

NOVEC *Cooperative* **Living**

PEACHES IN PALMYRA

PAGE 8

It's peach season. Read about a Palmyra, Va., orchard that has come a long way from their family's start in the orchard business over 100 years ago.

PHOTO BY ABIGAIL STUART



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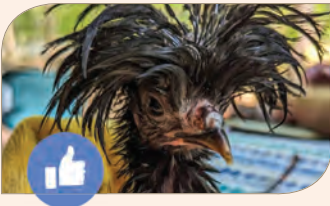
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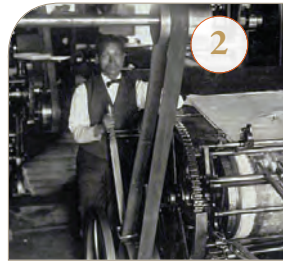
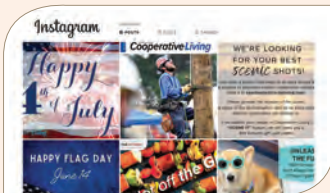
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DEPARTMENTS

- 4 Powerful Careers
- 6 Home & Garden
- 8 Cooperative Focus
- 12 Cross Winds
- 24 Explore More
- 28 Rural Living
- 29 Market Place
- 30 Happenings
- 32 Say Cheese

FEATURES

- 2 OUR COMMUNITIES**
Celebrating diversity in business.
- 5 HAPPY & HEALTHY**
Reduce stress with these exercises.
- 22 PAW PRINTS**
Pound puppies get a makeover.
- 27 COOPERATIVE KITCHEN**
Try these delicious peach recipes.

VIEWPOINT

Summer Delights with Peaches and Puppies

It's traditionally hot and dry this time of year, challenging for many, especially the agricultural community. We certainly pray for the weather to cooperate as Virginia and Maryland rely on solid production from our farmers and the variety of produce our region excels in.

One form of local produce is the subject of our Cooperative Focus this month: peaches. We showcase an orchard run by a family that has been in the orchard business for more than 100 years. It is located in Palmyra, Va., and is served by one of our members, Central Virginia Electric Cooperative. In keeping with the August peach theme, try the peach recipes found in



this issue, including the delicious-sounding cobbler.

This month, we also recognize National Black Business Month. We illustrate how this designation came about and, highlight some very early Central Virginia Black-owned businesses.

Of course, we can't forget about man's best friend, as August is also National Dog Month. In this issue, we have various articles celebrating canines, including a list of fun, pet-friendly destinations across Virginia that you and your four-legged family member(s) can enjoy together.

As we move toward the final days of summer and start getting mentally prepared for school to start back, enjoy a trip with your family exploring Virginia and Maryland's many destination spots. ●

Brian S. Mosier

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

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Elijah Jackson Crane's
watch and jewelry store,
Richmond, Va.,
circa 1899.

In the Black

Celebrating diversity in business

by Gregg MacDonald, Staff Writer

AUGUST IS NATIONAL BLACK BUSINESS MONTH, a recognition that began in 2004 when civil engineer, businessman, activist, veteran and author Fredrick E. Jordan, working with John William Templeton, president and executive editor of the Access Corporation, advocated for a national annual acknowledgment of Black-owned American businesses.

According to the Minority Business Development Agency, the overall goal of National Black Business Month is to encourage people to purchase goods and services from Black-owned businesses in August to help raise awareness and support these businesses.

For generations, Black-owned businesses have made significant contributions to America's economy. Since the late 1700s, free and enslaved Black people have opened barbershops, tobacco shops, shoemaking shops and other small businesses. The real boom in Black business growth was during the period of 1900-1930, particularly in the South. This was a time of remarkable expansion, driven by the resilience and determination of Black entrepreneurs in the face of segregation imposed by Jim Crow Laws.

One such business was started by Richmond, Va., native S.J. Gilpin, born in 1850 of free parents. He learned the shoemaking trade from his father and opened a shoe shop in 1873. Another was a watchmaking and jewelry business, also started in Richmond by Elijah Jackson Crane around the same time.

These early Black entrepreneurs were both featured in the *Richmond Planet*, a Black-owned newspaper founded by 13 former Richmond slaves in 1882. Its first editor was Edmund Archer Randolph, the first Black graduate of Yale Law School.

According to the Department of Small and Local Business Development, the economic impact of Black-owned businesses is significant. As of the latest census data release, there are currently 3.12 million Black-owned businesses in the U.S. today, generating a substantial \$206 billion in annual revenue and supporting 3.56 million U.S. jobs. ●

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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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A Love for the Outdoors

Certified arborist protects environment while ensuring system reliability

by Jim Robertson, Staff Writer

Dreams can come true. Kolby Corrigan found his dream job about six years ago and hasn't looked back since. Introduced to forestry while studying environmental science at his high school vocational-technical center, Corrigan was determined to find a career that allowed him to be outdoors. Although he did not have plans to attend college, his time spent in vo-tech inspired him to pursue a trade in forestry.

Corrigan earned his degree in forestry at Allegany College of Maryland and spent about 11 years in the field and earning his credentials as a certified arborist prior to joining the Southern Maryland Electric Cooperative family about six years ago.

"Everyone always told me to pick something you love, and you'll never have to work a day in your life," says Corrigan. "Tree work is definitely hard work, but it's like having a free gym membership."

As vegetation maintenance supervisor for SMECO in Hughesville, Md., Corrigan oversees tree-trimming contractors, responds to member concerns about vegetation, and ensures the co-op remains compliant with state and federal regulations. Safety is his top priority — whether it's regarding contractors, co-op crews, or SMECO members and the community.

"We maintain clearance and eliminate danger trees to improve system reliability and resilience during storms," he says. With true appreciation for the environment, Corrigan's determination to utilize all available resources includes the implementation of integrated vegetation management. His goal is to ensure compatible vegetation throughout and near SMECO rights-of-way while providing suitable habitat for pollinators and wildlife.

Corrigan was instrumental in the creation of pollinator gardens surrounding the infrastructure of the co-op's solar farm in the Hughesville, Md., area. "I was involved at the beginning with identifying test areas, preparing plots and planting the first seed mix," he says.

The ability to immediately witness the results of his work and management of contractor crews offers Corrigan fulfillment, despite the challenges of regulations and inflation.

The lifelong co-op member appreciates the opportunity to live out his dream with an organization that makes him feel like he's part of a family. "I have never looked back," he exclaims. ●

► For more information, visit vmdaec.com/powerfulcareers.

PHOTO BY JIM ROBERTSON



Stress Less

Restore your calm with these tension-relief techniques

by Vanessa LaFaso Stolarski, Contributing Columnist

When we feel triggered or overwhelmed by stress, thinking out of those intense emotional states can be difficult. Somatic (pertaining to the body) techniques offer a powerful way to regulate our nervous systems and find relief by working directly with the body's physical sensations. The following techniques can be performed almost anywhere, offering immediate relief to your daily stressors.

PROGRESSING MUSCLE TENSE AND RELEASE

Progressive muscle relaxation is a technique that helps relieve physical tension and promote relaxation throughout the body. This method helps you become more aware of where you unconsciously hold tension while feeling stressed. It involves systematically tensing and then releasing different muscle groups. Each tension should be held for 5-10 seconds:

- Get comfortable in a seated or lying position.
- Start by tensing muscles in your feet and lower legs by pointing your toes and tightening your calf muscles.
- Release the tension all at once and focus on the feeling of relaxation in your feet and lower legs.



Seated Stretch

- Move up to your thighs and buttocks. Tense these by pressing your legs together tightly, then relax the muscles completely.
- Continue the pattern of tensing-releasing up your body to your face.
- With each release, make sure you also release your breath in an exhale while sinking into the relaxed sensation.



GROUNDING WITH SENSES

When feeling overwhelmed, the 5-4-3-2-1 grounding technique can quickly orient you to the present moment through your five senses. This practice anchors you into your immediate surroundings and helps halt catastrophic thinking.

- First, notice five things you can see around you.
- Then, identify four things you can feel or touch.
- Next, become aware of two things you can smell.
- Lastly, identify one thing you can taste.

SOOTHING WITH TOUCH

The butterfly hug is a simple, self-soothing technique that can be done anywhere. The bilateral tapping in this movement helps integrate the right and left hemispheres of the brain, while the hug provides a soothing, grounding sensation.

- Cross your arms over your chest, placing your right hand over your



Butterfly Hug

left bicep and your left arm over your right bicep.

- Then, alternate tapping your hands on your upper arms, mimicking the gentle wing movements of a butterfly.
- Perform this exercise until you feel more relaxed.

RESOURCING WITH MOVEMENT

Shaking, twisting, bending and stretching all contribute to discharging stored tension in the body. Movement can shift your physiology out of that tense state into one that is calm. Yoga poses, for instance, are an excellent way to accomplish this, particularly the anti-anxiety pose:

- Stand tall with your feet hip-width apart.
- Extend your arms out to the side at shoulder height with palms facing up.
- Hold this posture for 30-60 seconds while taking deep breaths.

These somatic techniques directly target the body's physiological stress response to restore a sense of safety, calm and presence. With practice, they can become valuable tools in your self-care toolkit for stress management. ●

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

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If You Build It, They Will Come

Making a window feeder for home birdwatching

content courtesy of StatePoint Media

“With a window bird feeder, you’ll create a fascinating view of feathered friends ...”

— Jamie Briggs
Director of Marketing at Exmark

Very few things are more relaxing than the fantastic sight and sound of birds. A 2022 study even uncovered profound mental health benefits to birdwatching, including stress relief. But how do you bring some of this outdoor zen to your kitchen or living room? The answer is simple: a DIY window bird feeder.

“With a window bird feeder, you’ll create a fascinating view of feathered friends going about their daily routines, great educational opportunities, family bonding moments and even a little fun for your indoor pets,” says Jamie Briggs, director of marketing at Exmark, a leading manufacturer of lawn care equipment.

Below are the tools, materials and basic instructions needed for this weekend project:

- Drill
- Jigsaw
- Miter saw
- Speed square
- Brad nailer
- Sandpaper
- Tape measure
- Wood glue
- Pencil, paint brush
- Paint or preconditioner and stain, sealer
- Ear and eye protection
- Dust mask
- 1-1 1/2-inch brad nails
- (4) suction cups
- Landscape fabric (optional)
- (1) 1-inch x 8-inch x 3-foot pine board
- (2) 1-inch x 4-inch x 3-foot pine boards
- (1) 1-inch x 2-inch x 3-foot pine board



DIY INSTRUCTIONS

1. Cut boards to length according to the cut list, which is downloadable at backyard.exmark.com, along with printable step-by-step illustrations.
2. Measure the angles to form the roof peak.
3. Trace a window shape in board A and use a jigsaw to cut out the window hole.
4. Secure the tray using brad nails. Use wood glue along the seams.
5. Attach the roof boards using nails and glue.
6. Drill holes that match the diameter and depth of the suction cups. Fill them with glue and insert the suction cups.
7. Sand the feeder’s edges.
8. Apply paint or preconditioner and stain of your choice. Finish off with a sealer.
9. Line the interior of the tray with landscape fabric.

“Now all there’s left to do is pick out the perfect window, hang your new DIY bird feeder, and enjoy all the sights and sounds our avian friends have to offer,” Briggs says. ●

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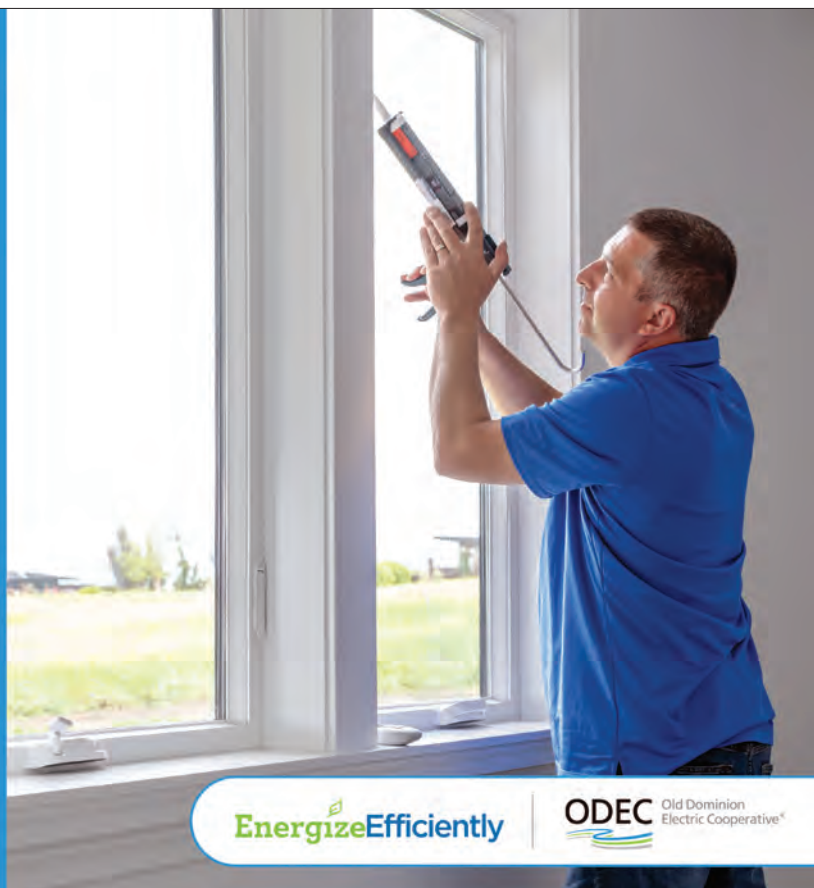
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PHOTOS COURTESY FRUIT HILL ORCHARD



From left,
David and Abigail Stuart;
Terry and Barbara Lintecum



Welcome to Fruit Hill Orchard in Palmyra, Va.

by Laura Emery, Staff Writer

“Just peachy” perfectly describes life at Fruit Hill Orchard in Palmyra, Va., from July 2 until shortly after Labor Day. That’s because it’s peach season, and there are peaches aplenty.

Fuzzy and full of nutrients, peaches are a summertime staple. Fruit Hill Orchard peaches are succulent and juicy, with a luscious texture that melts in your mouth — the kind of peaches that make visitors come back for more.

Fruit Hill Orchard is family owned and operated by Barbara and Terry Lintecum and their daughter and son-in-law, Abigail and David Stuart.

“It’s always fun working with family. It’s hard sometimes, but you can always count on family,” says David.

At Fruit Hill Orchard’s two orchard locations, in Palmyra and Winchester, multiple varieties of peaches grow in neat rows, ready to be plucked by the family and then sold.

“We have over a hundred peach trees here in Palmyra, but several thousand peach trees in our orchards in the Shenandoah Valley. Some of our pre-picked fruit comes from our

orchards in Winchester to help us meet the demand here,” Abigail explains.

In Palmyra, the peaches are primarily available pre-picked. Barbara says, “But we’re really excited because we have a great crop of peaches coming this year.” Abigail adds, “They’re usually sweet, full of flavor and so juicy it’ll be running down your arm.”

The Lintecums have dedicated most of their life to running the orchard,

FRUIT HILL

but the day-to-day operating of the orchards are now primarily handled by Abigail and David.

“We learn something from them [my parents] every day, and we’re so thankful for their wisdom and guidance. Fruit Hill wouldn’t be what it is today without the decades of hard work they’ve both put in,” Abigail says.

BRANCHING OUT

The family now carries on a legacy that is five generations deep. Incorporated in 1929 in Winchester, Va., Fruit Hill Orchard expanded to Palmyra when, in the spring of 2000, Abigail’s grandfather, Robert Solenberger, asked if he could plant “a few” apple trees on his daughter and son-in-law’s (Barbara and Terry’s) property in Palmyra so his grandchildren could learn about the family business.

“It’s not like my dad gave us a choice,” Barbara says with a laugh. “I remember looking at Terry and saying, ‘Well, I guess we’re going to grow apples down here!’ It was so generous of my father. And Terry, who was a full-time schoolteacher at the time, has always been a farmer at heart and has always loved growing things, so we just sort of embraced it.”

From humble beginnings, the orchard’s legacy has evolved into something extraordinary. Palmyra’s Fruit Hill Orchard now has over 3,000 fruit trees on its 200-acre property. They grow much more than just peaches. During summer, the orchard usually offers blackberries, summer squash, zucchini, eggplant, tomatoes, onions, potatoes, cucumbers, sweet bell peppers, watermelons, cantaloupes and green beans. When the weather cools down, visitors can buy apples, pumpkins, butternut squash, acorn squash and even mums.

What the orchard offers fluctuates

seasonally, so the family strongly encourages prospective visitors to check Fruit Hill Orchard’s Facebook page or website, or even to call, to find out what is available before visiting.

But there’s more than just fruits and vegetables, Barbara says. “We have baked goods that are made by a local baker using our fruit, jarred goods that include jellies, jams and fruit butter, local cheese, local honey harvested from my husband’s 50 bee hives, local meat, and candles, lotions and other body products. It’s kind of like everything you would get at a farmers’ market from multiple vendors all in one building.”

Fruit Hill Orchard’s Palmyra location is served by Central Virginia Electric Cooperative. Barbara and Terry say they love being members of an electric cooperative. “The [CVEC] people here in Palmyra are wonderful to work with. We had a new electric service put in on a tract of land that we just acquired and they showed up almost immediately when we called and did a great job. We have nothing but good things to say about the electric cooperatives,” Barbara says.

ROOTS RUN DEEP

The orchard’s roots run deep, going back more than a hundred years before

its earliest days in Palmyra. In the late 1800s, James Thwaite came to the U.S. from England. He and his family traveled around the East Coast for a while before settling in Winchester in 1876.

“His son and my great-great-great-grandfather, John Thwaite, planted about 500 fruit trees in 1879. These trees were so successful that he planted another 700 trees the following season. He continued to add a few hundred trees



John Thwaite started Fruit Hill Orchard in Winchester, Va., in 1929.

each year until he got a few hundred acres of apple trees,” Abigail explains.

According to the family, John Thwaite was a pioneer of the fruit-storage business model, one of the first to come up with ways to store large quantities of apples to sell later in the season. Fruit Hill Orchard continued for generations, expanding into

(continued on page 10)

'Just Peachy'

(continued from page 9)

thousands of acres of orchard. "It just kept growing into what it is today," Barbara says

Abigail's aunt, Katherine, and cousin, Emily, own and operate a farmers' market in Winchester. The Homestead Farm at Fruit Hill Orchard LLC, served by Shenandoah Valley Electric Cooperative, sits on the same property as John Thwaite's original cold storage building. "If you're passing through Winchester, stop by Homestead Farm," Abigail says. "You can buy ice cream, pre-picked apples, peaches and all kinds of produce."

A FAMILY TRADITION

Barbara and Terry say there's an incredible sense of pride in seeing their children keep the family business thriving. "I can't tell you what a blessing it is to have been raised in a farming family and then see our children step up and take over. It's a beautiful thing," she explains.

There are, of course, challenges when operating an orchard: weather that damages crops, keeping inventory

in stock and not having the space to accommodate the growth of the orchard — for parking, especially.

"We have such a wonderful community around us. The outpouring of support from our community is what helped sustain us, especially during the early years," Barbara says.

When asked what makes the orchard special, Abigail doesn't hesitate. "First and foremost, we see our orchard and market as a ministry opportunity to share the love of Christ with all those who visit us," she says.

The second thing that makes the orchard special is that it is steeped in family history. "My family has been growing fruit for over a hundred years, and that's something we're really proud of. We think family is very important,

so it's vital to us that we create a beautiful, fun and inviting place where families want to come and spend some time together and make special memories."

According to Terry, there's nothing better than "putting something in the ground, saying a prayer over it and hoping that it grows" — and then seeing people enjoy the fruits of their labor. ●

"There's nothing better than putting something in the ground, saying a prayer over it and hoping that it grows."

— Terry Lintecum

► For More Information

Fruit Hill Orchard

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Palmyra, VA 22963

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Email: fruithillorchard@gmail.com

Website: fruithillorchard.com

IT'S A FACT



The peach develops from a single ovary and ripens into a juicy edible part with a hard interior, also known as the stone or pit. The flesh of the peach can be yellow, white or even red. It is believed that the fuzzy skin surrounding the peach acts as a barrier against insects, helps repel excess moisture, and traps moisture inside the peach to prevent it from drying out. Peaches are very nutritious and contain high amounts of fiber, potassium, and vitamins A and C.



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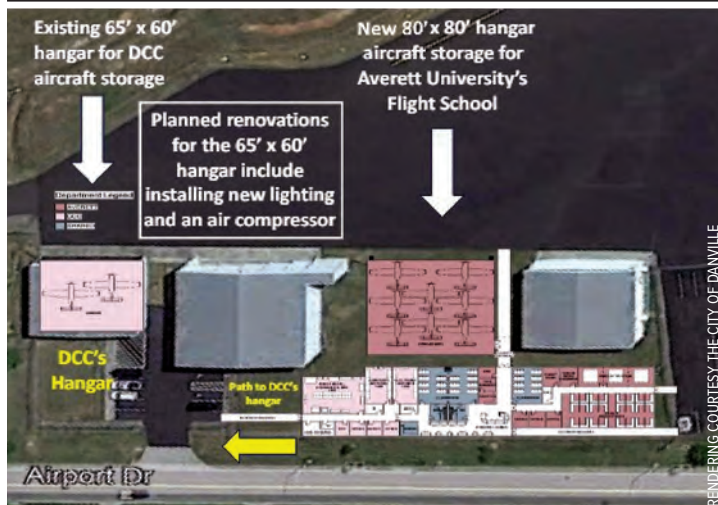
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CAMPUS VIEW OF PLANNED AVIATION TRAINING FACILITY



Averett University operates an aeronautics program at the Danville Regional Airport, where it has had a presence for 40 years.



Danville Flight School Gets Its Wings

Aviation training facility receives federal funding

by Grace Mamon, Cardinal News

The city of Danville, Va., has received a \$4.1 million grant from the U.S. Department of Commerce to build a new aviation training facility at Danville Regional Airport. The 12,532-square-foot facility will be used by students at Averett University and Danville Community College.

The new facility is meant to support aviation workforce development in the area, according to a news release from the Commerce Department's Economic Development Administration, which provided the award. This grant will allow the city to continue its work with the two schools to construct a "much-needed aviation maintenance training facility at our airport," Ken Larking, Danville's city manager, writes in an email.

"This project will create jobs and create additional economic opportunities for people who live in our region," Larking says. The investment will also "play a pivotal role in enhancing community infrastructure and building a skilled workforce," Virginia Gov. Glenn Youngkin writes in an EDA release. According to the release, the grant will be matched with \$2.7 million in local funds.

Averett University students will use the facility for flight instruction activities provided by the school, which is the fixed-base operator for the airport and provides aviation services like fueling and maintenance.

The university officially became the airport's fixed-base operator in 2021, after having a presence there for 40 years

and operating its aeronautics program out of the George J. Falk Flight Operations Center next door to the main terminal, where the FBO is located. Danville Community College students would also use the facility to offer aviation maintenance training, following approval from the Federal Aviation Administration to do so, according to city officials.

If approved, DCC would be only the second organization in Virginia to offer a public aviation maintenance training school. The other is the Shenandoah Valley Regional Airport. "The aviation maintenance training program will generate a local workforce that will support employment objectives for aviation business," according to a project description on the city's website. This training program could generate high-paying jobs for people in the city of Danville and also supports the growth of Averett's aeronautics program, the description states.

There are 120 students enrolled in the aeronautics school, which involves classroom training on Averett's campus and at the airport. "This project would allow for all aviation flight training activities to occur under one roof, which is expected to further enhance enrollment and airport development," according to the description. ●



This article comes from Cardinal News, an online nonprofit news agency based in Southwest Virginia.



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MAKE YOUR VOICE HEARD IN NOVEC'S ANNUAL ELECTION



This is an exciting time of the year for NOVEC, as you and your fellow customers will find information in your mailbox about selecting the board of directors for this Cooperative.

This month you will receive an official notice about the voting process in our board election. And next month we will host our annual meeting on Wednesday, Sept. 18, when the election results will be announced. You can hear detailed business reports about NOVEC, and ask questions about what's most important to you. Your Cooperative continues to maintain best-in-class residential rates and system outage reliability, but there are many other topics to discuss.

Your participation, whether by assigning your proxy or voting in person at the meeting, is essential for an official meeting to occur. Our Co-op bylaws require a minimum of 2.5% of our customers be represented by proxy or be present in person, to constitute a quorum. For your convenience, you have the option to sign and mail in your proxy, or to visit novec.com and assign a proxy online.

Of course, there's something much more important at stake during our elections than simply achieving a quorum; being a NOVEC customer means your voice is just as important as every other customer's. Each of you have an equal opportunity to democratically influence your Cooperative. Every NOVEC customer has the right to vote, regardless of where you live or which board district seat is on the ballot. I encourage you to take advantage of that right.

Finally, August means back to school for NOVEC families, so let's all focus on driving safely as children return to their classrooms. If you are in a school zone, obey the reduced speed limits and keep your eyes open for pedestrians. And if you see a school bus dropping off or picking up children in the roadway, please come to a complete stop and be patient until the bus continues forward.

Best Regards,

Dave Schleicher

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

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ENERGY TIP OF THE MONTH

An easy way to save energy is to seal air leaks and holes where plumbing pipes run through walls in your home. You can also check behind wall-mounted cabinets for plumbing holes or air gaps.

Source: Dept. of Energy



Trio of Local Students Take Part in Youth Tour

By Jenny Shaskan

NOVEC selected three area high school students to represent the Co-op at the National Rural Electric Cooperative Association (NRECA) Youth Tour in Washington from June 17 to 21. Joined by 2,000 students, chaperones, and staff delegates from 44 states, they learned about electric cooperatives, visited historical sites and museums, and met with lawmakers from the Senate and House of Representatives.

While visiting the Capitol, NOVEC delegates met with the digital director for Congressman Gerald Conolly, who represents Virginia's 11th District, and they heard from Sen. Mark Warner of Virginia. The students also had a spontaneous run-in with Texas Sen. Ted Cruz. Through these experiences, students gained insight into the legislative branch of the federal government and the duties of elected officials and their staff. They also had a chance to give a voice to causes they truly care about.

During Youth Day, the students enjoyed a night of guest speakers from NRECA, NRECA International, and Youth Leadership Council. Students also heard the inspirational life story of four-time paralympic medalist Mike Schlappi. During the trip, students visited Arlington National Cemetery, the Holocaust Museum, and several monuments too.

The NOVEC students all enjoyed their Youth Tour experience and "having the opportunity to meet with people from different states" was the best part for Vaibhav Dwaraka.

Angela Goh enjoyed social events, such as the baseball game between the Washington Nationals and the Arizona Diamondbacks and the riverboat cruise on the Potomac River, which "provided a nice environment and opportunities to talk with people."

"I loved learning about history in a more fun and interactive way. I also loved meeting other Youth Tour participants and talking about their states and experiences."

- MADDIE BARBEE DOERFLER



NOVEC sponsored students (from left): Vaibhav Dwaraka, Academies of Loudoun and John Champe High School, Fairfax County; Maddie Barbee Doerfler, Battlefield High School, Prince William County; Angela Goh, Battlefield High School, Prince William County.



Youth Tour students from Virginia, Maryland, and Delaware in front of the White House.



Digital Director for Congressman Gerald Connolly for Virginia's 11th District Jake Green (center) meets with NOVEC's sponsored students. They are accompanied by Digital Communications Coordinator Rhy Wiethe (left) and NOVEC Communications and Engagement Specialist Jenny Shaskan (right).

NOVEC Awards \$20,000 in College Scholarships

By NOVEC Staff Report

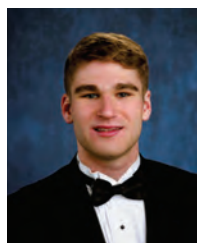
NOVEC awarded \$1,500 scholarships to 11 high school seniors across its service territory in May. An independent panel of judges evaluated applicants based on academic records, community involvement, demonstrated leadership, and recommendations. One scholarship was awarded to a student attending a historically Black college or university. A scholarship was also presented to Kyla Clauden, of Halifax County High School in Halifax County, where NOVEC operates its biomass electric generating facility.

Judges recognized Anjika Ganjoo of Loudoun County as the most outstanding of the scholarship recipients. NOVEC awarded her an additional \$3,500 as the winner of the J. Manley Garber Scholarship, named for the late NOVEC Board of Directors chairman. Ganjoo will attend the Georgia Institute of Technology in Atlanta, Georgia.



ANJIKA GANJOO

NOVEC's Top Scholar
Lightridge High School,
Loudoun County



CARTER HAWKINS

Independence
High School,
Loudoun County



HAILEE KINDRED

Mountain View
High School,
Stafford County



OWEN KORZAK

Fairfax
High School,
Fairfax County

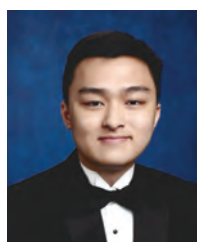


ARIANA LEWIS

Forest Park
High School,
Prince William
County

"Congratulations to these students for their excellent accomplishments at school and in the community. We look forward to seeing what the future holds for each of you."

**- JENNY SHASKAN,
NOVEC COMMUNICATIONS AND
ENGAGEMENT SPECIALIST**



ETHAN LIM

Gainesville
High School,
Prince William
County



SAHIL SANJEEV-NARULA

John Champe
High School,
Loudoun County



ARTHA PRADIPTA

Centreville
High School,
Fairfax County



AMARI RANDALL

Highland
High School,
Prince William
County



MARA SANDERS

Brentsville
High School,
Prince William
County



NOAH SNEED

Charles J. Colgan Sr.
High School,
Prince William
County

VMDAEC SCHOLARSHIPS

The Virginia, Maryland & Delaware Association of Electric Cooperatives Education Scholarship Foundation chose six students whose families are served by NOVEC to receive \$1,000 scholarships. These scholarships are based on financial need, academic achievement, and personal statements.



Principal Lisamarie Kane and the Osbourn Park High School yellow jacket mascot, Buzz.

Local Principal Wins Top State Honor

Relationship Building is Key for Principal of Osbourn Park High School

By Robin Earl

In May, the Virginia Association of Secondary School Principals named Lisamarie Kane of Osbourn Park

High School (OPHS) the state's 2024 Outstanding High School Principal. The award was in recognition of her extraordinary leadership, commitment to students and faculty, service to the community, and contributions to the overall profession.

Not every teacher makes the leap from the classroom to the front office. Kane said that a principal she worked with many years ago asked her, "When will you be going into administration? Because you need to."

"Up until that point, I had never considered it," she said. "Sometimes we need people to see our potential, even if we don't quite see it for ourselves."

Now Kane is paying that forward. "My greatest responsibility as principal is seeing the potential in every student," she said, "and then ensuring teachers have the skills and

resources needed to tap into that potential."

The challenge of 2020

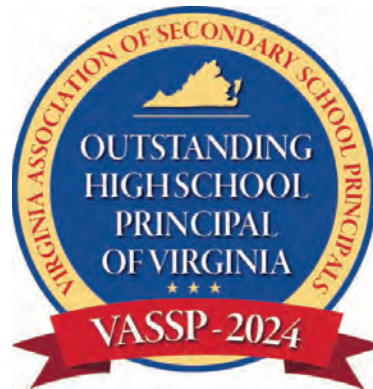
After 10 years as a biology and chemistry teacher, and five years as assistant principal at Gar-Field High School in Woodbridge, Kane's next assignment turned out to be a trial by fire. When she took the reins as principal at OPHS in Manassas in July 2020, the pandemic was upending education at every level. Actionable metrics were changing daily; the Virginia Department of

Health did not begin sharing school-specific COVID data until September of that year.

"Since I was new, it was important for me to build relationships," Kane said. "We had to do this mostly by Zoom and email. I

remember when I began I had over 100 Zoom meetings to introduce myself to staff. OPHS teachers are committed, enthusiastic, and love the students. We were all learning. Keeping everyone feeling safe was my concern.

"I realized we were turning a corner during the 2021 graduation ceremony. It was in person and





Osborn Park High School celebrates Month of the Military Child with a luncheon for students with parents in the military.

simply amazing! I remember looking at the graduates, taking a breath, and feeling overcome with pride for our staff and students. I knew then we were on our way out of it.”

Kane said that throughout the pandemic – and since – it is important to remember that educators are in the people business. “Relationships are the foundation of the work, and safety and emotional well-being are critical to address before students can learn, and the only way to know what obstacles students may have is through relationships.”

She said that the number of multilingual learners has increased significantly over the last three years at OPHS. “I am especially proud of the work we have done to welcome these students and their families



Principal Lisamarie Kane and the Osborn Park High School concert choir.

with information nights, peer-to-peer tutoring, focused counseling, and pathways to advanced courses,” she said, and an overall focus on reading, writing, and speaking in every class, every day.

In the 2023-24 school year, Kane said they added a counselor to specifically address the needs of multilingual learners. This work has been extremely beneficial in helping students get on track to graduate on time.

Osborn Park has several specialty programs – in nursing, Navy JROTC, firefighting, automotive care, and biotechnology. “High school is a time when students are beginning to discover their interests and strengths,” Kane said. “High schools should offer options. OPHS is a STEM high school with programs designed

for students interested in math or science.

“However, we have an award-winning performing arts program, a growing fine arts department, a competitive robotics team, a robust athletics program, in addition to a large variety of clubs and activities. There are many opportunities for students to get involved and find balance to their academics.”

Looking ahead, this new school year holds a special meaning for the state’s most outstanding principal.

The 2023-24 school year was Kane’s fourth year as principal at OPHS. “We (the graduating class of 2024 and Kane) started at OPHS together,” Kane said. “It has been a blessing for me to be able to watch these students succeed in and out of the classroom.”

\$4,000 Donation Will Benefit Local Families in Need

By Robin Earl

Employees from NOVEC and TRC collaborated to raise \$4,000 to support Northern Virginia Family Services (NVFS). TRC Managed Digital Solution provides technology services for the Co-op.

TRC also donated household items that were auctioned off to raise money for the effort. "All employees enthusiastically participated this year, making the event a great team-building exercise, in addition to helping us give back to the community," said TRC Manager Numan Malik.

NVFS will use the funds to provide financial, emotional, and physical support to those in need. The nonprofit offers these services to families in Fairfax and Prince William counties:

- An emergency homeless shelter in Manassas, and financial assistance with rent and utilities to prevent homelessness
- Training and support for foster parents
- A Head Start program for preschoolers 3 to 5 years old, and an Early Head Start program for children younger than 3 years old
- Legal services for immigrants, refugees, and asylum seekers
- A workplace development program to help build Virginia's workforce
- Mental health services
- A youth initiative to give teens the tools they need to be healthy and connected to others



Sara Kreitzer, vice president of development for Northern Virginia Family Services (left, holding the check) accepts a donation for \$4,000 from TRC and NOVEC employees. NOVEC President and CEO David Schleicher (center, holding the check) was present for the donation.

NOVEC Supports Pet Shelters

By Robin Earl

A June tour of the Fauquier Society for the Prevention of Cruelty to Animals (SPCA) in Casanova offered a reminder that spring and summer are “kitten season” in Northern Virginia. In addition to dozens of dogs waiting to be adopted, the shelter has plenty of adorable kittens to choose from.

“We don’t like to be at capacity,” said Devon Settle, the SPCA’s executive director. “It’s stressful for the animals and the staff. But all the dogs and cats we have are very adoptable. They’ll stay here with us until they find homes.”

Settle reminds residents that

Fauquier’s 11-acre shelter offers low-cost spaying and neutering services, as well as routine medical care — shots, wellness exams, and blood work — every Friday.

NOVEC has a soft spot for shelter animals, and this year the Co-op donated \$5,500 to local animal shelters as part of its annual giving.

NOVEC’s 2024 spring donations to animal shelters included: Fairfax County Animal Shelter, Humane Society of Northern Virginia, The Clarke County Humane Foundation, Humane Society of Loudoun County, Fauquier County SPCA, and Stafford County SPCA.



Fauquier County SPCA Executive Director Devon Settle calls staffer Thaddeus Banks “the dog whisperer.” Here, Banks spends some time with Tweedle-Dum, a sweet hound who is waiting for his forever home.

TIPS TO BEAT THE SUMMER PEAK

When we all work together to lower energy use during peak hours, we can lock in lower electricity rates, so everyone saves. Here are a few simple ways to save during peak summer hours.

- 1 Raise the thermostat a few degrees.
- 2 Use ceiling fans (in occupied rooms) to feel cooler.
- 3 Avoid using major appliances.
- 4 Close drapes and blinds to block heat from the sun.
- 5 Turn off and unplug non-essential electronics and lights.



2024 Annual Meeting Reminder

When: 6 p.m., Wednesday, Sept. 18, 2024

Where: NOVEC Gainesville Technical Center
5399 Wellington Branch Dr.
Gainesville, VA 20155



The business meeting begins at 6 p.m. NOVEC Board Chairman Wade House, and President and CEO Dave Schleicher will give year-in-review presentations. This year's uncontested District 4 and District 5 election results will be formally announced at the meeting. (See the district map at novec.com/bod.)

You can also visit novec.com/annualmeeting or call NOVEC's Customer Care Center at 703-335-0500 for details and updates prior to the meeting. The business meeting format will not include dinner, displays, or prizes.

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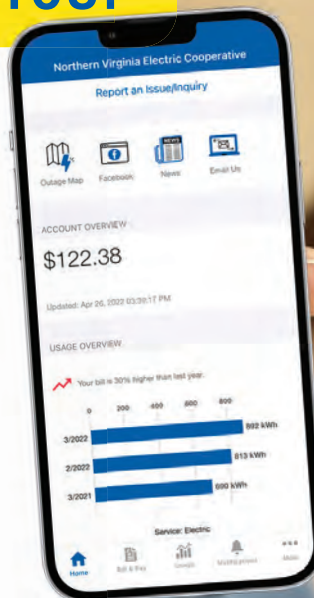
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The Power of Love

America's best shelter dog makeovers

story courtesy of Brandpoint Content

August is National Dog Month, a time to honor the love and companionship our furry friends bring into our lives. But let's not overlook the dogs still waiting for their forever homes. With over three million dogs entering shelters annually, adoption is crucial.

Sadly, due to a lack of resources, many rescue dogs are deprived of vital grooming, significantly improving their health,

happiness and chance of adoption. That's why pet industry leader Wahl and Greater Good Charities, a global nonprofit, donated grooming supplies to rescues and shelters nationwide, culminating in a contest called the 2024 Dirty Dog Contest, in which shelter dogs were given makeovers. After their life-transforming cleanups, the dogs' before and after photos were voted on to determine the top three best overall makeovers.

THE WINNING SHELTER DOG MAKEOVERS OF 2024



Pete is a resilient pup who endured neglect after his owner's tragic passing. Rescued from a backyard, Pete was covered in filth and matting when he was brought to a shelter in Justin, Texas, but with grooming and care, his true spirit emerged. He won third place in the 2024 Dirty Dog contest, bringing in \$2,000 for the Apollo Support and Rescue organization. Now, Pete seeks a loving forever home where he can thrive and be cherished.



Maddie, a stray with an unknown past, arrived in poor condition at a shelter in Franklin, Tenn., likely having endured neglect for some time. Fortunately, a compassionate local groomer provided much-needed grooming, improving Maddie's appearance and well-being. She won second place in the 2024 Dirty Dog contest, earning \$3,000 for the Williamson County Animal Center.



Giuseppe's arrival at a shelter in Española, N.M., is a heartbreaking testament to neglect. Five pounds of matted fur covered many health issues and rendered Giuseppe unable to walk. Once groomed, Giuseppe could finally get medical care and foster support. He is the first place winner in the 2024 Dirty Dog contest, winning \$10,000 for the Española Humane organization. This senior pup is now living out his golden years in the comfort of a loving home. ●



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Celebrating National Dog Month

Stay cool with these canine-friendly adventures

by Amanda Sue Creasey, Outdoors Writer



Daisey's Island Cruises
in Chincoteague on
Virginia's Eastern Shore.



While traditionally associated with the hot, humid slog that begins at the end of July, the dog days of summer took on a fresh meaning in 2020 when August was officially designated as National Dog Month. This time of year, chilling out in the air conditioning might be tempting, but instead of hiding from the heat inside, get out with your canine companions and celebrate their loyalty and love with these cool adventures across the commonwealth.

UNDER THE GROUND

Maintaining a crisp 54 degrees year-round, Luray Caverns offers a spectacular way to stay comfortable on even the hottest summer day. With 87% relative humidity, the caverns feel like a refreshing 67 degrees regardless of the weather above ground.

Small pets are welcome to join their human companions for a trip into the

caverns at no additional fee, provided they are carried in a guardian's arms, a pet-safe bag, or contained in a stroller or wagon. Both guided and self-guided tours permit small dogs, with one 90-to 120-minute guided tour beginning each morning at 8:30 and self-guided tours leaving throughout the day.

"Pets are part of your family and a lot of people travel with their pets. We

made the accommodation for small pets so people could tour without worrying about leaving their pets in a hotel or in the car, which can be dangerous," says Bill Huffman, director of marketing and public relations for Luray Caverns.

For dogs too large to carry, complimentary crates are available on a first-come, first-served basis. "On busy weekends it can be good to call ahead and check availability," Huffman advises.

Those looking for a way to cool off with their canine companions might also enjoy a hike to and through the Blue Ridge Tunnel near Waynesboro, Va. Inside this historic train tunnel, the temperature ranges from 55 to

65 degrees. Though visitors should be prepared for a potentially hot hike to reach the tunnel, the tunnel itself provides a nearly mile-long respite from summer's heat. Visitors should bring headlamps or flashlights, as no lighting exists within the chilly confines of the tunnel.

OUT ON THE WATER

Escape the hottest dog days of summer with some time on the water. Williamsburg Charter Sails offers three hours of serenity and river breezes in Gloucester Point, Va. For no additional fee, dogs can join their human family members for a delightful sail on the York River, providing a chance to view dolphins, run the helm of the boat and learn about the area's history. "The dogs listen attentively until they fall asleep from the gently swaying boat," Capt. Bill O'Donovan says. "It's all very serene."

Daisey's Island Cruises in Chincoteague on Virginia's Eastern Shore also welcomes aboard well-behaved dogs at no extra cost. Enjoy a leisurely ride on one of their vessels to view the wild ponies of Assateague Island, in addition to a variety of waterfowl. "We love animals," says Scott Landolt, owner of Daisey's Island Cruises. "It's really special to have a fun and affordable dog-friendly activity on the island."

Dogs are permitted on all tours offered by the outfit, but if visitors plan to bring multiple large-breed dogs, Landolt recommends booking one of the six-passenger boats. If a tour on one of their larger boats with more passengers is preferable, be aware that other passengers might also have their dogs aboard.

In addition to wild pony sightings, dogs "can expect love and affection, and their owners can expect to learn about our awesome little island and see

plenty of wildlife," Landolt says. Daisey's Island Cruises provides "a truly special experience. Most dogs really love the boat, and we love giving them a new experience to enjoy."

BACK IN TIME

Take a step back in time at the dog-friendly Dinosaur Kingdom II in Natural Bridge, Va. This delightful roadside attraction combines two fascinating aspects of history: dinosaurs and the Civil War. Co-owner Sherry Cline describes the experience, "You enter a train car and then a time tunnel zaps you back to 1864, to a mining town. At the end of the town, the woods begin."

As they wander the wooded pathway, visitors are asked to stay on the trail with their leashed pups and make sure to clean up after them. The trail features sculptures depicting dinosaurs and historical figures from the Civil War, imagining a history in which dinosaurs served as weapons. According to Cline, most visitors take one or two hours to walk the full trail. Benches along the route provide places for people and dogs to relax in the shade.



Dinosaur Kingdom II
in Natural Bridge, Va.

Now in its ninth year, Dinosaur Kingdom II has permitted dogs since the attraction opened. "So many people travel with their animals," Cline says. "We want them to be able to have their dogs with them." While there is an admission charge for their human chaperones, dogs get in for free.

Dog-friendly for over 250 years, Menokin Foundation in Warsaw on Virginia's Northern Neck consists of 500 acres of nearly untouched historical landscape. This National Historic Landmark includes four miles of wooded trails to explore, as well as the ruins of the former 1769 home of Declaration of Independence signer, Francis Lightfoot Lee, and his wife Rebecca Tayloe Lee.

While dogs are not permitted in the house or barn, leashed and well-behaved dogs are invited to attend events, explore the grounds and enjoy the visitors center, where water bowls are available for visiting dogs. Owners can learn about the organization's ongoing projects, which include historic preservation of house and genealogy research into descendants of those enslaved at Menokin and conservation work, according to

Connie Rosemont, interim executive director. "Because dogs have also traditionally been a part of agrarian life, we continue to welcome them in modern times," Rosemont says.

The grounds are open to people and their pups year-round, from sunrise to sunset. There is no entry fee for people or their dogs, but as Menokin is funded entirely by contributions, donations in the box within the visitor center are appreciated and encouraged.

More and more, the world is recognizing dogs as part of the family. Next time you're looking for an adventure, bring your four-legged family member along for the fun! ●



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LIFE'S A Peach!



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Peach Lemonade Concentrate

recipe courtesy of Abigail Stuart, Fruit Hill Orchard

Ingredients:

3 cups very ripe, peeled and thinly sliced peaches
2 cups lemon juice (bottled or freshly squeezed)
3 cups sugar

Directions:

Purée the peaches then bring the peach purée and lemon juice to a simmer. Add the sugar and stir until dissolved. Freeze it in pint containers. To make the lemonade, add equal parts of water and the thawed concentrate to a pitcher and serve. It's very handy to have around to serve with dinner or if people stop by unexpectedly!

Peach Cobbler

recipe courtesy of Debbie Trunick

Ingredients:

1 stick of butter, melted
1 cup sugar
1 cup milk
1 cup self-rising flour
2 cups fresh peaches

Directions:

Preheat oven to 350 degrees. Put melted butter in a 9-by-12-inch pan sprayed with oil. Mix together sugar, milk and flour and add to the pan. Do not stir. Add peaches, but do not stir. Bake for 15 minutes. Sprinkle some sugar on top of cobbler. Cook an additional 15-30 minutes.



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RECIPE



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Do you have an original, favorite family recipe
you would like to share?
We'd love to feature it!

Currently, we are looking for your favorite finger food, apple,
seafood and holiday brunch recipes.

Send to cooperativekitchen@co-opliving.com, or mail to: Cooperative Kitchen,
c/o Cooperative Living, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060. Please include
your email address or phone number to reach you if we have questions.
You also can submit them online at co-opliving.com/cooperativekitchen.
Selected recipes will be published in future issues of Cooperative Living
and/or at co-opliving.com.

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

Snakes Alive!

Adventures in rural porch life

by Margo Oxendine, Contributing Columnist



I generally spend most of the summer in my favorite room: the screened-in porch.

There's a table out there where

I rest my book and eat my "blinner" (breakfast, lunch and dinner, rolled into one), and gaze out at the birds and greenery.

The porch is usually where I can be found whenever I get up from my computer and stop writing. It's a laptop, but I never cart it out to the porch. I guess the porch is "sacred" that way. Other than maybe answering a phone call, no real work ever gets done on the porch.

If you are lucky enough to have a porch — especially a screened-in one — you know exactly what I'm talking about. Many people living in neighborhoods with porches often sit on them and exchange pleasantries with passing friends and acquaintances. At the very least, they share waves and smiles.

When the summer heat gets to me,

I get a Lindy's Homemade Ice out of the freezer. My favorites are strawberries & cream and peaches & cream. These delectable, frozen treats have just 160 calories. Now that I've kicked my addiction to higher-calorie Haagen-Dazs ice cream, Lindy's are my go-to for icy sweetness. One of them cools me down immediately and then I go inside and sprawl out in my comfy chair in the study. No studying takes place there, but that's where the TV is.

I never watch TV during the day, though. I continue reading in the study until it cools down enough to return to the porch. I have a small but powerful fan and a lamp, so I remain out there until at least 8 p.m. every night.

I am not the only denizen of my porch. I am sure a mouse family lives out there, too. They leave evidence that I have to sweep or clean every day.

One afternoon, I discovered a very unwelcome visitor. A huge, black snake was coiled up and sleeping in the window. I couldn't figure out what the heck it was at first. When I did recognize

it, I was frozen with fear and indecision.

I didn't want to share my blessed porch with a big snake!

A kindly neighbor was happy to come over with a long tool and a bucket and relocate the snake to a wooded area. Give a man a manly task on a sultry, lazy afternoon, and you might make his day! He sure made mine.

As a kid in my family's Victorian house on what is today the Omni Homestead golf course, we had a wraparound porch, and it received just as much love and use as mine does now. If a thunderstorm with lightning suddenly appeared, Daddy would call out to the golfers and invite them to ride out the danger under our porch.

One such evening, our house was "in play" for the Homestead course. We were sitting on the porch when an errant golf ball suddenly came screaming through the air, hit Mom's wicker rocker, and knocked her over! She was fine, but Daddy had the porch screened in shortly after that to prevent further mishaps.

If you are lucky enough to have a porch to relax on this sweltering summer, I sure hope you're reading this out there. Watch out for golf balls ... and snakes! ●



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!]

DISPUTANTA, VA



PHOTO BY TIFFANY DALTON, PPEC 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 **Aug. 20**. The winner will receive a \$25 Amazon email gift card.

Remember 9/11

Freedom Flag: Official Flag of Remembrance

Meaning of the Freedom Flag:



Blue Background: all Americans united together in freedom

White Star: all who lived and died for freedom

Top Red Stripe: the bloodshed of those who perished at the Pentagon and the crew and passengers on American Airlines Flight 77

Top Broad Red Stripes: the Twin Towers and the bloodshed of the people who perished at the World Trade Center and on American Airlines Flight 11 and United Airlines Flight 175

Five White Bars: the Pentagon and the organized protection of our freedom

Bottom Red Stripe: the bloodshed of the crew and passengers who perished on United Airlines Flight 93 in Pennsylvania

Three White Stripes: the rescue workers, firefighters, police officers, Port Authority employees and others who worked tirelessly during and after the terrorist attacks

MADE IN USA

Order 9/11 Freedom Flags, lapel pins, patches, challenge coins and more at freedomflagfoundation.org



NEVER FORGET!

BUSINESS

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

REAL ESTATE

WATERFRONT. ½ ACRE with dock. 175 feet of bulkhead on deep water. 35 ft. sailboat. Paved driveway and electric. \$225,000 for boat and lot. Call 302-436-2034.

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.

FOR SALE

ORIGINAL STAR WARS MOVIES in VHS format in original packaging. **Star Wars Train Set** — Never used. **Two Star Wars posters.** **Two tubes of Circulated Bicentennial Quarters 1776-1976.** **Rudolph The Red-Nosed Reindeer Train Set** — Incomplete. Please send your bids for one or more of these items to Resident, P.O. Box 2700, Winchester, VA 22604.

26' x 68' DOUBLE-WIDE BUILDING. Good for storage, garage/barn conversion or residential renovation. You move. \$10,000. 804-683-0445.

1994 Honda CR125. Fresh rebuild on top end and new clutch. Less than one hour ride time since rebuild. Pictures and video available Ready to ride. No trades wanted. Call or text Chris at 571-606-6598. Asking \$2,500 080.

1978 Suzuki RM125. 99% original. Ready to ride or go vintage racing. Pictures and video available. A true classic bike. No trades wanted. Call or text Chris at 571-606-6598. Asking \$2,200 080.

'69 MUSTANG CONVERTIBLE. Blue 302 V-8 Automatic. Runs well — drives well. No rust — new top. Garage kept with car cover. Call or text 804-224-9311.

WANTED

ARROWHEADS. Buying all types of Native American artifacts. Any size collection. 757-373-3502.

AMERICAN WHISKEY AND BOURBON. Entire collections or single items, bottles or decanters. Sealed and unopened. The older, the better. Cash. Call 540-845-6107 or email majiddk@comcast.net.

SUBMIT: We accept classifieds by email (classifieds@co-opliving.com), telephone (804-297-3429) or mail to: Classifieds, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060. Please type or print your ad as you would like it to appear and how many months it should run. Include your name, street and email address. Ads with incomplete information will be returned to the sender.

RATES: Non-business: \$70 per 25-word block plus \$2.50 per word over 25; OR "Mini" ad — \$5 per word (max. 10 words). Business, agent and broker ads: \$130 per 25-word block, plus \$5 per word over 25. Display Real Estate: \$299 per block.

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

Haunting Tales

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FREE

STAY INFORMED ON CHURCH/STATE ISSUES — like religious liberty, a National Sunday Law coming soon. Send mailing address to tbsmads@yahoo.com, TBSM, P.O. Box 374, Ellijay, GA 30540. 888-211-1715.

AUCTIONS

ESTATE OF MARIE THOMAS JR. & THE LATE ROBERT THOMAS. BLACKSTONE, VA. TIMED ONLINE AUCTION. Bidding begins Aug. 2 at 6 p.m. Lots start closing on Aug. 16 at 6 p.m. Antiques, collectables, horse tack, farm equipment.

CARWILE AUCTIONS INC.

www.carwileauctions.com. Facebook & Auction Zip. VAAR392. 434-547-9100.

CL ADVERTISING INDEX

Cardinal Management Group Inc.	11
County Line Materials	7
Dinosaur Kingdom II	26
Highland County	26
Lifetime Metal Roofing	11
Mitchell Homes	Back Cover
Moving Life	3
ODEC	Inside Back Cover
ODEC	7
Renewal by Andersen	Inside Front Cover
Stauer	31
U.S. Money Reserve	21
WaterFurnace	23

2024 HOLIDAY EVENTS GUIDE



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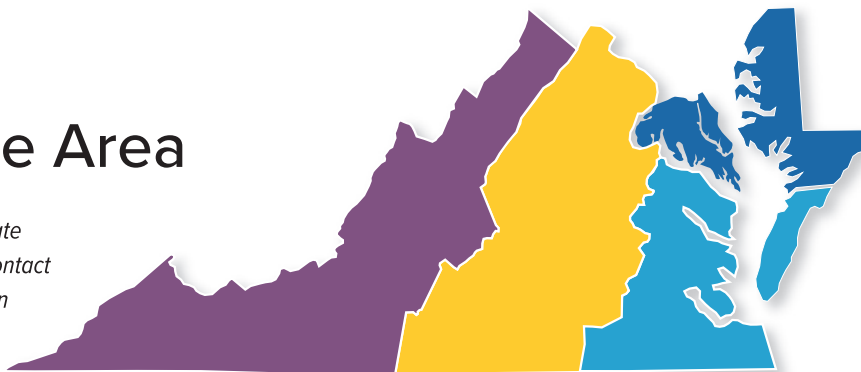
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skinney@vmdaec.com 804-297-3429

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

AUGUST

16 SHENANDOAH. Free Movie Night: The Super Mario Bros. Gem Park. 8:30 p.m. Townofshenandoah.com.

16-17 GORE. Gore Volunteer Fire and Rescue Yard Party. 540-858-2811. Gorevfr.com.

17 MIDDLETOWN. 14th Annual Car, Truck & Tractor Show. Historic Main Street. 3-8 p.m. 540-869-2226. Middletownva.gov.

24 BERRYVILLE. 9th Annual Summers End Cruise-In. Enter via Buckmarsh St. 4-7 p.m. 540-313-7467. Info@bvmerchants.com.

24 MIDDLETOWN. Belle Grove Plantation Wine Fest. 336 Belle Grove Rd. 11 a.m.-6 p.m. Bellegrove.org.

31 LURAY. 5th Annual Sunflower Festival. Ralph H. Dean Recreation Park. 10 a.m.-4 p.m. Townofluray.com.

31 SHENANDOAH. Free Music in the Park: The Backyard Band. Big Gem Park. 6-8 p.m. 540-652-8773. Townofshenandoah.com.

SEPTEMBER

7 MIDDLETOWN. Farm to Table. Church St. 4-6:30 p.m. Nwworks.com.

13 SHENANDOAH. Cruz-In on First Street. 6-9 p.m. 540-742-1141. Townofshenandoah.com

14 WAYNESBORO. Ride with Pride Annual Gala. Best Western. 5:30 p.m. Ridewithprideva.org.

14-15 SHENANDOAH. Shenandoah Vol. Fire Co. 1st Annual Roaring Bash at the Speedway. Shenandoah Speedway. Times vary. Townofshenandoah.com.

PIEDMONT

AUGUST

18, 25 BLUEMONT. Native Voices of Loudoun County Past and Present Exhibit. 18351 Railroad St. 12-3 p.m. Harvestgathering.org.

24 HUDDLESTON. Ray Judd's Music in the Park: The Friday Night Band. Beach Pavilion – Smith Mountain Lake State Park. 8 p.m. 540-297-6066. Virginiateparks.org.

31 MADISON. Taste of the Mountains Main Street Festival. Main St. 9 a.m.-4 p.m. 540-948-4455. Madisonva.com.

SEPTEMBER

13-14 SPOTSYLVANIA. 11th Annual 208 Sale Trail. Route 208/Courthouse Rd. 8 a.m.-3:30 p.m. Joanna3ken@gmail.com.

13-14 LEXINGTON. "Quilts in the Country" Quilt Show. Virginia Horse Center. Rpqg.org.

13-15 FREDERICKSBURG. Central Virginia Battlefields Trust 2024 Annual Conference & Tours. Cvbtt.org.

14-15 MINERAL. Lake Anna Jazz Fest. Cooling Pond Brewery. 12 p.m. Lakeannajazz.org.

TIDEWATER

AUGUST

17 CAPE CHARLES. Concerts in the Park: Good Shot Judy. Cape Charles Central Park. 7-9 p.m. Citizens4centralpark@gmail.com. Capecharlesvirginiascap.com.

SEPTEMBER

4 ONANCOCK. Wine Wednesday. Historic Onancock School. 5-7 p.m. 757-302-1331. Historiconancockschool.org.

7 ONANCOCK. Anglers Club Onancock Bay Challenge Fishing Tournament. Weigh-in at the park near the wharf. 6:30 a.m.-5 p.m. Esanglersclub.org.

MARYLAND

AUGUST

24 SNOW HILL. Iron Furnace Fifty Bike Ride. Furnace Town Historic Site. Furnacetown.org.

25 TAYLORS ISLAND. Taylors Island Boat Docking Challenge. Slaughter Creek Marina. 11 a.m.-4 p.m. Facebook.com/profile.php?id=100064842212513.

SEPTEMBER

7 GALENA. 6th Annual Charlie Joiner Memorial Decoy Show. Galena Volunteer Fire Dept. 9 a.m.-3 p.m. 410-708-7011.

PRINT DEADLINES: Sept. 1 for Oct. 15-Nov. 15
Oct. 1 for Nov. 15-Dec. 31

Email: happenings@co-opliving.com
Send to: Happenings, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060
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What Stauer Clients Are Saying About Our Knives



"The feel of this knife is unbelievable... this is an incredibly fine instrument." — H., Arvada, CO



"This knife is beautiful!" — J., La Crescent, MN



It was a perfect late autumn day in the northern Rockies. Not a cloud in the sky, and just enough cool in the air to stir up nostalgic memories of my trip into the backwoods. This year, though, was different. I was going it solo. My two buddies, pleading work responsibilities, backed out at the last minute. So, armed with my trusty knife, I set out for adventure.

Well, what I found was a whole lot of trouble. As in 8 feet and 800-pounds of trouble in the form of a grizzly bear. Seems this grumpy fella was out looking for some adventure too. Mr. Grizzly saw me, stood up to his entire 8 feet of ferocity and let out a roar that made my blood turn to ice and my hair stand up. Unsnapping my leather sheath, I felt for my hefty, trusty knife and felt emboldened. I then showed the massive grizzly over 6 inches of 420 surgical grade stainless steel, raised my hands and yelled, "Whoa bear! Whoa bear!" I must have made my point, as he gave me an almost admiring grunt before turning tail and heading back into the woods.

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I was pretty shaken, but otherwise fine. Once the adrenaline high subsided, I decided I had some work to do back home too. That was more than enough adventure for one day.

Our Grizzly Hunting Knife pays tribute to the call of the wild. Featuring stick-tang construction, you can feel confident in the strength and durability of this knife. And the hand carved, natural bone handle ensures you won't lose your grip even in the most dire of circumstances. I also made certain to give it a great price. After all, you should be able to get your point across without getting stuck with a high price.

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NOW I LAY ME Down to Sleep

by Laura Emery, Staff Writer

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▲ HUNG OVER

Babe had a rough night.
PHOTO SUBMITTED BY
CHRIS AND SUE HERBAUGH



◀ POOPED POOCH

Wiggins is one tucked out terrier.
PHOTO SUBMITTED BY RONNIE ZITO



PURR-SUIT OF SLEEPINESS ▼

Pumpkin is in the perfect position to catch some Z's.
PHOTO SUBMITTED BY PATRICIA KORJA-DOOLEY



CAT NAP ▲

Kos is resting her eyes.
PHOTO SUBMITTED BY
NUR BANU SIMSEK



▼ HOUND MOUND

Dirt gets comfy on his mama.
PHOTO SUBMITTED BY LELE MULLINS

Time for your HVAC tune-up



EnergizeEfficiently

Your HVAC system is like a car—it needs a regular tune-up to operate as efficiently and effectively as possible. Haven't scheduled your annual check-up? Now's the time to do so. Here are three reasons



Reduce your electricity consumption - Over time, dirty coils, poor airflow, and leaks can cause your system to work harder to achieve the same results.



Protect your investment - On average, HVAC maintenance runs \$150–200 each year. Correcting problems early avoids a system failure, which could cost up to \$15,000 to replace.



Breathe easier - Your system needs to be in tip-top shape to properly filter out allergens and pollutants from the air you breathe.

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