



Northern Neck Sentinel™

The Voice of The People

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Volume 8 - Edition 2 - March 2025
FREE TAKE ONE



Westmoreland County
Supervisor Jeffrey
McCormack

A NEW BROOM SWEEPS CLEAN

John Haynes Jr.

In last month's edition there was an article in the local section describing the years long efforts of county resident Paul Traub to have the county address a decaying property on Nomini Creek near his home. The property was not only an eyesore but an environmental hazard as parts of the asbestos laden structure were slowly collapsing into the creek.

Mr. Traub first brought this topic up about three and a half years ago at a monthly supervisors meeting during the public comment period. Russ Culver, who has since

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Chris Quaglin

FORMER NNRJ J6 DETAINEE CALLS OUT THE JAIL BOARD

John Haynes Jr.

I first learned that some of those arrested at the January 6, 2021 demonstrations at the Capitol Building known as the "Stop the Steal Rally" were imprisoned at the Northern Neck Regional Jail in

December of 2021.

I was covering a meeting of a local citizens group called the Northern Neck Patriots (NNP) when one of their members brought it to our attention. The subject of the plight of the J6ers had been in the news frequently due to media reports of severe abuses at the D.C. Jail and some members were concerned that the same thing could happen at the NNRJ.

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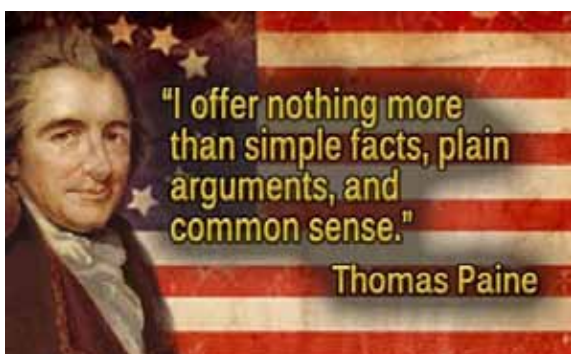


H.B. 2105 PASSES UNANIMOUSLY NNRJ FACING ACCOUNTABILITY

John Haynes, Jr.

In last month's edition we discussed the House Bill submitted by Republican District 67 Delegate Hillary Pugh Kent to require jails to report incidents of violence to the county law enforcement authorities in which the facilities are located.

We are now pleased to report that House Bill 2105 has
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RESTORING AMERICA WITH COMMON SENSE

Robert Curry

Because common sense is the key to understanding America's original design at every level, America was long known as "The Common Sense Nation." Now, President Donald Trump and his "common sense revolution" might

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Donald Trump is sworn in as the 47th president of the United States by Chief Justice John Roberts as Melania Trump holds the Bible. [Julia Demaree Nihkinson/AFP via Getty Images]

10 DAYS THAT SHOOK THE WORLD

Jeffrey A. Tucker

In 1917, U.S. journalist Jack Reed, a naive but talented communist ideologue with a blue-blood education, was in Russia to watch and cheer on a revolution. He was there in October when the provisional government of Alexander Kerensky held power—Czar Nicholas II had been overthrown—but

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(L to R) John F. Kennedy and Lyndon Johnson
[Photo Credit: eagletribune.com]

TRUMP CHANNELS REAGAN, KENNEDY - AND IT SHOWS

Craig Shirley

The first month of President Donald Trump's presidency has been nothing short of remarkable. Though he will never get his due from clearly left-wing outlets like The Washington Post, or Politico which is not even an American publication; its main headquarters is in Berlin,

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Observations



John Haynes Jr., Editor

DON'T SEEK VENGEANCE DEMAND ACCOUNTABILITY

According to the Cambridge dictionary vengeance is: "the punishing of someone for harming you or your friends or family, or the wish for such punishment to happen."

As an example, you get in an argument with a man in a bar and, when he is leaving, he decides to slash the tires of your car parked outside. An observer tells you about it and you wait until you see his car outside the bar and slash the tires on his car. This does nothing to compensate you for your loss but simply forces him to suffer the same loss. It also leaves you open to criminal charges. That is revenge.

The Cambridge Dictionary defines accountability as: "the fact of being responsible for what you do and able to give a satisfactory reason for it, or the degree to which this happens:"

So, if the man in the bar whose tires got slashed decided not to slash his adversary's tires but instead reported it to the police there would be accountability. The perpetrator would have to go to court where he would have to repay the man whose tires he slashed, would probably have to pay a fine and would now have a criminal record.

The point of all of this is that revenge may make you feel good temporarily but it will not replace your loss and may get you in as much trouble as the original instigator.



This is the choice now facing Americans as the Trump Administration is revealing the massive damage done to the American people by the deep state, administrative state and their allies in big business, big tech, mainstream media and academia.

Are we going to use the same slash and burn tactics used by our detractors to weaponize our most sacred institutions or are we going to return to the tenets of our Constitution and traditional American values? If we do the former, we are not much better than those whom we seek to hold accountable.

Since the trump Administration began on January 20th disclosures of the treacherous and treasonous actions of our government, particularly under Democrat administrations, have exceeded the worst fears of even the most cynical among us including as yours truly.

The pace of reversal is breathtaking. Border crossings are down 95% as illegals are captured or self deport. The Department of Government Efficiency (DOGE) has already uncovered over 60 billion dollars in waste and fraud. DEI, Affirmative Action and other racist policies have been abolished.

US AID has been dismantled and with it the funding mechanism for deep state slush funds that financed mischief across the globe and padded the pockets of far-left NGO's.

The Department of Justice, C.I.A. and other agencies now under adult control have been subpoenaing evidence and initiating investigations into various forms of skulduggery and the howls of outrage from the left are glorious to hear as it

signals that the good guys are finally over the target. It is as Steve Bannon so eloquently states: "The primal scream of a dying regime."

For the first time in at least 50 years, we have the chance to regain the past glory obtained through the blood, sweat and tears of our founders. We finally have the opportunity to fulfill our sacred obligation to



generations past and future. It is our opportunity to finally realize Ronald Reagan's vision of "a shining city upon a hill."

To do this we must not surrender to our baser instincts and abuse our power as has been done in the past. Don't seek revenge. Demand accountability.

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NEW BROOM, CONTINUED FROM PAGE 1
retired, was the supervisor for Mr. Traub's district at that time and, even though he looked into it initially, no significant progress was made before he ended his final term in January of 2024.

His replacement, Jeffrey McCormack, began his term in January of 2024. Just a few months ago Supervisor McCormack was contacted by Mr. Traub to see what he could do to assist. Mr. Traub is an advertiser in the Sentinel and he informed me in early January when I dropped off some papers that Supervisor McCormack had offered to assist and was working with him to find a solution to the long-standing problem.

As a result of my conversation with Mr. Traub and previous familiarity with the problem, we published an article in the February Sentinel in the Westmoreland section discussing the situation. When I went by Mr. Traub's business at Montross Seafood in February he came out of his house accompanied by a well-dressed man who was introduced to me. It was Supervisor McCormack.

I told him that there was an article discussing the situation in the new edition that I was delivering. Much to my surprise, he advised me that he had already read it in the digital edition that had been distributed a couple of days earlier.

Mr. McCormack, Mr. Traub and I spoke for quite awhile and he had several ideas regarding possible ways to find a solution. I also had the opportunity to speak with Supervisor McCormack again in late February and he filled me in on the background and what was being done to resolve the situation.

Before going further, I would like to offer more background on the history and events leading to the current situation.



The picture above is of a painting of the property done in the 1940's or 1950's when it was in good condition. It is owned by the Jenkins family and served not only as a home but for a fishing business. At one time it was a thriving eel harvesting business before falling into disrepair.

When Supervisor McCormack first contacted the Jenkins Family, they were reluctant to part with the property for sentimental reasons as there were fond memories of the property in its prime. Supervisor McCormack convened with his fellow supervisors and brokered a deal where the county would pay the family \$2,500 for the dilapidated structure and the county would be responsible removing it.

It was further agreed that the county would make the property a public pier and small park for public water access, fishing and a boat tie up.

Negotiations are beginning to acquire more parking space and a plaque will be placed on the property in honor of the Jenkins Family. County Attorney Stuart has also indicated that he will assist in obtaining a state grant to finance the endeavor. This is a classic win/win situation.

When Supervisor McCormack and fellow Supervisor Matt Ingram began their terms in January 2024, they were determined to make the county more responsive to public concerns and more efficient. One of the first things they did was to stop the catered meals served before every monthly meeting which saved \$3,000 annually. Westmoreland County was the only county in the region to offer pre-meeting meals and have also been the highest paid supervisors in the area for decades.

The Board is also under scrutiny over the suspicious ouster of County Administrator Ben Prescott in May of 2024. According to my sources, when Mr. Prescott asked during a closed meeting why he was fired, the supervisors supporting the abrupt ouster were advised not to answer by County Attorney Richard Stuart. Mr. Prescott was soon hired as assistant Town Manager of Colonial Beach and don't be surprised if lawsuits emerge down the road.

The fact that Supervisor McCormack was able to so quickly broker a solution to this longstanding problem with the Jenkins property is a tribute to what new leadership can do when they are motivated to serve their constituents rather than being motivated to remain in power. Sometimes a new broom really does sweep clean.

JAIL BOARD, CONTINUED FROM PAGE 1

I was skeptical that these types of abuses were likely to occur at NNRJ and had no reason to think otherwise. Some of the members of the NNP attended the February, 2022 NNRJ Jail Board meeting and some expressed concerns about potential abuse. They were assured by Chairman Darrell Fisher and others that the NNRJ was a model institution and that all prisoners and detainees were well treated.

About a month later NNP Chairman Tom Jeffries and two members were given a tour of the jail by Superintendent Hull and they reported at their next monthly meeting that they didn't see any signs of abuse. The members seemed relieved but their relief was short lived.

The NNP began contributing to the commissary accounts of the detainees and letters of gratitude began arriving to NNP members who had been corresponding with them. It was at this point that abuse allegations began to emerge. In October of 2022 the NNP began holding weekly vigils at the NNRJ where detainees began calling in to speak and it was then that the horrifying details of their treatment began to accumulate.

There was a total of 21 people present at the Jail Board meeting to protest the inhumane treatment that had been made public. Ten of them spoke during the public comment period. The first to speak was Carol Brinson of Westmore-

land County.

She advised the Board that her statements would be harsh but not as harsh as the treatment received by those imprisoned there. She also pointed out that the citizens of the county should be treated with respect whether they are there for back alimony, staying too long at the happy hour or otherwise. She also singled out Chairman Fisher, who is a pastor, telling him: "As a man of the cloth you should have done better." She ended her remarks by reminding the Board that even prisoners have constitutional rights.



Carol Brinson



Cheryl Johnson

The next speaker was Cheryl Johnson of Northumberland County. She read a letter from former detainee Jonathan Munafo concerning his treatment at NNRJ. The letter stated that of all the facilities where Munafo had been imprisoned that NNRJ was by far the dirtiest and least sanitary.

He also mentioned the poor quality of the food and the fact that the staff

was rude and abusive and often threatened and abused inmates. He singled out Captain English who had refused to provide medical treatment for him and further stated that while he was in NNRJ he was afraid to speak out due to retaliation. Mr. Munafo's remarks concluded with his warning to the Jail Board that they would be held accountable for their actions.

Debbie Ash of Northern Virginia was the next speaker. She advised the Board that she had been hearing reports of the abuses at NNRJ and that she wished to read a statement from Former J6 detainee James Grant, a gifted student who had been awarded a full scholarship to law school just before being arrested.

He stated that conditions at NNRJ were so bad that it made other facilities where he had been detained look like "havens" and added: "Starvation is rampant at Northern Neck Jail." He also added that he had seen more fights at Northern Neck Jail than any other facility and that the employees were poorly trained and many were too young.

Mr. Grant also advised that once he had been strip searched and then locked in an attorney booth for nearly two hours, adding that Officer Randall later admitted that he and Lieutenant Ball had done it as a "joke." Mr. Grant remarks concluded with him saying that he felt it was his



Micki Witthoefft

JAIL BOARD, CONTINUED
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duty to speak out.

The next speaker was Micki Witthoefft of San Diego, California. Many of you will recognize that name as the mother of Ashli Babbit, the 14-year Air Force veteran who was murdered by a single gunshot from Capitol Police Officer Michael Byrd on January 6, 2021. Mrs. Witthoefft has addressed the

Board twice before and has been instrumental in assisting members of the NNP in pushing for jail reforms.

She began her remarks by reminding the Board that she had spoken to hundreds of J6 prisoner over the past few years during her over 900 nightly vigils and added:

“Every single person who has come through this jail says that this is by far the worst hellhole that they’ve ever been through. So, I just say that common sense and accountability are resources of the current administration. I hope that some of you that have abused your authority under the color of law and participated in the humiliation and dehumanizing of those in the jail find yourselves on the other side of the bars, that humanity and compassion are shown to you where you chose not to give it.”

Lancaster County resident Joan Johnson was the next to speak. She was holding a letter from former J6 detainee Kyle Young who was one of the first group of J6ers to arrive at NNRJ in December, 2021. Mrs. Johnson has been corresponding with him for the past four years.

Mr. Young’s letter stated that when you arrive at NNRJ you are only given a jumpsuit with no underwear, socks or anything else. He also restated the common complaints of inedible food with urine and droppings from mice and insects.

Mr. Young stated that the worst instance of abuse that he witnessed was when he was sitting in his pod and he heard a big bang from the hallway. About 30 seconds later something slammed into the pod door and then the door opened. It was a black man shackled and handcuffed with a guard on each arm and each leg. The guards then rocked the inmate back and, like a battering ram, slammed his head into the wall. There was blood on the floor and in the hallway.

The guards then opened the door again and strapped

the inmate in a buck chair, put gloves on and began beating the already bloodied unconscious man. Mrs. Johnson conclude by saying “May God have mercy on you that you don’t have.”



Chris Quaglin (second from left) Waits His Turn To Speak

Next, former NNRJ detainee Chris Quaglin addressed the NNRJ Jail Board regarding his severe mistreatment during the year that he was locked behind the doors of the notoriously abusive facility.

Quaglin, an electrician from New Jersey, had been arrested for his participation in the January 6, 2021 protest at the Capitol Building that was held to object to what they believed to be a stolen election in 2020 and to request that the ballots be returned to the states for further examination.

He first arrived at NNRJ in December of 2021 and his torment began immediately. Upon his arrival Quaglin informed jail staff that he suffered from celiac disease, a disorder described by the Cleveland Clinic thusly:

“Celiac disease (celiac sprue) causes problems in your digestive system when you eat gluten, a protein found in wheat and other grains. It’s more serious than a normal food intolerance, though. Celiac disease causes your immune system to attack gluten in your small intestine. The attack damages your small intestine and stops it from working properly.”

During his address to the Jail Board Mr. Quaglin detailed the abuses that he had endured and witnessed including being brutally assaulted by a gang member and losing 50 pounds because the jail refused to provide food that he could eat without getting sick.

During his remarks Quaglin began by telling the Board that he had been in NNRJ for a year and it was by far the worst jail he ever saw. He then went on to describe the filthy

conditions and beatings and a Superintendent and Captain who went by their own rules.

He also described how he lost 50 pounds because he was refused appropriate food by order of Superintendent Hull. Mr. Quaglin also described how he had to drink water by cupping his hands beneath the faucet as he was refused a drinking cup.

Mr. Quaglin was also put in solitary and denied phone or attorney contact for speaking to his attorney with a reporter on the call, proving that his legal right to confidential contact with his attorney was violated. Many other detainees have reported the same thing.

Mr. Quaglin concluded by saying he was furious at the treatment that he and others had to endure. He also warned the Board that they would be contacted by the FBI and given a chance to cooperate, saying, “I strongly suggest that you take it because cops are not designed to be on the other side of the bars.”

There is also an article by Olivia Smart in the Eye on the Nation section of this edition discussing her interview with Mr. Quaglin.

The next speaker was Maurice Johnson of Northumberland County. Mr. Johnson tried to strike a conciliatory tone but pointed out that detainees who had not been convicted should not be treated the same as convicted felons.

Mr. Johnson also stated that detainees are entitled to all of their constitutional rights. Unfortunately, he is incorrect, as a ruling in the Turner v. Safley case determined that

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Joan Johnson

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Maurice Johnson

**JAIL BOARD,
CONTINUED
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constitutional rights could be suspended “reasonably related to legitimate penological interests.”

However, numerous examples abound where rights have been denied for arbitrary reasons. Mr. Johnson also pointed out that, if all of these accusations are false,

why has a bill just been passed in Virginia requiring that all instances of violence be reported to law enforcement official in the county where the facility is located?

The next speaker was Tom Jeffries who is the Chairman of the Northern Neck Patriots (NNP). He began by citing the example of former J6 detainee Robert Morss who was a trusty at NNRJ during his detention. Mr. Morss designed a prisoner’s code of conduct while imprisoned to describe how to conduct yourself to avoid problems. He also described how most of the J6ers such as Mr. Morss and Mr. Quaglin had no previous criminal records and were productive members of society.

Mr. Jeffries also addressed to problem of mistreatment and disregard for human rights that exists at NNRJ. He insisted that local citizens arrested be segregated from murderers, rapists and other violent offender who are at NNRJ due to lucrative federal contracts that generate profits for the jail while endangering local detainees who are generally low-level offenders.

Mr. Jeffries also requested that NNRJ meetings be made available by publically accessible video, that citizens be appointed to the Jail Board, local detainees be segre-

gated from hard core criminals and that federal prisoners be excluded from what is supposed to be a local jail. He concluded by saying: “Chairman Fisher, I think you should consider stepping down in disgrace.”

The next speaker was Teresa Altimus from Gloucester County. She is also the former Chairman of the Board of Supervisors in Gloucester County and she has spoken out at several recent NNRJ meetings. Mrs. Altimus stated that t one of her questions have ever been answered including four Freedom of Information Requests. She also confronted Superintendent Lewis for what she described as forged documents and upbraided the Board for transportation policies some of which had not been updated since 2017.

Mrs. Altimus finished by informing the Board that her sister, who had been detained at NNRJ, told her that the accusations made by the J6ers and others were true. Before leaving Mrs. Altimus submitted two additional F.O.I.A. requests to the Board.

The final remarks were made by Mark Knoedler of Lancaster County. He began by commenting on the “demonic” nature of former Superintendent Ted Hull and reminded the Board that with the new administration in Washington there would eventually be accountability. He ended by reminding the Board that some day they would stand in judgement for their actions.

After the public comments Chairman Fisher reacted as he always does when confronted with the abusive conditions at NNRJ. He claimed the accusations were all lies and that the staff and Jail Board were above reproach. A few examples:

“This is a well-run jail operation. We pass all of the audits, all of the inspections, where they relate to food service prepara-

tion, how we treat, how we handle the inmate population.”

“It has become disturbing to this chairman that there is just one component that we have heard from consistently with a complaint.”

“The conclusion that I have come to in listening and in digesting is that the representation that come don’t have the general welfare of the public in mind. There is a completely different purpose.”

“To the staff that’s here. You do a great job. We, as a board, have full confidence in the job you have done, what you’re doing now. And we believe that we have a good team in place moving forward.”

The next morning at the Richmond County Supervisors meeting Sheriff Smith launched into a tirade against the NNP and other detractors, referring to them as “government disruptors.”

In response to a question from one of the supervisors Smith responded as follows:

Supervisor - “Anything that stands out in your mind that they say we are supposed to be aware of?”



Teresa Altimus



Mark Knoedler



Tom Jeffries

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Sr. Military Analyst/
Planner, DoD*

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Join the Northern Neck Patriots on Tuesday March 4th at 7:00 PM to listen and ask questions of USCG (retired) Commander John D. Hooper. VFW 73 Washington Avenue, Warsaw, VA

LOCAL NEWS



The Former Lowery's Restaurant
[Photo Credit: pinterest.com]

ESSEX COUNTY NEWS TAXPAYERS SOUND OFF LOWERY'S SAGA CONTINUES

On February 5th the County Board of Supervisors held a town hall meeting for county residents spurred on largely by concerns that the reassessment conducted by Vision Government Solutions was inaccurate. Although assessed values have also risen in surrounding and nearby counties, none of them begins to approach the average of a 47% increases for Essex County properties.

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LANCASTER COUNTY NEWS SNOW STORMS ARRIVE TRACK TEAMS DOMINATE

Because the Supervisors Meeting was held on February 27 and the month ended the next day the video feed of the February supervisors meeting was not available in time to be included in this edition. Therefore, this article will be abbreviated.

Like the rest of the region, Lancaster County was staggered by the wintry storms in February. The mid month

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Richmond County Sheriff Stephan Smith

RICHMOND COUNTY NEWS SHERIFF REFUTES ACCUSATIONS WARSAW PROJECT PROGRESSING

Every month Richmond County Sheriff Stephan Smith gives a department report to the Board of Supervisors at their meeting. He normally reports on numbers of arrests, calls and other routine functions of law enforcement. He also gives a report on the animal shelter which is administered by the Sheriff's department and other topics regarding law enforcement.

At the February meeting the Sheriff gave his normal presentation but then proceeded to make a lengthy statement regarding accusations of ongoing abuses at the Northern Neck Regional Jail (NNRJ). Mr. Smith sits on the Jail Board as do the Sheriffs of all four counties that comprise the NNRJ.

His remarks came the day after a meeting where several speakers at the meeting leveled harsh criticisms at the staff and Jail Board. The Sheriff's verbatim remarks are as

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KING GEORGE COUNTY NEWS

James R. Shaw

New Courthouse Finally Ready to Open- With a previous estimated opening of June, 2024 people were beginning to wonder if the Courthouse at 10446 Government Center Blvd (next to the Sheriff's office) would ever open. Moving week is Monday March 17-21. Plan on public courthouse access being unavailable that week as records and computers get moved down Route 3. Official opening ceremonies take place Friday March 21 with official public access beginning Monday March 24.

Smoot Library Heating Costs Skyrocket- Supervisor T.C.
CONTINUED ON PAGE 7



Suzanne Smart Expresses Her Concerns

NORTHUMBERLAND COUNTY NEWS BOATING HAZARD ADDRESSED APPOINTED SCHOOL BOARD SUGGESTED • CITIZENS SPEAK OUT ON JAIL ABUSES

The February supervisors meeting was busier than usual, lasting well over three hours and covering a variety of topics. The first presentation concerned a large rock pile at the mouth of the Wicomico River. It was originally place there by the U. S. Lighthouse Service as an icebreaker to

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Former County Administrator Ben Prescott

WESTMORELAND COUNTY NEWS PRESCOTT TERMINATION QUESTIONS HAVE YET TO BE ANSWERED COUNTY EYESORE FINALLY RESOLVED

It has been 10 months since Westmoreland County Administrator Ben Prescott was mysteriously terminated by the Board of Supervisors. No official reason was ever given. Even worse, according to our sources, when Prescott asked during a closed hearing why he was being terminated County Attorney Richard Stuart advised the three supervisors who supported the termination not to answer Prescott's question.

In case anyone doubts this assertion, we have published this accusation previously and have not been challenged by any of the three supervisors or Mr. Stuart. The three voting for Prescott's ouster were supervisors McCormack, Fisher and Hynson. Voting against were supervisors Ingram and

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ESSEX, CONTINUED FROM PAGE 6

The appraisal firm Vision Government Solutions has stated that corrections will be made as necessary according to spokesman Brian Cunningham. Reassessments are made every four years so that taxes can be adjusted according to the true value of the property.

This assessed value is then multiplied by the tax rate to determine the amount of real estate taxes to be charged for each property. Sometimes the impact on taxpayers can be mitigated by the Board of Supervisors voting to lower the tax rate. These huge increases are particularly onerous due to the high inflation rate that has eroded spending power and is particularly devastating to those on fixed incomes.

All of the Supervisors chimed in with their opinions. Supervisor Gill questioned the methodology, suggesting that too small of a sample size was used and further suggested that there were several options available including tossing out the reassessment altogether.

Supervisor Smith suggested that the current tax rate of 73 cents per hundred could be lowered by the same percentage as the increase in values. He stated: "We will determine what amount of money is needed to operate the county and when we come up with that figure we will adjust the tax rate."

Supervisor Magruder stated that he felt that part of the problem was that the last reassessment was during the Covid Crisis which kept estimates low, stating: "A lot of land values did not change in the last assessment and we are seeing a double bump here."

Chairman Akers also expressed concerns about the accuracy of the reassessment, suggesting that the model used was more suited to higher density areas and remarked: "From my assessment of the reassessment, I feel the process they used to assess us will work in a large metropolitan area where there's a lot of commonality."

Supervisor Johnsons remarks were brief as he emphasized the need to work together to solve the problem, stating the fact that the county is unique and that this uniqueness needs to be considered.

The town hall was conducted at the Essex County High School as a large turnout was expected. The audience was obviously worked up and several people yelled out comments during the meeting. A total of 29 people spoke during the public comment portion of the meeting. There

were literally too many comments to include in this article but some of the issues raised concerned people on fixed incomes, the fact that assessments were made from the air and the fact that even non-homeowners will be affected as owners of rental properties will be forced to raise their rents.

Although no final decision was made at the town hall meeting, you can rest assured that this issue will be hotly debated for the near future.

In Town of Tappahannock news, the issue of taxes and penalties due from the former Lowery's Restaurant came up again at the February Town Council meeting. The amount due is comprised of \$64,664.25 owed in unpaid meal taxes and \$43,299.58 due in accumulated fees, penalties and interest.

In December the Town Council asked the town management and attorney to work out a repayment plan and suspended collection efforts for 60 days.

At the February meeting Robert Lowery, whose grandparents owned the restaurant that first opened in 1938 and had become an iconic attraction for locals and travelers alike, pleaded for a final solution. Unfortunately, no determination was made at the February as this sad situation continues to drag on.

KING GEORGE, CONTINUED FROM PAGE 6

Collins is becoming a killjoy to some. Near the beginning of each Board of Supervisors (BoS) meeting T.C. is the eagle-eyed accounting type that brings to everyone's attention questionable expenditures. Someone has to do it. Thank you T.C. for getting things started.

Case in point is the recent heating costs for the Smoot library. The past 2 months are exceeding \$12,000 and \$14,000. Underlying T.C.'s questioning is an even bigger issue of responsibility and accountability.

T.C. should not be the one bringing this observation and problem up. But he has, so we as a county should start there and improve upon his initial exploratory work.

The responsibility should be pushed back down to the finance department that should be looking at comparative bills to prior years and simply perhaps highlight a line item on a monthly expense report given to three likely people: 1) County Administrator, 2) Department head, or 3) Building and Grounds/Maintenance. We know electric rates are slated to

skyrocket due to increased electric demand (primarily by data centers) and the fact that Virginia has become a net importer of expensive out of state electricity.

So instead of perpetuating benign attitudes like "that's not my job" or "it is what it is and I can't do anything about it", a change is needed. The various responsible parties (named above) need to get together and do what we have hired them to do such as improve cost efficiency by diagnosing and fixing the causes of increased use and costs of electricity. And the person or persons who figure out the causes of problems and bring forth practical, useful, inexpensive, and cost-saving solutions should be recognized and rewarded. Taxpayers should be looking forward to seeing our own DOGE efforts on a county wide basis being reported at BoS and similar public meetings. This column in past months has reported a number of cost savings into the hundreds of thousands of dollars. Let us find and report more good news (cost savings).

Agricultural Zoning Adjustment Proposal- The BoS has established a committee to gather a broad spectrum of people to look at the first proposal and to develop possible alternatives. We look forward to seeing their creative proposals reported in the coming months. Maintaining low taxes in a rural county where over 90% of the land is zoned agricultural is a challenge that KGC is facing and can creatively meet.

Dahlgren West (data center tech park) – The Harwood Power LLC Battery Energy Storage System (BESS) was approved by the BoS (2/18) pending the working out of some last-minute details. Many concerns were raised regarding the potential problems that could result from a battery fire in one of the containers. Many of those concerns were based on data from past fires in old container designs using now obsolete firefighting methods. The threat of air and groundwater contamination has been greatly reduced as hardware reliably, firefighting techniques using much less water, and personnel training have improved.

The battery plant will support more clean and reliable power for the county residents, businesses, the Dahlgren base, and future data centers in KGC. According to Grok, BESS installations are being installed throughout the United States at a very rapid pace of 86% per year over the past

CONTINUED ON PAGE 8

KING GEORGE, CONTINUED FROM PAGE 7
 3 years. Total U.S. Capacity at the end of 2024 was around 30 GW. Battery chemistry and design continues to develop and improve—reducing the chances of “thermal runaway” which has been a problem with some Lithium-formulated batteries in times past.

King George Technology Center (GEV)-Green Energy Ventures continues to update the Planning Commission and the BoS on their Rt 3 site proposal.

Assessment Continues- The periodic reassessment of county ag land, commercial, and residential properties is proceeding.

Election Season Continues- Signatures are being gathered at the state level for the offices of governor, lieutenant governor, and Attorney General along with the House of Delegates slot. Locally we have for KGC offices: BoS (Shiloh and James Monroe districts), and School Board members representing the Shiloh and James Monroe districts. Also, the required 125 signatures from the specific districts will need to be certified. As of press time, we are waiting on some initial candidate paperwork to be submitted. there are no specific names that have been certified yet.

There are some specific names that this reporter has seen, at Republican and Tea Party gatherings as of late. Again, we will not report any names until certification by the Registrar.

Tea Party meeting in February included reports from Supervisors and other county officials as well as the signing of petitions of potential candidates for the four open county offices.

KGMedia.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.

LANCASTER, CONTINUED FROM PAGE 6
 storm was the worst of the two with Lancaster County Sheriff Patrick McCranie reporting that there were a total 14 weather related incidents in the earlier storm.

The county fared much better in the storm that began the morning of February 19th and continued through the morning of Thursday the 20th where between 4.5 and 6.5 inches of snow fell. According to the Sheriff there were only 2 incidents in the second storm as the public had apparently learned their lesson from the earlier storm. Although there were some cancellations and school hour adjustments, the county fared well all things considered.

In school news the, both the boys and girls indoor track teams were dominant in the Region 1A championships. The boys team won for the first time in years after finishing second to Bruton in the combined 1A/2A regional but this year the 1A and 2A championships were held separately leading to Lancaster’s winning margin of 183 points. Matthews finished second with 152 points. The Red Devils will be sending 13 boys to compete in the Class 1 Indoor Championship at Liberty University in Lynchburg that will be held on March 5th and 6th.

The girls team won their championship by scoring 127 points. Rappahannock finished second with 93 points. The Red Devils will be sending 11 girls to compete in the 1A championships.

The boys team had 5 individual champions led by Matthew Kane who won the 1,600 meter run with a time of 4:35.79, the 1,000 meter run with a time of 2:59.96 and the pole vault with a leap of 10’6”. Other first place winners were Porter Pittman who won the 500 meter run with a time of 1:11.61 and Brady Vanlandingham who won the shot put with a heave of 52’1” which is outstanding for a Class 1A athlete.

For the girls, there were three individual winners. Makenzie Dagner won the 300 meter dash with a time of 44.06, Finley Major won the 1,000 meter run with a time of 3:45.07 and Elisa veal won the shot put with a throw of 31’11.5.

Again, we apologize for the abbreviated article and will return to the normal format in April.

NORTHUMBERLAND, CONTINUED FROM PAGE 6
 protect the nearby lighthouse. When the lighthouse was removed the rockpile remained in place.

The rockpile is 60 feet in diameter and rises 10 to 12 feet from the bottom to just below the mean low tide. Throughout the years it has caused considerable damage to many boats and is particularly dangerous as it is not shown in the National Ocean Survey last done in 2007.

Suggestions were made as to how to best remedy the situation and Coast Guard representatives Justin Hatfield and Dana Wise gave details about the background and current status of the site and advised that a survey is being done to correct the situation.

The Supervisors had several questions, including
 CONTINUED ON PAGE 13



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IT'S NOT PRESIDENT TRUMP'S FIRST MONTH

Newt Gingrich

As I prepared to write an assessment of President Donald J. Trump's first month in office, I realized I had the wrong perspective.

Certainly, this has been the most revolutionary month of any modern presidency. It far exceeds the pace of President Franklin Delano Roosevelt's famous 100 days.

President Trump has recruited an exceptional, entrepreneurial cabinet of smart, successful people. They know how to get things done. With Senate Majority Leader John Thune's efforts, and Vice President J.D. Vance's careful attention to Senators and nominees, 18 out of 22 nominees have been approved in just 31 days.

The administration has effectively uprooted the left's imposition of DEI, wokeism, transgenderism, and other ideological causes most Americans deeply oppose. The speed of executive orders and budget cuts has been historic. In

CONTINUED ON PAGE 10



[Photo Credit: ar.inspiredpencil.com]

DON'T LET UP!

Christopher Roach

Trump's second term is going well. He is accomplishing a lot, getting his appointees placed in key positions, and maintaining public support. The entire administration is completely focused and disciplined, which is a marked contrast to his first term.

Until now, the opposition was lethargic and disoriented, unsure of how to proceed after Trump's big election win. This ennui persisted until last week, but we now see the first embers of serious resistance, chiefly from the courts.

Lone district court federal judges are making a mockery of the separation of powers by imposing nationwide injunctions against core executive powers, such as assigning personnel, publishing websites, and reviewing spending. If any judge can unilaterally undo any policy he doesn't like for the flimsiest of reasons, we do not have either self-government or a constitution.

This will have to be resolved soon, and playing whack-a-mole by appealing these lawless decisions one at a time is probably not the best way. I confess, I do not know what the answer is, since most judicial restraint resides in the putatively high character of judges, but we should be creative

and consider statutory limits on federal district court jurisdiction over such matters at the very least, as well as impeachment.

Ineffective Protests To
CONTINUED
ON PAGE 10



Chris Quaglin and Ex Wife
Maira in Happier Times

FREEDOM IS NEVER FREE THE STORY OF CHRIS QUAGLIN A J6 POLITICAL PRISONER

Olivia Smart

"I believe there are more instances of the abridgement of freedom

of the people by gradual and silent encroachment by those in power than by violent and sudden usurpations." –James Madison. All throughout history our God-gifted freedom has been tested, tailored, and taken. We the People have the choice to courageously stand up for what's just and Godly or do the simple thing; languidly lament over their country's deterioration. Which example will you choose to set? On January 6th, 2021 many concerned U.S. citizens gathered at the Capitol Building and the George Washington (G.W.) Memorial to express their complaints to our government. While a relatively small number of attendees used unnecessary force and committed acts of vandalism, the vast majority of the protesters peacefully made their opinions known, without causing destruction. One of these was Mr. Chris Quaglin.

In February of this year, I had the opportunity to interview Chris Quaglin, a husband, a father, and a January 6th political prisoner. Heart-rending as it was, what Chris revealed to me as he recounted his ordeal was just one of thousands of accounts of immensely unconstitutional mistreatment our fellow U.S. citizens experienced during and after the date of the protest. Like many concerned Americans, Chris Quaglin joined the assembly at the Capitol Building and the G.W. Memorial on January 6th to protest what he viewed as fraudulent, unconstitutional acts committed by an unaccountable, unelected bureaucracy. When he and his wife received eight ballots in the mail prior to the 2020 presidential election, Chris strongly suspected that there had been election fraud and that he must stand up and do something to protect his family's future freedoms. This was Chris Quaglin's core motivation for attending the protest on January 6th, 2021.

While Chris Quaglin was in Washington, D.C. at the
CONTINUED ON PAGE 29

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FIRST MONTH, CONTINUED FROM PAGE 9
 one month, the Trump administration has terminated entire agencies and uncovered billions of dollars in crazy and corrupt spending.

After decades of politicians promising to shrink big government, President Trump recruited Elon Musk. Musk is the wealthiest man in the world – and a genius in engineering, technology, and entrepreneurial achievement. Together, they created a Department of Government Efficiency. Musk recruited a brilliant group of young information specialists who knew how to analyze government activities despite bureaucratic resistance and obstruction.

The Trump-Musk partnership began accomplishing two distinct historic breakthroughs. First, the DOGE clearly identified waste, fraud, and outrageously leftwing spending. This confirmed the average American's belief that government could be cut dramatically. Second, for the first time an American President had a system of accountability which ensured executive orders were implemented in a timely fashion.

Each breakthrough was revolutionary in its own right.

President Trump was equally decisive on illegal immigration and the border. Within three weeks, illegal crossings on the southern border dropped dramatically. Figures now resemble the secure border of 60 years ago.

On foreign affairs, the President sent a signal of decisive toughness. It shook up European elites and sent shock-

waves through governments across the planet. President Trump is replacing the post-Cold War global elite system. Now, each nation will suddenly have to focus on its own interests without the expectation of handouts, bailouts, or other interventions. This has rattled elites across the planet.

As an example of his confidence and aggressiveness, President Trump sent Vice President Vance to speak in Paris and Munich. Vance's speeches were the equivalent of what Georgians might call "a come to Jesus moment." Most of the European elites were deeply offended – and indeed hostile. Although some, such as the leader of Finland, indicated there was a lot of truth in the Vice President's warnings.

Finally, President Trump has engaged directly with the wars in the Middle East and Ukraine. He is clearly committed to getting to peace – but he recognizes each conflict requires a unique approach. His efforts in these situations challenge every elite foreign policy dogma since the fall of the Soviet Union.

This whirlwind of revolutionary activities and changes cannot be understood in isolation.

Behind all these breakthroughs are nine-and-a-half years of work. It started on June 15, 2015, when soon-to-be candidate Trump and his wife Melania Trump took a long ride down the escalator at Trump Tower.

President Trump developed the Make America Great Again movement and intuitively championed the issue of

illegal immigration on his way to beating 15 other GOP candidates and Secretary of State Hillary Clinton.

He endured endless smears, harassment, hostility, and contempt. He withstood bogus partisan media attacks, investigations, lawsuits, and two assassination attempts. Recall then-Speaker Nancy Pelosi publicly tearing up his State of the Union Address. Remember President Trump's defiant mugshot in the Fulton County Sheriff's Office (it now proudly

hangs just outside the Oval Office). And of course, remember him standing in Butler, Penn., with blood on his face, courageously urging his supporters to "fight, fight, fight."

The media, politicians (from both sides of the aisle), government, and an army of interest groups colluded to destroy him. They failed. President Trump only grew more convinced the establishment system was corrupted and needed to be completely replaced.

Providentially, Linda McMahon and Brooke Rollins created the America First Policy Institute. For four years, they worked to prepare for President Trump's return – and the bold, deep, powerful changes America needed.

This near-decade of work has culminated into the most extraordinary first month of any modern presidency – and there is more to come.

For more commentary from Newt Gingrich, visit Gingrich360.com. Also subscribe to the Newt's World podcast.

DON'T LET UP, CONTINUED FROM PAGE 9

Keep The Gravy Train Flowing

Defenders of the status quo are also beginning the maudlin appeal to everyone's heartstrings. We have seen the first stirrings of real protests to defend USAID funding, but this is not a compelling cause to the broader public.

Foreign aid has always been unpopular, and many people are appalled by the scale of waste, fraud, and abuse revealed under the USAID umbrella. In other words, ordinary people do not see value in 100X their annual salary going to disinformation research in the Dominican Republic or LGBTQ operas in Colombia.

This arrangement is one reason why Washington, DC, has never had a recession: everyone, inside and outside of government, is on the gravy train in some way. Connected insiders are better at taking the money than anyone in the political branches has been at policing it. This is why the spending among these so-called non-profit institutions is so out of control. By way of example, the head of the federally-funded Kennedy Center was making \$1.5 million. Other examples abound. A typical government-funded charity no one has heard of is the Vera Institute, which aims to "transform the criminal, legal, and immigration system so that money doesn't determine freedom; few people are incarcerated; and everyone behind bars is treated with dignity." In other words, this operation promotes soft-on-crime leftism using Department of Justice grants in order to undermine federal enforcement efforts, and both sides of the equation are funded by taxpayers.

The head of the organization, Nicholas Turner, is paid \$550,000 a year for running this racket, up from an already-excessive \$396,000 a few years ago. His subordinates are also making \$200-300K, and this scene is repeated among hundreds of similar "charities." The fiction behind these inflated salaries is that somehow no one could competently run these institutions for, say, \$150,000 a year. Ridiculous.

There is a reason cuts to USAID have led to the first significant resistance to Trump's agenda, and it has nothing to do with a concern for downtrodden foreigners; rather, the

CONTINUED ON PAGE 25

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LETTERS TO THE EDITOR



[Photo Credit: pexels.com]

MORE CONCERNS ON ELECTRIC CARS VS FOSSIL FUEL, SOLAR FARMS AND GLOBAL WARMING

THE EV DEBACLE

AS per Google the total registered cars in U.S. is 384,000,000 (approx.). A comparison of emissions from vehicle propulsion methods is as follows: CO (carbon monoxide) emissions from FOSSIL FUEL burning cars for 3.17 trillion miles driven in U.S. per yr @ .2 grams CO emitted / mile for cars with catalytic converters generates a total per yr of 1,400,000,000 lbs. of CO emitted into the atmosphere.

ELECTRIC VEHICLES on the other hand emit OZONE gas at the rate of 3900 lbs. per EV per year resulting in a total of 1,497,600,000,000 lbs. emitted if ALL cars in the U.S. were EVs.

As per Google:

“Ozone, an important component of smog, is a highly reactive and unstable gas capable of damaging living cells, such as those in human lungs. This pollutant forms in the atmosphere through complex reactions between chemicals directly emitted from vehicles, industrial plants, consumer products and many other sources. Ozone is a powerful oxidant – its actions can be compared to household bleach, which can kill living cells (such as germs or human skin cells) upon contact. It forms in greater quantities on hot, sunny, calm days. In metropolitan areas of California, ozone concentrations frequently exceed existing health-protective standards in the summertime.”

So it appears that the OZONE emissions exceed the of CO missions by a factor 1000 times. It seems that we would be trading one pollutant for another should we switch to EVs.

LAND FOR FOOD VS. ELECTRIC POWER

Virginia presently has 500,000 acres of solar farms that translates to 781 square miles which equals the size of the 4 counties in the Northern Neck area of Virginia from King George County on the west to Fletton (just east of Reedville) on the east in addition to the Potomac river on the North to the Rappahannock River on the South. Imagine that entire area completely covered with solar farms (no towns, roads or residential houses) covered with solar panels that have a service life of 15 - 20 yrs before they have to be discarded. Solar farms render the ground beneath them

useless for future farming due the panel runoff onto the ground beneath the panels containing lead and cadmium pollutants. The runoff also causes tremendous erosion resulting in fouling of the creeks that flow into the rivers and Chesapeake Bay. So now you would have one of the very fertile regions of Virginia that provides much of the livestock feeds for Purdue, on the eastern shore, and other major food producers to be REMOVED from the food chain FOREVER. As it is 10% of all the farms in Virginia have been turned into solar farms consuming 6% of all the tillable land in the state.

CLIMATE ISSUES

CONTINUED ON PAGE 35



FAFO

An acronym recently used to associate the 47th President to recent events. For those that don't know, I'll sanitize it. But recognize that the first "F" is changed to avoid triggering sensitive

ears or eyes. (Aka: (Eff) Around, Find Out). Fool Around and Find Out.

Now, why introduce this? Two local items recently:

Headlines above the fold in two consecutive Rappahannock Record newspapers detailing current relations between the Northumberland County School Board and the Northumberland Board of Supervisors. Seems the NCSB no longer wishes to interact with the BOS on Budget issues and is stonewalling discussing the matters. Actions have consequences and now the BOS is looking into reverting to an appointed school Board...Hmmm.

Secondly: I quote the Chairman of the Lancaster County Democratic Committee in last

week's Record in the customary meeting notice: "...We all have ideas; it's time to collaborate, break things and create resistance." Break things and create resistance???

Seems concerning, so maybe future incidents of destruction/obstruction should be referred for investigation to the local authorities.

I recall the following by the 44th President: "Elections Have Consequences", which leads back to FAFO. To those attempting to circumvent the current administration who is A; Doing precisely what he said he would do during his campaign, complete with full backing of the majority of the nation's voters and B: putting excellent folks in charge with the Government organizations to carry out his directives as promised. It's working fine for 70%+ of the nation so get over it. You are now in the minority.

In closing, when the 46th president won, I don't recall any calls to break things or resistance from the Republicans... simply had to deal with the lawfare, weaponizing the DOJ/FBI, uncontrolled immigration and inflation, so my advice is simply this: Get over it.

James Penney
Heathsville, 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.

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JAIL BOND, CONTINUED FROM PAGE 5

The only thing that I can tell you is they are government disruptors and I'm sure they're watching right now. I hope they are. They're government disruptors They will come in and they will try to disrupt the way things are going by making complaints that are... I wish you could come and watch it and listen to it actually you can (indistinguishable). Well, some of the stuff they say, it's like you're running a government prison camp. But what I will tell you that they are the only ones complaining. There is no other citizens that are not involved in any county that aren't in J6 other than Gloucester and that's their own deal down there, have come to complain And I will tell you last night there was nobody from Richmond County that came in and spoke. I sit with my back to them so I don't know who was really there. But I don't know if there was anybody from Richmond County sitting there. So, I feel were doing great."

For anyone interested in reading the Sheriff's complete remarks there is a entire transcript in the Richmond County article in the local news section of this edition.

I was surprised at the remarks of the Sheriff, especially since I obtained a copy of a 911 call from his office through a FOIA request that shows Captain English blatantly lying about a prisoner that had just been beaten that had to be transported to the emergency room. I actually emailed Mr. English to verify his remarks but he failed to respond.

The subject of the Jail Board meeting also came up at the Northumberland County Supervisors Meeting the evening afterwards and three citizens spoke out about the jail abuses. Their remarks can be found in the Northumberland County article in the local news section of this edition.

Whether they like it or not, the Jail Board will soon be facing further scrutiny due to the recent passage of House Bill 2025 which requires that all violent incidents be investigated by law enforcement of the county in which the facility is located. We wrote extensively about the new law in last month's edition.

It is time for the counties involved to reconsider their continued membership in the NNRJ. What was originally designed as a regional jail for local inmates has turned into a facility for hard core federal inmates fueled by lucrative contracts that are skimmed for profit while the detainees and prisoners live in subhuman conditions. Hopefully, Bill 2025 will put a stop to this tragic situation.

H.B. 2105, CONTINUED FROM PAGE 1

been approved by both houses of the Virginia Legislature and has been forwarded to Governor Youngkin for his signature.

The text of the bill is as follows:

"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.



Richmond County Commonwealth's Attorney Elizabeth "Libby" Tribble

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 law-enforcement agency."

This is something that Richmond County Commonwealth's Attorney Elizabeth "Libby" Tribble has been advocating for over the past few

years. In last month's edition we published a letter from Tribble to NNRJ Superintendent Ted Hull proposing what is now mandatory.

The letter was sent to Mr. Hull and was copied to all of the members of the Jail Board. The reason that I mention the letter being copied to the



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

their bloody wounds. Mrs. Tribble should be gratified that her efforts have finally produced results thanks to her efforts along with Delegate Kent and a local citizens group named the Northern Neck Patriots (NNP) who have been attending Jail Board and Supervisors Meetings for the past few years demanding reforms.

In the past when accusations of brutality arose the Jail Board essentially held investigations conducted by staff members about accusations against other staff members. Needless to say, they found themselves innocent 100% of the time.

Those days are past. There is additional coverage of the abuses at NNRJ in this edition on both the front page and the Eye on America section. At last, the mask has been pulled back and what is being revealed is not pretty.

NORTHUMBERLAND, CONTINUED FROM PAGE 8

Supervisor Brann who cited several incidents where tens of thousands of dollars' worth of damages occurred. He asked the audience to raise their hands if they had ever suffered damage from the rockpile and several raised their hands. "Somebody's going to get killed," he added.

Supervisor Fisher, who spent 29 years with the Virginia Marine Police, also asked several pointed questions about how to best mitigate the hazard.

Supervisor Williams pointed out that those whose boats were damaged were experienced boaters and asked some of them how long they had been on the water. All had been on the water for decades including one gentleman

for 60 years. Several also gave details of their particular incidents.

At the conclusion of the presentation Supervisor Brann suggested forming a work group of citizens, supervisors and Coast Guard representatives and further suggested Supervisors Fisher and Williams be involved. Both supervisors and



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Jail Board is that they, particularly Chairman Darrell Fisher, have claimed to have absolutely no knowledge of any abuses occurring at the jail.

Tribble's correspondence also included pictures of inmates who had been slashed during attacks depicting

CONTINUED ON PAGE 17

Schools & Education



Photo Credit: ccdaily.com

IS THE DOE DOA?

Larry Sand

While the federal government has spent money on education and developed education policies since the 19th century, the U.S. Department of Education didn't become a stand-alone agency until 1980 when, courtesy of President Jimmy Carter, it split off from the U.S. Department of Health, Education, and Welfare.

Carter advocated for creating the department to fulfill a campaign promise to the National Education Association. Congress passed the Department of Education Organization Act in 1979. In response, the NEA subsequently issued its first-ever endorsement in a presidential contest.

Just what is the function of the DOE?

As former U.S. Secretary of Education Betsy DeVos explains, it doesn't run a single school, employ any teachers in a single classroom, or set academic standards or curriculum. "It isn't even the primary funder of education—quite the opposite. In most states, the federal government represents less than 10% of K-12 public education funding."

DeVos adds that it does shuffle money around, adds unnecessary requirements and political agendas via its grants, and then passes the buck when it comes time to assess if any of that adds value. "In other words, the Department of Education is functionally a middleman. And, like most middlemen, it doesn't add value. It merely adds cost and complexity."

In 2024, the DOE employed over 4,000 people whose salaries and benefits came to \$2.7 billion, and the department's total budget for the year was \$79 billion.

One of the purported reasons the DOE was brought into existence was to lower achievement gaps. But after spending over \$1 trillion since its inception, it has done no such thing. The results from the 2024 National Assessment of Educational Progress (NAEP) reading and math test, given to 4th and 8th graders, were announced in January

and showed that 4th graders continued to lose ground, with reading scores slightly lower, on average, than in 2022 and much lower than in 2019.

Teacher union leaders are in a massive snit over the possibility of the DOE's dissolution. Reacting to Donald Trump's attempt to get rid of it, National Education Association President Becky Pringle released a statement on Feb 3, in which she maintains that his "latest extreme action will hurt our students and public schools."

American Federation of Teachers President Randi Weingarten said on CNN on Feb. 4, "The move is not legal. There are lots of things about the Department of Education that are in statute," she claimed, referring to funds that go out from the department to low-income families, students with disabilities, English as a Second Language learners, and to work-study programs.

Weingarten continued, "You're talking about millions of kids. And what that department really does is it actually


makes sure that the money goes out and it's not stolen. It is actually used for the intended purposes. Those are the most important functions of the Department of Education."

Yet in November, the same union boss acknowledged, "My members don't really care about whether they have a bureaucracy at the Department of Education or not."

It's worth noting that teacher union godfather Albert Shanker was opposed to the DOE's creation, saying, "We thought it should stay within HEW (Department of Health, Education, and Welfare) because of the whole child."

Also, many hail the NAEP as a vital program run by the DOE, and indeed, the test is an essential tool. However, what DOE proponents don't acknowledge is that NAEP has existed since 1969, over a decade before the DOE came into being. The early tests were held under the auspices of the Research Triangle Institute, an independent nonprofit research institute.

CONTINUED ON PAGE 15






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IS THE DOE DOA, CONTINUED FROM PAGE 14

In any event, the shake-up is in motion. The Trump administration's DOE is canceling more than \$100 million in grants to fund diversity, equity, and inclusion (DEI) training as part of the Elon Musk-led Department of Government Efficiency's (DOGE) commitment to end wasteful spending. Most recently, DOGE also announced the termination of 89 DOE contracts totaling \$881 million.

Most recently, DOGE also announced the termination of 89 DOE contracts totaling \$881 million.

Interestingly, instead of ditching the department in its entirety, many conservatives want to dismantle it by assigning its responsibilities to other departments. For example, Christopher Rufo, Senior Fellow at the Manhattan Institute, suggests that the DOE could spin off all college student loans and grants to an independent financial entity.

Ronald Kimberling, Research Fellow at the Independent Institute, suggests transferring the Federal Student Aid (FSA) office from the DOE to the Treasury and merging the Pell Grant program and the \$910 million Federal Supplemental Educational Opportunity Grant program into the American Opportunity Credit tax benefit administered by the IRS.

On Feb. 8, the National Association of Scholars issued

a new report, "Waste Land—The Education Department's Profligacy, Mediocrity, and Radicalism," which proposes reforming the DOE in the short term, splitting off some functions to other federal agencies and setting the stage for its eventual abolition.

While shifting DOE mandates to other government entities may yield a few benefits, I believe the DOE and all its myriad functions should be eliminated. Big government education bureaucracies don't do much for children or taxpayers. Our country needs more subsidiarity, a principle that stipulates matters should be handled by the smallest and least centralized competent authority. As such, we should not simply merge the DOE with other departments, but rather eradicate it and all its unconstitutional programs.

One scholar who agrees with this approach is Neal McCluskey, director of Cato Institute's Center for Educational Freedom, who asserts, "Congress should phase out federal funding for K-12 education and end all related regulations. Policymakers need to recognize that federal aid is ultimately funded by the taxpayers who live in the 50 states and thus provides no 'free lunch.' Indeed, the states just get money back with strings attached while losing billions of dollars from wasteful bureaucracy. There is no compelling policy reason nor constitutional authority for the federal gov-

ernment to be involved in K-12 education. In the long run, America's schools would be better off without it." That said, eliminating the useless and costly department won't be easy; it needs Congressional approval. As Rick Hess, director of education policy studies at the American Enterprise Institute, wrote in November, "Even with a narrow House majority, they'd get no Democratic votes, and insiders laugh at the idea they could even keep enough Republicans on board. (It's safe to say they'd lose at least Lisa Murkowski and Susan Collins.) Unless Republicans nuke the filibuster, they'd need 60 votes in the Senate, where they'll have 53 seats. Plus, there's a contingent of Trump-aligned education conservatives who'd much rather use the department to promote their vision the same way the Obama or Biden teams did. There may be efforts to trim or move parts of the department, but anything more seems unlikely."

Unlikely, perhaps, but that needs to be the goal. Write to your elected officials ASAP—especially if you live in a purple state—and urge them to eliminate this useless, taxpayer-funded boondoggle, and return education policy decisions and financing back to the states where they belong.

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Larry's Perch Catch

WHITE PERCH TASTY AND AVAILABLE NOW!

Mark Fike

One of the first fish to head upriver to spawn is the white perch. While not as abundant as they once were, they are still in decent numbers and eating a mess of freshly cooked perch is the perfect way to get the spring fishing season rolling.

White perch, stiffbacks, or silver perch, whatever you call them, they are not really in the perch family but are actually in the bass family according to biologists. That makes them related to striped bass which, if you take a closer look at them, seems obvious. They generally grow to an average of 8-10 inches, but some can reach 14 inches! That is filet size!

In the spring, these fish head upriver in tidal rivers such as the Mattaponi, Pamunkey, James, Chickahominy, Rap-



pahannock and Potomac Rivers and the creeks feeding those rivers and spawn over gravel or coarse sandy bottom. They broadcast their eggs over this type of bottom.

During the daylight hours most successful anglers fishing in the spring months will find them in deeper holes vs shallow water. That changes in the summer when they are often caught prowling tidal brackish creeks and feeding on shrimp, other invertebrates, minnows or insects near vegetation islands or banks.

By the time this issue hits the newsstands, the spring run will be gearing up quickly and anglers wishing to capitalize on the run should get out on the water on reasonable weather days. Bottom rigs fished over gravel bottom or near woody structure is going to be the best place to try your luck.

Bloodworms are often touted as the best bait. However, clams, shrimp and red wigglers or garden worms will work great as well. At this time of year, the perch are schooling and that means if you catch one, there are more in the area. If you are fishing and do not get a bite in 15 minutes or so, it is probably time to cast elsewhere or move spots. Tides make a difference. As with most other fishing, a moving tide is essential. Personally, I always prefer a falling tide, but an incoming tide can be just as good. Probe deep holes, move your bait often and rebait when necessary. Bloodworms are not cheap but don't skimp on the offering until you know you are in the "zone" and then I often use smaller pieces of bait as the fish are found and appear to be hungry. I also make a point to take more than one offering of bait. Somedays they prefer something different.

What gear should you use? I like a medium light spinning action rod. This is because the tides or current often are running strong with a spring rain and sometimes you have to put 2 ounces of weight on the line to keep it in place. Anything lighter than a medium-light rod might be pushing it. Also, I fish near woody debris, so there are instances where hang ups occur, and you need to yank your rigs free or break the line. A number 4 baitholder hook is a good choice.

Some anglers like to use artificial lures. This certainly can be done. It appears tougher in the spring to use these and catch white perch because of the tide, current and depth, but if you can get

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Pattern your turkey gun

SETTING UP FOR TURKEY HUNTING SUCCESS

Mark Fike

Turkey hunting success can be blind luck, but often a trip is successful because the hunter took time to set themselves up properly.

Scouting

You can hunt all day long where legal to do so and never hear or see a turkey if the property does not support a turkey population. Scouting is key to knowing where turkeys are at any given time. Most spring gobbler hunters prefer to hunt field edges as the old Toms find a field to strut, spit and drum in as they attempt to draw attention to themselves from the ladies. Field edges are great as that is often where turkeys will be found and where they will be actively searching for not only mates but food. However, do not overlook old logging roads, wide open woods, cutovers or the like. When I was younger I only had wide open woods and a few logging roads to hunt. We heard and saw plenty of turkeys in those woods and on those logging roads.

Do your scouting at various times of day to first determine where the birds are available and then dial in to where they might be during the morning hours when you will be hunting. Often where you see them near sunset is where you will find them first thing in the morning because the

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PERCH, CONTINUED FROM PAGE 16

your lures down to the fish you will catch fish. Fish rocky or woody areas. Jigs with the appropriate size hook on them that are brightly colored work well. Small shad spoons and even Sabiki rigs are great choices too. I often catch nice white perch using the Sabiki rig while shad fishing.

Cleaning perch

There are so many ways to clean these fish. As a kid we scaled them, cut the head off and gutted them and grilled or fried them and then peeled the skin right off. My wife prefers that she not tangle with bones, so I filet them. A very sharp and flexible smaller filet knife will do the job very well. Cut just behind the gill cover straight down until you feel the backbone. Turn the knife towards the tail 90 degrees and work the knife through the meat and rib bones almost to the tail. STOP just short of the tail. Flip the meat/ribs over and insert the knife right at the juncture of the meat and skin and filet back the other way. Remove the skinless meat/ribs and carve the ribs off and repeat on the other side.

Cooking them

Fried is the main way to cook these super tasty fish. However, they are great grilled and broiled too with a little butter or lemon. Use your favorite seasoning. My dad likes salt and pepper only.

Don't overlook the roe. If you have a roe fish, pull the roe out carefully and fry that up and try it. It is quite good. If you already killed the fish, there is no point in wasting all those eggs. At the least, they are full of vitamins. My barn cats love the roe as do the dogs.

TURKEY, CONTINUED FROM PAGE 16

turkeys roost and call from those areas in the night and morning. Many hunters will "roost" a bird meaning they will go listen for a gobbler to gobble when he gets on his roosts and announces his location to the other turkeys. Some will even call briefly to entice them to gobble and then they have located the roost and know where to go set up in the morning before sunrise.

Patterning/shotshell choice



Wooded areas hold turkey too

It is very discouraging to do all the work to find and call a bird within range only to miss the shot because of your sitting position or perhaps your shotgun is not properly patterned with your ammunition.

When hunters set up a place to shoot from, they should select a wide tree to break up their outline and minimize

movement showing up. Clear any brush that will not allow the complete swing of the shotgun barrel from left to right. We never know where a turkey will show up.

Before hunting, be sure you get the proper ammunition. Most #6 shot will work on turkeys. However, ammunition companies have created custom blends of shot and powders to maximize range and pattern density specifically for turkey hunting. When shooting at a turkey it is best to shoot at the middle of its neck. If you miss a little high, you still hit the head; a little low and you will still take the turkey. A gun that is patterning poorly with gaps in the shot coverage could cause a wounded bird to escape or a complete miss.

Some hunters are very selective with chokes. A full choke is needed. Some get specialized turkey chokes that eek out every little bit of density in the shot pattern possible and those chokes cost a lot of money. Buy what you can reasonably afford regarding chokes or shells, shoot at least one shell, preferably two shells, at a target to ensure there are no gaps. I like to shoot at a ShootNC turkey head target to see what my pattern is like on the bird.

Proper clothing

When turkey hunting, never, ever wear blue, white or red in the field. Those are the colors of the turkey's head. Wear blaze orange to and from your spot if daylight and then go full camo. Definitely wear blaze orange if you are carrying a bird out. Most turkey vests have a blaze orange pull out section for this purpose.

Otherwise, hunters want their entire body covered in camo. This includes hands and face. A mask and gloves are necessary. A leafy suit is a great idea.

Carefully aimed shot

Once you have successfully called a bird to within range, it is so important you do the last few steps correctly, so you actually take the bird home. Remember hunting safety. What is beyond your target? Are you SURE you are looking at a gobbler that is bearded? Are all the other birds clear of the one you are going to attempt to shoot? Is it in range? Do you have your head and face down on the stock? If not, you will likely overshoot. Did you follow through on the shot or did you hurry to look and take your face off the stock before

you fully pressed the trigger? Did you PRESS the trigger or yank it?

All of those things are critical to success. I hope that next month there are many happy and successful spring gobbler hunters out there. Remember, safety first and take a new person hunting with you! Spread the joy.

NORTHUMBERLAND, CONTINUED FROM PAGE 13

the Coast Guard representatives agreed to do so. The Board voted unanimously to form the committee effective immediately.

Another hot button topic arose when Supervisor Brann stated that several citizens had approached him about replacing the elected school board with an appointed school board. Supervisor Long disagreed, stating that it should be left up to the citizens. Brann replied that allowing the citizens to choose the manner of selection did just that.

Supervisor Brann then made a motion to have the matter placed on the ballot. Chairman Haynie asked County Attorney Gregory his opinion and Mr. Gregory asked for time to research the topic before offering an opinion. Supervisor Brann withdrew his motion and stated that he would bring it up again at the March meeting.

Next Chairman Fisher asked Administrator Tadlock to read a letter from the School Board refusing to attend any more meetings of a committee formed intended to straighten out school finances.

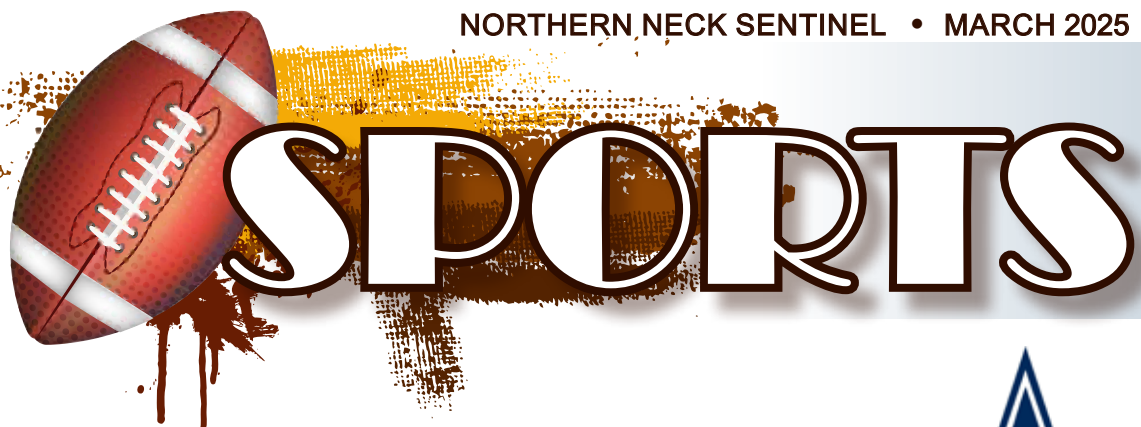
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SPORTS



WASHINGTON FEBRUARY SUMMARY AFTER A GREAT SEASON MORE WORK TO DO

John Haynes Jr.

After going 4 and 13 in 2023, even the most ardent fans could never have predicted that their beloved Commanders would go 12 and 5 in 2024 and then win two playoff games before losing the NFC Championship game to the eventual world champion Eagles.

Their amazing turnaround could be characterized as going from the outhouse to the penthouse. But before Washington fans start ordering Super Bowl tickets for next season there are three major factors to consider.

The first is that, despite their amazing turnaround, Washington won many of their games by slight margins such as their last play win against the Bears on a long Hail Mary pass. To illustrate my point, Washington had 8 games decided by 5 or fewer points and won 7 of them. Going 7 for 8 in close games does show a lot of poise but is unlikely to be duplicated.

Another obstacle facing the Commanders next season is that they have 29 free agents and several of last year's free agent contracts were one year deals. That includes key defensive players such as linebacker Bobby Wagner, safety Jeremy Chinn, edge rusher Dante Fowler and cornerback Noah Igbinoghene.

Key offensive players on one year deals includes tight end Zach Ertz, quarterback Marcus Mariota, offensive tackle Cornelius Lucas, wide receivers Olamide Zaccheaus and Dyani Brown and punter Tress Way.

All of these key players will undoubtedly be offered contracts but in free agency anything can happen. Several less productive free agents will be allowed to walk which will free up money to supplement Washington's already huge salary cap. Of the 32 teams in the league, only the Patriots and Raders have more salary cap room than the Commanders.

Washington's salary cap grew even more when it was announced that the league wide salary cap allowance had risen by more the 20 million dollars per team giving Washington more than 82 million in cap space.

Although free agency doesn't begin until March 12th, Washington's areas of emphasis are already apparent. Offensively the two main areas of concern are the offensive line and wide receiver. Star offensive guard Sam Cosmi suffered a torn ACL in the playoffs and will likely be lost for much of the season. He will need to be replaced. Also, left tackle Brandon Coleman held his own as a rookie but gave

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DALLAS FEBRUARY SUMMARY

FUTURE HALL OF FAMER RETIRES

In February 11 year veteran guard Zack Martin announced that he has retired. A first-round draft choice in 2014, Martin retired due to a series of injuries that caused him to miss 7 games in 2024. He tried to come back but was forced to leave

the Cowboys final game of the season as he limped off the field in obvious pain.

Martin was one of the most highly honored offensive linemen in NFL history, making the Pro Bowl 9 times, making first team All Pro 7 times, making second team All Pro 2 times and making the All-Decade Team for 2010-2020. In his 11 seasons he was only called for holding 7 times. That is nearly unbelievable considering the level of competition.

This is the second future Hall of Famer that Dallas has lost in the past 2 years. Last season they lost left tackle Tryon Smith to free agency and now Martin is gone. At this point the only offensive lineman who stands out is left guard Tyler Smith.

The one bright side to losing Martin is that it frees up about 17 million in cap space which will be sorely needed with star defender Micah Parsons entering the final year of his contract.

As far as other offensive weak spots, Dallas will need another wide receiver to compliment Pro Bowler CeeDee Lamb. This is particularly urgent as Brandin Cooks is a free agent.

A running back will also be needed to replace free agent Rico Dowdle who is expected to depart. There are not many quality free agents available so expect the Cowboys to invest a draft pick to this position.

On the positive side, quarterback Dak Prescott is healthy again and Dallas is loaded at

CONTINUED ON PAGE 19



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Washington Owner Josh Harris [Photo Credit: foxnews.com]

WASHINGTON, CONTINUED FROM PAGE 18

up 9 sacks and may be more suited as a guard.

Fortunately, there are several capable offensive linemen available in free agency. Offensive tackles include Ronnie Stanley, Cam Robinson and Tyron Smith. Stanley is a Pro Bowler as is Smith who is also a future Hall of Famer. He is also 34 years old but is still effective. There are also several quality guards available including Mekhi Becton and Pro Bowler Trey Smith of the Chiefs.

At wide receiver the drop off after Pro Bowler Terry McLaurin is notable. Zacccheaus is solid and Dyami Brown had an excellent post season but Washington needs a solid number 2 receiver to take the heat off McLaurin. Tee Higgins is the highest rated but the Bengals may well hit him with the franchise tag to keep him off the market. Other quality options available are Chris Godwin, Deebo Samuel and Amari Cooper.

Washington could also be looking to add to their roster a tight end, especially if they can't resign Ertz, or running back where they lack explosiveness.

Defensively, Washington's first priority will be adding pass rushers. The leading pass rushers last season were linebackers Dante Fowler Jr. with 10.5 sacks and Frankie Luvu with 8 sacks. Following them were defensive end Dorrance Armstrong with 5 sacks, defensive tackle Daron Payne with 4 sacks and defensive end Clelin Ferrell with

3.5 sacks.

Ferrell was on a one year deal and is likely gone and Fowler, who was also on a one year deal, is bound to generate interest in free agency. Armstrong will return as he is on a three year deal but expect additions in both free agency and the draft.

Perennial Pro Bowler Myles Garrett has asked the Browns to trade him but his asking price would be phenomenal as he has averaged 15 sacks per season for the past 4 seasons and is considered the best pass rusher in the league.

At least 2 first round picks and probably more would be necessary to acquire him and that would be a lot of resources to commit to one position. Available in free agency are luminaries such as Khalil Mack, DeMarcus Lawrence, Haason Reddick, Josh Sweat and Chase Young. This may be the most loaded edge rusher free agent classes in recent history and Washington is sure to add one or more from this group.

The draft is also loaded with edge rushers in a class that is the best in years. According to the rating service Draftnaut, 7 edge rushers will be drafted in the first round so Washington should have a chance to draft a top prospect.

Washington is also expected to add at least one cornerback as both Mike Davis and Benjamin St. Juste are expected to depart. There are several solid cornerbacks available in free agency including D. J. Reed, Nate Hobbs, Byron Murphy and Mike Hilton.

The draft is relatively weak at cornerback so expect free agency to be the primary source of new talent. Pro Bowler Marshon Gallimore and Mike Sainristil are locked in and if Noah Igbinoghene, who was on a one year deal, can be resigned it will be a boost.

Washington owner Josh Harris pulled a rabbit out of the hat in 2024 but don't think it was a fluke. He has brought in Adam Peters as General Manager, hired Dan Quinn as head coach, Joe Whitt, Jr. as defensive coordinator

and Kliff Kingsbury as offensive coordinator. They are about as good a group as you will find. With tons of cap space and, 7 draft picks and an emerging star at quarterback the Commanders have the opportunity to become one of the better teams in the league. Only time will tell.

DALLAS,
CONTINUED FROM
PAGE 18
the tight end position with emerging star Jake Ferguson and 2 solid backups.

Even though Dallas



Zack Martin [Photo Credit: The Sporting News]

has some holes to fill on offense the defensive side of the ball is even more challenging. Among the free agents who could be lost are 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 Oruwariyn.

Lawrence has been to 4 pro Bowls and is likely to have several suitors. Resigning Kendricks is also a priority as he excelled in 2024 and offers veteran savvy and leadership.

With former offensive coordinator Brian Schottenheimer installed as head coach there should be offensive consistency. Klayton Adams has been brought in from the Cardinals to serve as offensive coordinator and Matt Eberflus has been brought in to replace Mike Zimmer as defensive coordinator.

With the expected loss of many free agents Dallas will need a productive offseason but they have three extra mid round compensatory picks in the upcoming draft. Unfortunately, their lack of salary cap space will be problematic.

After a dismal 7 and 9 season in 2024 Dallas will be pressed to make the playoffs next season. With the World Champion Eagles and resurgent 12 and 5 Commanders in their division the Cowboys will have a hard climb to regain their past glory.

COMMON SENSE, CONTINUED FROM PAGE 1

succeed in making America the common sense nation once again.

Unalienable rights and self-evident truths are the core ideas of the American founding. Those ideas are also the core ideas of a philosophical school known as "common sense realism," inspired by Adam Smith, Thomas Reid, and other representatives of the Scottish Enlightenment. In the words of Arthur Herman, "Common Sense Realism was virtually the official creed of the American Republic." As historian Allen Guelzo explained in "The American Mind," his indispensable college lecture series, "before the Civil War, every major collegiate intellectual was a disciple of Scottish common sense realism."

The Founders were guided by the ideas and the thinking of the common sense realists. Thomas Jefferson, James Madison, and Alexander Hamilton, especially, were thoroughly trained in common sense realism by their teachers, who brought those ideas and that manner of thinking from Scotland to America.

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COMMON SENSE, CONTINUED FROM PAGE 19

Today, the centrality of Scottish common sense realism to the founding of our nation and its ongoing sense of purpose is all but unknown. The Founders would be astonished by our ignorance of the men who inspired their work. Admittedly, it has been a struggle—for more than a century, U.S. academia has labored to obliterate the memory of what was once known by virtually every American.

Of course, academia has also been working hard to destroy “common sense” in its ordinary usage, too, insisting that men and women are arbitrarily designated categories and that the imperative of every English professor is to support violent insurgency. As a witty friend of mine likes to say, “Say what you want about the liberal arts, but they’ve found a cure for common sense.”

Thomas Paine was the great champion of ordinary common sense at the time of the founding. It is difficult to overestimate the importance of Paine’s short book “Common Sense.” This pamphlet was and remains the best-selling American book in publishing history, and it was read aloud in taverns and village squares. It had a decisive influence on American public sentiment in favor of the Revolution. Paine turned the spotlight of common sense upon monarchical rule to devastating effect.

“One of the strongest natural proofs of the folly of hereditary right in Kings, is that nature disproves it, otherwise she would not so frequently turn it to ridicule, by giving mankind an Ass for a Lion,” he wrote.

The Founders’ wild and crazy idea was that the people are sovereign. At the time, this construction was a contradiction in terms. The monarch was the sovereign. To

say the American people are sovereign was to say that the American people would rule and that government in America would be the agent of the people. Talk about turning the world upside down!

The Founders were true revolutionaries, believing that the people were capable of self-rule by virtue of their common sense. Today, the progressives—whose purpose from their beginning has been to dismantle the America of the Founders—often justify their claim to power by claiming that Americans do not have enough common sense to be able to rule themselves. That is a back-handed reference to the fundamental role of common sense in the Founders’ America.

It certainly feels as if we are now engaged in a titanic struggle to determine America’s future. Perhaps the best way to understand the meaning of that struggle is to see it as an effort to restore rule by the common sense of the American people. Trump and his common sense revolution may be precisely what patriotic Americans have longed for and what America has long needed.

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10 DAYS, CONTINUED FROM PAGE 1

refused to pull the nation out of the murderous World War I or otherwise reform.

The government was thus overthrown again, this time by the Bolsheviks, who ruled for 70 years thereafter. Reed chronicled the moment in his famous book “Ten Days that Shook the World.” It set forth a narrative of these days that was then held as the accurate narrative for a century. It was a major reason why that generation of literate U.S.

citizens, lacking access to other information sources, considered Vladimir Lenin to be a hero. Reed, by the way, later died and was buried in the Kremlin.

That book and the events it valorized has now been superseded by another 10 days that have shaken the world. Donald Trump took the oath of office to become U.S. president on Jan. 20, 2025, following a sweeping and decisive victory that the entire establishment fought ferociously.

I’m typing this 10 days later. It is clear to me and many others that nothing will ever be the same, not in the United States and not anywhere in the world that is watching the exciting events unfold. It’s nothing like we’ve ever seen, and far beyond anything we had expected or

even been promised.

Whereas Reed’s 10 days were about the building of the Leviathan state, our own 10 days are about tearing it down and restoring freedom. Already what has been uncovered and stopped is for the ages, to the point that as I write, the United States has plugged a scandalous spending leakage at a rate of \$4 billion per day, thanks to the work of Trump’s Department of Government Efficiency. That appears to be just the beginning. Agencies and funding sources are being shut down by the day and hour. The whole spending machine was shut down for a few days before a federal judge intervened. Even that did not stop the push to shut down the spigots: It took a second judge to intervene and finally restart it all. Even then, it was just the beginning.

What is popularly known as the “deep state” has never faced such disruption.

Hardly a minute goes by when we do not get news of various outrages operating in all agencies of government, spending that gives new meaning to the word “decadence.” It’s all been happening for many years, even decades, even as the U.S. middle class has been hollowed out, real incomes have declined, and economic opportunities for average people have thinned out to create culture-wide despair and ill health.

The excitement began minutes after the inauguration, when Elon Musk’s team, tasked by Trump to figure out what is going on with this empire of lies, unfurled a plan that had long been in the works but never announced. The team installed sofa beds on the fifth floor of the Office of Personnel Management and tossed out the chief of staff. The plan was to work 24/7 to get the job done, never leaving the offices. Yes, in the parlance of “The Godfather,” the team members literally “went to the mattresses.”

They gained access to the computer system and sent a memo to 2.3 million federal government employees. It invited all of them to resign immediately and get eight months of severance. They only needed to hit reply and type “resign.” The expectation going into this was that 10 percent would flee but that it could be more. We are still waiting for the numbers. All the while, the Trump administration was issuing executive orders, more than 300 in these magical 10 days. It froze regulations. It froze spending. It issued a universal fatwa against all diversity, equity, and inclusion policies and abolished “affirmative action”—all while heralding the single principle of nondiscrimination. It proclaimed that no government agency may ever again tell private media and social media accounts how to operate, either directly or indirectly through third-party cutouts. It banned the absurdities of the transgender movement and made adolescent mutilation illegal. The orders were so sensible that they generated almost no resistance other than predictable sputtering. There were of course mutterings that Trump was behaving like an authoritarian. If so, it is an odd form of authoritarianism that uses power to take power away from government and give it back to the people. The driving motivation of all these efforts was to reboot the promise of 2016 to drain the swamp. This time the Trump administration was serious.

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10 DAYS, CONTINUED FROM PAGE 20

Following the takeover of the Office of Personnel Management, the truly great challenge was to get to the source of the largesse, the spigot spilling so much money that it was creating \$1 trillion in debt every 100 days. This has gotten worse decade after decade. It is the determination of DOGE to get to the bottom of it.

The team—which converted itself quickly into an official government office to evade that obvious criticism—headed to the Department of the Treasury and announced an audit of the entire government. In order to conduct that, it would need the logins to the system. The auditors had already figured out that the whole government was operating on auto pay, with billions flowing to enemy regimes and rackets of all sorts. Shutting that down had to be priority No. 1.

What they found was an acting head of the U.S. Treasury named David A. Lebryk, who turned out to be the highest-ranking person in the civil service. Lebryk had been promoted to that position on Jan. 20, but his former boss was the deputy secretary of the Treasury Department, a Nigerian émigré named Wally Adeyemo, who had at one time been head of the Obama Foundation. His resignation put Lebryk in the driver's seat of the world's biggest outgoing payroll system.

That's right, you cannot make this stuff up!

Lebryk absolutely refused to turn over the passwords. After what was said to be a shouting match, he resigned on the spot. Then Musk's crew took control of the passwords to the system that was sending out \$6 trillion on auto pay.

This action generated panicked headlines in The New York Times and The Wall Street Journal claiming that the

Trump administration had gotten hold of the control center of government spending, strongly suggesting that nothing like this had ever happened before. For reasons that are unclear, regime media seemed shocked and alarmed that the Trump administration had broken into the "sanctum sanctorum."

When regular people think about this, they start asking serious questions. Why is it not a normal thing for the new administration to be in control of the spending systems? Why is this such a shocking thing to have happened? Isn't auditing the books just what any new president would do? REPRINTED WITH PERMISSION OF THE EPOCH TIMES

TRUMP CHANNELS, CONTINUED FROM PAGE 1
Germany.

There are, however, some common-sense scribes and historians who will accurately record the history of President Trump's first 100 days.

The sobriquet regarding the first hundred days of a presidential term began with the presidency of Franklin D. Roosevelt who moved swiftly, at the time, to implement his "New Deal."

Decades later, Ronald Reagan, implemented his "New Federalism," a program of tax cuts, deregulation, and federalism.

In 2025, one can already sense palpable optimism in the air. Sound familiar?

To many it should. In 1980 when Ronald Reagan replaced the mired nature of Jimmy Carter's failed presidency, we had just passed through Carter's "Malaise."

And a malaise it truly was. High inflation coupled with zero growth.

At the time, the Soviets were winning the Cold War.

Reagan, on the other hand, believed America could not only be rescued, it could again, excel beyond its wildest dreams.

This is precisely why he's considered one of our greatest presidents.

Now Donald J. Trump has returned, achieving the sort of election victory, not seen since the time of

Grover Cleveland, setting a new land speed record for extraordinary accomplishments.

However, having said this, one small act has been overlooked.

Donald Trump has moved the Ronald Reagan presidential portrait to the Oval Office from its previous setting in

the East Room of the White House.

As a Reagan biographer and as someone who worked for President Reagan, it's very gratifying, as it is for this writer's wife Zorine (who also worked for Reagan at the Republican National Committee and ran CPAC) where Reagan spoke every year.

And, of course significant for the millions of Reagan admirers globally.

Our nation's 40th commander in chief left office with a 73% approval.

Why?

The answer is quite simple.

He was principled, effective, and helped Americans, like someone else I can think of.

In the scheme of things, it may seem insignificant.

Then again, placing Reagan's portrait over the Resolute Desk speaks volumes about Donald Trump and our now nation's 47th president's self-confidence.

Many years ago, speaking with an old friend, the celebrated columnist Bob Novak, he regaled for me his experience covering the 1960 Democratic National Convention and the presidential campaign of then-Sen. John F. Kennedy, D-Mass.

Reporters covering Kennedy, like Novak, thought he was simply a rich, lightweight playboy. But their opinion of JFK changed instantaneously when he chose then-Sen. Lyndon Johnson, D-Texas, as his running mate.

Johnson was Kennedy's senior in politics, in every way possible.

LBJ had been in the U.S. Senate longer.

He was Senate majority leader.

He was more prominent nationally than Kennedy.

Yet . . . Kennedy chose Johnson. Kennedy had the self-confidence, the inner direction to pick someone said to be his superior.

Bob Novak and his colleagues' view of Kennedy changed immediately, with a new-found respect for JFK.

Acclaimed World War II artist Peter McIntyre once observed, "Confidence comes from not being right, but from not fearing to be wrong."

Trump has that confidence to right what he sees as wrong, without fear.

Craig Shirley is Chairman of Citizens for the Republic, as well as a Ronald Reagan biographer and presidential historian. He's authored six books on Reagan. He's also written The New York Times bestseller, "December, 1941" and also published the companion book, "April, 1945." He's also the author of "Mary Ball Washington," which won the People's Choice Award from the Library of Virginia. His book on the 1980 presidential campaign, "Rendezvous with Destiny" was named by The Wall Street Journal as one of the five best campaign books of all time. Shirley is also the author of the newly released bestseller, "The Search for Reagan."

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NORTHUMBERLAND, CONTINUED FROM PAGE 17

Supervisor Long, who is a retired teacher, stated that he thought the full school board and Board of Supervisors should handle this instead of a committee but he was reminded that it was a joint decision of those two boards to form the committee in the first place.

During the public comment period the first speaker was Suzanne Smart of Heathsville. After introducing herself she made the following comments to the Board:

“At the NNRJ meeting comments were made by various speakers. They detailed numerous abuses at NNRJ including food that is inedible, contaminated with insects and feces. Inmates being stripped and denied clothing for hours at a time. Denial of a cup to hold drinking water, denial of soap for washing with. Attorney client privileges being denied, limited, and intercepted. Inmates being cuffed, shackled, and used as a battering ram into a door with blood splattered on the walls and door. I could go on and on and on but these are all allegations you have heard before, this is nothing new to you. What may be new to you is hearing what Darryl E Fisher, Chairman of Westmoreland Co BOS and NNRJ said at the close of last night’s meeting. These are direct quotations from Mr. Fisher.

“This is a well-run jail operation. We pass all of the audits, all of the inspections, where they relate to food service preparation, how we treat, how we handle the inmate population.”

“It has become disturbing to this chairman that there is

just one component that we have heard from consistently with a complaint.”

“The conclusion that I have come to in listening and in digesting is that the representation that come don’t have the general welfare of the public in mind. There is a completely different purpose.”

“To the staff that’s here. You do a great job. We, as a board, have full confidence in the job you have done, what you’re doing now. And we believe that we have a good team in place moving forward.”

Mr. Fisher then went on to thank the jail board members and to congratulate them on a consistent job well done. “We run and manage a great facility down here at NNRJ.”

I think I am being gracious here when I say that there seems to be a little bit of a disconnect between many first-hand accounts of alleged atrocities being committed at the NNRJ and those who run and manage the jail.

As a taxpayer and a citizen, I am very concerned that inmates at NNRJ have been denied their basic rights. We, as a county, and you as a county board have an obligation to oversee the NNRJ and ensure that it is an institution that does the job it is intended to do without infringing on the human rights of those who are incarcerated and equally importantly, without infringing on the Constitutional rights of those who have not yet had their day in court.

My question to you then is, what are you going to do? You cannot continue to do nothing. This isn’t going to end well.

committed there.

Mr. Johnson also stated that the public was still generally unaware of the situation and echoed Mrs. Smart in imploring the supervisors to attend the next NNRJ meeting. He also suggested that Northumberland County consider withdrawing from the NNRJ and go back to handling their own detainees.

Supervisor Fisher asked why they had not heard more about this previously. Johnson replied that with the weekly vigils and detainees calling in on a live cast that is widely distributed, details of abuses have increased exponentially.

Mr. Johnson then defended the new NNRJ Superintendent Michelle Lewis claiming that she is trying to improve conditions.

The next speaker was Cheryl Johnson who informed the Board that she has been going to NNRJ meetings for years and that all of her concerns have been ignored. She also advised that she had read numerous letters to the NNRJ Board from former detainees all making the same claims such as poor food, mistreatment and painting over mold to hide it before inspections.

She also informed the Board that the pardoned J6r who spoke at the NNRJ meeting had stayed with her and her husband for two weeks and that he was a good person. She also invited the Board to read some of the letters that she had received.

RICHMOND, CONTINUED FROM PAGE 6

follows:

“Let me get to the jail report and I don’t really need any notes. For the past few years, we have been entertained or entertaining individuals from the J6 Northern Neck Patriots on a monthly basis.

As Ms. Mothershead knows, I reached out to these individuals. They have several complaints about the jail about all of us on the jail board and I reached out to them and told them that if they had a concern at the jail, that I would look into it. And I did that. And Ms. Mothershead and I sat and met with some of them at some point in time.

Two times they called me. Two times I looked into if for them. I disprove everything that they were saying. I have not seen a call from them yet. So now the tactic is that they’re coming to the jail board. They’re (indistinguishable) everybody on the jail board.

They have a constant, un-factual mindset of how the whole operation is run. And it’s, it’s frustrating for those of us who sit on the board and are sitting there. And to have somebody test your faith, question your faith, question your abilities... When they have nothing to show for it of their own.

So just to let you know, they may be showing up here, in these board meetings as well so other than that, the jail is doing fine. The meeting was, less than what the public comment section was (indistinguishable) So if you all have any questions.

Supervisor - “Are there any J6rs housed now”

There hasn’t been any there since at least April, it’s been a while. And you know all the problems they’re talking about
CONTINUED ON PAGE 25

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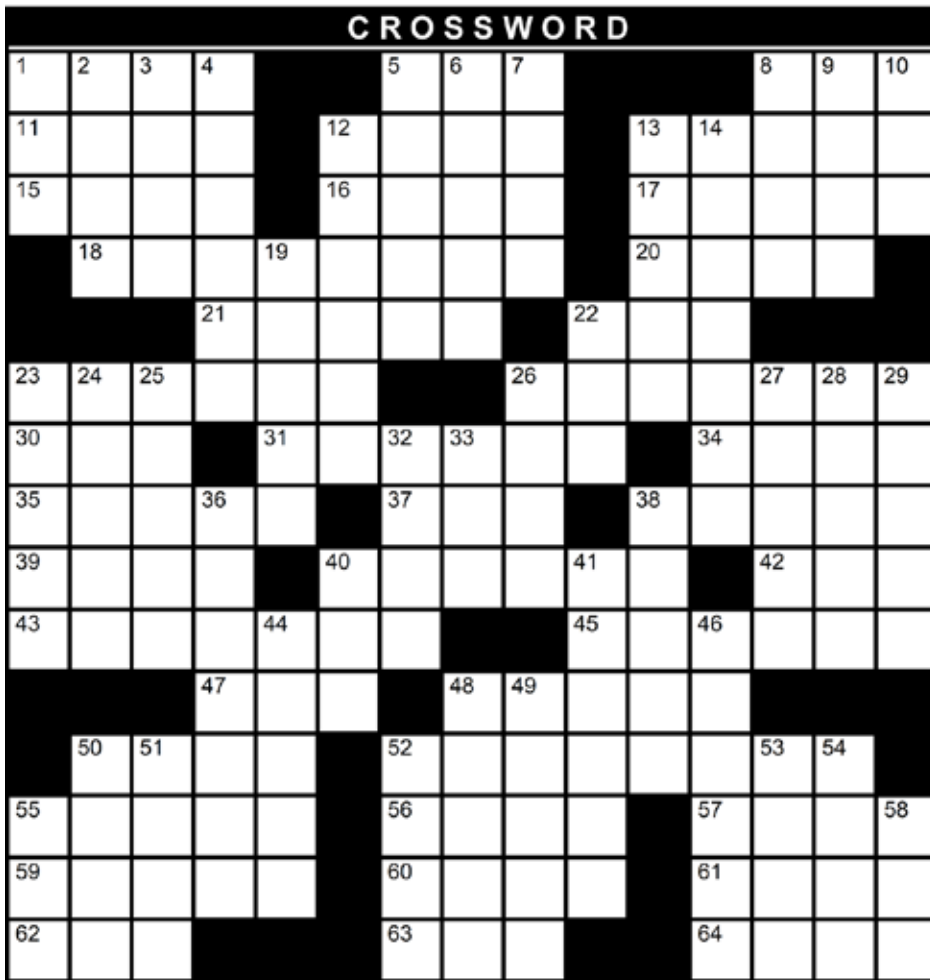
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1. Actor Driver
5. By way of
8. Bambino
11. Oscar De La ____
12. *Do this backwards to try hard to please
13. Range
15. Petri dish gel
16. Celestial bear
17. K-pop home
18. *Cold one is offensive
20. Sportscaster Andrews
21. Outer space path
22. Hold title to
23. *Take this to commit to marriage
26. Bullet factory
30. Even, poetically
31. Trim
34. Sitar music
35. Kon-Tiki and such
37. Be in a cast
38. Very, in music
39. Actress Barrymore
40. "Long Day's Journey into Night" playwright
42. Between Mar. and May
43. Annulling
45. Loads
47. Compass point between NE and E
48. Dugout river ride
50. Check-in via text
52. *Sign of nervousness (2 words)
55. One up
56. Lowest female voice
57. One quark plus one antiquark
59. Toothpaste brand
60. Riddle without solution
61. Cogito ____ sum
62. *Leg's partner, price-wise
63. Make a mistake
64. Robin's house

DOWN

1. "Eureka!"
2. *They cause no problems when they sleep
3. Nursemaid, in India
4. ____ 5, band
5. "Il Trovatore" composer
6. Garment insert
7. Month before Nisan
8. Torus, pl.
9. Word before sesame
10. *Cupful that's not for everyone
12. Adjective derived from bulb
13. Distorts
14. *Cutting these leads to poor results
19. Prods
22. Dot follower
23. Lost, in Provence
24. Live's partner
25. Hungry
26. Voting no
27. Like Fran Drescher's voice
28. Wide open
29. Bear digs
32. Group of buffaloes
33. *Breaking it relieves tension
36. *When these meet, one can afford what they want (2 words)
38. Remote in manner
40. Football's extra point
41. "The Call of the Wild" author
44. Gold bar
46. Dig further
48. One on artist's wheel
49. Communion table
50. Feline vibration
51. Unit on a list
52. *Easy piece
53. Ireland's other name
54. Duds
55. Edible tuber
58. 1990s negotiation

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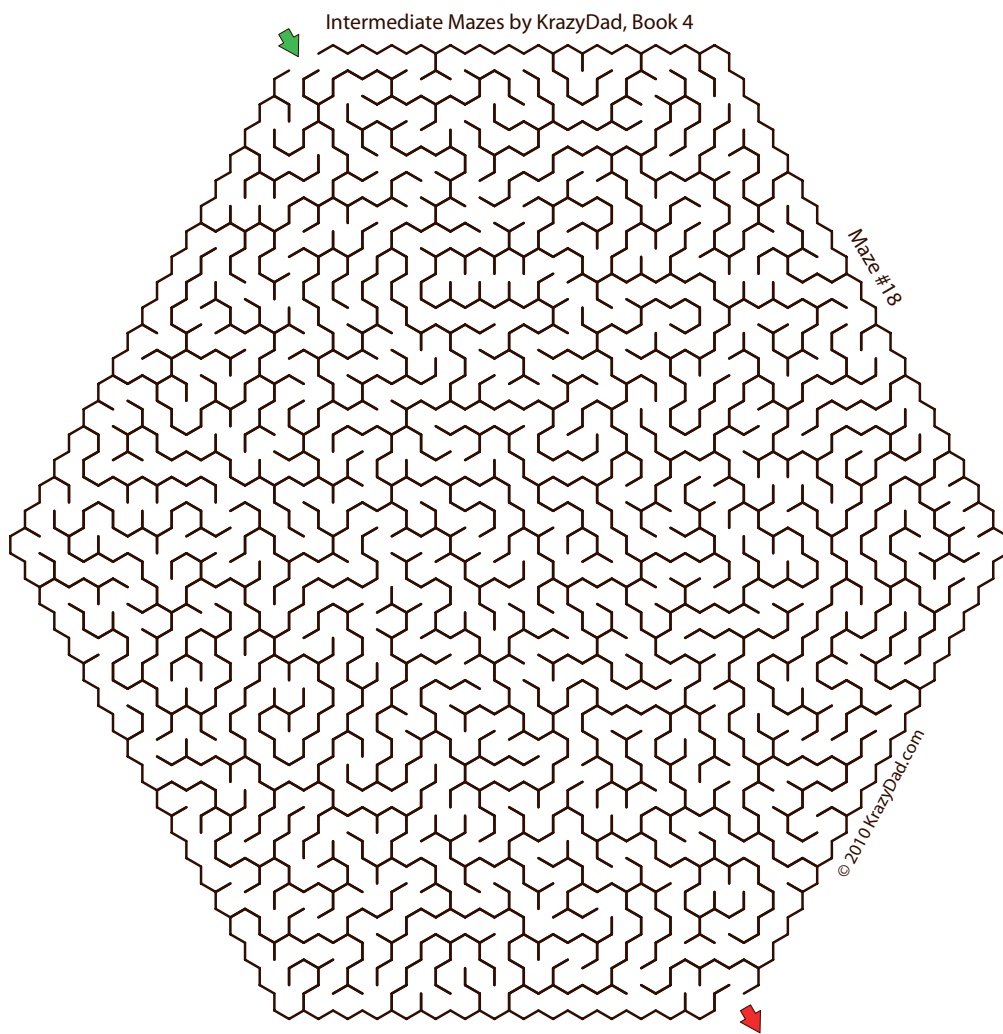
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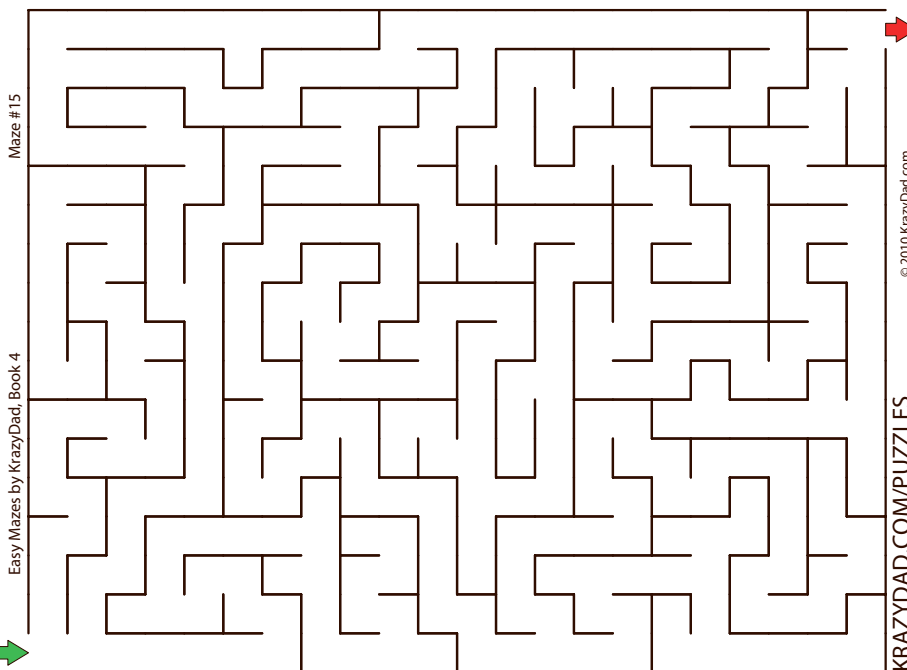
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SOLUTIONS PAGE 38

RICHMOND, CONTINUED FROM PAGE 22

is from when Ted Hull was there. Well Ted Hull is not there anymore. You know, its time to move on. But some people have a problem moving on.

Supervisor - "Anything that stands out in your mind that they say we are supposed to be aware of?" only thing that I can tell you is they are government disruptors and I'm sure they're watching right now. I hope they are. They're government disruptors They will come in and they will try to disrupt the way things are going by making complaints that are... I wish you could come and watch it and listen to it actually you can (indistinguishable). Well, some of the stuff they say, it's like you're running a government prison camp. But what I will tell you that they are the only ones complaining. There is no other citizens that are not involved in any county that aren't in J6 other than Gloucester and that's their own deal down there, have come to complain And I will tell you last night there was nobody from Richmond County that came in and spoke. I sit with my back to them so I don't know who was really there. But I don't know if there was anybody from Richmond County sitting there. So I feel were doing great.

But again, just to let you know and be aware that you know these people are out there and they're involved in what they call the Freedom Movement. I guess that's because they got pardoned. I don't know, anyway... But if you all have any questions or come up with a question later on let me know. Feel safe in this county. I don't think you'll have any problems."

There is a front page article in this edition providing further context and opposing opinions.

In other county news, the Town of Warsaw announced at their February Town Council meeting that the major development project called the Broadus Creek & Rhodes Place Subdivision has had Phase 1 of the project approved. This massive development has a total of 321 units comprised of 85 single family homes, 68 senior villas and 168 apartments.

This is all part of an explosion of growth in and around Warsaw over the past several years, and the project, developed by Packet Properties Warsaw, LLC, is the biggest in County history by far. The project is expected to begin this year. There is a press release by the Town of Warsaw in the Community Section of this edition providing further details about this massive project.

WESTMORELAND, CONTINUED FROM PAGE 6

Trivett.

An interesting sidenote is that shortly after Prescott's termination he was hired as the Assistant Town Manager by the Town of Colonial Beach which is located in Tim Trivett's district. Surely, if Supervisor Trivett was aware of any damning information about Prescott he would have warned the Town Council.

Various sources have disclosed that the real reason that Prescott was terminated is that he had discovered improper and possibly illegal conduct by previous supervisors and staff and those involved initiated the firing. Some

have claimed that it was from the discovery that thousands of dollars in transfer fees had been waived for selected individuals.

This would make sense in the case of Supervisors Hynson and Fisher who have been on the Board for approximately 30 years but the reasons for Supervisor McCormack supporting the termination are not clear unless he was given bad information. This is McCormack's first term.

We received an email from Supervisor N=McCormack just before this went to press offering to discuss the situation further and we will report on those conversations in the April edition.

Mr. Prescott was a veteran with a sterling record and his early efforts were applauded by many. His abrupt departure has stirred suspicion and we were recently informed by a reliable source that Prescott is preparing to take legal action. The Sentinel has recently reached out to Mr. Prescott through a third party but did not hear back before going to publication. We will provide an update in next month's edition including our conversation with Mr. McCormack and, hopefully, Mr. Prescott.

On a more positive note, the longstanding dispute over the house on Nomini Creek that has been washing into the creek has finally been resolved thanks to the persistent efforts of county resident Paul Traub and Supervisor McCormack in whose district the house is located. It is a positive resolution to a difficult situation and further details are provided in a front page article in this edition.

DON'T LET UP, CONTINUED FROM PAGE 10

lives and lifestyles of the managerial class are on the line. A huge army of well-heeled people, and their prestige, self-image, and credit scores are in jeopardy.

Their wealth consists of ill-gotten gains, taken from taxpayers at gunpoint, and they either lack marketable skills or do not want to work as hard and tediously as one must in the for-profit, private sector. The Opposition Must Know They Are Beaten

In order to succeed in "draining the swamp," it is not enough merely to win a temporary victory and indulge in the usual DC switcharoo. This is the practice whereby top-level people go from having prestige positions in government to killing time at a think tank, nonprofit, or educational institution until their party is back in power. This revolving door facilitates the exclusion

of outsiders and creates a common sensibility among "the Blob". The various people and institutions that depend on this corruption must be uprooted and dispersed, lest they rebuild the old system. Cutting off the money is an important and impactful first step.

Trump and his lieutenants understand that there is more to this fight than money. If this were only about a few people losing their jobs, the media and donor class would make them all martyrs and find them other employment. Reducing the status of the highly-paid professionals in the nonprofit sector requires these institutions to be shut down, for the most egregious frauds to go to prison, and for most of the remaining highly-paid officers to get less remunerative, much less glamorous jobs in the private sector.

While this takes place, why not limit the pay of any officers and staff of nonprofits receiving government funding, including universities? If government workers have to survive on a GS schedule—hardly a pittance—why not also those engaged in the "public service" of the nonprofit sector?

Trump is winning on this issue because most Americans get no benefit from any of these institutions and also pay a small fortune in taxes. They have nothing at stake in letting this continue and are resentful to learn that people who hate them are getting rich pretending to be caretakers of the poor and the downtrodden.

Is destroying an entire sector of the economy harsh? Yes, it is. But we should remember who these people are and what it is they do. These are not productive enterprises, and their officers are hostile to middle America, the private
CONTINUED ON PAGE 27

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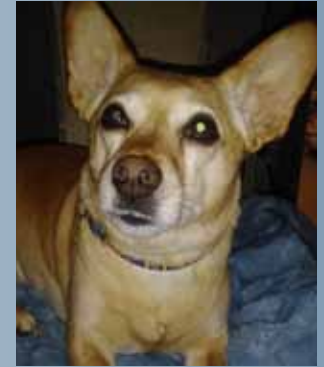
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BUMPER INVESTMENTS

Kristy Fike

With off-season retriever training here, many owners will be taking time in the field and on the water to polish and/or advance their retriever's hunting abilities. With that may come the purchase of additional gear to include bumpers. There are many options on the market for training bumpers. The following discusses some of the features you will find.

Material

There has been some debate about which bumper material is best for retriever training. Plastic bumpers are favored for their durability and overall lower maintenance. However, some feel that plastic is less realistic compared to canvas materials. Some feel that canvas or firehouse materials have better scent retention compared to plastic bumpers and that they are more realistic in feel compared

to a hard plastic bumper. However, there has also been the argument that dogs don't need scent added to them. Canvas bumpers and those made predominantly by foam (Dokken DeadFowl Trainers) will need to be dried properly after using them to avoid mildew, mold, and odors. Which material is better? If you talk to different professionals, you may get different answers. Many retriever professionals have successfully trained dogs utilizing both. Material should be considered and is key, but it should also be considered with other bumper features in mind too.

Color

Depending on a dog's training level, some use white bumpers that will have better visibility against the earth tone background and black and white colored bumpers as they have higher visibility when thrown. Orange colored bumpers will blend in better, making the dog use their nose to find the bumper. Similarly, bumpers that are made to look like a real bird in coloring provide the same.

Body style

Bumpers on the market have different body styles. Some are made to align with the size and color of a real bird that a dog would pick up in the field. Another feature you will see in these bumpers include a free-swinging head that adds realism. The free-swinging head also aids in correcting shaking behaviors among some dogs. This feature was coined by Dokken Dog Supply but can be found among other bumpers on the market too (RRT and Avery Sporting Dog). The Dokken DeadFowl Trainer also weighs about the same as real birds, which adds realism to training set ups.

Other bumpers found on the market are predominantly shaped as a cylinder and can be purchased in different sizes too. Some of these bumpers are designed to be narrower at the center of the bumper to encourage the dog to have a proper HOLD consistently. This feature is found in some bumpers made from plastic. These bumpers are ideal for dogs off all ages, but especially those coming straight out of force fetch or hold conditioning.

Other Features

Other features to consider are the weight of the bumper as mentioned above and the ability to add

bird scents to your bumpers. While some bumpers are naturally made heavier than others, some plastic bumpers have a valve on them. This allows you to fill them partly with water. When training on the water, this will make it harder for the dog to see the bumper. In effect, it will force the dog to hunt more and rely on their eyes less.

The ability to add scents to your bumpers is favored by many. Bumpers such as the Dokken DeadFowl Trainer are made to have bird scents injected into

CONTINUED ON PAGE 27

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BUMPER INVESTMENTS, CONTINUED FROM PAGE 26 them. There are canvas bumpers out on the market that have scent strips on them, which allows users to add scents directly to the bumper. In addition, there are bumpers that allow users to add feathers to the bumpers too. Some canvas bumpers have elastic bands on them for this purpose. Gunner Kennels came out with a bumper that allows users to add feathers inside of them allowing for the scent to be disbursed. For some this doesn't matter, as they attach whole wings to their bumpers or let their bumpers sit in a bag of feathers to get scent on them.

Bumpers are a crucial investment for retriever owners. When choosing bumpers, consider the features collectively in comparison to your dog's needs. There are discussions among owners and professionals about what is deemed to be best. It is smart to chew on the points made during these discussions and let them lead you in the right direction in discerning what type of bumper may be best. However, make your decision based on your retriever's needs.

DON'T LET UP, CONTINUED FROM PAGE 25 sector, and the U.S. Constitution. Without any pretext of revenge, they already demonstrated no restraint during Trump's first term and sabotaged much of what he tried to do.

None of these people stood up as the FBI sent SWAT teams to kick in doors and arrest grandmas who walked through the Capitol on January 6. Few demonstrated any magnanimity towards the hundreds of thousands of soldiers, firemen, cops, teachers, and others who lost their

jobs because they defied COVID vaccine mandates.

If the MAGA agenda means anything, it means no one can undermine our civilization at our collective expense. What has taken place is worse than waste. It is as if we paid a team of arsonists to light fires in the middle of a conflagration.

The Distribution of Public Honor and Public Shame Must Be Reversed

One way the left succeeded in recent years was by convincing many people that their institutional power was so great and their causes so inevitable that opposing these things was a path to penury and pariah status. People in corporate America and the government either got with the program and donned their rainbow flag pins or were compelled to keep a low profile and do nothing to resist the relentless assault on what was normal five minutes ago.

The apparent unanimity among high-level leaders and other arbiters of culture had the effect of codifying new, revolutionary norms. High pay and political influence from the nonprofit sector reinforced the status hierarchy concocted by the left. But voters rejected their ongoing humiliation when they elected Trump a second time. And these institutions' status is quickly being undermined by their failure to move public opinion during the last election and because of public scrutiny of their murky finances.

This is a good thing, and we should not retreat until the job is done. It is a false and unproductive moral and political strategy that counsels pulling punches in the middle of the fight. One must win first and win completely before any such clemency can take place. This only happens when

opponents admit their defeat.

Consider as an analogy the different postwar outcomes in Germany and Japan in 1945 versus Iraq in 2003. The former were thoroughly beaten, army and civilian society alike. The destruction had fully exhausted the populations of each of the Axis powers, discredited the old regimes, and also demonstrated the power of the conquerors. They became model liberal democracies, and neither produced any significant post-defeat resistance.

By contrast, Iraq's conventional defeat in the 2003 invasion was so surgical and swift that most of the enemy just dissipated, going home in civilian clothes and bringing their guns and explosives with them. The chaos of the early occupation revealed an American military force that was too small and ill-prepared for occupation duty. Criminal gangs engaged in widespread looting. Saddam's ability to evade capture for many months inspired the revanchist dreams of the Iraqi resistance. These factors combined to create a sense of a not-quite-complete victory, fueling the chaotic violence and extended insurgency of post-invasion Iraq.

National politics are not the same as war, of course, but many of the same principles apply. American politics since Obama's presidency has been more than a family fight among people with common values and a shared understanding of our identity. It has, instead, been a heightened culture war, along with a whiff of "color revolution" in recent years.

There's a reason the left invented new holidays and toppled old statues in 2020. During the last 10 years, we have endured an elite-directed campaign against the

CONTINUED ON PAGE 29



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TOWN OF WARSAW ANNOUNCES PHASE I APPROVAL FOR 321-UNIT SUBDIVISION

The Warsaw Town Council gave the green light for Phase I approval of the Broadus Creek & Rhodes Place Subdivision at their February Council Meeting on February 13th, 2025. The proposed residential development will be the largest in the Town's history, and one of the largest in the history of the Northern Neck Region and surrounding areas. The developer, Packett Properties Warsaw, LLC, introduced the subdivision with the following total units: 168 Apartments, 85 Single-Family Dwellings, 68 Age-Targeted Villas. The subdivision will include amenities such as a community pool, clubhouse with gym, walking trails, and green space. It also adjoins the Bounds, an existing Town Park with walking trails and green space, and incorporates elements from the Enchanted Forest trail system.

This development will continue the Town's recent growth, with an estimated population increase of nearly 65% within the last decade to a total of 2,330 residents today. Warsaw Town Manager, Joseph Quesenberry, stated that this can be attributed to a few key elements. "I believe the Town's investments in our community, our local businesses, and our residents has played a key role in this growth. From new parks, new sidewalks, new businesses, and an overwhelming sense of positive energy, it's all coalesced to form a great place to live, work, and play," he said.

Warsaw Mayor, Randall L. Phelps, said that he's optimistic about the Town's future. "We've done and will continue to do our due diligence with numerous meetings, studies, and plan sets provided by the developer to ensure this project fits into our community. The lack of housing is a national issue, and I'm pleased that Warsaw is doing our part to alleviate this on a local level. We look forward to working with Mr. Packett as we continue this journey and appreciate his continued investment and dedication to our community" he said.

Phase II will produce a detailed plan set and will include final approvals from the Town, VDOT, DEQ, Richmond County, and all other required agencies. Once complete, the project may begin construction within 2025 – 2026.

For more information regarding this project or any economic development related questions or inquiries, please contact Joseph N. Quesenberry, Warsaw Town Manager at (804) 333-3737, or via email at jquesenberry@town.warsaw.va.us.



RICHMOND NAVY LEAGUE

Among the hundreds of not-for-profit organizations in Central Virginia, the Richmond Navy League is likely one with which you are unfamiliar.

Our mission is to Support Those Who Serve Us in our country's sea services... Navy, Marine Corps, Coast Guard, and U. S. Flag Merchant Marine (Military Sealift Command).

Our support is a combination consists of financial allocations for our five "adopted" ships and other land-based commands, and a presence at changes of command, ship and command events, and JROTC or Sea Cadets inspections. For years, we have hosted the annual Pearl Harbor Day Remembrance ceremony at the Virginia War Memorial.

Founded by President Theodore Roosevelt in 1902, Our members are a combination of both veterans and non-veterans, all of whom have a deep reverence for our deployed Sailors and Marines. The Richmond Navy League is one of the most active Councils in the Navy League of the U.S. Much of what we do can be discussed found on our website, www.navyleague-richmond.com.

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Small businesses need your help. Local stores, restaurants, and service providers are struggling to survive. These businesses provide jobs, support communities, and feed families. During this time of crisis, it's more important than ever to support small, local businesses.

You can help by making a commitment to Shop Small & Buy Local. Browse the advertisements in this paper to view some small businesses that need your support. These businesses also support the Northern Neck Sentinel. Without them, there would be no Northern Neck Sentinel. We are all in this together, even if we are physically apart. Thank you for your continued support during this difficult time.

DON'T LET UP, CONTINUED FROM PAGE 27
American past and the heritage people of America. The left fully understands—and we should also understand—that Trump's presidency is a counterrevolutionary rejection of this campaign.

Judges, generals, and senior bureaucrats showed that they were willing to undermine every norm of self-government and legality to thwart the popular will during Trump's first term. What he was able to accomplish despite these conditions was quickly undone after Biden was installed as president.

This all happened because the people, money, and parallel institutions that enabled the resistance were never uprooted until now.
What Comes Next?

As this infrastructure is uprooted, there will be a lot of wailing, whining, and gnashing of teeth. There will likely be some violence and sabotage too, particularly if the left's usual tricks do not yield results. This must be a thorough process, akin to the denazification of Germany after World War II.

As in that precedent, the offenders must be removed from power and barred from taking it again. Their sources of wealth must dry up, and the campaign must extend, to the extent possible, to the refuge and support they receive from the media and the universities. In other words, the program of counterrevolution must be as far-reaching and comprehensive as what preceded it.

I am optimistic. Everything so far suggests things are moving in the right direction. But this work must continue,

and the administration must remain firm in the face of calls for restraint and forbearance. Remember the parable of the scorpion and the frog.

On a personal note, I will be taking a break and writing less frequently in the months ahead.

I have written a column nearly every week since I began writing at American Greatness in 2017. I am not out of things to say, but I do admit that, as a curmudgeon, I find it easier to find inspiration in expressing my contempt for the enemy and its antics. I am now in the strangely refreshing position of basking in all the good news and clear-thinking at the top.

I am confident that withdrawing my very modest service in support of reactionary conservatism will not harm the momentum of the Trump administration or the good spirits of my readers.

I appreciate every one of my readers who have taken the time to read this column, consider my thoughts, occasionally write a kind note, and also sometimes criticize my remarks intelligently and respectfully. In the meantime, I invite everyone to continue to volunteer, donate, write, and pray to support the successful recapture of our country's political and cultural institutions.

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AMERICAN GREATNESS


FREEDOM, CONTINUED FROM PAGE 9

protest, he observed a suspicious identifier on certain people. Some men there, who appeared to be law enforcement, were making rounds surrounding the G.W. Memorial. Chris recounted his conversation with a law enforcement officer at the Capitol Building. Gesturing to the man's wrist, Chris told the man, "That rainbow bracelet gave you away." Chris went on, explaining to me how the rubber, rainbow bracelets didn't have any message on them and the men wearing them didn't appear to be part of the LGBTQ community, but seemed to be undercover officers, whom he described as "feds." "He didn't look gay and his bracelet didn't say anything on it," Chris explained, "These rubber bracelets that everyone was wearing back then, and even today, would always say something on them, like 'LGBTQ' or 'gays for Trump' or something like that. It always says something on it." "That's what really gave the bracelets away," he concluded.

A few months after January 6th, 2021, Chris was sentenced to twelve years in prison for trespassing on United States Government property and allegedly assaulting a police officer. Chris Quaglin confessed to trespassing on government land, but he said nothing of assaulting an officer. Nor did he tell of any other actions that would justify being punished by twelve long years in jail. Recalling swinging his arm up in the air, without striking anyone, Chris reported to me that he was immediately battered on the head by police who used several collapsible batons. There were many stories Chris recounted of law enforcement, or possibly people disguised as law enforcement, unreasonably attacking innocent protestors. The second half of the First Amendment of the United States Constitution declares: "Congress shall make no law abridging the freedom of speech, or of the press; or the right of the people to peaceably assemble, and to petition the Government for a redress of grievances." Thanks to pardons granted by President Trump the day he was sworn into office, Chris Quaglin and many other political prisoners were released from captivity in January 2025.

During Chris's nearly four years of imprisonment, he was uprooted from jail to jail. One of the locations he was held

CONTINUED ON PAGE 30



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

— President James Garfield

VETERANS AFFAIRS



Courtesy of Operation Gratitude

'WE'RE THEIR FAMILY' VOLUNTEERS ASSEMBLE CARE PACKAGES FOR TROOPS, VETERANS, AND FIRST RESPONDERS

Randy Tatano

Imagine that the best gift you received this year had no monetary value, took 15 minutes to put together, and came from a complete stranger. What could a gift like that possibly mean?

It's a simple thank-you letter, and if you're in the military serving half a world away from home; a forgotten veteran; or a first responder exhausted from dealing with a disaster,

kind words from someone you've never met can mean so much.

Those letters, accompanied by other small gifts, come from Operation Gratitude, an organization that believes the kindness of strangers is priceless. It's the brainchild of Carolyn Blashek, who founded it in 2003 after a heartbreaking conversation with a soldier heading back to a war zone. He had just buried his mother, his only child had died, and his wife had left him. As Blashek recalled, he had told her, "I'm going back over there. I won't make it back this time, but it really doesn't matter because no one would even care."

She was deeply moved by the comment and realized that "knowing people care" could make all the difference to those feeling alone and isolated. So, she created 600 care packages in her living room, filled with things that remind those away from home of "home," like snacks, entertainment items, hydration supplements, and coffee.

Today, Operation Gratitude sends 200,000 packages a year. The cost of a package is about \$25. Executive Director Meg Barron knows firsthand what members of the military go through while serving. As the daughter and wife of veterans and sister to a sheriff's deputy, she knows how important a "thank you" can be. "Our deployed troops are our number one priority. They are our biggest recipients."

The personal letters are the organization's signature item. In an era of emailing and texting, getting people to write old-fashioned letters might be tough. Yet school-children and adults alike use the organization's online letter-writing guide to submit letters. "At least one of those letters goes into every care package. That is the most heartwarming gift we have," Barron proclaims. Each letter is unique; service members receiving copies of the same letter wouldn't have the desired impact.

If you decide to write a letter and include your name and address, you could get a letter back—or more. Barron relates how one volunteer got quite a surprise. "A very large soldier showed up at his door. The soldier asked if he worked for Operation Gratitude and said, 'I received your care package when I was deployed in Africa, and it changed my life. I wanted to show up and say thank you.' The soldier gave the volunteer a military coin. The volunteer carries it everywhere."

The packages can also make a practical difference. A first responder had received a package and had it in his car while he was involved in a very long hostage negotiation. "He couldn't go home. He [opened his] ... care package from us ... and found mouthwash and body wipes and five-hour energy drinks." These helped him get through the standoff.

Many soldiers don't get any mail, so for them, knowing that someone took a few minutes to



Courtesy of Operation Gratitude

write a letter makes them feel appreciated. "Not everybody has family that can send care packages or have the means to do it. So us, as Americans, we're their family."

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THE EPOCH TIMES

FREEDOM, CONTINUED FROM PAGE 29
hostage was the Northern Neck Regional Jail in Warsaw, VA. As an inmate at NNRJ, Chris reported to have lost thirty pounds in twenty-one days, which he attributed to the staff's unwillingness to provide him with the food he needed. Chris was tested and diagnosed with Celiac Disease many years prior and therefore could not consume any gluten. Yet he says he was repeatedly denied necessities, including the appropriate rations, a drinking cup, and bars of soap. Additionally, he spent a cumulative time of three months in solitary confinement, also known as "the hole," for no given reason. Common pass-times for the inmate included reading books, watching television, joining physical activity, playing cards, documenting his harsh experiences, and growing closer to God by means of prayer and his Bible. Before he knew of his release date, the caged bird longed for the hope and joy that freedom so enticingly presented.

Now that Chris Quaglin is a free man, he and his fellow patriots are traveling around America on a "Freedom Tour" to share the truth about January 6th, 2021. Check out

Chris's X account at @CQuaglin and donate to Chris at [givesendgo.com/persecutedpatriot](https://www.givesendgo.com/persecutedpatriot). To watch my full video interview with Mr. Chris Quaglin, visit x.com/Olivia_violet15 or on X at @Olivia_violet15. If you take one piece of information with you today, remember that freedom is never free. Always stand up for freedom; no matter the consequences!

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Photo courtesy of Library of Congress Veterans History Project

LEARNING FROM VOICES OF WAR

HONORING THE 80TH ANNIVERSARY OF WORLD WAR II'S FINAL MAJOR BATTLE

The Ardennes Offensive, commonly known as the "Battle of the Bulge," stands as the single bloodiest battle fought by the United States during World War II. Waged in the bitter cold of mid-December 1944, it took the Allies a month to secure victory. The cost was staggering: nearly 20,000 Americans were killed in action, close to 50,000 wounded and another 20,000 captured.

In honor of the 80th anniversary of this pivotal battle, the Library of Congress Veterans History Project has launched an online exhibit to commemorate the milestone. While the battle itself is etched in the annals of history, the personal stories from those who endured it remain one of the most powerful testaments to its impact.

The online exhibit, "Serving Our Voices," features accounts from 12 Battle of the Bulge survivors, part of the thousands of narratives preserved by the project. These stories ensure future generations can gain deeper understanding of veterans' service and sacrifice.

One such story includes Eliot Annable, a 20-year-old radio operator serving with the Army's 106th Infantry Division. Just days after arriving at the western front, Annable found himself under German artillery barrages on Dec. 16, 1944. He recalled the assault in his oral history, describing the intensity as "almost enough to knock you on the floor."



Photos courtesy of Library of Congress Veterans History Project

The following five days became the most harrowing days of Annable's military service. While on a communications mission, he became stranded behind enemy lines and spent nearly a week evading the enemy in the Ardennes Forest without food, shelter or appropriate winter clothing. After traveling more than 30 miles, he eventually safely rejoined the remnants of his unit.

Back home, Annable's parents were gripped by uncertainty. On Dec. 31, 1944, his father wrote a letter expressing the family's anguish and love for their son, regardless of what happened. The moving letter, coupled with Annable's oral history, provides an intimate view into one soldier's Battle of the Bulge experience.

Another featured veteran in the exhibit, Guy Martin Stephens, also served with the 106th Infantry Division. Unlike Annable, Stephens was captured by the Germans during battle. In his oral history, he recounted the surreal feeling of combat, the relentless hunger he endured as a prisoner of war and the lingering effects of his time in captivity.

"It's hard," Stephens said. "It's something you can't ever ... your mind is just like a video, or camcorder, I guess. You put it in there. You get busy and get married. You get home, and you get an education, and get a job, and raise your family and everything like that. You can kind of gloss it over or try to push it back, but it's always there, you know?"

Veterans who served during the 20th or 21st centuries are invited to establish a collection, including interviews (video or audio), letters and original photographs, even if they did not see combat. Families can also submit collections posthumously to honor their loved ones. To explore more veterans' stories and learn how you can contribute to the program, visit loc.gov/vets.

DECORATE YOUR WAY TO A FESTIVE ST. PATRICK'S DAY 4 DIY PROJECTS WITH A TOUCH OF IRISH FLAIR

Pairing Shepherd's pie and potato soup with green pints and Irish delights are surefire signs of St. Patrick's Day celebrations. Food and drink may be the stars of the show, but a little festive ambiance can transport guests from your dining room table to the streets of Dublin.

A few seasonal touches are all it takes to complement a menu of corned beef and cabbage. Consider these DIY decorations for this year's St. Patrick's Day party.

- Set a St. Paddy's Mood – Show off your holiday spirit for all to see with a homemade wreath that gives your front door a perfect welcoming touch. Cut shamrock shapes out of green construction paper then glue together, edge to edge, to your desired size. Punch a hole in the top shamrock and run string or ribbon through to hold up your work of art.

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Photo courtesy of Unsplash

- The Gift of Green – Lend a helping hand to guests who forget their green with shamrock-shaped pins they can attach to shirts or hats. Wooden shamrocks tend to work best with small pins glued to the back. Arrange these easy party favors near the door so your friends and neighbors can grab one as they enter.
 - A Homemade Pot o' Gold – Send guests chasing the rainbow and reward their adventures with canning jars filled with candies wrapped in gold. Simply spray paint jars green, fill with gold-wrapped candies and place in various gathering areas for easy-to-reach treats.
 - Custom Cups – Upgrade boring drinkware with a leprechaun look. Find green cups (plastic or paper) and wrap with black ribbon using hot glue to secure. For a final touch, add a gold sticker as the belt buckle.
- Visit eLivingtoday.com for more at-home decor ideas.

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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 for it. 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 antislavery 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 free and slave 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 8 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 that westward migration would tilt the Senate's balance of power against slavery. The North already had a

*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>

majority 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. Antislavery 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.

Prior to the Missouri Compromise, many Southerners claimed to oppose slavery in theory but feared emancipation would invite a race war. They also feared that 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 that 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 that the Missouri Compromise merely postponed likely conflict over slavery.

Constitutional Provisions for Slavery

Recall that the Constitution included several provisions that protected and strengthened 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 slave trade until 1808. Finally, the rule that gave each state two senators ensured that North and South would eye the admission of every new state suspiciously. The 1820 compromise that saw the admission of Missouri and Maine managed to quell tensions temporarily. But the

CONTINUED ON PAGE 33



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US CONSTITUTION, CONTINUED FROM PAGE 32
 Constitution's structure ensured that 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.” That message, of course, was incompatible with the institution of slavery. Slaveholders now found that they needed to reconcile the institution with Revolutionary ideology. To do that, whites increasingly turned to racism. Specifically, Southern whites emphasized the alleged racial deficiencies of Blacks as a justification for human bondage. Moreover, whites believed that the example of free Black people embittered slaves and implicitly enticed them to escape and rebel. They therefore passed laws that sharply curtailed their rights, such as denying them the right to

move between 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.

Pseudoscientists found physiological or intellectual differences between the races. Southern racial theorists often neglected to grapple fully with the fact that many enslaved persons were of mixed race, often the result of white male masters raping their

Black 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 blood that would exclude 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 antislavery 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. Antislavery 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 that 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 that was 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 antislavery bar devoted substantial time to these sorts of issues.

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 that had not completely abolished 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 antislavery 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 affidavit.

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Gammon Irons

Persistent, overwhelming fatigue, cloudy thinking, shortness of breath, body aches and pain - these troubling symptoms are the telltale signs of long COVID.

Yet, for an individual who has previously had a Lyme disease infection, the symptoms may be indicative of COVID-induced Lyme disease flare-ups - as long COVID symptoms and Lyme disease look alike. Or for someone who at some point in the past experienced an Epstein-Barr virus (EBV) infection or chronic fatigue syndrome (CFS), the symptoms may be a result of chronic illness triggers after COVID.

Indeed, nearly five years after the COVID-19 virus arrived in the U.S., scientists are still making discoveries about the long COVID immune response - and, specifically, COVID and immune system reactivation.

Here's what you need to know how COVID impacts chronic illnesses and Lyme disease relapse after COVID.

A compromised long COVID immune response could leave an opportunity for previously dormant viral or bacterial infections to re-emerge.

What Is Long COVID

Long COVID - also known as post-COVID condition - is a syndrome that occurs in individuals with a history of likely or confirmed SARS CoV-2 infection, usually about three months from the onset of COVID-19.

Long COVID comes with an array of symptoms lasting for at least two months and cannot be explained by an alternative diagnosis to be considered long COVID. The most common symptoms may include any of the following: fatigue; malaise; brain fog; memory loss issues; heart palpitations; blood clots; persistent cough; chest pain; loss of lung function; muscle pain and joint aches; headache; extreme hair loss; loss of smell; altered taste; sexual dysfunction; sleep disturbances; gastrointestinal issues; anxiety; and depression.

These symptoms often have an impact on everyday functioning. Symptoms may appear for the first time following initial recovery from an acute COVID-19 episode, or they can persist from the time of the initial illness. Additionally, they may vary or relapse over time.

One of the most recent scientific surveys of nearly 30,000 participants revealed that about 8% of U.S. adults reported having ever had long COVID. Just under 4% of U.S. adults reported currently having the condition or currently having activity-limiting long COVID.

Of course, the SARS CoV-2 infection is the original initiator of long COVID, but more research is needed to fully understand what transpires at the cellular and molecular levels bringing about long COVID health complications and symptomatology.



Photo Credit: pennmedicine.org

What Drives Long COVID

Scientists see long COVID more as an umbrella term because it appears there are likely multiple mechanisms leading to its development and these conditions are not mutually exclusive - and may even coexist.

According to 2023 research, the leading theories about what drives long COVID include damage/alteration to the immune system, the persistence of residual COVID viral components leading to chronic inflammation, endothelial (lining of blood vessels) dysfunction or activation, reactivation of pre-existing chronic infections, microflora imbalances in the gut, and unrepaired tissue damage.

Here's a closer look at a few of them.

Viral Persistence

Viral persistence is characterized by ongoing shedding of SARS-CoV-2 after the acute infection has run its course. These persistent infections from long COVID shedding may fly under the radar, but their sub-clinical viral presence is thought to continuously aggravate the immune system - which, in turn, may trigger chronic inflammation.

Indeed, persistent COVID viral RNA was found in the feces of a group of individuals months after clearing the initial infection, according to one study reported by researchers at the Yale School of Medicine. These individuals also reported experiencing residual GI symptoms months after being diagnosed with COVID.

If long COVID develops due to sub-clinical levels of the

virus persisting in the body, that would make the condition similar to other infection-associated chronic conditions (also called post-acute infection syndrome) such as CFS, Lyme disease, EBV, or herpes zoster (shingles) that develop after the acute infection has passed.

COVID and Dormant Infections

Because COVID can cause immune system dysfunction, scientists sought to explore an important question: Can COVID reactivate infections? After all, a compromised long COVID immune response could leave an opportunity for previously dormant viral or bacterial infections to re-emerge - especially the IACC's just mentioned.

There's a likely connection between COVID and immune system reactivation, evidence suggests. EBV, which causes mononucleosis and other illnesses, appears to be reactivated in some long COVID patients. Indeed, research shows that an increase of EBV antibody levels are present in some individuals with continuing long COVID symptoms.

Additionally, research has found many overlaps between long COVID symptomatology with clinical presentation of chronic fatigue syndrome. Twenty-five out of 29 known chronic fatigue symptoms were noted in one COVID study. However, it is still not exactly clear how COVID impacts chronic illnesses.

Auto-immunity

SARS-CoV-2 infection may trigger auto-immune disease. Some patients with long COVID have elevated levels of auto-antibodies (malfunctioning immune cells), which are thought to play a role in auto-immune disorders such as rheumatoid arthritis, lupus, or Sjögren's syndrome.

Antibodies help to protect against foreign invaders, such as bacteria and viruses. However, auto-antibodies can attack the body's own cells, leading to inflammation and tissue injury.

In some patients with long COVID, anti-nuclear auto-antibodies have been observed up to one year after acute infection. They can target parts of cell nuclei, which may

CONTINUED
ON PAGE 35

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LONG COVID, CONTINUED FROM PAGE 34 promote inflammation and damage organ systems.

For instance, in the inner lining of blood vessels (the endothelium), these anti-nuclear auto-antibodies can create a hyper-inflammatory state or alterations to blood cells that can lead to inappropriate clotting.

Inflammation

Inflammation, or recruiting white blood cells and the release of cytokines that initiate tissue swelling and injury, may also underlie some types of long COVID. The acute phase of COVID infection alters tissue function and unleashes a chronic inflammatory state in cells, specifically cells in the brain that are longer-lived. Inflammation is one of the major chronic illness triggers after COVID.

All of the theories noted above may possibly contribute to the sustained inflammation seen in long COVID cases.

What Is Lyme Disease

Lyme disease is a bacterial infection that develops after a person is bit by a tick carrying the infection-causing bacterium, *Borrelia burgdorferi*. In rare cases, Lyme disease can develop from another tick-carrying bacterium called *Borrelia mayonii*.

While cases of Lyme disease have been reported in all 50 states in the U.S., the vast majority of Lyme disease is found in the Northeast, mid-Atlantic, and upper-Midwest.

Lyme Disease Symptoms

When Lyme disease infection first occurs, the most common symptom is an erythema migrans rash. It appears like a red circle with a bullseye on the skin. Research has found

about 70-80% of cases have this rash, which appears at the site of the tick bite.

Over time, other symptoms of Lyme disease may appear. However, some people may not notice any symptoms initially. The CDC notes that any of the following early symptoms of Lyme disease typically appear three to 30 days after the tick bite: EM rash; headache; fatigue; fever; chills; muscle and joint aches; and swollen lymph nodes.

Days or even months after the tick bit, these later symptoms may appear: EM rashes that appear on other areas of the body; severe headaches and neck stiffness; arthritis (particularly in large joints like the knees); pain that comes and goes in the tendons; joints, muscles, and bones; facial paralysis or severe weakness of facial muscles; heart palpitations or an irregular heartbeat; bouts of dizziness or shortness of breath; shooting pain, tingling, or numbness in the feet and or hands; nerve pain; brain and spinal cord inflammation; sometimes if an individual receives treatment right away, before the condition develops, they may not experience these later symptoms of Lyme disease.

Lyme disease may also trigger symptoms related to mental health conditions, such as: brain fog; anxiety; depression; OCD; and memory loss

And similar to long COVID, some Lyme disease patients continue to have ongoing symptoms, which can be severe and debilitating. The CDC calls this phenomenon post-treatment Lyme disease syndrome (PTLD), also known as chronic Lyme disease.

Many researchers and clinicians believe that the persis-

tence of bacteria is the cause of these lingering symptoms. The antigen that triggers the inflammatory responses in chronic Lyme disease symptoms is found on the outer layer of the bacterial cell wall.

Pieces of these bacterial cell walls can linger in the body - undetected in the neurons or spinal cord, even post infection. This may contribute to the prolonged inflammation that leads to chronic illness.

According to a recent 2024 study in the Journal of Infectious Diseases, prevalence of PTLD varies from 0% to 48%, depending on

how chronic Lyme disease is measured and defined. Some advocacy groups settle on a prevalence rate of 30%.

Long COVID and Lyme Disease

COVID symptoms and Lyme disease share similar symptoms, but that's not all. In a 2022 study, researchers found that chronic Lyme disease and COVID-19 are linked as having a history of Lyme disease correlated to increased risk of severe COVID-19.

In fact, long COVID and Lyme disease have so many overlapping similar features, research has been conducted to find biomarkers that differentiate between the two conditions.

Unfortunately, without clear biomarkers, the lack of differences between them impedes scientific research, according to some experts. A potential participant in a trial might be sick from long COVID, Lyme disease, or another infection-associated chronic condition.

At this point, there are currently no FDA-approved treatments for chronic Lyme disease, or full-scale clinical therapy trials, which is very common among chronic conditions. But there's hope that with the prevalence of long COVID, new research will reveal therapies that may help treat all of these similar chronic conditions, such as COVID, Lyme disease, EBV, CFS, and the herpes zoster (shingles).

Managing Post-COVID Lyme Disease Symptoms

Until an effective treatment is found, post-COVID Lyme disease symptoms can be managed through lifestyle changes. Of course, an acute Lyme disease infection requires antibiotics. Here's what you can do for chronic Lyme disease and long COVID symptoms: Support from a qualified mental health professional, good sleep hygiene, consuming a brain healthy diet and avoiding alcohol, excess sugar, and refined carbohydrates can all help to support a healthy mood and keep inflammation levels down. Additionally, practicing deep breathing or mindfulness practice like yoga, tai chi, or meditation can help keep anxiety levels down, and inflammatory cortisol levels in check. Acupuncture, gentle massage, heat, stretching and toning exercises, and water therapy are all good for managing pain.

MORE CONCERNS, CONTINUED FROM PAGE 12

There has been research on solar farms regarding heat reflection back into the atmosphere resulting in a temperature increases of 5 to 7 degrees Fahrenheit ABOVE the solar fields versus the air surrounding the solar farms. The solar farms therefore become a form of heat island that are found over major cities with dark cement buildings and highways creating huge parcels of heated air. These parcels of heated air rise up into the atmosphere and mix with weather issues such as violent storms and could exacerbate the conditions where there are extreme differences in air temperatures when air masses meet as noted in tornadoes and hurricanes. The heated parcels in any situation would also add to the AVERAGE global temperature which consequently defeats the original reason for GOING GREEN.

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MAKE YOUR ST. PATRICK'S DAY SPREAD GREEN WITH ENVY

Freshen up your St. Patrick's Day menu with easy, light sandwiches inspired by the traditional color of the festivities. These open-faced noshes can be perfect for lunch, snack time or even as an appetizer for get-togethers with friends and family.

Layered with a smooth cream cheese and mozzarella mixture then topped with crisp cucumber and a stem of green bell pepper, these St. Patrick's Day Sandwiches are easy and cute, which makes them a fan favorite at nearly any green gathering. They're also sprinkled with lemon juice to add a little acidity and create a nice, light bite.

Plus, this recipe is quick to make. When you're in a rush to get everything on the table for the party, it's easy to throw together and get on the platter in next to no time.



The sandwiches pop off the plate with their bright, seasonal garnishes. While sure to attract attention and have your loved ones asking "Where did you get this idea?" they're also an easy way to sneak a few vegetables into your kids' diets.

For more festive recipes and ideas at Culinary.net.

ST. PATRICK'S DAY SANDWICHES

Yield: 8 sandwiches

8 ounces plain cream cheese spread, softened
1 cup finely shredded mozzarella cheese
salt
4 English muffins
24 slices cucumber
8 thin slices green pepper
fresh cilantro leaves
lemon juice
lemon slices, for garnish (optional)

In bowl, mix cream cheese spread, mozzarella cheese and salt well.

Split English muffins in half. Cut each muffin half into shamrock shape.

Spread cheese mixture over each muffin half.

Place three cucumbers on each "shamrock," one on each "leaf." Use green pepper slice as stem. Place cilantro leaf on top of each sandwich.

Sprinkle sandwiches with lemon juice and add lemon slices, for garnish, if desired.

MAKE BREAKFAST MORE MANAGEABLE

Mornings for many families involve hurried breakfasts and mad dashes out the door. These Egg Tot Muffins can help take that grab-and-go breakfast to the next level. High in protein and flavor, they are a good way to get rid of early



morning brain fog. Plus, you can make them ahead of time so all you have to do is pop them in the microwave and enjoy on the go. Find more morning meal inspiration at Culinary.net.

EGG TOT MUFFINS

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

Butter
36 thawed tater tots
10 eggs
1/2 cup heavy whipping cream or half-and-half
1/2 cup shredded cheese
2 teaspoons garlic powder
2 teaspoons onion powder
1 package (2 1/2 ounces) real bacon pieces
salt, to taste
pepper, to taste
Heat oven to 350 F.

Grease muffin tin with butter. Place three tots in each muffin hole and smash down.

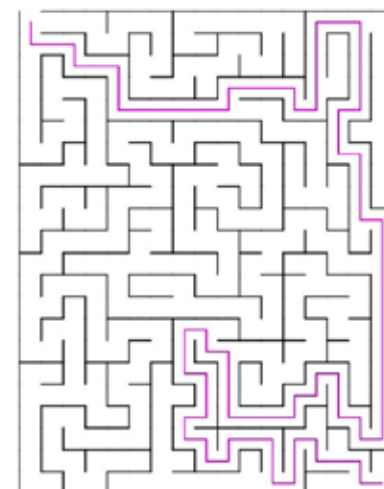
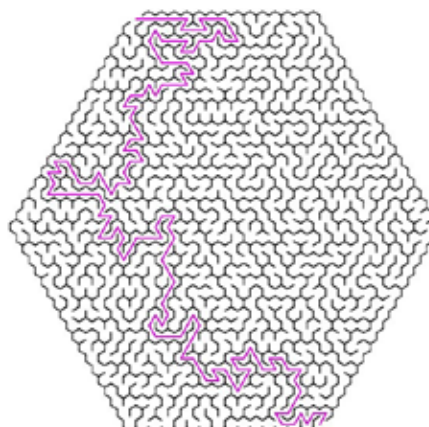
In bowl, whisk eggs, cream, cheese, garlic powder, onion powder and bacon pieces. Season with salt and pepper, to taste. Fill each muffin hole completely with mixture.

Place cookie sheet under muffin tin to contain messes and bake 20-25 minutes.

PUZZLE KEYS:



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



US 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 antislavery lawyers argued that the Fugitive Slave Act was unconstitutional, a question that divided 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 that the free states' presumptions should govern, meaning that 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 that they were not a fugitive slave if they could present their own evidence that they were somebody else. And the decision-maker also mattered. Antislavery 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 that 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, antislavery lawyers contended that states retained the authority to determine their own courts' judicial procedures. After all, states ordinarily determined the procedures that applied 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 V. 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 that 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 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 that 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 that the Southern states would never have agreed to the Constitution without the fugitive slave clause.

Story then argued that the clause must be interpreted to "fully and completely effectuate the whole objects of it." In other words, courts should avoid interpretations that undermine the right of slave owners to retrieve fugitive slaves. They similarly must not enforce any state laws that interfered 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 that slave owners did not need state or federal legislation to authorize them to recapture runaway slaves. The Constitution gave them that right. Although Story's language suggested that the slave catcher ought not breach the peace, his own logic indicated that the slave owner may recapture fugitive slaves by any means necessary. Even if that 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 that 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 overturning 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.

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