



Lancaster High School Red Devils

# LHS coach says he’s impressed by young talent on the gridiron

by Lisa Hinton-Valdrighi

Last season the Lancaster High School Red Devils football team opened strong but ended poorly, winning the first five games and dropping the last six.

Coach Damien Crissey is determined that won’t happen again and he’s counting on some new talents to pull off a better than .500 season.

After going 5-5 in the regular season in 2014 and losing all Northern Neck District games, the Devils fell to Colonial Beach, 49-14, in the Group 1A East Region playoffs.

“We’re young, all around, but they’re working hard in practice,” said Crissey. “We’re not going to have that superstar kind of player this year. But in some ways, I think that’s been better. Practice has been going great. I’m excited about what I think they can do.”

### Offense

Crissey and company lost several key offensive players including three rushers and a quarterback to graduation and another returner to nearby Northumberland, which has forced the coaching staff to make some shifts in positions. The biggest of which is junior James Coleman’s shift from a defensive starter to quarterback. Coleman played tailback as a freshman but started only on defensive last year.

“James has taken grasp of playing quarterback in this system,” said Crissey. “He’s working hard and learning. He’s a good decision-maker and a team guy, who’s



**Quarterback**  
**James Coleman**  
**Grade: Junior**  
**Jersey number: 12**  
**Also plays: Defensive back**

not going to go out and do crazy stuff.”

Coleman is backed up by sophomore junior varsity grad Darius Reed and senior Darik Reed.

Second-team all-district quarterback Taylor Woolard graduated and Lancaster’s sometimes quarterback RayQuawn Ball transferred to Northumberland.

Coleman will hand off to junior tailback Brandon Hill and junior Shawn Sutton.

“Brandon is our thumper kind of kid,” said Crissey. “He’s kind of our bell cow and he’ll get us tough yards when we need it.”

Coleman’s targets will be slots Darik Reed and senior returner Trevon Henderson. Both are back from last year.



**Offensive tackle**  
**Tyler Barksdale**  
**Grade: Senior**  
**Jersey number: 54**  
**Also plays: Defensive line**

“Trevon is an explosive guy and we’re counting on him to make some plays,” said Crissey.

Also playing receiver will be senior Shyiem Noel, sophomore Calvin Henderson and Darius Reed.

The offensive line is young and starting at center is senior Kenique Stewart, who doesn’t have any experience on the o-line. Stewart played football as a sophomore, then took last year off.

“He’s just a tough, athletic guy that we need on the field,” said Crissey.

Starting around Stewart will be returning left guard Diante Smith and sophomore JV grad Hezekiah Fauntleroy at right guard. Junior Malik Freeman will start at left tackle and senior returner Tyler Barksdale will start at right tackle. Barksdale is the only returner on the offensive line.

### Defense

Only four players return on defense.

Seniors Rasul Henderson and Trevon Henderson return to the linebacking corps, along with juniors Jahlil Nickens and Shawn Sutton. Rasul and Sutton will stop runners inside and Nickens and Trevon will play outside.

The Devils’ front four will include seniors Marco Logan and QuJuan Sutton as defensive tackles and Stewart and Hill on the ends.

Starting in the secondary will be sophomore cornerbacks Calvin Henderson and Darius Reed, while Darik Reed starts downfield at free safety.

### Special teams

Senior Patrick Kelley is back to place kick and kick field goals. Sophomore Malik Ball will punt.

Deep to return kicks and punts will be Darius Reed and Darik Reed.



**Wide receiver**  
**Trevon Henderson**  
**Grade: Senior**  
**Jersey number: 1**  
**Also plays: Linebacker**



**Center**  
**Kenique Stewart**  
**Grade: Senior**  
**Jersey number: 52**  
**Also plays: Defensive end**



**Free safety**  
**Darik Reed**  
**Grade: Senior**  
**Jersey number: 3**  
**Also plays: Quarterback**



**Linebacker**  
**Rasul Henderson**  
**Grade: Senior**  
**Jersey number: 5**  
**Also plays: Running back**

## At a glance . . .

**COACH :** Damien Crissey (3rd year).  
**ASSISTANT COACHES:** Ashley Wilmore, Markus Ferguson, Joey Scott, Skip Hanson, Nick Greer.  
**LAST YEAR:** 0-5 district, 5-6 overall.  
**BASIC OFFENSE:** Multiple.  
**BASIC DEFENSE:** 4-4.  
**TOP RETURNERS:** RT/DL Tyler Barksdale, WR/OLB Trevon Henderson, QB/DB James Coleman, RB/ILB Shawn Sutton, RB/ILB Rasul Henderson.  
**TOP NEW COMERS:** C/DE Kenique Stewart, OL/DL Malik Freeman, OL/DL Hezekiah Fauntleroy, WR/DB Calvin Henderson, DB/WR Darius Reed .  
**POWER ANALYSIS:** With only nine returning starters, including five on offense and four on defense, and with no decorated all-district players back, coach Damien Crissey and crew have some big holes to fill. The Red Devils lost some big guns to graduation including all-district wide receiver and linebacker Tyrell Henderson and all-district second team quarterback Taylor Woolard. Also gone are ball carriers Justin Washington and DaVante Stewart. The Devils also lost quarterback and running back RayQuawn Ball to Northumberland.  
The good news is Crissey has some young talent in junior quarterback James Coleman and an explosive runner in returner Trevon Henderson.  
Camp has also been going well, said Crissey. The attitudes are positive and the work ethic good.

The LHS Red Devils will open the 2015 football season at home Friday, September 4, against the King and Queen Central High School Royal Tigers. Kickoff is at 7 p.m. at Lancaster High School.

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## LANCASTER RED DEVILS

Jersey	Name	Grade	Position
1	Trevon Henderson	12	WR/OLB
2	Brandon Mickles	12	RB/DB
3	Darik Reed	12	QB/DB
5	Rasul Henderson	12	RB/ILB
6	Calvin Henderson	10	WR/DB
7	Shyiem Noel	12	WR/DB
8	Jahlil Nickens	11	WR/OLB
9	Elijah Haynes	11	WR/OLB
10	Darius Reed	10	QB/DB
12	James Coleman	11	QB/DB
16	Ralph Coleman	12	WR/DB
18	Da’Kwain Veney	11	WR/DB
20	Ky’Von Clayton	12	WR/OLB
21	Shawn Sutton	11	RB/ILB
25	Marco Logan	12	WR/DL
28	Brandon Hill	11	RB/DL
32	Marcus Lee	11	WR/DB
35	Elijah Morris	11	OL/DL
48	Patrick Kelley	12	K
50	Ralph Waller	11	OL/DL
52	Kenique Stewart	12	OL/DL
54	Tyler Barksdale	12	OL/DL
56	Malik Ball	10	OL/DL
58	Tyus Clayton	11	OL/DL
61	QuJuan Sutton	12	OL/DL
62	Donnie Gregory	11	OL/DL
66	Diante Smith	12	OL/DL
68	Taj Hodges	11	OL/DL
71	Hezekiah Fauntleroy	10	OL/DL
72	Jervall Kelly	11	OL/DL
76	Malik Freeman	11	OL/DL
80	Martez Davis	10	WR/DB

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A review of the Lancaster and Northumberland 2015 football teams

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Northumberland High School Indians

# NHS coach focusing on ‘team chemistry’

by Lisa Hinton-Valdrighi

The Northumberland High School Indians football team has a new head coach, basically a new coaching staff, some transferred talent and increased numbers, all of which Marcus Cutler hopes will add up to success on the field.

Cutler comes to Northumberland from Portsmouth Christian School, where he coached for three years. His old college roommate and former Lancaster High School football coach Ulysses Turner coaxed him from the Chesapeake area to the Northern Neck. Former LHS and James Madison University player Jamie Veney is Cutler’s defensive coordinator.

The Indians also picked up transfer student RayQuawn Ball, a junior who was Lancaster’s leading rusher last season.

And with 40 players on the roster, Cutler says his Indians are deep at every position. Because of that, he still hasn’t finalized starting positions.

“The only people guaranteed their spots right now are the linemen,” said Cutler. “The other

positions are still floating and everybody has got to earn their spots.”

Key to the Indians’ success is “team chemistry,” said Cutler. “If the guys play together as a family and we stay healthy, we’ll win some games.

“We also have to keep the individual attitudes out and play as a team. That’s what we’re pushing.”

### Offense

Three different players got time behind center last Friday night when the Indians opened regular season play with a 38-0 rout of homestanding Surry. Senior DayQuan Blue completed 2-of-4 passes for 72 yards and a touchdown and rushed once for a 15-yard touchdown. Sophomore Kameron Lee threw three completions and RayQuawn Ball threw for two catches. Blue and Lee both saw time at quarterback last year.

Kadene Gordon, who rushed for nine touchdowns last year, is the Indians’ most experience running back. He led the team last Friday with 60 yards on six carries, while senior rusher Rychoane Curry had one tote for



**Slotback**  
**Wayne Howard**  
**Grade: Senior**  
**Jersey number: 1**  
**Also plays: Wide receiver**



**Halfback**  
**RayQuawn Ball**  
**Grade: Junior**  
**Jersey number: 2**  
**Also plays: Safety**



**Quarterback**  
**Kameron Lee**  
**Grade: Sophomore**  
**Jersey number: 12**  
**Also plays: Safety**



**Quarterback**  
**DayQuan Blue**  
**Grade: Senior**  
**Jersey number: 17**  
**Also plays: Safety**

a nine-yard TD run. The Indians had eight different players run the ball last week including Gordon, Curry, Lee, Blue, Ball, junior Austin Martin, senior Rusoyl Kent and junior Ryan Bunn.

Cutler’s veteran receivers include seniors Ahmad Muhammad and Wayne Howard and juniors Dequine Johnson and Jason Smith. Smith had four catches against Surry while Curry had one for a 47-yard touchdown.

Cutler’s offensive linemen include senior returner Alex Baughan, along with juniors Austin Martin and Thomas Bingham and sophomores Wyatt Clarke, Collin Chinn and David Haynie,

### Defense

Cutler’s defensive line-

men include seniors Kenneth Dawson and Isaiah Palmer and juniors Micah Morton and Jeremaha Basker.

Cutler is still searching for his linebackers, while Gordon, Johnson and Blue will also play safety. Cornerbacks will be Curry, Howard, Ball, Muhammad and Smith.

### Special teams

Senior Chandler Zelaya and junior Connor Woolard will share the kicking duties. Zelaya had one PAT and a 30-yard field goal last Friday and Woolard had a PAT and field goal.

Howard, who’ll be the go-to kick and punt returner, had a 77-yard return for a touchdown last weekend.

## NORTHUMBERLAND INDIANS

Jersey	Name	Grade	Position
1	Wayne Howard	12	SB/WR
2	RayQuawn Ball	11	HB/SS
4	Dequine Johnson	11	WR/SS
7	Rychoane Curry	12	WR/CB
8	Damonte Thornton	11	WR/SS
9	Christian Headley	10	TE/WR
10	Austin Martin	11	RB/OLB
11	Ahmad Muhammad	12	WR/CB
12	Kameron Lee	10	QB/SS
14	Chandler Zelaya	12	K
15	Jason Smith	11	WR/CB
17	DayQuan Blue	12	QB/FS
21	Kadene Gordon	12	RB/OLB
22	Dexter Lewis	12	WR/CB
24	Rusoyl Kent	12	RB/LB
31	Delvin Palmer	9	T
32	Ryan Bunn	11	RB/OLB
33	Keon Redmond	9	
34	Caleb Davis	9	
40	Keyon Turner	10	
41	Connor Woolard	11	P/WR
42	Derrick Dawson	11	ILB/RB
50	David Haynie	10	G/DT/C
52	Micah Morton	11	DL
54	Luke Jennings	11	G/MLB
55	Isaiah Palmer	12	T/DT
57	Joshua Miragliotta	10	OL/DL
58	Kenneth Dawson	12	C/DT
59	Wyatt Clarke	10	OL
60	Justin Hall	12	OL/DL
64	Alex Baughan	12	T/DT
66	Jeremaha Basker	11	DL/OL
68	Collin Chinn	10	OG/DT
71	Thomas Bingham	11	OL/DL
79	Austin Mothershead	10	T/DT
86	Wesley Clarke	10	
88	Quist Morris	9	
	David Christian	10	TE/DE
	Michael Zartman,	11	OL/DL
	Ryan Harp	11	RB/ILB

## At a glance . . .

**COACH :** Marcus Cutler (1st year).  
**ASSISTANT COACHES:** Jamie Veney, Tyrone Cowan, Dennis Lee, Jatavious Adams, Tim Myers and Damon Cottrell.  
**LAST YEAR:** 1-4 district, 5-6 overall.  
**BASIC OFFENSE:** Spread formation.  
**BASIC DEFENSE:** 40 Front.  
**TOP RETURNERS:** QB/SS Kameron Lee, QB/FS Day-Quan Blue, RB/OLB Kadene Gordon, OL/DL Alex Baughan, WR/CB Ahmad Muhammad.  
**TOP NEW COMERS:** HB/SS RayQuawn Ball, DL Micah Morton, T/DT Isaiah Palmer, OL Wyatt Clarke, OL/DL David Haynie, OL Collin Chinn.  
**POWER ANALYSIS:** Under new coach Marcus Cutler, the Indians opened the season with a 38-0 thumping of Surry. But Cutler says his team is young and they still have a lot to learn. Cutler replaced Brian Hahn, who had started to turn the Indian program around after a couple of bad seasons. NHS went 5-6 overall last season and Cutler is predicting his team to be at least .500 during the regular season again this year.



**Offensive tackle**  
**Alex Baughan**  
**Grade: Senior**  
**Jersey number: 64**  
**Also plays: Defensive tackle**

**The NHS Indians will open the 2015 football season at home Friday, September 4, against the Northampton Yellow Jackets. Kickoff is at 7 p.m. at Northumberland High School.**

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Entries must be delivered to the Rappahannock Record office before 5 p.m. each Friday, or mailed to the Rappahannock Record Football Contest, P.O. Box 400, Kilmarnock, Va. 22482, with a postmark no later than Friday, or enter online at www.RRecord.com (same deadline).

The person who picks the most correct winners will win a \$50 gift certificate to a local business. In case of a tie, the first tiebreaker game will decide the winner. If there is still a tie, the second tiebreaker game will decide the winner.

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4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

\* First tie-breaker: **King & Queen at Lancaster**  
Total points: \_\_\_\_\_

\* Second tie-breaker: **Ohio State at Virginia Tech**  
Total points: \_\_\_\_\_

\*Circle winner & give total points to be scored by both teams

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From left are Page Henley and Yankee Point Racing and Cruising Club commodore Warren Hottle.

# Local history buff entertains YPRCC

Local history buff Page Henley recently entertained over 40 members and guests of Yankee Point Racing and Cruising Club. Henley spoke for nearly an hour on 17th-century Virginia, emphasizing Lancaster County.

Upper Lancaster County played an important role from the early beginnings of the county, said Henley. The first courthouse is believed to have been on Ball land. The next one was built in Queenstown and the third, in 1741, was built where the current courthouse is located.

The Morratico Trail was a major land route, connecting Towles Point, through Monakson to Huntsville and up to the Potomock, he said. It followed the footpaths set out by the Native Americans.

Steamboats were a major source of transportation from prior to the Civil War through the 1930s when several severe storms knocked out wharfs and docks, continued Henley. Ferries crossed the rivers and connected landmasses all over the county.

# Parks plan upcoming volunteer opportunities

Across the nation and across the Commonwealth, September is volunteerism month. All 36 Virginia State Parks will offer volunteer opportunities throughout September.

Stewardship Virginia, September 1 through October 31, is a semiannual statewide initiative with projects that enhance and conserve Virginia’s natural and cultural resources, reported Virginia Department of Conservation and Natural Resources public relations specialist Jim Meisner Jr. Volunteers receive a certificate of appreciation from Gov. Terry McAuliffe.

September 11 through 13 will commemorate the attacks of September 11, 2001, with the National Day of Service and Remembrance.

Day to Serve, is a regional collaboration of the governors of Virginia, West Virginia and Maryland and the mayor of the District of Columbia with the goal of coming together to help people in need and improve communities from September 11 through 28.

National Public Lands Day, coordinated through the National Environmental Education Foundation on September 26, is the nation’s largest single-day volunteer event in support of public lands. This year’s theme is “Helping Hands

for America’s Lands.”

Related activities at Belle Isle State Park, 163 Belle Isle Road, Lancaster, include:

- National Day Of Service And Remembrance, 9 to 11 a.m., September 11. Project: Spruce up Belle Isle Mansion, circa. 1760. Pre-registration required, 462-5030.
- Belle Isle State Park 5K Trail Run/Walk, 7:30 a.m. to noon, September 26. Project: Volunteer to help with trail run registration, timing and breakfast. Or, sign up to run. Visit [friendsofbelleislestateparkva.org](http://friendsofbelleislestateparkva.org), or call 462-5030.
- Stewardship Virginia, 10 a.m. to 3 p.m., October 3. Project: Tidy Trail Cleanup, self-guided volunteer trail cleanup. For confirmation, call 462-5030.

Related activities at Westmoreland State Park, 1650 State Park Road, Montross, include:

- National Day Of Service And Remembrance, 9 to 10 a.m., September 12. Flag raising ceremony. Project: Picnic area maintenance. For confirmation, call 493-8821.
- National Public Lands Day, 9 a.m. to noon, September 26. Project: Trail maintenance. For confirmation, call 493-8821.
- Stewardship Virginia, 9 a.m.-noon, October 10. Project: Grounds maintenance. For confirmation, call 493-8821.

## SCOREBOARD

**Golf**  
1. Rappahannock 170. 2. Lancaster 184.

**Upcoming games**  
**Varsity football** (7 p.m.)  
September 4:  
King & Queen at Lancaster  
Northampton at Northumberland  
Rappahannock at West Point  
Essex at King George  
Colonial Beach at Randolph-Henry  
Charles City at Southampton  
Middlesex at Mathews  
Arcadia at Franklin  
Nandua at Windsor

**JV football** (6:30 p.m.)  
September 9:  
Mathews at Lancaster

**Varsity/ JV volleyball** (JV 6 p.m., varsity follows)  
September 3:  
Lancaster at West Point  
September 4:  
Lancaster at Christchurch (4:30 p.m.)  
September 10:  
West Point at Lancaster

**Golf** (4 p.m.)  
September 8:  
Essex at Lancaster  
September 10:  
Northumberland at Lancaster

**Cross country** (5 p.m.)  
September 2:  
West Point, Middlesex, Rappahannock and King & Queen at Lancaster  
September 9:  
Mathews and Lancaster at Middlesex

## PIT STOP

**Virginia Motor Speedway August 29 results**  
**Late models:** First, Justin Williams; second, Michael Batten; third, Stephen Childress.

**Pro late models:** First, Mark Parks; second, Booper Bare; third, Davis Lipscombe.

**Sportman:** First, Matt Ashworth; second, James Snead; third, Chad Beahr.

**Modifieds:** First, Brian Maxey; second, Joey Polevoy; third, Matt Quade.

**Limited stocks:** First, Shawn Otey; second, Chad Champion; third, Ryan Hutchens.

**Upcoming schedule**  
**September 5:** Late models, pro late models, sportsman, modifieds, limited stocks. (VMS is at 4426 Tidewater Trail in Jamaica, eight miles north of Saluda. Competitor gates open at 4 p.m., spectator gates, 5 p.m. Track activities begin at 6:30 p.m., features, 8 p.m.)

## BRIDGE RESULTS

Five-and-a-half tables of bridge were in play August 20 at the Woman’s Club of White Stone.

Winners north/south were first, Ilva Doggett and Steve Lowe; and second, Virginia Adair and Arden Durham.

Winners east/west were first, Barbara Sherupski and Betsy Heller; and second, Shirley Pleasants and Alison Holman.

# RHS claims 14-stroke advantage to beat LHS

Rappahannock High School’s Lance Wheeler shot a 37 on nine holes at the Golden Eagle Golf Course in Irvington last Thursday to lead the Raiders in a 14-stroke win over host Lancaster High School.

The Raiders finished with a 170 to win the two-team match. Lancaster’s four scorers combined to shoot a 184.

The Red Devils’ Alex Nelson edged Wheeler by a stroke with a 36 to finish as the individual medalist.

Also scoring for RHS was Reed Thorne with a 40, Brandon Whaley with a 43 and Daniel O’Bier, 50.

Jacob Hudnall shot a 47 for LHS, while Sheridan Ford shot a 48 and Nicklaus Ford, 53. Jamie Coates and Roman Cutler also played for the Devils, but their scores did not count in team scoring.

Lancaster will host Essex at 3 p.m. Wednesday, September 8, and Northumberland at 4 p.m. Thursday, September 10. LHS home matches are played at the Golden Eagle Golf Course.



Sheridan Ford shot a 48 in a nine-hole match for Lancaster. Photo by Traci Ford

# Christchurch School to host Soucek Memorial Tournament

Christchurch School will host the 18th Jason Soucek Memorial Soccer Tournament on September 11 and 12.

The tournament is held annually in memory of Christchurch graduate and Middlesex County resident Jason Carpenter Soucek, the son of Archie and Claudia Soucek of Saluda.

Jason Soucek died in 1996, while a student at Roanoke College. At Christchurch, he was a standout soccer, basketball and lacrosse player, earning “Best All-Around Athlete” honors in 1992. His basketball jersey is retired, and hangs in the school’s Yarbrough Gymnasium.

Tournament play will take place on both upper and lower fields. Teams competing are Walsingham Academy, Cape Henry Collegiate, Eastern Mennonite High School, Fredericksburg Christian Academy, Hampton Roads Academy, Virginia Episcopal School and St. Christopher’s School.

The action will open at 3 p.m. Friday with Christchurch School vserses Walsingham Academy on lower Nunn Field. Fredericksburg Christian will play Hampton Roads at 3 p.m. on upper Morris Field.

The championship game will be on Saturday at 3:30 p.m. at Nunn Field.

The tournament is free and open to the public.

# Audubon chapter invites public to annual picnic, meeting and sunset walk

The Northern Neck Audubon Chapter of the National Audubon Society (NNAS) invites members and the public to its annual picnic September 14 at Belle Isle State Park, 1632 Belle Isle Road, Lancaster.

The parking fee will be waived for picnic and bird walk attendees, said Bonnie Wilson. This event is free. The picnic will be held at picnic shelter #3, past the visitors’ center.

The board of directors will meet at 4 p.m. for a short meeting and to set up tables for the picnic. Anyone who would like to attend the board meeting is welcome, said Wilson.

The picnic will begin at 5 p.m. Please bring a covered dish to share, such as a salad, main course, or dessert. The NNAS chapter will provide beverages and picnic ware, she said.

The picnic will be followed by a bird walk at 6 p.m. Led by expert birder Frank Schaff, this is the chapter’s first bird walk of the new program year and the only evening walk. It is an opportunity to experience the park as the sun sets and the birds are settling for the night, said Wilson.

In past walks, up to 30 species of birds have been observed, including many elusive water birds, she said. It is an easy walk on flat trails.

# Car club collects school supplies

An Old Fashion Cruise-in at Stan’s Dairy Freeze in Montross, hosted by the Northern Neck Region, Antique Automobile Club of America on August 21 saw plenty of cars and trucks of all types and years, as well as dancing in the parking lot.

Hard to Tell Band played rockabilly, blues, and ‘50s and ‘60s music, reported Ward Sevilla. The event grew to 45 participants and vehicles with 31 new registrants.

Participants enjoyed food from the Dairy Freeze and owner Stan Schoppe provided free drinks and soft-serve ice cream to all, said Sevilla. The club thanks Schoppe for his support and all he does for the community at large, he added.

The club collected four large boxes of school supplies that have already been distributed to the collection centers, said Sevilla.

Certificates of appreciation were awarded to David Beauchamp, muscle car, 1969 Chevelle SS; Welford Burrell, antique, 1968 Camaro; William Rudisaile, pickup, 1937 Chevy pickup; Diana Pearson, street rod, 1931 Ford Roadster; and Andy Swaney, Stan’s choice, 1938 Chevy Master Deluxe.

The next cruise-in will be September 18 at Stan’s Dairy Freeze, 17356 Kings Highway, Montross. Folks are urged to bring canned and dry foods to help stock the Northern Neck Food Bank.

# Cholesterol screenings will be offered Sept. 8

In honor of National Cholesterol Education Month, Bon Secours Rappahannock General Hospital and the Northern Neck Family YMCA will offer free cholesterol, glucose and blood pressure screenings from 8 to 10 a.m. Tuesday, September 8, at the YMCA, 39 William B. Graham Court, Kilmarnock.

“BSRGH and the YMCA strive to promote a heart-healthy lifestyle which includes knowing your numbers,” said BSRGH staff development coordinator Cathy Myers, RN.

According to the Centers for Disease Control, too much cholesterol in the blood is one of the main risk factors for heart disease and stroke, two leading causes of death in the U.S. Screening is the key to detecting high cholesterol. The National Cholesterol Education Program recommends that adults ages 20 or older have

# SPORTS SHORTS

**■ Mind & Muscle**  
Rappahannock Westminster-Canterbury will host a Mind & Muscle session at 11 a.m. September 14 at the Chesapeake Center, 132 Lancaster Drive, Irvington. Angela Kelly, RN, director of nursing of the RW-C Westbury Center, will speak on “Basic Diabetic Education.”

A complimentary buffet luncheon will follow the presentation. Reservations are required. Call 438-4000.

**■ Volleyball clinic**  
Christchurch School will host a volleyball clinic September 19 for girls in grades 6, 7, 8 and 9. The clinic will be held from 9-11:30 a.m. on the Christchurch School campus, 49 Seahorse Lane, Christchurch. Christchurch School volleyball coach Shannon Fisher will lead the clinic.

There is a \$25 fee for the clinic, which includes a t-shirt. Register at [christchurchschool.org/volleyball-clinic](http://christchurchschool.org/volleyball-clinic), or contact assistant athletic director John Dehm, 758-2306, ext. 596, or [sportsclinic@christchurchschool.org](mailto:sportsclinic@christchurchschool.org).

**■ Mahjong event**  
The Middlesex County Woman’s Cub will host a mahjong event from noon to 4 p.m. September 18 at the MCWC Clubhouse, 210 Virginia Street, Urbanna. There will be food and door prizes.

The fee is \$20 per player. To reserve tables of four, contact Sharon Colston at 540-809-9900, or [sncathome@yahoo.com](mailto:sncathome@yahoo.com); or send an \$80 check payable to Middlesex County Woman’s Club to Sharon Colston, 89 Waterford Court, Urbanna, VA 23175.

**■ Ladies on the range**  
The Rappahannock Pistol and Rifle Club on September 12 will conduct a Women on Target Instructional Shooting Clinic at its range, 640 Blueberry Point Road, White Stone. All participants get to shoot a pistol and their choice of a rifle or shotgun. Firearms, ammunition and lunch are provided.

The fee is \$20 per person. Registration forms can found at [rprclub.com](http://rprclub.com), or contact Mike Farson at 757-784-5040, or [mpfarson@earthlink.net](mailto:mpfarson@earthlink.net).


**■ Boat show**  
The Reedville Fishermen’s Museum, 504 Main Street, Reedville, will present the Antique and Traditional Small Boat Show September 12, beginning at 10 a.m. The show will feature small boats representing every style and type, including antique runabouts, classic Chesapeake Bay skiffs, workboats, kayaks and canoes.

There also will be a nautical flea market, boats for sale, music, food, beer garden, crab pot demonstrations, yard sales and rides on the Elva C. Admission is \$5 for adults. To register a boat, call 453-6529, go to [rfmuseum.org](http://rfmuseum.org), or visit the museum.

**■ Travel trailer**  
The Boys & Girls Club of the Northern Neck is raffling a deluxe travel trailer. Tickets are \$20 each, or six for \$100. A drawing will be held September 15, or whenever 1,000 tickets have been sold.

The 21-foot Forest River Rockwood Roo trailer sleeps six. Inspect the trailer and purchase tickets at the Boys & Girls Club of the Northern Neck, 517 North Main Street, Kilmarnock.

Tickets will be available for purchase at the Irvington Market from 9 a.m. to 1 p.m. Saturday, September 5. The trailer also will be available for inspection.



## Weekly Tides

Windmill Point – Sunrise & Moon – September 2015

<b>Fri. 9/4</b> 67% Moon	High 3:58 Low 10:23 <b>High 4:31</b> Low 11:18	1.4' 0.1' <b>1.5'</b> 0.2'	Sunrise 6:38 <b>Sunset 7:30</b> Moonset 1:09 Moonrise 11:48
<b>Sat. 9/5</b> 56% Moon	High 4:58 Low 11:22 <b>High 5:35</b>	1.3' 0.2' <b>1.5'</b>	Sunrise 6:39 <b>Sunset 7:29</b> Moonset 2:09
<b>Sun. 9/6</b> 45% Moon	Low 12:22 High 6:02 <b>Low 12:25</b> <b>High 6:40</b>	0.4' 1.2' <b>0.3'</b> <b>1.4'</b>	Sunrise 6:40 <b>Sunset 7:27</b> Moonrise 12:38 <b>Moonset 3:04</b>
<b>Mon. 9/7</b> 35% Moon	Low 1:26 High 7:07 <b>Low 1:28</b> <b>High 7:43</b>	0.4' 1.2' <b>0.3'</b> <b>1.4'</b>	Sunrise 6:40 <b>Sunset 7:26</b> Moonrise 1:30 <b>Moonset 3:53</b>
<b>Tue. 9/8</b> 25% Moon	Low 2:25 High 8:08 <b>Low 2:28</b> <b>High 8:40</b>	0.4' 1.2' <b>0.3'</b> <b>1.4'</b>	Sunrise 6:41 <b>Sunset 7:24</b> Moonrise 2:24 <b>Moonset 4:38</b>
<b>Wed. 9/9</b> 17% Moon	Low 3:18 High 9:02 <b>Low 3:23</b> <b>High 9:30</b>	0.4' 1.3' <b>0.3'</b> <b>1.4'</b>	Sunrise 6:42 <b>Sunset 7:23</b> Moonrise 3:20 <b>Moonset 5:18</b>
<b>Thu. 9/10</b> 10% Moon	Low 4:04 High 9:50 <b>Low 4:12</b> <b>High 10:14</b>	0.3' 1.3' <b>0.3'</b> <b>1.4'</b>	Sunrise 6:43 <b>Sunset 7:21</b> Moonrise 4:15 <b>Moonset 5:54</b>
<b>Fri. 9/11</b> 5% Moon	Low 4:46 High 10:33 <b>Low 4:57</b> <b>High 10:54</b>	0.2' 1.4' <b>0.2'</b> <b>1.4'</b>	Sunrise 6:44 <b>Sunset 7:20</b> Moonrise 5:11 <b>Moonset 6:27</b>

**Corrections**

	High	Low	Height
Piankatank River, Cherry Pt.	-1:42	-1:44	86%
Great Wicomico River Light	0:30	0:20	75%
Smith Point Light	1:01	0:44	86%

PM times are in boldface type

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From left, Bob Johnson, Kylie Bransford and George Chagalis tallied a 64 to win the mixed scramble August 30 at Indian Creek Yacht & Country Club.

CLUB GOLF

Golden Eagle

Golden Eagle Golf Club play day winners for August 26 were first, Allen Robins; second, Carl Roane; and third, Nancy Pannell. Winners for August 28 were first, Mike Osteen; and second (tie) Jerry Foley, Hank Little and Dave Gutowski. Winners for August 31 were first, Tom Ray; second, Roane; and third, Little.

Indian Creek

Indian Creek Yacht and Country Club ladies 9-hole winners for August 27 were first, Joy Dawson; second, Susan Burch; and third, Louise Petralia. Men’s midweek winners were Craig Callahan, Ed Roccella, Michael Rhodes and Bob Smith. Friday Knights winners were Roccella, Rhodes and Bill Hanes. Mixed scramble winners for August 30 were first, Bob Johnson, Kylie Bransford and George Chagalis; second, Steve Edmonds, Tom Callan, Charlie Bradshaw and Donna Swinney; and third, David Pilvelait, Mack Radigan, Cyndie Stephenson and Mary Kay Rotert.

King Carter

King Carter Golf Club men’s play day winners for August 24 were first, Bruce Adams; and second, (tie) Phil Booth and Ed Zazowsky. Winners for August 26 were first (tie) Arthur Abbott and Tom Cernicky; and third, (tie) Wayne Graves and Tony Sica. Winners for August 28 were first, (tie) Graves and Bruce Strebel; and third, (tie) Carroll Craig, Dave Gwaltney and Sica.

Piankatank River

Piankatank River Ladies Golf Association winners for August 27 were first, Tunie Dooley, Bev Hudgins and Wendy Woods; second, Gloria Matthews, Betty Johnson and Donna Lange; and third, Ann Stanley, Chrystal Welch, Patricia Olson and Kim Harris.

Quinton Oaks

The Quinton Oaks Senior Men’s League first flight winners for August 25 were first, Ed Hoeck; second, (tie) Terry Brueser and Wayne Oliff. Second flight winners were first, Phil Gates; second, (tie) Frank Gingiloski, John Miles and Don Chamberlain.

VWW tourney

Golfers are invited to participate in the annual Virginia Wounded Warrior Golf Tournament September 25 at the Piankatank River Golf Club in Hartfield. Presented by the Knights of Columbus Assembly 3349, the event is a four-player captain’s choice competition open to everyone. Proceeds will benefit the Virginia Wounded Warrior Program. The entry fee is \$80 per player. Registration will begin at 11 a.m. followed by a shotgun start at noon. To sign up, contact Al Langer at 776-7427, or alanger1@va.metrocast.net, or Richardson at 776-0949 or lynnegary@gmail.com.

Grab Bag

The Northern Neck Anglers Club will host the Grab Bag Fishing Tournament September 12 and 13. Target species will be Spanish mackerel, speckled trout and spot. First- and second-place gift certificates will be awarded for each species by weight. Annual dues are \$30 and all tournaments are free to members. To join, visit northernneckanglersclub.wordpress.com; or call Mark Roy at 540-550-7108.

Lady bowlers

The Lancaster Northumberland Ladies Bowling League is looking for ladies to join the group for the 2015-16 season. The league bowls at 7:30 p.m. Mondays at Evans Bowling Center, 34 Cralle Court, Kilmarnock. “We welcome you whether you’re an experienced bowler or have never bowled. Come join us for a fun girls’ night out,” said Terry Stillman, 436-2023.

Trail run

The fourth annual Friends of Belle Isle State Park 5K Trail Run/Walk will be held September 26 at Belle Isle State Park, 1632 Belle Isle Road, Lancaster. Prior to September 19, the entry

fee is \$24 for ages 12 and older, or \$15. After September 19, fees increase by \$3.

On-line registration is preferred at friendsofbelleislestateparkva.org; or call the park office at 462-5030. For overnight accommodations at Belle Isle State Park, call 1-800-933-7275, or visit virginiastateparks.gov.

Anglers meeting

The Northern Neck Anglers Club will meet at 7 p.m. October 3 at Lancaster Community Library, 235 School Street, Kilmarnock. The club is dedicated to educating anglers about saltwater fishing techniques and sharing information about tackle, bait selection, fishing techniques and locations.

Annual dues are \$30 and all tournaments are free to members. To join, visit northern-

neckanglersclub.wordpress.com; or call Mark Roy at 540-550-7108.

SOWF golf event

The fifth annual Special Operations Warrior Foundation (SOWF) Chesapeake Bay Charity Golf Event will be held September 30 at King Carter Golf Club, 480 Old Saint Johns Road, Irvington. SOWF is specifically dedicated to the military’s Special Operations Forces and their families.

Checks for individual contributions may be made to “SOWF” and mailed to: The Special Operations Warrior Foundation, Chesapeake Bay Charity Golf Event, P.O. Box 1481, Kilmarnock, VA 22482; call Tom Quinn at 703-927-0056, or Fred Gilman at 804-761-1427; or visit specialops.org.

Boating safety

U.S. Coast Guard Flotilla 33 will offer a free Virginia Boating Safety Class from 8 a.m. to 5 p.m. September 12 at Lancaster Community Library, 235 School Street, Kilmarnock.

The course meets the Virginia requirements for obtaining a Safe Boating Certificate. To register, contact public education officer Win Schwab at winschwab@gmail.com, or 703-635-4100.

Follow the home team in the Rappahannock Record and at RRecord.com

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Lancaster County Deputy Sheriff Patrick McCranie helps an elementary school pupil decide on tennis shoes at the Sports Centre in Kilmarnock.

## ‘Shop with a Cop’ helps outfit students

Representatives of the Lancaster County Sheriff’s Office and the Virginia State Police recently went on a shopping spree as part of the annual “Shop with a Cop” program to provide needy children with clothing and classroom supplies for the new school year.

Lancaster County Deputy Sheriff Patrick McCranie founded the annual program seven years ago, while he was a Virginia State Police trooper.

The officers this year helped six elementary school children chosen for the program by the Boys & Girls Club of the Northern Neck in Kilmarnock. The shopping trip included stops at several Kilmarnock stores.

## Northumberland bus routes posted

Transportation director Reggie Taylor recently posted the Northumberland school bus routes for the 2015-16 academic year.

Parents are reminded that school buses will be transporting all three schools on the same buses this year, said Taylor.

**Tentative routes**

Bus 2, Shelia Thrift, all of Hull Neck, Blundons, Sydnors Mill Pond, Betts Bottom, Mob Neck.

Bus 5, Richard Watts, all of Gibeon, Lively Hope, Fruit Plain, Valley, Warrens, Deer Run, Gardys.

Bus 6, Karen Dunaway, all of Newmans Neck, Hull Harbour, Fleets Cove, Font Hill, Bay Quarter, Walnut Point, Clarktown, Coan Wharf.

Bus 7, Sheryl Taylor, all of Remo, Boogey Neck, Mila.

Bus 12, Quentin Swann, all of Northumberland Highway from Salem to Academic, Crabbe Town, Coan Stage from Coan Stage Church to Northumberland Highway, Forrest Landing.

Bus 14, Debbie Cash, all of Lake, Bundick, Glebe View, Coan Harbour.

Bus 15, Barbara Newton, all of Fleeton, Cheseapeake Beach,

Crowder, Crowder Point, Morris, Maple, Reed, Sutton.

Bus 16, Joyce Lee, all of Hacks Neck, Gonyon, Maple.

Bus 19, William Smith, Lampkin Town, Canyon, Blackwells Wharf, Pumpkin Hill, Cedar Point, all of Northumberland Highway from Jessie duPont to Academic Lane.

Bus 20, Kim Reed, all of Lewissetta, Cowart, Church, Melrose, Glebe.

Bus 21, Phyllis Coleman, Knights Run, Coopers Landing, Simpsons Wharf, Locust Cove, Skipjack, Light, George Town, Indian Valley.

Bus 22, Bernard Newton, all of Fairport, Buzzards Point, Fox Point, Waverly, Whays Creek, Brickyard.

Bus 23, Juanita Brooks, all of Hampton Hall, Mundy Point, Harry Hogan, Lodge, Kissingen Springs.

Bus 24, Missy Vanlandingham, Pole Thicket, Dameron Town, Raven, Beagle Run, Northumberland Highway from Callao Supply to Salem.

Bus 25, Gail Crabbe, Ridge, Quinton Oaks, Victoria, Walmsley, Ivy, Dodlyt, Hazard, Deer



From left are Northumberland Public Library children's programs coordinator Ann Bates and Caroline Neal.

## Caroline Neal earns ‘super reader’ status

Caroline Neal, a fourth-grader at Northumberland Elementary school, read the most books this summer in the YMCA Summer Camp’s Summer Reading Program.

She read 112 books and far exceeded the requirements of her elementary school’s summer reading goal of reading 20 picture books or five chapter books or a combination.

Every Tuesday throughout summer months, the YMCA based campers to the Northumberland Public Library so campers could check out books to read, reported NPL publicist Don

Hirst.

A daily reading time was built right into the camp day four days each week, and counselors maintained the children’s reading logs (provided by the library and distributed by the elementary and middle schools) helping the YMCA Camp read a total of 2,143 books (last year they read 978 books).

NPL partners with the YMCA and the Northumberland public schools each year to make summer reading a priority for county children, said Hirst. This year the elementary school has set a goal of reading 7,000 books.

## Lancaster bus routes announced

Transportation Director John Mann, by 5 p.m., September 6, will post the Lancaster school bus routes for the 2015-16 academic year at the front entrance of each school.

The routes were established with the transportation forms returned at the end of the school year. The buses are scheduled to be full; bus notes can not be accepted this year, said Mann.

Pre-kindergarten, kindergarten and primary students should wear a name tag with their name, telephone number and bus number on the tag when they get on the bus, he said.

“For student safety, we will not allow any LPS student off the bus until the driver confirms that a responsible individual is there to receive the child,” said Mann. “If a responsible individual is not there, the bus driver will return the student to LPS at the end of their route.”

If a student does not ride from, or to, their assigned stop, it is the parent’s responsibility to provide transportation for them, he said. Parents are urged to send their children to school on the bus the first week of classes so routes can be validated.

Following are the tentative bus routes. The start times are only an estimate. Streets are listed in the order the bus travels.

**LPS routes**

LPS Bus 04, Patsy Clark, 6:50 a.m., Chowning Ferry, River, Senora, Millenbeck, Slabtown, White Hall, River, Payne’s Shop, Belmont and Lonsome Pine, Sage Hill, River, LPS.

LPS Bus 5, Lucille Toulson, 6:55 a.m., Carlson, Pinckardsville, Crawfords Corner, Twin Branch, Chestnut Grove, Beanes, Lara, White Chapel, LPS.

LPS Bus 07, Angel Hudson, 7 a.m., River, Belle Isle, Granville, Kathy, Sullavans, Corrotoman by the Bay, Western Branch, White Chapel, Jeffrey, Griffins Landing, Mary Ball, LPS.

LPS Bus 23, Karen Emminizer, 7 a.m., Chesapeake, Fairway, Greentown, Gaskins, Weems, Johns Neck, Benson, James, Weems, Wilson, Jenkins, Irvington, Keith, Yorkshire, Keith, Second, Eubank, Rose-neath, LPS.

LPS Bus 26, Jack Bailey, 7:05 a.m., Alfonso, Mary Ball, Nuttsville, River, Lancaster Shores, Morattico, Mary Ball, LPS.

LPS Bus 29, Diane Owens, 6:40 a.m., Woods, Windmill Point, Beach, Dawson, Shady, Cherry Point, Newtown, James Wharf, Rappahannock, Sandlin, Ice House, Mosquito Point, Little Bay, Dungeons Thicket, Scott, Ocran, LPS.

LPS Bus 34, Patricia Early, 7 a.m., Taylors Creek, Lumberlost, Black Stump, Mary Ball, Merry Point, Buzzards Neck, Devils Bottom, Pond Park, Riverwood, LPS.

LPS Bus 36, Linda Ashburn, 7 a.m., Millburn Estates, Dawson, Fleets Bay, Boys Camp, Wiggins, Mary Ball, Rose-neath, South Main, Chase and Hatton, Cedar and Chase, Dogwood and Chase, Waverly, Clarke, School, Fox Hill, Jessie duPont, Good Luck, LPS.

**LMS/LHS routes**

Bus 09, Paul Webster, 6:50 a.m., Yankee Point, Oak Hill, Levelgreen, Ottoman Ferry, Slabtown, Millenbeck, Cottage Cove, Chowning Ferry, River, Reynolds Farm, River, Payne Shop, Belmont and Lonesome Pine, Sage Hill, LHS/LMS.

Bus 10, Jack Bryant, 7 a.m., Irvington, Chesapeake, King Carter, Steamboat, Little Bay, Dungeons Thicket, Bald Eagle, Ocran, LMS/LHS.

Bus 13, Patricia Baker, 6:50 a.m., Chestnut Grove, Twin Branch, Beanes, Miskimon, Lara, Alfonso, Lara, White Chapel, Mary Ball, Clover, Mary Ball, LHS/LMS.

Bus 16, Connie Smith, 6:50 a.m., River, Belle Isle, Lancaster Shores, Morattico, Nuttsville, Morattico, Mary Ball, LHS/LMS.

Bus 18, Peggy Hendrickson, 7 a.m., Browns Store, Crawfords Corner, Regina, Crawfords Corner, Carlson, Pinckardsville, Devils Bottom, Riverwood, Pond Park, Devils Bottom, Merry Point, LHS/LMS.

Bus 19, Valerie Turner, 6:50 a.m., Mary Ball, Old Orchard, Griffins Landing, Mary Ball, Merry Point, Richtown, Iberis, Buzzard Neck, LHS/LMS.

Bus 24, Barbara Hall, 7 a.m., Granville Bay, Rocky Neck, Howards, Doggetts, River, Kathy, River, Western Branch, Sullavans, Corrotoman by the Bay, White Chapel, LHS/LMS.

Bus 27, Richard Franco, 6:45 a.m., Mosquito Point, Windmill Point, Ring Farm, Golden Eagle/Lancaster, Irvington, LMS/LHS.

Bus 28, Pat Gordan, 7 a.m., Weems, James, Weems, Benson, Johns Neck, Weems, Taylors Creek, Lumberlost, Black Stump, LMS/LHS.

Bus 30, Deborah Smith, 7 a.m., Harris, Mary Ball toward White Stone, Ice House and Sandlin, Blueberry Point, Newtown, James Wharf and Joyful Way, James Wharf, Shady, Cherry Point, Dawson, Beach, Mary Ball, LMS/LHS.

Bus 31, Laverne Smith, 7:15 a.m., Christ Church, Greentown, Gaskins, Weems, Gunther, Wilson, Jenkins, Irvington, LMS/LHS.

Bus 33, Dianne Abbott, 7:05 a.m., Fleets Bay, Wiggins, South Main, New South, Mary Ball, Millburn Estates, Simmons, Boys Camp, Chase, Clark, Roseneath, Eubank, Yorkshire, Keith, School, LMS/LHS.

Bus 37, Dave Carlson, 7:10 a.m., Jessie duPont, Morattico Church, Good Luck, Campbell, Cox Farm, James B. Jones, North Main, East Church, Fox Hill, LMS/LHS.

Parents with questions regarding the bus routes should call 462-5100.

Gap Lane, Coan Stage from Coan Stage Church to Ridge.

Bus 28, Keith Howard, Beans, Miskimon, Bunker Hill, Lara Ridge, Courthouse, Burnett.

Bus 29, Doris Dunaway, East Church, Jarvis Point, Bluff Point, Kent Cove, Prentice Creek, Ditchley, Apple Grove, Jessie duPont from East Church to Morattico Church.

Bus 30, Gary Hamblin, all of Richmond Road from Village to Callao, all of Callao, Owl Town, Azalea.

Bus 33, Judy Thomas, all of Greenfield, RockTown, Sheps Point, Folly.

Bus 34, Wayne Conaway, Brownstore, Old Tipers, Firehouse, all of Jessie duPont from Wicomico Church to Pine Point Ridge.

Bus 35, William Saunders, Sunny Bank, Smith Point, Blackberry, Taylors Beach, Locksley Hall, Lancelot, Gaskins Beach.

Bus 36, Joyce Caster, Balls Neck, Shiloh School, Jessie duPont from Shiloh School to Wicomico Church, Crosshills, Mount Olive.

## Tutors needed for Lancaster schools

Lancaster schools are gearing up for another great year for the volunteer tutoring program, announced coordinator Sandy Armstrong.

“Tutors are welcome in all three schools,” said Armstrong. “If you enjoy working with students and have the desire to make a positive impact on the lives of young people, this may be a very rewarding opportunity for you.”

“Tutoring young people is a great way to help struggling students while supporting the local community by giving of your time and talents,” she said.

Orientation and training for both new and returning volun-

teer tutors will be held from 8:30 to 11 a.m. September 29 at Lancaster Middle School, 191 School Street, Kilmarnock. Photo IDs also will be taken and light refreshments will be served.

The volunteer tutoring program is supported financially by churches, civic organizations and foundations.

Applications for new volunteers may be picked up during regular working hours at the school board office, 2330 Irvington Road, Kilmarnock; or contact Armstrong at 462-5100, extension 2008, or sarmstrong@lcs.k12.va.us.

## Share agriculture resources with favorite teacher, school

When back-to-school shopping this year, don’t forget a favorite teacher or school.

Parents, grandparents and others with an interest in education have the opportunity to give agriculture-related resources to an educator or a local school through Virginia’s Agriculture in the Classroom (AgInTheClass.org), Adopt-a-Teacher and Adopt-a-School programs.

Donors’ contributions to AITC can ensure that an educator will receive agriculture education resources and the opportunity to attend an AITC workshop at no cost.

“We wanted to give everyone with an interest in agriculture and education the opportunity to help a teacher learn more about agriculture,” said Tammy Maxey, senior education program coordinator for Virginia AITC. “Each contribution gives us the opportunity to provide teachers with resources they can use to help children understand and appreciate agriculture.”

A \$35 donation to AITC will

provide a teacher, administrator or school librarian of the donor’s choosing an education kit that includes read-aloud books from AITC’s Farmer Ben series, an educational banner and other materials; access to more than 150 lesson plans; information about upcoming AITC professional development trainings and grant opportunities; the latest AITC teacher newsletter; and a copy of the program’s newest curriculum, Sprouting Success in the Classroom.

Virginia AITC has been providing resources to educators for more than 25 years and is part of a nationwide effort to help teachers and students understand and appreciate agriculture, which is Virginia’s and the nation’s largest industry. All AITC services are provided to educators at no cost.

The AITC program is funded by donations through the Virginia Foundation for Agriculture in the Classroom. The Virginia Farm Bureau Federation is one of its largest supporters.



From left are Nychelle Thompson and Caroline Merryman.

## Irvington UMC presents two college scholarships

College classes have started and two young ladies are off to a better beginning because of scholarships received from Irvington United Methodist Church.

Caroline Merryman and Nychelle Thompson were honored at a reception and awarded their scholarships on a recent Sunday morning, said Audrey Lowery.

Irvington UMC provides a scholarship to a student from Northumberland and one from Lancaster each year. In addition, funds from the Distinctive Bazaar, October 3, November 7 and December 5, will support two \$500 scholarships, as well as donations of \$400 to the Northern Neck Middlesex County Free Health Clinic, \$200 to the Kilmarnock Food Bank, \$200 to the Animal Welfare League for the Northern Neck, and literacy fund grants of \$200 each to Lancaster pre-school, Northumberland ninth-grade, Middlesex High School, Peasley Middle seventh-grade.

## JEWELRY FACTS

BY ROSS CHRISTIANSEN



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# Ewan Scott is LHS Football raffle winner

*By: LHS Staff*

Damien Crissey and his coaching staff, along with help from players, LHS staff, community members, and parents, recently wrapped up the first ever \$20,000 50/50 raffle. Daily winners were announced during the final 10 days of July. Prizes ranged from \$250 to a grand prize of \$4000. LHS alum Eddie Sawdy, of King William, won the \$4000 grand prize. Proceeds from the event will be used to help fund the LHS varsity and junior varsity football programs. Coach Crissey would like to thank everyone who purchased or sold tickets.



LMS student, Ewan Scott is the \$500 prize winner



## LHS Freshmen Orientation

LHS cheerleaders prepare to welcome freshmen students. In an effort to develop better relationships with parents and new students, the high school staff held a cookout prior to this year's freshmen orientation.

## Free and reduced price meals policy announced

Lancaster schools food service director Stephanie Carter recently announced the policy for providing free or reduced price meals for children served under national school lunch and breakfast programs. Copies are available at each school and the central office. Household size and income will be used to determine eligibility for benefits, said Carter.

Children from households whose income is at or below the Federal Income Eligibility Guidelines may be eligible for either free or reduced price meals, explained Carter. Children who are members of households receiving Supplemental Nutrition Assistance Program (SNAP) benefits or Temporary Assistance for Needy Families (TANF) may be automatically eligible for free meals.

Children who are homeless, migrant, or runaway may also be automatically eligible for free meals, she said. Foster children, who are the legal responsibility of a welfare agency or court, are eligible for free meals regardless of the income of the household with whom they reside. Children who are members of households participating in Women, Infants and Children (WIC) may also be eligible for free or reduced-price meals based on the household's income.

According to Federal Income Eligibility Guidelines, households with one family member are eligible for free meals if the maximum household income is below \$15,301; two, \$20,709; three, \$26,117; four, \$31,525; five, \$36,933; six, \$42,341; seven, \$47,749; and eight, \$53,157. For each additional family member, add \$5,408.

Households with one family member are eligible for reduced price meals if the maximum household income is between \$15,301.01 and \$21,775; two, \$20,709.01 and \$29,471; three, \$26,117.01 and \$37,167; four, \$31,525.01 and \$44,863; five, \$36,933.01 and \$52,559; six, \$42,341.01 and \$60,255; seven, \$47,749.01 and \$67,951; and eight, \$53,157.01 and \$75,647. For each additional family member, add \$7,696.

Application forms are being distributed to all households. Applications also are available at each school and at the central office, said Carter. To apply for free or reduced price meals, households must only fill out one application per household and return it to the school division. Applications may be submitted at any time during the school year.

The information households provide on the application will be used for determining eligibility and verification of data, she continued. Applications may be verified at any time during the school year by school or other program officials.

Households receiving SNAP or TANF only have to list their children's name and SNAP or TANF case number and an adult household member must sign the application.

Households who do not list a SNAP or TANF case number, including WIC households, must list the names of all household members, the amount and frequency of the income received by each household member, and the last four digits of the social security number of the adult household member who signs the application. If the household member does not have a social security number, the household member must indicate that a social security number is not available. The application must be signed by an adult household member in order to be approved.

Carter will review applications and determine eligibility. Households dissatisfied with a ruling may wish to discuss the decision with her on an informal basis. Households wishing to make a formal appeal for a hearing on the decision may make a request either verbally or in writing to Dan Russell, P.O. Box 2000 Kilmarnock, VA 22482; or call 462-5100.

SNAP and TANF households must complete an application if they are not notified in writing of their automatic eligibility within the first 10 days of the new school year.

# SEE WHAT IS HAPPENING AT LANCASTER COUNTY PUBLIC SCHOOLS

## Upcoming events:

9-4	First home football game vs. King & Queen	9-15	Seniors Formal Photos, All day, LHS Gym	9-22	LPS Boy Scout Night, 6:30 LPS Cafeteria
9-8	First day of school!	9-19	Kilmarnock Museum Talent Extravaganza, 7:30pm LMS Auditorium	9-23	LHS Senior Graduation orders due
9-14	LHS Sports Pictures, 3:30-6:30 School Board Meeting, 6:30 LMS Library	9-21	LHS Senior Graduation Presentation, LMS PTA meeting, 6:30	9-27	LHS Band performance at VA State Fair
				9-29	LHS Underclass Pictures

## LMS news

- By: LMS Staff*
- Students were asked to read over the summer and complete a reading log. Upon return, the students who participated will be invited to a celebration. Logs are due Sept. 11th.
  - The Northern Neck Regional Governor's School at the NN Technical Center was held in August. 21 students from LMS were able to attend the week long enrichment opportunity. Eligible students in grades 4-7 received instruction in the areas of communications, technology, science and photography.
  - RISE Academy is a summertime academic program that helps bridge the gap between the prior grade and upcoming grade. Students from LPS and LMS attended for 3 weeks. This program was for eligible rising kindergartners through sixth graders.
  - Several students shopped with Deputy Patrick McCranie and other local deputies and troopers for back to school clothes.
  - Once again we had our uniform swap and it was very successful. Uniform donations will continue to be accepted in the front office throughout the school year.

## NEWSPAPERS BRING LEARNING TO LIFE!

## Lancaster school lunch fees increase for 2015-16

Lancaster County food service manager Stephanie Carter recently announced the fee for student and adult lunches will rise for 2015-16. The price for lunch at Lancaster Primary School has been increased to \$2.35, said Carter. The price for lunch at Lancaster Middle and Lancaster High schools has been increased to \$2.45. Adult meals will be \$3.25 for a regular lunch, and \$3.50 for a lunch for the wrap/sub line. Due to the paid lunch equity tool, created to help school food authorities calculate their paid lunch price increase requirement and non-federal source contributions to meet the requirements in Section 205 of the Healthy, Hunger-free Kids Act of 2010, the county was required to increase lunch prices, said Carter. The cost of a full paid lunch will be \$2.57, by the 2016-17 school year, she said.

### Lunch Menu for Lancaster Primary, Middle, & High School September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Milk is offered with both Breakfast and Lunch.</i>	LMS & LHS offers daily your choice of; Chicken Salad, Chicken Fajitas, or Ham, Wraps or Subs as an optional choice.	LPS offers daily choice of; Ham, or Peanut Butter & Jelly Sandwich, or a Side Salad an optional choice for lunch.		
7)	8)Cheesburger/ WG bun Baked Beans Raw Veggie cup Mixed Fruit	9) WG Fish sticks Spinach & Romaine Salad Raw Veggie cup Pears	10) WG Corn Dog Nuggets Corn Raw Veggie cup Grapes	11) WG Chicken Nuggets WG Roll Green beans Raw Veggie cup Assorted fruit
14) Rib-A-Que/WG Bun Baked Beans Applesauce cup	15) WG Cheese Pizza Spinach /Romaine salad Raw Veggie cup Fresh Pineapple	16) Turkey Hot Dog WG Bun Corn Mixed Fruit	17) WG Chicken Tenders Sweet Potato Fries Pears	18) Ham & Cheese Wrap Lettuce & Tomatoes Green Beans Assorted fruit
21) WG Corn Dog stick Raw Veggie cup Mixed Fruit	22) Hamburger on WG Bun Tomatoes & Lettuce Cucumber salad Assorted fruit	23)Taco WW Shell Re-fried Beans Apple sauce cup	24) WG Chicken Parmesan/Cheese Broccoli Pears	25) WG Fish on a WG bun Lettuce & Tomatoes Tater Tots Peaches
28) WG Corn Dog Nuggets Corn Raw Veggie cup Grapes	29) Meatballs/Cheese WG bun Baked Bean Applesauce	30) WG Chicken Nuggets WG Roll Green Beans Raw Veggie cup Mixed Fruit		

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YMCA day campers celebrate agricultural education program completion by cooking out with produce grown during the program.

# YMCA Summer Day Camp features agriculture education

The YMCA and Farm Bureau partnered to advance agricultural education in the Northumberland community. Recently the YMCA's Summer Day Camp program came to an end after 11 weeks of fun filled adventures. A main feature in the camp activity line-up this year was centered on agricultural education.

"Agriculture is such a vital industry in Northumberland County and the Y wanted to integrate activities that taught our camp participants about it," said program director Allison Cockrell.

Each week the camp would participate in two different activities. Tammy Wilkins facilitated activities at the YMCA and at the Northumberland High School greenhouse following Farm Bureau's Ag in the Class curriculum.

The children learned about the growing cycle and taste tested many summer garden vegetables following basic recipes, said Cockrell.

The children also received agricultural education through activities facilitated by the Master

Gardeners at the Northern Neck Farm Museum.

"This collaboration has been in place for a couple years now and really has become a great experience for our camp kids," added Cockrell. "The kids don't particularly like pulling weeds, but when it comes time to begin harvesting vegetables and they get to taste the fruits of their labor, it becomes worth it to them."

"We are appreciative of the local farming community for helping the YMCA offer new and expanded programs for children, and after this summer we can already see the potential for agricultural education within our programs," said branch director Cristian Shirilla. "There is a wealth of practical knowledge to be shared and passed on, and we know that years from now the children will not only remember these experiences, but will benefit from them in many ways."

Agricultural education programs will continue this fall through the YMCA Afterschool program.

# Birthplace welcomes fourth-graders through Every Kid in a Park initiative

George Washington Birthplace National Monument invites all fourth-grade students to visit the Birthplace as part of the White House's new Every Kid in a Park program.

The students can go to [everykidinapark.gov](http://everykidinapark.gov) and complete an activity to obtain a free annual pass to more than 2,000 federal recreation areas, including national parks.

"This program is part of the National Park Service's centennial celebration in 2016," said Birthplace superintendent Melissa Cobern. "While George Washington Birthplace does not charge an entry fee, we support the effort to get kids in parks. We think that's an incredibly worthwhile endeavor and

encourage kids of all ages to explore our national parks."

The goal of the Every Kid in a Park program is to connect fourth-graders with the great outdoors and inspire them to become future stewards of national parks. Fourth-graders and their families can use the pass for free entry into national parks and other federal public lands and waters across the country through August 31, 2016.

The website includes fun and engaging learning activities aligned to educational standards, trip planning tools, safety and packing tips, as well as other important and helpful information for educators and parents.

Fourth-grade educators, youth group leaders and their

students across the country also will participate in the program through field trips and other learning experiences.

The Birthplace offers a variety of educational programming for fourth-graders and welcomes thousands of local students to the park every year. The Birthplace also offers a variety of other activities that fourth-graders and their families can enjoy, including a self-guided junior ranger booklet.

Every Kid in a Park is an administrative-wide effort, launched by President Barack Obama, and supported by eight federal agencies, including the National Park Service, the Army Corps of Engineers, Bureau of Land Management, Bureau of Reclamation, Department of Education, Fish and Wildlife Service, Forest Service and National Oceanic and Atmospheric Administration.

## SCHOOL REPORTS

### Warrior reunion

The ninth Grand Warrior reunion banquet for alumni and friends of A.T. Wright and Brookvale schools will be held at 7 p.m. Saturday, September 5, at the Beacon, 2737 Greys Point Road. Topping. A church service will be held at 10 a.m. September 5 at Mount Vernon Baptist Church in White Stone.

The banquet fee is \$40. Contact Hill at 577-3356.

### More School News on page D?

# Chesapeake Academy announces new faculty

Chesapeake Academy recently announced new faculty members for the 2015-16 school year.

These individuals were selected from among a talented pool of applicants for their character, enthusiasm and expertise and appropriateness to the school's mission, said head of school Debbie Cook.

The new faculty members include Kaitlin Benson, Catherine Emery, Susan May, Linda Montross and Ian York.



From left are (front row) Susan May, Kaitlin Benson, Catherine Emery and Ian York.

Benson joins the school as a fourth-grade homeroom teacher. She graduated magna cum laude from High Point University in elementary education, with minors in both special education and studio art. A member of three honor societies as an undergraduate, she earned a Graduate School of Education Scholarship at the University of Pennsylvania, where she completed her master's in reading, writing, and literacy.

Emery joins the PreK 3 & 4 program as an aide. She has a bachelor's in English from Randolph Macon Woman's College. She worked as a journalist for Media General and Time Warner/AOL until 2006 when the Emerys started their family. She continued to freelance until they moved to the Northern Neck and started Mount Airy Farms LLC,

a family-owned business that offers guided waterfowl hunts, a cut flower farm and gala events.

May joins the Early Childhood/Lower School Extended Day Program. May has a bachelor's from James Madison and a master's from Virginia Tech. She previously was a lead teacher at Kingdom Kids and The Learning Center Preschool, as well as director of after-school care at Northern Neck Montessori School.

Montross joins the school as a sixth-grade Latin teacher. She has a bachelor's in Latin from Oakland University and a master's in Latin from the University of Virginia. A retired Latin teacher from Fairfax County, she serves on the National Latin Exam Board and the National

Committee for Latin and Greek. She has earned awards from the American Classical League, the Classical Association of Virginia, the Virginia Distinguished Foreign Language Teacher Award, and was a finalist for the Fairfax County Teacher of the Year Award.

York joins the school as the physical education teacher and athletic director. He majored in physical education and played lacrosse at Hampden Sydney College. He began his teaching career at Christchurch School where he taught history and coached basketball, football and lacrosse. He was the head coach for the Appalachian State University lacrosse team and most recently taught and coached at Broadwater Academy.

# Arts for Youth schedules 10 programs

The Rappahannock Foundation for the Arts presents another jam-packed school year of Arts for Youth starting with a visit to Lancaster Middle School by flatpicking guitarist Rebecca Frazier on September 21.

"Bringing professional performers into the schools in the lower Northern Neck is an important mission of the RFA," said publicity and marketing

manager Victoria Rosendahl. "We try to bring in a diverse group for our school shows and, typically, they are not the same performers from our On Stage series."

Upcoming performances also will include The Barefoot Puppets, "Little Bread Hen," for Lancaster Primary School in September; comedian Mark Nizer, juggling, dance, music

and technology, for LMS in October; Lynne Ruehlmann, Cascading Stories, "Be Brave, Be Bold, Beware," for Lancaster High School in October; Syntetic Theater, "Music Box," for LPS in December; Barbara Lawson, "Stories with a Twist," for LMS in January; Barter Players, "A Wrinkle in Time," for LMS and "Antigone," for LHS in February.

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