As Donald Trump was inaugurated as the nation’s 45th president, the Eastern Shore in some ways mirrored the rest of the nation.

A group of about 75 stalwart supporters dressed in everything from blue jeans to tuxedos gathered in Nassawadox for what was billed as the Shore’s “first ever” inaugural ball; followed by a band of approximately 60 protesters lining U.S. Route 13 in front of Four Corner Plaza to protest Trump’s presidency on Saturday morning (see related story and photos on page 13).

“My son is a big Trump supporter,” said Carolyn Verteramo, who brought her son, Ralph, from Easton, Md., for the event. “When he heard about it, he had to come.” She added that her father is Franco Nocera, owner of Little Italy.

Nocera, who conceived the idea for an Eastern Shore inaugural ball, and provided the venue at his restaurant.

Nocera said he had already booked entertainer Pamala Stanley for the third Friday of every month, so when he realized it coincided with the inauguration, “I thought, ‘Why not?’”

Under a criss-cross of red, white, and blue streamers, David and Carolyn Bright, of Wachapreague, were enjoying Stanley’s vocal selections while they waited for their meal. Both

(Continued on Page 19)

Time Running Out at Runninger’s

Runninger’s Pharmacy, a downtown Parksley staple since 2003, is merging with CVS Pharmacy in Onley. The last day of operations for the local pharmacy will be March 1. See full story on page 2.

Crash Claims Life of Onley Woman Wednesday Morning

By Linda Cicoira

An Onley woman died at the hospital Wednesday morning after being injured in a head-on collision.

Kristina J. Albrecht, 29, of Logan Road, was pronounced dead at Riverside Shore Memorial Hospital, according to 1st Sgt. Ben E. Jeffrey Jones of the state police.

The crash occurred at nearly 7:30 a.m. on the 26000 block of Locustville Road north of the intersection of Stone House Road in Accomack County. The incident involved a 2005 Chrysler Town and Country van and a 2012 Nissan Altima.

Courtney L. Emanueli, 34, of Onley, was driving the van. She was also taken to the hospital for treatment of injuries. Her condition was not disclosed.

Jones and Sr. Trooper Tony Montross responded for the Crash Reconstruction Team. Trooper John Feryus and the others are continuing to investigate the incident. Jones said speed and alcohol were not a factor in the crash.

“There were two juvenile passengers in the vehicle with Ms. Emanueli and one juvenile passenger with Ms. Albrecht,” said Jones. “All were transported to Riverside Hospital. Only the children were properly restrained.”
Runniger’s to Leave Parksley

By Connie Morrison

Like many small businesses, Runniger’s Pharmacy, which has been a business staple in downtown Parksley since 2003, has endured many ups and downs in its 13 years. But in the end it was red tape that ran Runniger’s out of town.

Government, drug company, and insurance rules and regulations was too much, said owners Kathyanne Park-er Runninger and Peter Runninger in a statement posted to Facebook. “We don’t get paid enough by insurance companies to cover the costs to replace drugs,” Kathyanne Runninger later told the Post.

The store will close its doors at the end of the day March 1, and merge with CVS Pharmacy in Onley, effective March 2, she said. She hopes there will be a place for Runninger’s employees at CVS.

“We are sad to go,” she said. “We love it here; we love our customers. Sometimes you just have to do it.”

The landmark building at 18465 Dunne Ave. in Parksley is for sale. “I hope somebody decides to do something nice with it,” she said.

Although all of the details of the merger have not been finalized, Runninger said the Virginia Board of Pharmacies requires a 30-day notice so that customers can choose another pharmacy, or learn what will happen to their prescriptions should they decline to take action.

In this case, said Runninger, prescriptions will be confidentially transferred to CVS Pharmacy.

Once Runninger’s closes, H&H pharmacies in Oak Hall and Chincoteague, Rayfield’s pharmacies in Nas-sawadox and Cape Charles, and Shore Pharmacy in Exmore will be the Eastern Shore of Virginia’s independent pharmacies remaining in operation.
Competency Evaluation Set for Man Suspected in Hospital Stabbing

By Linda Cicoira

Psychiatric and competency evaluations are set for February for suspected killer Winston (PeeWee) Leroy Burton to determine if he was insane when he allegedly attacked a woman with a knife just outside the walls of Riverside Shore Memorial Hospital last November.

The 58-year-old Cheriton man showed up at the Eastern Shore Regional Jail in Eastville a short time after the incident occurred. He had an injured and bleeding hand and admitted to officers at the jail that he had stabbed Shelli Lou Crockett, 42, of Keller. He said he had been hearing voices.

Defense lawyer Carl Bundick might use the evaluations “to assist in the development of an insanity defense,” according to court documents. The evaluations would include whether Burton “had a significant mental disease or defect, which rendered him insane at the time of the offense.”

Crockett worked at the hospital for about 10 years. A member of the environmental services team, she arrived at the facility on Nov. 28, 2016, like she did most mornings. Before she could get inside, she was apparently stopped by a man she didn’t want to see anymore. Crockett was in the parking lot behind the hospital when she was stabbed multiple times. She tried to fend off the blows. The assailant fled. Crockett died a short time later.

Burton was brought back to the hospital for treatment of his injuries after showing up at the jail, where he is now being held without bond for first-degree murder. A preliminary hearing is set for March in Northampton General District Court. Initially, the case was filed in juvenile and domestic relations court. However, it was moved once authorities realized Burton and Crockett’s relationship did not include children or the sharing of a home.

Bundick wants a judge to suppress evidence taken from Burton when he showed up at the jail. He says all evidence and items seized were “in violation of her fourth, fifth and sixth amendment rights.” There was “no probable cause … no voluntary consent … any alleged consent would have been during the course and product of an illegal detention and seizure of the defendant’s person. No probable cause existed for the defendant’s arrest.”

Four officers who had contact with Burton immediately after the incident, say he talked about what happened. Their statements were filed in court records.

Deputy Kyle Martin said Burton came into the main lobby of the jail. He said he “had just stabbed somebody, that he was hurt and that he came to turn himself in.” Martin called for assistance, other deputies and EMS arrived and he was “evaluated and transported off location in an ambulance.”

Deputy C.M. Taylor was notified the suspect was at the jail so he went to the lobby. “I … was talking to Winston Burton about what happened and he stated that he had stabbed his ex-girlfriend. I … asked him who she was and he stated that her name was Shelli Crockett and she was an employee there. He told me that he had been hearing voices all night and that he had blacked out.”

When Deputy Carl G. Allums arrived at the jail for roll call, he learned that the suspect was there. “I went to the front lobby and saw a black male sitting in a chair holding his severely lacerated and bleeding right hand. I asked him if he was involved in the incident that occurred at the hospital this morning and he said, ‘Yeah, that’s me.’ I then asked him his name and he stated his name was Winston Burton.”

Deputy C.L. Forbes went with Burton to the hospital. “When I walked by the red Toyota (Burton’s vehicle) parked outside the front door of the jail, I noticed through the windows what appeared to be blood all around the driver area of the car … while en-route to the hospital Mr. Burton appeared to be asleep on the stretcher. When he finally moved, he turned to me and asked where he was going and stated he didn’t know what had happened to his hand.”

A checklist for bail identified Burton as a life-long area resident who most recently was employed as a conch house and construction worker. Burton has a history of violence, beginning in 1976 when he was a juvenile. He once jumped out of a second story window in Acomack Circuit Court after a jury recommended a lengthy sentence.

The Town of Nassawadox, Inc., is currently soliciting contract proposals for Solid Waste Disposal collection for the Town. The starting date for a new contract begins June 1, 2017 and can be projected for a period for 3-5 years. Please submit proposals for consideration prior to March 15, 2017, addressed to The Town of Nassawadox, Inc., P.O. Box 904, Nassawadox, VA, 23413. Questions call: 757-442-2694

Loyal Locals Dinner Menu

Week of Jan. 28 - Feb.3, 2017

Saturday
Korean BBQ Beef $13

Sunday
Lunch: 3PC Fried Chicken $9
Dinner: Pot Roast: Potatoes, Carrots, & Onions $10

Monday
Wings $.60 Each $7
4 Wings & 2 Sides

Tuesday
Hot Turkey Sandwich $10

Wednesday
Meatloaf & 2 Sides $9

Thursday
Chicken & Dumplings w/ 1 Side $9

Friday
Shrimp Etouffee $13

Little Italy Restaurant ... invites you to a VALENTINE’S DAY EVENING of Doo~Wop and 50’s & 60’s Rock ‘n Roll
SONGS OF LOVE

Featuring Rock ‘n Roll Hall of Famer and The Creator of the Hit Song “Why Do Fools Fall in Love”
The Legendary Jimmy Merchant

Jimmy Merchant is an original founding member of the first “super star” teen vocal group Frankie Lymon and The Teenagers

SATURDAY, FEBRUARY 11, 2017 / SHOW TIME 7:30 PM
$10 Per Person / NOT INCLUDING DINNER / Doors Open at 6:00 PM
Nassawadox VA 757-787-7831
Call 757.331.8660 for more information or stop by the Seafood Eatery Wednesday-Sunday to purchase tickets!

Menu Includes...
HOT DOGS, HAMBURGERS, PORK BBQ
BAKED BEANS, COLESLAW, MAC AND CHEESE
ASSORTED CHIPS AND PRETZELS with CHEESE SAUCE
MOZZERELLA STICKS with MARINARA
FRIED ONION PETALS with RANCH
LOADED POTATO SKINS

(CHEESE, BACON, GREEN ONION, with SOUR CREAM ON THE SIDE)

By Ron West

Northampton supervisors reviewed changes to the county’s 2016 Zoning Ordinance Tuesday night including three options for event venues based on property size and sent them to the Planning Commission for review.

Zoning Administrator Melissa Kellam explained that venues on lots at least 25 acres would be allowed on property zoned Agricultural/Residential. The activities would be allowed on 10-acre lots in Village and Waterfront Village zones and on 5-acre lots in Town Edge Commercial General Business zones.

The supervisors also discussed definitions regarding Conference and Retreat Centers. In general, Conference Centers would be designed to house meetings or conferences and offer on-site food and guest rooms. They would not be for general public use. A Retreat Center would be designed to handle small groups for short-term meetings or training sessions but not for overnight stays.

It was agreed that Home Occupations would include businesses that were generally owned and/or operated in a private residence with one full-time employee. The board briefly reviewed the Rt. 13 Corridor District but made no decision regarding modifying it, retaining or removing it. It was also referred to the commission.

A feasibility study on treatment needs for the well that provides water to the county complex in Eastville was discussed. Director of Public Works Chris Thomas reported the water tested positive for manganese, high levels of iron and lead. He said manganese is present in many wells in the county, as is iron, but do not generally pose a health hazard. The board agreed to the study, which will cost $8,950.

Thomas said the former middle school in Machipongo is leaking and needs roof repairs. Repair to the gymnasium roof is estimated at about $28,000. Additional estimates for other areas will be made.

Additional bids will be required for the emergency medical services building in Machipongo and portions of the project could be handled separately. Although five companies attended a pre-bid meeting, only one bid was offered at $544,150. The board agreed that was too high. Chairman Spencer Murray said the board wanted to pay half as much.

A proposed amendment to the supervisors’ manual would allow the chairman to summarize written documents that attendees wanted read into the public record. Murray said some documents were extensive and took much longer to read than the three minutes speakers are allotted. Supervisor Robert Duer said reading the documents was unfair to the others limited by the three-minute rule. Murray said he was not attempting to restrict speakers and that their documents would still be placed into the record. He would just not read those that are excessively long or as he noted, “verbally abusive.”

More Zoning Changes in Northampton

By Ron West

The Cape Charles Town Council voted 4-1 on Jan. 22 to allow a vinyl covering on a chimney in the historical district.

Resident Spencer Custis’ request to construct a house at 204 Washington Ave. included the chimney plan. The Historic District Review Board opposed the concept advising the chimney needed to be finished with brick or brick veneer as vinyl-clad was not appropriate for the district.

Councilmen Chris Bannor and Andy Buchholz both noted that other structures in the area, including nearby condos, were constructed with similar materials thereby setting a precedent.

It was also noted construction requirements dictate the use of chimney liners, which would prevent the outside covering of a chimney from being a safety issue.

Councilwoman Dora Sullivan was opposed to the request. Councilman Steve Bennett was absent.

The panel unanimously approved a request for a conditional use permit for 1 Fig St., which was a new car dealership. Owners Chad and Bev Petras got permission to put living space there.

Council voted unanimously to invest in the Virginia Investment Pool Trust Fund. Wachapreague and the cities of Chesapeake and Roanoke are among those that have already done so. Robert Lauterberg of the Virginia Association of Counties/Virginia Municipal League advised the panel to join the others.

Historic District on Cape Charles Agenda

By Ron West

The Cape Charles Town Council voted 4-1 on Jan. 22 to allow a vinyl covering on a chimney in the historical district.

Resident Spencer Custis’ request to construct a house at 204 Washington Ave. included the chimney plan. The Historic District Review Board opposed the concept advising the chimney needed to be finished with brick or brick veneer as vinyl-clad was not appropriate for the district.

Councilmen Chris Bannor and Andy Buchholz both noted that other structures in the area, including nearby condos, were constructed with similar materials thereby setting a precedent.

It was also noted construction requirements dictate the use of chimney liners, which would prevent the outside covering of a chimney from being a safety issue.

Councilwoman Dora Sullivan was opposed to the request. Councilman Steve Bennett was absent.

The panel unanimously approved a request for a conditional use permit for 1 Fig St., which was a new car dealership. Owners Chad and Bev Petras got permission to put living space there.

Council voted unanimously to invest in the Virginia Investment Pool Trust Fund. Wachapreague and the cities of Chesapeake and Roanoke are among those that have already done so. Robert Lauterberg of the Virginia Association of Counties/Virginia Municipal League advised the panel to join the others.
MLS#44746 $199,000 Keith Koerner 757-999-4670
Well maintained 3BR/2BA Ranch on 1 acre lot.

ACCOMAC:

HARBORTON:

Daves Griffith 757-647-2649/Randy Carlson 757-678-6395

CAPTAIN:

Chesapeake Brdch with 3 BR/2.5BA Colonial
offers charm & modern amenities. Updated kitchen &
on demand hot water & new roof. This 1800 sq
ft home includes an enclosed porch & back deck.

Machipongo:

HARBOURVILLE:

KELLER:

Onancock:

Sandy Daisey 757-442-2690

CAPE CHARLES:

CHINCOTEAGUE:

January 27, 2017 • EASTERN SHORE POST • 5

LAND

WACHAPREAGUE:

PARKSLEY:

TEMPERANCEVILLE:

CAPE CHARLES:

PUNTGOTTAGLE:

Onancock, VA
(757) 787-1305
(800) 989-5852

HARBOURVILLE:

BRIDGTON:

SOUTH BAY:

NEW BAY:

WELL SPRINGS:

Fords S:\10032\10032-

SHADYDALE:

BETILD:

PUNTGOTTAGLE:

Well maintained 3BR/2BA Ranch on 1 acre lot.
Large kitchen provides room for entertaining, updated baths,

MACHIPON:

WINDHAM:

ACCOMAC:

CAPE CHARLES:

CHINCOTEAGUE:

Assnet is:

CHINCOTEAGUE:

Beautiful beach Chesapeake Bailey Beach with 4
acres allows for an exclusive location to build your

dream home & 640 ft of sandy beachfront. Pond on
the east side of property for canoeing/kayaking.

HACKSNECK:

Onancock, VA
(757) 336-1999
(800) 989-5854

www.cbharbourrealty.com
An Independently Owned and Operated Member of Coldwell Banker Residential Affiliates, Inc.
Riverside Shore Health Services Campus Opens Feb. 25

Here’s your chance to see it now.

The Riverside Shore Health Services campus is bringing new resources to our community:

- **Riverside Shore Memorial Hospital**
- **Riverside Shore Cancer Center**
- **Riverside Medical Office Building**

These facilities are designed specially to meet the needs of individuals and families on the Eastern Shore. Don’t miss this opportunity to preview the future of health care before it officially arrives.

**Open House and Tour**

**WHEN**
- **Saturday, Feb. 4**, noon - 4 p.m.
- **Sunday, Feb. 12**, 1 - 5 p.m.

**RSVP**
riversideonline.com/tour

**WHERE**

20480 Market St., Onancock, VA 23417
Lobby of the new Riverside Shore Memorial Hospital

*Light refreshments will be served.*

When you RSVP, you’ll be eligible to win gift certificates from local merchants!
The 2017 Virginia Senate was gavelled into session at noon, Wednesday, Jan. 11, by Lt. Gov. Ralph Northam. This is a six-week or “short” session, that ends Feb. 25, so things go into high gear quickly! After an organizational session Wednesday, and a spirited State of the Commonwealth address by Gov. Terry McAuliffe that evening, committees began meeting early Thursday with a full docket of bills to consider. On Friday morning, 1,810 bills were filed in both the House and Senate with the possibility of more legislation to be filed before the deadline.

The most important task before this assembly, as with all assemblies, is the budget. This year we are adjusting the budget, having written a two-year $100 billion spending plan in 2016. Revenues are less than anticipated, so the governor submitted suggested changes, which include belt-tightening. Both the House and the Senate will produce versions of an adjusted budget. These will likely differ in varied degrees from the governor’s, and with each other, and will have to be reconciled by a committee of conference later in the process. While there will still be belt-tightening required, improving revenues over the last few months leads us to believe that shortfall, at one point expected to be $1.5 billion, will be considerably less. The state’s Rainy Day Fund could temper this as it is intended for revenue shortfall emergencies. Virginia is constitutionally prohibited from operating on a running budget deficit, and this means revenue shortfalls must be dealt with head-on.

In addition to taking advantage of being in Richmond for an extended period to work with various state agencies on local issues, I will be carrying over a dozen proposed pieces of legislation as well as a few suggested amendments to the commonwealth’s budget. Given our revenue stress, anything that requires new spending will be given strict scrutiny and faces a very uncertain future.

My bill – SB1349 – establishes a cabinet-level secretary’s position for coastal flooding and was reported unanimously from the Senate Agriculture and Conservation Committee, on which I serve. Because of its fiscal implications, it was referred to Finance for review within the context of our budget. An identical measure is being advanced by Del. Chris Stolle on the House side, and his bill also passed through subcommittee and was sent to House Appropriations. The enormity of the coastal flooding issue is becoming apparent to members of the General Assembly no matter their political party or the area they represent.

I also put in legislation a bill to encourage and promote economic activity on working waterfronts in Virginia. My hope is that this legislation, which is a result of a recent report on working waterfronts and their importance to Virginia’s economy, will have some significant positive impact locally. I am asking for a Joint Legislative and Audit Revenue Committee study of working waterfronts and how we can best promote their economic viability and productivity. I think these pieces of legislation may offer some real benefit for the Shore and other areas with working waterfront communities.

This session I will again be working with the Farm Bureau and Chesapeake Bay Foundation to get appropriate funding for our cost-share best-management agricultural practices program. This program has been tremendously successful and has resulted in Virginia meeting its mid-term Bay Cleanup goals. We still have a lot to do. Our Bay Cleanup obligations and significant funding on cost-share and BMP program were a large part of our mid-term success and will be vital in meeting our final goals by 2025. Many groups from the Shore have visited already, and I am looking forward to many more over the next month. Please visit the capital and stop by and see me while you’re here! We will be in General Assembly Session until Saturday, Feb. 25. You can monitor the activities of the legislature on the General Assembly website www.virginiageneralassembly.gov. I can be reached at our legislative e-mail, district06@senate.virginia.gov, and while in Richmond, by telephone at 804-698-7506. Please do not hesitate to contact me.
• From MF Olde Mill LLC
To Robert and Janet Bloomfield
6276 Olde Mill Ln., Horntown
For $270,000
• From Larry Rantz and Lynette King
To Cody Chance and Stephanie Bradshaw
10065 Jerusalem Rd., Temperanceville
For $29,000
• From John and Charlene Huh
To Dylan Escalera, Robert Weeks and Debra Garcia
31482 Nandua Dr., Painter
For $120,000
• From Inlet View Properties Inc.
To Mark Giblin and Mark Giblin Jr.
Lot 68, Bunker Hill Road, Chincoteague
For $15,000
• From Edward Lunn Tull
To James Adams Jr.
Lot 2, Bunker Hill Rd., Chincoteague
For $20,000
• From Mary Audet
To Asher and Elizabeth Hammond
7463 East Side Dr., Chincoteague
For $169,100
• From Ernest and Adlonia Wood
To Chincoteague Bay Trails End Assoc. Inc.
6066 Slipper Shell Dr., Horntown
For $1,407
• From John and Patricia Hunt
To Donald and Deborah Chrobot
Lot 29, Unit 2, Sheet 9, Trails End
For $5,500
• From Ronald and Sharon Clark
To Christine Murphy
Lot 226 at Vaucluse Shores
For $360,000
• From Sandra Hurst, Gunther Degen
and Lore Degen
To Juan Cortez
Property in Exmore
For $19,800

LAND LISTINGS
WATERFRONT
37162 $199,900 7.24 Acres
39261 $44,000 2.0 Acres
40351 $192,500 0.5 Acres
WATERVIEW
42582 $64,900 0.8 Acres
44375 $125,000 5.01 Acres
44549 $399,000 49.71 Acres
DEEDED ACCESS
43084 $35,000 1.64 Acres
43221 $69,000 5.08 Acres
43374 $69,700 3.15 Acres
NON-WATER
32679 $4,500 0.25 Acres
38458 $18,500 16 Acres
40059 $20,000 5 Acres
Accomack Circuit Court

A 20-year-old Modest Town man was accused in records filed in Accomack Circuit Court of a sex crime with a child.

Probable cause was found in the county’s juvenile and domestic relations court to certify a charge of sexual battery of a child younger than 13 against Marcos Perez-Morales of Hopeland Road. The crime allegedly occurred between Sept. 1, 2015, and June 30, 2016.

Sgt. Anthony Bright investigated. Perez-Morales is being held without bond. He waived a preliminary hearing in December.

Accomack General District

Three men were arrested in the past week and charged with felonies, according to records filed in Accomack General District Court.

Daniel Allen Newman, 50, of El Rancho Lane on Chincoteague, was charged with six counts of grand larceny and a count of burglary in connection with incidents that occurred on the island last year.

Newman is accused of breaking into Carlah Hatt’s home and two counts of stealing property belonging to her between Nov. 1 and 30, 2016. He is also charged with four counts of grand theft of property belonging to Marie Wilpan between May 1 and Nov. 1, 2016.

Records state he made a “full confession.” Unsecured bond was set at $10,000. A preliminary hearing was set for March 20. Pfc. T.J. Adams of the Chincoteague Police Department investigated.

Luis Alberto Cardona, 31, of Lankford Highway in Hallwood, was charged with assault and battery of Deputy Julian Sharp of the Accomack County Sheriff’s Office (ACSO) on Jan. 21, 2017. Secured bond was set at $5,000.

Lawrence Walter Nalls III, 26, of Nancock Gardens Road in Onancock, was arrested in connection with a Nov. 29, 2016, petty theft. Because it is a third misdemeanor offense for Nalls, the charge is considered a felony. Cpl. E.J. Nottingham of the ACSO investigated. Nalls is being held without bond. A preliminary hearing is set for March 27.

Northampton Grand Jury Indictments

Frederick Wayne Baker, the 17-year-old who is awaiting sentencing for rape, sodomy, abduction, theft and related gun crimes that occurred in Cape Charles in 2015, was accused Monday of felony misconduct at the Eastern Shore Regional Jail.

The Plantation Drive resident was indicted by a Northampton Grand Jury on five counts of assault and battery of law enforcement officers and two counts of threatening to kill them between July and August 2016.

On July 30, he is accused of assault and battery of Valerie Thomas, an employee “responsible for the care and treatment of inmates.” On Aug. 3, indictments say he assaulted officers Jacob Foisey and Jeffery Smith. On Aug. 15, he is accused of assault and battery of Clark Lovelady, another officer at the facility. He was indicted on a count of assault and battery of officer Montego Johnson. On Aug. 15 and 16 respectively, he threatened to kill officers Johnson and Willie Stevens.

Information about the cases was given to the grand jury by Capt. Roger Kennedy, who runs the jail. Baker is also awaiting sentencing for escape and property damage at the jail in February 2016. He pleaded guilty to those and the Cape Charles incidents.

In the latter offenses, he pointed a gun at a bicyclist and forced her to go to a bathroom at the southeast area of the Cape Charles Central Park where he sexually attacked her.

In another case, Brandon Tankard, 30, of Church Road in Nassawadox, was indicted on 26 counts of forging more than $2,700 worth of checks, and a count of burglarizing a home on Bayside Road in Machipongo that occurred between August and November 2016. Information about the cases was given to grand jury by Investigator Tara Leckel of the Northampton County Sheriff’s Office (NCSO).

Frederick J. James, 40, of Vanesssa Drive in Dover, Del., was indicted on counts of malicious wounding and abduction in connection with incidents that occurred Dec. 4, 2015. The victim was Neleshawae Nicole James, 39, of Willis Wharf Road in Exmore. She was severely injured and was caused to suffer permanent and significant physical impairment, the court record stated.

Officer J.K. Brady of the Exmore Police Department investigated. James was arrested on Dec. 28, 2016. Records from Delaware show James has been convicted of conspiracy, burglary, robbery, delivery of illegal drugs, unlawful sexual contact and failure to register as a sex offender since 1992.

Nicholas Ralph Tremaglio, 20, of Red Setter Lane in Moseley, Va., was indicted on four counts of possessing drugs illegally on July 28, 2016. The drugs included Psilocin, or psychedelic mushrooms, a Schedule I drug; the amphetamine lisdesamfetamine, a Schedule II drug; hydrocodone, a Schedule II drug; and methylphenidate, a Schedule I drug. Officer Keith Brady of the NCSO investigated.

Daquan Julius Hardwick, 27, of Hollies Church Road in Melfa, was indicted on a count of knowingly failing to register as a sex offender on Sept. 2, 2016. Trooper T.M. Albright investigated.

Cassandra Rose Mosher, 35, of Sherman Avenue, in Glen Falls, N.Y., was charged with possessing cocaine on Sept. 17, 2016. Officer Shelly Beasley of the Chesapeake Bay Bridge Tunnel Police Department investigated. A car in which Mosher was riding was stopped for going 83 miles per hour in a 55 zone, according to court records. Mosher told the officer the cocaine belonged to her.

Northampton Circuit Court

A Willis Wharf man, who robbed a nine-year-old girl at gunpoint in 2015, was sentenced Monday in Northampton Circuit Court to 15 years via a youthful offender program.

Jabias (Nika) Keadre Kellam, 19, of Willis Wharf was given 15 years each for robbery and burglary with a deadly weapon at El Ranchito store in Cheriton on Aug. 7, 2015. Supervised probation was ordered for five years with good behavior for a decade. The terms were set to run concurrently. The defendant used a semi-automatic pistol to commit the crimes.

Kellam also got four years each for two counts of possession with intent to distribute cocaine on Jan. 4 and 26, 2016, with all but time served suspended.

In another case, Earl Leon Pryor, also known as Buddy Prior, 67, of Main Street in Exmore, pleaded guilty to two counts of aggravated sexual battery involving a girl between the ages of 13 and 17. The offenses occurred June 1 and Aug. 1, 2016. The case was continued pending completion of a pre-sentence report.

Family Dentistry

We accept most PPO insurances and Virginia Medicaid and we provide a full spectrum of services.

We participate with Perdue & Tysons’ Insurance

Se habla español

Timothy Fei, DDS
(757)665-7729
Parksley, VA

Sundial BOOKS

New, Local, Used, Collectible & E-Books
• New & Used CDs

Gifts & Local Art • Magazines
OPEN ALL YEAR
Closed Tuesday - Thursday
(757)336-5825 • www.sundialbooks.net
4065 Main St., Chincoteague Island, VA 23336

Cathell Tax

• Tax Preparation
• Bookkeeping
• Translation
• Notary Public

Authorized IRS e-file provider
Valid 2017 IRS Annual Filing Season Program Record of Completion
¡Se Habla Español!

$45 OFF
2016 TAX PREPARATION WITH THIS COUPON*
757-665-5179
24454B Parksley Road
Parksley, VA 23421
Across from Metompkin Elementary School
*Limit One Coupon Per Household
Obituaries

Greenbackville Woman Remembered


Born on Oct. 31, 1957, in Baltimore, she was the daughter of the late Barton Lynch and Molly (Nichols) Lynch, also of Greenbackville.

Ms. Lynch formerly worked as an administrative assistant at Captain’s Cove Golf and Yacht Club, and previously worked as a floral designer at Country Blossoms by Lee in Pocomoke City.

In addition to her mother and father, she was preceded in death by a brother, James Lynch, and a nephew, Jeremy Bodley, both of Greenbackville. She is survived by a sister, Debra Bodley, and her husband, Kevin, of Greenbackville; three brothers, John Lynch, of Cocoa Beach, Fla.; Eddie Lynch, of Greenbackville, and Chris Parezo, and wife Donna, of Kingston, Mass.; three nephews, three nieces, three great-nieces, and two great-nieces.

Private arrangements were made by the family. Condolences and memories may be shared at www.foxfuneralhomes.com.

In lieu of flowers, donations may be sent to Eastern Shore Regional Animal Control facility in Melfa.

She Was Youngest of 10 Children

Miss Phyllis Deloris Wynder, 72, was born July 31, 1944, the 10th child of the late Nimord and Rosa Wynder. She departed this life on Tuesday, Nov. 29, 2016, at Riverside Shore Memorial Hospital. She could not hold on as God was eagerly waiting.

She received her education from the Northampton County School System and worked many years at H. Allen Smith Seafood and C & D Seafood. At an early age she decided to make Jesus her choice and joined the African Baptist Church.

Known to her family and friends as “Lois” or “Deloris,” Miss Wynder will be greatly missed by everyone who came in contact with her as she was like a bottle of wine - she got better over time. She was usually abrupt and outspoken, but you soon realized that this was a notion. She was gentle and kind and always thinking of others’ needs before her own.

Miss Wynder leaves to cherish her memories four sisters, Georgia Shockley of Lincoln, Del.; Dorothy Wynder, of Cheriton, Maggie Wynder, of Nassawadox, and her devoted baby sister who was her legs, Rosa Wynder, of Cheriton; sister-in-law, Odessa Wynder, of Cheriton; brother-in-law, Vernon Shockley, of Lincoln, Del.; a close niece, Nicole Wynder; and numerous nieces, nephews, family and special friends, Renee Gattis, Marva Stratton and Katherine Davis. In addition to her parents, she was preceded in death by a brother and uncle. She was preceded in death by her grandparents, Edith and Edward Burton, and Maybelle and Edward Graves; aunt, Mildred Burton; uncles, James Graves, William, Thomas, James, Edward and Solomon Burton.

Arrangements were by the Cornish and Holland Funeral Home.

Beloved Grandmother Passes Away

Ms. Doretha Morris Evans, 86, passed away on Dec. 12, 2016. Ms. Evans was born Oct. 10, 1932, and was a graduate of Girls’ High in Brooklyn, N.Y. She worked at and retired from Perdue and later became a stay-at-home grandmother. A loving mother and grandmother, she enjoyed traveling, doing crossword puzzles, reading her Bible and was member of Alzheimer’s Association and the NAACP.

Ms. Evans was predeceased by her parents, Elbert W. Morris Sr. and Mamie Moore; siblings, Elbert W. Morris Jr., Edward Ellis, Walter Scott Sr., and Clara Andrews; and children Eric L. Morris and Ronnie Earl West.

She leaves to cherish her memories her children, Charles Morris (Judy), Evisia Hogan, and Mamie Collins (Phillip); cousins, Gene (Carla) and Bernice Reed; grandchildren Kimberly Bennett, Ericka Attmore-Lewis, Samantha Pitts, Monifa Williams (Kevin), Sherice Barnes (Eddie), Candice Hartfield (Shawn), Damon Hogan (Jeanette), Phillip Collins Jr. and Matthew Collins; nieces and nephews, Hattie Andrews, Geraldine Reckas, Darlene Morris, Crystal Angew, Kurt Morris, Walter J. Sills and Walter Scott Jr.; a life-long special friend, James Gardner, and a host of great-grandchildren and great-great-grandchildren.

Arrangements were by the Cornish and Holland Funeral Home.

Newport News Man Missed by Many

Mr. Sean Tremayne Clinton, 33, was sadly called home to rest Sunday, Dec. 18, 2016, in Newport News.

Mr. Clinton was a loving father, son, brother and uncle. He was employed as a maintenance technician in several living communities throughout the Hampton Roads area. He served and knew God while attending St. James United Methodist Church of Hampton Roads.

He was preceded in death by his loving son, Sean Tremayne Clinton Jr., and grandparents, Emma L. Todd, Richard Clinton Sr., and John E. and Lillie Mae Parker Jr. He leaves behind to cherish his memories three daughters, Iyana, Lilya, and Giya Clinton; longtime girlfriend and the mother of his children, Jena George; loving and devoted mother and stepfather, William and Rosebud E. Parker Whitfield Jr.; father, John E. Parker Jr.; siblings, including oldest brother, John E. Parker III, and brother, Detric E. Clinton (Big Bro), and two sisters, Shacoria and Sheena C. Parker. He also leaves three wonderful nieces, Shacoria, Rosie, and Nicolet; three nephews, DeSean, William (Fat Daddy), and John Ricky.

Arrangements were by the Cornish and Holland Funeral Home.
Chincoteague Marine Veteran Passes

Mr. Harold William Deuter II, of Atlantic, passed away at Peninsula Regional Medical Center, on Wednesday, Jan. 18, 2017, at the age of 57. He was the husband of Geraldine Deuter, of Atlantic. Born in Illinois on March 2, 1959, and the son of Dorothy Lee Grabowski East and the late Harold William Deuter Sr., he worked in maintenance and delivery at Lowe’s and was a U. S. Marine.

He is survived by his loving wife, and his children, Karen Marie Deuter, of Portsmouth, Harold William Deuter III “Will” and wife, Erica Lynn Deuter, of Crete, Ill, Frank Harold Deuter, of Pocomoke City; stepchildren, Eric Tatem of Atlantic, and Lindsay Clark, of Chincoteague; his mother, Dorothy Lee Grabowski East and husband, Rogers East, of Bloxom; two sisters, Karen Marie Dempsey and companion, Larry Conser, of Pocomoke, and Lynn Dorothy Reiss and husband, Donald Allen Reiss, of Madison, Va.; one brother, Thomas Joseph Deuter and wife, Patsy Lu Deuter, of Oak Forest, Ill.; one grandson, Harold William “Liam” Deuter IV, of Crete, Ill.; two stepgrandsons, Trenton Clark and Tate Clark, both of Chincoteague; one stepgranddaughter, Aly Clark, of Chincoteague; Tyler Holland, of Onancock, and Tallon Smith, of Delmar; five nieces and nephews, William Timothy Reiss and wife, Arlene Reiss, of Fresno, Calif, Randy Steven Reiss and wife, Shannon Reiss, of Blaine, Wash., Danielle Elizabeth (Deuter) Bettinardi and husband, Jon Bettinardi, of Oak Forest, Ill., Miranda Nell Deuter, of Oak Forest, Ill., and Thomas Albert Deuter, of Oak Forest, Ill.

A funeral service was held on Saturday, Jan. 21, 2017, at United Christian Church in Parksley, with Rev. William Cathell officiating. Interment was at United Christian Church Cemetery. Memorial contributions may be made to ALS or United Christian Church, 26020 Parksley Rd., Parksley, VA 23421

Online condolences may be sent to www.fox&holstonfuneralhomes.com

Local arrangements were made by the Fox & Holston Funeral Home, Chincoteague.

Service Scheduled for Onancock Man

Mr. Desiderio “Dario” William DiDaniele, 74, husband of Jean Komor DiDaniele and a resident of Onancock, passed away at his residence on Tuesday, Jan. 17, 2017. Born July 1, 1942, in Philadelphia, Mr. DiDaniele was a son of the late Querino “Woody” P. DiDaniele and Julia Taraborelli DiDaniele. He served his country in the U.S. Navy, and was a professional baker and commercial fisherman. He loved fishing and crabbing, and especially enjoyed the wonderful life he had here on the Eastern Shore.

In addition to his loving wife, survivors include his children, Linda Roussel and husband, Ken, of East Quogue, N.Y., Vincent DiDaniele and husband, Frank Monteleone, of East Northport, N.Y., and Paul DiDaniele, of Patchogue, N.Y.; stepdaughter, Amy Dacus and husband, Scott, of Forked River, N.J.; a sister, Diana Pappas and husband, Frank, of Drexel Hill, Pa.; seven grandchildren; and several nieces and nephews. Accompanying his predeceased parents is his brother, David DiDaniele.

A Celebration of Life service will be held on Saturday, Feb. 4, 2017, at 11 a.m., from the Market Street United Methodist Church in Onancock, with Rev. J. Barton Weakley officiating.

Memorial donations may be made to the American Cancer Society, P.O. Box 22478, Oklahoma City, OK 73123, (www.cancer.org), or to the Riverside Shore Cancer Center, P.O. Box 17, Nassawadox, VA 23413.

Memory tributes may be shared with the family at www.williamsfuneralhomes.com

Arrangements were made by the Williams-Onancock Funeral Home.

Services Held for Belle Haven Lady

Mrs. Virginia Dunton Duer, 93, wife of the late Joe Anderson Duer Sr. and a resident of Belle Haven, passed away Wednesday, Jan. 18, 2017, at Hermitage on the Eastern Shore in Onancock. A native of Franktown, she was the daughter of the late Ernest Williams and the late Maggie Dunton. She was a member of Belle Haven Presbyterian Church.

Mrs. Duer is survived by two sons, Joe Anderson Duer Jr. and his wife, Susan, of Belle Haven, and Ted Dunton Duer and his wife, Jane, of Onley; four grandchildren, Joe Anderson Duer III of Ft. Myers, Fla., Cindy Duer Case and her husband, Chris, of Henrico; Peter Copes Duer and his wife, Brook, of Quinby, and Lee Dunton Duer and his wife, Kelly, of Fairfax; and six great-grandchildren, Ben Duer, Annie Duer, Luke Duer, Logan Duer, Reese Case and Caroline Case.

Funeral services were conducted Jan. 22, 2017, at Doughty Funeral Home with Rev. Mary Jimenez officiating. Interment was in Belle Haven Cemetery.

Memorial contributions may be made to Riverside Shore Hospice, P.O. Box 615, Onley, VA 23418 or Riverside Shore Cancer Center, P.O. Box 17, Nassawadox, VA 23413.

Online condolences may be sent to the family at www.doughtyfuneralhome.com

Arrangements were made by Doughty Funeral Home in Exmore.

Saturday Service for Cheriton Woman

Ms. Ellen Hannah Tazewell, 81, passed away Thursday, Jan. 19, 2017, at Riverside Shore Memorial Hospital. She was the daughter of the late Harry and Mable Wilkins Tazewell and the mother of Larry (Teresa) Tazewell, of Cheriton, and Roosevelt (Sharon) Tazewell, of Ludowici, Georgia.

Funeral services will be held at 2 p.m., Saturday, Jan. 28, 2017, from African Baptist Church in Cheriton, with Rev. James Tazewell delivering the eulogy. A viewing will be held from 1 p.m. until the funeral service time. The interment will be in the church cemetery.

Arrangements have been entrusted to Gray’s Funeral Home in Cape Charles.

Services Held for Church Organist

Mrs. Anna Ruth Heath, 92, wife of the late William A. Heath Sr. and a resident of Townsend, passed away Friday, Jan. 20, 2017, at Riverside Shore Memorial Hospital. A native of Birdnest, she was the daughter of the late Herman Richardson and the late Myrtis Gladden Heath. She was a member of Cape Charles Baptist Church where she served as organist for more than 40 years.

She is survived by two children, William A. Heath Jr. and his wife, Cynthia, of Townsend, Jo Anne Heath Vass and her husband, Stephen, of Saltworks, Va.; six grandchildren, Kerin Osinger and her husband, Chuck, of Cheriton, William A. Heath III and his wife, Amanda, of Townsend, Virginia Downing and her husband, Barron, of Arlington, Roger W. Martin Jr. of Townsend, Amanda

A graveside service was conducted Tuesday, Jan. 24, 2017, at Capeville Masonic Cemetery with Revs. William H. Haley and Russell Goodrich officiating. Memorials may be made to Cheriton Volunteer Fire Company, P.O. Box 41, Cheriton, VA 23316.

Online condolences may be sent to the family at www.doughtyfuneralhome.com

Arrangements were made by Doughty Funeral Home in Cape Charles.

Funeral Today for Nassawadox Woman

Mrs. Oneida Lillian Ward Smith, 98, passed away on Sunday, Jan. 22, 2017, at Heritage Hall Nursing Home in Nassawadox. Her parents were the late Oscar Ward and the late Lillian Colonna Ward.

She is survived by two daughters; Pay Webb and her husband, Kenneth, of Machipongo, and Bonnie McLellan and her husband, Denny, of Norfolk: four grandchildren; and eight great-grandchildren. She was predeceased by her husband, Arnold Vincent Smith.

Funeral services will be held Friday, Jan. 27, 2017, at 2 p.m., from the Belle Haven Cemetery with the Rev. Clarence Bowen officiating.

Memorial donations may be made to the charity of one’s choice.

Family and friends may sign the guest book at www.hollandfuneralhome.net

Arrangements were made by the Holland Funeral Home in Nassawadox.

Painter Woman Remembered

Mrs. Patsy Warren Gladden, 84, wife of Bob C. Gladden and a resident of Painter, passed away peacefully Monday, Jan. 23, 2017, at her residence surrounded by her loving family. A native of Quinby, she was the daughter of the late Lawrence H. Warren and Elizabeth Eichelberger Warren. She was a member of Painter-Garrison United Methodist Church and Eastern Shore Emmaus.

In addition to her husband, she is survived by a daughter, Nancy Gladden Henderson and her husband, John Mapp, of Painter; a son, Robert Clark Gladden and his wife, Teresa, of Melfa; four grandchildren, Jason Lewis Hopkins, Doug Hopkins, Michelle Gladden Killmon, and Christina Lindquist Ward; and seven great-grandchildren, Gavin Lewis Hopkins, Kaylie Paige Hopkins, Cameron Gladden Hopkins, Parker Jackson Ward Jr., Kinley Bennett Ward, Kyler James Killmon and Madison Paige Killmon.

Funeral services were conducted Jan. 26, 2017, at Painter-Garrison United Methodist Church with Revs. Curtis Lucy, Charlene Harris, and Clarence Bowen officiating. Private interment followed in Belle Haven Cemetery. Memorials may be made to Painter-Garrison United Methodist Church, P. O. Box 522, Painter, VA 23420 or Riverside Shore Hospice, P.O. Box 615, Onley, VA 23418.

Online condolences may be sent to the family at www.doughtyfuneralhome.com

Arrangements were made by Doughty Funeral Home in Exmore.

Service Saturday for Eastville Woman

A funeral service for Ms. Elizabeth Jarvis of Eastville will be conducted from the Bethel A.M.E. Church in Eastville on Saturday, Jan. 28, 2017, at noon, with Rev. Horace Cross officiating.

Interment will be in Bethel A.M.E. Church Cemetery.

Relatives and friends may call at the John O. Morris Funeral Home in Nassawadox on Friday from 4 to 6 p.m., and Saturday at the church, from 10 a.m. to noon.

Oblitaries can be faxed to the Post at 789-7681 or e-mailed to editor@easternshorepost.com
Standing Up at Home for Women’s Rights

By Linda Cicoira

Make a woman feel threatened and her dander is sure to be up. Multiply that over and over and you get last Saturday, a march and demonstration of tens of thousands of women united to spread the word that “women’s rights are human rights.”

Men stepped up, too. They were among the protestors.

Across the country, the marches were said to be the largest ever. About 60 people from Accomack and Northampton counties, who couldn’t travel hours to voice their dismay in Washington, gathered at Four Corner Plaza in Onley where they stood on the side of Lankford Highway, waved to passersby and held up their hand-made signs.

They said they wanted to spread awareness for the environment, equal rights, local economics and poverty and they wanted the assurance of healthcare for the future.

For some it was like taking a trip back to the 1960s when protests seemed commonplace. But the tradition goes back a lot further. Try 1913 when women were looking for the right to vote and 5,000 took to the streets of D.C.

“I think it’s fabulous,” Malaika Mitchell said Saturday as she stood with the others. The unintentional organizer initially planned to show her solidarity alone with a sign locally because her health wouldn’t allow her to do the city march.

Later, she said, “Several people went out to eat in groups after the demonstration; some of them I believe having met for the first time ... I just thought that was an interesting tidbit. Also people seemed interested in doing something to follow up. It was a good day.”

“I’m here in support of women’s rights, minority’s rights ... and not so much hate,” said Robin Patte-son.

“Trump makes it sound like this country is in such a bad state,” said Laura Marsh of Greenbackville. “Like a third world country, and it really isn’t.”

A bus filled with local residents left early Saturday from the same parking lot to march on the capital. They are seen in the photo below. Above is a picture of the March on Onley.
By Krystle Bono

The Eastern Shore All-District first and second football teams were chosen at the conclusion of the 2016 season.

Nandua’s Kelly Reagan was named to the first team as quarterback. First team offensive linemen titles went to Quinyon Williams of Northampton, Tevin Custis of Nandua and Firebirds Quazon Davis and Quinton Taylor.

Contrel Brown of Arcadia was chosen for the first team runningback alongside Northampton’s Frederick Williams and Nandua’s Daquan Bailey.

Tight end/wide receivers for the first team were given to Warrior Waylon White of Nandua, Trey Ballard of Arcadia and Cody Goller of Northampton.

Yellow Jacket Tamaze Brisco was chosen as first team return specialist and first team kicker went to Firebird Logan Godwin.

Top honors of District Athletes of the Year went to Arcadia’s Contrel Brown, Northampton’s Frederick Williams and Nandua’s Daquan Bailey.

Second team All-District quarterback went to Northampton’s Devin Hill. Yellow Jacket Devin Taylor, Firebird Rashard Shrieve and Warriors Jacob Lloyd and Caleb Ferry were picked as the second team offensive linemen.

Trey Ballard and Kerric Hickman of Arcadia were both chosen for the second team as runningbacks.

Tight end/wide receiver second team went to Arcadia’s Jakori Dickerson, Nandua’s Chris Locklear and Northampton’s Javon Thomas.

Second team defensive linemen picks were Yellow Jacket Jaquan Johnson and Firebirds Jakori Dickerson and Will Bagwell.

Jayden Davis of Nandua, Corey Smith of Northampton and Shykeem Jacobs of Arcadia were chosen as the second team linebackers.

Defensive backs picks for the Eastern Shore All-District second team were Warrior Waylon White, Yellow Jacket Kasai Clark and Firebird Logan Godwin.

Second team return specialist went to Nandua’s Waylon White and Yellow Jacket Kevin Ortiz was named second team kicker.

The Nandua Warriors finished the season with a 7-4 record, followed by the Northampton Yellow Jackets, who ended 6-4. The Arcadia Firebirds wrapped up the year with an overall record of 4-6.
Northampton Places Third in Rural Retreat Invitational

By Krystle Bono

The Northampton Yellow Jackets wrestling team added a third place finish to their list of this season’s accolades last weekend at the Rural Retreat Invitational. Myles Lewis and Durell Robinson each earned first place individual medals during the tournament.

Robinson battled his way to the top of the podium in the 182 weight class by defeating Zachary Robinson of Marion Senior by major decision, 16-8. He went on to top Devan Meredith of Rural Retreat by decision of 7-2 in the semi-finals before moving on to lock in another win over Cumberland’s Raheem Rumsey in the finals by decision, 10-8.

Lewis also did not give up a match to any of his two opponents he faced in his 106 weight class bracket. He received byes the first two rounds, but came out in the semi-finals to pin Juan Ponce of Galax in just one minute and six seconds. The finals notched another pin for the Yellow Jacket, by a fall time of 3:37 over George Wythe’s Sebastian Lamrouex.

Gary Peart III grabbed a second place finish at 160 after falling to Brady Stiltner of Patrick Henry in their finals match. Peart III won both his quarterfinal and semi-final matches over Shepherd Jonathan of Marion Senior by fall, 1:34, and Terence Maloney of Glenvar by major decision, 9-1.

Taylor Shreaves (132) and Garrett Marsh (145) each earned third place; Cody Goller (138), Aiden McNeal (160) and Masen Ingram (220) ended with fourth place finishes.

Shreaves pinned David Marable of George Wythe with a time of 4:03 to earn his third place spot. Marsh won his third place matchup after defeating Micah Dunford of George Wythe by an 8-2 decision.

The Yellow Jackets will see Eastern Shore District rivals, the Nandua Warhriors and the Arcadia Firebirds, Saturday in Onley for the Nandua Duels.

Photo by Jennifer Lewis

(L-R) Myles Lewis and Durell Robinson finished at the top of their weight brackets during the Rural Retreat Invitational last weekend.

Photo by Jennifer Lewis

The Northampton Yellow Jackets brought home a third place finish during the Rural Retreat Invitational last weekend.

---

Panzotti’s Pizza & Waffles

Superbowl Specials

- Buy 4 Large 5-Topping Pizzas, Get a Large Cheese Pizza FREE
- 10% OFF Half Size Catering Tray
- 2 Large 1-Topping Pizzas, (2) 2-liter Sodas, and 50 wings $55.99
- Square Pizza, 2-liter Soda, 24 Boneless Wings, and Breadsticks $35.99
- 1-Topping Party Pizza, 20 Wings, and a 2-liter Soda $29.99

25226 Lankford Hwy • Onley, VA • (757) 787-7688
Basketball Action

Yellow Jackets Claim Fourth Straight Win; Three-Game Streak Comes to Halt for the Warriors

By Krystle Bono

The Northampton Yellow Jackets boys’ varsity club added three wins to their record this week as the team topped the Nandua Warriors Friday night, 72-53, in Onley, before claiming another win over the Arcadia Firebirds Tuesday night in Eastville, 74-50. The team then moved on to defeat the Chincoteague Ponies on Wednesday night, 74-70, in Chincoteague. This marks four-in-a-row for Northampton, who now own an 11-4 record for the season.

Aiding in the win for the Yellow Jackets’ over the Warriors was Jawaun Bell, who swished 18 total points. Tamaze Brisco totaled 11 and Reginald Bailey had 10. Rebounds were led by Brisco, who grabbed six. Bell nabbed the most assists with eight and James Braxton had the team-high in steals with four.

Bell also led his team against their victory over the Firebirds, netting 16 points. Brisco followed his lead with 15 points and Sheldon Payne threw 12 points. Brisco led the squad in rebounds with 10. The most assists were handed off by Bell, who tallied 10 and Payne seized the most steals with three, alongside teammate Quai’zal Kellam, who also stole three.

The Yellow Jackets will meet again on Monday as they travel for a make-up game to Essex High School.

Nandua’s three-game win streak was shattered by the Yellow Jackets last Friday night when they fell to their rivals in Eastville. The Warriors dropped the ball again to the Bulldogs, 71-59, Tuesday night when they hosted Laurel. Monday night will mark their next matchup in Onley against Norfolk Christian.

The Broadwater Vikings won their away contest on Monday night against the Denigh Baptist Minutemen, 65-25. On Tuesday night, they suffered a loss to the Portsmouth Christian Patriots, 87-51, in Exmore. Broadwater’s next scheduled court battle is set for Friday, Feb. 3, at Atlantic Shores Christian.

Chincoteague will face Charles City County tonight (Friday) at 7.

The Eastern Shore District Tournament will begin Wednesday, Feb. 1, at Northampton High School.
Across the Shore

Warriors Cruise to Five-Game Streak; Vikings Notch Back-to-Back Wins

By Krystle Bono

The Nandua Warriors girls’ varsity team extended their streak to four last Friday night as they fueled past the Northampton Yellow Jackets in Eastville, 71-35.

Warrior Kyteia Smaw led the hoops squad with 22 points and a game-high of six steals. Her teammates Angelique Taylor and Shacoria Baines also helped lead the team with 15 and 14 points, respectively. Taylor also tallied nine assists and five steals. Jada Locklear grabbed the most rebounds with five and Shabria Nock blocked the most for the club with two.

Nandua stretched its winning record to five with a victory over the Laurel Bulldogs Wednesday night in Onley. The girls will head to Norfolk Christian on Monday for their next meeting.

The Broadwater Vikings defeated the Denbigh Baptist Minutemen on Monday, 54-31, in Newport News.

Dominating the first, the Vikings netted 20 points to the Minutemen’s mere four. Broadwater fell behind in the second, posting only six points as Denbigh threw eight to make the score, 26-12, by halftime.

The second half of the game went in favor of the Vikings all the way to the final buzzer, as the girls split 28 points evenly over the last two periods and the Minutemen were only able to post 11 and eight to bring the scoreboard to rest, 54-31.

Broadwater earned their second win in-a-row Tuesday night when they hosted Portsmouth Christian in Exmore. The Vikings will play again on Tuesday, Jan. 31, at Stonebridge School.

Wednesday night, the Chincoteague Ponies defeated the Northampton Yellow Jackets in Eastville, 48-44. The Ponies will battle Charles City County tonight (Friday) in Chincoteague.

Northampton will make-up a game that was previously rescheduled against the Essex Trojans on Monday, Jan. 30 in Eastville.

The girls’ varsity Eastern Shore District Tournament will begin on Tuesday, Jan. 31, at Arcadia High School.

If you would like your ad to run in the Post’s Sports Section, call 789-7678.
Annual Nandua High School Softball Camp

The Nandua softball team will hold its annual softball camp at Nandua High School on Saturday, Feb. 25, for players aged 8-12. All ability and skill levels are welcome. There will be a morning session from 9 a.m. to 12 p.m., and an afternoon session from 1 to 4 p.m. Players can attend both sessions for $35, or either the morning or afternoon session for $20.

Flyers and sign-up forms with more details are available by calling Lynn Williams at 757-710-4242. All proceeds will benefit the Nandua Softball Program. This will be a great way to shake off those rusty skills and get ready for spring!

Accomack Parks and Recreation Cheerleaders

Accomack County Parks and Recreation Cheerleaders will practice Saturday, Jan. 28, 9:30 a.m. - 10:30 a.m., and cheer from 10:30 a.m. - 11:30 at Arcadia High School. Contact 757-787-3900, 757-824-0314 or 757-678-2137 for additional information.

Accomack Parks and Recreation Youth Basketball

Accomack County Parks and Recreation Youth Basketball games will be held at Arcadia High School on Saturday, Jan. 28, beginning at 9:30 a.m. Donations for Saturday’s games are $1.

The schedule is as follows:
- 9:30 a.m. - Wizards vs. ACPR Lakers 1 (ages 5-8)
- 10:30 a.m. - Hornets vs. Celtics 1 (ages 5-8)
- 11:30 a.m. - Knights 1 vs. ACPR Heat (ages 5-8)
- 12:30 p.m. - Braves vs. Horntown (ages 13-15)
- 1:30 p.m. - Knights vs. Chincoteague (ages 9-12)
- 2:30 p.m. - Horntown vs. Chincoteague

For additional information, contact the Parks and Recreation office at 757-787-3900 or 757-824-0314.
By Del. Rob Bloxom

The second week of the fast-paced 2017 short session is finished. Many topics are being discussed, but the most popular email topic to date is the salt water fishing license fund. It is being moved away from its intended purpose of the citation program and improvement of public access and fishing habitat to cover the shortfall within the VMRC. The emails are being sent to me because I serve on the finance committee. The fund was moved by the governor in his budget so the decision really rests with the appropriations committee. There are amendments to move the money back, as well as a few amendments to put in new money. As was reported last week, money (and the lack of it), is the central theme this year. Also of concern to us on the Eastern Shore is that money was moved from the surveying department in the VMRC. There is a move to privatize this department but caution needs to be taken, as our leasing program is the envy of the East Coast and one of the reasons for the success aquaculture industry’s success.

The next topic that I received the most emails are what I refer to as the “cat and dog bills,” and where the difference between urban and rural Virginia is so clearly seen. Animal groups are well organized on both sides of an issue and my inbox will receive more than 100 messages within an hour. They are usually the same letter with addresses from all over the state and even some from outside the state. As always, I look at the bill doing what I think is best for the 100th district.

I welcome your comments and concerns. Please do not hesitate to contact my Richmond office at (804) 698-1000 or email me at delrbloxom@house.virginia.gov. You can also call my district office in Mappsville at (757) 824-3456.

Inauguration

(Continued From Front Page)

watched the inauguration: she, at home, on Fox News, and he, at work. Their reason for turning out for the event was simple. “It sounded like fun - the first inaugural ball on the Eastern Shore,” said David Bright.

Peggy Keating, of Chincoteague, found the evening to be “uplifting, patriotic, and fun.” She believes he is different from previous presidents. “He is not a career politician,” she said, and is “a change that will be good for America.”

Carolyn and David Bright

Eastern Shore Healthy Communities and Eastern Shore Community College (ESCC) are searching for applicants or nominees for their 2017 Leadership Academy.

The goal of the academy is to contribute to a healthier, more robust Eastern Shore community by providing motivated youth with confidence and experiences that strengthen their ability to model leadership behaviors, inspire shared vision, challenge processes, enable others to act, and encourage progress in his or her community with heart and conviction.

Classes will be held at ESCC on Saturdays from 9 a.m. until 2 p.m. on Feb. 4, 18, March 4, 18, and 25, and April 1. This program is funded in part by the Virginia Foundation for Healthy Youth and Eastern Shore Community College. Each Leadership Scholar accepted into the 2017 program receives a full scholarship for tuition, fees and materials. Lunch is provided each class day for participants.

Deadline for applications is Feb. 1. For more information or to submit applications, contact Rochelle Brown, administrative assistant to the president, Eastern Shore Community College, 29300 Lankford Hwy., Melfa, VA 23410, or email to rbrown@es.vccs.edu and ask for a return receipt.

Contact Joani Donohoe at 301-807-9360 or email joanidonohoe@gmail.com for more information.
NEW FORDS AT THE BEST PRICE
www.koolautomotive.com

2017 Ford Fusion
0% x 72 Months and
$500 Rebate

2017 Ford Escape
$3,500 Cash Rebate

2017 Ford Focus
$1,250 Cash Rebate

2016 Ford F150
40 Years #1 Selling truck 40 Years
10 Left with Rebates up to $6,000
Over 300+ on Our Free Locator Service
48 Hour Delivery Stay on the SHORE

2016 F250
Lariat Red, Loaded
$42,980 $11,000 off MSRP

2017 F250
King Ranch, Every Option, Diesel, Save Up To
$4,000

2017 F250

Do not pay extra tolls, higher processing fees, or gas money. Let us get it for you. NO EXTRA CHARGE! If we don’t have it, we will get it!

787-1209 Kool Ford 787-1209
31066 Lankford Hwy, Keller, VA 23401
www.koolautomotive.com
Tax Time is Coming, Guaranteed Credit Approval! Buy Here Pay Here! Everyone Approved!

2002 Dodge Dakota
One Owner, 27,000 Miles
$7,995

2013 F150 Crew
Fx4 Gray, 65,000 Miles, Like New
$29,675

2014 F150 Supercab
4x4, 100K Miles, Clean
$18,645

2014 F150 Crewcab,
Fx2, Red and Clean
$31,989

2015 Ford Explorer XLT
Every Option, 31K Miles, Clean
$29,777

2014 Ford Explorer XLT
4x4, Silver, 70K Miles
$18,777

2013 Ford Edge Limited
One Owner, Black w/ Every Option
$19,777

2011 Ford Edge Limited, Black, Clean, Save!!
$17,995

2014 Escape
SE Grey, 45,000 Miles
$14,995

2016 Escape
SE, Red, Factory Warranty
$17,495

2016 Escape
SE, Silver, Clean
$17,495

2010 Escape Black, Limited, 120,000 Miles, Warranty
$8,995

SOLD

Special Purchase, Save Thousands!

787-1209 Kool Ford Keller 787-1209
<table>
<thead>
<tr>
<th>Time</th>
<th>Assateague Beach</th>
<th>Chinco. Channel</th>
<th>Gargathy Neck</th>
<th>Folly Creek</th>
<th>Wachapreague</th>
<th>Quinby Inlet</th>
<th>Machipongo</th>
<th>Tangier Sound Light</th>
<th>Muddy Creek</th>
<th>Guard Shore</th>
<th>Chescon. Creek</th>
<th>Onancock Creek</th>
<th>Pungoteague Creek</th>
<th>Nassawadox</th>
<th>Occohannock Creek</th>
<th>Cape Charles</th>
<th>Kiptopeke Beach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, Jan. 27</td>
<td>H 7:31 a.m.</td>
<td>H 7:35 a.m.</td>
<td>H 8:27 a.m.</td>
<td>H 8:20 a.m.</td>
<td>H 8:06 a.m.</td>
<td>H 7:31 a.m.</td>
<td>H 8:01 a.m.</td>
<td>H 11:41 a.m.</td>
<td>H 11:57 a.m.</td>
<td>H 11:49 a.m.</td>
<td>H 11:24 a.m.</td>
<td>H 11:38 a.m.</td>
<td>H 10:54 a.m.</td>
<td>H 9:39 a.m.</td>
<td>H 10:18 a.m.</td>
<td>H 8:28 a.m.</td>
<td>H 8:06 a.m.</td>
</tr>
<tr>
<td></td>
<td>L 2:05 p.m.</td>
<td>L 2:04 p.m.</td>
<td>L 2:44 p.m.</td>
<td>L 2:29 p.m.</td>
<td>L 2:13 p.m.</td>
<td>L 1:44 p.m.</td>
<td>L 2:13 p.m.</td>
<td>L 5:26 a.m.</td>
<td>L 6:01 a.m.</td>
<td>L 6:40 p.m.</td>
<td>L 5:52 a.m.</td>
<td>L 5:29 a.m.</td>
<td>L 5:26 a.m.</td>
<td>L 3:48 p.m.</td>
<td>L 5:06 a.m.</td>
<td>L 2:56 p.m.</td>
<td>L 2:25 p.m.</td>
</tr>
<tr>
<td>Saturday, Jan. 28</td>
<td>H 8:13 a.m.</td>
<td>H 8:17 a.m.</td>
<td>H 9:09 a.m.</td>
<td>H 9:02 a.m.</td>
<td>H 8:48 a.m.</td>
<td>H 8:13 a.m.</td>
<td>H 8:43 a.m.</td>
<td>H 12:19 p.m.</td>
<td>H 12:35 p.m.</td>
<td>H 12:27 p.m.</td>
<td>H 12:02 p.m.</td>
<td>H 12:16 p.m.</td>
<td>H 11:32 a.m.</td>
<td>H 10:17 a.m.</td>
<td>H 10:56 a.m.</td>
<td>H 9:06 a.m.</td>
<td>H 9:44 a.m.</td>
</tr>
<tr>
<td></td>
<td>L 3:13 a.m.</td>
<td>L 3:26 a.m.</td>
<td>L 3:09 p.m.</td>
<td>L 3:00 p.m.</td>
<td>L 3:34 a.m.</td>
<td>L 2:24 p.m.</td>
<td>L 2:24 p.m.</td>
<td>L 6:07 a.m.</td>
<td>L 7:24 a.m.</td>
<td>L 6:38 a.m.</td>
<td>L 5:50 a.m.</td>
<td>L 6:10 a.m.</td>
<td>L 6:04 a.m.</td>
<td>L 4:26 a.m.</td>
<td>L 4:13 a.m.</td>
<td>L 3:39 a.m.</td>
<td>L 3:44 a.m.</td>
</tr>
<tr>
<td>Sunday, Jan. 29</td>
<td>H 8:55 a.m.</td>
<td>H 8:59 a.m.</td>
<td>H 9:51 a.m.</td>
<td>H 9:44 a.m.</td>
<td>H 9:30 a.m.</td>
<td>H 8:55 a.m.</td>
<td>H 9:25 a.m.</td>
<td>H 12:57 p.m.</td>
<td>H 1:13 p.m.</td>
<td>H 1:05 p.m.</td>
<td>H 12:40 p.m.</td>
<td>H 12:54 p.m.</td>
<td>H 12:10 a.m.</td>
<td>H 10:17 a.m.</td>
<td>H 10:56 a.m.</td>
<td>H 9:06 a.m.</td>
<td>H 9:44 a.m.</td>
</tr>
<tr>
<td></td>
<td>L 3:26 a.m.</td>
<td>L 3:35 p.m.</td>
<td>L 3:50 p.m.</td>
<td>L 3:00 p.m.</td>
<td>L 3:34 p.m.</td>
<td>L 3:05 p.m.</td>
<td>L 3:05 p.m.</td>
<td>L 6:49 a.m.</td>
<td>L 7:24 a.m.</td>
<td>L 7:20 a.m.</td>
<td>L 6:32 a.m.</td>
<td>L 6:52 a.m.</td>
<td>L 6:06 a.m.</td>
<td>L 5:05 a.m.</td>
<td>L 5:06 a.m.</td>
<td>L 3:44 a.m.</td>
<td>L 3:44 a.m.</td>
</tr>
<tr>
<td>Monday, Jan. 30</td>
<td>H 9:37 a.m.</td>
<td>H 9:41 a.m.</td>
<td>H 10:33 a.m.</td>
<td>H 10:26 a.m.</td>
<td>H 10:12 a.m.</td>
<td>H 9:37 a.m.</td>
<td>H 10:07 a.m.</td>
<td>H 1:36 p.m.</td>
<td>H 1:52 p.m.</td>
<td>H 1:05 p.m.</td>
<td>H 12:40 p.m.</td>
<td>H 1:33 p.m.</td>
<td>H 12:10 a.m.</td>
<td>H 11:34 a.m.</td>
<td>H 12:13 a.m.</td>
<td>H 10:23 a.m.</td>
<td>H 10:01 a.m.</td>
</tr>
<tr>
<td></td>
<td>L 4:08 p.m.</td>
<td>L 4:07 p.m.</td>
<td>L 4:47 p.m.</td>
<td>L 4:32 p.m.</td>
<td>L 4:16 p.m.</td>
<td>L 3:47 p.m.</td>
<td>L 4:16 p.m.</td>
<td>L 8:19 a.m.</td>
<td>L 2:33 p.m.</td>
<td>L 2:00 p.m.</td>
<td>L 6:50 a.m.</td>
<td>L 2:14 p.m.</td>
<td>L 7:36 a.m.</td>
<td>L 8:50 a.m.</td>
<td>L 7:16 a.m.</td>
<td>L 11:04 a.m.</td>
<td>L 10:42 a.m.</td>
</tr>
<tr>
<td>Tuesday, Jan. 31</td>
<td>H 10:19 a.m.</td>
<td>H 10:23 a.m.</td>
<td>H 11:15 a.m.</td>
<td>H 11:08 a.m.</td>
<td>H 10:54 a.m.</td>
<td>H 10:19 a.m.</td>
<td>H 10:49 a.m.</td>
<td>H 2:17 p.m.</td>
<td>H 2:33 p.m.</td>
<td>H 2:00 p.m.</td>
<td>H 12:54 p.m.</td>
<td>H 2:14 p.m.</td>
<td>H 12:49 p.m.</td>
<td>H 12:15 a.m.</td>
<td>H 12:54 a.m.</td>
<td>H 11:04 a.m.</td>
<td>H 10:54 a.m.</td>
</tr>
<tr>
<td></td>
<td>L 4:52 p.m.</td>
<td>L 4:51 p.m.</td>
<td>L 5:31 p.m.</td>
<td>L 5:16 p.m.</td>
<td>L 5:00 p.m.</td>
<td>L 4:31 p.m.</td>
<td>L 4:31 p.m.</td>
<td>L 9:08 a.m.</td>
<td>L 8:54 a.m.</td>
<td>L 8:02 p.m.</td>
<td>L 6:50 a.m.</td>
<td>L 8:22 a.m.</td>
<td>L 8:50 a.m.</td>
<td>L 6:28 a.m.</td>
<td>L 6:14 a.m.</td>
<td>L 9:11 a.m.</td>
<td>L 8:05 a.m.</td>
</tr>
<tr>
<td></td>
<td>L 5:39 p.m.</td>
<td>L 5:38 p.m.</td>
<td>L 5:45 a.m.</td>
<td>L 6:03 p.m.</td>
<td>L 5:47 p.m.</td>
<td>L 5:18 p.m.</td>
<td>L 5:18 p.m.</td>
<td>L 9:08 a.m.</td>
<td>L 9:43 a.m.</td>
<td>L 8:51 a.m.</td>
<td>L 6:01 a.m.</td>
<td>L 9:11 a.m.</td>
<td>L 8:50 a.m.</td>
<td>L 6:47 a.m.</td>
<td>L 7:27 a.m.</td>
<td>L 8:05 a.m.</td>
<td>L 8:59 a.m.</td>
</tr>
<tr>
<td>Thursday, Feb. 2</td>
<td>H 11:52 a.m.</td>
<td>H 11:56 a.m.</td>
<td>H 12:00 a.m.</td>
<td>H 12:41 p.m.</td>
<td>H 12:27 p.m.</td>
<td>H 11:52 a.m.</td>
<td>H 11:34 a.m.</td>
<td>H 3:50 p.m.</td>
<td>H 4:06 p.m.</td>
<td>H 3:33 p.m.</td>
<td>H 10:02 a.m.</td>
<td>H 3:47 p.m.</td>
<td>H 12:37 p.m.</td>
<td>H 12:37 p.m.</td>
<td>H 12:27 p.m.</td>
<td>H 11:26 a.m.</td>
<td>L 12:15 a.m.</td>
</tr>
<tr>
<td></td>
<td>L 6:01 a.m.</td>
<td>L 6:00 a.m.</td>
<td>L 6:40 a.m.</td>
<td>L 6:25 a.m.</td>
<td>L 6:09 a.m.</td>
<td>L 5:40 a.m.</td>
<td>L 5:40 a.m.</td>
<td>L 10:02 a.m.</td>
<td>L 10:37 a.m.</td>
<td>L 9:45 a.m.</td>
<td>L 10:33 a.m.</td>
<td>L 10:05 a.m.</td>
<td>L 11:04 a.m.</td>
<td>L 7:41 a.m.</td>
<td>L 10:05 a.m.</td>
<td>L 11:04 a.m.</td>
<td>L 6:18 a.m.</td>
</tr>
</tbody>
</table>

Disclaimer: Tides are provided for information only and are not guaranteed for accuracy.
Find the listed words in the diagram. They run in all directions: forward, backward, up, down, and diagonally.

**Weekly SUDOKU**

by Linda Thistle

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

**DIFFICULTY THIS WEEK: ***** HOO BOY!**

© 2017 King Features Syndicate, Inc.
Arts Enter Board Considers Proposals for Future of Historic Palace Theatre

Submitted Article
Over the past year, the board of directors of Arts Enter Cape Charles has been approached by several individuals interested in either purchasing or leasing the Historic Palace Theatre to expand its use as an entertainment and community arts venue.

One proposal being considered would install new digital projection and sound equipment in the Palace Theatre to allow first-run movies. If such a plan were to move forward, Arts Enter would continue to use the facility for its dance and theatre arts classes, summer theatre camps, music lessons, plays, and various other performing and visual arts events.

“We are committed to maintaining the Palace Theater as a cultural hub for our community,” said Arts Enter Board Chairman Henry “Hank” Mayer. “To strengthen our mission as a catalyst for those programs, we’re exploring various proposals that would more fully utilize the Palace complex.”

Mayer said that running the 75-year-old facility is expensive. Although the building is in good condition overall, the Palace complex will need some expensive structural upgrades in the near future.

“Ideally, we would like to find partners to share in the increasing costs of operating and maintaining this beautiful facility,” Mayer said.

The Arts Enter is a non-profit organization that owns and operates the Palace Theatre complex, which includes the theater, stage, dressing rooms, storage buildings, a dance studio and a small storefront used for arts classes. Arts Enter has an executive director, Sue Anglim, who runs day-to-day operations and reports to Mayer and the board. Arts Enter’s mission is to offer arts-oriented classes for all age groups, stage-quality performances at affordable prices, and strengthen its outreach into the community.

“We believe that to enhance our mission and preserve the Palace as an arts venue, requires an infusion of new capital and income streams,” Mayer said.

The Arts Enter board will spend the next three to six months studying proposals from potential partners or investors and considering other income-producing possibilities, Mayer said.

“We’re not rushing into anything,” Mayer said. “We’re being very methodical and will carefully analyze all proposals that seem fair, feasible and make sense for our mission, the Palace and the community. Meanwhile, we will be running existing programs as scheduled and adding new ones. We have a lot of exciting events already scheduled for 2017.”

Parksley DMV Open for Business

By Linda Cicoira
The new DMV Select office in Parksley opened Monday.

“We have worked very hard to find a suitable partner to restore this popular service,” said Richard D. Holcomb, the state agency’s commissioner. “We are delighted that the Town of Parksley offered to partner with us and look forward to working with them for years to come.”

Parksley Mayor Jim Eichelberger will serve as the office’s agent and the services will be offered at the town office. The Oak Hall DMV closed in December 2015 with the promise that a new service office would be found.

“We will be happy to assist our Northern Accomack neighbors by offering this convenient, helpful service right here in Parksley,” said Eichelberger. “We hope folks will stop by to visit us and check out all our town has to offer.”

The town office is at 18444 Dune Ave. It is open from 9:30 a.m. to 4:30 p.m., Monday through Friday.

DMV has 51 Select offices in the state. On the Eastern Shore customers also can visit the full-service Onancock DMV Customer Service Center, 20 North Street, or the Cheriton DMV Select office, 21314 South Bayside Road. In addition, many transactions can be conducted by mail or online at dmvNOW.com.

The Arts Enter is a non-profit organization that owns and operates the Palace Theatre complex, which includes the theater, stage, dressing rooms, storage buildings, a dance studio and a small storefront used for arts classes. Arts Enter has an executive director, Sue Anglim, who runs day-to-day operations and reports to Mayer and the board. Arts Enter’s mission is to offer arts-oriented classes for all age groups, stage-quality performances at affordable prices, and strengthen its outreach into the community.

“We believe that to enhance our mission and preserve the Palace as an arts venue, requires an infusion of new capital and income streams,” Mayer said.

The Arts Enter board will spend the next three to six months studying proposals from potential partners or investors and considering other income-producing possibilities, Mayer said.

“We’re not rushing into anything,” Mayer said. “We’re being very methodical and will carefully analyze all proposals that seem fair, feasible and make sense for our mission, the Palace and the community. Meanwhile, we will be running existing programs as scheduled and adding new ones. We have a lot of exciting events already scheduled for 2017.”

PUBLIC HEARING

Pursuant to the Code of Virginia Section 15.2-2507, the Northampton County Board of Supervisors will hear public comments on the following proposed amendment to its Fiscal Year 2017 County Budget on Tuesday, February 14, 2017 at 7:00 p.m. in the Board Room of the County Administration Building, 16404 Courthouse Road, Eastville, Virginia. The proposed amendment is a request from the Northampton County School Board for an increase of $640,092.20, in order to appropriate the balances remaining in the Federal awards listed below after all Fiscal Year 2016 reimbursements were processed:

<table>
<thead>
<tr>
<th>Account Description</th>
<th>Funds Remaining From Prior Year Awards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Title I, Part A (Basic Programs)</td>
<td>$266,520.54</td>
</tr>
<tr>
<td>Title I, Part C (Migrant)</td>
<td>$248,746.48</td>
</tr>
<tr>
<td>Title VI-B, Special Education (Sect. 611)</td>
<td>$19,635.79</td>
</tr>
<tr>
<td>Learn-2- Succeed CIG</td>
<td>$22,848.32</td>
</tr>
<tr>
<td>Title VI-B Sped Pk (Sect. 619)</td>
<td>$22,282.84</td>
</tr>
<tr>
<td>Title VI-B Rural and Low Income Schools</td>
<td>$35,785.61</td>
</tr>
<tr>
<td>Title III, Part A (Language Acquisition)</td>
<td>$11,846.54</td>
</tr>
<tr>
<td>Title II, Part A (Teacher Quality)</td>
<td>$12,426.08</td>
</tr>
<tr>
<td></td>
<td>$640,092.20</td>
</tr>
</tbody>
</table>

Persons interested in their matter should attend the public hearing in order to express their views. Handicapped assistance available: 757-678-0440.

John J. Andrzejewski
Acting Country Administrator

The Town of Exmore will hold a public hearing on February 6, 2017 at 7 pm at 3305 Main Street Exmore, VA 23350 to solicit public input on local community development and housing needs in relation to the Community Development Block Grant (CDBG) funding for a project in our community.

Information on the amount of funding available, the requirements of benefit to low-and moderate-income persons, eligible activities, and plans to minimize displacement and provide displacement assistance as necessary will be available.

Citizens will also be given the opportunity to comment on the Town of Exmore past use of CDBG funds. All interested citizens are urged to attend. For additional information, contact Taylor Dukes-Public Utilities Director at 757-607-7188 or tdukes@exmore.org.

Comments and grievances can be submitted in writing to Town of Exmore at 3305 Main Street Exmore, VA 23350, by mail at P. O. Box 647 Exmore, VA 23350 or by phone at 757-442-2476 until March 15, 2017.

The Town of Exmore is an equal opportunity provider and employer and employer.
Art & Food - Always A Winning Combo

Fried Oreos, Waffle Sandwiches & Chocolate Crepes

Story and Photos by Linda Cicoira

Seventh Graders at Nandua Middle School took tape, cardboard and paint and designed food truck props and then cooked up the fuel for a competition this week that wowed three judges including two local chefs.

The stripes symbolize bacon, 13-year-old Joseph Prendergast (right) of Harborton explained when asked about his team’s design. “We’re chefs, not artists,” he told the judges. He was speaking of the black and red stripes on the Waffle Wheels. The group took “Best Truck Food” with their bacon-infused waffle shell stuffed with sausage and scrambled eggs.

“Best Food Truck” was team Oreolicious (middle photo) with fried Oreos. The vehicle was built on two desks and had a movie screen on one side.

“They don’t sell those (fried Oreos) all the time,” said Kara Chapman, 12, of Painter. “We used cardboard and (three rolls of) duct tape” to build the truck, said Daniel Lang, 12, of Onley.

“Brunch in Paris” participants made chocolate mouse-filled crepes with homemade chocolate sauce (see photo on right). They won “Best Overall.”

The judges were Gwame Mizzelle (the school’s special-ed teacher and boys’ basketball coach), Chef Gary Sokaitis of Blarney Stone Pub and Chef Kendall Dennis of Kendall’s Kountry Kitchen.

Sokaitis is pictured at bottom right with art teacher Sarah Clark. Not shown is Jennifer Kidwell, the Family and Consumer Science (FACS) instructor.

OPEN AUDITIONS

Saturday, Feb. 4 at 10AM
Sunday, Feb. 5 at 2 PM

Must be high school age or older. Male and female vocalists/actors needed. Prepare a related song to audition.

Callbacks Tuesday, Feb. 7
20+ male roles and 10+ female roles
Vocal experience preferred
No acting experience necessary
Chinese New Year is Jan. 28. Perhaps this is the year you try your hand at making your own fortune cookies.

Consisting of only a few ingredients—egg whites, sugar, butter, flour, and vanilla extract—the real challenge is in the technique. But once you have it mastered, a rhythm develops and you’ll have a bowl full, with plenty to share, in no time.

The slips you insert into the cookies can bear good or gag fortunes—the fate of many rests in your hands and your imagination. Have fun!

FORTUNE COOKIE RECIPE:
• 3 egg whites
• 3/4 cup white sugar
• 1/2 cup butter, melted and cooled
• 1/4 teaspoon vanilla extract
• 1 cup all-purpose flour
• 2 tablespoons water

Preheat the oven to 375 degrees. Grease cookie sheets, or line with parchment paper. Have fortunes ready to go on small strips of paper.

In a large glass or metal bowl, whip egg whites and sugar on high speed of an electric mixer until frothy, about 2 minutes. Reduce speed to low, and stir in melted butter, vanilla, water and flour one at a time, mixing well after each. Consistency should resemble pancake batter. Spoon the batter into 3 inch circles on the prepared baking sheets. Leave room between for spreading.

Bake for 5 to 7 minutes in the preheated oven, or until the edges begin to brown slightly. Quickly remove one at a time, place a message in the center, and fold in half. Then fold the smooth edge of the half-moon shape over a wooden spoon to make the final shape.

(Recipe adapted from allrecipes.com)
Boston

The 4th Annual Pastoral Anniversary for Rev. Jesse E. Thomas will be at Shiloh Baptist Church at 31559 Boston Rd., on Sunday, Feb. 12, at 10 a.m. Dr. Lewis N. Watson, from First Baptist Church in Salisbury, Md., will be the guest preacher. For more information, call 757-442-2739.

Craddockville

There will be a bible study to discuss the Book of Esther at Craddockville UMC on Wednesday, Jan. 25, at 7 p.m. A fellowship meal with soup will be served after the worship service on Sunday, Jan. 29.

Daugherty

A Pre-Men’s Day program will be at Saint Luke AME Church on Sunday, Jan. 29, at 2 p.m. The speaker/guest will be Rev. Jessie Thompson and the congregation of Shiloh Baptist Church from Boston.

Franktown

Soup Day will be held at Bethel Baptist Church at 7638 Bayside Rd., on Saturday, Jan. 28, at noon. It will be sponsored by the Helping Hands Ministry. For more information, contact George Cabarrus at 757-442-2023.

Horntown

There will be a hymn sing at Tabernacle Baptist Church on Sunday, Feb. 5, at 3 p.m. All singing groups are invited to attend. For more information, call 757-824-5323.

Modest Town

A covered dish dinner will be at Modest Town Baptist Church on Sunday, Jan. 29, at 5 p.m. A hymn sing will follow at 6 p.m.

Oak Hall

SOUPer Bowl Sunday will be held at Downings UMC on Sunday, Feb. 5, after the 11:15 a.m. service. There will be free soup and sandwiches. Please bring a non-perishable item for the church food bank. A chili cook-off will be at Downings UMC on Friday, Feb. 24, from 6 to 8 p.m. There will be three categories: mild, medium, and blazing.

Onancock

There will be an open mic/coffee house to benefit Haiti, which was impacted by hurricanes, at Holy Trinity Episcopal Church on Saturday, Jan. 28, from 6 to 9 p.m. Refreshments will be provided. To perform, call Sharon at 757-999-7720.

Onley

Greater Glory Kingdom Ministries, a multicultural, non-denominational ministry lead by Pastor Winfred Duffie Sr., are celebrating its church’s launch, located at Woman’s Club at 25405 Richmond Ave. Services will be held at 10 a.m. every Sunday. For more information, call 302-272-0785.

INFORMATION TO BID

Northampton County invites sealed bids on the following motor vehicles:

<table>
<thead>
<tr>
<th>Year</th>
<th>Make</th>
<th>Model/Description</th>
<th>Location</th>
<th>Mileage</th>
<th>VIN</th>
<th>License</th>
<th>Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>1997</td>
<td>Chevrolet</td>
<td>Cavalier</td>
<td>Stumptown Office</td>
<td>140,083</td>
<td>6616</td>
<td>107-691L</td>
<td>Gold</td>
</tr>
<tr>
<td>2008</td>
<td>Mercedes</td>
<td></td>
<td></td>
<td>138,000</td>
<td>6493</td>
<td>WWF-6176</td>
<td>Gray</td>
</tr>
<tr>
<td>2008</td>
<td>Dodge</td>
<td>Charger</td>
<td></td>
<td>168,200</td>
<td>4632</td>
<td>138-342L</td>
<td>White</td>
</tr>
<tr>
<td>2009</td>
<td>Dodge</td>
<td>Charger</td>
<td></td>
<td>157,480</td>
<td>0766</td>
<td>158-845L</td>
<td>White</td>
</tr>
</tbody>
</table>

* * * *

Vegetables can be seen at the Facilities Management Office located at 5181 Stumptown Drive (just outside Eastville) during normal business hours and are being sold AS IS. Ring the doorbell at the Side Entrance for admittance!

For more information, contact Chris Thomas, Public Works Director, PO Box 66, Eastville, Virginia 23347. Telephone: 757/678-0414. Bids will be received until 3:00 p.m., February 7, 2017, at the County Administrator’s Office, 16404 Courthouse Road, Eastville, Virginia, at which time bids will be opened and publicly read. Bids can be mailed to the County Administrator’s Office, PO Box 66, Eastville, Virginia 23347 or delivered to the Courthouse Road Offices.

The County reserves the right to reject any and all bids, to waive any and all informalities and to disregard all nonconforming or conditional bids.

COUNTRYSIDE AUCTION

25191 Dennis Drive or Rt. 676, Hopeton, VA

Saturday, January 28, 2017 @ 10:00 A.M.

Directions: Located approximately 60 mi. South of Salisbury, MD and 60 mi. North of the Chesapeake Bay Bridge Tunnel. Turn West Off Rt. 13 onto Rt. 676. Follow signs to Auction. Signs will be posted at Rt. 13.

Wooden Gun Cabinet
Wooden Ship’s Wheel
Oil Paintings & Pictures
Lg. Entertainment Center
Table Lamps
Cast Iron Mechanical Banks
Occasional Tables
Milk Bowls
Movie Poster
Advertising Clocks
Mabogany Bookcase Desk
Wooden Adv. Boxes
Modern Leather & Suede Sofa & Recliner-Nice
Agateware
Marble-Top Table
Printing Trays
Handmade Quilt
Local Advertising
Nice Walnut Corner Cupboard
Collection of Oyster Cans
Old Toys
Collection of 50’s Lunch Boxes
Collection of Cigar Bands
Advertising Clocks
Custom Jewelry
Collection of Oyster Cans
Sterling Silver Jewelry
Collection of 50’s Lunch Boxes
Old Door Locks & Knobs
Pedal Car
Country Store Counter Scales
Country Kitchen Pieces
Old Tools
Wooden Butter Churns
Glassware
Railroad Lanterns w/ Extra Glass Inserts
Rose Bowls
Lanterns w/ Extra Inserts
Victorian Arm Chair
Hook Rugs
Old Fireman’s Axe
Old Fireman’s Axe
Old Fire Helmet
Old Advertising
Oak Tool Chest
Oak Whiskey Barrel
Oak Tool Chest
Handmade Quilt
Agateware
Modern Leather & Suede Sofa & Recliner-Nice
Printing Trays
Local Advertising
Collection of Oyster Cans
Collection of 50’s Lunch Boxes
Country Kitchen Pieces
Country Kitchen Pieces
Lots of Box Lots of Old Furniture in Rough &
Other Items Not Mentioned

NOTE: A Lot of These Items Were Packed & Stored Since the Early 80’s
Check Our Website For Pictures @ countrysidauctions.com
5% Buyers Premium Applies to All Transactions
Auctioneer: Chester Jackson, VAAR, #377 Parksley, VA 23421
(757)710-2318, (757)710-5185, (757)665-5672
RAIN OR SHINE ALL INSIDE
Community Notes

Cape Charles

The Palace Theatre will hold open auditions for “The Emperor's New Clothes”, on Wednesday, Feb. 1, and Thursday, Feb. 2, from 6 to 8 p.m. Contact Sue Anglim at 757-331-2787. Performances will be March 4 and 5.

Arts Enter will hold an open house at 10 Strawberry St., on Saturday, Feb. 4, from 10 a.m. to 2 p.m. Contact Sue Anglim at 757-331-2787.

Friends of the Cape Charles Memorial Library will hold an afternoon tea, at the Cape Charles Civic Center at 500 Tazewell St., on Monday, Feb. 13, from 3 to 4:30 p.m. Moonrise Jewelry will show how fish leather jewelry is made and teach about Iceland. The cost is $22 per person. For reservations, call 757-695-4192.

Cherinon

The Cheriton Vol. Fire Co. will host David Long’s Clamtastic Chowder Dinner, on Wednesday, Feb. 22, from 5 to 7 p.m. for all-you-can-eat sit-down meal, and from noon to 7 p.m. carry-out will be available for quarts.

The menu includes clam chowder, grilled ham and cheese sandwiches, corn on the cob, desserts and beverage. Quarts of chowder are $8 and dinners are $9 for adults and $4 for kids under 12.

Chincoteague

The Chincoteague Storytelling Guild will host Hear a Story/Share a Story, with featured storytellers Jay Cherrix and Cindy Faith-Oehm, at the Chincoteague Island Library, on Friday, Jan. 27, at 7 p.m. Refreshments will be served at 6:30 p.m. The first Chincoteague Storytelling Festival will be held on Nov. 3 and 4.

Nassawadox

Friends of the Northampton Free Library will host the Eastern Shore Authors program with Walkley E. Johnson, author of “Song of the Mockingbirds”, at Little Italy Restaurant, on Saturday, Jan. 28, from 11:30 a.m. to 1 p.m. Tickets are $15 each. For more information, call 757-414-0010 or 757-442-2112. The program will take place the last Saturday of January, February and March.

Onancock

The 757 Queens Social Club will feed the homeless at the Onancock Community Center at 4 Jacob St., on Sunday, Jan. 29, from noon until the food is gone. Any donations are welcome from the community. For more information, call 757-387-0875.

The ESVA Historical Society will hold their winter lecture series with local author C.L. Marshall at the Onancock Baptist Church, on Friday, Feb. 3, from 6 to 7 p.m. This is the first lecture of the series. The topic will be “Traditional Eastern Shore Waterfowl Hunting.” Admission is free to Historical Society members or $5 for non-members. For more information, call 757-787-8012.

Snow Hill, Md.

The Worcester County Library Board of Trustees has changed their regular meeting from Tuesday, Feb. 14, to Monday, Feb. 13, at 9:30 a.m. The board will meet at the library at 307 N. Washington St.

Tasley

Shore Paws for a Better Life will hold Bingo for the Shore Dogs and Raffle fundraiser at Accomack Elk's Lodge, on Saturday, Feb. 4, at 4 p.m. The event will raise money for supplies and rescues. There will be raffles for a Turner sculpture, Copper Creations, Ed Kuhn, 300-piece tool set, outdoor firepit and much more.

Wallops Island

The Chincoteague Bay Field Station will hold their Annual Valentine’s Day Dinner and Trivia event at 34001 Mill Dam Rd., on Saturday, Feb. 11, at 6:30 p.m. The cost is $30 per person or $55 per couple. Tickets may be purchased by calling 757-824-5636.
Marriage Licenses Issued

- Geno Vernon Geminiani, 23, and Skylar Laine Reed, 27, both of Chincoteague
- Daron Lee Newman, 29, and Dykeya Dyshea Brown, 28, both of Onancock
- David Alan Thomes, 60, and Normalee Spence Barclift, 55, both of Cape Charles
- Gilmer Francisco Herrera Macario, 24, and Micaela Yessenia Oxlaj Cop, 20, both of Millsboro, Del.

MILE POSTS

BIRTHS

AWARDS

DAR Gives Good Citizen Award to Two

The ESVA National Society Daughters of the American Revolution (DAR) held a meeting on Jan. 17, at the Hermitage on the Eastern Shore. At the meeting, Llewellyn Allison presented the Good Citizen Award recipients. The recipients were Raahkema Cropper, a senior at Chincoteague High School and the daughter of F Loreta Cropper and Ricky Hicks, and Elizabeth Harvie, a senior at Nandua High School and the daughter of Ann Beamer Williams and William Harvie. Cropper and Harvie wrote an award-winning essay.

The award recognizes individuals who possess the qualities of dependability, service, leadership and patriotism in their homes, schools and communities.

Pictured from left: Raahkema Cropper, Llewellyn Allison and Elizabeth Harvie.

Sock Donation to Nursing Home

The Accomack – Northampton Alumnae Chapter (ANAC) of Delta Sigma Theta Sorority Inc. and the Eastern Shore VA/MD Baptist Association Sunday School Convention partnered to donate over 200 pairs of socks to residents of Heritage Hall, in Nassawadox, on Dec. 18. Pictured from left: Ruth Gates, Patricia Rogers, Sheila Turner and Janice Langley.
**FRIDAY JAN. 27**

- **Breakfast at the VFW** - VFV Post 2296, Tasley - donations accepted
- **11:30 a.m.-12:30 p.m. - Alzheimer's Caregivers’ Support Group** - Riverside Shore Rehab Center, 26181 Parksley Rd., Parksley - 665-5133 (Lori Wilson)
- **noon & 5:30 p.m. - AA mtg.** - UMC, Onancock
- **12:30 p.m. - Science & Philosophy Seminar: An Age of Reason or Dogmatism? The Role of Science in Public Discourse** - ESCC, lecture hall, Melfa
- **6 p.m. - Celebrate Recovery Group mtg.** - Onancock Baptist Church
- **7 p.m. - Life Teach Series** - Rachel/Leah Covenant Ministries Center - 787-2486
- **7 p.m. - AA mtg.** - Christ Episcopal Church, Eastville
- **7:30 p.m. - AA mtg.** - Downing’s Methodist Church, Oak Hall
- **7:30 p.m. - Bingo (doors open at 6:30 p.m.)** - Exmore Moose Lodge, Belle Haven

**MONDAY JAN. 30**

- **11 a.m. - Children's Story Hour** - library, Nassawadox
- **noon - AA mtg.** - St. Peter’s Catholic Church, Onley
- **5-6 p.m. - Al-Anon mtg.** - Holy Trinity Episcopal Church, Onancock
- **5:30 p.m. - TOPS mtg.** - Belle Haven UMC - 442-3984
- **6 p.m. - Bingo** - Elk’s Lodge, Tasley
- **6:30 p.m. - Cub Scout Pack 300 mtg.** - Grace UMC, Parksley
- **7 p.m. - AA mtg.** - Christ Episcopal Church, Eastville
- **7:30 p.m. - AA mtg.** - Emmanuel Episcopal Church, 26405 Horsey Rd., Temperanceville

**TUESDAY JAN. 31**

- **9 a.m. - Al-Anon mtg.** - Refuge Inn, Chincoteague
- **10 a.m. - Bingo** - Accomack Senior Village, Onancock
- **11 a.m. - Duplicate Bridge** - Sage Diner, Onley - 442-2474
- **3 p.m. - Kids’ Movie at the Library** - main library, children’s room, 23610 Front St., Accomac - Call 787-3400 for movie info.
- **5-6:30 p.m. - Fathers’ and Sons’ mtg.** - ESTACI, Exmore
- **5:30 p.m. - AA mtg.** - St. James’ Episcopal Church, Accomac
- **6 p.m. - Rachel Leah Ministries** - 787-2486
- **6 p.m. - Bingo** - Pocomoke Elks, next to YMCA
- **6:30 p.m. - GED Class** - ESCC, Class A-51, Melfa
- **6:30 p.m. - AA mtg.** - Trinity UMC, 109 Plum St., Cape Charles
- **7:30 p.m. - Bingo** - smoke free - Cheriton VFC

**WEDNESDAY FEB. 1**

- **7:45 a.m. - Kiwanis Club of Accomack County mtg.** - Sage Diner, Onley
- **10 a.m. - TOPS mtg.** - Market St. UMC, Onancock - 787-4718
- **11 a.m.-1 p.m. - Soup Kitchen** - Corner Stone Seventh-Day Adventist Church, 3431 Main St., Exmore
- **11:30 a.m.-12:30 p.m. - Debedeavon Toastmasters’ mtg.** - Onley UMC, 25642 E. Main St. - 789-5000
- **5-7 p.m. - Soup Kitchen & Clothes Closet** - Grace and Truth Ministries, 19 Boundary Ave., Onancock - Donations: 789-5369
- **5:30-6:30 p.m. - Free Meals for the Hungry** - Epworth UMC, 4158 Seaside Rd., Exmore - 442-6391
- **6-7 p.m. - Prayer Line Open (St. Matthew’s Church, Onley)** - Call 665-7403, 387-7021 or 894-1521 w/prayer requests
- **7 p.m. - AA & Al-Anon. mtgs.** - RSMH, Nassawadox
- **7:30 p.m. - Bingo** - Painter VFC

**THURSDAY FEB. 2**

- **10:30 a.m. - Children’s Story Hour** - library, Accomac
- **10:30 a.m. - Story Time** - Cape Charles Memorial Library
- **3:45-5:15 p.m. - The Good News Club mtg.** - Hollies Baptist Church, 17691 Hollies Church Rd., Keller - transportation from Pungoteague Elementary school provided
- **5 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
- **5:30 p.m. - TOPS VA-550 mtg.** - Zion Baptist Church, Parksley - 787-7099
- **6:30 p.m. - AA mtg.** - Trinity UMC, 109 Plum St., Cape Charles
- **6:30 p.m. - Kiwanis Club mtg.** - St. Andrew’s Catholic Church, Chincoteague
- **6:30 p.m. - American Legion Post 101 mtg.** - Chapter Bldg., 25534 Main St., Onley
- **6-8:30 p.m. - GED Class** - ESCC, Melfa
- **7 p.m. - Republican Party mtg.** - Little Italy, Nassawadox
- **7 p.m. - E.S. Shooting Club mtg.** - Exmore Fire Dept. Hall - 678-9038
- **7 p.m. - Celebrate Recovery Group mtg.** - Chincoteague Church of God
- **7 p.m. - NA mtg.** - Painter Garrison UMC
- **7-8 p.m. - Debedeavon Toastmasters’ mtg.** - Market St. UMC, Onancock
- **7:30 p.m. - AA mtg.** - Holy Trinity Episcopal Church, 66 Market St., Onancock
- **8 p.m. - AA mtg.** - Christ UMC, 6253 Church St., Chincoteague

**SATURDAY JAN. 28**

- **10 a.m.-1 p.m. - Soup Kitchen**
- **11 a.m. - Bay Polar Duck Dip Fundraiser** - Camp Occohannock on the Bay, Silver Beach
- **11 a.m. - Movie Matinee & Craft Day** - Pocomoke Library
- **6:30 p.m. - AA mtg.** - Holy Trinity Episcopal Church, 66 Market St., Onancock
- **1:30 p.m. - Auditions for The Clam-Digger’s Daughter** - Palace Theater, Cape Charles
- **7:30 p.m. - Bingo** - Eastville VFC

**POST TIMES Jan. 20–26**

- **12:30 p.m. - Bingo** - Vietnam Veterans’ Bldg., Main St., Onley
- **7 p.m. - AA mtg.** - Christ Episcopal Church, 16304 Courthouse Rd., Eastville
- **7:30 p.m. - AA mtg.** - Grace UMC, 18484 Wilson Ave., Parksley
Floyd Propane

Floyd Propane is now hiring for experienced propane service technician. Full-time position, year-round, with rotating on-call schedule.

Must have Class-B CDL with hazmat and tanker endorsement. Must be able to pass a background check, drug and alcohol screen, and DOT physical.

$2,500 SIGN-ON BONUS!!
Outstanding starting pay, company-supplied vehicle, tools, and uniform.

21 days of paid vacation; medical, vision and dental insurance; matching 401K. Also eligible for performance bonuses.

Apply in person @ Belle Haven office. 757-442-2444.

FIRE MEDICS (full- and part-time shifts available)
F/T position with benefits/ part-time positions (hourly rate)
Accomack County is seeking applicants for Fire Medic I. (Both full and part-time shifts). The deadline for application is January 31, 2017. ALL applicants who apply by the deadline should also be prepared to participate in the Testing Day on Saturday, February 4, 2017 at 9:00 a.m., at the Melfa Fire Training Center. Latecomers cannot be admitted once testing begins. For consideration for any of the positions, you must indicate any and all certifications currently held or in process. Full details are available online: http://www.co.accomack.va.us/residents/job-opportunities. Accomack County is an Equal Opportunity Employer.

Emergency Medical Technician
Northampton County is accepting applications for Full-time and Part-time Emergency Medical Technicians in the Emergency Medical Services Department.

Applicant must possess the following: Commonwealth of Virginia - Department of Health Emergency Medical Technician certification, Advanced Life Support Certification preferred /CPR, valid VA Driver’s License with good driving record, Emergency Vehicle Operators Course, Hazardous Materials Awareness. Criminal Background checks are a requirement with this position.

Please refer to Northampton County’s website online at www.co.northampton.va.us/jobs.html or an application can be obtained thru the Human Resources office. Completed application form, cover letter, copies of current certifications, and proof of DMV driving record can be submitted to Human Resources, PO BOX 66, Eastville, VA. 23347, no later than February 20, 2017. Northampton County is an EOE.

The Eastern Shore Community Services Board is seeking candidates for the following positions:

clinician
Intellectual Disability Aide
MH Skill Building Specialist (new pay scale)
Substance Abuse Outpatient Clinician (CSAC required)
Part-time Driver
MH/SA Case Manager
Developmental Services Residential Supervisor

For more information or to apply, please visit ESCSB’s website at www.escsb.org
ESCSB is an EOE

HVAC TECHNICIAN/INSTALLER - Exmore - Experience required. Must have tools of the trade, CFU, good driving record. Vacation and holidays. Up to $20 TO START! EOE. For more details call 757-442-2665 or 757-286-3569.

Put Your Valentine in the Eastern Shore Post: Only $25/wk. Feb. 3 or Feb. 10 (This size, add a picture at no cost)

Restrictions may apply

Eastern Shore Trading POST
Boats, Etc.


01 18’ TROPHY - Very good cond. + extras. Can be seen at K & E Marine, across from Perdue plant. $11K. 757-677-3622.

34’ DELTAVILLE DEAD-RISE $28,500 OBO - Charter Fishing Boat. 2012 Re-Power Cat 3208T 757-678-3718. Lg. cockpit; Yanmar 2GM20 in-board engine w/low hrs. Fully equipped/sleeps 6, bathroom, kitchen, etc. Asking $400. 757-894-8988.


90 22-FT. BOATS AND (1) TRAILER - One is an Imperial. $700 OBO. Call 709-8456.

1990 GRUMMAN PONTOON BOAT - 20-ft., 60 h.p., extras, MUST SEE! $6,000 OBO. 757-787-2555.

20 18-FT. BOAT & TRAILER - $1,000 each. Call 757-8801.


Misc. - For Sale

HOLLAND HILL RESIDENTIAL COMMUNITY 2927 Tyler Drive New Church, VA 23145

2&3-BDRM mobile homes rent starts at $550 per month. Refrigerator/range/washer/dryer hook-up. Weekly trash pickup. $1500 for a 2BR. Call 757-824-2771.

$15,000. Call 757-824-0315

Mobile Homes

SEASIDE RD., EASTVILLE - 2BR, Lg. Lot, Open Kitchen, 1BR, attached storage, deck, quiet & private location, 32545. Call 757-678-7425 or 678-3171.

TRAILER LOTS - Land lots available for lease at Modest Town Trailer Park. Call Carl at 757-665-3070.

RENTALS - APTS.


2-OR 3BR IN PARKSLEY - $600/mo., everything is electric. M&M Property Management. Call 757-387-7507.


Pet Products

USE HAPPY JACK® TONEKOTE for dogs to restore nutrients needed to prevent skin allergies and constant scratching. Eastern Shore Pets (757-1462) (kennelvax.com)

Realty

REAL ESTATE

ONANCOCK: Beautifully restored Victorian. 3BR, 2BA, Screened porch, shed & more. $198,800. Call 757-678-7181.

FOR SALE: CRADDOCKVILLE - House w/3BR, 1.5BA, on 1/2-acre lot w/ lg. workshop & outbuilding. Enclosed den & screened front porch. Lg. living & dining rooms. WOW: only $125,000. Call 442-9436.


WE BUY LAND - Call Clayton Homes for more information: 302-846-9100.

Hartley Hall

Senior Housing in Pocomoke City, Md., is accepting applications for 1-bedroom and efficiency apartments in an elderly housing subdivision complex. Contact 410-957-2252 for application or visit office at 106 Market Street in Pocomoke City. Equal Housing Opportunity.
**Rentals - Commercial**

**MECHANIC SHOP IN EASTVILLE FOR RENT**
Two car Inspection certified lanes. All inspection equipment with rental. Tire machine/balancer and 2 lifts. First, Last month rental plus Security Deposit. Contact 757-678-3000.


**NEWLY REMODELED 1,500 SQ. FT.** w/3 private offices, reception area & large conference room. Plus 1,000 sq. ft. Hvy. 13 frontage. Plus 2,000 sq. ft.—many amenities included except internet/phone. Please email miriam.elton@eltonassocinc.com for detailed information.

**Services**

**PARKS PAVING**

**SIMPSON TREE & BOBCAT SERVICE** - Tree trimming and stump grinding. 777-2100 or 710-8477. FREE ESTIMATES. We accept credit cards.

**WE BUY:**
- Copper, Brass, Aluminum, A/C Units, Computers.
- Open: Wed. & Fri. 8-4, Sat. 8-1
- Railroad Ave., Mel Fa 757-387-0660

**Storage**

**NANDUA MINI STORAGE**
50% OFF
FIRST MONTH’S RENT
Rt. 650, Taylor Rd., Tasley.
757-787-3059

**Vehicles - Cars, Trucks, SUVs, RVs**

84 CORVETTE - T-top, gold, 51K mi., $5,500. Runs great. 787-7428.

2001 PONTIAC BONNEVILLE SE - 140K mi., good running cond., all maintenance records, inventory, REDUCED: $2,000 OBO. (757) 331-3646 or tonisky@aol.com

98 GEO METRO 5-SPD. - Body & tires in good cond., needs minor engine repair - all for details. $950. Call after 6 p.m.: 665-7310.


Pine, Oak, Walnut, Cherry and more for sale. Bough cut or planned available or we saw your logs. Portable Sawmill.
757-331-4848

**Rentals - Office Space**

**OFFICE SPACE FOR RENT:** 109 Mason Ave., Cape Charles.
For Suites and individual offices available. All utilities included except internet/phone. Please leave name & number. 757-442-3375.


**13 TOYOTA CAMRY LE - 4-door, 4-cyl., auto. A/C, cruise, full pwr., warranty, exc. cond., 35 m. p. h., 1 owner, $13K. 757-351-5611.


**04 F150 4X4 FORD XL TARIET - All options, 200K mi., mechanically & physically sound. $7,800. Call 757-620-9042 or 757-653-0371.

**00 MUSTANG - 150K mi. New tires, brakes, clutch & windshield-wiper motor. $4,300 Firm. Call 710-7571.


**198 BMWMOTORCYCLE K100RS, 52K miles. Has bags, fairing, & windshield. REDUCED: $1,500 OBO. 50 m.p.g. Call 757-694-5332.

**199 OLUSVIA INTRUDER SUZUKI MOTORCYCLE - 800cc, like new. $2,900. Call 757-824-3147.

**TONY’S TREE SERVICE**
COMPLETE TREE REMOVAL
14319 DEER PATH
HALLWOOD, VA 23359
(757) 990-1131
Residential • Commercial
FREE Estimates • Stump Grinding
Stump Removal • Lot Clearing • Excavation
Licensed and Insured

**WANTED**
Get a truck or boat you want to sell? Put it in the Post for only $30 until sold. 757.787.7678.

**04 HARLEY FAT BOY APE HANGERS, Triple Exhaust, 6,773 mi. $9,500. Call 757-709-9112 or 709-4963.

**04 YAMAHA 1100 V-STAR CRUISER - 21K mi., 2-tone (Raspberry Red & Desert Sand), wide white wall tires & many extras. $4,400/OBO. MUST SEE TO APPRECIATE. 757-990-2269.**

**Whoa Granny!! We didn’t hire the other guy... we hired the best: John C. Miller!!**

**Contact 665-4639.**

**Place a legal ad in the Eastern Shore Post:**
angie@easternshorepost.com

---

**Free Estimates**

**WE ACCEPT**

**D I A L A D - 302-846-9100**

---

**Working late? Place your classifieds in print or online at any hour of the day or night!**

**www.easternshorepost.com**

Add a graphic or a picture too!
COUNTY OF NORTHAMPTON
ADVERTISEMENT FOR BIDS
EXTERIOR REPAIRS AND PAINTING
OF EASTVILLE INN

The County of Northampton, Virginia is accepting sealed Bids for the repairs and painting of the exterior of the Historic Eastville Inn located at 16422 Courthouse Road, PO Box 66, Eastville, VA. Bids will be received at the office of the County Administrator, 16404 Courthouse Rd, Eastville, VA 23347 until 3:00 PM, February 16, 2017. Bids will be publicly opened and read aloud immediately thereafter.

This project is described in general as the replacement of deteriorated wood siding and repainting of the entire exterior of the Eastville Inn.

Contractors can obtain copies of the complete bid specifications from the Public Works Director’s office at PO Box 66, Eastville, VA 23347, (757) 678-0414, or ethomas@co.northampton.va.us.

The exterior of the building is available for inspection at any time.

The County reserves the right to reject any or all bids and to waive any irregularities or informalities in the bidding.

No bid may be withdrawn for a period of sixty (60) days subsequent to the opening of bids without the consent of the Owner. The procedure for withdrawal of bids shall be according to Section 11-54 (1) of the Code of Virginia.

The contract is to be awarded on the basis of the lowest responsive and responsible bid.

Bidders must be licensed contractors, Class B, in the Commonwealth of Virginia in accordance with the requirements of Title 54.1, Chapter 11, of the Code of Virginia. The successful bidder must also possess and maintain throughout the duration of construction a Northampton County Business License, Worker’s Compensation and Commercial General Liability insurance coverage, and must be current with any tax obligations to the County.

All bidders are subject to and must comply with the provisions of the County’s Equal Employment Opportunity Policy and applicable State and Federal anti-discrimination laws.

PUBLIC NOTICE

The Northampton County Wetlands Board will meet Wednesday, February 15, 2017 at 10:30 a.m. The meeting will be located in the Board Chambers at 16404 Courthouse Road, Eastville, VA 23347. The Board will assemble at 9:00 a.m. in the Planning, Permitting and Enforcement Department located at 16404 Courthouse Road in Eastville, VA #140 and proceed to the property described above in order to conduct a site visit. The Board will be conducting regular business and considering the following matter:

VMRC 2016-1989: John Rathz wishes to construct a living shoreline, associated with beach nourishment and planting. The project site has an existing marsh, which he wants to protect and supplement the area that is currently denuded. Construction access will be from the driveway and to the right of the property. No clearing or grading will be required in the upland areas, only additional sand fill to support the Spartina plantings. The property is described as Tax Map #47-A-21B, located at 3415 Barlow Creek Lane in Eastville, VA. The property is zoned Existing subdivision/residential-agriculture-1.

Anyone interested in the above matter should attend the scheduled public hearing. The application may be viewed in the Planning, Permitting and Enforcement Department located at 16404 Courthouse Road #140 in Eastville, VA. Written comments can be submitted to the Planning, Permitting and Enforcement Department by writing to P.O. Box 538, Eastville, VA 23347.

Handicapped assistance is available by calling (757) 678-0440 extension 516 at least 48 hours in advance.

Marshall Cox, Chairman
Wetlands Board

NOTICE OF PUBLIC HEARING

The Northampton County Board of Supervisors will hold a public hearing on Tuesday, February 14, 2017 at 7:00 p.m. in the Board Chambers, 16404 Courthouse Road, Eastville, Virginia, to consider leasing of the following described property, to-wit:

All that certain area, comprising 10,000 sq. ft. (100 ft x 100 ft) located at the northeastern corner of the existing Hare Valley Waste Collection Site and further described as a portion of Tax Map 15-13-B and situated at 10195 Hare Valley Drive, Exmore, Virginia.

The Board proposes to enter a lease with Cellco Partnership, d/b/a Verizon Wireless, for construction of a wireless communication facility (tower).

Any party interested in leasing the above mentioned property should contact the County Administrator’s office for detailed specifications. The County of Northampton reserves the right to lease the property to best serve the County’s interest.

HANDICAPPED ASSISTANCE AVAILABLE: Call 757/678-0440.

PUBLIC NOTICE

The Town of Chincoteague has identified an unsafe structure located at 5355 Merritt Drive, Tax Mapp #30A7-3-59, currently owned by Timothy Genman. The roof system on this structure has failed and is considered unsafe. Failure to make the necessary repairs on this structure or demolish said structure within 30 days shall result in the removal of such by the Town of Chincoteague. The owner has the right to appeal to the Board of Building Code of Appeals within 30 days of this notice.

Kenny L. Lewis
Zoning Administrator

As a recognized Newspaper of Record serving Accomack & Northampton counties, the Eastern Shore Post is pleased to offer free quotes for your legal advertising needs.

Simply fax your ad to 789-7681
or e-mail angie@easternshorepost.com
FORECLOSURE SALE OF REAL ESTATE IN TRAIL’S END
February 11, 2017, 10:00 AM
To be held at the Clubhouse in Chincoteague Bay Trail’s End Subdivision, 8360 Trails End Dr., Horntown, VA 23395.

The following property will be auctioned:
Property Address: 6300 Wallops Dr
Assessed Value: $6,400.00
Unit 3, Sheet 6, Lot 108

TERMS: Minimum Bids will be announced prior to the start of the auction on the date of sale. Announcements made at auction time take precedence over any print, electronic, or verbal information, including but not limited to the Minimum Bid. Successful bidder will be required to deposit with Trustee a deposit (non-refundable) in an amount equal to 10% of successful bid in good certified funds at time of sale, with the closing to occur within sixty days. Minimum or maximum requirement where a building footprint exists. The property may be sold to one or more bidders. Minimum & Maximum Bids may be announced at the sale. All information for review by Trustee must be provided prior to the sale.

A. Joint hearing with the Town Council of Eastville - Zoning Text Amendment 2017-01: The Town Council of Eastville has applied to amend the Town Zoning Ordinance by adding a multi-family density in the R-20 and CN districts up to four (4) dwelling units per 20,000 square feet. Amend Article II Definitions as follows: Apartment House: A building containing three to four or more dwelling units which serves as the residence of two to four families living independently of each other. Dwelling, Multi-Family: A building containing three to two or more dwelling units (an apartment house), with the number of families in residence not exceeding the number of dwelling units provided. Mixed Use: Having more than one type of use adjacent to, or in close proximity to, each other, e.g. residential and commercial, commercial and industrial, and residential and Intent: A structure containing two or more separate, self-contained units, which may accommodate different uses concurrently. Different uses may occupy different levels in the structure, or may exist side by side, and all uses must be allowed in the district; Amend Article III Section 8-4(b) Lot Minimum Lot Size - Minimum lot size for permitted residential subdivision and dwellings shall be twenty thousand (20,000) square feet; Amend Article XI Section 11-1 Purpose and Intent: The Commercial Neighborhood District is established to promote harmonious development, redevelopment, and rehabilitation of uses in the historic downtown commercial area and other traditional mixed-use neighborhoods to allow for the conduct of limited business, and mixed-use buildings, which provide convenience, goods, housing, and commercial and industrial uses. Amend Article XI Section 11-2 Principal Permitted Uses and Structures: The following uses shall be permitted by right: (a) Banks and lending institutions; (b) Restaurants, enclosed – with a footprint up to 1800 square feet; (c) Public buildings – with a footprint up to 1800 square feet; (d) Libraries – with a footprint up to 1800 square feet; (e) Libraries – with a footprint up to 1800 square feet; (f) Restaurants, enclosed – with a footprint up to 1800 square feet; (g) Retail stores and shops – with a footprint up to 1800 square feet; (h) Craft industry, limited to bakeries, or craft breweries; Amend Section 11-3 Special Uses and Structures: (e) Churches of worship, with a footprint up to 10,000 square feet maximum; Amend Section 11-4 Minimum Area, Lot Size, Lot Width, Setbacks, and Height Requirements: (a) Lot Coverage - No more than 60% of the lot area shall be occupied by building. (b) Lot Size - Minimum Setbacks and Lot Coverage, and for all buildings, the minimum or maximum requirement where a building footprint exists. The property may be sold to one or more bidders. Minimum & Maximum Bids may be announced at the sale. All information for review by Trustee must be provided prior to the sale.

B. Special Use Permit 2016-12 Verizon Wireless has applied to locate a 199 foot monopole tower (NCC 4/12/2016 Appendix A: Use Regulations Category 3: Community Service Uses, Wireless Communications Facility (WCF) #32(C) WCF > 100 feet and ≤ 199 feet on a parcel ≥ 5 acres) on property located at 10195 Hare Valley Road. The property, described as Tax Map 15, double circle 13, parcel B, is zoned V-1, Village-1 and contains approximately 5 acres of land.

The Northampton County Board of Supervisors will also conduct a public hearing on Item B above on Tuesday, February 14, 2017 at 7:00 p.m. in the Board Chambers.

All applications will be on file and open to public inspection in the office of the Clerk of the Board of Supervisors and in the Department of Planning & Zoning located at 16404 Courthouse Road, Eastville, VA. Everyone wishing to comment on the above items is invited to attend the meetings and make their comments known.

Handicapped assistance available: Please telephone (757) 678-0440, extension 516 at least 48 hours in advance.

Peter M. Stith, AICP
Long Range Planner
Public Hearing
On Tuesday, February 7, 2017, the Accomack County School Board will hold a public hearing on its proposed 2017-2018 Operating Budget. The hearing will be held in the auditorium at Arcadia High School starting at 6:30 p.m.

Town of Exmore
Public Notice
The Exmore Town Council and Planning Commission will hold a Joint Public Hearing on February 6, 2017 in Council Chambers at 6:30 p.m. to discuss proposed changes to the current zoning ordinance. The changes being made are in the Business General (B-G) district and Business Downtown (B-D) district. A copy of the proposed changes can be viewed at the Town Hall, located at 3305 Main Street, Exmore, VA. Questions regarding these changes may be directed to Zoning Administrator Taylor Dukes at tdukes@exmore.org or (757)-442-2476.

Notice of Public Hearing
The Cape Charles Board of Zoning Appeals will hold a public hearing on Thursday, February 2, 2017 at 10:00 a.m. at the Town Civic Center at 500 Tazewell Avenue, Cape Charles to receive comment on an application for a variance from maximum size of structure requirement for an accessory building on the subject parcel. The applicant has requested a variance from maximum size of structure requirement for Cape Charles to receive comment on an application for a public hearing on Thursday, February 2, 2017 at 10:00 AM, on the property described in said deed, located at the above address and briefly described as:

Parcel 1: Located on the southeast side of South Main Street containing width of 38 1/2 feet and extending back in a southeasterly direction between parallel lines for a distance of 129 feet and bounded on the Northwest, by South Main Street; on the Southwest, by the land now or formerly belonging to the D. Beebe heirs; on the Southeast, by the land formerly belonging to the S. Andrews heirs; and on the Northeast, by the land now or formerly belonging to Mrs. E. M. Jones, and;

Parcel 2: Located on the northwestern side of South Main Street and having a frontage of 38 1/2 feet and extending in a northwesterly direction at an even width for a distance of 50 feet, more or less, to Chincoteague Channel, and bounded on the Northeast, by the land formerly belonging to S. Andrews; on the Southeast, by the South Main Street; on the Northwest, by Chincoteague Channel; and on the Southwest, by the land formerly belonging to A. Daisey, J.G. Daisey and F. Daisey, with improvements thereon.

Subject to any and all covenants, conditions, restrictions, easements, and all other matters of record taking priority over the Deed of Trust, if any, affecting the aforesaid property.

TERMS OF SALE: CASH: A deposit of $20,000.00 or 10% of the sales price, whichever is lower, cash or certified check will be required at the time of sale, but no more than $10,000.00 of cash will be accepted, with settlement within fifteen (15) days from the date of sale. Sale is subject to post sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. Pursuant to the Federal Fair Debt Collection Practices Act, we advise you that this firm is a debt collector attempting to collect the indebtedness referred to herein and any information we obtain will be used for that purpose.

SAMPL I. WHITE, P.C., Substitute Trustee

This is a communication from a debt collector.

FOR INFORMATION CONTACT:
SAMPL I. WHITE, P.C. (41136)
5040 Corporate Woods Drive, Suite 120
Virginia Beach, Virginia 23462
757-457-1460 • Call between 9:00 a.m. and 5:00 p.m. or visit our website at www.swpc.net

For handicap assistance, please call the number above at least 48 hours in advance.
**Real Estate**

**Pleased to Offer**
A Very Historic Waterfront Estate on Virginia’s Eastern Shore.
2+ miles of sandy beach
10+ miles of shoreline
1194 Acres
Secluded & pristine – there’s a large estate home as well as a beach bungalow and tower cabin! There are 5 piers & lots of sandy beach shorelines. Call us for details!

Billy Moore
Office: 757-442-2734
Cell: 757-710-7697
Billy@moorestowingandrepair.com

**Winter Cleanup**
Clean out your garage or sheds now before spring! Trim your trees, bushes, or over growth now before it starts growing again!
757-710-4535 • 757-709-4147

**Carolina**
This precious animal is available for adoption at the SPCA in Onley. Stop by today and give one of them a forever home!

**Post Cards**

**Accomack Tax Service Inc.**
Full Service Tax and Bookkeeping Services
28488 Lankford Hwy | Melfa VA 23410
757-388-7672 office 757-788-9861 fax | accstyle@comcast.net

**LARRY LINTON**
PAINTING CONTRACTOR
SPECIALIZING IN CHURCH PAINTING
40+ Years Experience
Interior/Exterior/Free Estimates
Licensed/Insured
410-957-0891 443-783-7081

**Sharp Energy**
A Subsidiary of Chesapeake Utilities Corporation
648 Ocean Hwy
Pocomoke City, MD 21851
office 410.957.1501
cell 443.880.5026
fax 410.957.0716
NYSE: CPK
www.sharpenenergy.com

**Matthew’s Market**
Full Service Grocery Store
824-3061
RT. 13 N., MAPPSVILLE
PRICES EFFECTIVE MONDAY, JANUARY 30, THRU SUNDAY, FEBRUARY 5, 2017

- USDA Choice Value Pack
- Boneless NY Strip Steaks $8.99/lb.
- 5-lb. Box
- Spanish Clementines $4.99
- Grade A All Natural Boneless, Skinless Chicken Breasts $1.79/lb.
- 5-lb. Bag Bag
- Green Giant Idaho Potatoes Value Pack Fresh Boneless Pork Sirloin Chops $1.69/lb.
- USDA Value Pack Lean Ground Beef $3.79/lb.
- Shurfine Deli Gourmet Kunzler Virginia Baked Ham $4.89/lb.
- Best Yet 1893 American Cheese $2.99/lb.

**ELECTRICAL PROBLEMS?**
757-824-4588 1-877-824-4588
Mention This Ad and Receive $30 OFF Any Repair!
Not valid with other coupons or discounts.

**Cookie Rescue**
We make your cookies a great choice for a host of occasions:

- Weddings
- Birthdays
- Baby Showers
- Corporate Events
- Bosses' Days
- And much more!

**Mike’s Electrical Service**
35 Years Residential Experience
Home 757-442-9089
Cell 757-678-6630

**Metal Roofing**
WE FINANCE!
1-800-893-1242

SUPERbowl Savings!! Get your ad in for the big game. Call Troy or Beth at 757-789-7678 today
Don’t Worry About It: Five Ways to Reduce Stress and Enjoy 2017

By Carla Savage-Wells

Special to the Eastern Shore Post

Why, Yes! I’ll bet some Post readers remember the phrase, “What, me worry?” Alfred E. Neuman, Mad Magazine’s iconic cover model, has the right idea. If there was one resolution to be made for 2017, it would be, “Don’t worry about it.” Reducing anxiety will improve our mental and physical well-being, and make us healthier and happier human beings.

WebMD warns that worry doesn’t just affect our mental health; it also can wreak havoc on our physical well-being. Worrying doesn’t take away tomorrow’s troubles; it takes away today’s peace. This column will likely do very little to assist anyone suffering from generalized anxiety disorder, but here are a few techniques that can reduce our anxious feelings.

Breathe: Shallow breathing limits oxygen intake and can make us feel more anxious. By contrast, deep breathing decreases stress, lowers blood pressure and slows the heart rate. Dr. Andrew Weil suggests the 4-7-8 breathing technique. First, exhale completely through your mouth. Then, inhale through your nose for a count of four. Hold your breath for seven seconds, then exhale through your mouth for a count of eight. It’s not possible to breathe deeply and be anxious at the same time. Weil recommends using the 4-7-8 breath technique at least twice a day or whenever you feel stressed.

Choose: If there is someone who drags you down and seems to leave you feeling stressed, cut back on so that I asked my now ex-husband to shoot me. (I didn’t realize at the time how tempting that must have been for him.)

So what have I chosen to do for the next three weeks or so is IGNORE.

For example, let’s talk about Chocolate Cake Day. It is today. Yes, the event where “a white or yellow cake will not do. Nor, will part chocolate, part white suffice. It must be chocolate, all chocolate,” according to a website that announces such holidays. “What a day to bake a cake and eat it, too.” If you decorate the cake with sprinkles, they must be chocolate. Now that is a topic changer.

It is also Punch the Clock Day and no one seems to know why. There is the typical reason for partying just for the sake of partying. I believe the best place to do this one is at work since our boss at the Eastern Shore Post is a great baker. Oh yeah. Bring on the chocolate cake. We love you, Connie.

A Compliment Day is also on some calendars. The game goes like this: gather in a circle, look at the person to your left, think of a compliment for that person and write it down. Then post all the notes and see how many players can match the compliments to the correct person. The winner gets an extra slice of chocolate cake. Oh, let it be me!

Sunday is the Chinese New Year. It’s the year of the Rooster. Do I foresee more celebrating? I do! And this one lasts for 15 days beginning on the first day of the new moon, and ending on the full moon. It is celebrated with festivities, fireworks, brightly colored lights, special meals and gift giving. Yes, you can give me a present. Yippee!

Sunday is also Data Privacy Day. Change your passwords, empty your spam folder and push for more security.

Okay, so I couldn’t celebrate long enough to ignore my upcoming surgery. You get busy and then you’re right back to stressing.

The date is set for late February. I don’t know the time yet. Thankfully, my friends are going to take care of me. I hope to hardly miss any work. But I’m going to need extra news tips to get me through until I can drive. So don’t forget to send them to shoredog@verizon.net and say a little prayer for me. Time is ticking.

And try doing everything in reverse for Backward Day on Jan. 31. The website says to “try writing backwards or reading backwards. Wear your shirt with the back in the front. Eat your meal, starting with dessert.” Oh yeah! The chocolate cake instead of a salad. “Walk backwards, or talk backwards. Play a board game backwards.” Or make a Pineapple Upside Down Cake. Yippee.
<table>
<thead>
<tr>
<th>Year</th>
<th>Model</th>
<th>Price</th>
<th>Stock#</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>Fiat 500</td>
<td>$7,440</td>
<td>S2398</td>
</tr>
<tr>
<td>2011</td>
<td>Chevrolet Cruze 1LT</td>
<td>$7,440</td>
<td>S2398</td>
</tr>
<tr>
<td>2004</td>
<td>Jeep Wrangler SE</td>
<td>$8,550</td>
<td>S2320</td>
</tr>
<tr>
<td>2012</td>
<td>Dodge Journey Crew</td>
<td>$8,550</td>
<td>S2376</td>
</tr>
<tr>
<td>2013</td>
<td>Hyundai Elantra Limited</td>
<td>$8,550</td>
<td>S2443</td>
</tr>
<tr>
<td>2012</td>
<td>Fiat 500</td>
<td>$7,440</td>
<td>S2398</td>
</tr>
<tr>
<td>2004</td>
<td>Jeep Wrangler SE</td>
<td>$8,550</td>
<td>S2320</td>
</tr>
<tr>
<td>2013</td>
<td>Dodge Journey Crew</td>
<td>$8,550</td>
<td>S2376</td>
</tr>
<tr>
<td>2013</td>
<td>Hyundai Elantra Limited</td>
<td>$8,550</td>
<td>S2443</td>
</tr>
<tr>
<td>2014</td>
<td>Ram 1500 Quad Cab</td>
<td>$26,265</td>
<td>S2403</td>
</tr>
<tr>
<td>2014</td>
<td>Ram 1500 Crew Cab</td>
<td>$26,825</td>
<td>S2404</td>
</tr>
<tr>
<td>2013</td>
<td>F 150 Super Crew</td>
<td>$26,825</td>
<td>S2404</td>
</tr>
<tr>
<td>2014</td>
<td>Kia Sorento</td>
<td>$16,485</td>
<td>S2479</td>
</tr>
<tr>
<td>2014</td>
<td>Chevrolet Cruze 2LT</td>
<td>$9,660</td>
<td>S2331</td>
</tr>
<tr>
<td>2013</td>
<td>Subaru Impreza</td>
<td>$9,660</td>
<td>S2277</td>
</tr>
<tr>
<td>2013</td>
<td>Subaru Impreza</td>
<td>$9,660</td>
<td>S2277</td>
</tr>
<tr>
<td>2013</td>
<td>Hyundai Tucson GLS</td>
<td>$13,880</td>
<td>S2431</td>
</tr>
<tr>
<td>2014</td>
<td>Chevrolet Cruze 1LT</td>
<td>$10,770</td>
<td>S2344</td>
</tr>
<tr>
<td>2013</td>
<td>NISSAN ALTIMA</td>
<td>$10,770</td>
<td>S2344</td>
</tr>
<tr>
<td>2014</td>
<td>Hyundai Tucson GLS</td>
<td>$13,880</td>
<td>S2431</td>
</tr>
<tr>
<td>2014</td>
<td>Kia Sorento</td>
<td>$16,485</td>
<td>S2479</td>
</tr>
<tr>
<td>2007</td>
<td>GMC Envoy SLT</td>
<td>$11,750</td>
<td>S2494</td>
</tr>
<tr>
<td>2004</td>
<td>Chevy Corvette</td>
<td>$17,485</td>
<td>S2492</td>
</tr>
<tr>
<td>2014</td>
<td>Toyota Camry LE</td>
<td>$13,880</td>
<td>S2345</td>
</tr>
<tr>
<td>2015</td>
<td>Ford Focus SE</td>
<td>$13,880</td>
<td>S2379</td>
</tr>
<tr>
<td>2013</td>
<td>Hyundai Tucson GLS</td>
<td>$13,880</td>
<td>S2431</td>
</tr>
<tr>
<td>2014</td>
<td>Kia Sorento</td>
<td>$16,485</td>
<td>S2479</td>
</tr>
<tr>
<td>2007</td>
<td>GMC Envoy SLT</td>
<td>$11,750</td>
<td>S2494</td>
</tr>
<tr>
<td>2004</td>
<td>Chevy Corvette</td>
<td>$17,485</td>
<td>S2492</td>
</tr>
<tr>
<td>2014</td>
<td>Toyota Camry LE</td>
<td>$13,880</td>
<td>S2345</td>
</tr>
<tr>
<td>2015</td>
<td>Ford Focus SE</td>
<td>$13,880</td>
<td>S2379</td>
</tr>
<tr>
<td>2013</td>
<td>Hyundai Tucson GLS</td>
<td>$13,880</td>
<td>S2431</td>
</tr>
<tr>
<td>2014</td>
<td>Kia Sorento</td>
<td>$16,485</td>
<td>S2479</td>
</tr>
<tr>
<td>2007</td>
<td>GMC Envoy SLT</td>
<td>$11,750</td>
<td>S2494</td>
</tr>
<tr>
<td>2004</td>
<td>Chevy Corvette</td>
<td>$17,485</td>
<td>S2492</td>
</tr>
</tbody>
</table>

**Notes:**
- GREAT ON GAS, LOW MILES, AND FUN TO DRIVE!
- LEATHER, MOON ROOF
- LEATHER, NAV, SIRIUS ROOF
- CLEAN LOW MILES
- AUTO, Navi, Heated Seats
- One Owner, Clean Vehicle
- Crew Cab, Great Miles
- Crew Cab, Only 14K Miles
- Crew Cab, Only 4K Miles
- 4x4, Max 4x4 Only 4K Miles