



Northern Neck Sentinel™

The Voice of The People

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Volume 8 - Edition 1 - February 2025
FREE TAKE ONE



(L to R) Delegate Hillary Pugh Kent and Governor Glen Youngkin

DELEGATE HILLARY PUGH KENT INTRODUCES HOUSE BILL 2105 TO CONFRONT JAIL VIOLENCE

John Haynes, Jr.

On January 7th Republican District 67 Delegate Hillary Pugh Kent filed House Bill 2105 seeking to address the problem of acts of violence in our jails. The proposed

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(L to R) President Putin and President Trump
[Photo Credit: washingtonpost.com]

PUTIN DROPS A TRUTH BOMB "IF THEY DID NOT STEAL TRUMP'S VICTORY IN 2020, THERE WOULD BE NO CRISIS IN UKRAINE"

John Haynes, Jr.

One of the anti-American left's favorite talking points for years was that Donald Trumps coordinated with the Russians to rig the 2016 election and that Trumps was, in effect, "Putin's

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Northern Neck Patriots Chairman Tom Jeffries Waves Old Glory [Photo Credit: Samira Bouaou, The Epoch Times]

JAN. 6 DEFENDANTS, FAMILIES CELEBRATE AFTER TRUMP PARDONS

Sam Dorman

President Donald Trump's decision to pardon most of the Jan. 6 defendants on his first day in office brought excitement and hope to those close to the detained.

The White House announced the pardons shortly after

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CALIFORNIA BURNING/ RICHMOND HAS NO WATER...

Rob Smith

Windsor Farms is a beautiful residential neighborhood in Richmond. My great uncle developed it 100 years ago. The streets are laid out in the style of an English village and there are many stately Georgian homes with beautiful

CONTINUED ON PAGE 5



Craig Shirley [Photo Credit: c-span.org]

THE TRUE STORY OF THE 2024 ELECTION

Craig Shirley

As much as I eschew the use of first person pronouns, I am now forced to in writing about a new book I am working on.

After eleven books, including six on Ronald Reagan and two on World War Two including the New York Times bestseller, December, 1941 and hundreds of op-eds, one might think

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(L to R) Tucker Carlson, Julia Saville and Candace Owens

GO WOKE GO BROKE ST. MARGARET'S BEGS FOR FINANCIAL HELP

John Haynes, Jr.

Many of you are undoubtedly familiar with the phrase: "Go Woke Go Broke." What this essentially means is that businesses and institutions that insist on promoting un-American and divisive ideas end up alienating those who

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Observations



John Haynes Jr., Editor



President Trump is Sworn In

PROMISES MADE PROMISES KEPT FOREWARNED IS FOREARMED

If anyone doubted that President Trump would actually enact the policies that he has espoused on the campaign trail and since his reelection, those doubts were dispelled immediately after his inauguration.

In a flurry of activity, Trump signed approximately 50 executive orders in his first day in office including a crackdown on illegal immigration, the banning of D.E.I and transgender policies, withdrawal from both the World Health Organization (WHO) and the Paris Climate Accords and the pardons and commutations of over 1,500 J6 hostages.

Executive orders continued apace in the following days as the total remaking of America was under way. Even the far-left New York Times took notice. On January 21st an article by Thomas Edsall proclaimed: "The Right Is Winning the Battle for Hearts and Minds".

In the article Christopher Rufo, who is a senior fellow at the Manhattan Institute, was quoted as saying:

"For the past four years, the Left has tried to condemn us as fringe, radical, extreme, and worse. But the truth is that we are mainstream, reasonable, popular, and ascen-

dant. We're no longer going to let Cluster B leftism ruin our institutions. If that's your thing, try therapy."

Trump's actions the first two weeks of his term were so overwhelming that they were reminiscent of the "shock and awe" tactics used in the Gulf War to overwhelm Saddam Hussein's forces.

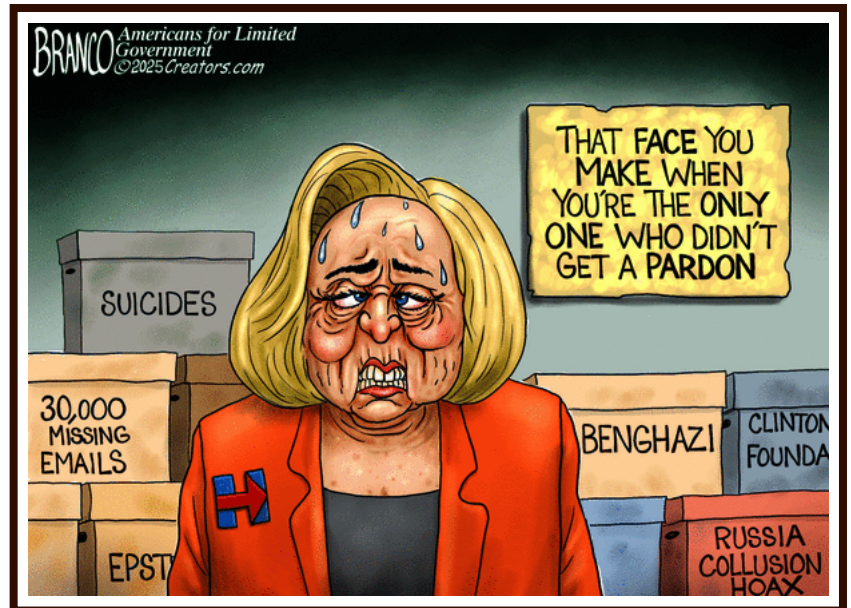
Although Trump's executive orders have generated the most publicity, the first bill that he signed signaled his intent to keep his campaign promises. It is called the Laken Riley act, named after the 22 year old Georgia nursing student who was brutally attacked and then murdered for fighting against her assailant's rape attempts.

The law allows for the immediate detention for illegal aliens detained for crimes such as burglary, theft, larceny, or shoplifting. This bill would have saved Laken Reilly's life as her assailant was an illegal alien who had been arrested twice, once for child endangerment, but was released back onto the street both times.

Trump's executive orders also freed most of the J6 protestors, banned DEI, froze federal hiring, ended birthright citizenship, ended government remote work policies, declared a border emergency, sent federal troops to the border, recognized only two sexes, created an external revenue service, repealed emissions and energy efficiency regulations, withdrew from the WHO and Paris Climate Accords and revoked the security clearance of all 51 signers of the Hunter Biden coverup letter. There are literally too many Executive Orders to name in this article but they continue apace.

Also amazing is the number of terminations that have been made. These include all of the J6 prosecutors, 17 inspectors general, several FBI employees involved in the J6 investigations and many others. Many government officials have also resigned voluntarily and all federal employees have been offered a retirement settlement of eight months pay.

Trump's changes will continue to gain momentum as his cabinet picks assume office and the contrast with the Biden Administration is stark. Assuming confirmations made and about to be, Trump will have Pete Hegseth replacing Lloyd Austin as Defense Secretary, Pam Bondi replacing Merrick Garland as Attorney General, John Ratcliff replacing William Burns at the CIA, Kristi Noem replacing Alejandro Mayorkas as Secretary of Homeland Security, Tulsi Gabbard replacing Avril Haines as Director of National Security, Robert Kennedy Jr. replacing Rachel (aka Robert) Levine as Secretary of Health and Human services and



Kash Patel replacing Chris Wray as Director of the FBI.

Obviously, there are several others who I will omit for the sake of brevity. In addition to those already terminated there are countless reviews underway to determine who else to jettison.

When Trump first assumed office in 2016, he was a political novice and those who opposed him took full advantage. Former FBI Director James Comey even admitted this in an interview conceding that he would never have

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JAN. 6 DEFENDANTS, CONTINUED FROM PAGE 1

Trump's inauguration on Jan. 20, more than four years after the Jan. 6, 2021, U.S. Capitol breach and after the pardoned individuals spent years dealing with the legal system. His pardon affected about 1,500 people, and he commuted the sentences of others.

Robert Morss, who was found guilty on multiple counts, including assault, in 2022, told The Epoch Times that the pardons felt "bittersweet." Morss pleaded not guilty and, like many others, criticized the way the government responded to the events of Jan. 6.

"All this stuff is finally coming to an end," he said in a Jan. 20 interview. "You know, we never should have had to endure this as a country, but because we did, our country is stronger for it."

Susan Sills, whose son Geoffrey was prosecuted in relation to Jan. 6, spoke to The Epoch Times while on her way to pick her son up from a Pennsylvania prison. She said they were both "excited" and would go out to eat to celebrate.

When asked whether she was surprised by the pardons, she said, "Not really." She indicated there was some room for concern since her son was charged with assault. Before the inauguration, Trump and Vice President JD Vance offered various indications as to who they would pardon. Vance, for example, said that violent Jan. 6 defendants should not receive pardons and that there was "a little bit of gray area" and that "there were a lot of people ... who were prosecuted unfairly."

According to the U.S. Attorney's Office for the District of Columbia, "approximately 608" people have been charged with "assaulting, resisting, or impeding law enforcement agents or officers or obstructing ... officers during a civil disorder."

Another defendant charged with assault was Luke Coffee, who maintains the guilty verdict he faced was wrong. After his pardon, Coffee told The Epoch Times that he was "overwhelmed with gratitude."

"This journey has been about so much more than ourselves. It has been about standing firm for truth, even when the odds seemed insurmountable," he said.



'Victory for Ashli'

The last four years have been "life-changing" for Mickie Witthoef, she said, after her daughter, Ashli Babbitt, was fatally shot by a police officer on Jan. 6.

During an interview with The Epoch Times, Witthoef

described Trump's pardons as a "victory for Ashli."

Witthoef was one of many gathered across the street from the D.C. Central Detention Facility in Southeast Washington after news surfaced of Trump's pardons. Music played as supporters stood in below-freezing temperatures, while police formed a barrier on D Street Southeast.

Trump's pardons were a marked shift for the federal government.

On the fourth anniversary of the "Stop the Steal" rally and subsequent protest at the U.S. Capitol, former Attorney General Merrick Garland said, "The public servants of the Justice Department have sought to hold accountable those criminally responsible for the January 6 attack on our democracy with unrelenting integrity."

"They have conducted themselves in a manner that adheres to the rule of law and honors our obligation to protect the civil rights and civil liberties of everyone in this country."



Police officers push back the crowd at the DC Central Detention Facility in Washington, on Jan. 20, 2025. [Samira Bouaou/The Epoch Times]

Many, like Trump, disagreed. The pardons have freed many, and with their release begins the road to rebuilding their lives and paying off legal expenses.

"The road ahead is one of rebuilding, reconciliation, and being a voice for the voiceless," Coffee said. "As we walk forward, we hold onto the truth that God redeems, restores, and rebuilds what the locusts have eaten."

"I'm going to do my best to restore my life," Morss, a former high school history teacher, told The Epoch Times. "I'd like to get back into teaching."

Sills told The Epoch Times she had to take a "big chunk" out of her retirement to pay for an attorney.

Desiree Rowland, who goes by the name Osprey Sensei, set up an online fundraiser for her fiancé, Barry Ramey, who was in a halfway house in the early hours of Jan. 21. She said the fundraising goal of \$125,000 includes legal costs and other expenses such as car insurance and food for Ramey at the halfway house.

"I think we're going to celebrate in a big way," Rowland told The Epoch Times. She said that she didn't think "most people realize our entire life has been turned upside down" and that she took for granted simple things such as being able to talk on the phone or hold hands with Ramey.

By 8:22 a.m. ET on Jan. 21, Ramey posted on social media that he had been released. He was sentenced to 60 months in prison and was found guilty following a bench

trial of felony civil disorder and assaulting, resisting, or impeding law enforcement officers. Ramey pleaded not guilty to seven counts in 2022.



Ben Pollock

Ben Pollock, whose two children Olivia and Jonathan were arrested over their alleged involvement in the Jan. 6 riot, reacts as he speaks about them outside the DC Central Detention Facility, in Washington, on Jan. 20, 2025. Samira Bouaou/The Epoch Times

Ben Pollock, who said his daughter and son were imprisoned in the D.C. Central Detention Facility, stood outside the jail while holding an American flag and wearing a "Trump 2020" hat.

"I'm ecstatic for just them getting to start a new life," he told The Epoch Times. His son, Jonathan, and daughter, Olivia, were two of five indicted by the DOJ in 2021 on multiple counts, including assault. Both pleaded not guilty to all counts in 2022 after a superseding indictment was filed. REPRINTED WITH PERMISSION OF THE EPOCH TIMES Samira Bouaou and Emel Akan contributed to this report.

DELEGATE KENT, CONTINUED FROM PAGE 1

legislation would require jail superintendents to name a law enforcement agency such as the Sheriff's department or the Commonwealth's Attorney to report instances of violence to.

There would be a memorandum of understanding (MOE) detailing how the process would be handled. The script of the proposed bill is as follows:

"PUBLISHED: 1/20/2025 5:53 PM ORIGINAL

Bill Number: HB2105 H1 Patron: Kent

Bill Title: Local correctional facilities; investigation of acts of violence; designated local law-enforcement agency.

Bill Summary: The substitute bill requires the jail superintendent of any regional correctional facility to promptly report to the primary local law-enforcement agency in the jurisdiction where such correctional facility is located any act of violence set out in § 19.2-297.1 (Sentence of person twice previously convicted of certain violent felonies) that occurs within such correctional facility.

The substitute bill also requires the jail superintendent to enter into a memorandum of understanding with such primary local law-enforcement agency, setting forth the procedures for the investigation of such acts of violence and the respective roles and responsibilities of the jail superintendent of such correctional facility and the local



DELEGATE KENT, CONTINUED FROM PAGE 3

law-enforcement agency.”

This is actually not a new concept. In the December 2022 edition of the Sentinel, we describe how Richmond County Commonwealth’s attorney Elizabeth “Libby” Tribble was trying to work out such an agreement with the current superintendent of Northern Neck regional Jail (NNRJ) Ted Hull who has since retired. I describe the situation as follows including a letter from Tribble to Hull:

“I had previously assumed that you are also familiar with Virginia’s Constitution. After reading your letter, however, it appears you are not. I would direct your attention to that document, which confirms that each locality’s Commonwealth’s Attorney is the chief law enforcement officer for that locality. NNRJ sits in Richmond County.

You should know that a chief law enforcement’s job is not limited to the investigation and prosecution of crimes. It is our job to keep our communities safe of crimes. To my mind, that means I should consider the safety of every citizen of Richmond County, including those sentenced to incarceration at Northern Neck Regional Jail. I regularly send people to be housed for assaults, for DUIs, and, when they are unable to stay sober, some of our drug-addicted offenders must be housed at NNRJ to await trial.

Your unwillingness to have serious violent crime reported to my office or to any law enforcement agency demonstrates that you do not hold the safety of those in your care in high regard. Accordingly, and until your policy changes, I feel exceptionally uncomfortable using your facility at all. I copy your jail board, the Virginia Jail Board, our Board of Supervisors and other interested parties on this correspondence so they are aware of my position- and so they are also aware of yours.

If you find that your position has changed, I have a Memorandum of Understanding used in other regional jails that can be put into place.

Until that time, I must advocate for our local defendants to be housed elsewhere, and for legislation that would require you and other regional jail superintendents to report violent crimes to outside law enforcement agencies for proper and thorough investigation.”

During my investigation at that time, I had the opportunity to meet with Mrs. Tribble and also obtained additional correspondence between her and Mr. Hull from a Freedom of Information Request. It was obvious that she was very concerned about the safety of the detainees and inmates.

I have also had the opportunity to speak with Delegate Kent recently and have agreed to forward evidence and statements from former detainees and prisoners detailing the brutal treatment that they received at NNRJ. She also

revealed to me that she has been working in tandem with Mrs. Tribble.

The jail staff is already struggling to meet new regulations enacted in 2025 and Kent’s proposed bill would force even more accountability. NNRJ is now under fierce pressure with both the Commonwealth’s Attorney in the county where they are located and the state delegate in the district where they are located leading the way.

The noble efforts of Commonwealth’s Attorney Tribble and Delegate Pugh Kent are not the only attempts to reduce brutality in our jails. The Federal Communications Commission (FCC) has recently issued proposed procedures to stop financial exploitation of detainees and inmates. According to an October, 2024 article in Prison Legal News:

“On August 26, 2024, the Federal Communications Commission (FCC) published its final rule in the Federal Register, formalizing rulemaking that the agency issued the previous month which significantly reduces the cost of phone and video calls made by people held in prisons and jails nationwide. It is the latest development in a decades-long campaign to rein in predatory price gouging by prison telecom companies.

Phone rates in state prisons were limited to \$.06 per minute, and per-minute rates in local jails dropped to no more than \$.12. The FCC imposed interim caps on the cost of video calls equal to \$.16 per minute in prisons and \$.11 to \$.25 per minute in jails. The order included a number of other measures to address abusive practices by prison phone companies, and to make communication services

more affordable and accessible. All the reforms go into effect in 2025. See: Incarcerated People’s Communications Services; Implementation of the Martha Wright- Reed Act; Rates for Interstate Inmate Calling Services, Fed. Reg. Vol. 89 No. 165.

To properly appreciate this most recent FCC action, it must be considered in the context of longstanding exploitation of prisoners and their families by telecom providers, operating in collusion with corrections officials.”

Much of the negative publicity concerning NNRJ has been caused by the fact that dozens of J6 hostages who were detained

there have been very vocal about the abuse they endured and they are all now free due to their presidential pardons. Don’t be surprised if you hear more from them soon.

Also critical to the massive publicity of NNRJ abuses was the efforts of a regional group associated with the TEA Party called the Northern Neck Patriots. Their members have donated thousands of dollars to help the J6ers and have advocated for them at jail board meetings, county supervisor’s meetings and weekly vigils. Many have also traveled to Washington, D.C. to attend court hearings, congressional hearings and to attend the nightly vigils conducted at the D.C. Jail where countless J6ers have been imprisoned.

During their meetings and events members of the NNP have repeatedly cited instances of abuse to the jail board and others but their assertions have fallen on deaf ears. These recent proposed laws and the election of Donald Trump, who is himself a victim of the American Injustice System, have put our corrupt jail and prison officials on the defensive. The tide is turning.

Constituents wishing to support Delegate Pugh Kent’s house bill or those wanting to provide further evidence can email the delegate at DelHKent@house.virginia.gov or you can call her district office at 804-456-8360. Those wishing to join or contact the Northern Neck Patriots can reach their website at <https://northernneckpatriots.org/>.

Our jails, prisons and legal system are a disgrace and
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DELEGATE KENT, CONTINUED FROM PAGE 4
 the horrible abuses at places like NNRJ are a stain on our whole country. It is time to defend the defenseless. As it is said in Matthew 25³⁶, 40:

"I was in prison and you came to visit me ... I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."

CALIFORNIA, CONTINUED FROM PAGE 1
 gardens.

During the George Floyd "Summer of Love" antifa and Black Lives Matter marched through Windsor Farms, no doubt to protest against "nice stuff," preferring everyone to live in graffiti ridden squalor as a measurement of social justice fairness. I wrote at the time that if any of these Georgian mansions were given to any of these neo-Marxist protestors, within 6 months all the windows in the house would be busted out, there would be broken glass and 3-foot-high grass in the front yard, and the mechanical systems would all be trashed. The same is true with a city. Give these types of people the keys to any city and in short order, the city, just like the free house, will be destroyed. They are incapable of taking care of anything.

Here in Richmond, we just went through nearly 3 days with no municipal water. Now, we have to go through 2-3 days of not being allowed to drink the water coming from our taps. Several hundred thousand people in a major metropolitan area with hospitals, manufacturing plants, universities, nursing homes, and millions of square feet of office space had no water. It's third world. Our race hustling, low IQ Marxist mayor hired a DEI candidate to run the

Department of Utilities, the first time ever a non-engineer held that post. Her major initiative was hiring other DEI candidates to work for Public Utilities. Incompetent boobs, hire other incompetent boobs and before you know it, there are more boobs than the runway at the Bada-Bing.

Los Angeles is burning down. The government incompetence there is extraordinary. LA has its own DEI problems. Its fire chief was hired because she is an outspoken lesbian. Her initiative has been to hire more women and LGBTQ firefighters. Yep, I want a 99 lb mentally ill woman who thinks she's man pulling me out of a burning fire! Who wouldn't?

I've been known to be unabashedly blunt, but of course always right. DEI is the process of hiring simple minded knaves at the expense of competent and qualified artisans. Worse, it instills a sense of unearned entitlement in those who "Didn't Earn It." It is a cancer metastasizing through the ranks of work forces given grave responsibilities, and it spreads to the point where no one in an organization has the work ethic or skill to change a light bulb.

As bad as DEI is, what's worse is the political class that initiates DEI policies. There should never ever be any reason to vote anybody into office that has not had a career in real world practicalities. Community activists, academics, government apparatchiks, non-profit do-gooders, clinicians, blah, blah, they generally know nothing other than the au courant platitudes of the bougie Bolshevik chattering class. In Richmond, 8 of our 9 council members are women, and the one man is a soy boy. Have any of these folks ever crawled under a house to fix a leaky pipe, changed the oil in a car, operated earth moving equipment or walked a

police officer's beat at 2 am in the morning? Have any of them started a business from the ground up and hired and fired dozens of employees? No. Yesterday, I ran into my friend Frank. He runs a small independent HVAC company. Frank understands how things work. Cities need guys like Frank to run them as opposed to purple haired social justice Sallyboys.

When I was fresh out of law school, my real estate mentor hired me to build a subdivision. I had to learn to read plans, to know how sanitary and storm sewer systems worked, where the run off went, how it was tested, where the water came from, fire hydrants, water pressure, gas pipe lines, underground power, soil compaction, emergency contingencies and a host of other real world matters that I likely never would have learned had I become a practicing lawyer or an academic. I'm not special, there are thousands of local people who know everything about these real-world issues. Yet, no one on our city council knows anything about such matters because they are political activists, academics or lifelong government hacks. They are talkers and not doers. Just about anybody I know who runs a business could have taken a tour of Richmond's water treatment plant and immediately noticed the lack of emergency redundancies and the peril the city was in, but soft hands politicians can't because they've never done anything in the practical world. There are no Franks.

If it's even possible to be more brain dead than the politicians running Richmond, the prize goes to California. Every advanced civilization from the ancient Minoans (2,000 BC) to modern times knows that to have an adequate water

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LOCAL NEWS



(L to R) Tim and Brenda Dolan

ESSEX COUNTY NEWS MASSIVE LAWSUIT RESCHEDULED

The massive lawsuit filed against Essex County that could exceed 40 million dollars has been rescheduled for June 8-10 after the original trial date of February 4-6 was postponed. The lawsuit was filed by Riverstone Development, Inc. which is owned by Tim and Brenda Dolan.

The defendants in the lawsuit are Essex County, Former Essex County Administrator Michael Lombardo, former Essex County Building Official Alwyn "Wyn" Davis and former

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LANCASTER COUNTY NEWS NEW SCHOOL PROGRESSING

With the arrival of the new year the Lancaster County School Board had their annual organizational meeting to determine board positions and any policy or procedural changes for 2025. District 4 member Joan Gravatt was reelected as chairman and District 3 member Cindy Clarke was reelected as vice chairman. The vote total was 4 to 1. Also, Amanda Molineaux was appointed board clerk and Jennifer Benson was appointed deputy clerk by a vote of 5 to 0. There were also several appointments to various

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Bookers Mill Solar Project
[Screenshot From Richmond County]

RICHMOND COUNTY NEWS SOLAR FACILITY NOW ONLINE

At the January Supervisors meeting County Administrator Hope Mothershead informed the Supervisors that the Bookers Mill Solar Facility had reached substantial completion. Strata Solar, now called Strata Clean Energy, first proposed the project back in 2020 and, after months of public hearings and citizen opposition, it was approved. The October, 2020 edition of the Sentinel describe the situation as follows:

"For the past few years our region has been inundated

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KING GEORGE COUNTY NEWS THINGS ARE LOOKING UP

James R. Shaw

Ahead of Our Time- 13 months ago, our newly elected Board of Supervisors began work on getting many KGC processes back in order. It was a bit messy. People left. New talented people were hired. The people who stayed made adaptations and adjustments to work with the new board and the eventual new county administrator. We brought in an outside consultant with many years of county

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Maurice Johnson Addresses the Board [File Photo]

NORTHUMBERLAND COUNTY NEWS AUDIT RESULTS REVEALED HUNTING LAWS APPROVED

In January the highly anticipated results of the forensic audit of the schools and county administration were finally released and the results were hardly surprising. In the audit summary section, the report states:

"We have determined that the NCPS has a deficiency in the enforcement of their policies and procedures, particularly around proper document retention, budget management,

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WESTMORELAND COUNTY NEWS

ENVIRONMENTAL HAZARD ADDRESSED MURDER VICTIM'S BODY FOUND

Westmoreland County resident Gabrielle Watkins was last seen on December 6, 2024. According to a report by WTVR News Richmond, they contacted Gabrielle's grandmother Dorothy Breen about three weeks after Gabrielle disappeared and the report states that Mrs. Breen informed them:

"She's never been this long without talking to me ever," Breen said at the time. "All of her friends that have responded to me tell me she always says, 'I gotta call grandma to

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ESSEX, CONTINUED FROM PAGE 6

Essex County Building Inspector Steven Wayne Verlander. The fact that none of the three former Essex County officials is still employed by the county raises some interesting questions.

The events leading to the lawsuit began back in 2021 when engineer Jeff Howeth, who was assisting the Dolans with their project, applied to the county to be allowed to use a firewall for the proposed 153 apartment complex after it was determined that there was insufficient water pressure to run a sprinkler system. The exception was permitted by state code and should have been a matter of routine.

Unfortunately, it was anything but. Rather than approve or disapprove the request the County simply refused to make a judgement as the project remained in limbo. The lawsuit contends that this was done for malicious reasons and the Sentinel has reviewed the evidence, including correspondence between the parties, and it appears that there was some personal animus involved.

The refusal to make a decision dragged on for 18 months until Davis was either fired or resigned. Within a few days of his departure the decision was made to approve the use of firewall.

Unfortunately for the County, they are also involved in another lawsuit involving the denial of a zoning petition. The lawsuit was filed by 7 and M Development, LLC which was seeking to develop land on a 13.186 parcel at Brays Fork. The proposed project would include both residences and businesses and was touted as a source of low cost housing and economic growth.

The plaintiffs claim that the denial was based on factors outside of the scope of the county's responsibilities such as whether some of the project would be used for Section 8 housing and financing plans. A hearing to hear motions was scheduled for January 22nd. Further details will be provided as they become available.

On a less contentious subject, the Board of Supervisors at the January meeting chose to leave the current leadership in place. Greater Tappahannock Supervisor Rob Akers was reappointed as Chairman and South District Supervisor Ronnie Gill was reappointed as Vice Chairman. The lone dissenting vote for Akers was cast by North District Supervisor Stanley Johnson who has opposed Akers' positions in the past, particularly regarding the schools. Gill was re-

pointed by a unanimous vote. Akers is in the final year of his second term and Gill is in the second year of his second year.

The Board also voted to continue holding their regular meetings and work sessions on the second Tuesday of each month with the exception of July and November when the meetings will be held on the 15th and 5th respectively. The Supervisors also readopted the current bylaws and code of performance.

KING GEORGE, CONTINUED FROM PAGE 6

administration experience. Boy could that guy work a magnifying glass and find all kinds of hidden and forgotten stuff in the books!

A very similar thing is happening with the Trump administration as it works to unravel many of the changes that were implemented over the past four years while he was no longer in office. Some of the findings are quite unbelievable. But that is what happens when leadership takes a more passive approach and kind of lets the Administrative State run itself. KGC saw similar things over this past year but on a much smaller scale. As you read amazing headlines reporting progress on a federal level, just remember that we went through some of this stuff too and we have lived to tell about it.

Election Season Begins- It's January and now February. You know what that means in Virginia. It's time to start another election campaign. On the state level we have the governor, lieutenant governor, and Attorney General offices along with the House of Delegates. Locally we have for KGC offices: Board of Supervisors (Shiloh and James Monroe districts), and School Board members representing the Shiloh and James Monroe districts. We have already seen some people come forward indicating that they will run either as incumbents or newcomers at the workshop put on by the registrar on January 30. For the time being, our

reporting will be limited to numbers provided by our Registrar. Anyone can claim that they are running for an office. But until they first fill out some of the initial paperwork, it is just a dream. Once the required 125 signatures from the specific districts are obtained and certified, then we will begin reporting the specific names that have been certified for the specific offices. Stay tuned for updates as they become available from our KGC registrar. The deadline for submitting petitions with signa-

tures is in June. So don't expect to see any specific names for some time. When a candidate or their agent asks you to sign their petition, then you will know the name of that person and be able to gauge their seriousness in running. There is an incentive to get signatures in early. The first candidate to get certified gets the top spot on the ballot.

Annual Board of Supervisors Organizational Meeting - The annual organizational meeting of the King George County Board of Supervisors and Service Authority (SA) Board of Directors proceeded with few hitches on January 7. Date, time and place of the combined meeting will remain the same. 1st & 3rd Tuesday at 5:30pm. November 4 meeting (election day) is moved to November 3.

Chair: William Davis (new), Vice Chair: David Sullins (new), Clerk: Matthew Smolnik

Service Authority Board of Directors: Chair: Cathy Binder (incumbent), Vice Chair: Lee Rowbotham (new), Treasurer/Secretary: Jaclyn Fish (new) *Structure of the position will be reworked and voted on in the near future as the combined position of Secretary/Treasurer gets split into two positions.

Appointments to Area Boards and Commissions: All remain the same (or renewed) with the following exceptions: Fire and Rescue Liaison: Kenneth Stroud, Rappahannock Regional Jail representative: Kenneth Stroud

01-09 Walnut Hill agreement. Mr. Charlie Clark Deputy County Attorney was instructed (vote: 4-1) to bring the agreement worked out in closed session to the Circuit Court for resolution. Supervisor Collins was the dissenting vote. His reasoning is presented in the video recording. (43:38-57:45)

At the January 21 meeting, it was reported that the judge approved the Walnut Hill agreement. One should be able to find that agreement in public court records.

Agricultural Zoning Adjustment proposal- This writer is quite challenged in approaching this topic from a Neutral Point of View (NPOV). Here goes. We are aware of well-meaning people on both sides of this issue. This is the hot button issue that has everyone stirred up in recent weeks. Real estate agents, developers, and Ag - zoned land owners are upset that their way of doing business and how they were going to dispose of their property over time may

CONTINUED ON PAGE 29

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HISTORIC DAW THEATRE LISTED ON THE NATIONAL REGISTER OF HISTORIC PLACES

The DAW Theatre, a cherished landmark in the heart of Tappahannock, has officially been listed on the National Register of Historic Places, a prestigious designation recognizing its historical and architectural significance.

Built in 1938-39 and restored following a devastating fire in 1949, the DAW Theatre stands as a rare surviving example of a pre-World War II entertainment venue in Virginia's rural Tidewater region. Designed by renowned Virginia architect Edward F. Sinnott, the theater is an elegant expression of the Colonial Revival style, seamlessly blending into the historic fabric of Tappahannock's downtown.

Sinnott was a prolific architect known for his work on theaters, schools, and civic buildings throughout Virginia. His designs were highly regarded for their attention to detail and their ability to reflect both local history and modern functionality. The DAW Theatre is a testament to his ability to adapt traditional styles for contemporary entertainment spaces. His work also extended to designing several Black theaters, reflecting his engagement in shaping entertainment venues that served diverse audiences during an era of segregation.

The DAW Theatre played a central role in the community's cultural life for over six decades, offering both film and live performances to the region. While racial segregation was a reality in Virginia at the time, the DAW was one of the few theaters in the area that provided access to both Black and white audiences, albeit in a segregated manner. Black patrons were admitted through a separate entrance and seated in the balcony, reflecting the racial divides of the era while still ensuring that entertainment was accessible to the entire community. Notably, efforts were made to accommodate Black audiences for popular films, such as the 1944 screening of *Stormy Weather*, which featured an all-Black cast and was shown with reserved seating to ensure fair access.

"This recognition is a major milestone in preserving the history and legacy of the DAW Theatre," said Dana Bar-

tholomew, president of the DAW Foundation. "The theater holds a special place in the hearts of many residents, and this designation ensures its story—including both its architectural significance and its complex social history—is honored for generations to come."

As the only commercial building in Essex County with a historic designation, the DAW Theatre's restoration is expected to have a significant positive impact on the local community. Revitalizing this iconic landmark will stimulate economic growth, attract tourism, and provide a versatile space for cultural events, benefiting residents and visitors alike. The project aims to create a vibrant hub for entertainment, education, and community engagement, further enriching the cultural heritage of Essex County.

The DAW Foundation has been hard at work on efforts to restore the DAW Theatre to its former glory while incorporating modern technologies to allow the theater to be a multi-purpose space for performances and events in addition to films, reinforcing its status as a community landmark. The listing on the National Register of Historic Places was an important step in these efforts and highlights the building's architectural importance and its role in shaping the social and cultural fabric of Tappahannock.

For more information about the DAW Theatre and upcoming preservation efforts, please contact the DAW Foundation at info@thedawfoundation.org.



6 WAYS TO TURN EVERYDAY ITEMS INTO EXTRA CASH

Making money from everyday items in your home may be easier than you think. With a growing number of companies simplifying the process, turning unused items into cash has never been simpler.

These companies are part of the circular economy, where you get to make money from your items and feel good about it at the same time. By reselling items you don't use, you can give these items a second home or repurpose them into something that has practical applications.

For example, unused gold and precious metal jewelry can be given a second home to or repurposed for vital technology sectors like health care. This reduces the need for environmentally taxing mining operations and gives these valuable resources a second purpose.

Whether it's clothing, jewelry or tech, consider these simple ways to make extra cash by selling items online.

Sell Used Clothing: Some newer platforms offer a less hands-on approach to selling used clothing online. Unlike popular online platforms that require you to take pictures or create listings for your items, look for outlets that allow you to simply package your items and send them out with an insured label.

This makes selling clothing online a breeze and reduces the potential headaches of dealing with buyers directly and managing listings.

Sell Unworn Jewelry: For precious metals like gold jewelry or silver jewelry, selling directly to a trusted buyer can provide a fast, secure way to unlock their value. Consider AlloyMarket.com, a company featured in trusted outlets like Forbes, NBC and US News & World Report that offers a streamlined process with free, insured shipping and no hidden fees or commissions. Unlike platforms that require complex listings or charge extra fees, you keep 100% of the quoted price. On average, customers earn \$1,700 or more for gold jewelry and other precious metal items, offering a straightforward, easy and rewarding way to sell unused valuables.

Sell Designer Bags: If you have any designer bags at home, look for platforms that let you sell handbags directly to them and provide upfront estimates before you ship your items. Some platforms provide free insured shipping and marketplaces where you can buy designer handbags at discounted prices.

Sell Books You've Already Read: While this likely won't make you a fortune, selling used books is a simple way to make some extra cash and help preserve the environment. College students in particular can benefit from upfront estimates and free shipping or the ability to trade in used books for ones they'll need next semester. Plus, some platforms also offer books for purchase at heavily discounted prices.

Sell Tech After Upgrading: If you upgraded phones recently or have a used phone just collecting dust, get an upfront estimate for your phone from a trusted site. Some buyers provide free shipping and, with upfront estimates, you know exactly what you will get for your used phone before sending it in.

Sell Old Furniture: Turn your unused furniture into cash by listing items like sofas, tables or chairs on local marketplaces or apps. Clear photos and detailed descriptions can help attract buyers nearby, saving you the hassle of shipping. Selling old furniture not only earns extra money but also helps reduce waste by giving items a second life.

To learn more about how you can get a free, no-obligation estimate for gold jewelry or other precious metal items, visit AlloyMarket.com.





EYE ON THE NATION



Aldo DiBelardino, a candidate for Virginia Beach sheriff, photographed in Richmond on July 25, 2024. [John-Henry Doucette/The Princess Anne Independent News]

GRAND JURY REFORM ADVOCATE JAILED IN VIRGINIA BEACH

Pamela Burnham and Tom Jeffries

Aldo DiBelardino (aka ALDO) is an inventor www.x-itproducts.com and businessman with a degree



Ed Martin speaks at an event in Washington on June 13, 2023 [Amanda Andrade-Rhoades/AP Photo]

US PROSECUTOR OPENS PROBE OF DOJ'S JAN. 6 CASES

Zachary Stieber

A U.S. prosecutor said on Jan. 27 that he's investigating why federal prosecutors brought a felony obstruction charge against hundreds of people involved in the Jan. 6, 2021, breach of the U.S. Capitol.

Ed Martin, interim U.S. attorney for the District of Columbia, in an internal email ordered a review of the matter, directing employees to hand over related files, emails, and other documents.

Martin wrote that the use of the charge, obstruction of an official proceeding, was "a great failure of our office." He ordered the supervisors to provide a preliminary report on the matter to him by Jan. 31.

"We need to get to the bottom of it," Martin wrote.

He's calling it the "1512 Project," because the offense falls under that section of the law.

The U.S. Attorney's Office for the District of Columbia, which is part of the Department of Justice (DOJ), did not respond to a request for more information.

Section 1512 of the U.S. Code prohibits people from obstructing, influencing, or impeding any official proceeding or attempting to do so. It carries a prison term of up to 20 years.

Prosecutors with the U.S. attorney's office in Washington charged about 260 people who were in or around the Capitol on Jan. 6, 2021, with obstructing an official proceeding.

Former police officer Joseph Fischer, one of the accused, challenged the charge in court. That led to a U.S. Supreme Court ruling that concluded that prosecutors were interpreting the law too broadly.

"On the Government's theory, Section 1512(c) consists of a granular subsection (c)(1) focused on obstructive acts that impair evidence and an overarching subsection (c)(2) that reaches all other obstruction," Chief Justice John Roberts wrote for the majority. "Even setting surplusage aside, that novel interpretation would criminalize a broad swath of prosaic conduct, exposing activists and lobbyists alike to decades in prison."

Before President Donald Trump took office, the government dropped the charge or asked the courts to vacate the charge against most of the defendants or convicts.

Trump pardoned about 1,500 people who had been charged over the Jan. 6, 2021, breach.

Martin, since taking over the U.S. attorney's office following Trump's inauguration, has signed numerous court documents asking judges to dismiss charges against Jan. 6 defendants, pointing to Trump's executive order. His filing in the case of Oath Keepers founder Stewart Rhodes and some co-defendants prompted a judge to remove travel restrictions that had been imposed.

from Harvard University. He ran for the office of Sheriff of Virginia Beach in 2024 and although a relative newcomer, still received 27% of the vote. ALDO has publicly stated that the current Sheriff held his first term of office unconstitutionally. ALDO has long been an advocate for restoration of Citizen's Grand Jury Rights see www.peacemakersheriff.org

Arrested on December 20, 2024, ALDO has been languishing in the Virginia Beach and Chesapeake, VA jails for refusing a judge's orders to free up pre-marital investment funds in his divorce proceeding. The charge description is "Disobedience / resistance of an officer of the court, etc." The Crime Class is listed as "Misdemeanor". The Court Date listed is December 23, 2025.

Earlier last year on July 1, 2024, ALDO was physically removed from a VA Beach courtroom for attempting to make a Presentment to the just-seated Grand Jury. Two weeks later on July 15, 2024, ALDO and several supporters attempted to do so again but were removed from the courtroom one by one. Victor Jackson was thrown in jail for his actions and was severely mistreated.

While protesting Victor's arrest several days later in front of the courthouse, ALDO was arrested for trespass. The Grand Jury Presentment (which was never allowed to be read), outlined material received via FOIA of over 20,000 un-answered citizen complaints against

CONTINUED ON PAGE 10

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CONTINUED ON PAGE 10



Rolin Hill

in the VA Beach jail.

We note that with an average daily population of 1,000 inmates, the Virginia Beach Correctional Center (jail) is one of the largest city jails in Virginia. See www.vbso.net/about-vbcc

As noted on the website JusticeForRolin.org, the Virginia Beach jail is notorious for its deadly reputation, with 19 deaths reported over seven years. The tragic case of Rolin Hill, an African-American Eagle Scout, exemplifies these systemic abuses. Arrested for minor trespassing, Hill was brutally beaten and restrained by five deputy sheriffs. Initially dismissed as a "medical emergency," his death was revealed as a homicide only after public pressure four months later. Following a VA State Police investigation, all five deputies were fired in October 2024. This January, three of the five deputies were charged with second-degree murder. Ex-deputies in Virginia are charged with murder over inmate's death while restrained | AP News

Per the Associated Press January 3, 2025 article, the local medical examiner found Hill, 34, died from "positional and mechanical asphyxia due to restraint with neck and torso compression." Reports indicate that Mr. Hill was placed and held in a prone position, restrained, and then left unattended.

Defined in a 2002 report from Protection & Advocacy, Inc entitled The Lethal Hazard of Prone Restraint www.disabilityrightsca.org/system/files?file=file-attachments/701801.pdf

"Restraint asphyxia is a form of positional asphyxia that occurs during the process of subduing and restraining an individual in a manner causing ventilation compromise

ADVOCATE JAILED,
CONTINUED FROM
PAGE 9

the court and Sheriff's Office. See the U.S. Supreme Court filing at www.RestoreGrandJury-Rights.org for details.

Leading up to to the November 2024 Sheriff's election, a whistleblower provided ALDO with evidence related to the death of Rolin Hill who died because of mistreatment while he was held

(Stratton, Rogers, Brickett & Gruzinski, 2001, p. 190).1"

Returning to ALDO's current situation, a Writ of Habeas Corpus was filed at the Norfolk Federal Courthouse on December 20, 2024, immediately following ALDO's arrest. Habeas Corpus is a legal action in which a prisoner challenges the authority of the jail or prison to continue holding him. This Latin term translates as, "you have the body," and it is intended to allow incarcerated people to seek relief from unlawful confinement.

Per Article 1, Section 9, Clause 2 of the Constitution of The United States "The Privilege of the Writ of Habeas Corpus shall not be suspended, unless when in Cases of Rebellion or Invasion the public Safety may require it." Thomas Jefferson declared, "Habeas Corpus secures every man here, alien or citizen, against everything which is not law, whatever shape it may assume."

Unfortunately, according to a recent article published in the Richardson Post ANGLO-HERITAGE COURTS NOW AN EMBARRASSMENT TO OUR HISTORY and in

the Northern Neck Sentinel www.NNSentinel.com, author and prison expert Howell Woltz argues that because of the 1996 Antiterrorism and Effective Death Penalty Act (AEDPA), this right was basically eliminated. Yet the Constitution states "shall not be suspended"?

It appears that ALDO is being persecuted for attempting to publicize the stark reality that Citizens' rights are not what we assume them to be. See www.CourtOfPublicAwakening.org

It is clear from the treatment of Donald Trump, January 6th defendants, Rudy Giuliani, Steve Bannon, Peter Navarro and many others, that our system of justice has been weaponized against those that attempt to push back and exercise their First Amendment rights.

From ALDO's Writ of Certiorari to the US Supreme Court: "Our Court stands at a defining crossroads. Will our grand jury system—an enduring cornerstone of democracy and liberty—be restored to its rightful role as

a safeguard against tyranny, or will it remain captured by the very forces it was designed to counteract?"

Friends of Peacemaker ALDO intend to file a Friend Habeas Corpus.

Pamela Burnham
Tom Jeffries

US PROSECUTOR, CONTINUED FROM PAGE 9

Martin, who attended Trump's rally near the Capitol on Jan. 6, 2021, has served on the board of a group called the Patriot Freedom Project, which raised money to support Jan. 6 defendants and their families. He's also listed in court filings as an attorney for at least three defendants, including one who pleaded guilty to felony charges.

Martin has written about the Jan. 6, 2021, breach on his blog, saying he watched thousands of hours of video from that day.

"If you watch it for a while you realize that 99.9% of it is
CONTINUED ON PAGE 12



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US PROSECUTOR, CONTINUED FROM PAGE 10

normal people doing normal things: sauntering around and through the Capitol grounds and building,” he wrote.

Alexis Loeb, deputy chief of the DOJ section that prosecuted the Jan. 6 cases before leaving the government in 2024, said that Martin appears to be in his role “purely to execute on the president’s political priorities more so than the work of protecting public safety in Washington.”

Some people charged over the Jan. 6, 2021, breach have expressed gratitude to Martin. One person wrote on the social media platform X that she is now able to start the rest of her life with relief.

“My honor. Thank God not men,” Martin responded.

It’s unclear whether Trump intends to nominate Martin to the permanent post, which would require Senate confirmation. A White House spokesperson didn’t immediately respond to a text message about Martin on Jan. 27.

The Associated Press contributed to this report.

Zachary Stieber is a senior reporter for The Epoch Times based in Maryland. He covers U.S. and world news. Contact Zachary at zack.stieber@epochtimes.com

LETTER TO THE EDITOR



THE OVERCRIMINALIZATION OF AMERICA

President Trump’s pick for Attorney General, Pamela Jo Bondi appeared before the Senate Judiciary Committee confirmation hearing on January 15, 2025. I was particularly impressed with Senator Mike Lee’s (Utah) questions and statements to the nominee.

Senator Lee was a co-sponsor of the “Safer Supervision Act” of 2023, a bill that would have better ensured that the federal prison supervised release system is directing its resources to most effectively reduce recidivism and promote public safety, rehabilitation, and reintegration. Senator Lee highlighted his and other Senators’ work on successfully passing the “First Step Act” of 2018 and noted his passion for criminal justice reform, particularly regarding the condition of over-criminalization. For reference, the United States ranks first in the world for incarceration of its citizens per capita, bar none.

The Senators’ concerns with over-criminalization were significant enough that they commissioned the Congressional Research Service to study and determine how many federal crime statutes exist on the books. The answer returned was “Un-known or unknowable, but at least 300,000!” There are so many problems with that statement!

Per a recent article from Howell Woltz www.richardsonpost.com/howellwoltz/38449/u-s-conviction-machine-goal-is-to-steal-rights-of-americans/ the Constitution is clear that the Founder’s intent was that the Federal Government could only charge a “Crime” (aka “Punish”) in two categories: Counterfeiting and Piracy on the high Seas. See Article 1, Section 8, Clauses 6 and 10.

Senator Lee said over-criminalization is “highly problematic to me for multiple reasons:

1. Article 1, Sections 1 and 7 make clear that you cannot make a federal law, or change a federal law, without both houses of Congress passing the same texts and submitting it to the President.
2. Often times when this happens, you end up with either an absent or hugely ambiguous Mens Rea. Meaning that the standard of intent with which one must have acted in order to convict the criminal offense in question, is often absent or at least so murky that nobody can tell what it means.

Both these things lead to huge problems for defendants and for the Liberty interests of the American People.”

How have we gone from the two (2) federal crimes originally intended to a number that is “unknowable but at least 300,000” today? Did you know that one in three Americans has a criminal record? www.sentencingproject.org/app/uploads/2022/08/Americans-with-Criminal-Records-Poverty-and-Opportunity-Profile.pdf

Tom Jeffries;
Callao, VA

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.

RICHMOND, CONTINUED FROM PAGE 6

by a series of solar projects that have raised numerous concerns over whether the highly touted “green energy” movement is as benign as it has been portrayed. With rolling power outages devastating California, many have begun to raise alarms.

Perhaps no local project has drawn as much scrutiny as the massive 1,600 acre project proposed by Strata Solar to be erected in lower Richmond County. Much of the alarm is not just in regards to the scale of the project but also to the fact that it is surrounded by highly sensitive areas that serve as a watershed for the entire region.

I first heard about this project in early January when I was contacted by Carol Lowery, whose property would be completely surrounded by the project. She was quite alarmed by

CONTINUED ON PAGE 13

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RICHMOND, CONTINUED FROM PAGE 12

the potential effect on wildlife and the environment and she had retained an attorney named John Jansen who has previous experience in opposing similar projects.”

Unfortunately for Mrs. Lowery the project was recommended by the Planning Commission by a 5 to 3 vote and ultimately by the Board of Supervisors after a recommendation to do so by County Administrator Morgan Quicke. Despite his recommendation, Quicke pointed out potential pitfalls at the November, 2020 public hearing, saying: “There could be negative environmental impacts.”

Also, all four speakers in the public comment portion of the meeting were opposed to the project. Despite that, the project went through and is now in control of Dominion Energy.

The project is located on Maon Road in Farnham in an environmentally sensitive area. According to Mrs. Lowery, whose lawsuit to stop the project was unsuccessful, her life has been hell during the construction with noise and disruption on a daily basis.

It seems that the Bookers Mill project was approved largely because of financial considerations. Due to the citing agreement Richmond County has already received 1.6 million dollars. Half of the money was paid in October and the second half was received in December.

The funds will be directed towards one time costs such as upgrades to the emergency radio system, remodeling costs for new county offices and an economic development project to help expand the commerce park.

The county will also continue to receive funds as part of revenue sharing agreement. According to the county payments are set at \$1,400 per megawatt from the 127-megawatt facility based on AC generation capacity.

The county has been closely monitoring the project, especially after heavy rains, and there have been some minor problems but a major weather event could be a different story. A few years ago, Essex County had a massive erosion problem at a solar facility after heavy rains resulting in tons of muddy runoff flooding the surrounding watershed, particularly Muddy Gut Creek which empties into the Rappahannock River. This resulted in \$245,000 in fines and other measures imposed to prevent future occurrences.

The month before the final vote by the supervisors in November, 2020 approving the project, an article in the

Sentinel ended by reminding our readers what was at stake. It read:

“California is currently struggling with rolling blackouts due to a massive over commitment to “clean” energy. With recent soaring temperatures, solar panels and wind turbines have been unable to bridge the gap. Virginia could end up in the same situation.

Solar energy is profitable primarily due to tax payer subsidies that compensate for their relative inefficiency. When these subsidies lapse, rates will soar.

Also, despite claims by clean energy advocates, fossil fuels are far more efficient. Even though solar is very popular now, no one knows for sure what the long range costs will be in economic and environmental terms. The question is, are we gambling our long term future for our short term gain? We should know on November 8th.”

While local county governments continue to be seduced by solar companies eager to peddle their projects, we have to wonder how we can justify the environmental damage and soaring costs of so called “green energy”. We can only hope that common sense will prevail before it's too late.

WESTMORELAND, CONTINUED FROM PAGE 6

let her know that I'm here.”

Tragically, the remains were located on the morning of January 28th by investigators in Essex County in an area near Desha Road and Church Hill Road Road. The search was begun around 8:00 a.m. and the remains were discovered just before noon.

Cell phone evidence reportedly led to the discovery of the body which was detected by a cadaver dog. The dog had reacted to some disturbed soil and then a human foot was seen protruding from the earth with a blue sock. A butcher knife was found nearby.

The cell phone evidence was discovered when the police executed a search warrant at the home of Abraham Medina, 20, of Oak Grove in connection with a burglary. Two cell phones were seized and sent off for a forensic examination which revealed that a map dated December 7th, the day after the disappearance, led to the wooded area where the remains were recovered.

The were also two searches on the cell phone that stated: ““Can you walk across America's southern border with Mexico without being questioned?” and “Can you walk to Mexico from Texas?” Apparently, Medina was contemplating fleeing before he could be arrested.

Gabrielle's mother confirmed that her grand daughter had known Medina since middle school and he was the last person that she was seen

with on the day she disappeared. Medina has been charged with

one count of transport, secrete, conceal or alter a dead body but other charges are pending. Bond was also denied.

The Westmoreland County Sheriff's Department did not release details of the alleged crime bit did acknowledge that other charges are pending. They also published a statement on facebook saying:

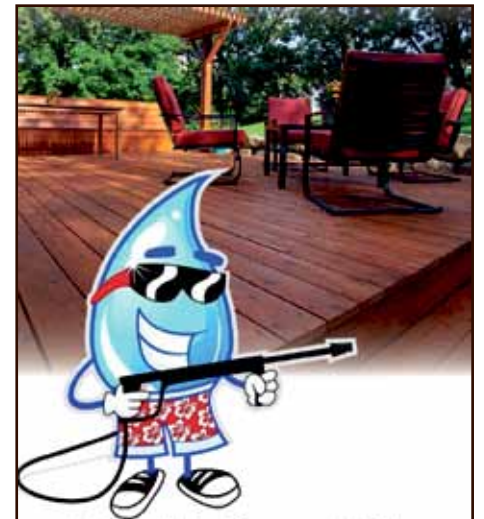
“Our thoughts and prayers are extended to the family and friends of Gabriella Watkins. Further details will be reported as they become available.

In other county news a long standing dispute over an abandoned property in Hague has come to a head. Paul Traub, who lives adjacent to the decaying property, has been complaining about the situation for years and has spoken out repeatedly to get the county to take action. Some of our readers may also recognize Mr. Traub as the owner and operator of Montross Seafood.

The situation is exacerbated by the fact that the structure, which is located on the shore of a creek, is full of asbestos which is falling into the water as it deteriorates. The Sentinel recently spoke with Mr. Traub who informed us that an entire wall of the property had collapsed into the creek during the recent snow storm.

He also informed us that he had contacted Jeffrey McCormack, the county supervisor in whose district the derelict building is located, and informed him that he was filing a lawsuit against the county unless the situation is addressed, pointing out that it is a violation of the state code.

He has already contacted an environmental attorney in case he is forced to sue. He is still hoping that litigation can be avoided and Supervisor McCormack has recently advised him that the county plans to hire two new investigators to handle this and other similar situations but that it may take several months to resolve. We shall see.



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THE BANALIZATION OF EDUCATION

Thomas Harrington

The self-evident degradation of educational quality in our society today has several causes. But of all of them, there are three that most immediately come to mind.

The first is the apparent inability of teachers and curricular designers to rigorously analyze the effects of new technologies on culture in general and on the cognitive patterns of students in particular. The second is the tendency among teachers and administrators to rapidly and often unreflectively consign exemplarity and love, long considered central to the learning process, to marginal roles within their daily teaching practices.

The third is the custom among many teachers who are alienated and frightened by the promotion of hedonistic individualism under our culture's dominant ethos of consumerism to try to remedy this evil by drastically minimizing the concepts of merit and personal responsibility in their interactions with students.

In his "Amusing Ourselves to Death" (1984), the great educational philosopher Neil Postman, following in the footsteps of his mentor Marshall McLuhan, reminds us again and again that while we, as adherents of the modern creed of inexorable linear progress, like to focus almost exclusively on the supposed benefits provided by new communication technologies, we tend to ignore the fact that each such innovation carries with it a new epistemology—that is, a new way of mentally organizing the physical, spatial, and temporal elements of our lives.

Postman does not believe that it is either advisable or possible to try to hinder or cancel the development of new communication tools. But he warned that it is the responsibility of all people interested in the continuity and enrichment of culture to talk openly and honestly about which

cognitive and human qualities are lost and which are gained with the adoption of each important new communicative technology.

He suggests that it is only when we know whether or how the new technologies facilitate the apprehension of the skills and the canons of knowledge that we, as adults, have decided as essential to the achievement of the good life that we should allow them a prominent place in our classrooms.

But in order to do this, we would, of course, have had to do something that we have not done as citizens, educators, and administrators until now: have a serious debate about what exactly is this Good Life thing that the Greek philosophers (and every serious educator in history until quite recently) talked about, and what are the skills and, perhaps more importantly, the set of cognitive and psychological dispositions that are most likely to help students achieve it.

And this confusion brings us back to the second problem

mentioned at the outset of this piece: how technical innovations profoundly alter our ways of perceiving reality.

When people, like Postman, reflect upon this phenomenon, they generally focus, as we have seen, on how technological innovations affect our perceptions of space and time. What they do not highlight as often, however, is how they can also alter our perceptions of the very nature of what it means to be human.

I am referring to the rising tendency to conceptualize students as machines and, from there, the learning process in terms of the operations of a computer in which the output (knowledge) is seen as a mere product of the sum of the inputs (information) carefully provided by the programmer (the teacher). Much more than information processors, however, young people are seekers of the transcendental; that is, those realities and experiences that transport them beyond ordinary elements of their daily lives.

CONTINUED ON PAGE 15



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EDUCATION, CONTINUED FROM PAGE 14

This is why they take so many risks during adolescence. And that is why they also seek, often without being able to admit it, adults who possess what they do not yet have: a knowledge of their own strength, uniqueness, talent, and resilience.

They are constantly seeking beacons of exemplarity, visions of what it means to be an intellectually formed person with the ability to wrestle with life and with complex ideas with enthusiasm and a style of their own. And if, because of a lack of security or a fear of being seen as “repressive,” we as educators do not show them this authority—understood here in the etymologically linked sense of becoming the true author of one’s life—they will look for it elsewhere.

At the same time as this, they are constantly looking for love, something that should not be confused, as is so often the case in our day, with an indulgence of their immature ways of being. No, they are desperately looking for a platonic form of love, honed by the constant, careful, and compassionate observation of them by a teacher who strives to understand their unique ways of being and who seeks to convey to them, in small ways and large, that they are always much smarter and more capable than they believe themselves to be. But to be able to behave like this

with young people in a consistent way, the teacher himself must have cultivated his very own source of vitality, rooted in a firm conviction that the process of learning is in itself a noble and humanizing idea and not a mere adjunct to the ubiquitous game of making a living.

And with this we arrive at the last great barrier against intellectual and human excellence in our schools: the listlessness induced in many teachers by our prevailing economic system.

While our economic system constantly promises us abundance and happiness, it is sustained in many ways through the cultivation of precariousness in large sectors of the population. And worse, as Debord warned us more than 50 years ago, this consumerist spectacle tends to devour the traditions, values, and ethical presumptions—such as the idea that there must be a certain relationship between the difficulty, danger, or inherent social value of a job and its financial reward—that provided us with a sense of social order for many years.

Faced with this chaotic landscape, many teachers give in to discouragement and, in a fit of misplaced sympathy for our students buffeted by the ambient disorder, the temptation to “liberate” them from the traditional codes of

conduct and the need to comply with merit-based canons of achievement. But we must remember that in the life of a young person, there is only one thing worse than suffering the unjust attacks of the adult powers in his or her life. It is intuiting that the adults in their lives are big children—that is, beings incapable of showing them how to fight for personal dignity in a world that, despite all the rhetoric aired in the media in favor of inclusion and diversity, is increasingly characterized by its enormous intolerance toward individuals who disagree with the dominant narratives issued by the great centers of cultural power.

Having friends who listen compassionately to our woes is great. But, in general, we can only develop the “intimate resistance” that fortifies us during the endless struggles of life by observing the ways of being of older people who, having themselves dialogued and fought with both the “just” and the “unjust” authorities in their lives, have been able to develop their own philosophy and praxis of being.

When those of us who have been invested with institutional authority by society lower ourselves to the level of mere compassionate friends of the students, we run the risk of completely canceling this essential process of growth.

It is both incredible and shameful that it has taken us
CONTINUED ON PAGE 20

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PLAN FOR THE BIGGEST FISH OF THE YEAR AND THE BEST TASTING FISH NOW

Mark Fike

February is a fickle month that teases anglers. Some days it is so bitterly cold, fishing seems like the last thing we would be doing and then we get those stretches of weather where the temperature inches up to and over 60, maybe even 70 degrees and suddenly everyone is going to the tackle shop and shoving a boat in the water.

Consistency, even if only for a few days at a time, is key to being successful on a fishing trip unless you are retired and can fish every day and can readily adjust and figure out where the fish have moved to.

Aside from a few consistent days of good fishing weather, what reason would we have for going fishing in February or March? Well, if you are looking for a memorable fish, some would call this a trophy fish, late winter or early spring is a great time to get out there to fulfill that quest. Fish spawn in the spring. March and April are the key times for many local freshwater fish, but May and June are key for bream and catfish as far as spawning goes. However, February and March are when there is far less boat traffic and far less fishing pressure. Fish are starting to feed more when the water warms up. Some of the largest catfish are caught in

February and March and bass are very fat in March and April. Crappie fishing tends to be best in those same months.

Finding fish in February and March will require anglers to fish in different areas than they fish in late spring or summer. Typically, late winter/early spring fish are found close to shallows but with

quick access to deeper water when the weather turns. On a string of warm days try fishing that transition zone. Keep in mind that unless we have had a recent rain, the water is generally a lot clearer and therefore the fish can see better. Longer casts, thinner line and a quieter approach will be needed. For bass, creature baits and crawfish imitations will be a great choice as those invertebrates will be emerging from their winter lairs and available. Crappie love smaller invertebrates, and they also will suck in a shiny minnow too. Bream, big bream, can be more easily caught, in my opinion, at this time of year because the smaller ones seem to not be so pesky. Fish in water at least 6 feet deep and slowly drag a worm along and let it rest. A big red wiggler is excellent, but a small nightcrawler and a tiny crayfish will do the job too. Some bait shops may have crickets. It is a little early for them, but if you can find a few that will also work well.

A few things to keep in mind as we approach some good fishing include getting your gear ready. First, be sure you have your fishing license. Next, if you are using a boat, go inspect it now. Boat mechanics get swamped with calls about non starting boats, dead batteries, burnt up trailer bearings and wiring issues. Better to figure those out now before you try to go hit the water only to be seriously disappointed when the big day arrives and you are stuck at the ramp or in the yard with a non-working boat or worse, on the water and needing some help. Hopefully you have been using non ethanol fuel, so your boat engine is not all gummed up. If your trailer lights are not working, but they were working when you put the boat up last time, check the ground wires and clean those up. Next check the bulbs if you have bulbs. Sometimes those bulb connections get corroded. Of course, the first thing to do is make sure the truck side of your trailer wiring is working. There are plugs with light indicators for this to make it simple. Loose or corroded grounds or bulbs are often the culprit though.

Last, go through your fishing gear and clean it up. Lubricate those reels, change the line (who wants to lose a prize fish with bad line?) and look over your lures. Rusty hooks are bad news. Not only can they snap but if you stick yourself with one it may not end well.

Wear your PFD when

CONTINUED
ON PAGE 17



PLAN ON HELPING YOUR TURKEYS NOW

Mark Fike

Spring gobbler season will be here in two months. That may seem like a long time off, particularly if we get another cold spell but the season will be here before we know it. Spring gobbler hunting is very addictive, am surprised there is not a program out there to help those with the addiction! Just kidding on the program part but definitely not kidding about it being an all-consuming pastime for some. Others that read this column may simply thoroughly enjoy seeing a flock of wild turkeys feeding across the landscape, perhaps their landscape.

If you are reading this and have not heard, the wild turkey population is declining across the southeast and if your parcel has plenty of turkeys on it, you are blessed and should take steps now to ensure it stays that way.

I have done quite a bit of reading about this sad state of affairs and have spoken with some dedicated turkey hunters in other states and have heard the tales of woe. It concerns me. There are a few factors that constantly come up when reading or discussing why this is occurring.

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PLAN FOR FISH, CONTINUED FROM PAGE 16

on the water and do not take chances. Our conservation officers have a tough enough job as it is without having to answer a drowning call. The new PFDs are comfortable to wear and the water is cold and can take your breath away and hypothermia can and will hit very quickly. Always fish with a buddy, if possible, particularly at this time of year.

Enjoy some great eating fish, fresh from some cold water this month or next!



PLAN FOR TURKEY, CONTINUED FROM PAGE 16

First, nesting habitat is not nearly as good as it was twenty years ago when we had plenty of birds. That part makes sense. Our land parcels are getting smaller and smaller. Farms are being sold off and subdivided. Even if the smaller parcels are not built upon right away they are not being maintained to provide good nesting cover. A hen starts to make a nest in or at least scope out a place to make a nest in late February or March and certainly by April she is likely settled on a location if not already brooding a clutch of eggs. Good nesting cover consists of cover up to three feet tall. Blackberry or raspberry patches, a clump of brush near a hedgerow or something similar that gives mama some good cover to hide in as she sits on her eggs is essential. She has to be able to hide from predators.

Poult habitat is critical for survival. I have seen figures stating that the poult survival rates in some states used to be above 3 or 4 per hen. Now, in many areas that number is less than two. Some biologists say that to grow a turkey population we need numbers of surviving poults to be at least 3. The more the better.

What does poult habitat look like? Bugging areas should be thick enough that there are plenty of insects and also thick enough to provide overhead cover from hawks when

possible. However, the cover cannot be so thick the hen and the poults cannot navigate it easily.

I helped create a conservation project on a piece of property and needed the advice of some folks at USDA. I was told that switchgrass or panic grass was a great thing to plant for quail and for turkeys. I did not do my research. I simply believed the person. While switchgrass is a great cover for wildlife, if planted too close or allowed to get too thick, there is no room for movement under it. One thing I realized is that to understand what an animal needs or sees, one has to get down low at their level to better understand. So, for a turkey poult, lay down and look ahead of you into your cover at your property. Is there an understory or open areas where the birds can move easily?

Our switchgrass grew so thick I have a very tough time mowing it and have to wait until winter to do so or my tractor works extra hard. So, whatever you plant for bugging habitat for the poults do it correctly and consider a variety of plants. Partridge pea, grasses, wildflower mixes are great for not just cover but for poults too. Variety is ALWAYS good for wildlife as each season their needs will change.

A third way to help your turkey population is to thin out predators. Years ago a lot of people trapped to earn some extra money. Fur was a good way to put some extra dollars in a young man or woman's pocket back then. These days there is no decent market for fur unfortunately and predator numbers have grown. My father has domestic pigeons and has had numerous raccoons reaching through the cages at night to rip apart pigeons despite taking a number of the raccoons out of the picture. Raccoons, possums, foxes and coyotes, even skunks, love to eat turkey eggs. A coyote will eat an adult turkey if they can catch it. Ask some dedicated turkey hunters how many times coyotes have come running to a hen call and attacked a decoy!

If you are not a trapper see if you can find one. There are still a few around. Or you can learn. We are getting on the tail end of trapping season now. Perhaps you know someone that likes to predator hunt. Those seasons are currently in for most predators and predator hunting can be fun and it can be done at night which is exciting. Foxes

and coyotes are currently seeking a mate and breeding so now would be an excellent time to call one in and dispatch it to assist your local turkey population. Predator hunting is not cost intensive either. A call or two, a shotgun or .22 rifle and a good light with a red lens is all that is needed. Watch the wind and de-scent your clothes as much as possible.

This season, do what you can to help your turkeys. Check out your nesting cover, brooding and bugging cover and remove some predators so we can turn the turkey decline around and improve their changes for survival.

PROMISES MADE, CONTINUED FROM PAGE 2

even attempted his dirty tricks against the Obama or Bush administrations.

This seemed to be the attitude across the whole of government. Career bureaucrats assumed that they would never be held to account for their misdeeds. Never did they imagine in their worst nightmares that the man who they mocked and betrayed would some day return to the presidency.

Even worse, trump 2.0 is far more experienced now and is surrounded by a band on loyalists and, more importantly, the strong and growing support of the American people.

As the swamp creatures curse, gnash their teeth and scream in rage over their coming demise, there is one thing that they need to understand. As their hero Barack Hussein Obama once defiantly proclaimed, elections have consequences.

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SPORTS



WASHINGTON JANUARY SUMMARY AN AMAZING SEASON ENDS

John Haynes Jr.

Despite 6 dropped passes, a fumbled punt and poor play in general the Commanders managed to pull off a 23 to 19 victory over a Cowboys team unwilling to give up. After quarterback Jayden Daniels sat out the second half with leg soreness and suffering 4 first half sacks, backup Marcus Mariota came in to save the day for the second time this year.

Daniels was 6 of 12 for 38 yards with 27 rushing yards before his exit but Head Coach Dan Quinn didn't want Daniels to risk injury behind an injury depleted offensive line that the Dallas defense was dominating.

Mariota was 15 of 18 for 161 yards with 2 touchdowns and no interceptions and also ran for 56 yards including a 33 yarder on fourth and 1 that broke the Cowboys back. Mariota did a similar rescue earlier in the year when Daniels had to leave the game early with a rib injury and Mariota has set himself up for a big raise or possibly an opportunity with another team to start.

After Mariota, Daniels was the next leading rusher with 27 yards followed by Austin Ekeler with 12 yards on 3 carries and Brian Robinson with 10 yards on 5 carries.

Some of this was caused by injuries to the offensive line with starting center Tyler Biadasz and swing tackle Cornelius Lucas both out with ankle injuries. Backup center Michael Deiter was a disaster and a healthy offensive line is critical as Washington won't last long in the post season with such a weak run game.

Terry McLaurin was the star of the day with 8 catches for 62 yards including the game winning touchdown. It was McLaurin's 13th touchdown reception of the season which is a franchise single season record. That says a lot considering the fact that Washington has three Hall of Fame wide receivers in Art Monk, Charley Taylor and Bobby Mitchell.

Olamide Zaccheus had 2 catches for 51 yards including a 29 yarder as he has emerged as the number 2 option behind McLaurin although he dropped an easy touchdown pass on a trick play with Dyami Brown passing off on a reverse.

Safety Jeremy Chinn was the defensive standout of the game with 13 tackles and a sack and defensive tackle Jonathan Allen had his first sack since returning from injury the previous week.

After the game it was learned that the Commanders would be facing the Buccaneers in Tampa for their first playoff game. Washington lost their first meeting in the season opener 37 to 20. The Commanders have come a long way since then and their prospects were bolstered even more when it was announced that Biadasz and Lucas would be playing as well as Pro Bowl cornerback Marshon Lattimore who would be shadowing his old nemesis from the NFC South Mike Evans.

Regardless of the outcome Washington has had an incredible year improving from 4 and 13 to 12 and 5. With lots of salary cap and plenty of draft picks Washington seems poised to emerge as a force to be reckoned with.

CONTINUED ON PAGE 19



DALLAS JANUARY SUMMARY A SEASON OF DISAPPOINTMENT

John Haynes Jr.

Although Dallas lost their finale to Washington 23 to 19, they showed some backbone and took advantage of some Washington miscues to nearly win the game. Third string quarterback Trey Lance played the entire game going 20 of 34 for 244 yards with no touchdowns or interceptions. He also ran 6 times for 26 yards and showed good mobility.

He did have some accuracy issues and it will be interesting to see who the backup for Dak Prescott will be with Cooper Rush's contract expiring. Rush played well after the loss of Prescott and there are sure to be bidders for his services.

Star receiver CeeDee Lamb also missed the game with a bad shoulder but Jalen Tolbert stepped up with 4 catches for 98 yards. KaVontae Turpin also had 53 yards on 3 receptions as he has become an increasingly important part of Dallas' offense.

As usual Rico Dowdle was the leading rusher with 72 yards on 22 carries and a touchdown. but he only averaged 3.3 yards per carry which is not ideal. Dowdle has emerged as the Cowboys lead runner but his contract expires and, like Cooper Rush, he is bound to

CONTINUED ON PAGE 19



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Jayden Daniels [Photo Credit: si.com]

WASHINGTON, CONTINUED FROM PAGE 18

Washington once again proved their critics wrong with a gutty 23 to 20 win against the mighty Bucs on their home field. It came on a last second field goal after Jayden Daniels engineered the final drive with 4:41 left on the clock. Daniels ran for a first down on a fourth and 1 situation to keep the drive alive and showed the poise under pressure that has become his trademark.

Washington's win was not a fluke as they dominated the Bucs in time of possession 35:26 to 24:24 and total yards 350 to 284. Daniels was 24 of 35 for 268 yards with 2 touchdowns and no interceptions. He also ran for 36 yards and was only sacked once.

Much of that was due to the return of offensive linemen Tyler Biadasz and Cornelius Lucas and it is a good sign going forward. The only offensive negative was the run game which only produced 82 yards but the passing game saved the day.

Terry McLaurin was the leading receiver with 7 catches for 89 yards and a touchdown but was matched by Dyami Brown with 5 catches for 89 yards and a touchdown. Brown had been on a tear lately and, with his rookie contract expiring, he has greatly enhanced his chances of returning or cashing in elsewhere.

The biggest problem for the Washington defense was future Hall of Fame receiver Mike Evans who had 7 catches

for 92 yards and a touchdown as he won his much-publicized rivalry with former NFC South foe Marshon Lattimore who was coming off a hamstring injury.

With the powerful Lions up next, Washington would have their work cut out for them. Even worse, running back David Montgomery is expected to return from injury to compliment Jahmyr Gibbs who gained 1,412 yards during the regular season along with 16 touchdowns. Washington will be 9.5 point underdogs but, as we have learned, never count out the Commanders.

In a stunning display of poise and confidence, rookie quarterback Jayden Daniels led the Commanders to a 45 to 31 victory over the mighty Lions, setting them up for the NFC Championship game against the Eagles. In the process Daniels was 22 of 31 for 299 yards with 2 touchdowns and no interceptions or sacks. He also ran for 51 yards including a crucial fourth down conversion that led to a touchdown.

Washington also had a balanced running game led by Brian Robinson with 77 yards and Austin Ekeler with 47 yards on just 6 carries including a 35 yarder. The Commanders rushed for 182 yards in total. This balanced attack was more than the Lions could handle.

For the second week in a row Dyami Brown led the way in receiving with 98 yards on 6 receptions including a 42 yarder with the defensive back's hand covering his eyes. Pro Bowler Terry McLaurin also stepped up with 4 catches for 87 yards and a touchdown and reliable tight end Zach Ertz chipped in with 5 catches and a touchdown.

Although the Washington defense gave up lots of yards to the Lions offense, which led the NFL in scoring this season, they also had five turnovers. They included a strip sack by defensive end Dorrance Armstrong who had 2 total sacks and 4 interceptions including a pick 6 by Quan Martin. Safety Jeremy Chinn also had an interception and rookie Mike Sainristil had 2 more.

Chinn also had 11 tackles followed by linebackers Frankie Luvu and Bobby Wagner with 9 and 8 tackles respectively. Cornerback Marshon Lattimore also stepped up and didn't allow a completion and recorded 5 tackles including a tackle for loss.

The day before the championship game Washington got some bad news. Defensive tackle Daron Payne, who was already battling a dislocated finger, suffered a knee injury against Detroit. With fellow starter Jonathan Allen just rounding into

form after a return from injury, the Washington defense will be hard pressed to stop running back Saquon Barkley who gained over 2,000 yards rushing this season.

Although Washington opened up as a 6.5 point underdog to the Eagles, they have split with the Eagles this year and their loss occurred when Daniels was battling a rib injury. Win or lose, Washington has had an amazing season and their future looks bright.

On January 27th the Commanders amazing season came to a screeching halt as they were pummeled by the Eagles 55 to 23. With their best offensive and defensive linemen injured and 4 turnovers to none for the Eagles, Washington was overwhelmed.

The game was actually closer than the score indicates as evidenced by the fact that Washington gained 350 yards as opposed to 459 yards for the Eagles. Although the Eagles had more talent the Commanders would have made this a close game without the turnovers which included 3 fumbles and a last second interception on a desperate throw into the end zone.

Jayden Daniels was on the run all day due to the ferocious pass rush but still managed to go 29 of 48 for 255 yards with a touchdown pass, a touchdown run and an interception. He was also the leading rusher with 48 yards. Although he was sacked 3 times, he avoided many other sacks with his feet as the Washington offensive line was clearly overmatched.

Tight end Zach Ertz was the leading receiver with 11 catches for 104 yards followed by Terry McLaurin with 3 catches for 51 yards and a touchdown.

The Washington defense actually did fairly well in containing league leading rusher Saquon Barkley as they held him to 118 yards. This is especially true when you consider that 60 of those yards were on a long touchdown run. Safety Jeremy Chinn and linebacker Bobby Wagner were the leading tacklers with 9 apiece and both defensive end Dorrance Armstrong and linebacker Frankie Luvu had sacks.

The Eagles have \$18.981 million in cap space and 7 draft picks for 2025. Washington also has 7 picks but will be picking 29th. Philly will pick either 31st or 32nd depending on the outcome of the Super Bowl. Most importantly, the Commanders have \$87.58 million in cap space so they will be able to load up in free agency.

Despite their disappointing exit from the playoffs, Washington has a bright future with a new owner, staff and head coach. More importantly, they finally have a top-notch quarterback. 2025 could be a big year for the Commanders and their fans.

DALLAS, CONTINUED FROM PAGE 18

have some suitors.

The Dallas defense played well and their 4 sacks against Commanders quarterback Jayden Daniels was a major factor in him sitting out the second half of the game. Micah Parsons had 2.5 of the 6 total sacks as the injury riddled Washington offensive line struggled badly.

In the very first Washington offensive series Parson had sacks on 2 of the first 3 plays lining up over backup center

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New Dallas Head Coach Brian Schottenheimer

DALLAS, CONTINUED FROM PAGE 19

Michael Deiter. Washington swing tackle Cornelius Lucas was also out but both are expected back for the first round playoff game against the Buccaneers.

Dallas owner Jerry Jones has been supportive of the coaching staff as the team battles a slow start and a rash of injuries but Head Coach Mike McCarthy's contract is also expiring which sets up an interesting situation.

It is also worth noting that 2025 will be the final year of Micah Parsons' contract so there could be salary cap issues involved. Dallas is expected to have very little cap space this year so they are limited in free agent options.

On a positive note, due to Dallas' poor record they will be picking 12th in each round which is far earlier than they usually pick. They also have 3 fifth round and 1 sixth round compensatory picks for players lost in 2024 free agency. They do not have a 4th round pick due to a trade but the extra compensatory picks should more than compensate for that.

Because of all of this expect Dallas to get younger during the offseason. With so much money tied up in a few star players Dallas' options going forward are limited.

Well, it didn't take long for the second shoe to drop. On January 13th it was announced that Mike McCarthy would be leaving. Within hours names were being floated as to his replacement. The most prominent was current Colorado coach, former Cowboy and Hall of Famer Deon Sanders. It was reported that there was mutual interest.

Other names mentioned were former Dallas Pro Bowl tight end Jason Witten, former Jets head coach Robert Saleh and Philadelphia offensive coordinator Kellen Moore. Although Cowboys owner Jerry Jones has a reputation for meddling in coaching decisions, Dallas should have no problem finding a new head coach.

In late January the names of Dallas offensive coordinator Brian Schottenheimer and Washington offensive coordinator Cliff Kingsbury emerged but the mercurial Jerry Jones continued to weigh his options.

Perhaps the biggest obstacle facing any new Dallas head coach is the lack of cap room. They currently have less than 5 million in cap room with needs at several positions.

On January 24th Jerry Jones announced that current offensive coordinator Brian Schottenheimer was promoted to head coach, ending the drama that had enveloped the franchise. Schottenheimer came to Dallas on March of 2022 with a long career as both an NFL and college assistant.

He is said to have an excellent relationship with Dak

Prescott which undoubtedly affected Jones' decision. His hiring should also promote continuity for what is likely to be a challenging offseason. One thing Dallas does have coming to them is the fact that they have 4 extra compensatory picks from losing Dorrance Armstrong, Tyler Biadasz, Tyron Smith and Tony Pollard. 3 are fifth round picks and 1 is a sixth round pick. They will also benefit from picking 12th in each round which is the highest they've picked in many years.

Dallas will need to hit paydirt in the draft as they have only \$4, 471,376 in cap space with several unrestricted free agents including, on offense, both backup quarterbacks, wide receiver Brandin Cooks, lead running back Rico Dowdle and offensive linemen Zack Martin and Chuma Edoga.

It is even worse on defense with defensive linemen DeMarcus Lawrence, Osa Odighizuwa, Chauncey Golston, Linval Joseph and Carlos Watson, linebackers Eric Kendricks and Nick Vigil as well as cornerbacks Jourdan Lewis, Andrew Booth, Israel Mukuamu and Amani Oruwariyi.

Many of these free agents will be lost. For instance, perennial pro Bowler Zach Martin has a 2025 salary cap hit of 10,655,000 and he is 34 years old and is coming off of an injury riddled season. Also, some of the Dallas' free agents such as Lawrence and Odighizuwa are bound to draw attractive offers from other teams.

It was also announced the Defensive Coordinator Mike Zimmer is leaving which will also be a challenge with so many defensive players likely to depart in the offseason. Dallas will have to up their game and hit it big in the draft or the powerful Eagles and resurgent Commanders will dominate the NFC East for the foreseeable future.

**EDUCATION, CONTINUED
FROM PAGE 15**

more than 15 years to start a serious debate on whether or not to allow mobile phones, one of the most disruptive technologies in human history, into schools. They may or may not be a great accelerator of learning. But it's a crime that we let them into our schools without a serious discussion beforehand about the possible negative consequences of doing so. The same can be said regarding the current race to integrate AI into our teaching paradigms.

For centuries, philosophers have spoken of the fundamentally spiritual nature of the teaching and learning processes. But under the influence of a culture that has replaced the veneration of transcendental

forces with the veneration of mechanical solutions, we have forgotten this, resulting in a tendency to see the student as a kind of machine that processes "facts" instead of what he is by nature: a flesh and blood miracle capable of the most radical and creative acts of mental alchemy.

Consumerism is, to paraphrase León Gieco's famous anti-war anthem, "a monster that stomps down hard" and obliterates most everything in its path. And it goes without saying that young people facing this voracious beast deserve compassion.

But perhaps more than that, they need practice in what it means to wage intelligent combat against the authority figures in their lives. So rather than trying, in utopian fashion, to protect them from pain and clashes with their elders, we should seek to provide them with ample opportunities to spar with us in our schools under conditions that are hopefully mediated by a core respect for their humanity as well as our own.

Working within the classic canons of liberal reformism, we can surely institute changes that will slightly improve the educational experience of students in the coming years. But it seems to me that in this moment marked by rapid changes in our perceptions of many basic elements of existence, incremental reforms of this type will no longer suffice. No, to face the educational challenges of our time of breakneck change in an effective way, I believe we will have to return, paradoxically, to the old-fashioned spiritual and affective roots of education in our search for answers.

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THE EPOCH TIMES

CALIFORNIA, CONTINUED FROM PAGE 5

supply, communities need to impound water. I learned how to do this developing real estate. Every civil engineer and earth moving operator recognizes that to have a plentiful water supply, water must be captured and held in storage. But the political leadership in California doesn't have a clue. California has plentiful and abundant water resources, but what does it do? It lets its water run off into the Pacific Ocean instead of impounding it. Now Los Angeles is burning to the ground. Fire hydrants have no water. There are more than enough resources to make millions of acres of barren land fertile and to give communities all the water they need to fight forest fires and keep land from drying out. But the deranged, brainwashed, wacko politicians refuse. It's better to have half of LA destroyed than to "harm the environment" by using California's natural resources to make its environment better. No Frank would ever think like this in a million years.

If politicians were more like Frank they might know something about forestry. My family owned timberland as did many others I knew growing up. California owns a million acres of forest land, and they do the exact opposite of what all private owners do to be protect the value of their land. Any tobacco spitting, shotgun toting good ole boy knows what these government flunkies don't. One has to cut fire roads through timberland. Good stewardship requires "thinning" of underbrush. Brush needs to be cleared under electrical lines and limbs need to be cut back from power lines. If not, you get forest fires.

How in the world does the City of Richmond not know that crucial infrastructure needs a budgeted sinking fund for

maintenance and that a water treatment plant needs multiple redundancies that need efficacy checks on a weekly basis? How is it that California does not know that it needs to impound water and manage its forest land? The astounding incompetence is mind blowing. Isn't it high time to judge woke politicians not by their words, but by what they do? As Forrest Gump famously said, stupid is as stupid does.

Frank doesn't have a PHD in Gender Studies. He's never participated in a pro-Palestinian rally. He doesn't even drive an EV, but he's a hell of a lot more capable of running a city than the flunkies running Richmond and California.

Robert C. Smith is Managing Partner of Chartwell Capital Advisors, a senior fellow at the Parkview Institute, and likes to opine on the Rob Is Right Podcast and Webpage. Rob is also a Richmond County native and graduate of Rappahannock High School.

PUTIN, CONTINUED FROM PAGE 1

puppet". Needless to say, nothing could be further from the truth.

When accusations of Trump's Russian collusion emerged, Attorney General Bill Barr appointed former FBI Director Robert Mueller to act as Special Counsel to investigate the claims. After two and a half years and 32 million dollars Trump was exonerated.

In fact, it was determined that 2020 presidential election opponent Hillary Clinton, with the assistance of various government agencies and operatives, is the one who launched the smear campaign against Trump. Even far left CNN had to admit the truth. In an article published May 20th of 2022 they stated, in part:

"Hillary Clinton personally approved her campaign's plans in fall 2016 to share information with a reporter about an uncorroborated alleged server backchannel between Donald Trump and a top Russian bank, her former campaign manager testified Friday in federal court.

Robby Mook said he attended a meeting with other senior campaign officials where they learned about strange cyberactivity that suggested a relationship between the Trump Organization and Alfa Bank, which is based in Moscow. The group decided to share the information with a reporter, and Mook subsequently ran that decision by Clinton herself.

"We discussed it with Hillary," Mook said, later adding that "she agreed with the

decision."

A campaign staffer later passed the information to a reporter from Slate magazine, which the campaign hoped the reporter would "vet it out, and write what they believe is true," Mook said.

Slate published a story on October 31, 2016, raising questions about the odd Trump-Alfa cyber links. After that story came out, Clinton tweeted about it, and posted a news release that said, "This secret hotline may be the key to unlocking the mystery of Trump's ties to Russia."

In 2019 the Justice Department appointed former U.S. Attorney for the District of Columbia John Durham to examine the origin of the false accusations against Trump. On May 16, 2023 CNN published an article concerning Durham's findings that began:

"Special counsel John Durham concluded that the FBI should never have launched a full investigation into connections between Donald Trump's campaign and Russia during the 2016 election, according to a report compiled over three years by the Trump-administration appointee and released on Monday.

Durham's 300-plus page report also states that the FBI used "raw, unanalyzed, and uncorroborated intelligence," to launch the "Crossfire Hurricane" investigation into Trump and Russia but used a different standard when weighing concerns about alleged election interference regarding Hillary Clinton's campaign."

As part of the investigation voluminous evidence was found of FBI employees conspiring against Trump, including the falsification of FISA warrants that led to a conviction of FBI attorney Kevin Clinesmith who admitted to altering a warrant. His only punishment was one year of probation and 400 hours of community service.

Compare that to the J6 hostages who received years of prison time for offenses that were largely contrived low level offenses. I can't wait until our new administration has a chance to do their investigation into that.

Some may be surprised by Putin's allegation that the 2020 election was stolen from Trump. In fact, Putin admitted that he was rooting for Joe Biden to win because he was "more predictable". Putin, however, is a pragmatist and now that he knows he has to deal with trump for the next four years he has adopted a conciliatory tone even indicating that he is ready to negotiate an end to the Ukraine War.

How Trump handles adversaries like Russia and China is the exact opposite of the strategy employed by Democrats. The Biden Administration publicly berates their adversaries but privately looks the other way despite the mayhem that they cause.

Trump, on the other hand, praises his adversaries by calling them "tough" and "smart" but then enacts tariffs and controls energy production to devastate their economies. When he was elected in 2016 he immediately ramped up energy production which drove down energy prices.

About half of Russia's national revenue comes from energy and their economy was devastated. They simply could not have afforded to finance an invasion of Ukraine.

Also, Putin knew that Trump would use deadly force if

CONTINUED ON PAGE 22

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PUTIN, CONTINUED FROM PAGE 21

provoked. In 2017 Trump launched 59 missiles at a Syrian air base in retaliation for chemical attacks on civilians. Russia had been sponsoring Syrian aggression and had a contingent of the elite Wagner Group mercenaries near the air base. An estimated 300 troops disappeared into red vapor. Putin's reaction? He didn't even make a public statement.

Armed retaliation and economic sanctions are why Putin admits that he would not have invaded Ukraine if Trump had won in 2020.

Also, China, Russia, Ukraine and other countries who have funneled money to the Biden Crime Family through

shady deals promoted by his son Hunter over the years, have little to fear in light of the damning evidence undoubtedly in their possession.

If that's not true why did Biden pardon several family members? The same goes for his pardons of the members of the House J6 Select Committee that was illegally constituted.

Teddy Roosevelt was fond of quoting a west African proverb that stated: "Speak softly and carry a big stick; you will go far." That's exactly what Trump does and our enemies know it. While he praises them publically, he is fully prepared to destroy them financially and militarily. That's the true meaning of peace through strength.

2024 ELECTION, CONTINUED FROM PAGE 1

I've earned a rest but I fact, I find the more I write, the more I want to write.

Or as Gloria Steinum once observed, writing is the one thing that I do, and when I am doing it, I don't feel I should be doing something else.

Since I have signed a publishing contract, I can now let it be known I am writing a detailed, authorized book about the 2024 Trump campaign.

There are many bad historians---more than good ones unfortunately---who too often confuse polemics with history. These are the same bozos who told the near deceased Joe Biden he could be another Franklin Roosevelt if he only went big.

Biden went big and the result was runaway inflation and government arrogance. A particularly odious historian, Jon Meacham, wrote the noxious and notorious "Nuremberg" speech for Biden where he appeared before flaming walls complete with Marines in which he denounced half the American people, only because they voted for his opponent. This speech must go down in history as one of the worst, alongside Jimmy Carter's now notorious "Malaise Speech."

How often does a president appeal to the rotten devils of our nature? Bidne gave the speech because he is a rotten man and was a terrible president. He does not belong on Mt. Rushmore but instead, the garbage heap of history. He will easily go down in history as our worse president. Ever.

Probably no one is ever going to write a decent book about the Biden Administration and in fact, a book was recently canceled due to lack of interest. It is just a sad chapter in history.

If a book is ever written on the Biden Administration, by a fair historian, it will be bad for Biden. As Dorothy Parker once said, such a book will not be tossed aside lightly by thrown away with great force.

A book on Biden will be met with great derision and not taken seriously as so many fine presidential books are.

Also, I doubt he will ever raise the money for a presidential library though a presidential bookmobile is possible. Meanwhile, the Trump 2024 campaign is rich in history. Let's face it, Trump makes news just getting out of bed in the morning, so I am looking forward to digging in, and recording the accurate history of the 2024 Trump campaign.

EDITORS NOTE: *Craig and his wife Zorine live in Essex County and also own a home in Lancaster County. Craig is a regular contributor.*

LANCASTER, CONTINUED FROM PAGE 6

boards and committees. Meeting times were left unchanged and remain at 5:30 on the second Monday of each month at the Hayden Building located at Dream Fields in Weems.

Superintendent Jessica Davis also gave the board an update and discussed some changes being considered. One of the most notable was what she referred to as a "single bus" policy where students from K to 12 would be transported together on the same bus rather than having buses for each school. Superintended Davis advised the board that she felt that this would reduce ride times for students and would also address the problem of the increasing difficulty in hiring and

CONTINUED ON PAGE 27



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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.

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ACROSS

- Larger-than-life
- Capone's family
- Wild swine
- "You're not allowed," to a baby
- Deal with it
- Cunningly
- Shower with affection
- Allege
- City in Belgium
- *Snow Day exercise?
- Poet Pound
- Ovine sign of the zodiac
- Tasseled hat
- All together (2 words)
- Military College of South Carolina, with The
- For every
- a.k.a. association football
- *All-day Snow Day garb?
- Delete
- Crude fuel
- Read-only disc
- Good's counterpart
- Popular flowering shrub
- Female ancestor
- Two heads are better than one, e.g.
- Bering Strait state
- Rudolph's Clarice, e.g.
- Like thick smoke
- Fountain option
- *No two are alike, sing.
- Surround (2 words)
- Tangerine plus grapefruit
- *Like a river, with over
- #51 Down, pl.
- Heidi's "Magic Wooden Shoe"
- Olufsen's partner
- Sound of a bell
- Not him
- Surfer's stop

DOWN

- Odds' partners
- Tubby little cubby
- "He's Just Not That ___ You"
- Of the same period
- *Popular Snow Day pastime
- Some tournaments
- Zugspitze, e.g.
- *Severe weather
- Deed hearing
- Algae, sing.
- Marble bread
- ___ Jack, English pirate
- *As opposed to rain
- Irregular
- Type of conifer
- Musketeers' swords
- High-strung
- Cerebellum location
- Unit of life
- Students' dwellings
- *Snow Day reading choice
- Helping theorem
- *Like soft pj's
- Intelligence org.
- *Slope fun
- Shorter than California
- Number of years
- No, it doesn't crawl in one's ear
- Horse of certain color, pl.
- Spontaneous additions
- Obtuse one
- Tom Cruise's "The ___ of Money"
- Highway hauler
- Bad sign
- Of a particular kind
- Smoothie berry
- Superman's last name
- Part of a seat
- *Like chocolate on a Snow Day

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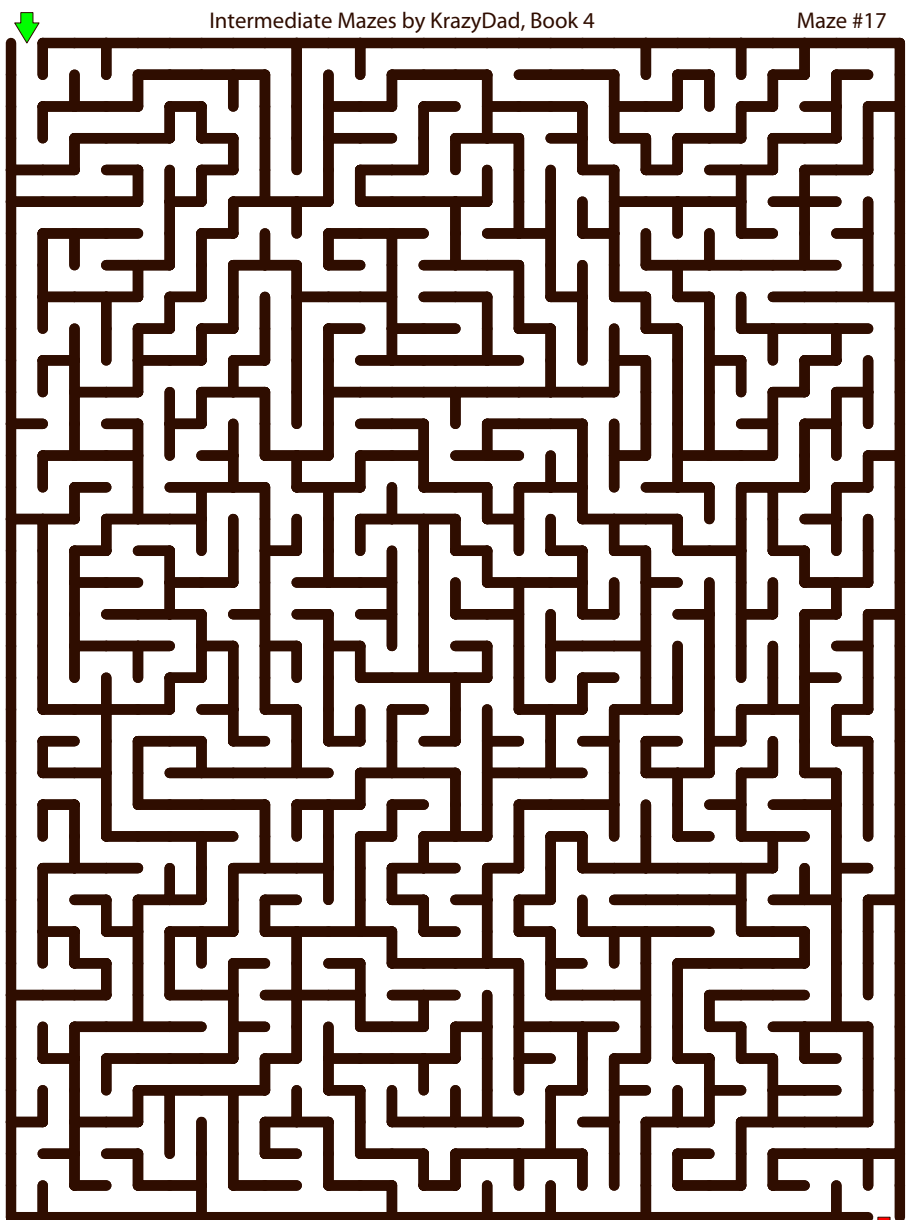
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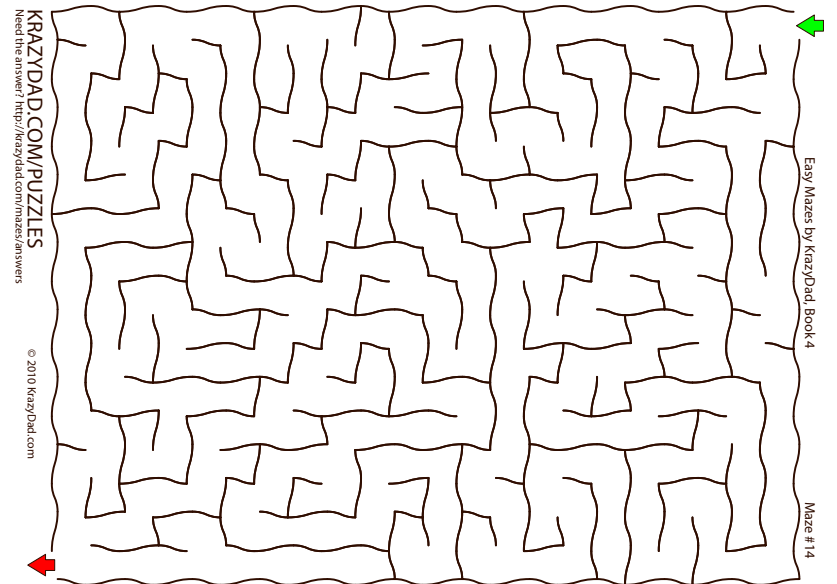
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GO WOKE, CONTINUED FROM PAGE 1
they serve and are financially supported by. It's a modern version of the old saying of: "Don't bite the hand that feeds you".

Unfortunately, the wokesters that largely run our schools and educational institutions apparently never got the memo. In January St. Margaret's School, an Episcopalian girl's school in Tappahannock, Virginia put out an appeal to their alumni for funding to avoid having to shut down the school.

According to an article in the January 15th edition of the Rappahannock Record, Dr. Elizabeth Crowther, who is the Chair of the St. Margaret's School Board of Directors, sent out a letter to the alumni of the school that stated, in part: "St. Margaret's must demonstrate to Church School of the Diocese of Virginia that St. Margaret has the resources necessary to operate in 2025-26."

St. Margaret's was established in 1921 and opened their campus along the Rappahannock River the next year. They were prosperous for decades but many alumni have become wary of the school's increasingly "woke" policies and the political correctness that has infected our nation's schools. In fact, in March of 2021 the Sentinel ran a front page article about a conservative student who felt forced to leave St. Margaret's after being pressured and harassed for her political views. The article began as follows:

"In an embarrassing lack of courage by both St. Margaret's School and the Episcopal Church conservative junior student Julia Saville has been forced to withdraw after the school refused to protect her from racial bullying. And just what was her offense? Simply choosing black conservative leader Candace Owens as a "Black Trailblazer" for a Black History Month presentation. The other three trailblazers recognized by Julia were Supreme Court Justice Clarence Thomas, former HUD Director and renowned surgeon Ben Carson and Underground Railroad heroine Harriet Tubman.

Julia Saville, who is pictured at the beginning of this article doing an interview with Tucker Carlson, gained national attention including an interview with the Daily Wire. An article in MEAWW.com described it thusly:

"For Julia Saville, a junior at St Margaret's High School in Tappahannock, Virginia, it was a Black History Month presentation that went awry. Picking Candace Owens as her 'Black Trailblaze' saw her being labeled a "racist." To set the context, Saville was attacked for choosing Owens, an American conservative author, political commentator, and activist for her presentation at school. She was shot down in a harsh email by a fellow classmate who ensured the mail was circulated school-wide.

According to The Daily Wire, the Virginia school student woke up to an email on the day of the presentation where she was condemned for choosing Owens. It was also sent out to all the students and staff at the school leading to a major blow-up.

Saville is a high-school student from St Margaret's that comprises roughly 107 students in the 8th-12th grades, according to the site. It also described her as the "chapter leader for Turning Point USA and joined her school's Black

Student Union to diversify her understanding of cultural issues, particularly in light of the Black Lives Matter movement." She was scheduled to present her topic on February 17.

"I know that they have a different perspective on things," Saville told The Daily Wire. "I just wanted to get their perspective and [understand] their experiences on campus." She has opted to leave the school after the incident that was blown out of proportion. Saville's parents expressed their disappointment. "Nothing is being done at all to correct the situation," Mr. Saville said.

"[This incident] was the icing on the cake ... I just decided it wasn't best for me to be there anymore and be surrounded by people like that," Saville said. "I didn't feel threatened, but it's definitely uncomfortable when you know that [my peers] all feel a certain way about me and don't like me simply because of my political views."

The actual email attacking Saville was published in the same March, 2021 Sentinel article cited earlier in the article. It read:

"I'd like to address some falsified information here. Candace Owens is not someone we should be recognizing today especially during Black History Month when she has done absolutely nothing for the black community. [Owens] was called a racist because she was. Candace Owens openly tried to degrade the struggles of the black community by telling the general public that America is not a racist country and that everyone who believes that it is trying to divide America. I feel as though not only was it disrespectful that you added her to the list of trailblazers, it's offensive that you sat down, thought about it, researched her, and thought it was okay to do this."

The Sentinel has been informed who the student is that sent the email. The informant, who wishes to remain confidential out of fear of retaliation states that the student is black. Julia Saville is white. The Sentinel does not release the names of minors for obvious reasons. Ms. Saville came forward voluntarily"

Shortly after the publication of my article in 2021 I received three separate emails from alumni stating their disgust and indicating that they would no longer be donating to St. Margarets. Also, during that same period the Town of Tappahannock issued a press release verifying the acquisition of two parcels from St. Margaret's. The press release read, in part:

"The Town of Tappahannock and St. Margaret's School are

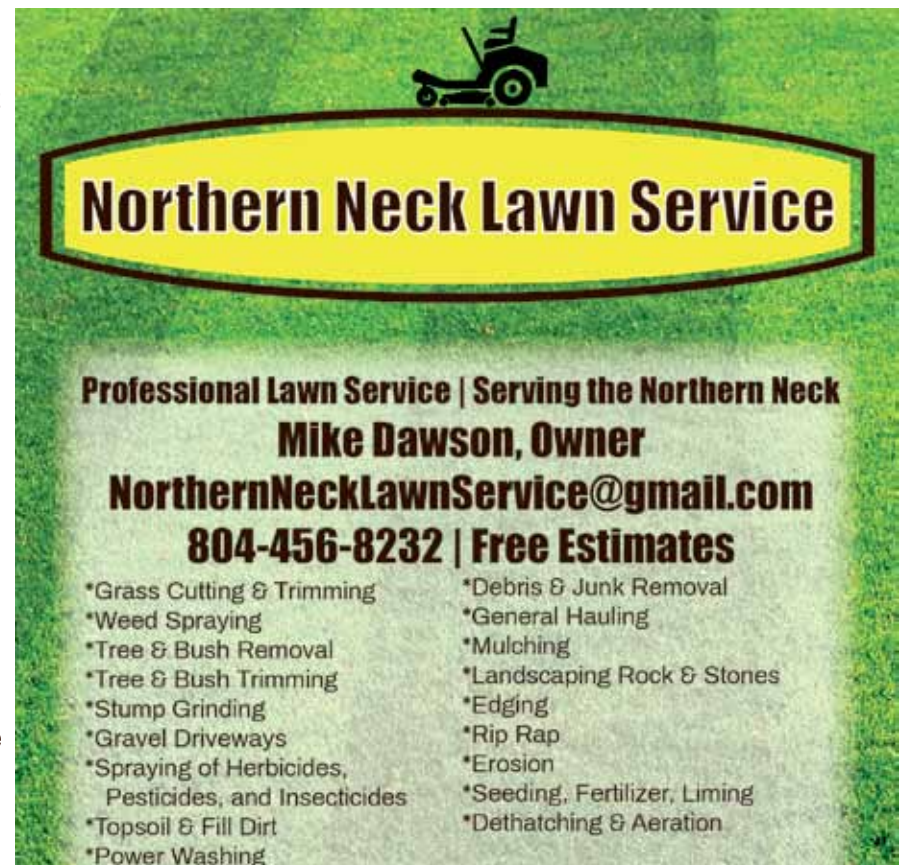
pleased to announce they have reached an agreement regarding the proposed transfer of two St Margaret's properties. These consist of the athletic field fronting on Virginia Street, known as Gilchrist field, together with the adjacent property containing three tennis courts and the former residence of Ernest Gaines. Mr. Gaines was a prominent businessman and trustee of First Baptist Church, Tappahannock. Historically, the tennis courts were constructed with the gift from the late Dennis Sheehan."

I actually know a little bit about Episcopalian schools as a 1968 graduate of St. Stephen's School in Alexandria, Virginia. It was an all-boys school at the time and all students were required to wear coats and ties to school. It was an excellent school academically and traditional American values and patriotism were encouraged. St. Stephen's is now co-ed, dress is casual and they have succumbed to the left wing ideology that has resulted in plunging membership and revenues.

According to a recent article in beliefnet:

"Among the old mainstream denominations reporting to the National Council of Churches, the Episcopal Church suffered the worst loss of membership from 1992-2002 — plunging from 3.4 million members to 2.3 million for a 32 percent loss. In the NCC's 2012 yearbook, the Episcopal Church admitted another 2.71 percent annual membership loss."

Although it is sad to witness the decline of a once highly regarded school such as St. Margarets, it sends a powerful message to institutions promoting divisive woke ideology. Go woke go broke.



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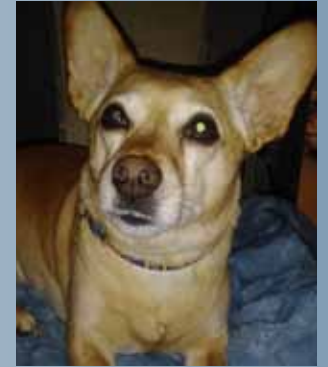
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CHOOSING AN IDEAL VETERINARY OFFICE

Kristy Fike

Finding the right veterinary office can be difficult. Even though you may have several options in the region, it can be difficult to find the right fit for you and your pets. If you have been trying to find a veterinary office, consider the following to help you narrow down your choices.

First Impressions

It is common knowledge that first impressions are very important. I consider the attitudes and actions of the staff and doctors. Some practices can be very difficult to interact with, which makes it hard to trust that your pet is getting proper care. Some offices have staff and doctors that do not listen to your concerns and questions. This could be due to them being egotistical, or it may be due to the way they book appointments (get you in and out quickly). In situations like this, you may feel that you must advocate for your pet firmly and even rudely, for them to receive proper care. While there are some practices like this, there are others that are the opposite. They will put your pet's needs first and hear your concerns. In addition to how the staff interacts with you and your pet, consider how they interact with each other. I've experienced that when the staff and doctors work as a team, they tend to carry that into how they work with you and your pet.

Open mind

As you try different veterinary practices, it is important that while you are evaluating your first impressions, you do so fairly and with an open mind. There have been practices that when I walked in the door and looked around, I thought that they would not work out. However, after my appointment, I wanted to return to them, as the staff and doctors had all the qualities I was looking for and truly cared about my pets. The adage, "You can't judge a book by its cover." applies to choosing veterinary practices too.

Separately, if you notice policies and procedures that initially rub you wrong, ask why the practice implements them. Doing so politely will help you further understand their mentalities and motives. For instance, after seeing a sign at an office that stated a strict policy, I assumed it was due to politics. However, after inquiring about it, they had very good reason to have the policy and did not have the political motives I assumed. Bottom line, it is better to ask, than it is to make potentially false judgments.

Consistency

In addition to these things, consistency is another important attribute of an ideal veterinary practice. Do they consistently treat you and your pet the same? Is the information given to you consistent throughout the practice (i.e. pricing, policies, and procedures)? I've been to practices that have not been consistent. The information that I was given seemed to change and was incorrect at times too. This can lead you to feel as if you must confirm everything you are being told by one person with someone else. In addition, you may feel

that you need to ask your questions multiple times in different ways to make sure the answer has not changed. This plays a role in the care that your pet is receiving and can cost you extra money and time.

It can take time to find the ideal veterinary practice. It is important that you do not settle and find one that will give your pet the care they need and work with you throughout

CONTINUED ON PAGE 27

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VETERINARY OFFICE, CONTINUED FROM PAGE 26
 the process. In your pursuit, discern negative first impressions from judgements that you may have passed too quickly. Giving second chances is a good thing, but it is also important to follow gut feelings. In the end, an ideal veterinary practice will treat you and your pet as they would want to be treated and be consistent in doing so.

LANCASTER, CONTINUED FROM PAGE 22
 retaining bus drivers.

The superintendent also discussed future options for a two-year school calendar. One of the options would include a full week of break time over Thanksgiving in response to a survey recently conducted among staff and parents.

Mrs. Davis also suggested raising fees for use of school buildings from the current rate of \$50 per hour to \$100 per hour and also raising the fee for the use of sound and lighting technicians from \$20 per hour to \$50 per hour.

Board Member Kenya Moody voiced an objection to such a large increase, noting that taxpayers already pay for the schools and wanted more information before approval of the proposed changes was voted on. Mrs. Moody stated: "I want to make sure it's equitable and fair. I don't want our new school to be something only the rich can afford." It was decided to reexamine Superintendent Davis' proposal at the next school board meeting scheduled for February 10th.

The board also voted unanimously to adopt the suggested policy changes suggested by the Virginia School Board Association (VSBA). The adoption of VSBA policies by county school boards is commonplace throughout the region and it makes one wonder whether our schools are

really being run by our school boards or the VSBA.

During the January meeting school operations and project management director Travis Pittman also provided the board with an update on the construction of the new school. He advised that, despite recent weather delays, things are proceeding well.

At this point a lot of the steel and decking is in place one level 1 and concrete has already been poured for the gym, auxiliary gym and the auditorium.

Regarding the athletic facilities, lighting and artificial turf are being installed on the football field which is being moved farther away from the school building because of stormwater from the school and Dream Fields. This will cause the bleachers to be realigned.

NORTHUMBERLAND, CONTINUED FROM PAGE 6
 and approvals. Formal Finance department policies and approvals are outdated and have not been formalized in the Payroll Department."

The summary goes on to describe in detail the various types of tests that were run to make their determinations and ends with a troubling observation:

"We determined that a lack of documentation limits the scope of our audit tests designed to identify fraud, waste, and abuse of funds." In other words, the school documentation was so lacking that it was not possible to do a thorough audit.

Unfortunately, this is not unexpected. For the past few years citizens and Supervisors have expressed alarm at the lack of transparency by the schools. In fact, there is a citizen group called NCPS Watch that has been monitoring

and reporting on the situation.

The group is led by Reedville resident Maurice Johnson and the Sentinel reached out to him for his comments which follow verbatim:

"The history behind this forensic examination can be traced as far back as 2012. Along the way, the people of Northumberland County had multiple occasions with multiple causes of concern to protest to the Board of Supervisors, and they did.

There were vocalized suspicions of various forms of impropriety over the years. For the School Boards part, all too often, the people who voiced concerns were met with hostile, bordering on rude, responses. While the newest School Board member wasn't around for most of this, the set of common threads for these concerns is the Superintendent and the School Board itself. This was all happening on their watch. The newest School Board member got thrown into the deep end of the pool.

It should be pointed out that the most egregious years identified in the audit report were those before 2023. The report covered years from 2019 to 2023. There are noted improvements in 2023 compared to previous years. There were a couple of things that happened, in my mind, leading to this improvement.

Tara Booth had come on board bringing her brand of processes, and the Board of Supervisors, the School Board, and a small group of private citizens formed the new Joint Finance Committee (JFC). There was also the creation in the community of a new website; NCSBWatch.org (<https://ncsbwatch.org/>). NCSBWatch, a citizen-driven effort, was born out of the frustration with the problematic
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- MARCH** Restorative Justice (RJ)
- APRIL** Gender Ideology
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- AUGUST** Generative Curriculum
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Community

WITTMAN INTRODUCES LEGISLATION TO SUPPORT VETERANS

Congressman Rob Wittman (VA-01) announced the re-introduction of four pieces of legislation to support veterans and bring more accountability and transparency to the U.S. Department of Veterans Affairs. The legislation is aimed at removing administrative roadblocks to Veterans Administra-

tion (VA) services and improving the customer experience within the VA.

“Our veterans made great sacrifices for us on the battlefield, and we owe them a debt of gratitude for that service,” said Congressman Wittman. “These bills make it easier for veterans to access services within the VA, improve the care they receive once they enter the VA system, and help connect veterans with mental health and counseling resources during times of crisis. I’m proud of my work to advocate for Virginia’s veterans community, but there is much more

to be done. I look forward to advancing these bills during the 119th Congress.”

Rep. Wittman introduced the following bills:

• Veterans


Choice Accountability Act: Expands veteran access to non-VA medical care and establishes a review of the VA’s implementation of the Veterans Choice Program.

• Veterans Collaboration Act: Establishes a VA pilot program to foster collaboration between qualified non-profit veterans service organizations (VSOs) and educational institutions that provide assistance to veterans.

• Veterans Affairs Transfer of Information and Sharing of Disability Examination Procedures with DoD Doctors Act: Accelerates access to care for veterans by not subjecting them to another round of medical screenings before a disability rating is issued and requires the VA and U.S. Department of Defense to share medical and service record data electronically.

• BRAVE Act: Creates a notification system to alert veterans of counseling and mental health options in response to crises and prioritizes privacy concerns of veterans by allowing them to opt-in to receive these notifications.

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WITTMAN, CONTINUED FROM PAGE 28

In October 2024, Rep. Wittman held veterans seminars in Mechanicsville and Midlothian to convene veterans, their families, support organizations, and community members to provide resources and discuss the challenges faced by the veterans community in Virginia's First District. He held a veterans-focused telephone town hall in November 2023 with Commissioner Daniel Gade of the Virginia Department of Veterans Services and a veterans roundtable in February 2023.

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

KING GEORGE, CONTINUED FROM PAGE 7

change.

The purpose of the proposal that was made as a Board of Supervisors meeting in November, is to constrain, regulate, and tempter the by-right development of land. King George County (KGC) just passed a bond referendum for a new elementary school. That building will have to be paid for over time once it gets built. So anything we can do to slow the growth of school-age children coming into KGC would help slightly in the near short term.

Anytime you have zoning regulations, there are always going to be people who will push the envelope to the edge to see how much they can get away with. As a result, KGC

has seen in recent years "development" of "subdivisions" being built without formally being called a subdivision. Additional proffers to offset their impact on KGC services are thus bypassed. How do you solve that problem? The point in floating the proposal was to begin a conversation. And boy did a conversation ever get started!

The planning commission meeting in January saw a series of 12 people during the public comment section making all kinds of assumptions regarding this proposal. The presentations were one-sided and at times inaccurate. We don't want to focus on a particular person, but we must say that when a person stands up and says that KGC property taxes are too low, one should expect some pushback from the vast majority of people that this citizen-journalist has talked to who moved to this county and live in this county because of the low taxes.

In the meantime, KGC is working to bring in low impact businesses that will generate tax revenue to deal with the looming revenue (tax) shortfall on the horizon. That primary source of revenue is projected to be provided by up to three data center sites. Until these facilities are actually built, the new revenue stream is just a dream and a promise.

So what do we do in the meantime? That is where patience and creativity can come into play. We're just getting started in proposing and evaluating solutions to our revenue, school, growth, water, and spending challenges. So let's all constructively work together and propose many more creative solutions so that we have a full menu of options to choose the best from. We have time and brains galore in KGC. So let us leverage and use that to plan for a

better future. And be nice to your neighbor who may have a different point of view while we are selecting the best solution.

Tea Party meeting in January included reports from Supervisors and other county officials as well as introductions of potential candidates for the 4 open county offices.

KG MEDIA.TOP continues to provide a Facebook/Meta presence including a brief weekly county-wide calendar for monthly meetings. KGMedia.Top continues to strive to be a low-cost and reliable source for KGC news and information.

NORTHUMBERLAND, CONTINUED FROM PAGE 27

transparency of the schools and provides insights, analysis, and extended discussion on what goes on under the hood of Northumberland County Schools (NUCPS) - <https://www.nucps.net/>. While finding specific data on the NUCPS site can be a challenge, NCSBWatch provides a simple and welcoming approach to understanding what's going on and invites its users to share their specific research. My observation? These improvements were born of all these events or changes even if they weren't all synchronized.

It's worth noting that, in addition to the reasons already mentioned, there were other concerns outside of the Schools. For example, we had just gotten a new Treasurer and it wasn't clear that there wasn't anything we needed to see or understand more deeply. The thinking was that there would be no value in a single-focus approach.

So, While I was filling in as District 5 Supervisor and after

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VETERANS AFFAIRS

ANXIETY, DEMENTIA, ACTIVE-DUTY MILITARY, AND VETERANS

A GROWING BODY OF RESEARCH SUGGESTS THAT ANXIETY EXPERIENCED EARLIER IN LIFE MIGHT HAVE A CAUSAL EFFECT ON THE DEVELOPMENT OF DEMENTIA LATER IN LIFE

Gammon Irons

Is there a link between anxiety and dementia? The answer appears to be a resounding yes. Anxiety is commonly seen in individuals with certain types of dementia. However, researchers are increasingly studying anxiety as a potential risk factor for dementia.

Indeed, a growing body of research suggests anxiety experienced earlier in life might have a causal effect on the development of dementia later in life. Individuals with mild cognitive impairment may have a higher risk of developing dementia, which is relevant to the discussion about anxiety as a potential risk factor.

Anxiety disorders are the most common mental disorder affecting more than 40 million U.S. adults. Considering just 43.2% get proper treatment, the implications for dementia risk are significant. Here's what you need to know about anxiety and its potential role in the development of dementia. Plus, you'll discover ways to keep your anxiety levels in check.

What is clinically significant anxiety? General Anxiety Disorder (GAD) is characterized by persistent feelings of fear, worry, and unease. An individual's anxious feelings are uncontrollable, and they are typically out of proportion for a

particular situation or stressor.

This is different than the transitory anxiety we all experience. This type of anxiousness is usually related to an event or situation, such as the first day on a new job, a first date, or an exam.

People who have general anxiety disorders worry and feel nervous most of the time about everyday activities that do not pose a threat. Anxiety is disproportionately more common in women, teens, and those affected with Attention-Deficit Hyperactivity Disorder (ADHD), also known as Attention-Deficit Disorder (ADD).

Common physical symptoms of anxiety include insomnia, heart palpitations (panic attacks), trouble concentrating, and dizziness. Anxiety disorder symptoms can run the gamut from mild (such as nervous feelings, tending to imagine the worst, or feeling tensed up) to severe (such as suicidal thoughts).



When anxiety goes untreated, it can wreak havoc in your life. It can put an individual at risk for other mental health conditions and physical health issues such as: depression, panic disorder, substance abuse, physical ailments (e.g., colds), and/or suicidal behavior.

Mounting research suggests untreated anxiety may impact your brain in such a way that it also sets you up for dementia later in life.

Basics about dementia. Dementia is defined as a general and pervasive deterioration of memory, as well as at least one other cognitive ability, such as language and executive function. This can be due to various causes. The loss of cognitive function is pronounced enough to negatively im-

act an individual's normal daily functioning, work, and social life.

Alzheimer's disease is the most common form of dementia, accounting for 60-80% of memory loss cases. Ongoing research has shown connections between Alzheimer's disease and various factors, such as stress and emotional dysregulation, indicating the complexity of its development and progression. But there are many other types of dementia, including: vascular dementia, frontotemporal dementia (FTD),

and alcohol-related dementia.

Regardless of the type of dementia, memory loss is not normal, even for aging people.

What causes dementia? There are multiple dementia causes or risk factors leading to its development. In addition to the recent study findings suggesting anxiety as a risk factor, other common causes may include any of the following: depression, ADD/ADHD, post-traumatic stress disorder (PTSD), alcoholism and substance abuse, traumatic brain injury (TBI) including mild concussions, family history of Alzheimer's disease or other types of dementia, infections that can affect the brain, such as Lyme disease, heart health issues, type-2 diabetes and prediabetes, genetic factors such as APOE4, altered microbiome, gum disease, gender, obesity and eating a poor diet, untreated sleep apnea, certain medications, cancer/chemotherapy, exposure to toxins, underactive thyroid, hypertension or prehypertension, and chronic inflammation.

Anxiety's link to dementia. A marked association between anxiety and dementia has been noted in multiple studies over the past decade. However, until recently, researchers were not sure if anxiety was an early symptom of dementia or an independent risk factor.

Research findings indicate individuals with mild cognitive impairment may have a higher risk of converting to dementia compared to those who are cognitively intact. This is relevant to the association between anxiety and dementia, as studies have included cohorts of participants with mild cognitive impairment to examine this link.


A systematic review published in the January 2022 issue of British Medical Journal Open points to the latter. The review included four reliable studies involving close to 30,000 participants. All four studies indicated a positive connection between moderate to severe anxiety and the development of dementia later in life.

The researchers concluded, "Clinically significant anxiety in midlife was associated with an increased risk of dementia over at least 10 years."

What's more, the review's authors noted the findings indicate anxiety may be a risk factor for late-life dementia - and not a symptom. The authors additionally suggested the link may be explained by the excessive stress response triggered by the anxiety.

Indeed, chronic stress and anxiety can cause ongoing

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ANXIETY, CONTINUED FROM PAGE 30

suppression of the prefrontal cortex, as well as hippocampus atrophy, research has noted. These actions contribute to the development of dementia.

Another study found chronic phobic anxiety may shorten telomere length in middle-aged and older women. Telomeres are structures found at the ends of chromosomes made from DNA sequences and proteins. Like the end of a shoelace, telomeres cap and protect the end of a chromosome from getting tangled or frayed.

Telomere length shortens with age. Shortened telomere length is associated with a greater likelihood of disease and poor survival. The study indicated untreated chronic phobic anxiety is a possible risk factor for accelerated aging. Other research shows short telomeres are associated with a greater risk of neurological and psychiatric disorders including dementia.

Emotional dysregulation, which is common with anxiety disorders, may also play into the development of dementia recent research indicates. It appears that emotional dysregulation can adversely impact the posterior cingulate and the amygdala - areas heavily involved in autobiographical memory and regulating emotions.

Regardless of the specific cause, anxiety is undoubtedly linked to an increased risk of developing dementia, especially as we grow older.

Anxiety's impact on cognitive function. Anxiety can have a profound impact on cognitive function, particularly as we

age. Research has shown anxiety can impair attention, memory, and processing speed, leading to cognitive impairment. This can make everyday tasks more challenging and affect an individual's ability to maintain independence.

Anxiety often reduces the ability to focus and pay attention, making it difficult to concentrate on tasks. This can be particularly problematic for older adults, who may already be experiencing some degree of cognitive decline. Additionally, anxiety can affect memory, making it harder to learn new information and recall existing memories.

Chronic anxiety can also lead to structural changes in the brain. Studies have shown prolonged anxiety can reduce the volume of the hippocampus, a region critical for memory and learning. This reduction in hippocampal volume is associated with cognitive decline and an increased risk of developing dementia.

Moreover, anxiety can exacerbate existing cognitive decline, creating a vicious cycle where anxiety and cognitive impairment feed into each other. This highlights the importance of managing anxiety to protect cognitive function and reduce the risk of dementia.



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function. Prolonged exposure to high levels of cortisol can damage these brain regions, leading to cognitive impairment and increasing the risk of dementia.

Additionally, stress can promote inflammation and oxidative stress, both of which are linked to cognitive decline and dementia. Inflammation can damage brain cells and disrupt neural communication, while oxidative stress can lead to the accumulation of harmful molecules that further damage brain tissue.

Research has shown managing stress through relaxation techniques, regular exercise, and social support can help mitigate the risk of dementia. By reducing stress levels, we can protect our brain health and potentially delay or prevent the onset of cognitive decline.

Assessing individual risk. Assessing individual risk for dementia is crucial for identifying those who may benefit from early intervention and prevention strategies. Several factors can increase the risk of dementia, including age, family history, and lifestyle choices.

Age is the greatest risk factor for dementia, with the risk increasing significantly after the age of 65. However, it's not the only factor to consider. Family history also plays a role, particularly if a first-degree relative has been diagnosed with dementia. This genetic predisposition can increase an individual's risk of developing the condition.

Lifestyle factors are also important to consider. Physical inactivity, social isolation, and a poor diet can all increase the risk of dementia. Engaging in regular physical activity, maintaining social connections, and following a healthy diet can help reduce this risk.

By assessing individual risk factors, healthcare providers can identify those who may benefit from early intervention and prevention strategies. This proactive approach can help delay the onset of dementia and improve the quality of life for those at risk.

In conclusion, understanding the impact of anxiety and stress on cognitive function, as well as assessing individual risk factors, is essential for mitigating the risk of dementia. By addressing these factors early on, we can take steps to protect our brain health and maintain cognitive function as we age.

Reduce anxiety to mitigate dementia risk. You may

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THE US CONSTITUTION THROUGH HISTORY

Gammon Irons

The Law Of Slavery Under The Constitution

By the early 19th century, it was clear slavery was dying in the North and prospering in the South. High cotton prices fueled an increased demand for slave labor in the South. Increased demands for slaves caused slave prices to soar, which increased white Southern support for slavery and Northern disapproval. In this chapter, we will learn about several constitutional and state-level provisions for slavery, including the slave codes and the Fugitive Slave Act of 1793.

Expanding Westward

With the balance of power in the Senate closely divided between pro- and anti-slavery factions, a crucial issue was whether territories becoming new states would enter the union as slave or free states. The first piece of significant legislation to address slavery in the territories was the Northwest Ordinance, passed by the Confederation Congress. The primary effect was the creation of the Northwest Territory in the Great Lakes Region as the country's first organized territory. The first US Congress under the Constitution passed similar legislation with minor modifications.

The Northwest Ordinance established the precedent by which the United States would expand westward by the admission of new states. It also banned slavery in the Northwest Territory, establishing the Ohio River as the boundary between slave and free territory between the Appalachian Mountains and Mississippi River. The Northwest Ordinance, however, would not be the final word on the question of slavery in the west.

Before the Louisiana Purchase, America stood equally balanced between slave states and free states, with eight states apiece. As a result, they had the same number of senators. At the start of 1820, the slave-state/free-state balance remained tied, with 11 states apiece. But slaveholders feared westward migration would tilt the Senate's balance of power against slavery. The North already had a majority

*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>

in the House due to its larger and faster-growing population. The South feared losing the Senate would be catastrophic to its cause.

The next state to be carved out of the Louisiana Territory was Missouri. In 1819, Missouri's voting inhabitants petitioned for admission to the union as a slave state. Congress erupted in conflict. Anti-slavery Northerners wanted to condition Missouri's admission on freeing all enslaved persons born in the state after admission on their 25th birthday. Southerners wanted the residents of Missouri to decide for themselves whether it would be a slave or free state - knowing many Missouri residents supported slavery.

Ultimately, Congress agreed to the Missouri Compromise of 1820. The compromise admitted Missouri as a slave state. It also predetermined the slave status of future states by drawing a line at the 36° 30' latitude, which runs across Missouri's southern border. New states north of this line would be free; new states south of it would be slave. Effectively, Missouri was to be the lone exception to this new rule that new slave states would not be admitted above this line. The Missouri Compromise also called for Maine to be admitted as a new free state.



Photo Credit: usnews.com

Prior to the Missouri Compromise, many Southerners claimed to oppose slavery in theory but feared emancipation would invite a race war. They also feared if new states were not admitted as slave states, the concentration of slaves along the East Coast would heighten the risk of

a slave revolution. Thomas Jefferson argued the diffusion of enslaved persons over more space would make a local white population more likely to contemplate the possibility of emancipation. The resulting free black population in any given locale would be relatively small compared to the white population. But after 1820, Southerners were more unified in support of slavery. Southerners were also becoming increasingly irritated by an increasingly robust Northern abolition movement, which they thought interfered in Southern affairs. Contemporaries recognized the Missouri Compromise merely postponed likely conflict over slavery. Constitutional Provisions For Slavery

Recall the Constitution included several provisions protecting and strengthening slavery. The three-fifths clause in Article I gave the South an advantage in both the House of Representatives and the electoral college. Slave-owning Virginians occupied the office of the presidency for 32 of the country's first 36 years. This was partly because the electoral college gave slave states a political power disproportionate to their voting population. The North did have a majority in the House of Representatives due to its larger population, but even so, the three-fifths clause ate into that majority. In 1819, the three-fifths clause boosted Southern House membership by 17 votes.

The Constitution favored slave owners in other ways, too. Article IV included a fugitive slave clause, which obliged free states to send fugitive slaves back to their masters. And although Congress had plenary power over immigration and international trade, Article V barred Congress from ending the importation of slave trade until 1808. Finally, the rule giving each state two senators ensured that North and South would eye the admission of every new state suspiciously. The 1820 compromise saw the admission of Missouri and Maine managed to quell tensions temporarily.

CONTINUED ON PAGE 33



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CONSTITUTION, CONTINUED FROM PAGE 32

But the Constitution's structure ensured similar concerns would arise every time a territory applied for statehood.

Slave Codes

Slavery's legal particulars were set by state slave codes - a body of state statutory law entrenching slavery in each slave state. Unlike Congress, state legislatures enjoy the police power - a general authority to pass laws pertaining to the community's health, safety, and morals. State legislatures have broad lawmaking power unless the Constitution prohibits them from acting in a given area. The Constitution did not prohibit the states from legislating in the area of slavery. The Southern states enacted detailed slave codes establishing the property rights of slave owners. The slave codes also provided safeguards for the white community against slave rebellions.

State laws mostly treated slaves as property, emphasizing the owner's right to the slave's time, labor, and services and requiring the slave's obedient compliance. State laws usually also included provisions requiring masters to treat slaves humanely, furnish them with adequate food and clothing, and provide care for them during sickness and old age. But slaves could neither file complaints nor give evidence against their masters. Thus, masters were rarely tried for mistreatment. In fact, slave owners and overseers

frequently brutalized and raped their slaves. Because the law treated slaves like property, enslaved persons could not make legally binding contracts, including marriages. Slave owners usually let their slaves informally marry because any offspring would then also belong to the enslavers. But plantation owners frequently divided slave families by selling different family members to different buyers across the South.

Starting around 1820, slave codes started becoming even harsher. Several factors explain this trend, including rising slave prices, reaction toward growing Northern abolitionism, and increasing fear of slave rebellions. The early 19th century also brought intensified racism.

Rise Of Racism

American revolutionaries proclaimed all men are created equal. This message, of course, was incompatible with the institution of slavery. Slaveholders now found they needed to reconcile the institution with revolutionary ideology. To do this, whites increasingly turned to racism. Specifically, Southern whites emphasized the alleged racial deficiencies of blacks as a justification for human bondage. Moreover, whites believed the example of free black people embittered slaves and implicitly enticed them to escape and rebel. They therefore passed laws sharply curtailing their rights, such as denying them the right to move between

female slaves. The legal status of a child of mixed race usually depended upon the mother's status. In most states, the offspring of a black slave father and a white free mother was free. The offspring of a white free father and a black slave mother was legally a slave. States also enacted laws prescribing the proportion of African excluding a person from enjoying the privileges of whiteness.

Southern slaveholders also persuaded state legislatures to prohibit the circulation of antislavery writings. Congress passed a law in 1836 affirming the responsibility of the US Post Office to deliver all mail to its destination. In theory, this should have permitted Northern abolitionists to send anti-slavery tracts to Southern audiences. But in practice, the postmaster general, sympathetic to the pro-slavery agenda of Presidents Andrew Jackson and Martin Van Buren, allowed Southern postmasters to defer to their states' censorship laws.

Rise Of Abolitionism

Meanwhile, abolitionism flourished in the North, where prominent writers such as Frederick Douglass, Wendell Phillips, and William Lloyd Garrison tried to persuade audiences of slavery's evils. Anti-slavery lawyers also played an important role. Many slave cases involved gradual emancipation statutes common in the North. For example, Pennsylvania's gradual emancipation statute of 1780 provided those already enslaved would remain slaves for life. But children born into slavery after July 4, 1780, would inherit an obligation of service for 28 years. This statute required a regulatory mechanism ambitious for the 18th century: registration. Lawyers frequently asked courts to determine whether various registration defects rendered a person free. Similarly, judges had to resolve ambiguities in the statute, such as the legal status of a person born to a 28-year servant. From the late 18th century to about 1840, the anti-slavery bar devoted substantial time to these sorts of issues.

states. A South Carolina policy even imprisoned any free black sailors who came ashore while their ships were in port.

By 1820, the country was obsessed with perceived racial differences. Pseudo-scientists found physiological bases for alleged temperamental or intellectual differences between the races. Southern racial theorists often neglected to grapple fully with the fact many enslaved persons were of mixed race, often the result of white male masters raping their black

By the 1840s, though, slavery was almost gone in the North. New York, for instance, had passed a Gradual Emancipation Act in 1799 but ended slavery in 1827. Even in Northern states not completely abolishing slavery, the slave populations dwindled. In 1840, there were no slaves reported in the census in Pennsylvania. New Jersey had only 700 slaves left in 1845. With the demise of Northern slavery, gradual emancipation litigation disappeared.

Northern anti-slavery lawyers turned to fugitive slave cases. The fugitive slave clause of the Constitution - Article IV, Section 2, Clause 3 - provided: "No person held to service or labor in one state, under the laws thereof, escaping into another, shall, in consequence of any law or regulation therein, be discharged from such service or labor, but shall be delivered up on claim of the party to whom such service or labor may be due." Pursuant to this clause, Congress passed the Fugitive Slave Act of 1793, which provided for enforcement in front of any federal or state judge. Under the act, slave owners could testify as to the identity of the person in question and that person's escape from slavery. If they preferred not to travel, slave owners could offer proof through an affidavit.

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WHY BUTTER IS BETTER

Sally Fallon Morell

In the early 1900s, Americans consumed about 18 pounds of butter per person per year—and that doesn't include the butterfat they got from whole milk, cream, and cheese. Today that number stands at about five pounds, a slight increase over the past few years from a low of four pounds per person per year.

What happened? Why did butter consumption in the United States plummet?

A major factor is that the United States became electrified and stopped using candles. This shift was the genesis of butter's decline. At the time, candles were a major product of a U.S. company you've likely heard of—Procter and Gamble. The company had figured out a way to solidify liquid cottonseed oil—a waste product of the cotton industry—into a hard fat that could burn in candles. The process was called partial hydrogenation, which reconfigured the molecules in liquid oils into an unnatural type of fat called trans fats, which are hard at room temperature.

With the advent of electricity, Procter and Gamble had no one to buy candles. Because their candle business was declining, they decided to promote partially hydrogenated cottonseed oil as a food. They called their product Crisco—short for “crystalized cotton seed oil”—and it came on the scene in 1911 along with a cookbook called “The Story of Crisco.”

The book was a masterstroke of advertising genius that pushed all the buttons of the up-and-coming American housewife. Women who used Crisco instead of lard, the book promised, were more modern, had cleaner houses that smelled better, and had children of better character. Their cakes rose more easily and their food tasted better and was easier to digest!

As Crisco replaced lard, imitation butter in the form of margarine soon followed. By 1973, the Senate Select Committee on Human Needs promised that Americans could solve their most serious diseases—heart disease, stroke,

diabetes, cancer, high blood pressure, etc.—if they only used margarine instead of butter.

Fast forward to the present. Margarine today has come under a cloud, now that we know how bad partially hydrogenated oils are for human health. Today, most Americans use “healthy,” trans-free spreads, still dutifully following government suggestions, yet rates of serious disease haven't gone down—quite the opposite, they keep going up and up.

The science of fats and oils has come a long way since the early 1900s, and we now know a lot more about butter—although we're unlikely to read about butter's many important components in the newspapers. Here are a few of the good things we get from butter:

Fat-Soluble Vitamins

The U.S. Department of Agriculture and the U.S. Food and Drug Administration claim that butter is an “empty” fat, but butter is an easy way to get fat-soluble vitamin A on a daily basis. It also provides vitamins D, K2, and E. Typical spreads contain only one form of vitamin A and none of the other fat-soluble vitamins.

Minerals

Butter contains trace amounts of important minerals, including calcium, phosphorus, magnesium, iron, and selenium. The amounts may be small, but they are absorbed efficiently because of the presence of the fat-soluble vitamins, especially vitamin D. Butter provides a small amount of iodine, especially if the cows are grazing on iodine-rich soil or receive an iodine teat wash, which also is efficiently absorbed.

Butyric Acid

This is a very small fat molecule that is almost unique to butter. Our bodies make butyric acid when good bacteria ferment high-fiber foods in the colon, but in butter, we get butyric acid readymade. Butyric acid is important for digestion and seems to protect us against constipation, irritable bowel syndrome, Crohn's disease, and colon cancer.

New research indicates that butyric acid in butter supports the assimilation of vitamin A. Butyric acid also supports thyroid function by making the thyroid cells more sensitive to thyroid hormones. The combination of vitamin A, iodine, and butyric acid in butter makes it the perfect food for thyroid function. And a fascinating line of research is exploring ways that butyric acid can help with addiction and alleviate pain.

Arachidonic Acid

Unique to animal fats, arachidonic acid is important for skin health, digestion, and brain function—it's especially abundant in the brain. Arachidonic acid is critical to mental health, as endocannabinoids are derived from it. Other feel-good chemical pathways involve arachidonic acid, vitamin A, and vitamin D. Butter is a happy-making fat, for sure.

Conjugated Linoleic Acid

Conjugated linoleic acid (CLA) is a beneficial kind of trans fat, and butter, especially from grass-fed cows, has a lot of it. CLA protects against cancer and helps the body build muscle rather than store fat. A research review published in *Nutrients* in 2019 found evidence to suggest that “CLA has efficacy against cancer, obesity, and atherosclerosis.”

Glycosphingolipids

Glycosphingolipids are a special category of fats that support the immune system and are also critical for a healthy nervous system.

Cholesterol

Yes, cholesterol. Cholesterol is mainly made in the body and plays vital roles in the body. Babies and toddlers in particular need cholesterol because they don't make their own. Cholesterol is essential for growth, neurological health, muscle function, and hormone production.

Saturated Fat

Saturated fats play many important roles in the body's chemistry. So important are saturated fats that the body has a backup plan if we don't eat enough of them: It makes them out of carbohydrates, especially refined carbohydrates. Cravings for carbs often wane when you add plenty of butter to the diet.

Conclusion

Margarines and spreads made with vegetable oils contain none of the special fatty acids that occur mainly in animal fats. Although modern spreads contain no trans fats, they do contain industrially processed seed oils, which are rancid and break

down into highly reactive aldehydes. The use of soybean oil is especially concerning because it contains estrogen-like compounds. Then there are the additives, such as potassium sorbate, calcium disodium, citric acid, and artificial flavorings.

You don't need to feel guilty for eating butter. Butter is perfectly designed to support growth in

CONTINUED
ON PAGE 35

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BUTTER, CONTINUED FROM PAGE 34
children and health and happiness at all ages.

The best butter comes from cows that graze on green grass. Butter from Ireland and New Zealand—available in many supermarkets—fits this category, and grass-fed butter from small dairy farms is often available locally. Use it liberally on toast, potatoes, and vegetables. Your body will thank you for it.

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ANXIETY, CONTINUED FROM PAGE 31

wonder, “If anxiety is to blame for accelerated cognitive decline, does this mean alleviating anxiety would minimize the risk of dementia?” It’s an excellent question remaining unanswered by science.

That said, there are many lifestyle actions you can take that can relieve anxiety. This can make you feel better in the short term and may possibly protect you against memory loss issues in the future.

Five ways to lessen anxiety. Here are five natural ways to reduce your anxiety levels.

(1) Try psychotherapy. Cognitive behavioral therapy (CBT) helps to address negative self-talk and is the most effective therapy for reducing anxiety. Eye movement desensitization and reprocessing (EMDR) therapy helps reduce stress and anxiety related to trauma. (2) Avoid foods that can increase anxiety. For example, coffee is associated with higher levels of anxiety as are many inflammatory foods.

Consider a calming alternative to coffee like green tea, which still promotes alertness and mental clarity. You can also take nutritional supplements with calming ingredients like L-theanine (extracted from green tea), GABA, saffron, or magnesium. (3) Try holistic and natural solutions. Yoga, tai chi, biofeedback, and meditation have been shown to provide relaxation benefits according to research. Of course, a simple walk in nature can help alleviate anxiety, too. (4) Practice diaphragmatic breathing. Anxiety can constrict your breathing to rapid, shallow breaths, which may impact your blood’s oxygen levels and increase anxiety further. Calm your nervous system by repeating 10 cycles of deep breathing. Research shows that diaphragmatic breathing practices may help bring down stress and anxiety levels. (5) Try alternative calming methods. Research indicates acupuncture may help to alleviate anxiety. Also, hypnosis, guided imagery, listening to soothing music, or progressive muscle relaxation may help to lessen anxiety and even offer additional benefits like better sleep.

If you struggle with anxiety, it doesn’t mean you will develop dementia. But it is a warning signal to address it right away. Don’t hesitate to reach out to a mental health professional for help.

CONSTITUTION, CONTINUED FROM PAGE 33

At its core, the Fugitive Slave Act limited a Northern state’s competence to determine the status of its residents. If a slaveholder claimed one of his slaves had fled to a

Northern state, that Northern state had difficulty claiming that person as its own resident. To try to protect their clients, some anti-slavery lawyers argued the Fugitive Slave Act was unconstitutional, a question dividing courts. Others focused on the importance of state judicial procedures, such as the right to a jury trial, the right to confront one’s accusers, and the right to present evidence to advance one’s own case. They argued the free states’ presumptions should govern, meaning the persons in question should be presumed free. As such, the alleged fugitive was entitled to a proper

judicial forum with a jury trial and other procedural safeguards.

Often, people’s rights hinged on these procedures. An alleged fugitive, for example, would have a much easier time persuading a court they were not a fugitive slave, if they could present their own evidence they were someone else. And, the decision-maker also mattered. Anti-slavery lawyers figured Northern jurors would be reluctant to send a person into slavery in the South. Jury trials presumably helped the alleged fugitive’s odds of winning the case and resisting rendition. Notice this emphasis on state judicial procedures is a kind of states’-rights argument. Neither the Constitution’s fugitive slave clause nor the Fugitive Slave Act of 1793 specified who was to enforce the fugitive slave law or the standard by which the decision-maker would determine whether the person in question was a fugitive slave or a free person. Thus, anti-slavery lawyers contended states retained the authority to determine their own courts’ judicial procedures. After all, states ordinarily determined the procedures applying in their own state courts. In the absence of any constitutional or federal statutory law to the contrary, those state courts should remain free to use their own judicial procedures in fugitive slave cases.

Prigg Versus Pennsylvania

Slave owners sometimes tried to take matters into their own hands and seize runaway slaves themselves. One such effort led to the US Supreme Court’s 1842 decision in Prigg v. Pennsylvania. In 1837, slave catchers traveled from Maryland to Pennsylvania to capture Margaret Morgan and her children. Margaret’s parents had been slaves in Maryland, but their owner - a man named Ashmore - had let them live as free. Ashmore claimed repeatedly he had set Margaret’s family free, but he never formally emancipated them.

Margaret was born after Ashmore had informally freed her parents. She eventually married Jerry Morgan, a free black man. They moved from Maryland, a slave state, to Pennsylvania, a free state, and had several children. In 1836, Ashmore died, and his estate passed to relatives, who decided to find Margaret Morgan and bring her back to slavery. In February 1837, slave catchers, including Edward Prigg, traveled to Pennsylvania to capture her. They seized Margaret, Jerry, and their children. Jerry Morgan was indisputably a free man, and the children likely were legally free too. Slave catchers were notoriously unscrupulous, often kidnapping free black people who had never been slaves.

Prigg drove his captives to the local justice of the peace, who refused to permit Prigg to remove the Morgans from Pennsylvania. Prigg then acted on his own, transporting Margaret and her children to Maryland, where they were sold to a slave trader headed south. Pennsylvania authorities pursued the Morgans and found them, but the governor of Maryland refused to let them return to Pennsylvania. Margaret and her children were taken before a Maryland judge, who determined they were legally slaves. Margaret and her children were then sold.

Pennsylvania courts prosecuted and convicted Prigg under a Pennsylvania anti-kidnapping law designed to

CONTINUED ON PAGE 39

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 CHURCH
 LAUNDROMAT - MONTROSSLIBRARY - HAGUE
 MONTROSS CRABS & SEAFOOD MARKET
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 MOOSE LODGE - MONTROSS
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 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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BETTER-FOR-YOU RECIPES INSPIRED BY SAVORY SALAD KITS

Around the start of a new year, many people are setting their wellness intentions, from incorporating a variety of greens into meals to boosting daily step goals, drinking more water and practicing gratitude.

As part of the journey, it's important to rethink nutrition and your recipe repertoire to include better-for-you meals. For example, you can satisfy seafood cravings while getting your protein fix with Italian Crusted Salmon with Creamy Truffle Caesar Salad. This one-pan solution is paired with a Fresh Express Twisted Creamy Truffle Caesar Chopped Salad Kit, inspired by high-end dining experiences with flavors that transport you to the finest restaurants around the world.

The kit allows you to indulge in crunchy garlic brioche croutons paired with garden fresh crispy romaine lettuce, delicate sprinkles of truffle Parmesan cheese shreds and creamy dressing, transforming every bite into a sensation to be savored.

With more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, Fresh Express can also provide recipe inspiration and support on your journey toward a healthier lifestyle. The unique blend of little red and green baby butter lettuces in the Sweet & Crunchy Salad Blend is perfect for adding to Grilled Zucchini Nachos, a delightfully tasty alternative to traditional nachos. This veggie-forward version offers a healthier dinner idea or an easy snack for game day gatherings and other group celebrations.

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ITALIAN CRUSTED SALMON WITH CREAMY TRUFFLE CAESAR SALAD

Prep time: 10 minutes // Cook time: 20 minutes // Servings: 2

- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 2 teaspoons chopped, fresh rosemary
- 1/2 teaspoon honey
- 1/4 teaspoon salt
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon olive oil
- 2 salmon fillets
- nonstick cooking spray
- 1 bag (9.3 ounces) Fresh Express Twisted Caesar Creamy Truffle Caesar Chopped Kit Salad
- 2 lemon wedges (optional)

Heat oven to 425 F. Line sheet pan with parchment paper.

In small bowl, combine garlic, lemon juice, rosemary, honey and salt. In another small bowl, combine breadcrumbs, walnuts and olive oil.

Place salmon on prepared sheet pan. Spread mustard mixture over fish; sprinkle with panko mixture, pressing to adhere. Lightly coat with nonstick cooking spray.

Bake 12-15 minutes, or until fish flakes easily with fork.

Place greens from salad kit in large bowl. Drizzle with dressing; mix well.

Evenly divide salad among two plates. Top with salmon. Serve each with lemon wedge, if desired.



GRILLED ZUCCHINI NACHOS

Prep time: 10 minutes // Cook time: 8 minutes // Servings: 4

- 4 medium zucchini, sliced into 1/4-inch thick rounds
- 1 tablespoon extra-virgin olive oil
- salt, to taste
- pepper, to taste
- 1 cup cheddar cheese, shredded
- 1 bag (5 ounces) Fresh Express Sweet & Crunchy Salad Blend
- 1 cup canned corn, cooked and drained
- 1 cup canned black beans, rinsed and drained
- 1 cup tomato, diced
- 1/4 cup green onions
- 1/4 cup red onions
- 1 jalapeno, finely diced (optional)
- 1 avocado, diced
- 1/4 cup cilantro, chopped
- 1 tablespoon sour cream

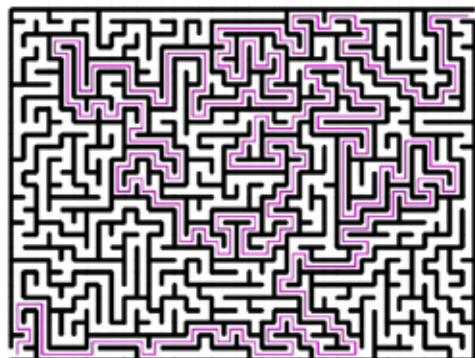
Heat grill to medium heat.

In large bowl, toss zucchini and olive oil to coat. Season with salt and pepper, to taste.

Place zucchini on grill pan; grill 4-5 minutes until just tender. Top zucchini with cheese and cook until cheese melts, 1-2 minutes.

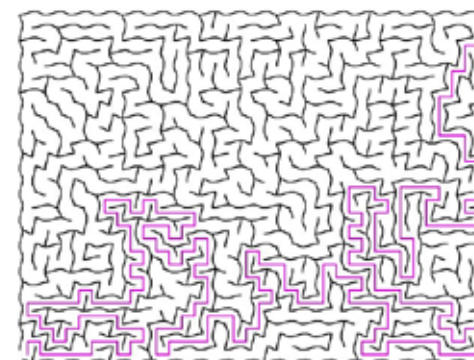
Remove from grill and place on plate or large platter. Top cheesy grilled zucchini with salad blend; corn; black beans; tomato; green and red onions; jalapeno, if desired; avocado; cilantro; and sour cream.

PUZZLE KEYS:



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



Puzzles & Mazes located on pages 23-24

CONSTITUTION, CONTINUED FROM PAGE 35
 prevent slave owners from resorting to this kind of self-help. From there, his case went to the US Supreme Court. Justice Joseph Story wrote the opinion for the court. His opinion accepted without analysis the lower court's finding that Margaret Morgan was a slave for life under Maryland law. Story instead focused on whether Pennsylvania's prosecution of Prigg for kidnapping violated the Constitution's fugitive slave clause.

Story emphasized the object of the fugitive slave clause was to secure to the citizens of the slaveholding states the complete right and title of ownership in their slaves, as property, in every state in the Union into which they might escape. This provision, he argued, was deemed vital. Without it, the union could not have been formed. In other words, Story believed the Southern states would never have agreed to the Constitution without the fugitive slave clause. Story then argued the clause must be interpreted to fully and completely effectuate the whole objects of it. In other words, courts should avoid interpretations undermining the right of slave owners to retrieve fugitive slaves. They similarly must not enforce any state laws interfering with that right. Because the Pennsylvania anti-kidnapping law did interfere with the slave owners' rights, it was void.

Story went even further and ruled slave owners did not need state or federal legislation to authorize them to recapture runaway slaves. The Constitution gave them the right. Although Story's language suggested the slave catcher should not breach the peace, his own logic indicated the slave owner may recapture fugitive slaves by any means necessary. Even if this were not the case, slave catchers like Prigg often worked at night when no one was around to interfere. By the time local officials realized what had happened, the slave catcher might already have brought the alleged slaves back into a slave state.

Justice Story was a Northerner who personally opposed slavery. He later claimed his opinion was a triumph of freedom because it rendered slavery a local institution, unrecognized by international law. Story's analysis, though, did far more to help slave owners than slaves. In overturn-

ing Prigg's conviction and upholding the constitutionality of the Fugitive Slave Act, he nationalized slavery. He gave slave owners the right to take an alleged fugitive from anywhere in the country without providing for any due process protections for the alleged slave.

Unfortunately, the peculiar institution of slavery would be solved in less than another two decades by four years of bloody conflict pitting brother against brother.

Join us next month for another installment concerning our Constitution, when we will discuss Constitutional Roots Of Sectional Tensions.

NORTHUMBERLAND, CONTINUED FROM PAGE 29

several years where budget season filled courtrooms with concerned citizens, the Board of Supervisors passed a motion for a forensic examination countywide.

Folks should be understood, that every year, there is a statutory audit performed. This audit is limited in scope and the reports tend to leave as many or more questions than answers. We truly needed to understand and gain answers to questions that weren't forthcoming. We have those answers or at least more of them now. Enough to make a more informed restart or plan going forward. First and foremost, all suggested corrective measures will be assigned to a responsible person, and resolutions shall documented. I'm happy with that as long as those solutions get carried forward. And, it looks like some much-needed updates to infrastructure, services, and software might be in our future.

At the end of the day, even with improvements in 2023, there isn't yet a clean bill of health in the absence of a more stringent adherence to policy and procedures. There is however clarity, guidance, and a better understanding. I think there is still much to be learned from the report, and many actions are yet to be taken. Given that the annual audit has noted limitations, I hope that one of the "Best Practices" our Board of Supervisors implements going forward, is a periodic Forensic examination; on something like a five-year interval. I'm sure others may have a different take, but, from my chair, things are looking up."

Although the primary focus of the 52 page audit dealt with the schools, it also included County Administration and the Treasurer's Office. Significantly fewer problems were noted than in the school audit but there were deficiencies pointed out in succession planning, segregation of duties, current policies and procedures and proper oversight of key functions. What is noteworthy is that there in no reference to a lack of transparency.

In other county news, the much discussed changes in hunting regulations were approved unanimously at the January supervisors meeting. The new amendment approved weapons are rifles of at least .23 caliber and a maximum magazine capacity of 5 rounds and pistols of at least .23 caliber with a magazine capacity not to exceed 6 rounds.

Stands used for hunting must be at least 8 feet off the ground and guns must not be loaded until the hunter is in the stand. An exception is allowed for hunters having to leave the stand to finish off a wounded deer.

Surprisingly, only three people spoke during the public comment period. Two approved of the changes and one did not. The supervisors also chimed in. Supervisor Fisher pointed out that large caliber rifle hunting without a stand has been allowed for years in the instances of hunting ground hogs and coyotes.

Supervisor Williams also pointed out that people are also currently allowed to target practice with rifles on the ground. In reaction to the lone dissenter in public comment who was concerned about the safety of children, Supervisor Brann noted that children with guns are closely supervised and are not allowed to load their gun until in a hunting position and are also required to pass a hunter safety course before the age of 12 to receive a hunting license.

The changes made are similar to the procedures approved by surrounding counties.

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