

NOVEC *Cooperative* **Living**

CHINCOTEAGUE'S Centennial Celebration

PAGE 8

The Chincoteague, Va.,
Pony Swim celebrates its
100th anniversary on July 30.

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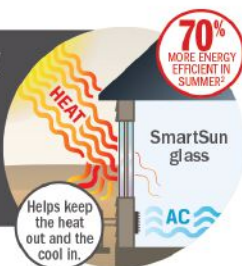
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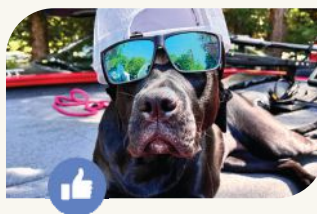
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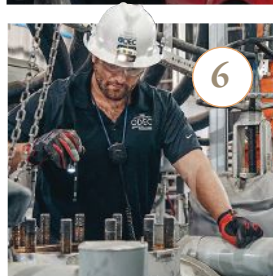
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July is a special month when we celebrate our country's independence. It represents the ratification of the

Declaration of Independence by the Second Continental Congress on July 4, 1776, establishing the United States of America. It gives us an opportunity to honor our great country and enjoy activities with our friends and family, which usually includes some good food and awesome fireworks displays.

One summer tradition of the Mosier family is to spend a week in Cape Charles, Va. We have fallen in love with the small town's charm and all the amenities it has to offer. The Our Communities column this month features the big Fourth of July celebration they hold each year.

Our Cooperative Focus story this month is also from



the Eastern Shore and focuses on the 100th anniversary of the world-famous Chincoteague Pony Swim. It is an amazing event and has a very interesting history. Of course, the 1947 children's book "Misty of Chincoteague" and the 1961 film "Misty" helped drive its popularity. If you plan to attend, please arrive early and emphasize safety, as they expect record numbers this year.

One of the annual highlights of our July issue is the *Cooperative Living* Youth Art Contest, which this year was themed: "What Makes America Beautiful." Once again, all our young artists were truly amazing, and it was certainly tough to choose this year's winners.

We hope you enjoy this issue of *Cooperative Living* and have the opportunity to celebrate the freedoms we are so blessed to have in this wonderful country. ●

Brian S. Mosier

Brian S. Mosier, President & CEO
Virginia, Maryland & Delaware Association of Electric Cooperatives

Cooperative Living

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To inform you about your cooperative and its efforts to serve your energy needs; how to use electricity safely and efficiently; and the people who define and enhance the quality of life in communities served by electric co-ops.

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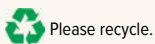
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Please recycle.



The annual Fourth of July parade in Cape Charles, Va., is something residents look forward to all year.

PHOTO COURTESY SEA-EO.COM

Small Town Charm

Virginia's Cape Charles celebrates Independence Day

by Gregg MacDonald, Staff Writer

IN 1880, CAPE CHARLES, ON VIRGINIA'S EASTERN SHORE, CONSISTED MAINLY OF WETLANDS AND A FEW FARMS. BUT THAT SOON CHANGED.

According to the town's website, in 1882, U.S. Rep. William L. Scott and Pennsylvania Railroad engineer Alexander Cassatt conceived the idea to extend the railroad line 65 miles south from Pocomoke City, Md., to the Chesapeake Bay, allowing goods to then be transported by ship to Norfolk.

By 1885, the railroad extension was in place, and a series of passenger steamers and railroad freight barges were routinely making the 36-mile trip across the Chesapeake Bay. In 1886, the Municipal Corp. of Cape Charles was established.

Today, Cape Charles is a vibrant community that lives in the present but also celebrates its storied past. In 1991, the town's entire historic district was listed on the National Register of Historic Places.

At least three nationally known celebrities grew up in the small community of about 1,200 residents. Roxie Joynes Campanella, the third wife of baseball star Roy Campanella, was a nurse, a showgirl and a philanthropist who was born there in 1916. Singer and actress Conny Van Dyke, who died in 2023, was also from Cape Charles; as was Johnny Sample, former defensive back for the New York Jets who won three league championships in the 1960s.

This month, Cape Charles will host its much-anticipated annual Independence Day celebration. "As always, we promise a small town, family-friendly gathering that all will enjoy," says Pam Endlein, the town's event coordinator. "I personally attended my first Fourth of July event here in 2017, and that celebration was a deciding factor in [my family's] decision to live in this area. We bought [a home] here two years later."

This year's festivities will include a parade featuring golf carts, first responders' vehicles and tractors. After the parade, a street fair takes place on Bay Avenue with over 60 artisans and food vendors. There will be free face painting for children, a cornhole tournament, a water misting tent, and a basketball tournament for teens. The Historic Palace movie theatre will be showing a summer favorite, *The Sandlot*, at 2 p.m. Live music and a DJ will be featured at the Gazebo on Bay Avenue from 11:30 a.m. until 5:30 p.m., followed by fireworks over the Chesapeake Bay at sunset. ●

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America the Beautiful

Seven-year-old Maryland girl wins annual art contest

by Laura Emery, Staff Writer



The 23rd annual *Cooperative Living* Youth Art Contest Best in Show winner is Kyleigh Wolf of Hurlock, Md.

For the 2025 contest, kindergarten through fifth grade students were asked to portray visual interpretations of the theme, “What Makes America Beautiful.” The winning entry was selected from a diverse range of submissions by young artists

in Virginia and Maryland. There were entries featuring Washington, D.C., landmarks, the American eagle, various depictions of religious freedom, scenes from different areas of the U.S., and more.

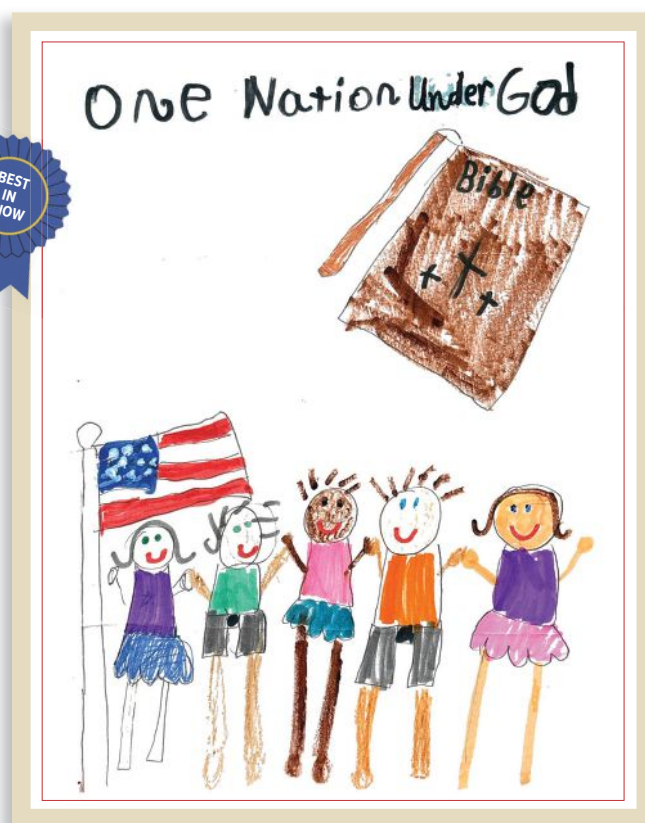
Kyleigh, 7, is a rising third-grade homeschooled student. Her parents, Landon and Brittney Wolf, are members of Choptank Electric Cooperative. Brittney says, “Kyleigh was very surprised and smiled big when we told her she had won the contest.”

The winning entry was an artistic depiction of the phrase: “One Nation Under God.” Kyleigh says she had to think about what to draw “for a while,” and then she worked on it for a few days. “I love Jesus, and America is a place where all people are free to love Jesus, and that’s what makes America beautiful,” she explains. When asked what part of the U.S. she’d most like to visit, Kyleigh chose Florida. “I’d like to go there and see what a beach looks like there,” she says.

The competition was blindly judged by staff members of the Virginia, Maryland & Delaware Association of Electric Cooperatives, publisher of *Cooperative Living* magazine. First place winners in each category receive a \$25 cash prize, while the Best in Show winner receives a \$100 prize. “I will have to pray about it, so I know the right thing to spend the gift card on. I may even share with my brothers,” she says.

Kyleigh’s parents say they are always very impressed with how their daughter takes the time to put thought into her work. “She loves the Lord and all people — and that’s what makes her special. We love how she portrays this through her art,” Brittney says. Compassionate, kind and courageous are the words used by Kyleigh’s parents to describe their daughter.

The Wolf family enjoys reading *Cooperative Living* and being members of an electric cooperative. “We appreciate



the hard work and dedication Choptank Electric Cooperative puts into providing affordable electric service to us,” Brittney explains. Says Choptank’s President and CEO Mike Malandro, “I continue to be amazed at the patriotism and talent of our youth. It makes me proud to be part of the Choptank community.”

Kyleigh loves gymnastics, coloring/art, reading and collecting rocks. “I like rocks that sparkle in the sun. I have a lot of geodes and rare rocks,” she says, explaining that she has “worked really hard” and amassed an impressive collection of nearly 1,000 rocks. “She’s always collecting, buying, painting and admiring rocks everywhere we go,” Brittney says. “Kyleigh is also a fantastic big sister and loves playing with her two younger brothers. She also loves farming and helping on our family farm.”

Ruby, Princess, Moonlight, Starlight and Luna are the names of Kyleigh’s adult chickens. Princess is her favorite. “I feed them and run around and chase them in the yard,” she says. She also loves helping her parents with the crops and tending to her strawberry patch.

“My favorite subjects are language arts, art and history. I love to read, and I love learning things about people in American history,” Kyleigh says.

“I’m proud to be an American because we live in a country where we have the freedom to love each other and love God.”

On behalf of the magazine staff, *Cooperative Living* Editor Gregg MacDonald says, “Thank you to all our 2025 Youth Art Contest contestants!” ●

KINDERGARTEN — 2ND GRADE WINNERS:



1ST | Hope Wolfe, 2nd grade

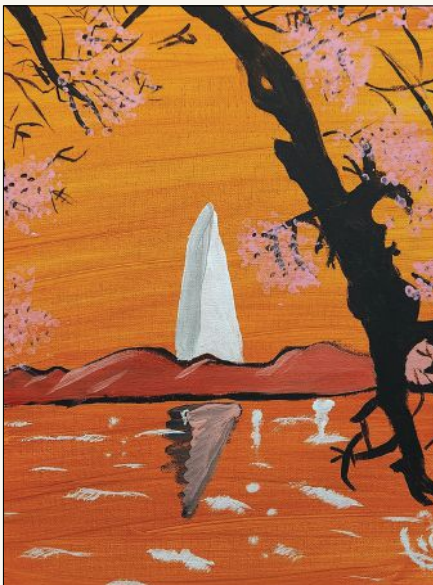


2ND | Warren Thomas, Kindergarten



3RD | Waverly Ohta, Kindergarten

3RD GRADE — 5TH GRADE WINNERS:



1ST | Amanda Knight, 5th Grade



2ND | Celina Park, 5th Grade



3RD | Harper Roberts, 5th Grade

HONORABLE MENTIONS:

Bethany Brun • Caleb Hrabak • Cody Ray Wolf • Daniel Morris • Decker Winn • Jack Garrett
 • Jack Kotula • Jersey Dunham • Jyotsna Navin • Kamila Ha • Kennedy Smith • Lydia Brashers
 • Mercy Showalter • Mya Trumble • Olivia Hrabak • Stella Gallimore • Walker Gallimore

Cooperative Living started the Youth Art Contest in 2003 to encourage youthful creativity and give young artists the opportunity to display their talents to the magazine's monthly readers.

Reliable Power

What's on the line?

by Kirby Jordan, Contributing Writer

Electricity not only powers our economy, but also powers our way of life.

When you power up, you expect electricity to be there. And it is there for homes, businesses, farms, schools and hospitals — every time, day and night, in every kind of weather. That's reliability. Now more than ever, reliability also means innovation and investing in the future in order to maintain our electric grid.



INCREASING DEMAND MAY LEAD TO INCREASED RISK

For decades, electricity demand followed a mostly predictable trajectory. Ongoing industry shifts and recent developments have created significant disruptions to the status quo, putting the reliability of the entire electrical grid at risk.

Demand for power is rapidly increasing, driven by economic development, the electrification of vehicles and appliances, and data centers that support artificial intelligence. Data centers are large warehouse-like buildings that house computers and servers that store and transmit data. They typically run nonstop, requiring more power for equipment heating and



PHOTOS COURTESY ODEC

Virginia hosts the largest data center market in the world.

cooling than most other commercial structures.

According to the Virginia Economic Development Partnership, Virginia hosts the largest data center market in the world and is home to approximately 35% (or nearly 150) of all known hyperscale data centers worldwide.

At the same time, many power plants across the nation have been retired or are forecasted to retire early, largely due to environmental concerns and related regulations. The fact that the power industry currently lacks adequate replacement resources exacerbates the problem, as retirements are outpacing the addition of new generation.

Multiple studies estimate electricity demand will far outstrip supply in the coming years, and they point to data centers as a significant factor in the equation. A report generated for the Virginia General Assembly in December 2024 predicts power demand in the commonwealth could double in a decade and rise by as much as 183% by 2040.

To put demand growth in perspective, a study by Virginia's Joint Legislative Audit and Review Commission says future electricity consumption will require more than 30,000 gigawatt-hours per month, driven largely by data centers. Just 1 gigawatt is 1 billion watts — equal

to nearly 2 million solar panels or 103 offshore wind turbines, according to the Department of Energy.

THE FUTURE REQUIRES A STRATEGIC RESPONSE

One thing is clear: Maintaining a reliable supply of electricity is more important than ever before.

Reliability means generating the electricity electric cooperative members need to power their lives and livelihoods.

Reliability means being prepared for the unexpected, like extreme weather when very hot and very cold temperatures cause electricity demand to spike.

Reliability means making smart, strategic decisions to guarantee baseload resources are maintained while simultaneously planning for the future.

That future includes ongoing developments in renewable energy. While renewable electricity generation may represent the new paradigm of power, it is not a reliable short-term solution by itself. Renewable energy presents real concerns, such as siting and permitting issues, rising material costs, construction timeframes, and its intermittent, weather-dependent nature. Today's challenges necessitate careful planning and a diverse portfolio of power solutions to ensure the reliable electricity that our economy and communities rely on. ●

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Leading Horses to Water

Unique Virginia event has been entertaining visitors for a century.

by Audrey T. Hingley, Contributing Writer

On July 30, the world-famous Chincoteague Pony Swim will celebrate its 100th anniversary.

Taking place in Accomack County on Virginia's Eastern Shore, the beloved annual event continues a yearly tradition. Assateague Island's wild ponies make a brief swim from their salt marsh grazing grounds across Assateague Channel at "slack calm" to the shores of Chincoteague as thousands of celebrants cheer them on in anticipation of the next day's Pony Auction. Officials are predicting record crowds for this summer's 100th anniversary event.

According to Chincoteague Chamber of Commerce Executive Director Joanne Moore, "We market coming to Chincoteague, but we don't specifically market the Pony Swim because it markets itself. We [usually] start getting calls in January about the Pony Swim, but [for 2025] calls started coming in 2024."

The venerable tradition thrives in a world of constant change. The allure of wild ponies swimming to temporary captivity, where some will be auctioned off to ensure a manageable herd, remains strong. Volunteers known as "Saltwater

Cowboys" help guide ponies across the channel. On land, they are examined by veterinarians and allowed to rest before the cowboys guide them through town to a Carnival Grounds corral where they remain until the auction.

A TALE OF TWO HERDS

Two separate herds of feral ponies roam Assateague Island, separated by a fence at the Virginia-Maryland line. The National Park Service oversees the ponies on the Maryland side of





PHOTOS COURTESY CHINCOTEAGUE CHAMBER OF COMMERCE

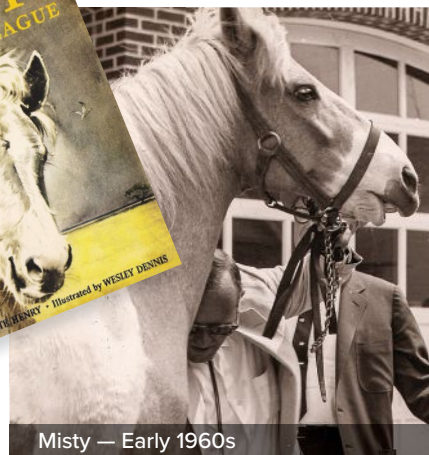
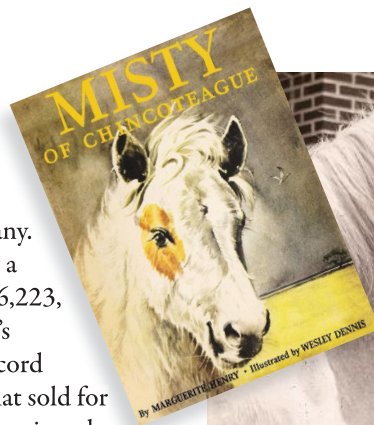
Assateague. The Virginia herd is owned by the Chincoteague Volunteer Fire Company, who cares for the ponies year-round, oversees pony management and purchases a grazing permit from the U.S. Fish & Wildlife Service. The permit allows the fire company to oversee a herd of about 150 ponies. The auction controls herd size, provides money for pony care and necessary veterinary

services, and helps fund the volunteer fire company.

The average price for a Chincoteague pony is \$6,223, but Moore says last year's auction included one record price "buyback" pony that sold for \$50,500. Buybacks are auctioned with the stipulation that they will be donated back to the fire company then returned to Assateague to help replenish the herd. Only foals born since last year's Pony Swim are auctioned each year, and one foal will be awarded to a raffle winner. Raffle tickets cost \$1 each and Chincoteague Mayor Denise Bowden says 12,000 tickets or so are usually sold. Last year, 88 foals were sold, with the lowest-priced auction pony fetching \$1,600.

HOW IT ALL STARTED

The celebrated Pony Swim and Pony Penning began in 1925 after a series of disastrous fires swept through Chincoteague, prompting the town to authorize the fire company to hold a carnival fundraiser to help purchase new fire equipment. Fifteen colts were sold, 15,000 visitors attended and a century-long tradition was born. However, it was the publication of the now-classic children's novel "Misty of Chincoteague" in 1947 (based on local residents Clarence and Ida Beebe and their family) and the subsequent 1961 film "Misty" (filmed on location on Chincoteague Island) that catapulted Chincoteague's tradition into the stratosphere. The July event now attracts over 40,000 people each year,



Misty — Early 1960s

PHOTO COURTESY ALTON BROOKS PARKER
BARNES PHOTOGRAPHY COLLECTION

and that figure may double this year for the event's centennial celebration.

In 2023, the Beebe Ranch was purchased for \$625,000 by the nonprofit Museum of Chincoteague after a successful fundraising effort saved the property from developers. That same year the Chincoteague ponies were designated the official state pony of Virginia by the General Assembly.

Originally started by women who lived on the island who wanted to celebrate the heritage of husbands, sons and grandfathers who worked as watermen, the museum has morphed into a museum dedicated to preserving the history of Chincoteague.

The Beebe Ranch, a few miles away from the museum, is now an extension of the museum's mission. Museum admission is \$8 per person, but \$15 will get you admission to both the museum and the Beebe Ranch, with a house tour included.

KEEPING THE LEGEND ALIVE

Once part of an over-140-acre ranch operation, the Beebe Ranch's remaining 10 acres include the house where the real Misty survived the devastating 1962 Ash Wednesday storm stowed in the home's kitchen. (Misty was foaled at the Beebe Ranch, not in the wild.) Three Chincoteague ponies, two of which are Misty's descendants, live on the property.

(continued on page 10)



Leading Horses to Water

(continued from page 9)

Both Misty, who died in her sleep at age 26 in 1972, and her last foal, Stormy, who died in 1993 at age 21, were preserved via taxidermy and can be seen at the museum. The museum will feature special anniversary exhibits this year, including a carnival exhibit featuring a carousel with carousel horses in the main foyer.

Regarding the fundraising campaign, Cindy Faith, assistant director of The Museum of Chincoteague, says, “Yes, we received a couple of substantial donations, but most people sent small donations of \$10 or less, with many enclosing a letter stating how important it was to save the ranch.”

Executive Director Kathy Martin notes, “One misconception is that our museum is tiny, but visitors often comment that it’s much bigger than they thought. They say they learn a lot.”

MISTY TO THE RESCUE

In a strange irony, the real Misty actually helped save the Chincoteague ponies. During the horrific 1962 Ash Wednesday nor’easter storm that hovered over the area in a three-day barrage, human residents were evacuated — but nearly half of the 300 ponies on

Assateague and Chincoteague died, with many swept out to sea. Misty made national headlines for surviving the storm and Twentieth Century Fox re-released its “Misty” film in theaters as a fundraiser. Proceeds helped restock the pony herds via buying back Chincoteague ponies sold in the past. Misty and her newborn colt, Stormy, even made personal appearances at theatres in Virginia and Maryland.

Chincoteague lore has long posited that the ponies are descendants of survivors of a Spanish galleon that wrecked off Assateague’s shores. Others believe the horses came from colonial-era settlers. About the conflicting theories, Faith notes, “There is no reason those two stories cannot be the same story. But DNA evidence [in 2022] showed they are from Spanish stock.”

A SALTWATER COWGIRL MAYOR

Chincoteague born-and-raised Mayor Bowden joined the fire company “fresh out of college” in 1992, wanting to follow in her late grandfather’s footsteps, who was a fire company volunteer. She was turned down initially, but submitted another application and was eventually approved as the first female fire company member. She became involved with the fire company’s pony committee about 15 years ago and became the first female fire company member to ride as a “saltwater cowgirl.” Bowden served on Chincoteague’s Town Council for eight years before winning the November 2024 mayoral election.

“Every time I have ridden, someone lets me use their pony because I don’t own a pony or a horse,” she explains.

“I would ride with friends, and you either take to it or you don’t — I was blessed to be accepted by the guys [in the fire company] and learned so much from them.”

Bowden estimates 45-50 Saltwater Cowboys participate in overseeing the wild ponies, including some who bring their own horses and travel from other localities. Although most visitors focus on the Pony Swim itself, related activities run from July 26 to August 2. Events include the Southern Herd Roundup on July 26; the Northern Herd Roundup on July 27; Beach Walk on July 28 (where Saltwater Cowboys walk the Northern Herd ponies along the Atlantic Ocean



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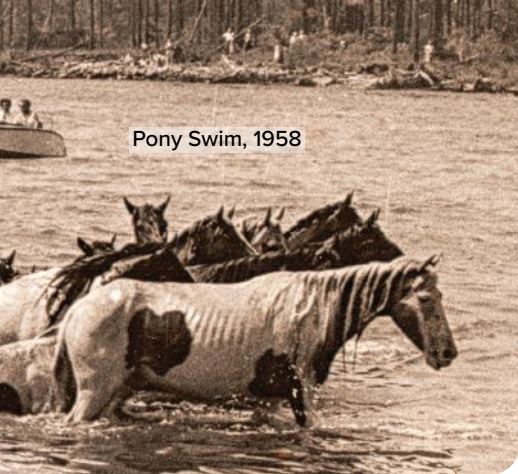
PHOTO COURTESY DENISE BOWDEN

Mayor Denise Bowden



Part of Pony Week in Chincoteague is the Pony Penning.

Pony Swim, 1958



coast to join them with the Southern Herd); Pony Swim on July 30; Pony Auction of foals at Carnival Grounds on July 31; the swimming back of Southern Herd ponies across the channel to their grazing grounds on August 1; and the Carnival with fireworks on August 2.

Saltwater Cowboys are involved with all these activities. Bowden says with 16 nights of the Fireman's Carnival also going on, including every night of Pony Week, 150 to 160 volunteers are required to staff the nightly events.

"Regarding Saltwater Cowboys, most of the time it's a generational thing. We have third-generation cowboys who have come up through the ranks to



"We market coming to Chincoteague, but we don't specifically market the Pony Swim because it markets itself."

— Joanne Moore, executive director,
Chincoteague Chamber of Commerce



participate. The Pony Committee itself usually is about 20 to 22 people," Bowden adds.

YEARLONG PREPARATION

In addition to Pony Week activities, the fire company also does spring and fall roundups that allow ponies to have vet checks and immunizations. Bowden says, "The fire company always has a set of eyes on the ponies. In the wintertime if their fresh water ponds are frozen over, we go over and break the ice [to provide drinking water]. All of this is done totally by volunteers."

An unapologetic cheerleader for Chincoteague and the wild ponies, Bowden is determined to be at this year's Pony Swim event — despite the

fact that she was seriously injured while working as a "saltwater cowgirl" in a corral during the April roundup, shattering her femur. She underwent surgery at R. Adams Cowley Shock Trauma Center at the University of Maryland in Baltimore and says it went well. Currently, she's undergoing physical therapy and jokes she'll be at the July anniversary even if she arrives in a wheelchair.

Bowden advises those who plan to come to the 100th anniversary event to "bring your patience before you bring anything else."

"If this is your first time here, plan and prepare, because there are so many people. Don't be in a hurry to get anywhere. Come early and make sure you have everything you need," she adds. "Some people come every year, and some will come once and say, 'I have seen it.' But as long as we have committed, dedicated volunteers, I think this event will go on." ●

THINGS TO KNOW FOR THE 100TH ANNIVERSARY

Due to safety concerns for this year's 100th anniversary event, the Town of Chincoteague has implemented enhanced security measures. New rules include:

- No coolers, umbrellas, glass containers, bags or backpacks.
- Bags/backpacks that are clear vinyl, plastic or PVC will be allowed, as will one-gallon clear plastic freezer bags.
- Small clutch bags are allowed, but should not exceed 4.5 inches by 6.5 inches. All items will be subject to search.
- Officials advise checking cvfc3.com for any news or last-minute changes.



► For more information, contact Chincoteague Chamber of Commerce at 757-336-6161 or cvfc3.com, or The Museum of Chincoteague Island at 757-336-6117 or chincoteaguemuseum.com.



DISCOVER HOPEWELL

Discover Hopewell, Virginia, located just 20 minutes south of Richmond at the convergence of the James and Appomattox Rivers. Come take in a show at the historic Beacon Theatre. Explore the water on foot or kayak at the Hopewell Riverwalk. Browse the shops in historic downtown, then break for coffee or lunch at one of our cafés or restaurants. Visit historic Weston Manor and Appomattox Manor to walk in the footprints of the nation's founders. Enjoy drinks and dinner on the deck of the Boathouse at City Point overlooking the James River.



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HOMETOWN HEROES SHINE



This was my first spring in Virginia, so I was delighted to learn that our local communities make a special effort each year to honor the dedicated first responders who run toward trouble to protect, help, and comfort their neighbors. NOVEC is proud to have been a part of annual Valor Award ceremonies in Loudoun, Prince William, and Fauquier counties, where first responders who went above and beyond their everyday duties were celebrated.

In July, the Loudoun United Football Club in Leesburg will hold a Hometown Heroes Night to laud first responders. These typically include law enforcement officers, EMTs, paramedics, firefighters and search and rescue members. We appreciate the club including NOVEC lineworkers on this special night — a community high-five to the brave men and women who are first on the scene in a crisis.

After a storm or other natural disaster, lineworkers are crucial to a community's recovery. Their work is challenging enough when the sun is shining. In the pouring rain, or when it's freezing cold or brutally hot, NOVEC's 99.99% reliability rating is really put to the test. Our lineworkers are there to get the job done safely no matter the weather. I know you appreciate our efforts because you let me know through emails and letters, in conversations, and on social media. You rightfully see our lineworkers as your first line of defense against power outages.

Now, allow me to take a moment to introduce our other Hometown Heroes. While NOVEC lineworkers are running toward trouble, their steps are guided by those who have laid the groundwork for efficient outage restoration. NOVEC's engineers, field workers, data analysts, substation employees, power line inspectors, materials management experts, tree trimmers, and customer care workers are constantly innovating — adapting to changing conditions and new technologies.

It takes a village to keep the power on. For every light bulb that blinks to life after an outage, there is a NOVEC employee who helped.

Best Regards,

Kristen Senechal

NOVEC VALUES

- | | | |
|------------------|------------|--------------|
| • Integrity | • Safety | • Excellence |
| • Accountability | • Teamwork | • Innovation |



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For updates, tips on safety, energy saving ideas, and career information, find us on social media or go to novec.com.

NOVEC is an equal opportunity provider and employer.

ENERGY TIP OF THE MONTH

Celebrate National Grilling Month this July by cooking outside. Grilling keeps heat out of your home, so your AC doesn't have to work as hard — saving you energy and money for more BBQ essentials like burgers and brats!



Gaff-n-Go Rodeo Competitors Make NOVEC Proud

By Robin Earl

For NOVEC's new President and CEO Kristen Senechal, it was literally her first rodeo — her first *lineworker's* rodeo. The 2025 Gaff-n-Go Rodeo on May 17 and 18 offered a chance for her to leave the board room behind and see NOVEC lineworkers in action. She said, "I was blown away by the talented NOVEC employees who competed!"

Senechal had a message for the competitors — "I want to thank you for your time, diligence, and discipline in preparing for the Gaff-n-Go Rodeo and representing NOVEC so brilliantly. More importantly, I also really appreciate your dedication to safety and the craft. The skills

you demonstrated at Gaff-n-Go Rodeo are just a small part of what you do for our members and communities every day. Thank you!"

Sponsored by the Virginia, Maryland & Delaware Association of Electric Cooperatives, the Gaff-n-Go Rodeo was held at Meadow Event Park in Doswell, Virginia. Several dozen electric poles crowded the venue. At any given moment, lineworkers were quickly climbing up or down the

poles — hoisting equipment, changing out cross-arms, or performing other technical tasks.

Pro tip for spectators: Follow the fans. Spouses, excited children, and fellow lineworkers would gather at the base of each pole as a NOVEC competitor readied for an event. When the stopwatch began ticking, shouts of encouragement

erupted and continued until his boots hit the ground again.

Construction Supervisor and Gaff-n-Go Rodeo coach Jesse Taylor said that lineworkers look forward to the challenges of overhead climbing work, but it isn't called for every day. "Many of the Gaff-n-Go Rodeo events specifically simulate storm restoration efforts — repairing lines or poles in areas that bucket trucks can't access — that some lineworkers only get to do a few times a year."

Team NOVEC came home with an impressive number of awards. Apprentice Evan Bache, buoyed by the loud cheers of his wife, two daughters, and a host of assorted relatives collected four plaques at the Saturday night



Journeyman Blake Sparling and Zack Bell perform tasks on the pole while teammate Brian Savage (not pictured) monitor work from the ground. Photo by Jim Robertson.



NOVEC lineworkers competed alongside hundreds of others at the annual Gaff-n-Go Rodeo in May.

banquet. Bache placed second in the Hurtman Rescue event and in the Guy Strain Change Out. The 2025 Gaff-n-Go Rodeo was Bache's third year competing. He said his times improved this year because "my teammates are really good competitors. They push you to dig a little deeper, try a little harder."

In the equipment operators contests, Bache earned a silver in the Wire Transfer event with teammates Anthony Helsley, Connor Jost, and Kyle Sarvis. The team placed third overall in the Equipment Operators events. Jost said that the crew was disappointed at the award ceremony because they didn't place in the first few equipment operators events, where they thought they had done well. "It bummed us out. But when they announced the second place in the wire transfer and third overall, our spirits went from 0 to 100."

Also competing in the equipment operators contests, the team of Chris Fasenmyer, Robbie Studds, Ben Williams, and Kyle Sarvis placed second in the Hurtman Rescue event, which simulates rescuing an injured lineworker from an electric pole with the aid of a bucket truck.

Jost was the lone NOVEC lineman to climb to the top of the podium. After not placing at last year's Gaff-n-Go Rodeo, this year he earned two individual firsts — in Climbing Skills and in Guy Strain Change Out.

Anthony Kestner earned a second-place award in the Gaff-n-Go Rodeo's drone competition. It was NOVEC's first foray into the drone event, which tested participants' ability to take sharp drone photos of electricity infrastructure.

Having thoroughly enjoyed the excitement and camaraderie — and BBQ — of the Gaff-n-Go Rodeo, Senechal commented on the tremendous effort it takes to send a team to the rodeo. "I'd be remiss if I didn't also thank everyone

who volunteered at the rodeo this weekend and helped to ensure that our team had everything they needed to focus on the competition. This was truly a team sport and this weekend would not have been such a success without you."



Journeymen (left to right) Jacob Till, Jeremy Jenkins, and Damion Pope competed as a team at the Gaff-n-Go Rodeo.



Apprentice Evan Bache gives the thumbs up to his cheering section during the Hurtman Rescue event.

Students Boost Environmental Stewardship

NOVEC Joins Prince William Schools' Showcase

By Robin Earl

Prince William County Schools' (PWCS) first-ever Student Environmental Action Showcase (SEAS) was like a countywide science fair to celebrate the environment. Held in April at the Independence Nontraditional School in Manassas, students of all ages presented innovative projects addressing sustainability issues.

Submissions explored issues students care about – the negative effects of “fast fashion,” at-home composting, water bottle waste, natural habitat preservation, and community gardens. A perfect example: Sinclair Elementary School placed first in the elementary school category with their creative entry, Turning Trash into Treasure with Plarn Crochet (crocheting with plastic bags instead of yarn).

Always a ready and willing community partner, NOVEC was on board to teach participants about electricity. The Cooperative's safety trailer coaxed students outdoors to see electricity in action, and representatives from NOVEC's key accounts and energy services department showed off a science project of their own. A jumbo-sized diorama engaged students, providing a visual aid to explain how electricity travels from substations to power our homes.

One of the teachers whose students participated in the SEAS said, “My students loved the vendors! Specifically, NOVEC and the blue bird table.”

Two hundred and sixty students submitted 85 projects for judging. Elementary and middle school students submitted group projects; high school students participated through either individual or group projects.

Melinda Landry, sustainability coordinator for Prince William County Schools' Energy and Sustainability Program, said, “The best part of SEAS is seeing students connect classroom learning with their community. Students of all ages discover their voice as they explore local environmental issues and use critical thinking skills to find solutions. SEAS elevates their actions and encourages them to continue on the path toward sustainability. They are, after all, the future problem solvers for our community and world.”

Landry said that she received so much positive feedback from participants and community partners, she already tentatively scheduled next year's SEAS for Saturday, April 25, 2026.



A group from Thurgood Marshall Elementary School submitted seven projects for the competition – from hydroponic gardening to recycling.

Investing in the Community

JROTC PROGRAM RECEIVES RECYCLED ELECTRIC POLES FOR FITNESS TRAINING



In May, five NOVEC lineworkers — George Dodson, Chris Brown, Zane Woodward, Aaron Ratcliff, and Michael Bassett — delivered and placed four 15-foot electric poles on the upper practice field at Gar-Field High School in Woodbridge. The school's Marine Corps Junior Reserve Officers Training Corps (MCJROTC) Senior Marine Instructor, Lt. Col. Eric Kelly, Sr., USMC (retired), requested the poles, which will be used for physical fitness training and competitions.

NOVEC Construction Supervisor James Mynhier arranged the donation. "We are happy to see Gar-field High School make good use of these poles. Helping the MCJROTC program and recycling electric poles — it's a win-win."

SHOWING OFF EQUESTRIAN SKILLS



Photo by Cloverleaf Equine Center

NOVEC was a sponsor of Cloverleaf Equine Center's annual Ride to Thrive Horse Show on May 10 at Frying Pan Park in Herndon. The Clifton-based nonprofit helps individuals reach their potential through equine-assisted services. Cloverleaf supports people with disabilities, youth from marginalized communities, recovering military personnel, and others in need.

NOVEC AND TRC COLLABORATE TO HELP NORTHERN VIRGINIA FAMILY SERVICE HELP FAMILIES



NOVEC president and CEO Kristen Senechal presents a check to Ethan Vick and Sara Kreitzer of NVFS, surrounded by TRC and NOVEC employees.

NOVEC recently worked with its partner TRC, a technology and cybersecurity company, to make a contribution to Northern Virginia Family Service (NVFS). Numan Malik, TRC program manager, said NVFS was selected because of its strong, lasting impact on the local community. "As a company deeply rooted in Northern Virginia, NOVEC is dedicated to initiatives that directly benefit the individuals and families we serve." NVFS supports families with housing assistance, health and wellness initiatives, immigration legal services, and youth programs.

A Short Lesson in Electricity Supply

By Robin Earl

Providing reliable electricity at the most affordable rates possible to Northern Virginia homes and businesses can be complicated, particularly in 2025's power-hungry environment. Just like an electric circuit, a lot of connections must be managed to keep the lights on. Here's an explanation of where your electricity comes from.

NOVEC is a "poles and wires" distribution company, meaning the Cooperative buys most of its power from the regional marketplace and distributes it to members. The monthly service and distribution charges on your electric bill pay for the infrastructure that brings electricity purchased from the regional transmission system to members through our electric lines.

NOVEC takes service from the Dominion Energy transmission system, which includes 230kV and 500kV high-voltage lines across the state; they interconnect with transmission systems in other states. While Dominion Energy owns and maintains these transmission assets, the interstate transmission system is operated by PJM Interconnection. Headquartered in Valley Forge, Pennsylvania, it coordinates the movement of electricity in all or parts of 13 states and the District of Columbia.

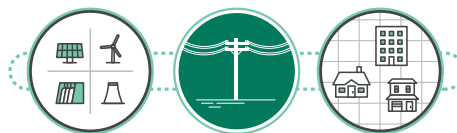
Generation of electric energy comes from nuclear, natural gas, coal, wind, and solar plants throughout PJM's territory. PJM manages this marketplace daily, but it also keeps an eye on future generation.

On peak load days in summer and winter, Virginia generally has a shortage of power generation, so PJM uses the transmission system to bring electricity into the commonwealth from neighboring states. Supply charges and the power cost adjustment on your electric bill pay for transmission and generation.

Unfortunately, energy generation right now is running far short of demand, and, as a result, the cost of electricity has risen this spring. That means the price that PJM pays for power is increasing, and the cost that PJM passes on to NOVEC is rising proportionally.

A Balancing Act: ELECTRICITY SUPPLY AND DEMAND

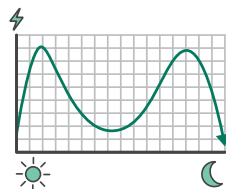
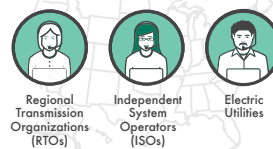
Behind the scenes, a network of people and facilities work together to ensure you have electricity when you flip the switch.



Electricity is generated at a power plant, then sent across the grid to homes, schools, and businesses.

The amount of electricity generated and how much is sent to where it's needed are typically coordinated and monitored by regional grid operators, that essentially act as energy traffic managers.

Regional Grid Operators



As electricity demand varies throughout the day, grid operators, power plant operators and electric utilities work to forecast, plan, and purchase enough electricity for everyone.

Ensuring communities have the exact amount of electricity they need is a challenging task, but behind the scenes, a network of industry experts make it happen every day.



Factors that Impact Electricity Supply and Demand



- Demand Surges
- Extreme Temperatures
- Infrastructure Costs and Availability
- Supply Chain Challenges
- Fuel Costs
- Federal and State Regulations



Save the Date

**NOVEC'S ANNUAL MEETING WILL BE HELD
AT 6 P.M. ON SEPT. 10**

NOVEC Board Chairman Wade House and President and CEO Kristen Senechal will review 2024 accomplishments and discuss current cooperative initiatives at the Annual Meeting on Wednesday, Sept. 10.

Members also will elect two directors to represent Districts 3 and 6 for four-year terms (see the district map at novec.com/bod). An information packet with details about nominees and voting instructions will be sent to all customers prior to the Annual Meeting.

The meeting will be held at the NOVEC Gainesville Technical Center at 5399 Wellington Branch Dr., Gainesville, VA 20155.

Visit novec.com/annualmeeting or call NOVEC's Customer Care Center at 703-335-0500 for details and updates prior to the meeting.

Watch for Tree-Trimming Crews at Work This Summer

By Robin Earl

While NOVEC doesn't own the trees in its power line rights-of-way, the Co-op works all year round to try and keep power lines clear and rights-of-way accessible as part of its commitment to reliable service. Contractor tree crews trim tree branches and mow undergrowth on a rotating basis. They also respond when customers report that trees are growing too close to or may be falling toward NOVEC power lines.

Proactive tree maintenance can help prevent outages, particularly during summer storms or high winds. A branch that brushes up against a power line or tree that falls on one can cause a power outage, power "blink," or even spark a fire. If you see a tree laying on a power line, or a downed power line, do not attempt to remove it yourself.

Call 703-335-0500 to report this potentially life-threatening situation.

NOVEC tree trimming crews generally will chip up small limbs during normal maintenance work within a short period of time, but during storms or emergency situations, tree crews will only be able to clear damaged trees from power lines enough to restore power. Any further cleanup of wood and debris is the responsibility of the property owner.



Consistent vegetation management around power lines helps to reduce power outages on NOVEC lines.



Joe Swope celebrates on the green at the NOVEC HELPS golf tournament.



NOVEC HELPS' members Stephanie Baez, Nan Musick, and Kim Case-Timberlake huddle for a close-up.



Tyler Blizzard of NOVEC's Systems Operations enjoys a good day on the course.

NOVEC HELPS Golf Tournament Continues to Break Records

By Jenny Shaskan

One hundred and thirty-six golfers making up 30 teams hit the greens at Bull Run Golf Club in Haymarket May 15 for the NOVEC HELPS (Hands Engaged in Local Public Service) annual golf tournament fundraiser. Player entries and sponsor donations generated \$51,043 for the NOVEC employee-run 501(c)(3), breaking the 2024 record by more than \$1,000.

Proceeds from the golf tournament support NOVEC HELPS donations and events throughout the year. Last year, NOVEC HELPS provided more than \$79,000 in financial support to 110 community-based organizations.

NOVEC HELPS leadership thanked the sponsors and NOVEC employees for helping to make the golf tournament a continued success. The tournament attracted 33 sponsors. Eight companies were named platinum sponsors — Burns & McDonnell, Lee Electrical Construction Inc., Stack Infrastructure, Yondr, Davis H. Elliot Company, Amazon Web Services, QTS Data Centers, and The Okonite Company.

One of the seven Cooperatives Principles is caring for the community. “One of the ways we do that is by sponsoring and volunteering at several events throughout the Northern Virginia region,” said event organizer and NOVEC Engineer Pam Rochon. “Through this event we raise funds, but we also raise awareness of these charitable organizations and their noble work.”



Volunteer Renee Barr takes NOVEC supporters for a spin to enjoy the lake at the 18th hole of the Bull Run Golf Club in Haymarket.

Healthy on a Budget

Affordable and healthy meal ideas for your next grocery trip

by Vanessa LaFaso Stolarski, Contributing Columnist

These days, grocery store penny-pinching has become a necessity, but tasty flavors and quality nutrition can still be on your dinner menu. With a dash of old-fashioned know-how and a sprinkle of creativity, anyone can stretch their grocery budget and still eat well. Let's talk about how to make your dollar go further at the checkout line while still cooking healthy, delicious meals.

To start, try planning daily meals at the beginning of the week. Sit down with your calendar and jot down what you want to cook, considering how much time (and energy) you expect to have to prepare the meal. This simple habit prevents last-minute store runs and sneaky junk food impulse buys that wreak havoc on the budget and, ultimately, on your health. By using this technique, you can shop smarter and stick to your list, leaving less room for waste and more room for savings.

Next, do a quick scan of your pantry. Make a list of any items your family uses the most and tack it up inside or near your pantry door. The quick-reference sheet will help you narrow down what you need to avoid overspending and leave less room for waste. Consider buying in bulk staples such as rice, pasta and oats, or packaged goods like canned tomatoes. Most of these common items cost less when you buy them in bulk.

While fresh produce can be expensive, buying seasonal produce tends to be easier on the wallet. Fruits and vegetables that are in season also taste better and typically contain a higher nutrient content. Check with your local farmers market or produce stand for bargains, and while you're there, ask the vendor for cooking tips. If that's not possible, frozen vegetables are a cost-effective substitute and can also be bought in bulk.

Here are three cost-effective dinner ideas to feed your family:

Recipe: HEARTY BEAN AND VEGGIE CHILI

Ingredients:

- 1 can black beans
- 1 can diced tomatoes
- 1 bell pepper
- 1 onion
- 1 cup corn

Dice onion and bell pepper. Spray a pan with cooking oil and sauté over medium heat until soft. Add remaining ingredients and simmer for 20 minutes. Mix with chili powder. Season with salt and pepper, to taste.



Recipe: SIMPLE BAKED CHICKEN AND VEGGIES

Ingredients:

- 4 bone-in chicken thighs
- 4 carrots
- 1 head of broccoli
- 2 potatoes
- 2 tbsp olive oil

Preheat the oven to 400 degrees. Chop carrots, broccoli and potatoes. Toss the vegetables in olive oil. Place the ingredients on a baking sheet. Bake for 35-40 minutes. Season with salt and pepper, to taste.



Recipe: PASTA WITH GROUND BEEF AND SPINACH

Ingredients:

- 1 lb ground beef
- 12 oz pasta
- 4 cups fresh spinach
- 4 cloves of garlic
- 2 tbsp olive oil

Cook pasta according to instructions. Sauté garlic in olive oil over medium heat. Add beef until browned. Add spinach until wilted. Toss in pasta. Season with salt and pepper, to taste.



Vanessa LaFaso Stolarski is a certified nutrition counselor, weightlifting coach, life coach and stress-management specialist.

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All the Dirt on Creating Good Soil

Prepping for a plant paradise

by Scott Burrell, Contributing Columnist

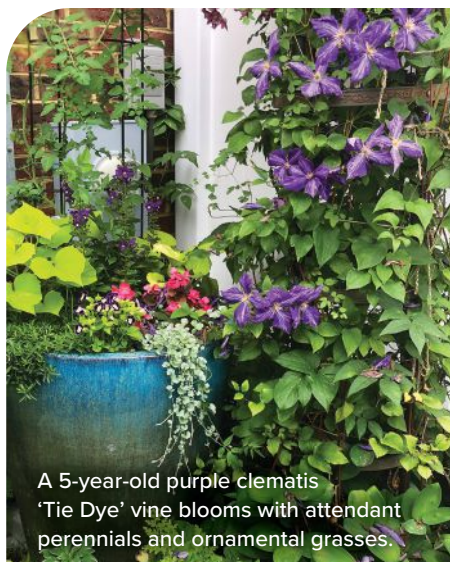
Many great plants are tough as nails, but even the most resilient may still fail the gardener or landscaper over time.

There are the usual suspects: disease, insects, water and sun issues, as well as humidity and temperature conundrums. For this gardener, soil is the foundational essential for the long life or quick death of plants. Build a great soil and you mitigate many of the other needs — from water to nutrients — that affect plant life.

What is soil? Put simply, it's a living entity — the web of minerals, organic matter, air, water, pore space, soil organisms and humus (a carbon-rich organic material) beneath your feet. When picked from its native environment and placed in your hand, it's called dirt. Hundreds of books on soil science exist, and all agree on a vital component: organic matter. Think composted leaves, manure or other decomposed natural items.

When these are added in adequate amounts to the soil, the benefits are immense: They bind mineral particles into larger aggregates, improving soil structure while enhancing drainage in heavy soils and water-holding capacity in sandy soils; they buffer soils against pH changes, minimizing soil compaction; and offer fungi, bacteria and other microorganisms for promoting healthy growing conditions.

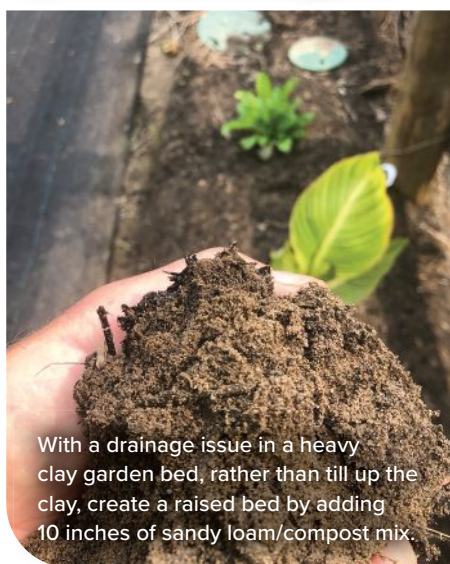
There are three main soil types — sand, silt and clay. Clay soils are notorious for poor drainage and oxygen-poor conditions that are bad news for plants. Silt is a bit coarser in texture and feels



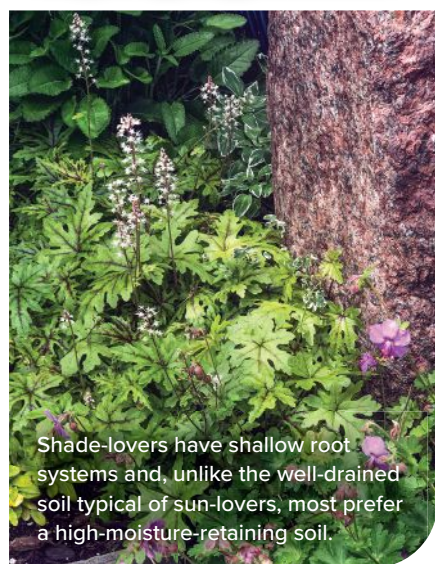
A 5-year-old purple clematis 'Tie Dye' vine blooms with attendant perennials and ornamental grasses.



A dwarf Japanese maple in its 12th year of growing in a container.



With a drainage issue in a heavy clay garden bed, rather than till up the clay, create a raised bed by adding 10 inches of sandy loam/compost mix.



Shade-lovers have shallow root systems and, unlike the well-drained soil typical of sun-lovers, most prefer a high-moisture-retaining soil.

PHOTOS COURTESY SCOTT BURRELL

like flour when rubbed between your fingers. Finally, sand is the coarsest of the three soil texture categories. When combined in various proportions, these three textures give rise to a range of soil types, from the coastal plains to the highlands.

My home garden soils are nearly right where I want them — a loam soil that combines all three of these types of particles — clay, sand and silt — in relatively equal amounts. Organic matter additions can correct many of the problems of less-than-ideal soils.

So, here's the practical solution: Virginia, Maryland and Delaware all have a Cooperative Extension network

that can analyze your soil samples. The results will provide you with a clear understanding of your soil's composition. Just getting your pH right (raising it with lime or lowering it with sulfur, for example) ensures that your plants have access to major nutrients — such as nitrogen, phosphorus and potassium — and micronutrients, while avoiding the potential toxicity of aluminum in low-pH soils.

I will have more to say about good soil — and what to plant in it — in the September issue of *Cooperative Living*. ●

Scott Burrell is a certified horticulturalist who served as the horticulture director for the Virginia Historical Society for nearly 30 years.

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How did Anna start to enjoy life to the fullest?

At the age of 56, a back operation left me dependent on a cane, significantly impacting my daily life. Simple tasks like going to the store or meeting friends became challenging, and I even had to cancel a long-awaited anniversary trip to Italy.

My husband purchased a scooter for me, but it was cumbersome and uncomfortable for everyday use, leaving me feeling more constrained than liberated. However, everything changed when I came across the ATTO SPORT. This remarkable scooter proved to be a game changer. Not only is it robust and reliable, but it also conveniently splits into two pieces, allowing me to effortlessly lift it into my car trunk on my own. I was even able to stow it in the overhead compartment on the plane, enabling us to finally take that trip to Italy! I am now independent once more, able to go wherever I please and do so with a striking sense of style. In fact, I now find that my husband struggles to keep up with me!



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Ice Cream...

Ice cream is one of the best loved treats on planet earth

story and artwork by Anne M. Dellinger, Contributing Columnist

It appeals to all age groups from grandpas to toddlers for a lot of reasons — it comes in many flavors, it tastes great during any season, it can be eaten anywhere and it can turn a frown upside down!

Studies have shown that eating ice cream can chase away the blues by reducing anxiety and stress. With your first bite, this cure-all comfort food triggers the brain to recall a pleasing experience, like a birthday party with cake and ice cream, and transports you to your happy place.

Of course, you cannot rely on ice cream alone to make your life fulfilling and cheery. But it doesn't hurt to have some on hand for those bumper days when your spirits need a lift.

In fact, statistics show that 87% of Americans have ice cream in their freezers, at any given time, ready to serve up a smile when needed.

Ice cream's popularity has generated many sayings and quotes that express a love for this treat. How many of these expressions have you heard?

"Life is short, eat ice cream first."

"One scoop is never enough."

"I scream, you scream, we all scream for ice cream."

"Ice cream makes everything better."

On a hot, humid summer day, when all of these words about ice cream hold true, you might begin to wonder **when** ice cream was invented.

It is impossible to pinpoint a specific date but its origins can be traced back to ancient times.

Here are a few scoops of ice cream's long history.



(500 BC) — The Persians were making iced treats using snow, ice and grape juice.



(1700s) — Ice cream began appearing in the American colonies but it was a delicacy that was enjoyed mostly by the rich, upper class of society.

The first documented instance of ice cream being served in America happened in May 1744.



The Coolest Dessert of All

At a formal dinner, Maryland's colonial governor, Thomas Bladen, amazed his guests with a frozen dessert that could be eaten during the warm months!

George Washington and Thomas Jefferson loved ice cream so much that they had custom ice cream machinery and refrigeration units installed at their country estates. (Jefferson is even credited with writing down the first known ice cream recipe in American history!)



(1774-1776) — First ice cream parlor opens.

Ice cream was still a foreign curiosity to the common people, until a candymaker in New York City started serving the frozen treat in his sweet shop, making it available to all. (Quite coincidentally, this first ice cream shop emerged at the same time as the country itself!)



(1800s-1900s) — Ice cream's popularity grew as it became more available to the general public.

Thanks to the creative efforts of ice cream lovers, these were a few of the great things that happened:

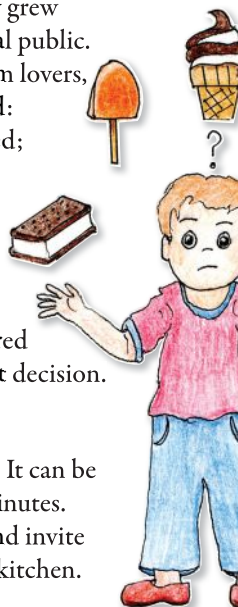
- a hand-cranked ice cream maker was invented;
- ice cream factories were established;
- new flavors were introduced; and
- the ice cream cone was created.



(2000s) — Today, in the 21st century, there are so many ways to savor this adored treat that choosing a favorite is a difficult decision.

So much ice cream ... so little time

Another way to enjoy ice cream is **IN A BAG**. It can be easily made in your home, ready to eat in a few minutes. Ask mom or dad to help gather the ingredients and invite some friends, with permission, to join you in the kitchen.



**INGREDIENTS:**

- One cup light cream or half-and-half
- One cup heavy cream
- ¼ cup sugar
- 1 teaspoon vanilla
- Ice cubes
- ½ cup kosher or rock salt
- 1 quart-size sealable plastic bag
- 1 gallon-size sealable plastic bag

DIRECTIONS:

Measure the creams, sugar and vanilla and pour into the quart-size bag, sealing **tightly**.

Fill the gallon-size bag ¾ full of ice and add salt. Put the sealed smaller bag inside and zip up the larger bag.

Shake ... shake ... shake! It will take about five to eight minutes of steady, rigorous shaking for the ice cream to harden.

Then, rinse off the small bag with cold water, grab a spoon and eat your ice cream right out of the bag! Sprinkles, fruit or nuts can be added for extra pizzazz.



As you chill out, quiz your family or friends with some ice cream trivia.

- What are the three most popular ice cream flavors in America, according to surveys?
- Approximately, how many licks does it take to finish a standard scoop of ice cream on a cone?
- Which U.S. state produces the most ice cream?
- What is the most popular ice cream topping?

Ice cream is much more than a cool dessert. Whether you eat it in a cone, on a stick or even in a bag, its magic lies in the memories it creates and the happiness it brings. ●

TRIVIA ANSWERS:
 • VANILLA, CHOCOLATE AND STRAWBERRY
 • 50 LICKS FOR AN ICE CREAM CONE
 • CALIFORNIA
 • CHOCOLATE SYRUP IS THE MOST
 POPULAR TOPPING



CALLING ALL Super Sleuths

George Washington and Thomas Jefferson were not the only U.S. presidents who loved ice cream. A famous president in 1984 adored the cool dessert so much that he established July as National Ice Cream Month and the third Sunday in July as National Ice Cream Day.

Help Hay Seed and City Slicker discover the name of the 40th U.S. president who viewed ice cream as *"a nutritious and wholesome food ... the perfect dessert and snack food."*

- Find a July 1984 calendar page in this magazine.
- Give the name of the U.S. president found on the calendar.
- What is your favorite ice cream treat?
- How do you feel when you eat ice cream?

For a chance to win a **\$25 Amazon email gift card**, enter online at co-opliving.com/super-sleuth or send answers with name, address and phone number to:

Cooperative Living Super Sleuths
 4201 Dominion Blvd., Suite 101
 Glen Allen, VA 23060

Kids Korner submissions are for children under the age of 16.

MAY Super Sleuths

The **May Super Sleuths** was about nature's heroes — pollinators. For a chance to win a **\$25 Amazon email gift card**, kids were asked to find and name the insect hidden in the issue and give the page number. They were also asked to describe how large the insect is in real life, as well as name the parts of the world where the cacao tree and its pollinators are located. Lastly, they were asked to name their favorite chocolate candy.

The winning answers are:

- Chocolate midge fly, page 34
- 1 to 3 millimeters
- Tropical rainforests in Central America, South America, Africa and Asia
- Reese's

OUR WINNER IS MEMPHIS.

Congratulations, Memphis!



Sweet & Fruity

DESSERTS

Try your hand at one of these scrumptious treats!

Cherry Coffee Cake

recipe courtesy of Family Features/Culinary.net

Ingredients:

- 1 can (12.4 oz.) refrigerated cinnamon rolls with icing
- 1 ½ cups (21-oz. can) cherry pie filling
- ½ cup slivered almonds or pecans (optional)

Directions:

Heat oven to 375 degrees. Spray 9-inch round cake pan with nonstick cooking spray. Separate cinnamon roll dough into eight rolls; cut each roll into quarters. Place dough rounded side down in pan. Spoon pie filling over rolls. Sprinkle almond slivers or pecans over cherry filling, if desired. Bake 25-35 minutes, or until golden brown. Invert onto plate or cutting board. Invert again onto serving plate. Remove lid from icing. Microwave 3-10 seconds. Stir icing and drizzle over warm coffee cake. Serve warm.

Blueberry Lemon Bundt Cake

recipe courtesy of Family Features/Culinary.net

Ingredients:

- 1 pint fresh blueberries, rinsed
- 1 box lemon cake mix
- 1 stick butter, melted
- 4 eggs
- 1 cup milk

Glaze:

- 3 tablespoons melted butter
- 1 cup powdered sugar
- 3 tablespoons milk

Directions:

Heat oven to 350 degrees. Grease bundt pan and place rinsed blueberries in bottom. Mix cake mix, butter, eggs and milk; pour on top of blueberries. Bake 35 minutes. Let cool and remove from pan.

To make glaze: Mix butter, sugar and milk then pour over cake.



Frosted Banana Cake

recipe courtesy of Family Features/Culinary.net

Ingredients:

- 2 medium ripe bananas
- ½ cup butter, softened
- 1 ½ cups sugar
- 2 eggs
- 1 cup sour cream
- ¼ teaspoon vanilla extract
- 2 cups flour
- 1 teaspoon baking soda

- ¼ teaspoon salt
- Nonstick cooking spray

Frosting:

- 1 pkg. (8 oz.) cream cheese, softened
- ½ cup butter, softened
- 2 teaspoons vanilla extract
- 3 cups powdered sugar

Directions:

Heat oven to 350 degrees. Peel, slice and mash ripened bananas; set aside. In large bowl, beat butter and sugar until fluffy. Add eggs, sour cream and vanilla; blend well. Gradually add in flour. Stir in bananas. Add baking soda and salt; mix well. Prepare 9x13-inch baking pan with nonstick cooking spray. Pour batter into baking pan. Bake 20-25 minutes, or until toothpick inserted into center of cake comes out clean. Let cool.

To make frosting: In large bowl, beat cream cheese, butter and vanilla extract until fluffy. Gradually add powdered sugar. Mix until well combined. Frost cake. Store in refrigerator until ready to serve.

GOT A
TASTY TREAT
TO SHARE?

Email your favorite **gingerbread and non-alcoholic holiday beverage recipes** to cooperativekitchen@co-opliving.com, or mail to Cooperative Kitchen, c/o Cooperative Living, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060. Include your email address. You can also submit them online at co-opliving.com/cooperativekitchen.

Because of volume we cannot guarantee publication of all recipes. Reader recipes are submitted in good faith. Cooperative Living cannot warrant results.

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Requiem for a Grilled Hot Dog

Memories of summer cookouts

by Margo Oxendine, Contributing Columnist



It's prime time for summer cookouts. I'm sure you've fired up the grill several times already. Hot dogs, hamburgers,

chicken — and steaks if you can afford them these days.

Perhaps you've also thrown some corn on the cob, potatoes and other veggies on the grill. Hey — less stove to clean!

I am longing for cookout food. I love it! But firing up a grill isn't something one usually does when there are no others in your household. I really wish someone would invite me for a cookout. I'd even bring the bratwurst!

I'd fudge and say that I don't even have a grill, but I do. It is the smallest thing made; I've had it for ages and haven't used it in about as long.

But my tiny grill sure came in handy one particular summer a few years ago when the derecho blew through and turned us all upside down. The power

went out for seven days, which is a long time to go without a hot shower, dishwashing, TV or the stove.

Every night, my buddy from down the street would walk up the driveway, and we'd fire up the grill. I used those little bags that you just set a match to; I'm sort of afraid of lighter fluid. I don't like much of anything to do with fire, truth be told. Anyway, we'd cook whatever was still left in the non-running freezer and hope it hadn't yet spoiled.

Hours before the derecho, I had just gone grocery shopping. I was expecting friends to come over for the Fourth of July and I wanted to treat them well. So, I bought filet mignon along with other expensive things. It seems I'd no sooner gotten everything packed into my freezer when the derecho came in and we lost power for a week.

At least my friend and I had that little grill. We used it every night and relished our filet mignon. Ironically, we were in dire straits



but were eating expensive steaks.

After the meat was cooked, we used the hot grill to wash silverware. We'd put a pan of water on the grill and wait until it warmed up enough to rinse off the utensils at least. Thank heavens for paper plates during that powerless time. I detest plastic utensils, so we used real silverware. No matter how tender a steak is, you can't cut it with a plastic knife. Luckily the silverware was about all we had to wash.

Now I sit on the porch each night, eating my stove-cooked dinner, and I can smell the neighborhood grills. It makes me hungry, even though I have food on my paper plate (a bad habit I've acquired). I wish I could just show up and be invited to join the fun.

I'm reminded of the biggest and best cookout I ever attended, and the last. There were just four of us. There were four or five meats, and a dozen side dishes of delectables on the overfull table. It was glorious!

Today, I'd be happy with grilled hot dogs, complete with dark grill marks. Yum! ●

To order a copy of Margo's "A Party of One," call 540-468-2147 Mon.-Wed., 9 a.m.-5 p.m., or email therecorderoffice@gmail.com.

[SCENE IT!]



PHOTO BY CINDY BOWLER, MEC MEMBER



WHEREZ IT?

Look for the CL logo, like the one above, in the pages of this issue of *Cooperative Living*. Submit the page number where you found it, along with your name, email and phone number to **Wherezit**, c/o *Cooperative Living*, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060 or go online at co-opliving.com under "Contests." Deadline is **July 20**. The winner will receive a \$25 Amazon email gift card.

BUSINESS

FIREARM-RIGHTS RESTORATION. Call for free consultation: Attorney John Janson at 434-953-8794 (Virginia Bar #91236).

REAL ESTATE

ARE YOU PART OWNER OF A FARM OR INVESTMENT PROPERTY? With family members, partners or unknown parties? Do you want to separate or cash out your interest? Call today for a free consultation. (VSB #91236) Attorney John Janson at 434-953-8794. Johnmjanson@gmail.com.

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RATES: Non-business: \$100 per 25-word block plus \$5 per word over 25; OR "Mini" ad — \$5 per word (max. 10 words). Business, agent and broker ads: \$150 per 25-word block, plus \$5 per word over 25. Display Real Estate: \$350 per block.

DEADLINE: July 5 for August issue; Publisher reserves the right to designate classification or reject any ad. No personals, please.

CL ADVERTISING INDEX

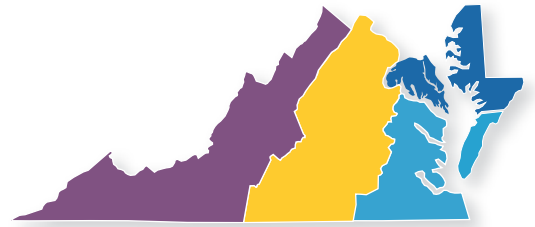
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ODEC	31
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Events Around the Area

Editor's note: All information is believed to be accurate as of press time. Before attending, please use the contact information to verify the status of an event. Listing an event does not constitute an endorsement.



BLUE RIDGE WEST

JULY

18 ORKNEY SPRINGS. Shenandoah Valley Music Festival. 81 Shrine Mont Cir. Musicfest.org

28-Aug. 2 CLEAR BROOK. Frederick County Fair. Frederickcountyfair.com

AUGUST

1-2 BUCHANAN. Botetourt County Fair. Buchanan Town Park. Times vary. Blueridgecountry.com

PIEDMONT

JULY

16-19 MADISON. Madison County Fair. 1015 Fairground Rd. 540-948-7073. Madisoncountyfairva.com

18-19 CLARKSVILLE. Virginia Lake Festival. Clarksvilleva.com

19 WALKERTON. Christmas in July. Locust Grove Farm. 804-239-9409. Locustgrove1665.com

25 MANASSAS. High School Musical Jr. Grace E. Metz Middle School. 7-9 p.m. Info@virginiaartfactory.org Virginiaartfactory.org

AUGUST

2 MANASSAS. 32nd Manassas Annual African American Festival. Metz Middle School. 11 a.m.-6 p.m. 703-369-2475. Maahf.com

6-10 BRANDY STATION. Brandy Station Vol. Fire Dept. Annual Fair, Parade and Tractor Pull. 20057 Fleetwood Heights Rd. 540-825-0354. Bsvfd.com

TIDEWATER

JULY

18 CHINCOTEAGUE. Misty's Birthday Party. 6733 Maddox Blvd. 2-4 p.m. Events@chincoteaguechamber.com Chincoteaguechamber.com

24-26 CHINCOTEAGUE. Chincoteague Blueberry Festival. The Chincoteague Center. 757-894-2334. Chincoteagueblueberryfestival.com

26 STRATFORD. First Africans Day. Stratford Hall. 10 a.m.-6 p.m. Stratfordhall.org

AUGUST

2 PARKSLEY. Be Well Block Party. Downtown Parksley. 9 a.m.-12 p.m. 757-414-0400. Eshr.org

13 STRATFORD. Wind Down Wednesday: Open Air Concert Series. Stratford Hall. 5:30-8 p.m. Stratfordhall.org

MARYLAND

JULY

26 SNOW HILL. Summer Music Series: Margot Resto & Co. 3816 Old Furnace Rd. 5-8 p.m. Furnacetown.org

AUGUST

1-3 FEDERALSBURG. Eastern Shore Threshermen & Collectors Assoc. Inc. 65th Annual Wheat Threshing, Steam & Gas Engine Show. 5806 Federalsburg Hwy. 10 a.m. 410-673-2414.

2 SNOW HILL. 25th Anniversary Blessing of the Combines. Downtown Snow Hill. 10 a.m. Blessingofthecombines.org

2 OCEAN PINES. Ocean Pines Pine'er Craft Club 47th Annual Craft Fair. White Horse Park. 9 a.m.-3 p.m. Tld4848@yahoo.com

9 PRESTON. Peach Festival. 3680 Choptank Rd. 9 a.m.-2 p.m. 410-673-7538. Office@bethesdapreston.faith

9 SNOW HILL. Artisan Day. 3816 Old Furnace Rd. 10 a.m.-2 p.m. Furnacetown.org



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Sept. 1 for Oct. 15-Nov. 15

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Send to: Happenings, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060
Online: co-opliving.com/happenings

Avoid sweating your electric bill

this summer with these simple tips to save energy.



- ✓ **Close Your Blinds:** By blocking the sun's rays, you prevent heat from entering your home.
- ✓ **Adjust Your Ceiling Fans:** Switch your fans to run counterclockwise during the summer. This creates a cooling downdraft by producing a "wind chill effect."
- ✓ **Install a door sweep:** By sealing the gap between the bottom of your door, it prevents unconditioned air from coming in and conditioned air from escaping from your home.
- ✓ **Keep air ducts clear from obstructions:** Move furniture, drapes and anything else blocking air ducts and cold-air returns. Blocked vents reduce air flow and stress your furnace.

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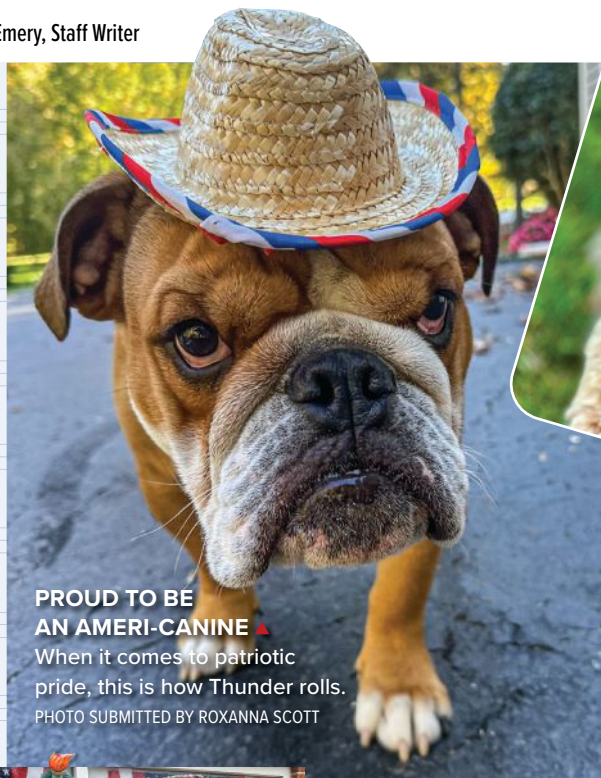
by Laura Emery, Staff Writer

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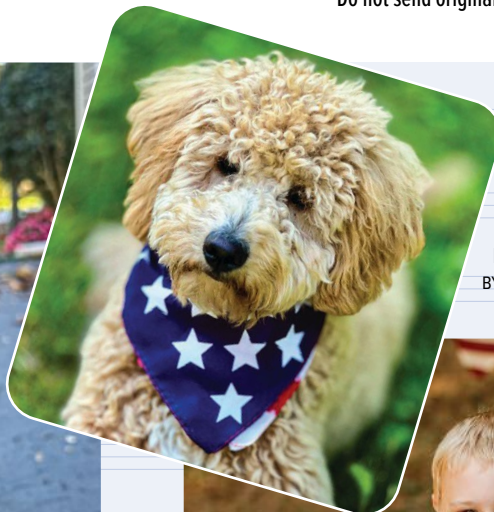
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You may also mail your photo(s) to: Say Cheese, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060. Do not send originals; photos cannot be returned.



PROUD TO BE AN AMERI-CANINE ▶

When it comes to patriotic pride, this is how Thunder rolls. PHOTO SUBMITTED BY ROXANNA SCOTT



◀ OH MY STARS!

Clover is one patriotic pooch. PHOTO SUBMITTED BY LYNN PETERS



ALL-AMERICAN BOY ▶

Nicholas is proud to be an American. PHOTO SUBMITTED BY SARAH BRATTEN



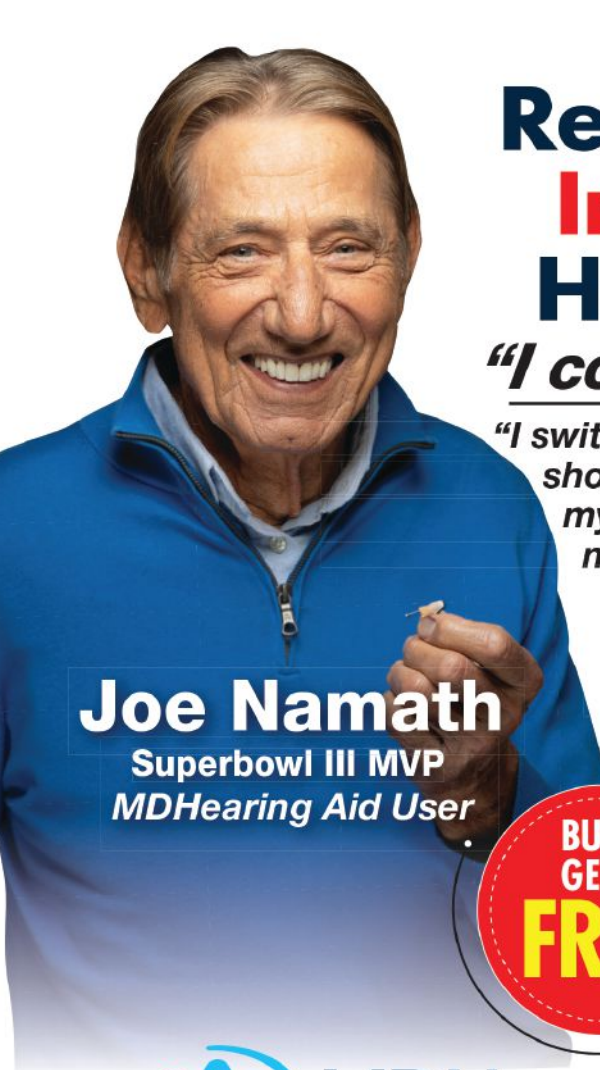
◀ WHEELIE PATRIOTIC

This tire shop pumped up the patriotism with a fun display. PHOTO SUBMITTED BY LORA JENKINS



TWEET LAND OF LIBERTY ▼

A blue jay and a cardinal have a standoff over corn kernels. PHOTO SUBMITTED BY AERIS HAWKINS



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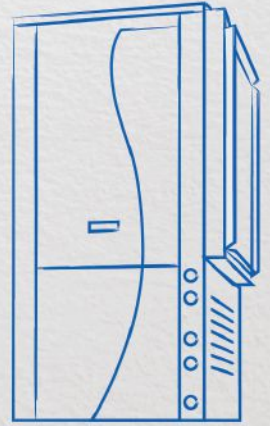
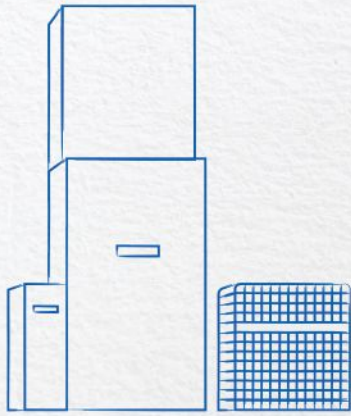
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