

NOVEC *Cooperative* **Living**

A RARE BREED

PAGE 4



Dr. Will Hueston and
a Barbados Blackbelly
sheep.

PHOTO COURTESY WILL HUESTON



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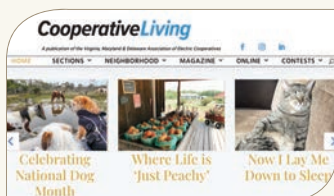


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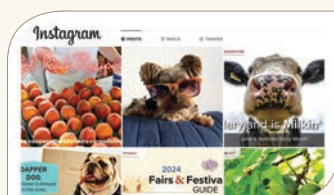
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VIEWPOINT

Farms, Football and Family Fun

September has always been a transition month for me with the new school year starting, temperatures changing, baseball playoffs coming into full swing, local pools closing, and everyone enjoying their last major beach run for the Labor Day holiday. It's a time when you can feel the changing of the season from summer to fall, ushering in football season. All fans can be excited because their favorite high school, college and professional football teams have a chance to win it all. Go Eagles!

With autumn also comes a wide range of fairs and festivals throughout Virginia and Maryland. In this issue we spotlight some events that provide family-friendly fun, perfect for a day out with loved ones.



Our Cooperative Focus feature highlights heritage farm animal breeds that several farms have started raising in both Virginia and Maryland, including a Central Virginia Electric Cooperative member who raises San Clemente Island goats. This issue also takes you to Virginia's Powell Valley, where a museum in Big Stone Gap tells the history of local coal mining and how it came to define a mountain community.

We are excited to bring you the largest print publication in Virginia and Maryland ten times a year, and take you on a journey to see the many beautiful sights and interesting places throughout our readership area. Our member cooperatives make this possible as they are always looking for ways to bring value to their members. ●

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

Cooperative Living

VOL. 79, NO. 9 • ISSN 1529-4579

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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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COOPERATIVE LIVING (USPS 473-300) is published 10 times a year, monthly except for combined January-February and November-December issues, by the VMD Association of Electric Cooperatives. POSTMASTER, address changes should be sent to: Cooperative Living, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060, 804-346-3344. Periodicals Postage paid at Glen Allen, VA, and additional mailing offices. Subscription: \$5.69 per year for members of subscribing co-ops; \$10 per year for all others.

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PHOTOS BY GREGG MACDONALD

Filling the Gap with History

Wise County coal museum tells the story of a community

BIG STONE GAP, TUCKED BETWEEN POWELL MOUNTAIN AND LITTLE STONE MOUNTAIN along the Appalachian Straight in Wise County, Va., is probably best known for a series of books written about it by New York Times bestselling author Adriana Trigiani. Her debut novel, “Big Stone Gap,” was made into a 2015 movie starring Ashley Judd, Patrick Wilson and Whoopie Goldberg.

Although books and a movie may be what elevated the town and its 5,200 or so inhabitants to national recognition, coal is the reason it exists. Coal is — or at least was — to Big Stone Gap and the entire Appalachian region what automobiles are to Detroit, corn is to Kansas and oil is to Texas. From its beginning and for much of its early development, Big Stone Gap was economically centered around the coal mining industry.

Fittingly, a museum is dedicated to that history today in the center of town. The Harry Meador, Jr. Coal Museum was put together, bit by bit and piece by piece, from the mini-treasure troves and memorabilia of private homes and public buildings in Big Stone Gap and surrounding towns. For locals, the museum attempts to define a personal heritage and provide a peek into their past. For others, it offers a rich educational experience concerning coal and its direct influence on an Appalachian community.

Owned by the Town of Big Stone Gap and operated by the Big Stone Gap Parks and Recreation Department, the museum features exhibits and objects collected by the late Harry Meador, Jr., an executive with a local coal company who advocated for the coal mining industry. Various displays exist in the museum, including photographs, mining equipment and tools, office equipment, coal company items and a small dentist office from the early 1900s. Meador was instrumental in procuring and collecting many of these artifacts and is said to have taken great pride in coal mining history.

E.B. Leisenring Jr., chairman of the board of Westmoreland Coal Company, speaking at the museum’s dedication ceremony in September 1982, said it all: “I think Harry Meador would like best to be remembered as a coal miner, with every proud attribute that goes with that name.” •



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Breeding Success

Saving heritage farm animals with an eye to the future

by Les O'Dell, Contributing Writer

Elaine Shirley, Westminster, Md., showcasing a plywood cutout of the extinct Sheeted Somerset cow.

PHOTO COURTESY ELAINE SHIRLEY

Whenever Elaine Shirley leads visitors on tours of the agricultural exhibits at the Carroll County Farm Museum in Westminster, Md., she always stops to showcase a plywood cut-out of a dairy cow.

It's not that the museum lacks any living livestock. Shirley, the museum's curator, is trying to make a point. The exhibit is painted with markings matching a Sheeted Somerset — a breed that went extinct in the 1930s. She says the reason for the board bovine often catches guests by surprise.

"I try to get the point across that this is a breed that no longer exists," Shirley explains. "People know all about rare and endangered animals like jaguars, manatees and elephants, but they need to understand that the animals they depend on for food and fiber can also be in the same situation. We can lose them very quickly without anybody really paying attention."

She says that losing these farm

animals would be devastating. That's why Shirley and other conservationists, including scientists, farmers, ranchers, shepherds, homesteaders, food enthusiasts and even artists, work to preserve a wide variety of heirloom breeds of agricultural livestock — animals once common across the U.S. but now considered endangered.

BACK TO BASICS

Known as heritage breeds, these traditional livestock breeds are a throwback to a time before industrial agriculture became a mainstream practice. According to The Livestock Conservancy, a North Carolina-based not-for-profit organization working to promote and protect these animals, these breeds were carefully selected and bred over time to develop traits that made them well-adapted to their local environments and thrived under farming practices and cultural conditions that are very different from those found in modern agriculture.

Because of unique characteristics (such as slower rates of intentional weight gain, for example), these breeds fell out of favor with commercial producers, pushing some of them to the brink of extinction.

Today, The Livestock Conservancy lists more than 180 agricultural breeds across 11 species — ranging from rabbits, ducks and geese to cattle, horses and pigs — on its Conservation Priority List, an annual report, ranking the danger of disappearance of each breed, classified from the most serious, "Critical," to less endangered levels of "Threatened," "Watch" and "Recovering," stepping down in severity with each classification. Based on these rankings, conservationists work to preserve these breeds.

"Our mission is to conserve the biodiversity of our farm animals," explains Alison Martin, program director for The Livestock Conservancy. "We just want to make sure that they don't disappear from the American



landscape because the traits that they carry may have value for the unknowns in the future of farming.”

That’s why Shirley talks about the Sheeted Somerset wooden cow before showing museum visitors other living livestock.

DEVELOPING DIVERSITY

Across the country, more than 4,000 volunteer breeders and 150-plus breed associations work diligently to ensure these endangered breeds don’t disappear from our farms, ranches and backyards. Museums and living history venues are not the only places for endangered agricultural livestock. Many homesteaders and farmers choose heritage breeds, and they do so for a variety of reasons. Some, like Lynne Updegrove, of Lincoln, Va., just wanted a “less popular” breed of animal.

That’s why she chose Cotswold sheep (CPL status “Threatened”) for her farm. “I love their curls, I love their nature, and I love the fact that they are endangered,” she says. According to Martin, protecting biodiversity and genetic resources are other important reasons for protecting these breeds. “If we didn’t have this diversity, eventually, we would narrow our food system down to where it wasn’t sustainable. There would be no backup,” she says.

Preservation of legacy animals is also important to former veterinarians Dr. Will Hueston and Dr. Pam Hand who raise a herd of about 75 Barbados Blackbelly sheep on their farm near Free Union, Va. “Our real goal has been conservation,” Hueston says. “We wanted to do something; to leave our mark by helping conserve a breed. As the world changes, whether it is climate change or demographic changes or any of the other changes, we need all of the genetic resiliency we can possibly have.”

Hueston says the consequences of losing endangered agricultural breeds can be, at best, inconvenient and, at worst, devastating. “If we lose these

“If we didn’t have this diversity, eventually, we would narrow our food system down to where it wasn’t sustainable. There would be no backup.”

— Alison Martin, *The Livestock Conservancy*

breeds, it means we have far fewer options to handle the changes we see all around us ... people like to have options and a range of choices. If you limit cows to Holsteins or horses to just Quarter Horses or sheep to just British breeds, you don’t have the variability, the choices or the options to change. That’s the real impact,” he says.

Hueston and Hand are so committed to heritage breed conservation that a condition of leasing property they own bordering their acreage is that any animals owned by tenants must be one of the 180-plus animals on the CPL. “Whether it is chickens or anything else, they have to be a heritage breed,” he says. “They have to join us in conserving these animals.”

COHESIVE CONSERVATION

Conservation of endangered breeds is a factor with many who raise these animals. “Conservation just resonates with me,” explains Laura Farrell of Charlottesville, Va. A member of Central Virginia Electric Cooperative, she currently raises San Clemente Island goats (listed as “Critical” on the CPL) and has also raised Dominique chickens. Farrell explains, “It seems to me if I’m going to be raising livestock, I should be doing something that’s helpful for the future of our food system. I want to ensure this genetic diversity.”

Another conservationist, Keith Ohlinger, raises Dexter cattle on his farm near Woodbine, Md. Dexters are known as a dual-purpose breed (raised both for beef and milk) and are among the smallest cattle in the world. He says they fit perfectly into a sustainable or regenerative type of agriculture.

“They do well in the environment and with rotational grazing,” Ohlinger,

who serves on The Livestock Conservancy’s board of directors, explains. He adds that conservation appeals to him, especially given the “insurance policy” that comes with less common breeds. “If a disease or problem hit our main breeds in poultry, pork and beef, that would devastate our food industry,” he says.

Shirley emphasizes that raising some heritage breeds may not necessarily be as economically profitable as some commercial breeds. “But we can’t paint them all with the same brush,” she says. “There are many of these breeds that are self-sufficient and bring real benefits to farmers, ranchers and shepherds. They are better foragers, better mothers and just seem to be able to do a better job of being a sheep or a cow or a horse than the breeds we’ve so heavily selected for just one characteristic.”

Others also understand the unique

(continued on page 6)



Lynne Updegrove, Lincoln, Va., with her Cotswold sheep.

Breeding Success

(continued from page 5)



qualities of heritage breeds. “I discovered that these animals are very adaptable, have good parenting skills and are more manageable,” explains Farrell. “I love them because they are not skittish. They’re even-tempered and they do great in the winter and even in the heat. They’re sturdy.”

These breeds also bring historical and cultural value, explains Shirley, who for more than three decades cared for poultry and livestock at Colonial Williamsburg.

FRAMING THE FUTURE

Such living history is displayed at places such as George Washington’s Mount Vernon in northern Virginia. Washington was one of the leading agricultural innovators of his day. Among his many interests was improving livestock, including the development of the American Mammoth Jackstock donkey, a breed that could be used to produce strong work mules. Examples of critically endangered donkeys can still be seen at Mount Vernon.

Dr. Phillip Sponenberg taught future veterinarians as a professor in the Virginia-Maryland Regional College of Veterinary Medicine for 42 years. He also has served as technical and scientific adviser to The Livestock Conservancy since 1978. He says there are several reasons for preserving these agricultural breeds. “One reason is the genetic insurance policy and, at first blush, that seems to be the most compelling reason. Second would be other scientific interests, things like models of human disease: basic biology. The third is the idea that these breeds are the final products of cultural endeavor. They’re actual living consequences of human culture.”

Heritage breed products are even sought out by artisans. Ohlinger



PHOTO COURTESY LAURA FARRELL

Laura Farrell with a San Clemente Island goat.



PHOTO COURTESY LYNNE UPDEGROVE

The “Shave ‘Em to Save ‘Em” program encourages the use for new wools.

Since first establishing the Conservation Priority List 37 years ago, the organization has not lost a heritage breed to extinction.



PHOTO COURTESY KEITH OHLINGER

Keith Ohlinger raises Dexter cattle on his farm near Woodbine, Md.

applauds what officials at The Livestock Conservancy call “giving these animals a job” — efforts to expand markets for heritage livestock products.

The group is working to develop a way of connecting consumers to endangered-breed food products and it has found success with “Shave ‘Em to Save ‘Em,” an effort to encourage fiber artists, weavers and spinners to discover and advocate uses for new wools from heritage breed sheep.

The programs seem to pay off. Since first establishing the Conservation Priority List 37 years ago, the organization has not lost a heritage breed to extinction. In fact, in the last

dozen years, 12 breeds have graduated off the CPL, meaning animal populations are such that the breed no longer needs continual monitoring. In 2024, two breeds — Southdown sheep and Hereford pigs — graduated from the list and 15 breeds were reclassified with in the CPL’s four tiers, most in a positive direction.

Farmers, educators and conservationists, like Shirley, Ohlinger, Martin and others continue to promote heritage breeds and their products. ●

For more information, visit livestockconservancy.org.

It's State Fair of Virginia Time

Annual event draws 200,000 fairgoers each year

by Alice Kemp, Virginia Farm Bureau Federation

“Where Home Grown Happens” is a fitting theme for the State Fair of Virginia, which celebrates the best of what’s grown, made and raised in the Old Dominion.

Those visiting the State Fair, Sept. 27 through Oct. 6 at The Meadow Event Park in Caroline County, will be treated to various attractions, entertainment, shopping and mouthwatering food, alongside plenty of Virginia agriculture.

“We’re excited to bring the theme ‘Where Home Grown Happens’ to life,” says Marlene Jolliffe, the fair’s executive director. “Our goal is to maintain long-held traditions while adding new programming each year.”

Exciting new amusements will feature lively lawnmower racing in the Thrill Pit on opening Saturday; chainsaw carver Chad Gainey crafting one-of-a-kind sculptures; and the Strolling Piano man. Additionally, Doc Belmont’s Magnificent Magical Medicine Show will amaze crowds with illusions and mystique.

Returning fair favorites include the speedy swine of Rosaire’s Royal Racers, awe-inspiring performances by Triple Crown Circus, the Ultimate Stunt Show performing edge-of-your-seat BMX feats, and two nights of Revenge Roughstock Company’s professional bull riding, bronc riding and barrel racing.

The fair’s Main Stage Concert Series will showcase a variety of music genres. Among the performances are the Brencore Allstars Band featuring Motown hits; the Caribbean Bomba and Plana Orchestra with Latin music; rock band Hinder; country star Lee Roy



PHOTO COURTESY VIRGINIA FARM BUREAU FEDERATION

The State Fair of Virginia offers one of the largest fair midways in the mid-Atlantic. It offers a variety of food, fun and countless attractions for fairgoers of all ages.

Parnell & Great Southern; “King of the Twist” Chubby Checker; and chart-topping country musician Cooper Alan.

The fair wouldn’t be complete without Virginia’s talented bakers, creators and makers engaging in friendly rivalry for blue ribbons. Winning entries will be displayed for cooking, quilting, woodworking, metalsmithing and more.

Some contestants will also face off during the fair’s second live grilled cheese sandwich competition.

While fairgoers may not be able to sample the grilled cheeses, they will be able to feast on classics like corn dogs and funnel cakes alongside new savory and sweet treats. Food vendors abound, including a new spot serving up gluten-free and vegan options, with tasty dishes like chickpea tacos and jalapeño mozzarella kabobs.

Always showcasing agriculture, “Virginia’s Largest Outdoor Classroom” continues to offer myriad agricultural activities with milking demonstrations, the Young MacDonald’s Farm tent, the Giant Veggie Weigh-Off and livestock exhibits.

New this year are two Alpaca Days

on Sept. 28 and 29. You can see different breeds of alpacas, watch spinning demonstrations, feel soft alpaca fleece and shop for alpaca products.

The Black Tie & Boots gala will return to Meadow Hall on Sept. 27 for a glamorous evening of fellowship and fundraising. Also returning is the Second Annual Taste of Virginia fundraising event on Oct. 3. The culinary event offers tastings of some of Virginia’s finest foods and beverages prepared by featured chefs, wineries, distilleries and breweries. Proceeds from both events will benefit fair scholarships and youth programming.

The State Fair is held each fall at its permanent home at The Meadow Event Park in Caroline County and routinely attracts 200,000 fairgoers. In 2023, the fair was among 182 diverse events that drew more than 530,000 visitors to The Meadow. The venue had an overall regional economic impact of \$41.5 million. ●

► For more information, visit statefairva.org. Follow on Facebook at [Facebook.com/StateFairVa](https://www.facebook.com/StateFairVa) and Instagram @statefairva.



2024 FALL FAIRS & FESTIVALS GUIDE

In fall, it's time to turn your clocks back an hour and give yourself more time to appreciate all the festivals and other autumn fun that co-op country has to offer!



THE VIRGINIA PEANUT FESTIVAL | SEPT. 20-21

Emporia and Greensville County are stoked on peanuts — the 62nd annual Peanut Festival, that is. All your favorites will be on hand: a car show, arts and crafts, educational exhibits, a parade, live entertainment, cultural exhibits, a craft fair, and plenty of delicious festival food. For more information, visit virginiapeanutfestival.com.

FIELD DAY OF THE PAST | SEPT. 20-22

Field Day of the Past is held in Amelia County at Redfield Farm, 11404 Circle Dr. This is where you go for all the power-pulling action — tractor pulls and truck pulls. And, of course, live music, gold panning, carnival rides, heritage exhibits, animal exhibits, mechanical bull rides, educational exhibits, arts and crafts, and all the food and fun one can handle. For tickets and more information, visit fielddayofthepast.net.

27TH ANNUAL CULPEPER HARVEST DAYS FARM TOUR | SEPT. 21-22

Fun for all ages, the tour showcases both traditional and unique farms in the beautiful Blue Ridge foothills that make up Culpeper County. The event provides a wonderful educational experience and includes an array of hands-on activities and demonstrations. The 15 carefully selected farms and ag-related businesses on the tour reflect Culpeper's agricultural heritage and the millions of dollars

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in production, wages and salaries generated by the agricultural industry in the county and state. For more information, visit culpeperfarmtour.com.

SOUTH BOSTON HARVEST FESTIVAL | SEPT. 28

The 33rd annual South Boston Harvest Festival will be held from 9 a.m. to 5 p.m. on Saturday, Sept. 28, in historic downtown South Boston. The Harvest Festival is a free community event sponsored by many great businesses, industries and community agencies. Attend a fun-filled day of shopping, live music, children's activities, great entertainment and delicious food. Throughout the day, continuous live music and entertainment will take place on two stages. For more information, go to downtownsobo.com.

JOHN JACKSON PIEDMONT BLUES FESTIVAL | SEPT. 28

Woodville, Va. – Don't miss the John Jackson Piedmont Blues Festival, which pays tribute to Rappahannock County

native John Jackson and his legacy while also celebrating the musical and cultural heritage of Rappahannock County. John Jackson's life and legacy will be celebrated through Piedmont blues music performances, cultural food vendors, historical displays and educational demonstrations. The festival is held at Eldon Farms at Clover Hill. Gates open at 10 a.m.

DINWIDDIE COUNTY FAIR | OCT. 4-6

The 2024 Dinwiddie County Fair will be held Oct. 4-6 at Virginia Motorsports Park. It will feature live music, variety shows, fireworks, carnival rides and fair foods! Fun for the whole family, for only \$10 a carload. For more information, visit discoverdinwiddie.com.

KING GEORGE FALL FESTIVAL | OCT. 12

The 65th Annual King George Fall Festival theme is Cheers to 65 Years! There will be a craft and vendor show, parade, car show, pageant, races and entertainment. This family event will also feature live music, as well as free rides and games for the kids. The parade starts at 11 a.m. at King George Elementary School and ends at King George High School. The SkillsUSA Car Show and 10K/5K/1-mile races start at 7:30 a.m. The craft and vendor show at King George High School starts at 10 a.m. inside the gym, cafeteria and student parking lot. Food trucks will be on site all day. To sign up for the race on the Dahlgren Heritage Rail Trail, or be in the parade, or to be a vendor, crafter or

(continued on page 10)

65th Annual

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Fall Fairs & Festivals Guide

(continued from page 9)

food truck, go to kgfallfestival.com. The Fall Festival Queen Pageant will be held on Saturday, Sept. 21, at King George Middle School. For more information, visit kgfallfestival.com.

CRAIG COUNTY FALL FESTIVAL | OCT. 12

Enjoy fall in Craig County while attending the Craig County Fall Festival in New Castle, Va., on Oct. 12 between 9 a.m. and 5 p.m. Six blocks of vendors, antique cars, great food, and children's activities. Experience live music including Blue Connection and The McDaniels. Don't miss breakfast and lunch at the Old Brick Hotel and be sure to visit the restored log cabins.

Vendors will display dried flowers, artwork, wood crafting, candles, home-baked goodies and lots of raffle tickets. The Marshall Reynolds Memorial Antique Car Show will fill Middle Street. For more information, visit visitcraigcounty.com or call 540-864-7023.

CZECH AND SLOVAK FOLKLIFE FESTIVAL | OCT. 19

During the late 19th century, more than 700 Czech and Slovak families came to live in Virginia. The greatest number settled in the counties of Prince George, Dinwiddie and Chesterfield. Come learn about the rich and unique culture of Virginia's longtime Czech and Slovak American community. There will be food, music and beer. You are guaranteed to enjoy yourself. This festival will be held 11 a.m.-4 p.m. on the lawn at the Historic Courthouse Complex.

RASSAWEK AUTUMN FESTIVAL | OCT. 19-20

The Rassawek Autumn Festival showcases a professional rodeo this year. Come and see trade demonstrations that include new and old heavy equipment, blacksmithing, welding and carpentry. Guests can also enjoy pig races, bluegrass music, market and food vendors, children's activities, and beer and wine. Visit rassawek.com to save \$5 by getting your tickets in advance.

DINOSAUR KINGDOM | WEEKENDS THROUGH OCTOBER

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BEER & CIDER TRAIL

Winchester-Frederick County is excited about the brand-new Winchester Beer and Cider Trail. The Winchester area has six breweries and two cideries, all within a 5-minute drive, and most

within walking distance. Visit and taste delicious hard cider made from local Frederick County apples, or try unique small batch brews from creative brew masters that are constantly refining their craft. Visit four breweries/cideries and collect a stamp at each location, then return your passport to the Winchester-Frederick County Visitor's Center to get free swag. For more information, visit winchesterbrewtrail.com.



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Exhibits and marvel at the
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NOVEC IS AN ACTIVE PARTNER IN YOUR COMMUNITIES



Summer vacations are behind us. As we get back to work this fall, it's a good time to reflect on the seventh Cooperative Principle — Concern for Community. NOVEC helps to boost pride in where we live by maintaining an active presence in all six Virginia counties we serve.

This year, NOVEC donated more than \$10,000 to multiple food banks. NOVEC's generous contributions benefited animal welfare groups and family support services in the past. The Co-op also supported organizations that assist military veterans and folks with disabilities.

NOVEC employees volunteer their time and talents with the employee-run NOVEC HELPS organization. It supports a wide range of nonprofit charitable, civic, educational, and youth activities.

NOVEC employees also volunteer their time to Willing Warriors, Adopt-a-Highway, House of Mercy, and Western Fairfax Christian Ministries, to name a few.

If your family has attended arts or athletic events in the area, you've probably been to a NOVEC-supported event at the Hylton Performing Arts Center, the Manassas Ballet, the Virginia National Ballet, or the Loudoun United soccer team. We are grateful that our "Concern for Community" pledge allows us to truly be a part of the communities we serve.

Finally, NOVEC's Annual Meeting will be held at 6 p.m. Wednesday, Sept. 18, at our Gainesville Technical Center. The meeting, required by NOVEC's Bylaws, features the election of two director positions, and includes business updates from our board chair and me, and a question-and-answer session following the meeting.

And a final plea for extra care this fall around school bus and pedestrian safety. Please take note of crosswalks, crossing guards, school zones, speed limits, and school buses. We want all of our students to arrive safely so they can learn and thrive.

Best Regards,

Dave Schleicher

NOVEC'S VISION

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BOARD OF DIRECTORS

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James Chesley | District 3
Vice Chairman

Michael Ragan | District 6
Secretary

Cynthia Gilbride | District 1
Treasurer

Brent George | District 2

Mark Bruno | District 4

Skip Albrite | District 7



For updates, tips on safety, energy savings 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

Clean or replace your furnaces filters once a month or as recommended. Replacing furnace filters regularly will help keep your system running efficiently, which can save you money.



NOVEC members have the opportunity and responsibility of electing their representatives to serve four-year staggered terms on the Co-op's board of directors. This year, the incumbent directors representing District 4 and District 5 are running for reelection unopposed. Those districts include parts of Fauquier, Loudoun, and Prince William counties. Visit novec.com/bod for more information.

These board of directors incumbents are running unopposed in this year's election.

Mark J. Bruno

DISTRICT 4

Mark J. Bruno has served on the NOVEC Board of Directors since 2020 and has been a NOVEC member owner since 1993.

Bruno served as the senior vice president of the Space and Mission Systems Group of Engility Corp. As the lead for more than 2,000 employees, Bruno was responsible for system acquisition, system engineering, and mission support services for the Intelligence Community, NASA, Federal Aviation Administration, Department of Defense, and other U.S. federal agencies. The winner of the Northrop Grumman Presidents Award, he was also responsible for approximately 70 programs worldwide.

Bruno says, "I bring over 35 years of experience in large system acquisition, program management, and executive leadership to NOVEC's board. I will continue to apply this background to ensure NOVEC continues to innovate and grow."

Bruno graduated with a bachelor of science degree in computer science from the University of Pittsburgh.

Bruno lives with his wife Irene in Haymarket. They have three adult children and six grandchildren.



Wade C. House

DISTRICT 5

Wade C. House has served on NOVEC's board of directors since 1993, as secretary, treasurer, vice chairman, and beginning in 2008, chairman.

House has served in the Virginia National Guard, volunteered as a firefighter, and worked for a large highway construction and materials manufacturing company. In 1981, the Manassas Volunteer Fire Company honored him with the Fireman of the Year award. In 2006, the City of Manassas presented him with the Volunteer of the Year award. In 2011, the city appointed him deputy fire and rescue chief.

Regarding serving on NOVEC's board, House said, "The experiences I have had as a director, businessman, and leader in the fire and rescue service have given me the knowledge I need to make decisions that will help keep NOVEC strong, reliable, and financially sound."

House and his wife, Nancy, live in Nokesville. They have two adult daughters.



Optimize Battery Use on Mobile Devices, Computers

By Robin Earl

Most mobile devices have good battery life, but we all know the stress of seeing that battery bar creep toward zero. How you use and charge your phone can make a big difference in its performance. Here are some tips to save energy while using your electronic devices.

Be aware of your phone or tablet's temperature: Temperatures below 32 degrees and above 95 degrees could impact a device's battery. Using a device in very hot conditions may shorten the life of the battery; if conditions are too cold, the device might not be able to charge.

Don't charge beyond 100%: Don't continue to charge the battery once it is fully charged; it's best to only charge the battery to about 80%. Continuing to charge a full battery can hurt battery performance.

Update apps: They may include fixes that help prolong battery life.

Know which apps use the most power: Find battery use data for different apps in settings.

Turn off Wi-Fi and Bluetooth when you aren't using them: They consume energy even when they aren't in use. Use airplane mode; you won't be able to make or receive calls or texts, connect to Bluetooth, or access Wi-Fi but you can still listen to downloaded music, play games, or watch videos.

Turn off location services: Turn on location services only for specific apps and only when you need it.

Dim the display: Adjust display settings so that it's only as bright as you need it to view comfortably.

Use a dark wallpaper and use dark mode: It uses less energy.

Take advantage of energy-saving features: When "asleep," a computer consumes much less energy, and waking your computer from sleep takes less time than starting it up. Enable the sleep mode on your monitor if away from your PC for more than 20 minutes. Switch off both the CPU and monitor if you're not going to use your PC for more than two hours. ENERGY STAR estimates that using these power-saving features will save individuals up to \$30 each year on electricity bills.

Computer screen savers are not energy savers: Using a screen saver may use more energy than not using one. Modern LCD color monitors do not need screen savers at all.

Shop wisely: Energy Star labels on computer equipment indicate which models are the most energy efficient. On average, computer monitors that have earned the ENERGY STAR label are 7% more energy efficient than other options.

Sources: Energy.gov, apple.com, android.com

Halifax Biomass Facility Opens Doors to Visitors This Summer

By Robin Earl

LIBERIAN VISITORS LEARN ABOUT BIOMASS TECHNOLOGY

Engaging in a bit of international diplomacy, Mike Davis, manager of fuel procurement and plant operations at the Halifax County Biomass Electric Generating Facility (HCB), hosted a representative of the Republic of Liberia July 8. Sen. Francis Saidu Dopoh visited the biomass facility on a mission to better understand operations at the plant. Liberian native Albert Cheapo, vice president of finance for NOVEC Energy Solutions and NOVEC Solutions, facilitated the senator's visit.

Liberia, on the west coast of Africa, is rich in natural resources. Tropical rainforests cover the hills and more than \$100 million worth of timber is exported annually. Acknowledging the importance of balancing natural resources with a sustainable economy, Dopoh is visiting forestry operations in Virginia, looking for practical solutions that may be applicable in his country.

Dopoh said, "Liberia faces a critical energy shortage despite possessing abundant natural resources for power generation. While the country has the potential to produce 1,500 megawatts of electricity, current output is a mere 88 MW.

"The potential for hydroelectric and biomass power plants is

immense, offering a path to energy self-sufficiency ... We commend NOVEC's achievements in Northern Virginia and express keen interest in exploring potential partnerships to develop Liberia's energy infrastructure."

The visitors also toured a nearby logging site, exploring best management practices for logging operations.

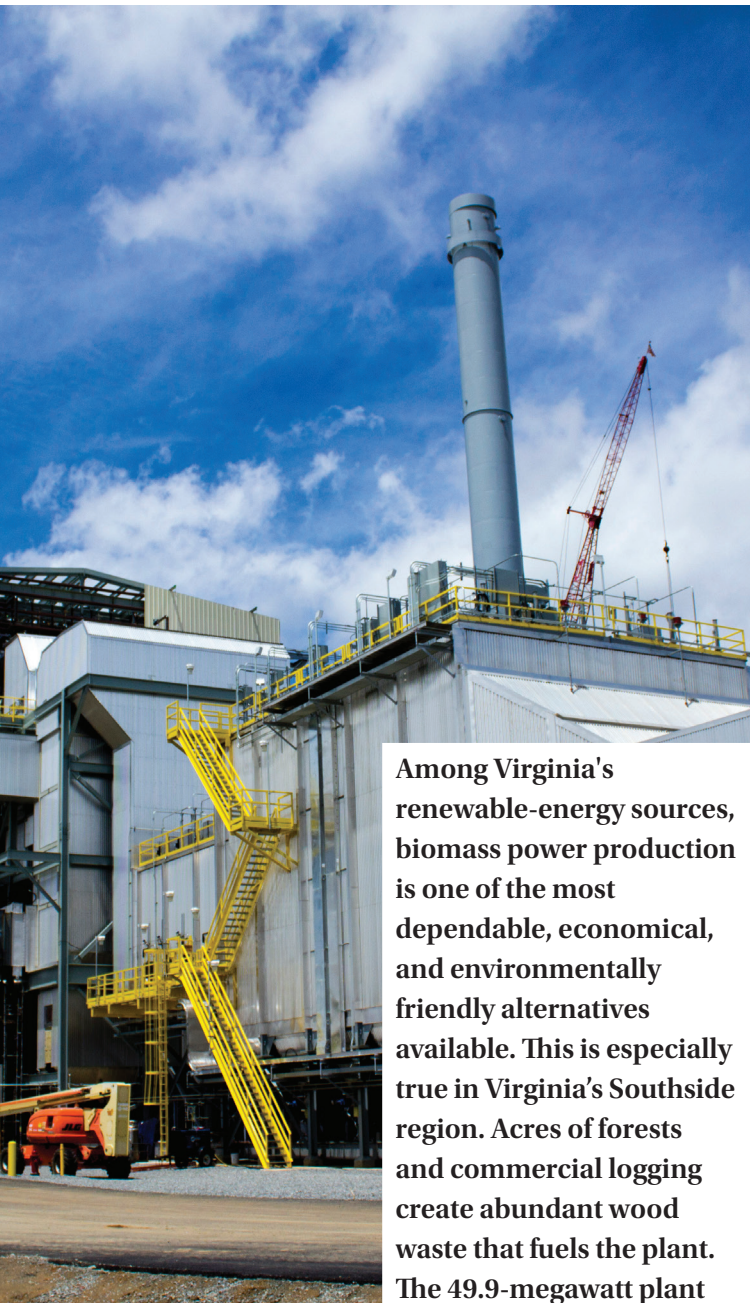
INTERNS EXPLORE INNER WORKINGS OF BIOMASS PLANT

Four interns with the Virginia Tech Forestry Program, and professor Scott Barrett, an expert on biomass issues, visited the biomass plant on June 11. Davis and Sheila Bradley, community and government liaison, led the tour. Davis said that while the facility provides educational opportunities for many students during the year, "this was one of the most interested groups we've had. They were extremely engaged and asked very astute questions."

Barrett said, "Our students really enjoyed the visit to the power plant. We can talk with them about biomass and renewable energy, but being able to come out and actually see it in practice makes it real. They can see that this isn't just an idea or a theory, but is actually happening."



NOVEC's Biomass Facility located in Halifax County. Photo by NOVI Energy.



Among Virginia's renewable-energy sources, biomass power production is one of the most dependable, economical, and environmentally friendly alternatives available. This is especially true in Virginia's Southside region. Acres of forests and commercial logging create abundant wood waste that fuels the plant. The 49.9-megawatt plant is capable of providing enough renewable energy to power the equivalent of 27,400 homes.



Mike Davis (right), manager of fuel procurement and operations, takes Liberian Sen. Francis Saidu Dopoh (center) to a logging job where wood waste is being processed and sent to the Halifax County Biomass plant. Pictured on the left is Colby Taylor, registered forester with Kejaeh Enterprises, who hosted the visit.



Left to right, Albert Cheapo, vice president of finance for NOVEC Energy Solutions and NOVEC Solutions, Liberian Sen. Francis Saidu Dopoh, and Mike Davis tour the plant.



Mike Davis (second from right), explains to Virginia Tech students (from left to right) Shannon Fisher, Allison Wickman, Emme Linkous, and Sophia Deal, and Virginia Tech Professor Scott Barrett the various kinds of wood that come into the biomass plant, and explains their different combustion characteristics.

Local food pantries received \$20,000 from NOVEC, CoBank

By Robin Earl

NOVEC and CoBank each contributed \$10,000 to local food banks this summer as part of CoBank's Sharing Success program. Haymarket Regional Food Pantry in Gainesville, Loudoun Hunger Relief in Leesburg, Western Fairfax Christian Ministries in Chantilly, and Fauquier FISH in Warrenton each received \$5,000 to help them provide food for families in need.

NOVEC CEO and President Dave Schleicher said the Co-op is supporting food banks because "food is foundational — to early childhood education, elder care, single parents, job skills training, summer school — you can't do well at any of those if you are hungry."

Food pantries aren't what they used

to be; it's not all canned tuna and boxes of cereal. Fauquier FISH, for instance, focuses on providing as much fresh food as possible. By partnering with local farms, Executive Director Charity Furness said she is able to offer vegetables and meat in addition to non-perishables. "Food insecurity means nutrition insecurity, so we want to be sure the meals our families make are packed with healthy ingredients.

"Our clients told us they don't eat many vegetables because they don't know how to prepare them. We put together bags of food with simple recipes attached, so they can make

the most of the food they receive. Everything they need is in the bag." A new program even offers families \$15 vouchers they can use at Warrenton's weekly farmer's market.

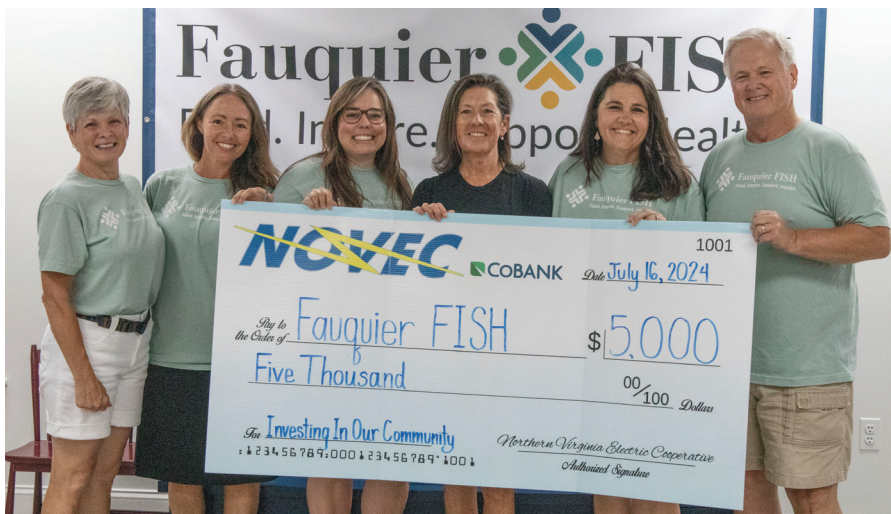
Community members do donate food, said Furness, but she also appreciates cash donations because FISH purchases much of the food the food bank gives away. "We provide Power Packs of food to 600 local children who have been identified for food assistance by schoolteachers and staff. It's enough food to cover the weekends." FISH strives to keep the Power Packs consistent and that means purchasing most of the items, she said.

"We are incredibly grateful to NOVEC and CoBank for their generous donations, which will significantly enhance our efforts to feed, inspire, support, and promote the health of our community members in need," said Furness.

FISH has expanded its mission beyond nutrition. Nearly 1,500 Fauquier County students received new backpacks filled with school supplies in August. It was a logistical triumph. "People and businesses in the community sponsored individual children," Furness explained.



Volunteers Daphne and Evan Archilla pack up food for Fauquier FISH clients.



Chelby Steadman (third from left), food pantry director and member of the Fauquier FISH board of directors, and Charity Furness (second from right), the food bank's executive director, accept a \$5,000 donation from NOVEC and CoBank. Left to right, volunteers Lisa Tondreau, Gen Graham, Tracie MacMahon and Chris Wells joined in the ceremony while working a Tuesday morning shift at Fauquier FISH in Warrenton.

“People shopped for the backpacks and school supplies that their sponsored students asked for — a 7-year-old girl in second grade who prefers the color blue, for instance. The shoppers checked the children’s school supply lists and purchased exactly what they need.”

Seniors are given special consideration as well, she said. DASH meals — Delicious, Affordable, Simple, and Healthy — are delivered monthly to 65 homes. The food supplements the groceries they already have. “We see a lot of loneliness among our seniors,” said Furness, “so it’s evolving into a

‘friendly visit’ program.” She said one volunteer took the time to change the batteries in a smoke alarm; another shared Christmas tea with a senior on her route.



Eileen Smith (center), executive director for Haymarket Regional Food Pantry accepts a \$5,000 donation from NOVEC and CoBank. Presenting the check are NOVEC President and CEO Dave Schleicher (left) and NOVEC Vice President of Communications Lisa Hooker.

LOCAL FOOD BANKS THAT RECEIVED FUNDING

HAYMARKET REGIONAL FOOD PANTRY

7669 Limestone Dr.,
Suite 105, Gainesville
703-754-5990

LOUDOUN HUNGER RELIEF

750 Miller Dr.,
Suite 110, Leesburg
703-777-5911

WESTERN FAIRFAX CHRISTIAN MINISTRIES

4511 Daly Dr., Suite J, Chantilly
703-988-9656

FAUQUIER FISH

680A Industrial Rd., Warrenton
540-347-3474

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NOVEC's Todd Embrey (front left), line technician 1st class, loves the Fauquier County Fair. He's attended the event all his life and now as a NOVEC employee, he is happy to come back to teach residents about electrical safety.



Bernie Cleveland, equipment operator 1st class, talks to 4-H member Kieran Martinez about the equipment that lineworkers use, while Todd Embrey, line technician 1st class, engages with the crowd.

NOVEC's Safety Demonstration Team Goes to the Fair

By Robin Earl

On Friday, July 19, NOVEC's Electrical Safety Demonstration Team had finished setting up and was waiting for crowds to arrive at the Fauquier County Fair, just as the smell of BBQ was beginning to mingle with the aroma of caramel corn. The nine-man crew greeted visitors and answered questions about the Co-op and electrical safety.

The team held seven to ten demonstrations each day, July 17 to 20, said Matt Grenke, lead line technician. They illustrated what happens when a squirrel nibbles on a cable (a loud bang) or when an ordinary glove touches a power line (flames). "The kids like it when anything makes noise or catches fire, so we get a great reaction," Grenke said.

NOVEC's safety trailer engages residents of all ages at community events and schools throughout counties where the Co-op operates.



Casey Taylor, NOVEC line technician 2nd class, shows the gathering crowd what happens when a glove touches an energized wire — it catches on fire.



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Installing low-flow fixtures

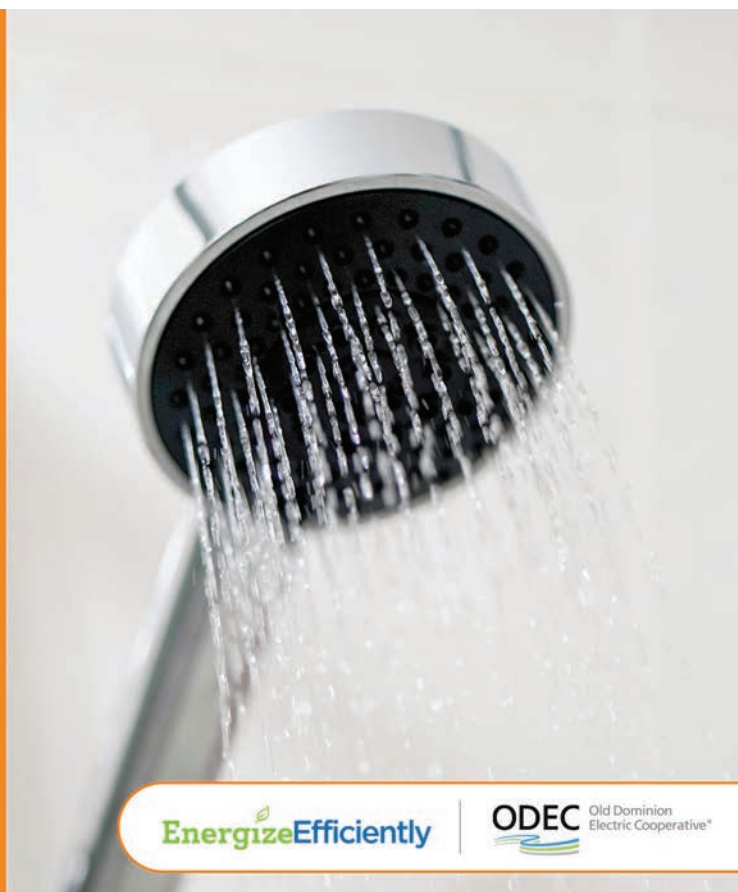


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Climbing High

Young women encouraged to pursue careers in energy

by Jim Robertson, Staff Writer

Young women throughout Delmarva will challenge their determination to reach new heights at this year's Girl Power Camp, hosted by the Virginia, Maryland & Delaware Association of Electric Cooperatives, its member cooperatives and generous industry partners.

On Oct. 3 in Salisbury, Md., and Oct. 30 in Palmyra, Va., more than 100 determined young women from across the region are expected to gather for the fourth annual event at the Association's training facilities for an interactive experience introducing them to a variety of career paths in the energy industry, including that of a lineworker.

The one-day energy career experience is intended for high school girls interested or curious about working on a line crew, in a substation, as a drone operator, with advanced metering technology or as a fiber broadband technician. Instructors will lead students through various activities in the classroom and outdoors. Campers will learn about safety on the job, including how to safely climb a utility pole, operate a bucket truck and operate a drone. Students also meet with industry human resources, accounting and finance professionals. ●

"Young girls are becoming courageous and taking on careers like electricians and pipefitters and welders and enjoying them, because not everybody is college-bound."

— Kristina Farnham, Building Trades Instructor,
Rappahannock County High School

► For more information or to register for this year's Girl Power Camp, visit vmdaec.com/powerfulcareers.

Space may be limited due to growing interest, so register early.



Thursday, Oct. 3

Eastern Shore Campus
Choptank Electric Cooperative
District Office
6520 Walston Switch Rd.
Salisbury, Md.

Wednesday, Oct. 30

Virginia Campus
Electric Cooperative
Training Center
1293 Salem Church Rd.
Palmyra, Va.



Scan the code to register or visit
vmdaec.com/girl-power-camp.

Offerings You Can't Refuse

Rocky Mount restaurant is a mob scene, in a good way

by Peggy Hyland, Contributing Columnist

Deep in what was known as the “Moonshine Capital of the World” during Prohibition, sits a modern throwback in Rocky Mount, Va. — Anastasia’s Speakeasy.

A small replica barbershop has an old-fashioned vending machine that hides the secret entrance to the speakeasy. Visitors step inside to an environment that is classic in appearance but filled with modern charm. The vintage tin ceiling and flocked wallpaper set the scene, along with plush chairs and couches nestled neatly around small tables. But if you are expecting a 1920s-era menu, be prepared for a pleasant surprise.

Our server was incredibly knowledgeable and helpful. We perused the drink menu, which focuses as heavily and insightfully on non-alcoholic options as it does traditional cocktails. The drink offerings change with the seasons and feature fresh ingredients from local farms.

The Prohibition-era theme doesn’t stop with the décor or the name (a reference to mobster Albert Anastasia). It continues in the menu with dishes such as Mafioso Meatballs, Public Enemy #1 and Bonnie & Clyde’s Last Ride. But it takes more than a clever name to make a great meal: You need great food for today’s palates, and Anastasia’s Speakeasy delivers. I could not resist the baked brie, which featured a stellar combination of fig jam and candied walnuts. The Teflon Don appetizer of seared ahi tuna was nothing short of brilliant, with a firm yet silky texture that reminded us of dry-aged beef. Drizzled with a teriyaki glaze, it was truly inspired.



PHOTO BY PEGGY HYLAND

Public Enemy #1



PHOTO BY PEGGY HYLAND

Chocolate bombe

One sign of a great restaurant is when they pay as much attention to the burger as they do to more flashy offerings. The Public Enemy #1 was a delectable Wagyu burger with truffle mayonnaise and bourbon-glazed bacon on a brioche bun. Not to be outdone by the burger, the other main entrees exceeded our expectations. The flat iron steak was perfectly seasoned and cooked just right, topped with a rich demi-glace. The mashed potatoes were creamy delights. The Lord High Executioner pizza featured a heavenly garlic alfredo sauce and fresh mushrooms. The menu changes to highlight fresh and seasonal ingredients that feature the region’s diverse agricultural offerings.

The dessert menu was small, but we were full already, so we split a delicious chocolate bombe. The chocolate cake dome was filled with a silky, fluffy mousse, covered in a rich ganache, and



The hidden entrance

PHOTO BY ALEX RUSSELL



Teflon Don

PHOTO BY PEGGY HYLAND

served with strawberries and whipped cream. We could not stop raving about it.

Anastasia’s Speakeasy is a delicious secret that should be heralded far and wide. Whether you’re in town for a show at The Harvester, shopping at the farmers market, or, like me, willing to drive four hours for a great dinner, Anastasia’s Speakeasy will undoubtedly be a meal to remember. ●

Anastasia’s Speakeasy

390 Franklin St., Rocky Mount, VA 24151
540-238-2200

Hours: Wednesday-Thursday 4-10 p.m.,
Friday-Saturday 4-11 p.m., Sunday 2-9 p.m.

KEEPING A

"Buff" Brain

story and artwork by Anne M. Dellinger, Contributing Columnist

*With another school year beginning, you might be wondering ...
"Is my brain really ready to go back to the classroom again?"*

Maybe you feel that your academic abilities have become a bit sluggish over the school vacation break.

It is not unusual for children to experience a summer slide or learning loss while away from school. When the rhythm of instruction is broken, kids tend to forget what they have learned. This is why there is so much reviewing of old material during the early weeks of a new school year.

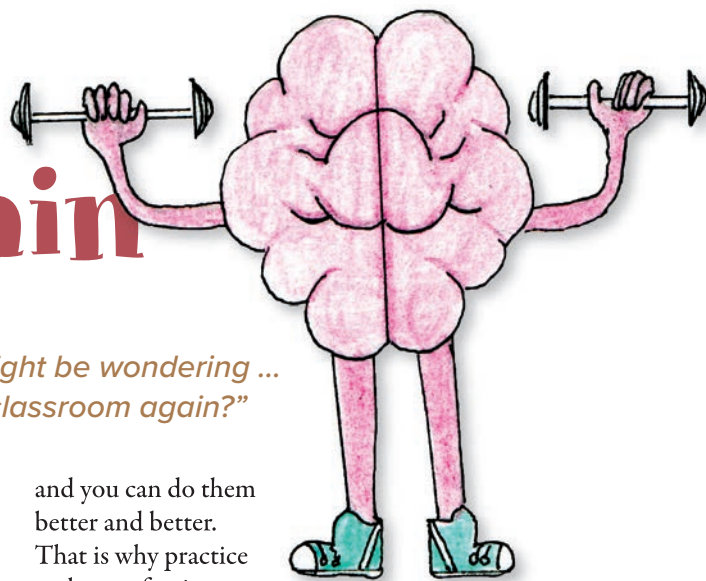
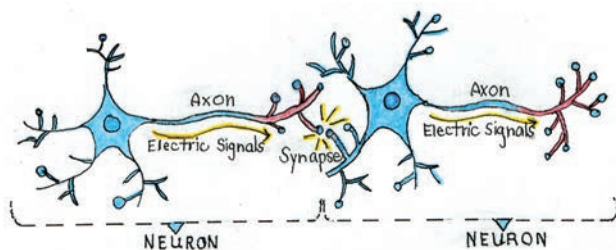
UPPING YOUR BRAIN POWER

As you return to the classroom, you will want the most important organ of your body to be in tip-top shape.

Not surprisingly, there are cerebral workouts you can do that will help keep your brain fit, robust and ready to tackle new school tasks.

Scientific research has shown that the brain has some muscle-like qualities — it can actually change its structure and get stronger when used. Just like weightlifting improves the body's muscle strength, learning new things keeps the brain buff!

Here is how it works. At birth, your brain came with many nerve cells called **neurons**. Throughout your life, as you are learning different things, the brain sends messages from one neuron to another. The neurons reach out with specialized arm-like projections called **axons** sharing information through electrical signals at a space called a **synapse**. (Sounds like kids passing notes in the classroom.) If you repeat the same thing many times, the brain makes a connection or path between the neurons. These tiny connections grow and become stronger as you learn new things like riding a bike or learning to type. Eventually, the activities become easier



and you can do them better and better. That is why practice makes perfect!

Brain workouts can be any activity that helps improve these three abilities:

• memory recall • problem-solving • focus and concentration

Playing a sport, mastering a musical instrument or learning a new language are all great examples of challenging brain fitness exercises that make these three skills get better.

But even sitting at a table playing board games or completing a jigsaw or crossword puzzle will also deliver brain bonuses. And, of course, never forget the powerful brain-building benefits of reading.

If you are ready to stir up your neurons right now, look over the following **Mind Games and Brain Teasers**, which are just a small sample of the tons of brain workouts available online and in puzzle books. Ask a friend or family member to join you.

COLOR CHALLENGE

Name the **colors** as fast as you can but **DO NOT READ THE WORDS**. Looks easy but can be very tricky.

RED TAN
BLACK PINK
BLUE GREEN

CONCENTRATION

Place a tray of 8-12 random objects in front of the player for 30 seconds. Remove the tray and ask the player to recall as many items as possible. Or, remove only 1 or 2 items from the tray and ask player to name the missing item(s).

APPLE TREE (paper and pencil game)

This is a less gruesome version of Hangman. One person thinks of a word and draws dashes to represent each letter in the word. Above the dashes, he draws



a tree with seven apples. The other person guesses one letter at a time. If the letter is in the word, the first person fills in the blank(s) at appropriate place(s). If not, the incorrect letter is written in an apple. If the person guesses the correct word before the apples are filled, he wins. If not, well ... he loses. Try again!

RAPID FIRE

Choose a single letter. In 30 seconds say or write as many words as you can that start with that letter.

SUDOKU

Complete this simple picture form of Sudoku by coloring in the ovals. Make sure each of the four squares contains all four colors. Then try a more difficult number version in a newspaper or online.

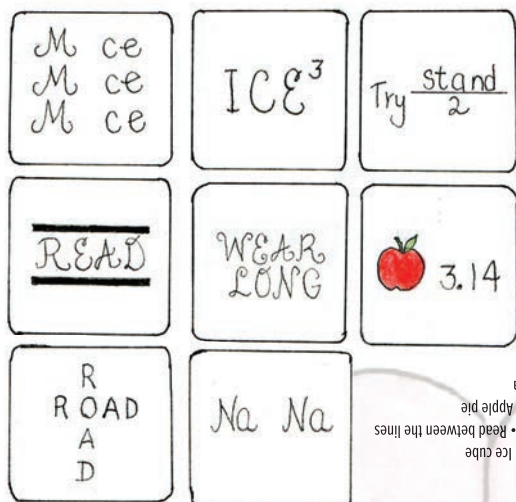
THINKING BACKWARDS

Time how quickly you can say these backwards:

- The days of the week
- The months of the year
- The alphabet (this is really difficult)

BRAIN TEASERS

Don't let these eight teasers befuddle you ... look closely — the answers are right there!

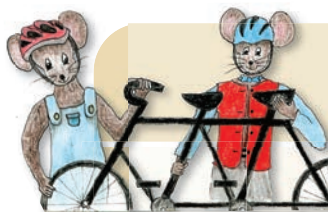


Answers:
Three blind mice • Ice cube
Try to understand • Read between the lines
Long underwear • Apple pie
Cross roads • Tuna

Solving mind games is like going to the gym for your brain. By completing the puzzling workouts, different brain parts are being strengthened and kept fit. And that means big mental benefits for you, like feeling sharper, brainier and ready to focus on new school year material. ●

It appears that choosing to do brain games is a real no-brainer, so stay on your game!

You have everything to win!



CALLING ALL SUPER SLEUTHS

Keeping one's brain intellectually fit and in shape is a major job. But protecting this most vital organ of the body is even more critical.

Hayseed and City Slicker know that bicycle-related injuries for children between 5-14 years is higher than for any other sport. About one-third of the injuries and, tragically, two-thirds of the deaths are head-related. Bike helmets can reduce the risk of brain injury or death by 85%, yet only about 15% of children nationally wear a helmet when riding a bike.

Hayseed and City Slicker would like to know your thoughts on wearing bike helmets.

Look over the following statements or questions and submit your answers:

- Find a drawing of a bicycle helmet hidden in this magazine, and give the page number.
- Do you always wear a bike helmet when riding?
- If so, do you like the way a bike helmet looks and feels while wearing it?
- What would you change about bike helmets to get kids to wear them more often?

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.

JUNE'S SUPER SLEUTH WINNER

The **June Super Sleuths** was about birdwatching. For a chance to win a **\$25 Amazon email gift card**, kids were asked to find a bird image hidden in the pages of the magazine, give the page number and identify the world's tiniest bird. They were also asked to answer where one would have to travel to see this bird, and whether or not they have seen larger relatives of this bird at a feeder or in a flower garden.

The correct answers are:

- Page 35
- Bee hummingbird
- Cuba
- "Yes, in my grandma's flower garden."

OUR WINNER IS ELIZABETH.

Congratulations, Elizabeth!



Apple-solutely Delicious!

Apple Guacamole

recipe courtesy of Family Features

Ingredients:

3 ripe avocados, halved and pitted
 ½ cup Vidalia onion, finely chopped
 ½ cup fresh cilantro, snipped
 juice of 1 lime
 bottled hot pepper sauce, to taste
 1 Granny Smith apple, peeled, cored and finely chopped
 Kosher salt or table salt, to taste
 assorted dippers (baked fruit crisps, apple chips and/or tortilla chips)

Directions:

Scoop avocado flesh into bowl; add onion, cilantro, lime juice and hot pepper sauce. Mash with fork until it reaches desired consistency. Stir in apple and season with salt to taste. Serve with dippers.



Spiced Apple Crumble

recipe courtesy of Family Features

Ingredients:

Filling:
 6 medium Honeycrisp apples, peeled and cubed
 1 tablespoon white flour
 ½ cup white sugar
 ½ teaspoon ground cinnamon
 ¼ teaspoon ground cloves
 2 lemons, juice only

Topping:

1 cup quick oats
 1 cup white flour
 ½ cup light brown sugar
 ½ cup dark brown sugar
 ½ teaspoon baking powder
 1 teaspoon cinnamon powder
 ½ cup unsalted butter, melted
 ⅛ teaspoon salt
 vanilla ice cream, optional



Directions:

Preheat oven to 350 degrees.

To make filling: In medium bowl, add apples, flour, sugar, cinnamon, cloves and lemon juice. Toss to evenly coat. Spread evenly in 8-by-8-inch baking dish.

To make topping: In medium bowl, add oats, flour, brown sugars, baking powder, cinnamon, melted butter and salt. Fork mixture to create crumbles. Pour crumble topping over apple mixture. Bake 30-40 minutes, or until golden brown. Let stand 10 minutes before serving. Serve warm with vanilla ice cream. Serves 6-8.

Apple Brownies

recipe courtesy of Virginia Harris

Ingredients:

¾ cup margarine
 2 cups sugar
 2 eggs
 2 cups flour
 3 cups apples, diced
 2 teaspoons cinnamon
 1 teaspoon baking soda
 ½ teaspoon salt
 1 teaspoon vanilla extract
 raisins or nuts, optional

Directions:

Mix all ingredients together and pour into baking dish. Bake at 350 degrees for 45 minutes.



Got a tasty treat to share?

Email your favorite **game day and holiday brunch recipes** to cooperativekitchen@co-opliving.com, or mail to Cooperative Kitchen, c/o *Cooperative Living*, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060 and include your email address.

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

Save money on home upgrades with ENERGY STAR.

Federal tax credits for energy efficiency home improvements were extended as part of the Inflation Reduction Act. If you've made qualifying home improvements, **you may be eligible for tax credits.**

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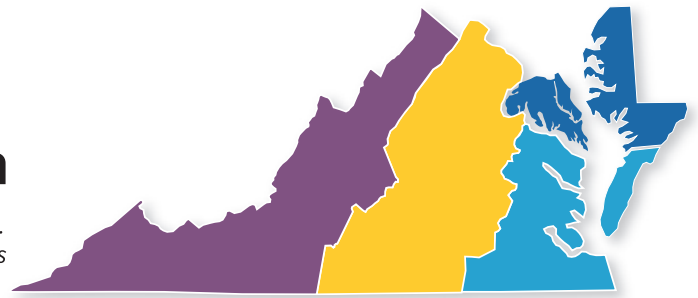


Visit energystar.gov for more information. 

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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

SEPTEMBER

20-22 EDINBURG. 43rd Edinburg Ole Time Festival. 540-984-7272. Edinburgoletimefestival.com.

21 LURAY. MCAA 16th Annual Car & Truck Show. 2331 U.S. Hwy. BSN 340. 10 a.m.-3 p.m. 540-743-5645 or 540-244-9907.

21 WAYNESBORO. Church Bazaar. Blue Ridge Chapel Church of the Brethren. 7 a.m.-2 p.m. Facebook.com/brccb.

21-22 STANARDSVILLE. Virginia Clay Festival. William Monroe High School. Times vary. Virginiaclayfestival.com.

30-OCT. 6 MIDDLETOWN. U.S. Border Collie Handlers Association National Sheepdog Finals. Bellegrove.org.

OCTOBER

11-13 HIGHLAND CO. Hands & Harvest Festival. Highlandcounty.org.

12 NEW CASTLE. Craig County Fall Festival. New Castle Historic District. 9 a.m.-5 p.m. 540-864-7023. Visitcraigcounty.com.

12-13 LURAY. 55th Annual Page County Heritage Festival. Page Valley Fairgrounds. Times vary. <https://sites.google.com/a/page-countyheritage.com/pcha/heritage-festival>.

PIEDMONT

SEPTEMBER

13-15 SOMERSET. 48th Annual Pasture Party. 14349 Blue Ridge Tpke. (Rt. 231). Times vary. Somersetsteamandgas.org.

20-22 AMELIA. Field Day of the Past. 11404 Circle Dr. 804-741-8468. Fielddayofthepast.net.

20-21 EMPORIA. The Virginia Peanut Festival. Veterans Memorial Park. Virginiapeanutfestival.com.

21 KEYSVILLE. Sit & Sip Wine Festival. Osborne Street Park. 12-6 p.m. Barksdalecancerfoundation@gmail.com.

21 BOYCE. Plein Air at the Arboretum: A Festival of Art and Nature. State Arboretum of Virginia. 10 a.m.-5 p.m. Blandy.virginia.edu.

21 MANASSAS. 48th Edgar Rohr Memorial Antique Car Meet. 9810 Cockrell Rd. 11 a.m.-3 p.m. Bullrun.aaca.com.

21-22 CULPEPER. Culpeper Farm Tour. 10220 James Monroe Hwy. 10 a.m.-4 p.m. Culpeperfarmtour.com.

28 KING GEORGE. Oktoberfest. St. Paul's Episcopal Church. 12-8 p.m. Stpaulskgva.org.

28 WOODVILLE. John Jackson Piedmont Blues Festival. Eldon Farms. 540-675-3619.

28 BEALETON. Big Yard Sale & Bake Sale. Morrisville United Methodist Church. 8 a.m.-2 p.m. Morrisvilleumc.org.

28 SOUTH BOSTON. Harvest Festival. Downtown South Boston. 9 a.m.-5 p.m. 434-575-4208. Downtownsobo.com.

OCTOBER

1 FREDERICKSBURG. Bunco & Bites Charity Event. Chancellor Ruritan Club. 11:30 a.m.-3:30 p.m. Newcomersandoldfriends.com.

4-6 PETERSBURG. Dinwiddie County Fair. Virginia Motorsports Park. Discoverdinwiddie.com.

5 WASHINGTON. Headwaters Harvest Festival. Rappahannock Co. Elementary School. 11 a.m.-5 p.m. Headwatersfdn.org.

5 MADISON. Friends of the Madison Co. Library Community Yard Sale. 404 N. Main St. 8 a.m.-12 p.m. 540-948-4720.

5 GORDONSVILLE. Fried Chicken Festival. Gordonsville Vol. Fire Co. Fairgrounds. 11 a.m.-5 p.m. Townofgordonsville.org.

5 BEAVERDAM. Scotchtown's Annual Fall Festival. Patrick Henry's Scotchtown. 10 a.m.-4 p.m. Preservationvirginia.org.

5-6 FREDERICKSBURG. Greek Festival. 12326 Spotswood Furnace Rd. Times vary. Fredgreek.org.

12 MANASSAS. Manassas Chorale Fall Concert. Hylton Performing Arts Center. 7:30 p.m. Manassaschorale.org.

12 FREDERICKSBURG. Doll and Bear Show and Sale. Elks Lodge #875. 10 a.m.-4 p.m. Nowthen.lma@aol.com.

TIDEWATER

SEPTEMBER

21 GREENBACKVILLE. CERT Health Fair. Captain's Cove Golf & Yacht Club. 8 a.m.-12 p.m. Escertatcc@gmail.com.

28 EXMORE. Annual Exmore Fall Festival. Downtown along Main St. and Bank Ave. 10 a.m.-3 p.m. Visitexmore.com.

OCTOBER

10-13 SUFFOLK. Suffolk Peanut Festival. Suffolk Executive Airport. Suffolkpeanutfest.com.

12 KING GEORGE. 65th Annual King George Fall Festival. Kgfalfestival.com.

MARYLAND

SEPTEMBER

28 CRISFIELD. 3rd Annual Crisfield Heritage Festival. 3 Ninth St. 10 a.m.-4 p.m. Crisfieldheritage.org.

28-29 SNOW HILL. Furnace Town Renaissance Faire. Furnace Town Historic Site. 10 a.m.-6 p.m. Furnacetown.org.

OCTOBER

5 HURLOCK. 32nd Annual Hurlock Fall Festival and Train Rides. Town of Hurlock. 410-943-4181.

11-12 OCEAN PINES. "Fall into Quilting" 2024 Quilt Show. Ocean Pines Community Center. Times vary. Quiltersbytheseamd.com.

NOTICE:

Beginning January 2025, Happenings listings will remain free of charge for nonprofit organizations and electric cooperative events. A charge of \$50 will be assessed for all other listings per issue.

PRINT DEADLINES: Oct. 1 for Nov. 15-Dec. 31
Nov. 1 for Jan. 15-Feb. 28

Email: happenings@co-opliving.com
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Fair Weather Fun

Fall festivals bring back fun memories

by Margo Oxendine, Contributing Columnist



It's county fair season. I love fairs; I have loved them since I was a kid. Then again, don't all kids love fairs?

One of my favorite things was always cotton candy. Back then, I'd stand there while a lady in a paper hair net whirled the cone around a spinning tub of pure confection. I always hoped for pink. I was disappointed when cotton candy started being made ahead of time and then crammed and crushed into plastic bags.

"I want a real, fresh one!" I'd complain. Well, that was just too bad: Plastic-wrapped, days-old cotton candy was what I got.

My favorite things about fairs were the animals, especially the massive draft horses. Gee, I love draft horses — Belgians, Percherons, any horse that stood taller than the others, especially the Clydesdales. You don't see Clydesdales much at a fair these days unless they're pulling a beer wagon. But no matter the breed, every draft horse I've met and nuzzled seemed to be gentle.

The bunnies — so many types, some so fluffy they seemed unreal — and the goats were always favorites of mine. I love goats. When I was tiny, we lived on my aunt and uncle's farm, and they had goats. Those goats were my best friends since there were no other kids around. I'd sneak out with a bunch of cookies. My mother always laughed because I would take a bite of cookie, then the goat would take a bite of cookie, then I would take another bite.

While many kids seemed to embrace the rides at the fair, I was always a little leery. I did like the whirling teacup ride. And, for a while, the roller coaster. I don't think I could be paid to go on a roller coaster these days. I haven't ridden any ride since a seatmate threw up on me on the Ferris wheel.

One of the best things about a county fair is the food. Sure, there's not one vegetable, except for a potato or onion — but none of us go to the fair booth hoping to eat vegetables, do we?

Hands down, the best fair food I've ever had is at the West Virginia State Fair. There was squeezed strawberry lemonade and piles of potatoes in towering, crispy curls. My favorite was the West Virginia Cattlemen's booth which served ribeye steak sandwiches. I'd always eat one of those first, and



then I'd always eat another one as my last stop on the way out the gate at the end of the night. Did I mention the homemade doughnuts? Yum!

There is always too long a line at the booth for the cinnamon buns. It winds around on itself and back again — apparently, they are everyone's favorite. I've never had enough room left after the steak sandwiches and the curly potatoes to wait in that long line, but the gigantic, goopy things sure looked good.

Lately, fried Oreos have become a fan favorite at the fair. I waited in a long line for them once just to try them. They were good, but not really worth the long wait.

I doubt I will go to the West Virginia State Fair this year. It's the kind of trip you need a buddy for. But I will go to Virginia's smallest, shortest fair: the Bath County Fair. It's one day only. And that is where my most memorable fair experience occurred a couple of years ago. I volunteered to go up in the BARC Electric Cooperative bucket truck. It was scarier than it was fun, but it was still fun, especially once I got off the thing. I don't know how those lineworkers brave going up in that thing in the driving rain or snow to get my power back on so I can watch "The Bachelor." But, thank heavens, they do! ●

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 **Sept. 20**. The winner will receive a \$25 Amazon email gift card.

Boosting Your Backside

Glute exercises guarantee stronger daily movement

by Vanessa LaFaso Stolarski, Contributing Columnist

Arural lifestyle often involves lots of hauling, lifting and other physical activity. Strong gluteus maximus muscles — the ones in your backside — can make those daily movements or chores much easier.

Those muscles aren't just for sitting on — they're powerhouses that help you lift, carry and move with ease. Here are four simple exercises that will strengthen your glutes. Perform these movements 1-2 days a week, in three sets of 8-10 repetitions.

SQUATS

Squats are like the Swiss Army knife of exercises — they do it all. Great for building strength in your glutes, thighs and core, they also mimic everyday movements like sitting or lowering down to plant something in the ground or lift something up to a shelf. Glute strength improves your ability to lift heavy objects, enhances balance and stability, and reduces the risk of lower back injuries.

- Stand with feet shoulder-width apart
- Keep chest up and back straight
- Send your hips backward like you're looking for a chair to sit on
- Lower your body with your legs until your upper thighs are parallel to the ground
- Push through your whole foot to stand back up



PHOTO COURTESY WIKIMEDIA COMMONS

GLUTE BRIDGES

Glute bridges may look simple, but don't let that fool you. This exercise is perfect for directly targeting the glutes and, when done correctly, will also strengthen the lower back and hips, improve posture and reduce back pain.

- Lie on back with knees bent and feet flat on floor
- Place arms at sides, palms facing down
- Push through feet and lift hips toward ceiling, squeezing glutes at the top
- Avoid arching back by keeping torso at an angle
- Hold for a few seconds, then lower back down slowly

LUNGES

Lunges are fantastic for building strength and stability in your glutes and legs simultaneously. They're especially useful for improving balance and coordination, which is helpful for navigating uneven or rocky terrain or carrying heavy loads. Lunges can also reduce knee injury risk. Note that if you experience knee joint discomfort performing a lunge, avoid pushing off on the front of your foot, and instead push back into your hip from rep to rep.

- Stand tall with feet together
- Take a wide step forward with one leg
- Lower hips until both knees are bent at 90 degrees



PHOTO COURTESY FLYBISHOTGRAPHY VIA FLICKR COMMONS



PHOTO COURTESY MARIDAV VIA CANVA.COM

- If you notice your knee traveling too far past your toes, widen your stance a little more
- Push through the front heel to return to start position
- Repeat on other side

STEP-UPS

Step-ups are a great way to mimic the movements we do every day, like climbing stairs or stepping onto a tractor. They're excellent for building strength in your glutes, thighs and calves. Doing them regularly will also enhance overall lower body strength and improve your ability to climb and step up.

- Find a sturdy bench or step
- Place one foot on the bench, keep knee aligned with ankle
- Push through heel to lift body up onto surface
- Step down with same foot and repeat on the other side

These four simple exercises will strengthen your glutes, making daily tasks a breeze. ●



PHOTO BY ANNA SHIVETS VIA PEXELS.COM

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

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BUSINESS

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

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AUCTIONS

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

NOTICE:

Beginning January 2025, Marketplace rates will be as follows:
Non-business: \$100 per 25-word block plus \$5 per word over 25.
"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.

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- (2) fax: 202-690-7442; or
- (3) email: program.intake@usda.gov.

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2024 HOLIDAY EVENTS GUIDE



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Spicing Up the Season

Spicebush yields early flowers, red berries and yellow fall foliage

by Steve Carroll, Contributing Columnist

Native spicebush is an attractive, aromatic shrub in the laurel family (*Lauraceae*), and a close relative of sassafras. Though most members of this plant family are subtropical or tropical, spicebush (*Lindera benzoin*) grows from Florida and Texas north to Maine and southern Ontario. Plants in the laurel family frequently contain high concentrations of essential oils; many are poisonous. On the other hand, spicebush is edible, as are other family members, such as avocado, bay and cinnamon.

Spicebush is a multi-stemmed shrub that can reach 12 to 15 feet in height and several feet in width. It generally does best in moist woodlands, floodplain forests, swamps and along forest edges. Spicebush can grow in both sunny and shady sites, but it flowers best with some sun. Horticulturally, it can be used as a specimen, understory or border plant in Cold Hardiness Zones 4-9; because it tolerates both wet and dry soil, it can also be planted in rain gardens.

Spicebush opens its flowers in early spring, well before it leafs out. The small flowers grow in tight clusters, which, when viewed from a distance, have been described as creating a soft yellow haze or cloud of yellow. In northern states, it is sometimes called “the forsythia of the wild.” Individual plants are unisexual, producing either male or female flowers. Therefore, to have fruit, you must plant at least one shrub of each gender. The small, berry-like fruits, which turn red in late summer to early fall, are eaten by grouse, mockingbirds, turkeys, deer, rabbits, opossums, and other birds and small mammals.

The three-to-five-inch leaves attach singly along the stem, have smooth edges, taper at both ends and turn a pleasing yellow in the fall. They are the host plant for the caterpillars of spicebush butterflies and promethea moths. The bark is brown to gray with many prominent, light speckles (lenticels). When crushed, the leaves, fruits and twigs give off a spicy odor — hence the plant’s name.

Spicebush has been widely used in cooking and medicine. Some Native Americans used it to flavor their food and brewed a bark tea to treat colds and rheumatism. European settlers used crushed fruits as a substitute for allspice. They also steeped crushed leaves and twigs to make a spicy tea for treating colds, worms and gas. Researchers have recently investigated spicebush’s potential usefulness in treating arthritis and certain cancers.

Spicebush has been widely used in cooking and medicine.



A spicebush swallowtail caterpillar displays false eyespots.

PHOTO BY KATJA SCHULZ VIA FLICKR



Close-up of spicebush flowers on a male plant.

PHOTO BY JUDY GALLAGHER VIA FLICKR



Spicebush shows off its flowers in early spring.

PHOTO BY DAN KECK VIA FLICKR



Spicebush fruits turn red in late summer or early fall.

PHOTO BY KATJA SCHULZ VIA FLICKR

Spicebush is not easily transplanted and is also sensitive to heat and drought. These limitations aside, if you have an appropriate spot on your property, this attractive shrub may be just what you’ve been looking for. ●

Steve Carroll is a botanist and ecologist who speaks and writes about trees, gardening and the world of plants. He is the co-author of “Ecology for Gardeners,” published by Timber Press.

The Tail End of SUMMER

by Laura Emery, Staff Writer

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SEE YA, SUMMER! ▶

Indy enjoys one last splash.

PHOTO SUBMITTED BY JOY EATON



▲ BEACH BUM

Tucker is tucked out from all the beach fun.

PHOTO SUBMITTED BY BROOKE TAYLOR



▲ BEACH BABE

Girls, like Trixie, just wanna have sun.

PHOTO SUBMITTED BY ROB PELLICOT

◀ COOL CORGI

Grant gets his shark on.

PHOTO SUBMITTED BY GREG AND ALETA SHELTON



HANG FOUR ▼

Surf's up! Sophie's making waves.

PHOTO SUBMITTED BY HOLLY WHITT

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\$379 OFF EACH WINDOW¹

MINIMUM PURCHASE OF 4

\$779 OFF EACH DOOR¹

MINIMUM PURCHASE OF 4

AND

NO Money Down | NO Monthly Payments | NO Interest for 12 months¹

MINIMUM PURCHASE OF 4 - INTEREST ACCRUES FROM THE DATE OF PURCHASE BUT IS WAIVED IF PAID IN FULL WITHIN 12 MONTHS

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LYNN F. | RENEWAL BY ANDERSEN CUSTOMER

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FULL-SERVICE WINDOW & DOOR REPLACEMENT



¹**DETAILS OF OFFER:** Offer expires 10/31/2024. Not valid with other offers or prior purchases. Get \$379 off each window and \$779 off each entry/patio door and 12 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or entry/patio doors between 9/1/2024 and 10/31/2024. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License numbers available at renewalbyandersen.com/license. Some Renewal by Andersen locations are independently owned and operated. *Values are based on comparison of Renewal by Andersen® double-hung window U-Factor to the U-Factor for clear dual-pane glass non-metal frame default values from the 2006, 2009, 2012, 2015, and 2018 International Energy Conservation Code "Glazed Fenestration" Default Tables. *Review aggregator survey of 5-star reviews among leading national full-service window replacement companies. January 2024 Reputation.com. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. © 2024 Andersen Corporation. All rights reserved. RBA13747

*Using U.S. and imported parts.

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