Old Northwest were ceded to the US government.

Tensions were even higher in the South, with Georgia, Alabama, and Mississippi pitted against the Cherokee, Creek, Choctaw, Chickasaw, and Seminole. In the past, some whites had justified taking indigenous lands on the theory the Native Americans had not fully utilized them. But the Cherokees' economic and agricultural successes undermined those arguments. This didn't deter Georgia, which wanted Cherokee lands, in part because of the discovery of gold there in 1827. The Cherokees refused to give them up and adopted their own written constitution, declaring a sovereign and independent Cherokee Nation. Neither the state nor the Native American tribe backed down. At issue were fundamental constitutional questions about the relationship between federal, state, and Native American tribal governments.

Cherokee Nation V. Georgia

Georgia believed the Cherokees were occupying Georgia's land and hoped for assistance from the federal government in evicting them. Congress had been debating a Native American removal bill forcing Native Americans off eastern lands and relocating them west of the Mississippi River. The idea had originated with Thomas Jefferson when he had completed the Louisiana Purchase in 1803. Jefferson's idea had been to place gentle pressure on the southern Native American tribes, hoping to persuade them to exchange their present lands for western ones. But by 1827, the idea of more forcible Native American removal had gained political momentum. After substantial legislative wrangling, the removal bill failed in Congress. In late 1828, the frustrated Georgia legislature passed laws asserting state jurisdiction over Cherokee lands and annulled Cherokee laws and customs. The Georgia laws purported to bring the Cherokee territory into the state's control.

The Cherokee Nation objected and pointed to a treaty it had with the US, which had allotted it the land in question. To help it enforce the treaty against Georgia's encroachment, the Native American tribe turned to the federal government for help. But when Andrew Jackson had taken over the presidency in 1829, he had made it clear the White

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Wellness



RETHINKING WHITE RICE: A BALANCED APPROACH TO BLOOD SUGAR AND DIABETES MANAGEMENT

Naiwen Hu

Dietary management is essential for maintaining healthy blood sugar levels. Many believe that eating white rice causes blood sugar spikes. However, when eaten in moderation and as part of a balanced diet, rice can help stabilize blood sugar and may even play a role in reversing diabetes. Many natural methods can aid in maintaining stable blood sugar levels.

Benefits of Eating White Rice

A systematic review published in BMJ Open indicated that eating white rice was associated with an increased risk of Type 2 diabetes. However, my years of clinical practice have demonstrated that rice consumption can offer significant benefits for people with diabetes.

According to traditional Chinese medicine, eating white rice offers three key benefits for stabilizing blood sugar:

1. Boosting Energy and Vitality

Rice contains protein, fat, and carbohydrates, vital energy sources for the human body. Carbohydrates—including starches, sugars, and fiber—are broken down into glucose, which enters the bloodstream and raises blood sugar levels. This increase triggers the pancreas to secrete insulin, enabling the body to manage blood sugar effectively. Eating rice provides energy to cells, strengthens muscles, enhances vitality, and supports tissue repair.

In Asian cultures, some patients avoid eating rice entirely in an effort to reduce carbohydrate intake or lose weight. However, this can be an overcorrection, often leading to hunger and fatigue. As a result, they may turn to snacks or desserts, which can, in turn, cause blood sugar spikes. Therefore, it is important to include rice in your diet in reasonable amounts, as eating too little may not provide lasting fullness.

2. Promoting Wound Healing

If rice is a staple food in a region, long-term avoidance of eating it may deprive cells of vital nutrients, potentially resulting in two significant consequences:

- **Weakened immunity:** A lack of adequate nutrition can compromise the immune system, increasing the risk of infections and susceptibility to illness.
- **Cell necrosis (cell death):** Nutritional deficiencies may lead to gradual cell necrosis, particularly in wounds or injured tissue. As necrotic cells break down, they can damage surrounding healthy tissue, causing the affected area to expand. In severe cases, this could require amputation.

Therefore, following a balanced diet and stable blood sugar levels is crucial. This helps maintain a strong immune system and promotes proper wound healing.

Case Study: A diabetic patient who rarely ate rice sustained a calf injury that failed to heal, and the skin continued to deteriorate. This was attributed to insufficient blood sugar levels in her body, leading to hypoglycemia.

A cup of cooked white rice contains about 0.08 grams of sugar. Eating only a small amount of rice results in very limited sugar intake. Since sugar is the primary energy source for cells, maintaining adequate sugar levels is essential for cellular function and overall body performance.

3. Supporting Digestive Health

The ancient medical text “Mr. Feng’s Secret Records in a Brocade Bag (Feng Shi Jin Nang Mi Lu)” describes white rice as a food that strengthens the organs, muscles, and bones. It emphasizes that people with diabetes or weak digestive systems should include white rice in their diet. Similarly, the “Yellow Emperor’s Classic of Internal Medicine (Huangdi Neijing)” highlights grains as the foundational food for maintaining and nurturing health.

Eating rice in moderation, combined with regular exercise, can help stabilize blood sugar levels. White rice offers the added benefit of replenishing qi (energy) in the spleen and lungs while providing energy to the gut. It enhances intestinal peristalsis, which promotes smoother bowel movements.

Numerous studies indicate that physical activity and exercise help people with diabetes manage blood sugar levels and improve overall well-being. Recommendations for physical activity should be tailored to the specific needs of each individual. All adults are encouraged to reduce prolonged sitting by incorporating frequent movement into their daily routines.

The Healthy Eating Plate

The Healthy Eating Plate, developed by the Harvard T.H. Chan School of Public Health, divides food into four portions: two of vegetables and fruits, one of protein, and one of whole grains or starchy foods. This balanced distribution

helps diabetic patients control meal portions and maintain stable blood sugar levels.

For example, the vegetable and fruit portions can include broccoli, carrots, cabbage, or a selection of fruits. The protein portion may feature foods such as meat or scrambled eggs. The whole grains and starchy foods portion can include items such as white rice, sweet potatoes, or millet.

For vegetarians, vegetables can be stir-fried with mushrooms—for instance, peas stir-fried with king oyster mushrooms are a delicious option. The protein portion may include dishes such as braised tofu, and the starchy foods portion may feature rice, sweet potatoes, or yam.

Generally, it is better to eat half a bowl of white rice than just a tiny portion. Many diabetic patients avoid white rice because of concerns about high blood sugar, opting instead for brown rice or germinated rice. However, for those with weaker digestion or poor spleen and stomach function, these alternatives may cause indigestion and an upset stomach.

Start Your Meals with Protein

Studies have found that eating protein, fat, and fiber before carbohydrates can improve post-meal blood sugar levels. The recommended eating sequence is to start with protein-rich foods, such as meat, eggs, or legumes, followed by vegetables, and finish with rice. This sequence gives the body time to prepare for insulin secretion, helping stabilize blood sugar levels.

Eating slowly and chewing thoroughly—about 20 to 30 times per bite—is also advisable. Chewing slowly allows the brain to register feelings of fullness, which prevents over-

eating and rushing through meals. In addition to promoting stable blood sugar levels, this practice improves digestion and nutrient absorption and aids in weight management.

Enjoy Fruits in Moderation

Fruits contain natural fructose, so diabetic patients are advised to limit their intake to one serving per day—about the size of a

CONTINUED
ON PAGE 35

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RICE, CONTINUED FROM PAGE 34

woman's fist. For fruit juice, the portion should be limited to 6.76 fluid ounces.

Simple Method to Self-Check for Diabetes

If you notice a sweet smell in your urine, it could indicate excessive glucose—a potential symptom of diabetes. If this is accompanied by frequent urination, excessive thirst, unexplained weight loss, or fatigue, it is crucial to seek medical attention promptly for further evaluation.

Can Diabetic Patients Eat Porridge?

Diabetic patients can consume rice porridge in moderation as part of a healthy lifestyle that includes regular exercise. As mentioned, some diabetic patients avoid all starches entirely, only to find that their blood sugar levels remain persistently high. However, after reintroducing rice into their diet and adopting a balanced lifestyle, their blood sugar levels often stabilize.

Once blood sugar levels are under control, shifting your perspective from being a patient to living as a normal, healthy individual is important.

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CONSTITUTION, CONTINUED FROM PAGE 33

House would not come to the Native American tribe's aid.

Earlier in his career, Jackson had fought military campaigns against indigenous tribes and arranged for the taking of Native American tribal lands. As a constitutional matter, Jackson disagreed with the long-standing US policy

of dealing with Native American tribes through treaties. The tribes, he argued, were not sovereign nations. Congress had the constitutional power to legislate for the Native American tribes. Moreover, because the Native American tribes were not sovereign nations, they had no inherent right over their lands. Jackson's secretary of war, John Eaton, contended the US had only permitted Native Americans to stay on their lands but had never transferred sovereignty over those lands to the Cherokees. On the contrary, US states like Georgia enjoyed sovereignty over all the territory within their borders. The Cherokees had no legal right to interfere with state sovereignty. Nor did they have the right to erect their own independent government within the borders of Georgia.

Finally, Jackson supported removing Native American peoples from their eastern lands and moving them out west. Jackson believed Native American removal was central to national and economic development. He was determined to pursue the policy far more aggressively than his predecessors had. Jackson persuaded Congress, and in 1830, both houses passed a Native American removal bill. On May 28, 1830, President Jackson signed it into law. The new law authorized the president to designate Native American lands west of the Mississippi River not within any state or organized territory and then to exchange that land for lands held by eastern Indians.

The Cherokees filed a case directly in the US Supreme Court to restrain Georgia from exercising its laws over the Cherokee Nation. In 1831, Chief Justice John Marshall

announced the court's decision in Cherokee Nation v. Georgia. Marshall concluded the court had no jurisdiction. The Cherokees had brought the suit directly in the Supreme Court, invoking the court's original jurisdiction. Marshall pointed out under Article III of the Constitution, the federal judicial power extends to controversies between a state and foreign states and gives the Supreme Court original jurisdiction in cases where a state shall be a party. Georgia, as a state, could be sued in the Supreme Court. But did the Cherokee Nation

constitute a foreign state for the purposes of Article III? Marshall said no, it did not. Even though Native Americans had a right to the lands they occupied, Marshall doubted the Native American tribes amounted to foreign nations. Because it found the Cherokee Nation was not a foreign state, the Supreme Court dismissed the case for lack of jurisdiction.

Worcester V. Georgia

The same year, 1831, a new Georgia law forbade whites from residing in Cherokee country without a license. Georgia's goal appears to have been to remove from Cherokee lands Christian missionaries who were encouraging the Cherokees to resist their own removal. When two of the missionaries refused to leave, Georgia arrested and imprisoned them. The missionaries sued Georgia, and the case went to the Supreme Court.

This time, the court did have jurisdiction. In 1832, in Worcester v. Georgia, Chief Justice Marshall again delivered the opinion of the court, vindicating the Cherokee position. Specifically, the court declared unconstitutional the extension of state law over Cherokee lands. Unlike the previous case, this decision focused on the political independence of the Cherokees. Native American nations, Marshall wrote, have their own distinct political communities retaining natural rights. The United States had made treaties with those nations for years. Because the Cherokee Nation was its own distinct political community, occupying its own territory, the laws of Georgia had no force within Cherokee borders. Thus, the court rejected Georgia's argument it possessed sovereignty over Cherokee lands by right of discovery inherited from Britain.

Marshall also alluded to two other constitutional reasons why Georgia could not legislate within the Cherokee Nation. First, Georgia's efforts to encroach on Cherokee lands violated US treaties with the Native American tribe. Under the Constitution's supremacy clause, federal laws, including US treaties, are the supreme law of the land. As such, federal treaties displace state law, such as the Georgia law at issue here. Second, the US Constitution empowered the federal government to deal with the Native American tribes. Marshall seemed to indicate Native American affairs were beyond the purview of state legislation. Georgia's conviction of the missionaries, therefore, was reversed.

Though the Cherokee Nation and Worcester cases were resolved on different grounds, there's an obvious tension between them. In the Cherokee Nation case, the court denied it had jurisdiction because the Cherokees were not a foreign nation capable of invoking the court's original jurisdiction. In the Worcester case, the Cherokee Nation was treated like an independent nation. Thus, Georgia's laws did not apply within Cherokee borders.

However, Jackson declared the court's decision was stillborn, and Georgia ignored the court's mandate. Lacking an enforcement power, the court could do nothing to compel the state to comply. Not wishing to escalate tensions, Jackson asked Georgia to pardon the missionaries, and the state did. The court's impotence in the aftermath of its decision highlights an important point about our constitutional structure. As Alexander Hamilton observed in Federalist

CONTINUED ON PAGE 39

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 CHURCH
 LAUNDROMAT - MONTROSSLIBRARY - HAGUE
 MONTROSS CRABS & SEAFOOD MARKET
 MOOSE LODGE - COLONIAL BEACH
 MOOSE LODGE - MONTROSS
 NORTHERN NECK BLDG. SUPPLY
 P&D BODY SHOP - MT. HOLLY
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 POST OFFICE - HAGUE
 POST OFFICE - MONTROSS
 POST OFFICE - MT. HOLLY
 RITE AID - COLONIAL BEACH
 RITE AID - MONTROSS
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FIND PROSPERITY IN 2025 WITH BLACK-EYED PEAS

Step into Southern tradition as the calendar flips. Black-eyed peas are considered a good luck charm for the new year, and you can join in on the prosperity with this one-pan version that adds bacon and rice for extra charm.

Visit Culinary.net to find more family recipe inspiration throughout 2025.



SAVORY GOOD LUCK BLACK-EYED PEAS

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

- 1/2 pound bacon
- 5 large collard leaves
- 1 tablespoon butter
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1/2 cup chicken broth
- 1 can (10 ounces) fire-roasted diced tomatoes
- 2 cans (15 ounces each) black-eyed peas
- 2 packages (8 ounces each) long grain and wild rice cornbread

Using kitchen shears, cut bacon into pieces then fry in skillet. Drain and set aside.

Wash and devein collard leaves. Roll and cut into extra-small pieces. In same frying pan used to cook bacon, add

butter, garlic powder and onion powder. Over medium heat, saute collard greens. Add broth and tomatoes.

Drain and rinse black-eyed peas. Add to pan with cooked bacon.

Cook rice according to package instructions.

Place black-eyed peas mixture on try and spread rice around it. Serve with cornbread.

SAVE PRECIOUS TIME WITH SLOW-COOKED PULLED PORK

Whether you're hosting a holiday celebration or enjoying a weeknight meal during this busy season, easy recipes can help make the most of your time. Enjoy more of those precious moments with loved ones and less time in the kitchen with Cranberry Pulled Pork, a slow-cooked solution with sweet cranberries perfectly complementing pork shoulder. Find more recipes to save time during the holidays at Culinary.net.



CRANBERRY PULLED PORK

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

- 2 cans whole berry cranberry sauce
- 1/4 cup balsamic vinegar
- 1/2 cup brown sugar, divided
- 1 pork shoulder (7-8 pounds)

In bowl, mix cranberry sauce, balsamic vinegar and 1/4 cup brown sugar.

Place pork shoulder in slow cooker and rub remaining brown sugar into meat.

Cover meat with cranberry mixture. Cook on low 6-8 hours or high 4-6 hours.

IMPRESS FRIENDS AND FAMILY WITH A QUICK APPETIZER

If you're looking for a new dip for your next get-together and tired of the same boring salsas and layered dips, this Cowboy Caviar may quickly become a family favorite.

Also known as Texas Caviar, this bean salad can be a hit with loved ones at birthdays, holidays, graduations, reunions and more. It serves well with tortilla chips but can be enjoyed in a variety of ways. Plus, it's a breeze to make and can be even simpler when prepared the night before your big event. Visit Culinary.net to find more quick and simple appetizer recipes.

COWBOY CAVIAR

- 1 can (15 ounces) sweet corn
- 1 can (15 ounces) black beans
- 1 bunch cilantro
- 3 Roma tomatoes
- 2 jalapenos
- 1/2 red onion
- bell peppers (mix of green, red, orange and yellow, as desired)
- tortilla chips, for serving

Dressing:

- 1/3 cup olive oil
- 1/3 cup red wine vinegar
- 1 tablespoon honey
- 1 tablespoon paprika
- 1 lime, juice only
- salt and pepper, to taste

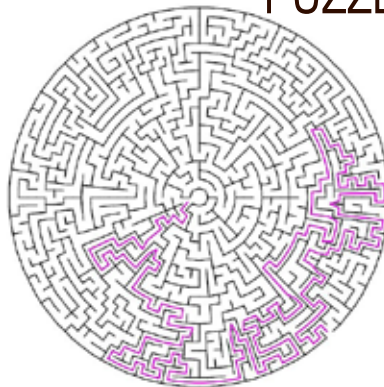
Drain and rinse corn and black beans; dry well. Finely chop and dice cilantro, tomatoes, jalapenos, onion and bell peppers.

To make dressing: Combine olive oil, red wine vinegar, honey, paprika and lime juice. Season with salt and pepper, to taste. Mix vegetables with dressing. Serve with tortilla chips.



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2	1	3	7	8	4	9	5	6

Puzzles & Mazes located on pages 23-24

CONSTITUTION, CONTINUED FROM PAGE 35

Paper Number 78, the judiciary is the weakest of the three branches because it has no influence over either the sword or the purse. It may truly be said to have neither force nor will, but merely judgment. If the court issued a decision the political branches did not wish to follow, the court could do little about it.

With Congress, the president, and the state of Georgia against it - and the court practically unable to protect it - the Cherokee Nation had nowhere else to turn. Andrew Jackson had won; his Native American removal plan was now national policy. Between 1830 and 1835, the federal government negotiated unfair removal treaties with the Cherokees and several other southern Native American tribes. By 1840, most southeastern Native Americans - some 60,000 people - had relocated to Native American territory in contemporary Oklahoma. During the Cherokees' Trail of Tears out west, thousands died. This brutal episode has become a symbol of white oppression and destruction of Native American indigenous peoples, lands, and cultures.



Hunter and Joe Meet With BHR Partners Including CEO Jonathan Li (Center)

BIDON PARDONS, CONTINUED FROM PAGE 2

On December 12th Biden announced that he was commuting the sentenced of 1,500 people and pardoning 39 others for what were characterized as nonviolent crimes. The White House bragged that this was the largest single act of clemency in history which is just what you would expect from this soft on crime defund the police administration.

Expect many more pardons and commutations before

Inauguration Day but remember one thing. They are nothing more than admissions of guilt.



Photo Credit: Red State

GOOD RIDDANCE, CONTINUED FROM PAGE 27

doesn't say how or what. The Rain Man of White House press secretaries does not have the brain power to form complete sentences though. She's still stuck on nouns.

KJP is an accurate representative of our outgoing president.

And he can't be outgoing soon enough.

Good riddance to bad rubbish.



Entry to the Illegal Dump Site

WESTMORELAND, CONTINUED FROM PAGE 6

and it has been reported that several trash trucks per day enter and leave the site.

This picture shows the entry to the site giving another view of the unsanitary eyesore. Westmoreland County has seemed to have

inordinate problems with illegal dumping for years and supposed shenanigans about illegally waived dump fees were cited as one of the reasons that former County Administrator Ben Prescott was terminated last May.

Unfortunately, the County has been less than forthcoming as to the true nature of the situation and it will be interesting to see how the Board of Supervisors handles

their latest trashy situation.

On a more somber note, Demetri Gardiner, who along with brother Michael Gardiner was accused of murdering Washington District Elementary School Teacher Taylor Wood last November, was acquitted of 1st degree murder, arson and three charges of animal cruelty by a Westmoreland County jury in what has to be one of the worst miscarriages of justice in county history.

Demetri Gardiner, whose brother lived with Wood, was present on the night of the murder but claims that his brother committed the murder and then threatened Dimitri who he told to admit to the murder. Both brothers claim that the other brother committed the heinous deed.

Unfortunately, the dwelling in which Mrs. Wood lived was burned to the ground which destroyed evidence and damaged the body beyond recognition. Both brothers admit to ingesting crack cocaine and drinking beer before the murder. Mrs. Wood died of stab wounds to the neck.

Although more details are available, they are extremely graphic and will not be disclosed further out of respect for the family and friends of Mrs. Woods who was a popular teacher at the elementary school.

In our letters to the editor section of this edition is a letter from the family of Mrs. Wood, who had taught in Westmoreland for five years, that they sent to the local weekly that had printed an extended front page article in their edition published December 11th.

Gardiner's defense attorney argued that just because his client was present did not mean that he committed the crime and that he had been forthcoming with law enforcement by providing information that they would not have had otherwise.

There was also no proof of premeditation or the finding of accelerants to prove that the fire was intentionally set. When the verdict was announced there was a sense of disbelief among those in the audience. Gardiner reacted by smiling which tells you all you need to know.

The results of the trial of Demetri Gardiner's brother Michael Gardiner will be reported on at the conclusion of his trial.

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