Happy Fourth of July!

Four-year-old Darcy Lang, daughter of Lindsay and Jason Lang of Atlantic, gets ready for the July 4th weekend.

Photo by Linda Cicoira
New Superintendents Take Helms of Local Schools

~ In Accomack ~

Story and photo by Linda Cicoira

“This is a great step going in the right direction,” Superintendent Dr. Kregg Cuellar told the Accomack School Board Tuesday night regarding updating the grading system for the first time in 23 years.

The board had put off making a decision about the proposal until Cuellar could give his opinion. Tuesday was the superintendent’s first day on the job.

With a few adjustments to the draft proposed by a committee of administrators, teachers and parents, the board unanimously adopted new regulations.

“It’s well overdue,” Cuellar continued. “This is the most impactful part of a child’s academic career.” He called on school department heads and other administrators to help tackle some issues.

Action included changing the word “will” to “could,” allowing students otherwise exempt from taking exams to take the tests, as some parents are worried they should to better prepare for college. It also set the lowest test score in elementary school at 50. Deciding how grades will be calculated was also among the debates.

Cuellar said figuring in what is mastered by students is also important.

Speaking just after being sworn in earlier in the day, Cuellar proposed a first-year plan similar to that of his predecessor, Dr. Bruce Benson.

Cuellar said he is on a 150-day “listening and learning” phase “surveying the landscape of the community, understanding the rich history and culture of Accomack County, being inside school buildings a lot, being visible in schools, talking to as many people as possible (and) getting to know the staff.”

“I don’t anticipate making any major changes in the system at least for Year One,” Cuellar said. After assessing the division, he and the School Board “will engage in conversation on the development of strategic direction, which is generally a five-year plan.”

When Benson came to the county several years ago, he said on his 20th day on the job that he was in “listening mode” as he gathered input from stakeholders inside and outside the school system.

Accomack Circuit Court Clerk Sammy Cooper (left) swears in new Accomack Schools Superintendent Dr. Kregg Cuellar.

~ In Northampton ~

By Ron West

Northampton Public Schools has a change in leadership as Eddie Lawrence replaced Dr. Walter Clemons, effective July 1.

Clemons, who was at the helm for three years, is stepping down to take head up Gloucester Public Schools.

Lawrence is a 34-year veteran of Accomack County Schools, where he served as teacher, principal, and high-school coordinator.

During the public comment session of last week’s School Board session, parent Cathy Buyrn suggested using consumable books as opposed to hard-covered books. She questioned the wisdom of spending the limited funds that the schools have on disposable materials. “We need to be more responsible with the schools’ money,” Buyrn said. “Go back to books and not the workbooks or worksheets.”

School Board member JoAnn Molera spoke of a program called Imagination Library, which provides parents with a book each month for their children. The program was created by Dolly Parton. Parton has made the program available to any community willing to partner with her to support it locally. Information about the program is available at Northampton Free Library in Nassawadox and at http://www.imaginationlibrary.com/

Clemons reported that at the end of the school term, there were 1,698 students in the school system. He also said he was working with the county to obtain use of several county-owned lots adjacent to the high school for a soccer field.

Occohannock Elementary School band instructor Brad Ford addressed the board regarding the need to fund repairs for school band instruments. He noted that a number of them date back as far as the 1930s, and while still usable, require maintenance. He asked the board to budget $1,000 for each of the three schools, which have conducted fundraisers to help cover the costs. Oakley agreed with the need and said the board would investigate where the funds might be found when it meets in July. Parents or former students who have unused band instruments they would like to donate to the schools may contact the superintendent’s office at 678-5151.

Prior to concluding the session, the board voted to accept a recommendation by Operations Director Chris Truckner regarding replacement of the boiler at the high school. The board awarded a contract with Houghtaling Associates to provide the replacement at a cost of $35,399.

Truckner indicated that the boiler will be installed by local contractors.
GRAND RE-OPENING!

'09 CHRYSLER PT CRUISER
STK#P549
ONLY $139 PER MONTH!

'10 KIA FORTE LX
STK#P547
ONLY $149 PER MONTH!

'07 CHEVROLET IMPALA
STK#14574
ONLY 38,000 MILES!
ONLY $183 PER MONTH!

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ONLY $184 PER MONTH!

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SUPER SHARP SEDAN!
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HEROIN HOLDS MANY ON SHORE IN ITS GRIP

By Linda Cicoira

It’s cheap and it takes away the pain. But as use increases, so does the cost and when it’s all gone, the lust for heroin becomes unbearable.

“When you open your eyes, you’ve got to have it,” a 41-year-old recovering addict who lives in Accomack County said this week. “And then, so many hours after that, you have to have it again.”

During withdrawal, “your whole body turns into a charley horse” with spasms and cramps, he said. “You throw up … it’s the worst experience. It took me a month to withdraw. I did not sleep for seven straight days. I couldn’t eat for five days. I couldn’t get out of the bed. I laid around the toilet for two days. I wanted death bad.”

He quit cold turkey. There was no Suboxone, a detox medicine that is part opioid and similar to codeine and heroin without the intense euphoria. He was just lucky someone cared enough to bring him water.

The man agreed to speak to the Eastern Shore Post if his identity was kept secret. He is white, which is typical for a heroin user. He also has a history of abusing prescription painkillers, the most recent of which he was given after tearing a rotator cuff at his construction job.

He’d been taking Vicodin for about a year when he got a gig working in a city hours from his Shore home. Unable to return for a doctor’s appointment, he couldn’t get the prescription refilled.

That’s when he was offered the tan powder. He started out snorting it. For the last month of use, he was shooting it into his veins for a faster high.

“Heroin is like a downer when you first start using it,” he said. “Then it has a reverse effect. I was paying $50 for 13 bags,” he continued. “We would pay $400 for a log — that’s 10 bundles — which is 130 bags. Other coworkers were fooling with it. They didn’t have injuries. They were just getting high.” Most of the time, he said, he would “take the ride to get it and bring it back to the others and split it up to get the better deal.”

After a few months, he got back home. “I had a habit,” he said, explaining that he then had to go to Wilmington, Del., to pick up the drug. Eventually, the habit climbed to a $1,000-a-week addiction. “I spent less time working and more time looking for drugs.”

At his worst, he shot up six bags one after the other. Before that, “the amount I was snorting, I could take a whole bundle and snort. Besides my pupils being pins, you’d never know it.”

But he shakes his head and wonders if others did know. He said the signs to look for include “nodding out, scratching, weight loss, small pupils (and) a long look on the face. Like a droopy expression.”

“I’ve been messing with drugs most of my life,” the addict noted. “I had an abusive stepfather so I stayed away from home a lot. Started with weed. Went to cocaine.”

He and his friends, all students at a local public high school, would get cocaine in “any shape or form. Whatever we could get. Crack. It was more a weekend thing.”

According to a Philadelphia news agency, people are being urged to avoid the drug stamped, “Black Dahlia,” which is sold in a small blue packet like heroin. They say the packet contains pure Fentanyl, a powerful synthetic opioid.

Summer Hours
Sunday-Thursday
11:30am-9pm
Friday & Saturday
11:30am-10pm
**Dinner Service at 5pm Daily

New Summer Menus Featuring…
Our Signature Crab Cakes and Crab Lollipops, Steamers, Steaks and more...

Celebrate Summer…
Thursday, July 3rd - 8PM
DOO-WOP NIGHT
w/ Host DJ: Jim Hayes - Banquet Room - NO COVER

Friday, July 4th - 9PM
JOHNNY NEEL & BAND (formerly of Allman Brothers)
World-Renowned Rhythm & Blues singer/songwriter will perform classic Allman Brothers hits, Statesborough Blues and other hits from the 60s through today! NO COVER!
Cove Kids Care available 6PM-11:30PM

Saturday, July 5th
CAPTAIN’S COVE 4TH OF JULY WEEKEND POOL PARTY & COOKOUT
No Cover for Members in good-standing.
$10 Guests/Non-Members.
5PM-9PM @ Marina Pool & Tiki Bar
Music By: Randy Lee Ashcraft & The Saltwater Cowboys
Cove Kids Activities: 5PM-7PM

Sunday, July 6th - 7PM
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thing then. It just escalated. A lot of LSD ... one minute I'm 16, the next minute I'm 41." Most of the guys in his group who did harder drugs also grew up in abusive households. “I don't think we connected those then,” he said, adding that he was physically and mentally abused — and sexually abused when “I was a little boy.”

At 16, he was busted in North Carolina for possession of LSD. He got a suspended sentence and claims his mother turned him in for a bogus probation violation so he was sent back to serve jail time. When he got out, he quit school (he was in the 11th grade) and moved to Ocean City, Md., with his brother.

At 19, he spent a couple of years in a Maryland facility for possession of cocaine.

His father was around then, too. Both his brother and his dad were just out of prison, where they served time for drug offenses. His brother taught him to do construction jobs. “All we pretty much did was work and party. We (the two of them and their coworkers) stayed together like a clan. We'd get in trouble. Get into fights, get arrested, get warrants and go somewhere else and work.”

Doing drugs “just became a way of life. We did ‘em to work longer,” he said. “I've worked on construction jobs for 20 plus hours straight. We were just sucked into this world.”

How did they survive so long? “At one point when I was clean, I used to box ... we always lifted weights. We always ran. We stayed in good shape.” Still he added, “I don’t know how I didn’t die.”

His brother passed away after taking too much Xanax, a prescription drug used to treat panic and anxiety. “I think he took so many, he didn’t know how many he took.” A few days earlier he complained about possibly having a heart attack. “I said, ‘Well, you look OK, let’s go to work.’

Life always just kept going. “I never really took the time to see what was wrong” about anything, he said. “I was in denial of it.”

Now he’s attending two group programs — Narcotics Anonymous (NA) and Celebrate Recovery (CR) — both based on the 12-step program. “I've been doing whatever it takes — reading and praying — so this doesn’t happen again. I can't make any long-term plans. I have to think about each day as it comes and eventually it will become easier … this is the first time I've really had enough. Any other time periods that I've had clean, I really couldn’t focus on myself ... I have to make an effort of who I surround myself with ... my friends are all dead or in prison. I have a very supportive family.

Now, “when I wake up, I speak positive instead of negative things. I reject the negative thoughts. It all starts in the head. I've learned to stop the negative thinking,” he said. “I've read somewhere it takes seven seconds to disregard a thought … otherwise it turns to an obsession and a stronghold ... I can see where I was everywhere with my thoughts. I’m thinking calmer. It doesn't take a pill to do that. You just have to be conscious of it all in your mind and have to learn to deal with it.”

He wants to go back to school and get a union job. “The drug use is not as rampant there,” he added. “They are strict” on urine testing.

The addict compared cocaine and heroin. “I never had any cocaine withdrawals. With crack, it was all a mind thing. Not physical at all ... you don’t think about the consequences.”

He also reflected about the beginning. “Smoking weed. It made us all stupid. Where did it get you? Absolutely nowhere. It's sad because all the propaganda is pointing in that direction. All the videos and stuff making it seem great. It’s just crazy man.”

What does he want to tell people who are thinking of using heroin? “It would be the biggest mistake of their life; the same with cocaine. There's nothing that comes from any of that. Nothing good. The pleasure is only temporary. The damage can sometimes be a lifetime.”

He also has lots of remorse. “I'd like to apologize to my family. I'm sorry for the ones I've hurt. I love 'em ... I put a strain on a lot of people. I wasn't very pleasant to be around. I knew I was loved but I couldn't feel it. I was always numb to everything. I always felt like an outsider. Like I was living someone else’s life.”

The man is hesitant about actually working the program steps. “I do better by myself. I don't have the distractions. I'm not strong enough to have to deal with the way other people are thinking ... I've put enough in my system I’m done.”

Still, the program is seeping in. How does he plan to stay clean? “One day at a time,” he said.
A 17-year-old Franklin, Va., girl, charged with nine sex offenses involving members of the Franklin High School varsity volleyball team will not be allowed to split the charges into two trials. Her plea for two proceedings that would separate the victims was denied Monday in Northampton Circuit Court.

Aerial Darden is accused of committing the acts while on a Franklin school bus that was leaving a game at Northampton High School in Eastville on Aug. 26, 2013. “The offenses are based on the same act or scheme of acts,” Assistant Commonwealth’s Attorney Beverly Leatherbury successfully argued. She said “the ends of justice do not require separate trials.”

The defense lawyer said the “two events are totally separate” and trying them together would allow “prejudice to my client.” He said the issue involves the “constitutional rights of a fair trial … (the jury) is going to take the events of one witness against the other. The threat is too great to be tried together.”

Darden is asking for a trial by jury, which means she plans to plead not guilty.

Judge W. Revell Lewis III defended the decision, commenting that with the “timeframe of 10 minutes, I think there was one” incident. “They will be tried jointly.”

Darden will be tried as an adult.

According to court documents, some of the team members were allegedly held down while a pillow was put over their mouths and they were molested. In written admissions, three girls said they did the acts to others and each other. Two coaches were on the bus but were unaware that the alleged crimes were taking place. Darden is accused of being the ringleader. Other cases handled in Northampton Juvenile and Domestic Relations Court are not public.

Six of the charges against Darden are felonies and include two counts of object sexual penetration, animate or inanimate penetration by force, aggravated sexual battery of a girl between 13 and 15 years old, carnal knowledge of a girl who was “three years or more her junior” and sexual abuse of a child between 13 and 15 years old by a person in a mob.

Darden also was indicted on misdemeanor counts of sexual abuse, assault and battery, and assault and battery by a person in a mob. Darden allegedly molested six girls.

Someone on the bus later told a school worker about the alleged incidents because she felt bad, the record states.

In another case, Charles Alan Lewis Sr., 45, of Exmore pleaded guilty to driving after having been declared an habitual offender. He was sentenced to five years in prison, with four years suspended. Lewis got 12 months for DUI and was fined $2,500. His driver’s license was suspended for 12 months. He also was convicted of misdemeanor eluding and was sentenced to six months in jail. All time was suspended on the condition that he be on good behavior for 15 years.

A Horntown man was arrested last weekend and charged with kidnapping and two counts of rape, according to records filed in Accomack General District Court.

Curtis John Lambert, 40, of Bay Breeze is accused of having sexual intercourse with a woman against her will and abduction in the second degree between June 16 and 17. Lambert also is accused of misdemeanor assault and battery in connection with the incident.

He was arrested June 27 and is being held in Accomac Jail without bail. Investigator Patrick Coulter of Accomac County Sheriff’s Office (ACSO) is handling the case. An August preliminary hearing is scheduled.

In another case, Joel Nathaniel Miller, 23, of Bethel Church Road in Bloxom was charged with distributing between a half-ounce and five pounds of marijuana. Bail was set at $5,000. Deputy H.F. Little of ACSO investigated.

Jordan Lewis Sterling, 30, of Decormis Street in Accomac was convicted Monday of misdemeanor possession with intent to sell less than a half-ounce of marijuana on March 5. He initially was charged with felony possession with intent to distribute between a half-ounce and five pounds of marijuana.

Sterling was sentenced to 12 months in jail, with 10 months and 20 days suspended. His driver’s license was suspended for six months. In addition, a charge of burglary that allegedly occurred on May 5 was certified to the Grand Jury.
By Linda Cicoira

It is the first phase of a plan to uncover the lost Spanish ship La Galga, which wrecked during a hurricane in 1750, leaving small horses on Assateague Island.

Researcher John Amrhein Jr., author of the book, “The Hidden Galleon,” says those equines are the ancestors of the current herd of famous wild Chincoteague ponies.

He contends the herd could not be descendants of horses here two centuries earlier. Amrhein says Marguerite Henry, who made the ponies famous in her book “Misty of Chincoteague,” claimed the horses were around when the English arrived and that the shipwreck occurred in the 16th century.

“This was not true,” said Amrhein. “The truth was that while people remembered the Spanish shipwreck, some had forgotten which century it happened. Besides, the people who arrived in the 1600s would have no knowledge of what happened in the 1500s.”

While uncovering the ship and determining the lineage of the ponies are two different subjects, they originate from the same place and could be very important to the economy of the area, including the value of filly or colt, Amrhein says.

This week, he and his team of surveyors performed a magnetic survey that will allow identification of the wreckage site with a global positioning system (GPS). The location is two miles south of the Maryland/Virginia border and can be accessed by a road not usually open to visitors at Chincoteague National Wildlife Refuge.

More than five years after applying for an archeological permit from the U.S. Fish & Wildlife Service (F&W) to make this initial survey, Amrhein recently was told the task could be done with a more easily obtainable special-use permit available at the refuge.

So after waiting all that time to do a non-disturbing probe, he got permission and started the job Tuesday. “I've probably got $7,000 in this for one day of work,” Amrhein notes. “It adds up.”

“I hadn't been there in 30 years,” he says of the site. “We've got a much clearer picture. I saw … where I put the old creek blind was in error,” so the site was moved slightly.

“When we did not find any scatter … we concluded they (those who he hopes eventually come to dig up the ship) would find it intact.” Amrhein believes the boat is possibly just below water level and wood could be hit with a five-foot pole. “If it all was intact, then the bottom of the boat would be 16 feet down,” he figures.

The second phase of Amrhein’s mission is to bring a team of about 15 to get the boat out, putting in a steel coff’re and pumping out the water and dirt. That’s when the archeological permit would be necessary.

Amrhein’s vision includes a major motion picture and a multi-million-dollar museum built to hold the ship. “It could be a very big thing for Chincoteague,” he says. “For me, it’s just the end of journey.

“I'm just speculating, but ultimately they (Chincoteague Fire Company) could get more money for the ponies.”

According to an account written by Amrhein, “The first record that suggested that the horses came from a shipwreck was published in Scribner’s Monthly in April 1877. In 1884, ‘Wallace’s Monthly’ provided a detailed account of the oral tradition. It described a Spanish shipwreck lost on Assateague Beach and that the ‘the original Spanish horses were small.’ Published accounts of the Spanish shipwreck legend then became routine.”

“In 1991, the National Park Service commissioned a genetic study of feral horses along the East Coast,” he writes. “The scientists reported that the Assateague horses had strong ties to the Paso Fino breed … brought to South America in the 16th century by the Spanish.”

“We now know there was a Spanish shipwreck,” writes Amrhein. “We know that legend says the horses came from that shipwreck.”

“Grandpa Beebe said in ‘Misty’ … that it was the Indians who rescued the survivors of the Spanish shipwreck,” Amrhein continues. “Documents in the Spanish archives give credit to the Indians’ assistance to the crew of La Galga.”

Having More Retirement Accounts is Not the Same as Having More Money.

When it comes to the number of retirement accounts you have, the saying “more is better” is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you’re properly diversified.* At the very least, multiple accounts usually mean multiple fees.

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MAKING SENSE OF INVESTING
Chincoteague Island Library is sponsoring a Summer Reading Incentive Program to encourage students to read during the summer.

The program is targeting children from 6 to 12 years of age, who can register, read books, and earn prizes. Program registration continues through Aug. 14.

It is not a contest, but the top readers will receive special recognition. All participants will be rewarded for their reading.

Stop by Chincoteague Island Library at 4077 Main St. to register.

For more information, call the library at 336-3460, or visit the library online at www.chincoteagueislandlibrary.org or on Facebook.

Cheriton Addresses Range of Issues

By Ron West

Cheriton Building Department Director Warren Wisneski told Town Council last week that repairs had been completed to most of the drainage problems reported in May. The cost was $4,200.

Wisneski reported that the ongoing issue of a resident with excessive salvage materials on her property is slowly being resolved. He said the owner is in the process of selling and removing the materials to bring the property into compliance with town ordinances.

Mayor Joe Habel raised the issue of dealing with a property owner with a dog that barks incessantly. Wisneski noted that the town has ordinances to address the matter, but Town Clerk Stacy Sparrow said she would contact the property owner to try to resolve the problem without having to take it to the next level.

Habel reported that the town is in negotiations for property to be used as a Town Hall that also would provide space for the Department of Motor Vehicles Select Office, both of which rent space from Cheriton Fire Department. Lee Goldman, director of PAPA, has expressed a desire to expand her training opportunities. Council asked for additional information on the activities that might be conducted and agreed to conduct a public hearing on the matter at the council session on July 23.

PUBLIC NOTICE

The Northampton County Sanitary Landfill/Transfer Station and the Birdsnest, Bayview, Wardtown, Hare Valley, Cheapside and Eastville Waste Collection Centers will be closed on Friday, July 4, 2014 in observance of Fourth of July Holiday.

Please plan your solid waste disposal accordingly.

Never Pay for Your Local News
By Ron West

The Northampton Planning Commission focused attention on affordable housing options Tuesday.

Elaine Meil, executive director of the Accomack-Northampton Planning District Commission (ANPDC) outlined the efforts of her agency to provide as many housing units as possible for the Shore.

ANPDC Housing Development Director David Annis reported that the Hughes Apartment complex near Eastville is undergoing extensive renovations.

Newly appointed Commissioner Dr. Mark Freeze asked about the income limitations for applicants for the apartments. Annis responded that a family of four qualifies with an annual income of $26,350.

Asked about the number of rental units in the county, long-range planner Peter Stith responded that more than 400 are designated for lower income, agricultural, and disabled residents.

Meil reported that data on the number of homes without indoor plumbing are suspect and a survey is going to be conducted in an attempt to get a true picture of the problem. The number of housing units in the county without indoor plumbing has ranged from as low as 100 to as high as 400.

Commissioner Mike Ward asked if there are programs encouraging developers to provide affordable housing, such as apartments. Meil responded that it is difficult to find parcels of sufficient size with access to public water and sewage or space for large-scale drainfields. The cost associated with building such a facility makes it difficult for the developer to keep the monthly rental fees affordable.

Following a review of the data provided on housing, the commissioners reviewed and edited the Environmental and Community Facilities and Services portions of the Comprehensive Plan. The issue of retaining or removing the regulations pertaining to the Chesapeake Bay Act to the seaside proved to be a sticking point. Most of the county supervisors have questioned the need for the act to protect the seaside, given that most of the area is already protected by a number of conservation plans and property setbacks. With no consensus by the commissioners, it was agreed to table the discussion until the next meeting on July 16.

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The flight of a Terrier-Improved Malemute sounding rocket from NASA’s Wallops Flight Facility ended prematurely at 4:36 a.m. Wednesday, about 19 seconds after its launch.

Range controllers detected a flight anomaly with the second stage Improved Malemute motor; the vehicle flew to an altitude of 27,000 feet and impacted about one nautical mile downrange.

There were no injuries or property damage as the vehicle landed in the established hazard zone in the Atlantic Ocean, which was cleared prior to launch.

A NASA team will investigate the cause of the flight anomaly and more information will be released as it becomes available.

Meanwhile, Orbital Sciences and the International Space Station Program have set Friday, July 11, as the launch date for the Antares rocket and the Cygnus cargo craft on the Orbital-2 resupply mission to the space station.

Starting July 5th, Riverside Medical Group providers will offer Saturday hours from 9 a.m. to 1 p.m.

216 Mason Ave., Cape Charles, VA 23310

Walk-ins are welcome. Appointments can also be made by calling 757-331-1422.

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Planners Focus on Housing

One Launch Fails; Another July 11

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Launch time on July 11 is 1:40:27 p.m. from Wallops Flight Facility. NASA Television coverage will begin at 1 p.m.

The launch will result in the rendezvous and grapple of Cygnus by Expedition 40 Commander Steve Swanson of NASA and Flight Engineer Alexander Gerst of the European Space Agency at 7:24 a.m. on Tuesday, July 15. Rendezvous coverage on NASA TV will begin at 6:15 a.m.

NASA TV also will provide coverage of Cygnus’ berthing to Harmony beginning at 9:30 a.m.

Cygnus will remain berthed to the station until Aug. 15.

Antares will be rolled out to the launch pad on July 9. The Cygnus spacecraft will deliver 1,657 kg of cargo to the ISS and will be loaded with approximately 1,346 kg of material for disposal upon re-entry into Earth’s atmosphere.
**Obituaries**

**Nassawadox Man Dies at Heritage Hall**

Mr. Charles “Buddy” Martin, 92, of Nassawadox died Saturday, June 21, 2014, at Heritage Hall Nursing and Rehabilitation Center in Nassawadox.

Funeral services were conducted Saturday, June 28, at Bethel Baptist Church in Franktown. Interment was in the church cemetery.

Arrangements were made by Smith and Scott Funeral Home, Exmore.

**Retired Business, Math Teacher Passes Away**


She was the daughter of the late Clinton and Ophelia Downing Wharton. Mrs. Moore will be remembered as a business and mathematics teacher for 40 years before retiring in 2006.

She is survived by her husband, Robert Moore; children Robert Moore Jr. and Shante M. Austin; granddaughter, Ashley Austin; and many other family members and friends.

Graveside services were conducted Saturday, June 28, at the African Baptist Church in Cheriton by Rev. Robert Garris.

Arrangements were made by Gray’s Funeral Home in Cape Charles.

**General Manager of Cape Center Dies**

Mr. George Russell Moore III, 44, of Cape Charles passed away Monday, June 23, 2014, at MCV Hospital in Richmond, Va.

A native of Capeville, he was the son of the late George Russell Moore Jr. and Jean Wyatt Moore. He was the general manager of Sting-Ray’s Restaurant and Cape Center and a member of Northampton Chamber of Commerce.

Mr. Moore is survived by his wife, Jennifer Thornes Moore; sister, Sandra Faye Moore of Capeville; mother-in-law, Ethel Parker Thornes of Birdsnest; cousin, Julius Wyatt of Cape Charles; and loving dog, Lula.

A graveside service was conducted Friday, June 27, at Capeville Masonic Cemetery by Rev. Jeff Conrow.

Memorial donations may be made to Be the Match, 3001 Broadway St. N.E., Suite 100, Minneapolis, MN 55413-1753. Online condolences may be offered at [www.doughtyfuneralhome.com](http://www.doughtyfuneralhome.com)

Arrangements were made by Wilkins-Doughty Funeral Home, Cape Charles.

**Eastville Resident Passes Away**

Mr. John “Jack” William Burroughs Jr., 83, of Eastville died Tuesday, June 24, 2014.

He is survived by his devoted wife of 42½ years, Susanne; children, Terry Lynn Moore (Phil) and Natasha McConaughy (Ed); three grandchildren; two great-grandchildren; sister, Margaret Burroughs Kellam; two nieces; and a nephew.

He chose to celebrate friendship and life with his family and friends in the weeks prior to his death. A memorial service will be held in the fall. Friends may call at the home at 17031 Courthouse Rd. in Eastville any time.

Memorial donations may be made to University of Virginia Hospitality House, 205 14th St., NW, Charlottesville, VA 22905. The guest book may be signed at [www.hollandfuneralhome.net](http://www.hollandfuneralhome.net)

Arrangements were made by Holland Funeral Home in Nassawadox.

**NASA Retiree, Former Nassawadox Mayor Dies**

Mr. Asa Wayne Mears, 74, of Nassawadox passed away Wednesday, June 25, 2014, at Riverside Shore Memorial Hospital in Nassawadox.

A native of Wachapreague, he was the son of the late Paul and Bessie Connor Mears. He was a retired contract specialist for Wallops NASA, former mayor of Nassawadox, past governor of Exmore Moose Lodge 683, former member of Community Fire Company, and member of Franktown U.M. Church and its choir.

Mr. Mears is survived by his wife, Nancy Turner Mears; children, Jennifer Rippon (and husband, Tom) of Nassawadox and Jeffrey Mears (and wife, Susan) of Belle Haven; sister, Fern Ward of Wachapreague; grandchildren, Wilson Rippon, Sarah Mears, Lauren Mears, Emily Rippon and Daniel Mears; and numerous nieces and nephews.

A celebration of life service was conducted Friday, June 27, at Franktown U.M. Church by Rev. Judith Worthington.

Memorial donations may be made to Franktown U.M. Church Choir, P.O. Box 130, Franktown, VA 23354. Online condolences may be sent to the family at [www.doughtyfuneralhome.com](http://www.doughtyfuneralhome.com)

Arrangements were made by Doughty Funeral Home in Exmore.

**Nassawadox Native Dies at Heritage Hall**

Mr. Thomas Eugene Pruitt II, 63, formerly of Petersburg, Va., passed away Friday, June 27, 2014, at Heritage Hall Healthcare in Nassawadox.

Born in Nassawadox, he was the son of Ann Pruitt Harrison of Exmore and the late Thomas Eugene (Gene) Pruitt. He was able to spend this past year at Heritage Hall, close to his family, and made many new friends. He blessed everyone with his sweet spirit and infectious smile.

In addition to his mother, survivors include his sisters, Mary Lou Robbins of Exmore and Betty Ann Latimer (and husband, Dennis) of Kiptopeke; brother, Peter Pruitt (and wife, Marsha) of Cheriton; and numerous aunts, uncles, nieces and nephews.

A private family graveside service was conducted Sunday, June 29, at Belle Haven Cemetery by Rev. Jack D. Pruitt.

Online condolences may be offered at [www.doughtyfuneralhome.com](http://www.doughtyfuneralhome.com)

Arrangements were made by Doughty Funeral Home in Exmore.

**Birdsnest Man Passes Away at PRMC**

Mr. Melvin Gray, 80, of Birdsnest died Friday, June 27, 2014, at Peninsula Regional Medical Center in Salisbury, Md.

Funeral services will be conducted Saturday, July 5, at 11 a.m. at Smith & Scott Funeral Home in Exmore. A viewing will be held one hour prior to the service. Interment will be in Shorters Chapel Cemetery.

**Healthcare Worker Passes Away**

Mrs. Patricia Ann Simpson Bowden, 63, passed peacefully from this life Tuesday, July 1, 2014.

A native of Willis Wharf, she was the daughter of Alfred and Margaret Tatman Simpson and a 1969 graduate of Northampton High School. On March 25, 1972, she married Daniel Lee Bowden and then supported his career in the U.S. Coast Guard which included stations in Oregon, North Carolina, and Virginia. Following their return to the Eastern Shore of Virginia, they settled in Exmore near Concord Wharf, and she pursued training to become a medical professional. Mrs. Bowden served as an x-ray technician and EMT for many years. She contributed to organizations such as St. Jude Children’s Research Hospital and the Red Cross.

Mrs. Bowden will be remembered as an intelligent woman with an entertaining dry sense of humor. She dearly loved her children and protected them with a fierce intensity when necessary.

In addition to her husband, survivors include her son, Dan (and wife, Stacia) of Jenks, Okla.; daughter, Danielle Bowden of Exmore; grandchildren, Arianna and Laylia Bowden of Parksley and Tanith and Maddox Bowden of Jenks; sister, Jane; and brother, Bill.

To honor her wishes, a family service will be held at a later date.

Memorials may be sent to St. Jude Children’s Research Hospital, 501 St. Jude Place, Memphis, TN 38105. Online condolences may be sent to the family at [www.doughtyfuneralhome.com](http://www.doughtyfuneralhome.com)

Arrangements were made by Doughty Funeral Home, Exmore.

**Obituaries can be faxed to the Eastern Shore Post at 789-7681 or e-mailed to editor@easternshorepost.com**
Amy Omps Chosen for Governor’s School

Amy Omps, a rising junior at Nan- duana High School, was selected as one of 38 Virginia high-school students to study Japanese at the 28th Annual Virginia Governor’s Japanese Academy at Randolph Macon College in Ashland.

Omps is the daughter of Lloyd and Elizabeth Mangieri Omps of Onancock.

Book Features

Chincoteague Minister

Raymond E. Crowley of Chincoteague is the subject of “Uncharted Waters,” a biography recently released by Pathway Press of Cleveland, Tenn.

The book follows Crowley’s early childhood on Chincoteague, where he became a Christian when he was 9 and announced to his sixth-grade class when he was 10 that he was going to be a preacher. In 1937, the Church of God was founded on Chincoteague. The next year, at the age of 15, Crowley preached his first sermon there and became a licensed evangelist in the Church of God.

After serving in Maryland, Ohio, and Florida, Crowley retired and returned to Chincoteague in 1994. Since 2003, he has served as cluster elder for the 18 Churches of God on Maryland’s Eastern Shore.

Kevin Holloway Earns EMS Award

The Tidewater Emergency Medical Services Council, Inc. honored all areas of emergency medical services at its annual regional awards ceremony last month. Awards were given to those nominated by their peers for their exceptional level of service to the region’s EMS system.

Among them was Kevin T. Holloway of the Eastern Shore EMS Council, Chincoteague EMS and Accomack County Department of Public Safety, named the James M. Wagenbach Outstanding Prehospital Educator.

Recipients of the regional awards will compete for the 2014 Governor’s EMS Awards, which will be announced at the Virginia EMS Symposium’s Annual Awards Ceremony Nov. 8 in Norfolk.

Tyler Thornes Earns UMES Degree

Tyler Thornes graduated with honors from the University of Maryland Eastern Shore on May 16 with a Bachelor of Arts Degree in English Education.

Thornes, the son of Tony and Kim Thornes of Sanford, plans to teach English this school year.

Keith Moody Named to Dean’s List

Keith Moody Jr. of Eastville was named to the Dean’s List at Old Dominion University for Spring Semester 2014.

Moody, a recent ODU graduate, earned a 4.0 GPA for the spring semester. He is the son of Keith Moody Sr., and the late Margaret Moody and the grandson of Apostle Carolyn Ames.

Dr. Henry Wilson ‘Professor Emeritus’

Dr. Henry P. Wilson, professor of weed science in the College of Agriculture and Life Sciences at Virginia Tech, has been conferred the title of “professor emeritus” by the Virginia Tech Board of Visitors.

The title of emeritus may be conferred on retired professors, associate professors, and administrative officers who are specially recommended to the board of visitors by Virginia Tech President Timothy Sands.

A member of the Virginia Tech community since 1985, Wilson was the principal or co-principal investigator on more than 130 competitive and non-competitive grants researching new herbicides and herbicide-resistant weeds. He wrote or co-wrote more than 400 peer-reviewed journal articles, extension publications, and abstracts.

Wilson served as director of the Eastern Shore Agricultural Research and Extension Center in Painter for more than 13 years. From 1967-85, he was a plant physiologist at the Virginia Truck and Ornamentals Research Station, which became the Eastern Shore Agricultural Research and Extension Center.

He was an officer in 16 academic or professional associations. He received more than 20 professional honors and awards, including the Henderson Award from the Department of Plant Pathology, Physiology, and Weed Science for outstanding performance as a faculty member and, most recently, the Lifetime Achievement Award presented by the Association of Virginia Potato and Vegetable Growers for dedicated service, support and advocacy for the Eastern Shore agricultural community.

A dedicated teacher, Wilson was the adviser to five Master of Science Degree and 13 Ph.D. students. He mentored two postdoctoral faculty associates and co-advised numerous students within the department.

Wilson received his bachelor’s and master’s degrees from the University of Delaware and a Ph.D. from Rutgers University.

Jessica Stanfield Awarded Scholarship

In graduation ceremonies held June 2 at the Chincoteague Center, Chincoteague Chamber of Commerce President Mary Alice Birch presented Jessica Marie Stanfield the Nicki L. West Memorial Scholarship.

According to her parents, Ricky and Theresa Stanfield of Chincoteague, “Jessica has worked very hard throughout her high-school years, not just in the classroom, but also in the arts, the sports fields, and in the community.”

She plans to major in foreign affairs at the University of Virginia. Her ultimate goal is to become a foreign diplomat at a U.S. embassy.

Logan Branch Named to JMU Dean’s List

Logan Branch, daughter of David and Tonya Branch of Exmore was named to the Dean’s List of James Madison University for the fall and spring semesters.

She is an upcoming sophomore majoring in health sciences (pre-med).
Property Transactions

• From William Tyler
To Mark and Karyn Belknap
Lot near Bayside Church
For $62,500
• From Cynthia Yoakum
To Kenneth Williams
Lot 2408, Section 5, Captain’s Cove
For $4,500
• From Bobcat Builders, LLC
To David Ellis
Lot 45, Deer Point
For $16,000

• From Michael Hutchinson
To Corey Webb
Property in Exmore
For $2,100
• From MF Olde Mill, LLC
To John and Virginia Schneider
Wattsville parcel
For $65,000
• From Nicholas Spangler
To Phillip Ettinger
Lot 259, Oyster Bay
For $36,000

• From Faye Williams, Robert Turner
and Winnie Burkhead
To Kevin and Brian Daley
Taslcy parcel
For $125,000
• From Jeff and Bonnie Alexander
To Carl and Deborah Gilbert
Lot 102, Unit 3, Trails End
For $5,000
• From 21st Mortgage Corporation
To Stephen and Gayle McDonald
Atlantic parcel
For $60,000

• From Pierson Group, Inc.
To Tabatha Bailey
Painter parcel
For $187,708
• From Wilfred Gerlach
To E.S. Commercial Property, LLC
Lot 259, Oyster Bay
For $65,000

• From Richard and Denise Moxley
To John Arnold
Lot 259, Oyster Bay
For $10,000
To Michael and Susan McAndrews
Lots 19, 20 and 21, Mount Prospect, Onancock
For $270,000
•From Billy Reed & Son, LLC
To Dawn and Leah Markus
Chincoteague parcel
For $47,000
•From Julia Perrin
To Michael Hooks
Lot 166, Unit 3, Trails End
For $17,000
•From Steven and Lana McKinzie
To Daniel and Mary Derby
Bennett St. parcel, Parksley
For $163,000
•From Shore Bank
To Kevin Brown
Onancock property
For $4,000
•From John Webb
To Commonwealth of Virginia
Property for Horntown highway project
For $11,894
•From Leander Roberts & Pauline Bundick
To Commonwealth of Virginia
Parcel 125, highway project
For $3,000
•From Mary Lewis
To Commonwealth of Virginia
Parcel 065, highway project
For $5,650
•From E. Phillip and David Hickman
To Commonwealth of Virginia
Parcels 017, 030, 095 and 029 for Horntown road project
For $42,750
•From Barbara Smith
To David and Mary Gouak
Wachapreague parcel
For $130,000
•From Rodney and Aleta Babe
To George Baker
Lot 92, Unit 3, Trails End
For $14,500
•From Judith Wood-Blake
To Bell and Allen Holdings LLC
Lot 8, Accomac
For $202,800
•From Leroy and Joanne Olson
To David and Linda Wilson, Desiree White and Nicholas Humphreys
Lot 351 and 352, Trails End
For $21,000
•From Marc and Marcia Brade
To Richard and Minnie Murray
Quinby parcel
For $325,000
•From Household Realty Corp.
To Roger and Dorothy Smith
Wattsville parcel
For $50,130
•From Wells Fargo & William Graves
To Federal Nat’l. Mortgage Association
Hacks Neck lot
For $139,539
•From Robert Fletcher
To Larry Layman
5 Temperanceville parcels
For $5,000
•From Thomas and Teresa Anderson
To High McLaughlin
Lot 340, Unit 2, Trails End
For $20,000
•From Leenell and Barbara Custis, Elizabeth Harmon and Maxine Hill
To Leopoldo Bonilla
Property in Tasley
For $40,000
•From Archie and Joan Bennett
To Frankie Bennett
2 Hacks Neck parcels
For $6,000
•From Shore Bank
To John Soter
Lot 1297, Section 3, Captain’s Cove
For $250,000
•From PNC Bank
To Patricia Sontolla
Lot 227, Section 2, Captain’s Cove
For $175,000
•From Jayne Wilson
To Benjamin and Sarah Shotwell
Onancock parcel
For $175,000
•From Jeffrey and Erin Bender
To Sally Kohn
Cashville parcel
For $145,000
•From Waterside Land Trust, LLC
To Emanuel and Diana Said
Lot 35, Waterside
For $29,900
•From Waterside Land Trust, LLC
To B. Wayne Richards
Lots 69 and 149, Waterside
For $50,000
•From Nan Mapp Fuller Revocable Trust
To Peter, Potter & Michael Henderson
9077 Henderson Rd., Bridgetown
For $320,000
•From Victor Hernandez & Maria Vega
To Karen Kelley & Joseph Matthews
Property near Cape Charles
For $28,000
•From Deborah and Robert Rasinski
To William Downing
Lot 24, Pine Meadows Way, Wardtown
For $34,000
•From Christie and Terry Treat
To Betsy Chipman & Jack Stallings Jr.
Lot 18 at Butlers Bluff near Kiptopeke
For $450,000
•From Bransome, Inc.
To The Nature Conservancy
Property in Nassawadox
For $54,000
•From E.S. Habitat for Humanity
To David and Virginia Long
Property in Cheapside
For $5,000

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Marriage Licenses Issued
•Timothy Jacob Weikert, 25, and Jessica Suzanne Darwin, 23, both of York, Pa.
•Kelvin Donte Matthews, 26, of Onley and Brittany Shanay Peyton, 24, of Cape Charles
•Scott Francis, 40, of Skippack, Pa., and Kimberly Paige Mott, 37, of Pennsburg, Pa.
•Kenneth Odell Tyler, 61, and Penelope Ellen Parker, 56, both of Bloxom
•Harry Carlton Betts, 81, of Quinby and Eva Tomlinson Mason, 71, of Painter
•Robert Wayne Rogers Jr., 61, and Kathie Sue Agnor, 59, both of Painter
•David James Stoner, 55, of Mifflintown, Pa., and Lesa Jo Rankin, 53, of Port Royal, Pa.
•Zachary Ryan Mangum and Chelesia Marie Gibbons, both 25, of Hacks Neck
•Timothy Andrew Earl Howard, 34, and Kendall Lane Pearson, 36, both of Harborton
•David Thomas Ellis, 29, and Amanda Victoria Peters, 24, both of Painter
•Benjamin Franklin Gardner Jr., 50, and Audrey Beth Cottle, 33, both of Accomac
•John Edward Elliott III, 30, and Michaela Arlene Fullerton, 27, both of Greenbackville
•Christopher Barrett Birch, 28, and Sierra Nicole McGee, 23, both of Chincoteague
•Larry Lee Handy Jr., 28, and Kendall Lane Pearson, 36, both of Harborton
•Timothy Jacob Weikert, 25, and Jessica Suzanne Darwin, 23, both of York, Pa.
•Kelvin Donte Matthews, 26, of Onley and Brittany Shanay Peyton, 24, of Cape Charles
•Scott Francis, 40, of Skippack, Pa., and Kimberly Paige Mott, 37, of Pennsburg, Pa.
•Kenneth Odell Tyler, 61, and Penelope Ellen Parker, 56, both of Bloxom
•Harry Carlton Betts, 81, of Quinby and Eva Tomlinson Mason, 71, of Painter
•Robert Wayne Rogers Jr., 61, and Kathie Sue Agnor, 59, both of Painter
•David James Stoner, 55, of Mifflintown, Pa., and Lesa Jo Rankin, 53, of Port Royal, Pa.
•Zachary Ryan Mangum and Chelesia Marie Gibbons, both 25, of Hacks Neck
•Timothy Andrew Earl Howard, 34, and Kendall Lane Pearson, 36, both of Harborton
•David Thomas Ellis, 29, and Amanda Victoria Peters, 24, both of Painter
•Benjamin Franklin Gardner Jr., 50, and Audrey Beth Cottle, 33, both of Accomac
•John Edward Elliott III, 30, and Michaela Arlene Fullerton, 27, both of Greenbackville
•Christopher Barrett Birch, 28, and Sierra Nicole McGee, 23, both of Chincoteague
•Larry Lee Handy Jr., 28, and Kendall Lane Pearson, 36, both of Parksley
•Cody James Halliday, 20, of Salis-
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Clip this ad!

Photo by Linda Cicoira
Summer Arts Camp Information

Dates: July 21 - August 1 (Monday-Friday)
Time: 9 a.m. to 3:30 p.m.
(drop off after 8:30, pick up by 4:00)
   Extended care available from 3:30 to 5:00
Ages: 4 to 11 years old
Where: ESO Arts Center, 15293 King St., Belle Haven
What to bring: Packed lunch and water bottle
   (labeled with name)
   Morning & afternoon snacks are provided
Cost: $200 for both weeks,
   $110 for one week ($15 registration fee, if applicable)
   - Extended care $25/week
   Limited scholarship funds are available
   for qualified applicants

Description:
Summer Arts Camp is divided into 4 age groups
and will feature classes in art, crafts, pottery, music,
circus skills, fiber arts, creative projects, and more.
Campers will create their own tie-dyed T-shirts and
experience the artistry of “Atumpan - The Talking
Drums,” a Virginia Commission for the Arts performer
(sponsored by the Arts Council of the E.S.). Last day
of camp will include group performances for family
members.

Space is limited, so reserve your spot today! Sign
up online at esoartscenter.org (Youth Classes/
Camps), e-mail eso@esoartscenter.org, or call
757-442-3226.
This Year’s Pony Swim Slated for Last Week of This Month

For nearly nine decades, Chincoteague Volunteer Fire Company has raised funds by rounding up its herd of Chincoteague ponies living on Assateague Island, swimming them across Assateague Channel to Chincoteague Island, and selling the foals at auction.

The historic swim takes place on the last Wednesday in July, with the auction of foals on the last Thursday in July. Aside from raising funds to purchase much needed firefighting equipment, the auction serves to maintain the herd of adult ponies at 150, which is the number permitted to graze by the U.S. Fish & Wildlife Service, the governing agency of Chincoteague National Wildlife Refuge, located on Assateague Island.

The festivities begin with a carnival, which opened on June 27. Carnival dates are July 4 (fireworks at 10 p.m.), 5, 11, 12, 18, 19, 25, and 26 and July 28 through Aug. 2. Attractions are open each night from 7 to 11 p.m.

The 2014 Pony Swim will take place at the earliest morning “slack tide” on July 30 and the auction of foals will begin at 8 a.m. the following day at the carnival grounds on Main Street, Chincoteague.

The adult ponies will return to Assateague Island on the morning of Aug. 1.

A more precise time for the swims on Wednesday and Friday will be determined by Chincoteague Volunteer Fire Company a few days prior to the event.

A visit to the chamber website at www.chincoteaguechamber.com will provide more information on the event and updated swim times, or you may call the chamber at 336-6161.

Registration Open for Master Naturalist Training

Registration is underway for the Eastern Shore Master Naturalists basic training course which will be held on Thursdays, Sept. 11 through Nov. 13, from 9 a.m. to 3 p.m. at the Historic Onancock School.

The training, which consists of classroom and field sessions led by experts, offers an overview of the special character of the Shore’s natural history. Topics covered include botany, geology, forestry, entomology, and ornithology, as well as the natural processes that create the barrier islands and the bay-side coasts.

No special skills or knowledge are required — just a curiosity about the Shore’s environment and ecology and how it all works together. The training provides an avenue for future participation in citizen science projects, stewardship and outreach.

The fee for the 10-week course is $95 which covers all materials and field trips. Space is limited and pre-registration is necessary. For more information and to download the registration form, visit the web site, http://masternaturalistesva.com or call Susan Vreeland at 442-7029.

Foster Care Workshop Thursday

A Foster Care Workshop will be held Thursday, July 10, from 5:30 to 6:30 p.m. at the Extension Office (Machipongo Middle School Building, corner classroom).

Adults (only) are invited to explore the foster care experience through the eyes of a child.

For more information, call 678-5153, ext. 328 or 334, and ask for Auzalia Brown or Olivia Collins.
The Virginia Marine Resources Commission (VMRC) has implemented new fisheries management measures to conserve adult female and juvenile blue crabs through targeted harvest reductions. The commission voted to reduce crab pot bushel and vessel limits by 10 percent for the period from July 5, 2014, to July 4, 2015; and closed the crab dredge fishery season for the seventh year in a row.

These new management measures were taken as a result of the 2014 Annual Winter Dredge Survey which indicated female blue crabs dropped below the safe level of 70 million and are in a depleted state. Juvenile crab numbers increased and have remained at a safe level for the sixth consecutive year. The juveniles must be conserved, however, in order to increase their chances of reproducing in even larger numbers next year.

“These decisions, while never easy, are absolutely necessary,” said VMRC Commissioner John M.R. Bull. “The measures ... complement similar regulations adopted by our partners in this effort, the Maryland Department of Natural Resources and the Potomac River Fisheries Commission. Together we will continue to monitor the blue crab population with our partners and continue to adjust management strategies when necessary.”

Bull thanked VMRC’s two advisory committees, the Crab Management Advisory Committee, which supported the commission’s decision and the Crab Industry Advisory Committee. “Our industry partners have contributed greatly to VMRC’s work,” Bull said.

“Our partners have had some interesting ideas recently about building our blue crab fishery. These committees, in the coming months, will be working to provide more detail on their ideas as well as solicit baywide public input.”

Northampton School Dress Code Adopted

At its work session on June 12, the Northampton School Board adopted a revised student dress policy.

The policy stipulates that students dress in a manner that does not interfere with the health and safety of themselves or others, or with the educational process of the school.

Under the new policy, students shall not wear:

• items that display messages relating to or promoting the use of alcohol, drugs, or tobacco products; illegal activities; obscene, profane, derogatory, violent or sexually aggressive themes, designs, or pictures; evidence of membership or affiliation in any gang;
• accessories that could pose a danger or be used as a weapon;
• muscle shirts, halter tops, fishnet tops, strapless dresses/shorts, spaghetti straps, or other clothing that is not appropriate because of slits, rips, or holes in the garment (including jeans with holes) or that reveals the midriff or torso;
• low-cut fronts, cutouts or garments that show cleavage;
• clothing that sags below the waist;
• hoodies on their heads while in the school buildings.

• skirts, shorts or skorts that are inappropriate in length as determined by the staff and building administrator (the appropriate length is between the tip of the fingertip and one inch above the knee);
• items distracting and/or not appropriate for the classroom setting, including nylon tights, leotards, biker pants, bathing suits, pajamas or underwear when worn as outer garments or clothing that exposes the underwear.
• leggings, jeggings, and tights unless worn beneath an appropriate outer garment;
• inappropriate footwear, including shower shoes, bedroom slippers, and unfastened shoes or shoes missing appropriate closures;
• head coverings and accessories not related to or required by the student’s bona fide religious practices;
• items that are intended for outdoor use, including sunglasses, hats, caps, and bandannas;
• heavy coats while in the school building;
• glasses not needed for reading/sight;
• headphones/earpieces, unless requested by the teacher for a class assignment.
Happy Independence Day 2014 from The Eastern Shore Post

FRIDAY JULY 4
★ 9 a.m.-noon - Firecracker Book Sale - library, Accomac - 787-3400 - .50 to $2 per book
★ 10 a.m. - Fourth of July Non-Motorized Parade - Town of Accomac - popsicles served on the courthouse
★ 10 a.m.-til - Nandua High School Booster Club BBQ Chicken Dinner Fundraiser - Nandua High School, Onley - $8/meal
★ after dark - Fireworks Display - Cape Charles beach front - rain date: July 5
★ 10 p.m. - Fireworks Display - Chincoteague Carnival Grounds

SATURDAY JULY 5
★ E.S. Summer Scrabble (Scavenger Hunt) - Meet at 5 p.m. at the Chincoteague Bay Field Station, Wallops Island. $50 per team - 824-5636
★ 9 a.m. - Zumba Class - Chincoteague YMCA - $5
★ 10 a.m.-4 p.m. - Fraternal Order of Police BBQ Fundraiser - Edwards Seafood, parking area, Onley
★ noon & 7:30 p.m. - AA mtg. - Holy Trinity Episcopal Church, Onancock
★ 7:30 p.m. - Bingo - Eastville Vol. Fire Co.

MONDAY JULY 7
★ 10 a.m. - TOPS mtg. - Market St. UMC, Onancock - 787-3635
★ 10 a.m.-3 p.m. - Pocohontas Summer Camp Begins (July 7-19) - Historic Palace Theatre, Cape Charles - 331-2787
★ 11 a.m. - Northampton AARP mtg. - Cheriton Rescue Squad
★ 5-6 p.m. - Al-Anon mtg. - Market St. UMC, Onancock
★ 6 p.m. - Bingo - Elks Lodge, Tasley
★ 6 p.m. - Central Shore Lions Club mtg. - Sage Diner, Onley
★ 6:30 p.m. - Cub Scout Pack 300 mtg. - Grace UMC, Parksley

WEDNESDAY JULY 9
★ 7:45 a.m. - Kiwanis Club of Accomac mtg. - Sage Diner, Onley
★ 9 a.m.-1 p.m. - Veterans’ Employment Representative
Avail. - Northampton Cty. Dept. of Social Services - no appt. needed
★ 11 a.m. - Waste Watchers’ mtg. - Chamber of Commerce, Melfa
★ 2 p.m. - Children’s Story Hour - E.S. Public Library, Accomac
★ 5:30-6:30 p.m. - Free Meals for the Hungry - Epworth UMC, Exmore - 442-6391
★ 6-7 p.m. - Prayer Line Open - Call 665-7403, 387-7021 or 894-1521 w/prayer requests
★ 7 p.m. - Drinking Liberally mtg. - Charlotte Hotel, Onancock
★ 7 p.m. - AA & Al-Anon mtgs. - RSMH, Nassawadox
★ 7:30 p.m. - Bingo - Painter VFC

★ 9 a.m. - Al-Anon mtg. - Refuge Inn, Chincoteague
★ 10 a.m. - E.S. Community Services Board mtg. - E.S. Behavioral Healthcare Ctr., Parksley
★ 10 a.m. - Bingo - Accomac Sr. Village, Onancock - 787-3900
★ 5:30 p.m. - TOPS mtg. - Belle Haven UMC - 442-9776
★ 6 p.m. - Rachel Leah Ministries - 787-2486
★ 6 p.m. - Bingo - Pocomoke Elks, next to YMCA
★ 6 p.m. - Onancock Lions Club mtg. - Sage Diner, Onley - 787-2059
★ 6:30 p.m. - AA mtg. - Trinity UMC, 109 Plum St., Cape Charles
★ 6:30-8:30 p.m. - GED Class - SCC, Class A-51, Melfa
★ 7 p.m. - NA mtg. - Jerusalem Baptist Church, Temperanceville
★ 7 p.m. - Disabled American Veterans’ mtg. - Chapter Bldg., 25534 Main St., Onley
★ 7:30 p.m. - Al-Anon mtg. - Atlantic UMC - 824-5386
★ 7:30 p.m. - Bingo - smoke free - Cheriton VFC
★ 7:30 p.m. - AA mtg. - Holy Trinity Episcopal Church, Onancock
★ 7:30 p.m. - Order of the Eastern Star (Accomack Chapter #62) mtg. - Masonic Lodge, Chincoteague

THURSDAY JULY 10
★ 10:30 a.m. - Children’s Story Hour - library, Accomac
★ 10:30 a.m. - Story Time - Cape Charles Memorial Library
★ 2 p.m. - Children’s Story Hour - library, Nassawadox
★ 4 p.m. - Chess Club - Cape Charles Memorial Library - all ages, levels welcome
★ 5:30 p.m. - Shore Losers mtg. - Drummondtown Baptist Church, Accomac - $1 donation/week
★ 6 p.m. - TOPS VA-550 mtg. - Zion Baptist Church, Parksley - 787-2903
★ 6:30 p.m. - Kiwanis Club of Chincoteague mtg. - St. Andrew's Catholic Church
★ 6:30 - 8:30 p.m. - GED Class - SCC, Melfa
★ 7 p.m. - NA mtg. - Painter Garrison UMC
★ 7 p.m. - Al-Anon mtg. - Atlantic UMC
★ 8 p.m. - AA mtg. - Christ UMC, 6253 Church St., Chincoteague

89th Annual Pony Swim on July 30
Wednesday, July 30, will mark the 89th year of Chincoteague’s annual Pony Swim. The Chincoteague ponies will swim across the Chincoteague Channel, from Assateague to Chincoteague, at slack tide.

The weekend prior to Wednesday’s Pony Swim, on July 26 & 27, “Saltwater Cowboys” on horseback will begin to round up the approximately 150 wild ponies that live on Assateague Island. The ponies can be viewed by the public in the southern corral, which is located on Assateague, just off the road that leads to the beach.

The pony auction will be at the Fireman’s Carnival grounds on Thursday, July 31. The Chincoteague Fireman’s Carnival (with rides, games, raffles, and lots of good food) will be open each night during pony penning week beginning at 7pm.
**Ford Summer Blowout**

<table>
<thead>
<tr>
<th>Model</th>
<th>Year</th>
<th>Engine</th>
<th>Condition</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>2013 F150 4x4</td>
<td>Supercab</td>
<td>5.0 V8</td>
<td>Loaded</td>
<td>Was $49,480 Now $38,480 Save $11,000</td>
</tr>
<tr>
<td>2014 Focus Hatchback</td>
<td>SE, Moonroof, Leather</td>
<td></td>
<td>Was $25,035 Now $19,035 Save $6,000</td>
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<tr>
<td>2013 F150 4x4</td>
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<td>5.0 V8</td>
<td>Loaded</td>
<td>Was $53,360 Now $42,360 Save $11,000</td>
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</table>

**Certified Pre-Owned**

- 7yr./100k Warranty • 100k Roadside Assistance • APR as low as .9%

<table>
<thead>
<tr>
<th>Model</th>
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<tbody>
<tr>
<td>2014 Fiesta SE</td>
<td>Black, 2000 Miles</td>
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<tr>
<td>2014 Fusion SE</td>
<td>Silver, 19k Miles</td>
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<tr>
<td>2014 F150 Crewcab</td>
<td>4x2, Red, Leather</td>
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<tr>
<td>2013 Escape SEL</td>
<td>Silver, 4x4, Clean</td>
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<tr>
<td>2012 Taurus SEL</td>
<td>One Owner, Blue</td>
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**Ford Program Headquarters**

<table>
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<tr>
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<tr>
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<tr>
<td>2012 Lincoln MKZ</td>
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<tr>
<td>2013 Focus Hatchback</td>
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<tr>
<td>2013 C-Max Hybrid</td>
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<tr>
<td>2013 Mustang V6</td>
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**Kool Ford**

www.KoolAutomotive.com
<table>
<thead>
<tr>
<th>Year</th>
<th>Make</th>
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<td>Ford</td>
<td>F150</td>
<td>Reg Cab, Clean, Work Truck</td>
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<tr>
<td>1999</td>
<td>Chevy</td>
<td>Silverado</td>
<td>Extra Cab, Clean, Local Owner</td>
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<td>2006</td>
<td>Dodge</td>
<td>Ram 2500</td>
<td>Quad Cab, 4x4, Diesel, SLT, Clean</td>
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<tr>
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<td>Fusion SE</td>
<td>Blue, Below Book Value</td>
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<td>2003</td>
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<tr>
<td>1999-05</td>
<td>Minivans &amp; Crossovers</td>
<td>Freestar, Freestyle, Venture, 5 to choose from..</td>
<td>$3,995</td>
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</tr>
</tbody>
</table>

Kool Auto Collision: 302-0313
Kool Quick Lube: No waiting.
Kool Ford Used Superstore: 787-1209
Kool Tires, Wheels, and Alignments: 302-0313
With daytime rising every day, it becomes even more important that people follow recommendations to protect themselves from the extreme heat.

According to the Office of the Chief Medical Examiner, in 2013 there were five heat-related deaths in Virginia; in 2012 there were 21.

One of the most important precautions people should take is to schedule or reschedule activities and outdoor work during the coolest parts of the day. In the summer, sunlight exposure is greatest between 10 a.m. and 4 p.m.

Here are additional steps you can take to protect yourself against heat-related illnesses:

• Keep cool in an air-conditioned area. Take a cool shower or a bath. Consider a trip to the mall or a local library or visit a friend with air conditioning. Spending at least two hours per day in air conditioning significantly reduces the risk of heat-related illnesses. When temperatures reach the upper 90s or above, a fan may not prevent heat-related illness.

• Drink plenty of fluids (two to four glasses of cool fluids each hour). To replace salt and minerals lost from sweating, drink fruit juice or a sports beverage during exercise or when you have to work outside. However, talk to your doctor first if you’re on a fluid-restricted diet or medications, or on a low-salt diet.

• Avoid sunburn and wear light clothing. Sunburn limits your body’s ability to keep itself cool and causes loss of body fluids. Use sunscreen with a high SPF. Lighter-weight clothing that is loose fitting and light colored is more comfortable during extreme temperatures. Use a hat to keep your head cool.

• Give your body a break as the heat wave can be stressful on your body. Limit physical activity until your body adjusts to the heat.

• Never leave children or pets in cars. Temperatures inside a car can reach more than 150 degrees quickly, resulting in heat stroke and death.

• Use the “buddy system” if you’re working outside, where could become confused or could lose consciousness if you suffer a heat-related illness. Therefore, make sure someone else knows of your plans.

For more information about heat-related illnesses, visit the Virginia Department of Health’s website at www.vdh.virginia.gov

Riverside Diabetes Educator Leads Food Lion Shopping Trip

Cruising down the aisles of a grocery store, especially when hungry, can fuel the temptation to buy everything that’s chocolate-covered, frozen or freshly baked. For the majority of people, that’s OK in moderation.

But for a person with diabetes, giving in to temptation can have serious consequences.

On June 23, a handful of people who have diabetes or cook for someone with diabetes attended an in-store education class. Riverside Home Health and Food Lion hosted the Cape Charles education, along with a similar class in the Food Lion in Onley. Beverly Norris, a Riverside registered nurse, certified diabetic educator and certified health coach, led patients through each aisle in the stores to teach them about making better food choices and reading labels to better live with diabetes.

Norris calls the event a “doctor favorite” because physicians find that their patients learn real-life tactics for improving their nutrition and thereby improving their control of their disease.

An estimated 30 million Americans, nearly 10 percent of the population, live with diabetes, according to the U.S. Centers for Disease Control and Prevention’s National Diabetes Statistics Report.

It’s not Thanksgiving or Christmas that will do a diabetic in, Norris said. It’s the routine choices made the other 363 days of the year. The family dinners. The birthday parties.

During the education with Norris, diabetics learned that reading nutrition labels and watching portion sizes are the keys to successfully controlling diabetes. Instead of restricting certain foods forever, Norris empha-
sized that a food that maxes out one’s carbohydrate limit can be balanced out with other foods that have no carbs, but diabetics must pay close attention to achieve that balance.

Norris advises diabetics:
• To rely on nutrition labels, not the front of the box, for nutrition information because labels detail calories, saturated fats, trans fats and carbohydrates;
• That carbohydrates are complex sugars and, given that diabetics need to control their blood sugar, understanding how many to eat each day is important. Women shouldn’t eat more than 45 carbohydrates per meal, and men, no more than 60. A 15-carb snack and a 30-carb snack each day can also be part of a healthy diet.
• To eat as many vegetables as possible, within reason. Beans, peas, corn and potatoes need to be eaten in moderation given their high starch and carbohydrate content. Choose fresh and frozen vegetables over canned vegetables.
• To be cautious with fruits which, though healthy, contain high carbohydrate levels. Eat fruits with other foods, like an apple with a peanut butter, to make the snack or meal more well rounded.
• To taste the rainbow; the more color on a plate, the better. More color usually equals a variety of different vitamins and minerals needed for a healthy meal.
• Sugar-free does not mean healthy or low-calorie. Regular cookies (vs. sugar-free diet cookies) can often have fewer carbohydrates.
• As a rule of thumb, clear salad dressings is generally better than creamy, and “light” dressings are better than full-fat. Avoid fat-free dressings, though, because they replace fat with sugar to maintain flavor.
• Stick butter has more fat in it to make it firm, so choose tub margarine where possible.
• Always choose whole-grain pasta. The whole grains work like a sponge and soak up cholesterol.
• Consider sugar-free Jell-O a freebie food, and while everything should be consumed in moderation, feel free to eat lots of sugar-free Jell-O to satisfy a sweet tooth.

• Check breakfast cereals for the number of carbohydrates in each serving. Unflavored oatmeal is a healthy breakfast option, especially when made with water, but the flavored varieties can be sugary.
• Consume three dairy products each day. Try drinking milk with the least amount of fat to help with cholesterol. Soymilk and almond milk are good alternatives for diabetics because while they have less protein and calcium, they also have fewer carbohydrates.
• Help yourself to remember to choose lean meat with the saying “more feet = more fat.” For example, cows and pigs have four feet; chickens and turkeys have two feet, and fish and shrimp have no feet, making fish and shrimp the leanest of all the proteins.
MAGIC MAZE • ON THE SURFACE

Y X U Q M J F Y B Y U R O K H
G D A X U Q L N K H E B Y V S
P U M J H F M E B Y V T Q O L
I G B D L O H B Y W T R P M
K I F R X O O T S U R D B Y W
U S D E E A N Q M I O M K I F
S D B Z T W X P U L W U S Q
O P N L N A A P J H C O F D C
Y L I L I A L V A W E S P Y W
V T S H K E K G Q P N L K I H
N E E H S I N R A T F E C B Z

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Dry fly Moonwalk Sheen Water bug
Float Polish Ships Waves
Glaze Ripples Skin Wax
Lily Scum Tarnish

Last Week’s Answers

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Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

* Moderate ★★ Challenging ★★★ HOO BOY!

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T he new golf pro at Eastern Shore Yacht and Country Club is a player.

Club professionals aren’t always the best player at their own course. For one thing, they don’t play as much as the public thinks, busy as they are with running the pro shop. In addition, many club pros take that route because they enjoy teaching the game over competing on the course.

But Dennis Winters, now the pro at the Eastern Shore Yacht & Country Club for three months, has an impressive playing résumé that includes wins at major events right up to being an alternate for the U.S. Senior Open to be played beginning July 10 at Oak Tree National in Edmond, Okla.

On June 19, Winters was one of 100 golfers competing for two spots in the Open at a qualifier held at Back Creek Country Club in Middletown, Del.

Winters’ round of 70 tied with three others for the top spot, and he became the second alternate in a playoff. “They tell me my chances of getting in are pretty good because the field at my qualifying round was one of the largest in the country among the 34 sites across the country. I check the email every day for any news,” said Winters, now 54 and a well-known figure on the Delmarva Peninsula, having served as the club pro at Nassawango in Snow Hill, Md., the Lighthouse Sound in Ocean City, Md., and River Run Golf Club in Ocean City.

Winters grew up in an Air Force family that moved frequently around the country. But he settled on the East Coast and played golf collegially at the University of Maryland. That was before well-known PGA pro Fred Funk was the team’s coach, but Winters knows Funk well and also enjoys close friendships with PGA player Phil Blackmar and tour caddie Mike Cowan, better known as Fluff, once the caddie for Tiger Woods.

Winters played briefly on the Nike Tour, now the Web.com Tour, the developmental stage for the U.S.-based PGA tour. Winters even played one PGA tour event at the Anheuser-Busch Classic in Williamsburg, Va. He also played the South African and South American tours.

In 2000, he won the Maryland Open, open to both amateur and professional golfers, at the Columbia Country Club in Chevy Chase. Prior to winning the event, Winters had finished runner-up in four of the five previous years. Funk is a two-time winner of the event.

His biggest winning purse of $50,000 came in 1999 when he won the Toyao Invitational, a Mid-Atlantic USGA Sectional event held at Four Streams Golf Club in Beallsville, Md.

Seven years earlier, then an assistant pro at Eisenhower Golf Course, he shot a final round 65 to win a Mid-Atlantic PGA Pro-Am Tournament at Chestnut Ridge Country Club in Lutherville, Md.

Winters also won the Virginia Beach Open over a 208-man field in 1992 by shooting a 65-69 at the Honeybee Golf Course. He also won the pro-am at Stumpy Lake that same weekend. He was the runner-up at the Virginia Beach Open both the year prior and after his victory.

Winters counts other Mid-Atlantic Sectional events among his championships and also owns the course record at River Run Golf Course in Ocean City with a 63.

Raising a family and needing a steady income steered Winters to the life of a club pro. He and his wife have three children, all currently enrolled in college. Their twin daughters, Anne and Catherine, attend the College of Charleston. A younger son, Daniel, is at Coastal Carolina in Conway, S.C. He is the only serious golfer in the family.

For the time being, Winters is renting a place outside of Onancock while his wife remains at their home in Ocean City, Md., where she works for the Outback Restaurant Corporation.

Winters’ theory on golf lessons is “to teach what the good players do. Adam Scott and Jim Furyk’s swings are nothing alike, but they both do some of the same things that produce good results. That’s what I try to teach ... to have a golfer learn a consistent swing that works for him or her.”

Winters is on the advisory staff with Taylor Made and held a Demo Day at the club recently for the golf manufacturer that is credited with introducing the metal driver in 1979 which now dominates the market. “Their newest driver, the SLDR, really produces incredible results. Golfers were finding they drove the ball 15 to 20 yards further using the SLDR over their own driver,” said Winters.

Winters said the biggest difference in the game since he started playing has been the improved equipment. “It’s like, ‘Do you want to use a homing pigeon or high-grade technology?’ If you are not using modern equipment, you are at a disadvantage playing with most golfers,” said Winters.

He is excited about the opportunity at ESY&CC.

“The course is in the best condition it has been in years,” he said. “Andrew Howard, our greens superintendent, has done a great job of getting the course in a superb condition. Golfers who haven’t played here for a while are always telling me how surprised they are to find the course in such good shape,” said Winters.

The ESY&CC course, designed by Ed Ault, opened in 1960 and marked its 50th anniversary a few years ago. The par 72 layout has bent grass greens and Bermuda fairways and poses a challenge to golfers with its narrow fairways and water on numerous holes. The course record is a 63 shot by Jeff Shield. Winters’ best round at ESY&CC thus far is a 67.

Winters, who knows most of the best area golfers after being on the Delmarva Peninsula for decades, said, “There are some very good golfers in the area,” pausing in mid-interview to set up a foursome the following day with Terry White and two others.

“We want golfers to come see the course. I think they will be pleased with the condition,” said Winters, who served as host to the H.B. Rew Eastern Shore Foundation Golf Tournament recently.

Having played many of the top courses worldwide, Winters counts Turnberry in Scotland, which has often hosted the British Open, as his favorite.

He has had two invitations each to play Pine Valley, ranked by Golf Magazine as the top course in the world, and Augusta, home to the Masters.

“I had events each time that conflicted with playing there, but I will get there one day,” said Winters, who has made a living at a game he loves to play.
Paul Nolz Soccer Camp Aug. 4-8

Paul Nolz, head soccer coach at Nandua High School, will be hosting his 28th annual soccer camp at the Onancock School, Aug. 4-8. The camp for ages 4 to 13 will start at 9 a.m. and end at 11:30 a.m.

Athletes will be divided by age and ability into smaller groups. Instruction at the soccer camp will focus on individual player development. Attacking and defending principles will be covered, along with dribbling, passing, shooting, heading, and receiving. Participants must bring water, shoes, and a well-marked ball.

For early sign-ups or information, call 787-7625 or 787-7415 or email rock.church.onley@verizon.net

Sign-up by July 21 guarantees T-shirt and size.

Onancock Run To Benefit Foodbank

The Rock The Run 5K walk/run will take place July 19 in Onancock beginning at 8 a.m., with registration opening at 7 a.m. in front of the Onancock School at College Avenue.

Prizes will be awarded to the top finishers.

Registration is $25 and includes a T-shirt along with free admission to Music for the Hungry, which begins at noon. All proceeds benefit the Foodbank of the Eastern Shore. Register online at fbseva.convio.net/kmfth14

Arcadia Announces Football Dates

Arcadia JV/varsity football summer conditioning is being held Tuesday through Thursday from 5-7 p.m.

The Arcadia Football coaching staff will hold a player/parent football meeting/cookout Wednesday, July 16, at 5 p.m. All students interested in playing JV/varsity football are required to attend with a parent/guardian. Concussion awareness, sports physicals, health insurance, academic eligibility and team expectations will be covered.

JV/Varsity football practice will begin Thursday, July 31. Practice will be held Monday through Friday from 5-8 p.m. Varsity football will open up the season at home on Aug. 29 vs. King William at 7 p.m.

Youth Flag Football Registration Open

Northampton County Parks and Recreation is offering a youth flag football league for ages 5 to 16. Players will learn the fundamentals of football and will put their skills and talents to the test during weekend games.

Registration is open now; league tryouts and draft will be held on Saturday, Aug. 16, at Indiantown Park from 10 a.m. to noon. The league is scheduled to begin on Saturday, Sept. 6. Practices will be held once during the week, starting Aug. 18. Practice days will be up to the coaches.

The registration deadline for this program is Tuesday, Sept. 2.

The league is looking for volunteer coaches for this program. Coaches will have the opportunity to coach their child as well as receive a free scholarship for their child’s participation in the league.

For more information about this program or coaching, contact the office at 678-0468 or email parks@co.northampton.va.us and like NCPR on Facebook.

Golf Tourney Aids ESCADV

The Virginia Housing Development Authority recently held its 22nd Annual Charity Golf Tournament, successfully raising $150,000 for non-profit housing organizations that provide critically needed services to homeless individuals and families across Virginia.

Since its inception, VHDA has hosted the tournament to help fund non-profit efforts to end chronic homelessness by contributing more than $1.8 million to emergency shelters and Habitat for Humanity chapters across Virginia. Through an annual competitive process, non-profit housing organizations are selected to receive the tournament proceeds.

“This year, we were proud to raise $150,000, providing each of six different charities with a $25,000 donation,” said Don Ritenour, VHDA deputy director of programs and tournament chairman. “We know that the demand for emergency services is great, and many shelters are experiencing difficulties in raising funds to support their facilities. We’re glad to help these charities so that homeless families can have a place to stay that is safe and warm, and we look forward to continuing the tournament for many years to come.”

One of the recipients of $25,000 was Eastern Shore Coalition Against Domestic Violence. VHDA tournament funds will be used to expand counseling programs and upgrade a shelter facility by adding an accessible bathroom and privacy fencing for the children’s play area.

Nandua Announces Football Practice

Nandua football coach Chris Miles announces weightlifting for players is being held Monday through Thursday from 6 to 8 p.m. A meeting with players and parents will be held July 30 at 8 p.m. with practice to begin July 31.

For more information, contact Coach Miles at 709-8155.

British Soccer Camp Aug. 4-8 at Eastville

The Challenger British Soccer Camp is being hosted by Northampton County Parks and Recreation Aug. 4-8 at Indiantown Park in Eastville.

Each day will include individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament.

For more information, contact the Northampton County Parks and Recreation Department at 678-0468 or email parks@co.northampton.va.us

Nandua BBQ Today at School

The Nandua High School Booster Club will be selling barbeque chicken dinners today, July 4, at the school beginning at 10 a.m. Dinners are $8 each and include half a barbeque chicken, cole slaw, apple sauce, roll and choice of water or soda.

Athletic Physicals Set for July 15-22

Eastern Shore Physicians and Surgeons will be conducting athletic physicals for local athletes on July 15 and 22 from 6 to 8 p.m. at its offices in Nassawadox. The cost is $25. A signed physical form must be submitted and is available at the school offices.
Central-Accomack 9-10 Girls Win District 8 Softball Title

The Central Accomack 9-10-year-old girls won the District 8 Softball Title with a 6-1 win over Ocean View Saturday at Plaza Little League in Virginia Beach.

Jada Giddens had a home run and Haley McDaniel and Hailey Berry pitched three innings each to shut down Ocean View.

The Central-Accomack All-Stars swept the double-elimination tournament with four wins and no losses.

C-A opened with a 6-3 win over Azalea, then trounced Ocean View 17-5 as McDaniel struck out 11 in a complete game win. They reached the championship game with a 14-1 win over Shore.

Berry and Brianna Rucker had home runs in games leading up to the title game.

Coach Wayne Greer said, “This is the most fundamentally sound team I’ve ever been involved with, and they did everything we asked of them.”

They will now advance to the Virginia State Championships at Abingdon on July 17.

C-A Junior Girls Win District Title

The Central Accomack Junior (13-14) softball team won the District 8 title Tuesday night with a 7-3 win over North Accomack at Plaza Little League. The girls had opened the tournament with a win over North Accomack, also by a 7-3 score, and then defeated Plaza 15-0 in the double-elimination tournament.

Manager David Smullin said it was a team effort. “We hit for extra bases, ran the bases aggressively and played sound defense. The girls played as well as I have ever seen them.”

The girls will advance to the Virginia State Tournament in Saltville beginning July 17.

C-A Junior Boys Win District Title

The Central Accomack Junior Boys (13-14) won the District 8 baseball championship Tuesday night by defeating Fleet Park 14-5 at Azalea.

C-A had opened with an 8-2 win over Green Run and then defeated Fleet Park 5-2 before meeting them again in the double-elimination tournament.

Manager Mike Reagan said Garrett Baylis and Andrew Hart provided strong pitching performances in the final two games, while the entire team played outstanding defense, with outfielders Waylon White and Kelly Regan leading the way. He said Seth Konkel blasted a 320-foot home run in the second game.

The team advances to the Virginia State Championships at Abingdon on July 17.

A spaghetti dinner will be held Wednesday, July 9, at 5:30 p.m. at the Elks Lodge in Tasley to raise funds for the trip. Tickets are $8.

Interim Boys Vying for Title

Central-Accomack Intermediate Boys (50-70) were playing for the District 8 championship Thursday night in a game completed after deadline.

The team advances to the Virginia State Tournament in Abingdon on July 17.

C-A, N-A Major Girls Still in Tourney

The Central Accomack Major softball Girls had edged Green Run 17-15 and then crushed Azalea 14-1 in a game played at Azalea before falling to Virginia Beach Tuesday 15-7, moving to the losers’ bracket and playing last night in a game completed after deadline.

North Accomack also was alive in Major softball play with an 8-1 win over Plaza and a 20-5 win over Green Run Wednesday. They were to meet Central Accomack last night.
Bayside Poker Run Set for July 26; Turner, Crockett Art in Raffle

The Pungoteague Ruritan Club will sponsor a small-boat “poker run” Saturday, July 26.

This eighth annual Bayside Poker Run will be held on the waters of the Chesapeake Bay and adjoining creeks in the club’s community service area from Onancock Creek to Occohannock Creek. Any boat owner may register to participate in the event, which is not a race, but simply boaters choosing their own course and pace to locate and visit five pre-chosen locations designated on a nautical chart with notes and guidelines.

Registration for the event is $75 and captains may include as many crew members aboard as Coast Guard regulations allow. Registration will be limited to the first 30 boats. Registration forms, available from any Pungoteague Ruritan member or by calling Paul Custis at 789-1766, must be received by July 19. They are also available at Sandpiper Marine, Western Auto in Exmore, Shore Marine, Davis Wharf Marine, Don’s Tackle Shop, K&E Marine, Deep Creek Marina, Wachapreague Marina, Seaworthy Marine, and Eastern Shore Outfitters.

Competition in the event will be in two parts. The “navigational skill” part will be for boaters to plot a course which will enable them to “log in” at five specific locations within designated time allowances. These locations will be spread among Onancock, Pungoteague, Nandua, and Occohannock creeks and will be disclosed to all captains simultaneously at a meeting on the morning of the event. Points in this competition also will be earned in “Survivor”-type challenges in various activities.

The “luck” part of the event will involve boaters picking up a playing card at each of the five locations and bringing a poker hand to a final destination at 5 p.m. The navigation prize will be $350 or more and the poker prize will be a Fall Vacation Getaway package. Additional “dock prize” drawings will be held for fishing gear, boating accessories, and other marine items.

The Turner Sculpture Blue Crab V will be raffled at the Poker Run.

Bayside Kayak Paddle Debuts July 26

The Pungoteague Ruritan Club is sponsoring the Bayside Kayak Paddle on Saturday, July 26. The event begins with a kayakers’ meeting at 11 a.m. and concludes with an awards cook-out at 5 p.m.

There will be two routes and each kayaker can choose either a “short course” within Nandua Creek or an “expert course” that extends to the bay and includes Butcher Creek. Each boat’s actual run is determined by the kayaker based on the parameters and rules given at the morning meeting. The entry fee is $35 to benefit the club’s community service projects.

A grand prize for finding locations and picking up playing cards to present the best poker hand is a gift certificate of at least a $200 value to be awarded during a creekside awards ceremony. Grilled food and dock prizes will be featured during these festivities.

This paddle is being held on the same day as the club’s power boat Poker Run, but is a separate event. Entry forms are available at SouthEast Expeditions in Onancock at the wharf and all Pungoteague Ruritan Club members also have entry information. You may also call or email Paul Custis at 442-2931 or pcustis@es.vccs.edu for forms, email entry or more information. Registration after July 19 is $40. The weather date is the following Saturday, Aug. 2.

Cobia Fishing Still Hot; Flounder Providing Seaside Action

Arthur will likely impact fishing this weekend and for a few days beyond, but until then, cobia action was dominating the lower bay fishing, with both chummers and sight casters enjoying good activity with fish ranging from 30 to 70 pounds in recent weeks. The Latimer Shoals near buoys 13 and 16 has been a hot spot. Fresh cut bait such s bunker and live bait are working for chummers.

Flounder action continues to pick up at the Chesapeake Bay Bridge-Tunnel with the third and fourth islands producing well.

Red drum are still being caught along Fisherman’s Island for boats bottom fishing.

Spadefish are hanging around structures, although most are small, according to reports.

On the seaside, flounder fishing has been holding up well in Wachapreague and Quinby. The incoming tide has produced the best bite, jigging or drifting a flounder rig tipped with a Gulp and a minnow. Sand mullet are stacked around the inlets, hitting on bloodworms, shrimp and fish bites.

Spadefish are hanging around structures, although most are small, according to reports.

Shark fishermen are doing well.

The yellowfin tuna bite has slowed, but a few bigeye tuna weighing in at over 100 pounds are saving the day for a few lucky boats. Scattered gaffer mahi are offering some variety.
Sports Camp on Shore

Rock Church and Onancock Baptist Church hosted a multi-sports camp for approximately 170 kids last week at Nandua Middle School. Pictured above and at right are youth competing in a soccer match.

Thunder Second in Softball Tourney

The 14 and under Thunder girls’ softball team finished second in the silver bracket and fourth overall in the Summer Classic Softball Tournament held in Newport News recently. Pictured (from left) are: front row - Paige Smullin, Greta Bunce, Sara Weber, Whitney Colbourn and Elizabeth Liddle; second row - Coach David Smullin, Taylor Nottingham, Arianna Fletcher, Caroline Turner, Michaela Lewis, Chelsi Shreaves, Christen Eller and Coach Steve Lewis.
<table>
<thead>
<tr>
<th></th>
<th>Friday, July 4</th>
<th>Saturday, July 5</th>
<th>Sunday, July 6</th>
<th>Monday, July 7</th>
<th>Tuesday, July 8</th>
<th>Wednesday, July 9</th>
<th>Thursday, July 10</th>
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<tbody>
<tr>
<td>Assateague Beach</td>
<td>H 1:46 p.m. L 7:49 a.m.</td>
<td>H 2:38 p.m. L 8:34 a.m.</td>
<td>H 3:34 p.m. L 9:22 a.m.</td>
<td>H 4:30 p.m. L 10:13 a.m.</td>
<td>H 5:25 p.m. L 11:07 a.m.</td>
<td>H 5:41 a.m. L 12:02 p.m.</td>
<td>H 6:36 a.m. L 12:57 p.m.</td>
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<tr>
<td>Chinco. Channel</td>
<td>H 1:50 p.m. L 7:48 a.m.</td>
<td>H 2:42 p.m. L 8:33 a.m.</td>
<td>H 3:38 p.m. L 9:21 a.m.</td>
<td>H 4:34 p.m. L 10:12 a.m.</td>
<td>H 5:29 p.m. L 11:06 a.m.</td>
<td>H 5:45 a.m. L 12:01 p.m.</td>
<td>H 6:40 a.m. L 12:56 p.m.</td>
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<td>Gargathy Neck</td>
<td>H 2:42 p.m. L 8:28 a.m.</td>
<td>H 3:34 p.m. L 9:13 a.m.</td>
<td>H 4:30 p.m. L 10:01 a.m.</td>
<td>H 5:26 p.m. L 10:52 a.m.</td>
<td>H 5:41 a.m. L 11:46 a.m.</td>
<td>H 6:37 a.m. L 12:41 p.m.</td>
<td>H 7:32 a.m. L 1:36 p.m.</td>
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<tr>
<td>Folly Creek</td>
<td>H 2:35 p.m. L 8:13 a.m.</td>
<td>H 3:27 p.m. L 8:58 a.m.</td>
<td>H 4:23 p.m. L 9:46 a.m.</td>
<td>H 5:19 p.m. L 10:37 a.m.</td>
<td>H 5:34 a.m. L 11:31 a.m.</td>
<td>H 6:30 a.m. L 12:26 p.m.</td>
<td>H 7:25 a.m. L 1:21 p.m.</td>
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<td>Wachapreague Inlet</td>
<td>H 2:21 p.m. L 7:57 a.m.</td>
<td>H 3:13 p.m. L 8:42 a.m.</td>
<td>H 4:09 p.m. L 9:30 a.m.</td>
<td>H 5:05 p.m. L 10:21 a.m.</td>
<td>H 5:20 p.m. L 11:15 a.m.</td>
<td>H 6:16 a.m. L 12:10 p.m.</td>
<td>H 7:11 a.m. L 1:05 p.m.</td>
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<td>Quinby Inlet</td>
<td>H 2:20 p.m. L 8:15 a.m.</td>
<td>H 3:12 p.m. L 9:00 a.m.</td>
<td>H 4:08 p.m. L 9:48 a.m.</td>
<td>H 5:04 p.m. L 10:39 a.m.</td>
<td>H 5:19 p.m. L 11:33 a.m.</td>
<td>H 6:15 a.m. L 12:28 p.m.</td>
<td>H 7:10 a.m. L 1:23 p.m.</td>
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<td>Machipongo</td>
<td>H 2:16 p.m. L 7:57 a.m.</td>
<td>H 3:08 p.m. L 8:42 a.m.</td>
<td>H 4:04 p.m. L 9:30 a.m.</td>
<td>H 5:00 p.m. L 10:21 a.m.</td>
<td>H 5:15 p.m. L 11:15 a.m.</td>
<td>H 6:11 a.m. L 12:10 p.m.</td>
<td>H 7:06 a.m. L 1:05 p.m.</td>
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<tr>
<td>Tangier Sound Light</td>
<td>H 5:09 a.m. L 11:41 a.m.</td>
<td>H 5:55 a.m. L 12:27 p.m.</td>
<td>H 6:46 a.m. L 1:18 p.m.</td>
<td>H 7:43 a.m. L 2:12 p.m.</td>
<td>H 8:43 a.m. L 3:08 p.m.</td>
<td>H 9:44 a.m. L 4:05 p.m.</td>
<td>H 10:44 a.m. L 5:01 a.m.</td>
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<tr>
<td>Muddy Creek</td>
<td>H 5:25 a.m. L 12:16 a.m.</td>
<td>H 6:11 a.m. L 1:02 a.m.</td>
<td>H 7:02 a.m. L 1:53 a.m.</td>
<td>H 7:59 a.m. L 2:47 a.m.</td>
<td>H 8:59 a.m. L 3:43 a.m.</td>
<td>H 10:00 a.m. L 4:00 p.m.</td>
<td>H 11:00 a.m. L 5:36 a.m.</td>
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<td>Guard Shore</td>
<td>H 5:17 a.m. L 12:12 p.m.</td>
<td>H 6:03 a.m. L 12:58 p.m.</td>
<td>H 6:54 a.m. L 1:49 a.m.</td>
<td>H 7:51 a.m. L 2:43 a.m.</td>
<td>H 8:51 a.m. L 3:39 a.m.</td>
<td>H 9:52 a.m. L 4:36 a.m.</td>
<td>H 10:52 a.m. L 5:32 a.m.</td>
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<td>Chescon. Creek</td>
<td>H 5:29 a.m. L 11:24 a.m.</td>
<td>H 5:38 a.m. L 12:10 p.m.</td>
<td>H 6:29 a.m. L 1:01 p.m.</td>
<td>H 7:26 a.m. L 2:55 a.m.</td>
<td>H 8:26 a.m. L 3:48 a.m.</td>
<td>H 9:27 a.m. L 4:44 p.m.</td>
<td>H 10:27 a.m. L 5:44 p.m.</td>
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<td>Onancock Creek</td>
<td>H 5:06 a.m. L 11:44 a.m.</td>
<td>H 5:52 a.m. L 12:30 p.m.</td>
<td>H 6:43 a.m. L 1:21 a.m.</td>
<td>H 7:40 a.m. L 2:15 a.m.</td>
<td>H 8:40 a.m. L 3:11 a.m.</td>
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<tr>
<td>Pungoteague Creek</td>
<td>H 4:59 a.m. L 10:58 a.m.</td>
<td>H 5:08 a.m. L 11:44 a.m.</td>
<td>H 5:59 a.m. L 12:35 a.m.</td>
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<td>Occohannock Creek</td>
<td>H 4:23 a.m. L 10:38 a.m.</td>
<td>H 5:12 a.m. L 11:24 a.m.</td>
<td>H 5:23 a.m. L 12:15 a.m.</td>
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<td>Nassawadox</td>
<td>H 3:44 a.m. L 9:20 a.m.</td>
<td>H 4:33 p.m. L 10:06 a.m.</td>
<td>H 5:26 p.m. L 10:57 a.m.</td>
<td>H 5:41 a.m. L 11:51 a.m.</td>
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<td>H 7:42 a.m. L 1:44 p.m.</td>
<td>H 8:42 a.m. L 2:40 p.m.</td>
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<tr>
<td>Cape Charles</td>
<td>H 2:33 p.m. L 8:28 a.m.</td>
<td>H 3:23 p.m. L 9:14 a.m.</td>
<td>H 4:15 p.m. L 10:05 a.m.</td>
<td>H 5:11 p.m. L 10:59 a.m.</td>
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<td>Kiptopeke Beach</td>
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<td>H 7:09 a.m. L 1:17 p.m.</td>
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Hey Guys! My name is Ellie Mae. We could have a Rootin’ Tootin’ Good Time!! Won’t you adopt me from the SPCA? Call 787-7385.

4th Annual Black & White Affair Hosted by AveNewz Entertainment

Location: Moose Lodge, Belle Haven, VA
Date: Sat., Aug. 2nd 10PM-2AM
(Must have proper I.D.)
DJ Jack of Spade of 103 Jamz
VIP tickets & reserved tables available.
Contact: 757-952-9881

In Loving Memory of Roland Milton Sturgis 5-7-1976 - 7-4-1994
Best Known as “Peanut”. You will always be in our hearts and thoughts. We miss you and love you always and forever. The Sturgis Family– Naomi, Mildred, Clarence, Tony, Sherritta & Jeannette

Executive Director
Virginia Space Flight Academy - Part time

The Virginia Space Flight Academy is a non-profit corporation dedicated to providing hands-on educational experiences in science, technology, engineering and mathematics to young people, primarily through our nationally recognized Space Flight Adventure Camps at the NASA Wallops Flight Facility. We are currently seeking a dedicated and energetic person who wants to help our students become the next generation’s leaders. This is a year-round job requiring specific focus prior to and during summer camp sessions. Duties will include overall management of the corporation, including, but not limited to: planning and overseeing execution of Academy initiatives; hiring and managing key staff; securing donations for student scholarships, operating expenses and marketing/advertising the Academy’s products and services. The Executive Director reports to the Board of Directors. Send resume to Virginia Space Flight Academy, 13042 Conquest Point Lane, Hallwood, VA 23359. Position closes 7/31/2014.

Acomack County Department of Public Safety is accepting applications for position of Fire Medic I (Full- & Part-time).

Requirements:
• 18 years of age
• High school diploma or G.E.D.
• Valid driver’s license
• Eligible to work in the United States
• No felony convictions
• Successful applicants shall be physically capable of performing Fire, EMS and Rescue duties.

Minimum Qualifications:
• CPR
• EMT-Enhanced certification or higher by the VDH Office of EMS (Virginia EMT will be accepted for part-time positions)
• Firefighter II – Virginia Department of Fire Programs
• BTLs
• EVOC

Application packets are available at www.acdps.net. Positions will remain open until filled. The tentative date for the first review of applications will be July 15th. To be considered for this review, a complete application packet must be received by 4:00 p.m. on Monday, July 14, 2014.

Acomack County is an Equal Opportunity Employer. All qualified applicants will receive consideration for employment without regard to race, age, creed, handicap, color, national origin, religion, sex, political affiliation or beliefs.

Kiptopeke State Park
Seasonal Job Opportunity

Maintenance Ranger - Collects trash, mows grass, weed-eat, clean restrooms, paints, maintenance of grounds and buildings and small engine maintenance.

Must be willing to work Weekends, Shift Work and Holidays.

For more information call (757) 331-2267
www.dcr.virginia.gov An Equal Opportunity Employer

VDOT has opportunities statewide. We are currently seeking outstanding candidates for the following position: Equipment Repair Technician – Accomack, VA
For more details on this position and other opportunities go to www.vdot.jobs
We keep Virginia Moving
VDOT is an equal opportunity employer
HELP WANTED

**Mental Health Skill Building Specialists**

The Eastern Shore Community Services Board (ESCSB) is recruiting for full-time Mental Health Skill Building Specialists responsible for supporting the needs of individuals with mental illness in order to maintain them in a least restrictive, community-based environment. Work involves monitoring, training, and reinforcement of skills and appropriate behaviors related to mental and physical health, activities of daily living, and accessing community resources.

The individual selected for this position must be a Qualified Mental Health Provider as defined by Medicaid regulations. Minimal salary is $25,896 with a comprehensive benefit package that includes retirement and life insurance through the Virginia Retirement System, health insurance, PTO in addition to state holidays, and other optional benefits such as deferred compensation plans and long-term care insurance.

Interested individuals should apply at the ESCSB’s website at [www.escsb.org](http://www.escsb.org). A thoroughly completed ESCSB application is required. Resumes may accompany the application but will not be considered alone.

Applicants with an out-of-state driver’s license must submit a current copy of their driving record from their state. The individual accepting this position will be subject to pre-employment drug and a nationwide criminal background check via fingerprinting.

The ESCSB participates in E-Verify for employment eligibility. Open until filled.

ESCSB is an EOE

**Laundry Aide**

Heritage Hall – Nassawadox is currently recruiting for a part-time Laundry Aide with the flexibility to work all shifts. This person performs a variety of laundry functions in order to provide clean linens and clothing for the residents. They pick up dirty laundry and deliver clean linen and clothing to residents. They separate, wash, dry, and fold all clean clothing and linens. They are responsible for maintaining the proper functioning of the laundry equipment.

Qualified applicants should have the following:

- Must be able to read, write, and follow simple written and oral instructions
- Must be willing and able to perform repetitive and routine tasks and be able to maintain constant and consistent workflow
- Ability to work independently
- *Flexibility is a MUST!!*

Heritage Hall - Nassawadox provides a rewarding work environment along with competitive wages and a comprehensive benefits package.

For immediate consideration, please apply in person or forward your resumes to:

Heritage Hall – Nassawadox
P.O. Box 176
9468 Hospital Road, Nassawadox, VA 23413
(757) 442-9401 - Fax
Or online at [www.heritage-hall.org](http://www.heritage-hall.org)
Applications will be accepted through July 25, 2014 ONLY!

Heritage Hall – Nassawadox is an Equal Opportunity/ADA/Affirmative Action Employer. Minorities, Females and Veterans are encouraged to apply!

**HELP WANTED**

**Network Support Technician**

The Eastern Shore Community Services Board (ESCSB) is recruiting for a full-time Network Support Technician responsible for supporting the maintenance and operation of the hardware and software of the automated information system. Minimum salary is $30,384 with a comprehensive benefits package that includes retirement and life insurance through the Virginia Retirement System (VRS), health insurance, and PTO in addition to state holidays.

The successful applicant is required to have position-related knowledge, skills and abilities to include broad hands-on knowledge of multiple computer environments and Microsoft operating systems and products. Minimum of an Associates Degree in IT or a related field is preferred. The successful applicant must have a valid driver’s license and a satisfactory driving record in order to travel among agency sites to provide technical support. Applicants with an out-of-state license must submit a current copy of their driving record from their state.

Interested individuals should apply at the ESCSB’s website at [www.escsb.org](http://www.escsb.org). Resumes may accompany the application but will not be accepted alone. The individual accepting this position will be subject to pre-employment drug testing and to a nationwide criminal background check via fingerprinting. ESCSB participates in E-Verify. Open until filled.

ESCSB is an EOE

**HELP WANTED**

**Driver**

The Eastern Shore Community Services Board (ESCSB) is recruiting for a part-time driver for its Parksley outpatient clinic.

The Driver must have job-related experience and hold a valid driver’s license with a satisfactory driving record that meets all ESCSB established criteria. Individuals with out-of-state licenses must submit a copy of their driving record. $7.94/hr., up to 25 hours per week.

Interested individuals should apply at the ESCSB’s website at [www.escsb.org](http://www.escsb.org) or contact the Virginia Employment Commission, P. O. Box 9, Onley, VA 23418; phone 757-302-2029, for an ESCSB application and job description. A thoroughly completed ESCSB application citing the position applied for is required. A resume may accompany the application but will not be considered alone. Successful candidates will be subject to pre-employment drug test and a nationwide criminal background check via fingerprinting. The ESCSB participates in E-Verify for employment eligibility. All positions are open until filled.

ESCSB is an EOE

**AUTOMOTIVE SALES**

Kool Ford is looking for 2 experienced sales associates. Prior car sales experience a major plus. Top dollar!! Great hours. Contact Ross Kool at 757-787-1209.

**The Sherwin-Williams Company**

is seeking the following.

- Dependable Team Work
- Happy
- Hard working
- Self starter
- Detail oriented
- Problem Solvers

*If this describes you, apply [www.sherwin.com/crisfield](http://www.sherwin.com/crisfield)*

“Equal Opportunity Employer. All qualified candidates will receive consideration for employment and will not be discriminated against based on race, color, religion, sex, national origin, protected veteran status, disability, age, sexual orientation, or any other consideration prohibited by federal, state, or local laws or by contract.”

**HELP WANTED**

**Pharmacist**

Riverside Health System is seeking candidates for the following openings:

**Riverside Shore Memorial Hospital,**
Nassawadox, VA

- HIMS Asst.
- Patient Registration Clerk
- Respiratory Therapist
- Nurse Supervisor-RN
- Registered Nurse RN
- RN Extern II
- Pharmacist

**Shore Rehabilitation Center, Parksley, VA**

- Environmental Services Aide
- Food Service Person
- Registered Nurse
- Licensed Practical Nurse
- LPN Clinical Coordinator
- Physical Therapist
- Occupational Therapist
- COTA

**Cape Charles Medical Group**

- Medical Assistant

**Eastern Shore Home Health**

- Physical Therapist

To apply: [www.riversideonline.com/careers](http://www.riversideonline.com/careers)

Riverside Talent Recruitment Center
(866) 929-9905

EOE
11 STARCRAFT SEMI-V aluminum boat w/Load-rite trailer (used 3 times) includes anchor, life preservers, 4 rod holder & Hummingbird fish finder. Asking $2,000. 336-5683.

PRO SPORT PROKAT 02, 27', twin 130 h.p. Hondas, trim tabs, radar, 2 GPS's, VHS radio, auto pilot, elec. anchor windless, outriggers, down-riggers, 3-axle trailer, plus extras, $3,000 REDUCED TO $2,900. 757-789-3983.

BOAT WHEELS - 4-blade, 1 pair, 19" x 23-1/2" shaft. $650. Call 757-999-3437 & leave message.

MERCURY OUTBOARD PROPELLER SS 22- Pitch - Like new. $450. 757-710-0070.

22' CATALINA SAILBOAT - Swing keel, new fiberglass, clean cabin, good sails, 6 h.p. Yamaha long shaft, Load-rite trailer. $3,800 (OBO). 442-1122.

28' CARVER MARINER Two 305 Mercruiser engines (low hrs.), sleeps 4, fridge, microwave, compass. Recently hulled & painted. NOW $15K OBO. 757-619-8841
John Miller can save you some bacon this Summer!!

Dry Shells, Stone, Clam Shells, Top Soil, Fill Dirt, Excavation, & Backhoe Work

Just Call Site Work Specialist
John C. Miller at 757-665-4026

NEWLY REMODELED
2BR, 2BA home in Bayside town of Harborton, near Pungoteague Elementary. Lg. yard on private road. Some pets. 757-709-9483.

HOUSE FOR RENT/EXMORE - 2BR, 1BA newly renovated home. New kitchen, end of cul de sac. Treed yard, midway between 2 counties. $675/mo. Professionals need apply. Call 757-678-7500 or 757-678-7631.

ON ONANCOCK CREEK
Charming 3BR home. Attached 2-car garage, breezeway, sunroom, lg. open den, lg. kitchen w/pantry & awesome views. $1,250/mo. 757-709-8271.

BIRDSEAST AREA - 3BR house, W/D hook up, nice neighborhood, Sec. 8 welcome. Call 678-7483 & leave name & number.


NANDUA CREEK - 3BR on 3 acres, lovely condition, spacious rooms, lg. glassed-in porch overlooking water. $1,200. 442-3375.

WACHAPREAGUE - 3BR, 1.5BA, in town, W/D hook up, $850/mo. No pets. 305-394-3400.

EXMORE - 3BR, 1BA. Sec. dep., 1st month's rent, & must have good credit references. 665-6447.
Plan submittal. The DEQ Tidewater Regional Office will.

Eastern Shore Post is pleased to.

questions regarding the cleanup, please contact: Tammy Coffey with PetroChem Recovery Services Inc. at (757) 627-8791, which is located at 635 Maltby Avenue, Norfolk, VA 23504. The Corrective Action Plan will be submitted to the Tidewater Regional Office of the DEQ on June 30, 2014. If you would like to review or discuss the proposed Corrective Action Plan until July 31, 2014 and may decide to hold a public meeting if there is significant public interest. Written comments should be sent to the DEQ at the address listed below. The DEQ requests that all written comments reference the tracking number for this case; PC # 1995-2253.

DEQ
Storage Tank Program
5636 Southern Boulevard
Virginia Beach, VA 23462

PUBLIC NOTICE
CORRECTIVE ACTION PLAN ADDENDUM
There has been a release from an aboveground storage tank system at Bagwell Oil Co. – Onancock Terminal, 2 Mt. Prospect Avenue, Onancock, VA. The Department of Environmental Quality (DEQ) is requiring Bagwell Oil Company, Inc. to develop a Corrective Action Plan Addendum to address cleanup of petroleum saturated soil at the site. If you have any questions regarding the proposed Corrective Action Plan until July 31, 2014, please feel free to contact Lynne Smith at (757) 678-5151, Ext. 7000. For details and specifications, please contact the Operations Department at (757) 678-5151, Ext. 7000.

INVIATION TO BID:
Northampton County Public Schools is requesting sealed bids for L.P. Gas, product and service, for school cafeterias, science rooms and maintenance facilities. Sealed bids are also being requested for food and supplies, dairy products and supplies and bread products. Bids will be accepted until 2:00 p.m., Wednesday, July 23, 2014 at which time all bids will be opened and read aloud. Published in a certain plat of survey recorded in the Accomack County Circuit Court Clerk’s Office in Plat Book 28, at Page 90. (Tax Map No.: 04500A000000200).

PUBLISHER’S NOTICE - FAIR HOUSING
We are pledged to the letter and spirit of Virginia’s policy for achieving equal housing opportunity throughout the Commonwealth. We encourage and support advertising and marketing programs in which there are no barriers to obtaining housing because of race, color, religion, national origin, sex, elderliness, familial status or handicap. All real estate advertised herein is subject to Virginia’s fair housing law which makes it illegal to advertise “any preference, limitation or discrimination because of race, color, religion, national origin, sex, elderliness, familial status or handicap, or intention to make any such preference, limitation or discrimination.”

This newspaper will not knowingly accept advertising for real estate that violates the fair housing law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. For more information or to file a housing complaint, call the Virginia Fair Housing Office at (804) 367-8530. Toll-free call (888) 551-3247. For the hearing-impaired, call (804) 367-9753.

Email: fairhousing@dpor.virginia.gov
website: www.fairhousing.vipnet.org

PUBLIC AUCTION
of valuable
REAL ESTATE
Parcel B, 4.81 Acres, Chincoteague, VA
On Chincoteague Channel
The undersigned Trustee by virtue of authority contained in a certain deed of trust from Edward Lunn Tull dated December 21, 2004, and recorded in the Clerk’s Office of the Circuit Court for the County of Accomack as Instrument Number 200408551, upon being requested to do so by the noteholder, will sell at public auction, subject to any and all terms and conditions contained in said deed of trust, to the highest bidder.

IN FRONT OF THE CIRCUIT COURT
IN ACCOMAC, VIRGINIA
ON FRIDAY, AUGUST 1, 2014
AT 9:30 A.M.

the following tract of valuable real estate, to-wit:
All that certain lot or parcel of land located on Chincoteague Island, Accomack, Virginia, designated as Parcel “B”, containing 4.81 Acres and depicted on a certain plat of survey recorded in the Accomack County Circuit Court Clerk’s Office in Plat Book 28, at Page 90. (Tax Map No.: 04500A000000200).

THIS IS AN ATTEMPT BY A DEBT COLLECTOR TO COLLECT A DEBT.

TERMS
Ten percent (10%) of the purchase price will be required in cash on the date of sale with liberty to the purchaser to pay as much more in cash on that day as he might desire. The balance not so paid in cash to be evidenced by the note of the purchaser, payable thirty days from date with interest at 9% from date of sale, and with personal security should the undersigned Trustee require it. Title to the premises to be retained as additional security until the full amount of the purchase price has been paid. Bidders may be required to offer proof of a satisfactory financial condition prior to Trustee’s acceptance of their bid.

The property to be at the risk of the purchaser from the time bid off and taxes for the year 2014 to be prorated as of the date of sale.

Upon payment in full of the purchase price the purchaser to be entitled to a deed for said property upon same properly prepared at his expense conveying said property, AS IS, with SPECIAL WARRANTY of title and tendered to the undersigned Trustee for execution.

For further information apply to the undersigned Trustee.

Given under my hand this the 28th day of May, 2014.
LYNWOOD W. LEWIS, JR.
Sole Acting Trustee
757-787-2770
Accomac, VA 23301
Shen Valley Floors LLC
Sales, Sanding, Refinishing, Installation
- Custom Floor Design
- Restoration & Repairs
- Dustless System
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10% OFF (With This Coupon. Thru 7/31/14)
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4 CORNER PLAZA 757-787-2469

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Sales, Service, Parts and Rental.
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Carter Mogette - carter.mogette@easoshortractor.com
Mike Maurice - mike.maurice@easoshortractor.com
Office: 757.787.4141
Fax: 757.787.9283
easternshoretractor.com

Need a Roof?
FULL SERVICE GROCERY STORE
824-3061
RT. 13 N., MAPPSVILLE
Prices effective Monday, July 7, thru Sunday, July 13, 2014

Matthews Market
Full Service Grocery Store
824-3061
RT. 13 N., MAPPSVILLE
Northwest Sweet Cherries $2.99/lb.
USDA Choice Value Pack Porterhouse or T-Bone Steaks $9.99/lb.
Baby Back Pork Ribs $3.88/lb.
Grade A Shurfine or Lauder’s Large Eggs $1.29/dozen
1-lb. Pkg. Blue Bonnet Qtrs. (Reg. or Light) 99¢
Fresh Value Pack Boneless Center Cut Pork Roast or Chops $3.59/lb.
Fresh USDA Choice Bottom Round Roast or Swiss Steaks $3.99/lb.
Water Added Shurfine Smoked Ham Shank Portions $1.99/lb.
Shurfine Deli Gourmet VA Cooked Ham $3.99/lb.
Homestyle Cole Slaw $99c/lb.
Lacey Swiss Cheese $5.99/lb.
It is hard to believe that in some cultures smiling is perceived in a negative way as a sign of shallowness or dishonesty. According to an online encyclopedia, “Many people in the former Soviet Union area consider smiling at strangers in public to be unusual and even suspicious behavior.”

Then there is the canine world where showing teeth is most often a threat or warning. In chimpanzees it can be a sign of fear.

In humans, there are two basic types of smiles. The natural smile was named after French neurologist Guillaume Duchenne, who identified them. “It’s not something you can fake,” according to his theory. “When you’re forced to smile for photos, your eyes don’t smile. It’s only when you truly feel like smiling, that you flash a Duchenne. The eyes are essential for a genuine, warm smile.”

His smile involves muscles that raise the corners of the mouth and the cheeks and forms crow’s feet around the eyes.

So why am I always putting face cream on my crow’s feet? From now on this is a badge of honor! I dare the rest of you to work those muscles and make those wrinkles.

I read that some researchers believe genuine smiles “are clear windows into a person’s core disposition.” Two Berkeley psychologists analyzed college yearbook photos and found those who displayed “true Duchenne-worthy expressions of positive emotion in their 21-year-old photo had greater levels of general wellbeing and marital satisfaction at age 52.”

Whatever!

“People photograph each other with casual ease and remarkable frequency, usually unaware that each snapshot may capture as much about the future as it does the passing emotions of the moment,” the researchers wrote in a 2001 issue of the Journal of Personality and Social Psychology.

There was another study that involved professional baseball players whose photos were in a 1952 publication. The smiles there were rated and each player’s age at death was determined. Those scientists “found that smile intensity could explain 35 percent of the variability in survival ... in any given year, players with Duchenne smiles in their yearbook photo were only half as likely to die.”

That means if you give more full-force smiles, you will live longer!

My former customers put lots of smiles on my face recently. June 23 marked the 25th anniversary of the video store I co-owned in the Shenandoah Valley. When I made the announcement on Facebook, I heard from dozens of people, many of whom I watched grow up.

Another way to make me smile is to vote for my photo in the Southern Living “Share Your South Photo Contest.” At this writing, I am ranking fourth with a picture of a hummingbird. I sure would like to win. Here’s the link

www.southernliving.com/travel/share-your-south-photo-contest

Vote for this Eastern Shore woman who smiles at you in the grocery store.

None of the above was here in 2000 and so I call Cape Charles the little engine that could. I leave office with the town in very secure hands of people always optimistic about her future and vision.

No matter who you are or where you live, the harbor is yours to walk about or just sit and smell the salt air. The library and museum are yours to read or study our history. The beach and the park are yours to relax and enjoy family time. And all are within walking distance of each other. We are truly a unique town that has so much to offer our citizens and visitors.

I began my public service career in 2002 on Town Council and was elected Mayor in 2006. Thank you for a wonderful 12 years! I look forward to seeing everyone in my retirement years!

Dora Sullivan, Cape Charles

Shore License Plate Will Now Support Local Businesses

Dear Editor:

In 1997, the Eastern Shore of Virginia license plate was an ESVA Chamber of Commerce initiative to promote our area. The chamber board and one of its members, Mr. David Turner, designed the plate, submitted it through the approval process with the Department of Motor Vehicles and facilitated the legislative initiative necessary to get the plate made and into circulation.

The ESVA license plate was to increase visibility for our region and promote business in the area. After the first few years, the price of the plate was to
increase from $10 to $25 and the funds were to support chamber business activities on the Shore. This increase never happened. While the ESVA License Plate was only an additional $10, other revenue-sharing plates throughout the commonwealth were $25. The $10/plate goes into the DMV funds in Richmond and nothing was coming back to the Shore.

Now the cost of this plate has been brought in line with the others ($25) and the additional $15/plate will come back to the Shore through the nonprofit ESVA Chamber Foundation, a 501(c) 3 whose mission is to educate, support, and promote businesses on the Eastern Shore.

The emphasis of this foundation is that this funding will be coming back to the Shore, whereas now, none of it comes to the Shore. Funds will be used for business seminars and used to support businesses, especially for development and growth.

Some specific activities and undertakings of the foundation, include: (1) financing, sponsoring, publishing, promoting and distributing research on issues important to the businesses of the Eastern Shore; (2) providing educational forums that impact businesses of the Eastern Shore; (3) sponsoring activities and research projects to promote the economy of the Eastern Shore; and (4) awarding scholarships to current and future business leaders to further their education for business, economic, workplace and other purposes.

The end result is that every dollar goes to help the businesses of the Eastern Shore of Virginia. The impact of this business support will be a stimulus for our rural economy.

Owning an ESVA license plate is voluntary and shows our pride for our special community. Now proudly displaying our unique plate displays that we are showing grassroots support for our business community. What better way to “Shop Local”?

Jean Hungiville, Executive Director ESVA Chamber of Commerce

Habitat Event Owes Its Success to Many

Dear Editor:

On behalf of the Board of Directors of the Eastern Shore Habitat for Humanity Affiliates, I would like to take this opportunity to say “Thank You” to the citizens of the Eastern Shore who helped make our 25th Anniversary Gala such a success. Sycamore Bend offered a great venue for the event. Mallards at the Wharf and Heavenly Creations provided great food, and wine was provided by Chatham Vineyards.

Countryside Auctions sold the bid items donated by 31 artisans and merchants of the Eastern Shore. The Franktown United Methodist Singers provided inspirational music and Basket and Bows Floral Design was the source of beautiful table decorations.

The Boards of Supervisors of Accomack and Northampton counties declared June as Habitat Month and Del. Bob Bloxom had a joint Resolution approved by the legislature in Richmond.

The close to $26,000 raised will be used to complete our 41st house and begin our 42nd home for worthy homeowners.

Finally, thanks to the approximately 140 persons who brought tickets and attended the event.

G. Wayne Parsley, Vice President Eastern Shore Habitat for Humanity

Eastern Shore Most Assuredly Has Its Own ‘Rising Star’

Dear Editor:

I just wanted to take a moment to congratulate the Eastern Shore’s own talented singer, Deedra Ervin.

This local native stood honor last Sunday in her dress uniform and placed the Eastern Shore on the maps during an episode of ABC’s “Rising Star.” Deedra sang proudly with her heart and soul as hundreds of Eastern Shore locals stood by waiting to place their vote of support.

I count myself very lucky to know her personally. Although the odds weren’t in Deedra’s favor this time around, it does not take credit from her unique and amazing talent. I will always remember when Deedra’s voice led my family through our darkest hour.

Two years ago when we lost our father suddenly and began to prepare a service in his honor, I knew immediately I wanted someone to sing “Amazing Grace” and I turned to Deedra, who instantly told me it would be an honor. To this day, my family is grateful for Deedra and how her beautiful voice brought us light when we couldn’t find it ourselves. Deedra made time stand still for those moments as she sang to us.

Deedra, I want you to know from my family to you that we love you, we support you, and mostly we are proud of you! Keep up the hard work and remember God has a plan for all his children. You did an amazing job, Deedra!

Ashley Mapp, Onancock

Letters to the Editor may be sent by fax, email or U.S. mail using the addresses in the Publisher’s Circle at right.

While the Post will withhold a writer’s name with just cause, all letters must be signed and include a phone number for verification.
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<th>Year</th>
<th>Model</th>
<th>Price</th>
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<td>Ford Mustang GT</td>
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<td>Only 34,000 miles!</td>
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**Trailers**
- 5x8 Trailer: $989
- 6x10 Trailer: $1,290
- 6x14 Trailer: $1,492
- 5x8 Trailer: $1,989
- 6x12 Trailer: $3,218

See the entire inventory at www.buchanansubaru.com