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The typical crowd of equines and humans was on hand for last week's Pony Swim.

In the Swim Once More

Story & Photos

By Angie H. Crutchley

The 83rd Annual Chincoteague Pony Penning took place last Wednesday in front of tens of thousands of excited onlookers, including a few famous faces.

At 7:42 a.m., approximately 150 ponies, led by the world-famous saltwater cowboys, swam the width of Chincoteague Channel at slack tide. This was one of the earlier swims on record, which made for a more pleasant morning for the equine fans, since the bugs and heat were less of a factor. The two-minute swim brought the ponies to the southeast side of Chincoteague. The first foal to reach the shore was a male, crowned "King Neptune" and raffled off at 3 p.m. at the carnival grounds.

This year's Pony Swim was chock full of firsts. This was the first swim ever attended by a Virginia governor. Gov. Tim Kaine brought his 13-year-old daughter, Annella, for a mini-holiday. At the carnival the night before the swim, the fire company made a presentation to Kaine, who is rumored to be on Sen. Barack Obama's "short list" of vice presidential running-mates. Billy Joe Tarr, carnival chairman and fire company vice president, along with Denise Bowden, fire company secretary, presented Kaine an honorary membership to the fire company.

They also gave him a company jacket embroidered with his name and a DVD about the saltwater cowboys. Annella was given a lifetime membership in the Chincoteague Pony Association.

"It's been spectacular to have him (Kaine) here," said Bowden. "He's been a good friend to Chincoteague and we all appreciate his efforts for the volunteers, not only here but across the commonwealth."

Watching the swim from a private boat, Kaine joked with Tarr and Bowden, "It's such nice weather, it's too warm to wear my new jacket."

Kaine told the Eastern Shore Post that his daughter Nellie, as he was overheard calling her, rides horses and particularly enjoys showing miniatures. Asked if he planned on returning to the governor's mansion with a pony, he laughed. "I'm actually trying NOT to take back a pony, but there has been a great lobbying effort to take one back," he said.

As Kaine rode through the streets, one lady in the crowd asked him if he was going to be our next vice president. "I don't know yet," he responded with a smile. He then slyly grinned and said, "I've been asked that question a lot the last couple of days for some reason."

After the ponies rested for a while, the

(Continued on Page 4)

Court Orders Settle Crash Claims; Report Still Haunts Families

By Cheryl Nowak

The report of the "Multidisciplinary Crash Investigation Team" purported to end all inquiries of the tragic incident last year.

The court ended its part in the entanglements last week.

But for those who grieve, it will never end.

They will never forget their sons, brothers and friends who died that night of Jan. 19, 2007.

The two-vehicle crash on Market Street near Onancock took the life of Jared Randolph Atkinson, 21, of Wachapreague, Justin Carter Bradshaw, 21, of Harborton, Jonathan Paul Nolz, 21, of Onancock, Jereme James Parks, 20, of Melfa, and 2-year-old José Antonio Chapa of Onancock.

The four young men were in a 2000 Ford Explorer, driven by Atkinson, which ran off the roadway, overcorrected, overturned several times, and landed on top of the 1996 Chevrolet Silverado pick-up truck driven by José's mother, Angela Jean Moore.

There is little debate about that.

Four months later, the Crash Investigation Team, originating from the Virginia Commonwealth University Transportation Safety Training Center, concluded that the crash "illustrates the potentially tragic consequences of driving while under the in-

fluence of alcohol and/or drugs." The report noted that the blood alcohol concentration (BAC) of the driver of the Explorer was 0.31, and that two of the passengers who died in the crash also were inebriated — one with a BAC of 0.31 and another with a BAC of 0.14.

There is considerable debate about that.

Regina Parks, mother of Jereme Parks, and her attorney, Revel Lewis, dispute the means by which the BACs were determined. They argue, as previous cases have demonstrated, that BAC is unreliable if based on blood drawn from a seriously injured body. They point to data which show the value is more dependable if based on the fluid behind the eye.

Parks refers to a call from her son an hour before he died; she is certain he was not drunk at the time.

Nonetheless, those BACs, which place her son's at 0.14, were used as a basis for insurance denials and derogatory remarks against her son.

Yet Parks points to witnesses who said her son and his friends were polite and calm at the restaurant moments before the crash, talking about hunting and fishing, favorite topics of her son.

Parks argues that the Crash Investigation Team report had no basis for

(Continued on Page 3)

Accomac Man Indicted on Murder Charge

Tyvon Tyler, 22, of was indicted by an Accomack County Grand Jury Monday on charges of murder, use of a firearm in the commission of a murder and possession of a firearm by a felon.

The charges stem from the March 17 incident last year when 23-year-old Sentae Nock of Melfa was shot at a residence on Drummondtown Road near Wachapreague. Nock was pronounced dead at Shore Memorial Hospital.

Deputies responding to the scene found that the suspect, identified as Tyler, had fled the scene. He soon was

apprehended by officers following a foot pursuit. Tyler has been held in the Accomack County Jail with bond denied since his arrest.

Also indicted Monday were:

- Brian Keith Binder, 19, of Watts-ville on a charge of threatening to bomb a building and a charge of receiving stolen property;

- Ceonta Jamar Kellam, 17, of Parksley on charges of robbery, use of a firearm during the commission of a

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New Development Regs. Proposed To Protect Water

By Candy Farlow

It took nearly a year to draft, but state officials last week presented a plan they say will better protect local water quality and aquaculture.

That industry has grown in recent years to become a major economic segment of the local economy, generating more than \$50 million per year in sales.

However, as the aquaculture industry has blossomed, so too has development in some areas, causing watermen and other aquaculture officials to become increasingly concerned by runoff and discharges into the area's creeks and bays.

Last year, Gov. Timothy M. Kaine asked the state Department of Environmental Quality (DEQ) to come up with a strategy for protecting water quality while also allowing for controlled growth. Now, after myriad meetings and hearings among developers, watermen, farmers, local officials and engineers, the DEQ has introduced its plan, which has quickly won endorsement from the State Water Control Board.

While more public meetings and discussion by elected and agency officials remain to be held, it is expected the final plan could be put in place as early as next spring.

Under the proposed plan, developers and landowners on the Shore would be required to study environmentally sensitive alternatives if they want to expand or build wastewater systems that would discharge sewage into shellfish waters and cause them to be condemned.

According to Eleanor Daub, a state environmental manager who helped draft the plan, this requirement could add from \$65,000 to \$100,000 to any project affected by the regulations.

But its results could be overridden if a different system proved too expensive or socially disruptive.

A study would not be required, Daub said, if a development were to dispose of sewage through a septic system. Those systems have to be approved by the state Health Department, which also takes into account the proximity of aquafarming activities.

The rules would affect all tidal waters along Accomack and Northampton counties and one mile into the Chesapeake Bay. Seaside bays between the Shore and barrier islands would be included, but not the ocean waters to the east of the barrier islands.

The State Water Control Board voted 4-1 in favor of the proposals, with one member saying he thought existing regulations were sufficient. Shore resident Tom Walker, a board member who runs a shellfish farming operation, recused himself from the issue.

Parksley Man Drowns in Missouri

The body of a 56-year-old Parksley man was recovered from Lake of the Ozarks in Missouri late Friday night.

The Missouri Water Patrol says Calvin Bloxom was with friends when he jumped from a pontoon boat.

When Bloxom didn't surface after 25 minutes the rest of his party thought he swam to the shore. They decided to finish their trip and return the rental boat.

After arriving at their residence five and half hours later, the group called Camden County, Mo. 911 to report the man missing. His body was recovered shortly before midnight.

The Water Patrol is awaiting autopsy and toxicology results.

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Chincoteague Island Properties

Dreaming of a Better Shore

By Candy Farlow

With its goal still a distant aspiration, the organization known as Eastern Shore Dream Keepers has taken its first tentative steps forward.

That goal is to establish a community center to serve the Shore and, according to the group's founder Elron Savage, "We are ... dedicated to making our Shore a much better place to live. Here on the Shore," he says, "many of us say that we do not have anything to do, or anywhere to go. Dream Keepers is an organization striving to change that.

"We are hoping to provide events that will help bring the family together and provide a fun alternative to any street events, drugs, or even having to go out of town to have a great time. We are about uniting families together, but just not household families, but our family on the Shore, as a whole.

"Our dream, our mission, our purpose is to erect and dedicate to the Eastern Shore, their very own community center, a place where they can go and call a home away from home."

While there is no building, no land,

and very little money on hand for the ambitious mission, Dream Keepers does have a strong group of dedicated folks. In fact, training sessions have been held and the group's first actual programming has started.

Dream Keeper Kids kicked off recently and Savage says he wants it to be available two Saturdays a month in order to "provide something for our children to look forward to."

While there is staffing for the program, which includes activities and learning opportunities for youth, there is no permanent facility and the organizers are having to make do. But, Savage says, "I cannot stress enough how important this is and what it will bring to the Shore." Pledging to continue his fight, Savage notes, "If there is no effort, this project is for nothing. I have said it before, location is not as important as it is for a community to pull together and get the word out, help raise the funds, make the effort."

Savage asked that anyone with an idea for temporary housing of the kids' program should contact him at 787-4257. In addition, he says, Dream Keepers welcomes new volunteers.

To learn more about the organization or to volunteer or donate, log on to <http://easternshoredreamkeepers.tripod.com>

VMRC Decides Chincoteague Request

The Virginia Marine Resources Commission recently granted after-the-fact authorization for the expansion of a project along Chincoteague Channel.

Meetings Set With Congresswoman

U.S. Congresswoman Thelma Drake is hosting two forums on the Shore on Aug. 16 to discuss recent congressional action and other issues of importance to them, their families, and their communities.

The meeting will offer an open forum for questions and concerns about current policy and events, including the Transition to Digital Television, and information concerning the services the congresswoman's district offices provide.

The meetings will be held from 10 to 11 a.m. on Tangier Island at Swain Memorial U.M. Church and from 4 to 5 p.m. at the Eastern Shore Chamber of Commerce office in Melfa.

Richard Conklin had sought the authorization in order to retain two additional finger piers, 12 additional mooring piles and the relocation of two boat slips on his existing community pier, "The Landings," in Chincoteague.

While the request for the after-the-fact authorization was ultimately granted, Conklin failed to get approval to retain one boat slip on the south side of the adjacent motel pier. This slip was to be removed prior to completion of the community pier.

In addition to directing removal of that slip and mooring pile, the commission assessed Conklin a civil charge of \$1,200 and a triple permit fee of \$75.

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~ Crash ~

(Continued From Front Page)

contending that her son was "known to enjoy pushing the limits of the law and responsible action." This was not the young man who worked as a lifeguard, attended Eastern Shore Community College to avoid large college loans, took meticulous care of his body, and planned to pursue marine biology.

That report was equally upsetting for several other victims' relatives. Issued to the media before the families even knew of its existence, according to Parks, victims' families had been promised it would answer all their questions. But Parks had many others, several of which she has researched herself. Still left unanswered for her is why no autopsies were done, though her son's body was kept from her for four days, and who exactly comprises the "Multidisciplinary Crash Investigation Team."

Parks believes that officials who issued the report — it was presented to her by the State Police — should have taken the time to sit down with family members and review it.

Parks looks more favorably on the later report issued by the Virginia State Police Crash Team, including investigating officer Trooper W.W.

Williams and accident reconstructionist Trooper R.C. Brown.

That report keeps strictly to the facts of the accident and offers no commentary on the victims' lifestyles.

While the initial Multidisciplinary Crash Investigation Team report which disparaged her son raises Parks' ire, so too does the behavior of her insurance company.

Ironically, it is not the insurance company of the driver with which Parks has issues. That company — Allstate — sent her family a condolence notice and readily divided Atkinson's \$300,000 policy among the victims who lived and the estates of those who died. The last of the court orders distributing those funds was delayed until last Monday, partly because of the obstacles Parks says she met with her own insurance company.

Strongly believing that "no parent should ever have to go through any of that," she wants all motorists to be aware that their own vehicle insurance carries life and medical insurance for family members. "No one should have to hire an attorney to know they have life insurance," Parks says. The reticence of her agent to talk about her policy and the 18 months of interrogatories and denials from her insurance company," Parks laments, "were "very hurtful, very hurtful."

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IT'S IN THE CLASSIFIEDS

~ Ponies ~

(Continued From Front Page)

saltwater cowboys led them down the back streets of Chincoteague and onto Main Street. Kaine rode in the back of a Chincoteague Fire Company truck with his daughter, a member of his entourage, local media, and David Ladd.

This was the first trip to Pony Penning for Ladd, who played Paul Beebe in the 1961 movie, "Misty," that was filmed on Chincoteague and based on the book, "Misty of Chincoteague," by Marguerite Henry.

Ladd came to the island alone, explaining to the Eastern Shore Post, as he calmly puffed on his pipe, that his daughter intended on coming along, but she was finishing her midterms in college. "Two more classes and she graduates," said proud Papa Ladd.

He arrived on the island two days before the swim and said he got to return to the Beebe Ranch for an emotional excursion. Ladd said he quit acting 30 years ago and is now a movie producer. He has produced numerous television shows and movies and has served as an executive at MGM for several years. He told the Eastern Shore Post that he "has a bunch of stuff in the works," but since the writers' strike, there isn't any-



Gov. Timothy Kaine and his daughter, Annella, enjoy a quiet moment during last Wednesday's Pony Penning.

thing immediate.

Ladd watched the swim from the fairly new dock. "The Pony Penning was much smaller when I was here 48 years ago," he recalled. "It makes me very proud to be a part of the legacy of this island. I plan to leave tomorrow ... without a pony."

As the ponies made their way down the streets to the cheers of visitors, another first was taking place. Fire Chief David Lewis made his first Pony Penning ride ever on his sturdy horse, Ace. Remarked Lewis, "Folks have been after me for a while to make the ride. I'm so glad I did it. The hardest thing about riding is keeping the ponies in line down the road."

Indeed, the cowboys had a few bumps in the road before the swim even began. Master of Ceremonies Tarr said, "These stallions this year are young and very spunky. They haven't been getting along real well."

The night before the swim, the ponies went a little wild in the corral. According to Tarr and Lewis, they

broke down part of the fence and about 100 onlookers helped to make a human fence. "They were essentially part of the round-up and we appreciate it," said Tarr.

Lewis, along with other volunteer firefighters, responded to a call at 1 o'clock the morning of the swim. "There was smoke in a structure on Clark Street," he said. "We didn't get out of there until 2 a.m., once we had the situation under control. But once I got home, I was too excited to go back to sleep. I really have a new appreciation for the 15 or so Pony Penning Committee members, led by my first assistant chief, Chairman Harry Stanley Thornton. They really help with anything we need and they just don't get enough credit. I liked it so much this year, I just may do it again," said Lewis as Kaine handed out Pepsi products and water to him and all the men who rode in the swim.

The "Buy Back Babes," an unofficial group of 20 or so ladies and family members from all across the country, came to see their Palomino stallion, Tornado's Prince of Tides, that they bought for \$17,500 last year. Going by first names only, Suzanne, Wendy and Jessica explained they met in 1999 and decided to pool their money to buy and then give back to the fire company the tax-deductible ponies. Each year their group grows a little larger, and by the end of this year, they are expecting to be 35 strong. They take pictures with their "buy-backs" when they can and keep progress on the whole herd. "We plan to do this as long as we can," said Wendy.

Those ponies are inspected by veterinarians Dr. Charlie Cameron and Dr. Nuno Carreiro of the Eastern Shore Animal Hospital, assisted by Dr. Jim Juzwiak of the Manor Equine Hospital near Baltimore County, Md.

"The ponies are excellent this year," said Dr. Cameron. "There is a good crop of fillies with distinguishing markings, a lot of paint. We looked at the herd and we did have to treat a couple of mares for hypocalcemia. We also had to suture a stallion today. An-



David Ladd made his first trip to Pony Penning this year since starring in "Misty" when he was a boy.

other pony was being bullied by the herd on Monday and got bitten and bumped around a little bit. We sprayed the bite with an antiseptic. Those wounds will heal nicely. We took the injured horses away from the herd."

Dr. Carreiro explained, "The mares that had hypocalcemia are completely recovered now."

"We'll keep a close eye on them as they swim," said Dr. Cameron. Fortunately, the vets' services were not needed during the swim. However, Dr. Cameron, who has helped with Pony Penning for over 19 years, has had to assist foals in the past during the swim by pulling them into the boat.

Children appeared to be the most mesmerized by the whole event. Ten-year-old Justin Lappin was counting down the six years before he'll be eligible to ride in the swim.

"My Dad, Bobby, is a saltwater cowboy. I've been coming to this for six years now. I'm trying to convince Dad I can do it now," said Justin. His mom, Amy, explained that a rider must be at least 16. Justin's 5-year-old sister, Ashleigh, was crowned Little Miss Chincoteague at the carnival on July 3. Wearing her sash and sparkling crown, Ashleigh said, "I like the ponies. This is so much fun."

The fun, however, was a bit tempered for the Lappins that day. During our interview with her mother, Ashleigh looked a little too far over the edge of the dock and ... kerplunk! Poor Little Miss Chincoteague lost her crown overboard. As tears streamed down Ashleigh's little pink cheeks, her mother tried her best to comfort her. Two young men took turns diving to find the crown. At press time, it was still at the bottom of the bay.

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~ Grand Jury ~

(Continued From Front Page)

felony, possession of a firearm by a felon, underage possession of a firearm and being a participant in gang activity;

- Jarell Edward Corbin, 20, of Bloxom, on charges of breaking and entering, grand larceny, robbery, use of a firearm during the commission of a felony and being a participant in gang activity;

- Keshawn Terrell Kellam, 20, of Exmore, on charges of attempted robbery, malicious maiming, use of a firearm during the commission of a felony, and shooting at an occupied dwelling;

- Tyheem Sample, of Melfa, on a charge of distribution of cocaine;

- Christy Outten, of Sanford, on a charge of embezzlement;

- Patrick James Johnson, of Mears, on a charge of possession of hydrocodone;

- John Trevor Morgan, 37, of Onancock, on charges of aggravated sexual battery and taking indecent liberties;

- Joshua Lee Bradshaw, 24, of Accomac, charged with breaking and entering;

- Aulbry Cropper, 20, of Parklsey, on one charge of credit-card theft and four charges of forgery;

- Ceonta Jamar Kellam, 18, of Parksley, on a charge of obstruction of justice.

- Karen O'Hara Finster, 47, of Onancock, on a charge of assault and battery of a police officer;

- Cleve Arnold Hanna, 20, of Lee Mont, charged with burglary;

- Michael Humphrey Gibson, 28, of Chincoteague, on charges of assault and battery of a police officer, driving under the influence, refusal of a blood or breath test and property destruction;

- Jamar Thomas Duncan, 17, of Parksley, on charges of breaking and entering, grand larceny, robbery, use of a firearm during the commission of a robbery, underage possession of a firearm, possession of a firearm by a felon and possession of a concealed weapon;

- Cardell Shavar Mears, 19, of Accomac, on a charge of breaking and entering;

- Charles Michael Nash, 18, of Onancock, on charges of burglary and grand larceny;

- Javal Irving Pepper, 21, of Parklsey, on charges of attempted robbery, malicious maiming and use of a firearm during the commission of a felony;

- Steven Joseph Ramsey, 18, of Onancock, on charges of burglary and grand larceny;

- Javon Fonta Scarborough, 17, of Norfolk, charged with robbery and use of a firearm during the commission of a felony;

- Alexander Paul Voehringer, 35, of Onancock, on charges of breaking and entering and grand larceny;

- Andee Webb, 46, of Hallwood, on a charge of assault and battery of a police officer;

- Jarvis D'Von Scarborough, 18, of Painter, on two counts of robbery and two counts of use of a firearm during the commission of a felony.

Indicted on a charge of larceny were:

- William Thomas Carpenter, 23, of Bloxom;

- Joshua Smith, 18, of Parksley;

- Chester Lee Fitchett Jr., 28, of Wachapreague;

- Lawrence Adolphus Ivey of Parksley (two counts).

Indicted on charges of passing bad checks were:

- Mitchell Leon Hunter, 40, of Hampton;

- Horace Leon Kees, 42, of Onley (11 counts);

- Melissa Mason, 38, of Bloxom.

Indicted on a charge of grand larceny were:

- Tunisha Leshea Shields, 28, of Machipongo;

- Mark Stith, 32, of Parksley;

- Tony Orlando Tyler, 33, of Onley;

- Juan Antonio Vasquez, 24, of Keller.

Indicted on a charge of possession with the intent to distribute cocaine were:

- Kerwin Antwain Mears, 23, of Accomac;

- Tyron Terrell Conquest, 22, of Atlantic;

- Thomas Alexander Reid, of Parklsey.

Indicted on a charge of possession of cocaine were:

- Thomas Leandres Wharton, of Mappsville;

- Myer Tyrone Taylor, 47 of Atlantic;

- Rodney Corness Marshall, 51, of Temperanceville;

- Oscar Tony Smith Jr., 37, of Birdsnest;

- Christopher Patrick Thornton, 23, of Oak Hall;

- Philip Stanford Justice, 25, no address available;

- Robert Alan Tull, 47, of Chincoteague;

- Brenna Kennedy Houston, 24, of Chincoteague;

- Cindy Ann Mears, 41, of Melfa.

Court & Police Postings

Accomack County Sheriff's Office Report

According to Accomack County Sheriff Larry Giddens, his office received a report at 12:50 a.m. Friday that a burglary was in progress at a home on A.S. West Road in Painter.

Giddens said the owner of the home exited a bedroom and spotted a man standing in the hallway of her home. The suspect robbed the owner of a purse and an undisclosed amount of money and ran outside, where a waiting accomplice threatened to shoot an occupant of the home who followed him to the rear door. No one was injured and the suspects fled as deputies converged on the area. The victim's purse was recovered but the suspects remain at large.

Anyone with information concerning this crime is asked to contact the sheriff's office at 787-1131 or 824-5666.

Northampton County Sheriff's Office Arrests

Northampton County Sheriff Jack Robbins reports the arrest of Joshua Thomas Beach, 23, of Exmore on a charge of obtaining or withholding a credit card without the cardholder's consent. Beach is being held without bond in Eastern Shore Regional Jail.

Ricky Lee Reed Jr., 24, of Eastville was arrested on a felony charge of damaging property and has been released on bond.

Amanda Sue Killmon, 23, of Capeville has been charged with embezzlement, three counts of forgery and three counts of passing forged checks. Killmon is being held in Eastern Shore Regional Jail on a \$10,000 secured bond.

Robbins also reports his officers have recently issued numerous misdemeanor warrants, including five for assault and battery, three for being drunk in public and one each for a bad check, trespassing and use of obscene language. In addition, four temporary detention orders were served as were six emergency protective orders and 12 capiases for failure to appear in court.

Chincoteague Police Department Arrests

Chincoteague Police Chief Edward Lewis reports that several recent misdemeanor arrests included underage possession of alcohol, underage possession of tobacco, driving under the influence, refusing to take a breath test, disorderly conduct, possession of a concealed weapon and failure to appear in court.



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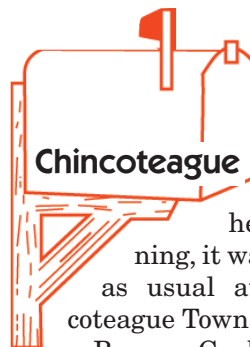
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Community Notes



Chincoteague

By Angie H. Crutchley

Since the tourists have thinned a bit from last week's hectic Pony Penning, it was back to business as usual at Monday's Chincoteague Town Council meeting.

Bruce Garber, construction manager with Jacobs Engineering, and Tom Rakowski with the Virginia Department of Transportation presented an update on the new bridge. Garber explained what the public will be seeing as construction continues through November 2009. One of the main areas of concentration, according to Garber, is paving the decks on the girders as the mainline bridge continues its serpent-like wind through the channel. After Sept. 1, when the building restrictions cease from the migratory bird regulations, action will pick up and a barge-mounting crane will appear.

Around late October, a one-way detour road will be built with a motion-activated signal, said Garber. By next February, there are going to be two bridges to the island. The existing swing-span will be used for those needing access to Marsh Island and the new bascule span will go to Mad-

Town Meetings This Week

THURSDAY, AUGUST 7

•Hallwood Town Council - 6:30 p.m., Town Office

MONDAY, AUGUST 11

•Painter Town Council - 7 p.m., Town Hall

•Parksley Town Council - 7:30 p.m., Council Chambers

dox Boulevard. Landscaping will take place in late spring 2009. "By tourist season, the entire area at Maddox should be landscaped," Garber said. "We want to make it like an extension of your streetscape."

Councilmen John N. Jester Jr. and Terry Howard and Mayor Tarr suggested keeping a piece of the bridge such as the bridge tender's house to memorialize the historical structure.

"Contractually it's the contractors' to dispose of, but we can meet with you and discuss what you want," said Rakowski.

Garber said the bridge construction "is on schedule and within budget" so far.

In other business, following a closed session, council passed a resolution requiring the town manager to obtain council approval before filling any positions.

There will be a special council meeting on Aug. 21 at 5:00 p.m. to discuss the parking ordinance. During the public participation, Jim White discussed the ongoing debate about parking. He noted that during Pony Penning, notably the busiest day of the year on the island, only 36 of Sunset Bay condos' 290 parking spaces were filled, though 40 of the 60 condominiums were filled. White said far too many parking spaces are required. "We can always keep a nice grassy section available for overflow parking if it happens," White said. "Instead of all of the asphalt ... we need to beautify Chincoteague."

Local citizen Ron Mason asked Council to authorize the use of golf carts on the island. Mason explained the island is well-suited for the carts, especially in this time of high-priced gas, and since the island already allows two- and three-wheel mopeds and bicycles there wouldn't be much of a change. Council will review the codes and discuss the idea at a later date.

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Mile POSTS



Helen Downing To Wed William Wise Sr.

Helen Downing and William Wise Sr. have announced their upcoming wedding, which will be held Aug. 23, 2008, at St. Mark's AME Church in Norfolk.

The bride-to-be is the daughter of the late Ann Downing from Painter.

The prospective groom is the son of the late Bessie Barker Wise and Robert James Wise from Mappsville.

Elizabeth Holloway To Wed Andrew Fitch

Mr. and Mrs. Joseph M. Holloway Jr., Flintshire Farm, Fredericksburg, Va., have announced the engagement of their daughter, Elizabeth Carter Holloway, to Andrew Charles Fitch, son of Mr. and Mrs. Timothy Charles Fitch of Fredericksburg.

The bride-to-be is the granddaughter of the late Elizabeth and Curtis H. Jones Sr. from Cherokee Point, Bayford. She received a bachelor's degree and master's degree in accounting from Virginia Tech and is a CPA at PBGH, LLP in Fredericksburg. The prospective groom is in the Historic Preservation Program at the University of Mary Washington and is employed by Habalis Construction.

An April wedding is planned.

Kenneth Walker Makes Dean's List

DePaul University student Kenneth Walker of Belle Haven has been named to the Dean's List for the 2008 spring quarter.



Elizabeth Holloway

Relative of Treherneville Resident Earns Doctorate

Yesterday, the University of North Carolina at Chapel Hill conferred the degree of doctor of philosophy in information and library science upon Lila Teresa Church, the daughter-in-law of Arlen Elizabeth Church of Treherneville and the late Lewis Church Sr.



Dr. Church

She successfully defended her dissertation, "Documenting African American Community Heritage: Archival Strategies and Practices in the United States." Her doctoral concentrations were in archives and archival education.

Church also holds a bachelor of arts degree in English from Radford College, a master of arts degree in English and creative writing from Brown University and a master of science degree in library science from the University of North Carolina at Chapel Hill.

Dr. Church resides in Durham, N.C., where she is a freelance writer, poet, and award-winning playwright, writing under the pen name L. Teresa Church.



- a daughter, born to Rebecca and Bo Lusk Jr., of Cherrystone July 17
- a daughter, born to Sharon Szymankiewicz and Frederick Sharon of Bloxom July 17
- a daughter, born to Dana and Jonathan Morrell of Accomac July 17
- a son, born to Jennifer and Brian Tyndall of Chincoteague July 18
- a son, born to Brandy Lewis and Fernando DeOliveira of Cape Charles July 24
- a daughter, born to Angelica Zuniga of Parksley July 27
- a daughter, born to Maricela Bartolo and Eustacio Nava of Bloxom July 31

Lea Anna Bailey Teenager of the Year

In May, Lea Anna Bailey was selected as the Kiwanis Club of Chincoteague Teenager of 2008 for her academic achievements, citizenship, service to her school and community, character and leadership performance.



Lea Anna Bailey

From the applicants, Bailey also was selected as Division 15's Teenager of the Year and was the guest of Charles Warner, Division 15's lieutenant governor, at the Division Council Meeting, where she received a Dell laptop computer and printer.

Bailey now has been selected as the Capital District Kiwanis International Teenager of 2008 and will be a guest at the Kiwanis District Convention on Aug. 15 in Richmond, where she will be awarded \$2,000.

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WESR THE SHORE

- 7:00 am Holy Trinity Baptist Church
Apostle Cleveland Waters
- 7:30 am **Miracle Breakthrough Deliverance**
- 8:00 am First Born Church
Minister Cleveland Baines
- 8:30 am **Miracle Temple of Faith**
Apostle Lenwood Wright
- 9:00 am **Gospel Request Time**
- 10:00 am **Foundation of Faith**
Bishop David Sabatino
- 10:15 am Refuge Temple
Apostle Leon Williams
- 10:30 am **St. John UMC**
Reverend Gary Miller
- 11:00 am Grace Extended Ministries
Rev. Andrew Taylor
- 11:30 am **Bread of Life Community Church**
- noon **La Clase Biblica Radical**


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OBITUARIES

Shelton Refrigeration Vice President Dies

Mrs. Carolyn Hickman Shelton, 59, of New Church passed away Tuesday, July 29, 2008, at her residence, surrounded by her loving family.

Born in Salisbury, Md., she was the daughter of the late Loretta Mae Evans and Franklin Lee Hickman.

Mrs. Shelton was vice president of Shelton Refrigeration, Inc., and a member of Berea United Methodist Church in New Church and New Church Volunteer Fire Department Ladies' Auxiliary.

She is survived by her husband, James H. Shelton; daughters, Jennifer Shelton Barnes (and husband, J.D.) of Bloxom and Joni Shelton Hamilton (and husband, Jonathan) of New Church; brother, Basil Lee Hickman of Pocomoke, Md.; and grandchildren, Macey Abbitt Barnes and Nathan James Hamilton.

A memorial service was conducted Friday, Aug. 1, at Berea United Methodist Church by Rev. Jennifer Tolbert. Interment was private.

Memorial contributions may be made to Berea United Methodist Church, c/o Vivian Shields, P.O. Box 102, New Church, VA 23415; or the American Breast Cancer Foundation, 1220 East Joppa Rd., Suite 332, Balti-



Mrs. Shelton

more, MD 21286.

Arrangements were made by Thornton Funeral Home, Parksley.

To express condolences or sign the guest book online, visit www.thorntonfuneralhome.net

Retired Tangier Town Employee Dies

Mr. Billy Frank Cooper, 71, a lifelong resident of Tangier, passed away Thursday, July 31, 2008, at Peninsula Regional Medical Center in Salisbury, Md.

The son of the late John and Addie Cooper, he had retired as supervisor for the Tangier Public Works Department. Mr. Cooper was a member of Swain Memorial United Methodist Church, served in the U.S. Navy, and was active in the VFW, volunteer fire department, and Corps of Engineers.

Mr. Cooper was predeceased by his wife, Joanne Dise Cooper; a sister, Faye Parks; and three brothers, Edwin, Joseph and Jack Cooper. Survivors include his sons, Billy F. Cooper Jr. of Philadelphia, Pa., Rev. Dr. Robert E. Cooper (and wife, Rev. Frances T. Cooper) of Virginia Beach, and Joseph A. Cooper (and wife, Vera) of Boston, Mass.; granddaughters, Mary Beth Moody and Annika Corinne Cooper; and several nieces and nephews.

Funeral services were conducted from Swain Memorial United Methodist Church Saturday, Aug. 2, by Rev. John R. Jones and Cook Cannon. Interment was in New Testament Church Cemetery.

Memorial donations may be made to Swain Memorial United Methodist

Church, P.O. Box 199, Tangier, VA 23440. Memory tributes may be sent to the family at www.williamsfuneralhomes.com

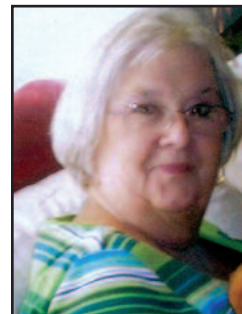
Arrangements were made by Williams Funeral Homes, Parksley and Onancock.

Onancock Resident Dies at MCV

Mrs. Vanette M. Jester, 61, a resident of Onancock for the past five years, formerly of Quinby, and having lived in Pocomoke, Md., for 10 years, passed away Friday, Aug. 1, 2008, at The Medical College of Virginia in Richmond. She was surrounded by her family and peacefully went to be with our Lord.

Born in Nasawadox, she was the daughter of the late Elton V. and J. Jeanette Spence Matthews. She loved life and raised four wonderful daughters. Mrs. Jester loved the beach, boating, shopping, and most of all, spending time with her family. She was a homemaker for years, and as her family grew, she did many things on the Eastern Shore, including working at A&P grocery store and Rite Aid pharmacy. Most recently, she had been the pediatric receptionist at Eastern Shore Physicians and Surgeons for the past seven years.

Mrs. Jester is survived by her loving husband of 43 years, Delmas; daughters, Candie Daffin (and husband, Bryan) of Onley, Ginger Winther (and husband, Dan) of Palm Coast, Fla., and twin daughters, Heather Sahin (and son-in-law, Mehmet) of Newport News, and Heidi Shrieves (and husband, Daniel) of Cedarview Beach; grandchildren, Alex Farlow, Alyssa Shirk, Lindy Winther, Wyatt Winther, Vance Winther, Jes Sahin, and Mattie Sahin; great-grandchild,



Mrs. Jester

Mackenzie Farlow; brother, E. Van Matthews; aunt, Becky Spence White; uncle, George Spence Jr.; and many beloved cousins, nieces, nephews. She was preceded in death by an aunt, Dorothy Spence Hornby.

A celebration of life service was conducted from the graveside at Quinby Cemetery Tuesday, Aug. 5, by Rev. Albert Lee Crockett.

Memorial donations may be made to VCU Massey Cancer Center, P.O. Box 980214, Richmond, VA 23298-0214. Memory tributes may be sent to the family at www.williamsfuneralhomes.com

Arrangements were made by Williams-Onancock Funeral Home.

Former Northampton Resident Dies

Mrs. Annie Mae Johnson of Richmond, formerly of Northampton County, passed away Saturday, Aug. 2, 2008, at Chippenham Hospital after a brief illness.

She is survived by her husband, James Otis Johnson; daughter, Charlotte Jones; grandchildren, Malcolm Thomas, George Jones, Kina Jones, all of Richmond; two great-grandchildren; sister, Margaret Hicks of Dover, Del.; brothers, Milton Custis of the Eastern Shore and Johnny Custis Jr. of Tampa, Fla.; and special nephew, Spencer Upshur of Virginia Beach.

Remains rest at Mimms Funeral Home, 1827 Hull St., Richmond, where the services will be held Saturday, Aug. 9 at noon.

Items for Mileposts can be faxed to the **Eastern Shore Post** at 789-7681 or e-mailed to editor@easternshorepost.com They are printed at no charge.



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Deeds of Bargain & Sale

- From William Wright To Theodore Liszewski Property on Jackson St., Onancock For \$95,000
- From Sheila Compisi & Deborah Davis To Georgie Ashton 1.84 acres on SR 617 near Pennyville For \$132,000
- From Carl H. Bundick, Ancillary Administrator To Herbert and Carol Klanga Lot 127, Unit 3, Trails End For \$12,000
- From Lancy, LLC

- To Jerry Schwartz & Company, Inc. Lot 6, Atlantic Estates For \$55,000
- From Carolyn and William Kennedy To Christine and Timothy Bryan Lot 2369, Section 5, Captain's Cove For \$199,900
 - From Captain's Cove Group, LLC To John, Marion, Diana and George Celona Sr. Lot 867, Section 1, Captain's Cove For \$32,500
 - From Rodger and Kathy Roberts To Larry and Jo Ann Brumgard Chincoteague property For \$235,000
 - From Randy Watson To Carol and Ronald Akers Property on Bunting Rd., Chincoteague For \$195,000
 - From Captain's Cove Group, LLC To Carolyn and James Maffucci Lot 1448, Section 3, Captain's Cove For \$156,000
 - From James Cathell To Lee Jester Parcel on Annamessex Ln., Chincoteague For \$23,000
 - From E. Trent Powell To Charles and Eunice Thomas Property near Savageville For \$15,000
 - From Nelson and Virginia Freyling To Robert and Virginia Maher and Walter Holter

- 3 parcels on Willow St., Chincoteague For \$106,100
- From Darwin and George Ann Way To Bridgette and Jeffery Sanders Lot 122, Section 13, Captain's Cove For \$12,000
 - From Bank of New York, Trustee To Joan Guzi Chincoteague property For \$188,000
 - From Shirley and Richard Linn Jr. To Deborah Good Lot 218, Unit 3, Trails End For \$11,000
 - From Gulfstream-Timmons Investment Fund III, LLC To Henry P. Custis Jr. Property on Market & King Sts., Onancock For \$200,000
 - From Bowen and S. Evan Jeffries To Inga and Michael Scelsi Chincoteague property For \$210,000
 - From Jean and Robert Haines Jr. To Jeffrey and Nicola Parker Lot 3, 1.8 acres, Hopeland, near Gargatha For \$305,000
 - From Sunset Bay, LLC To Christine and Peter Danforth Unit 112, Sunset Bay South Condominium, Chincoteague For \$439,900
 - From Craig Masters To Sheldon Mason

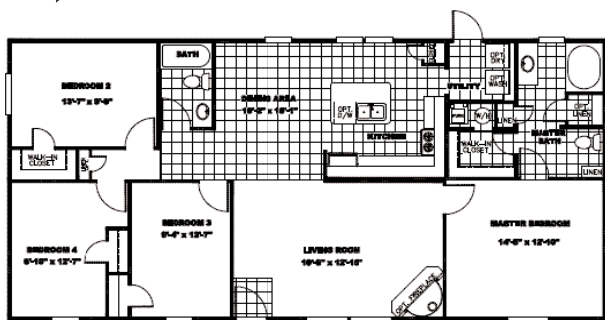
Marriage Licenses Issued

- Shaun Levin Brown, 22, of Cheriton and Dominique Tatiana Robinson, 23, of Cape Charles
- Michael Andrew Taylor, 42, and Mary Therese Arriola Castillo, 32, both of Cape Charles
- John Edward Franklin Jr., 33, and Courtney Marie Hatley, 20, both of Eastville

- Lot 710, Section 1, Captain's Cove For \$11,000
- From David and Karen Zamorski To Scott and Carol L. Slater Property near Jamesville For \$340,000
 - From Mamie & Donald Appenzeller To Dennis J. Gerwitz Lot A23, Kings Meadows, near Wardtown For \$45,000
 - From Dennis J. Gerwitz To Douglas Cooke Lot A23, Kings Meadows, near Wardtown For \$175,000
 - From Waleed R. Zarou To Robert P. and Nancy A. Dugan, Lot 24, Bay Creek For \$259,000
 - From Bay Avenue Properties To David and Margaret M. Parham Cape Charles property For \$847,000

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50	\$181	\$293	\$535
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WED., AUG. 6

»7:45 a.m. - **Kiwanis Club of Accomack mtg.** - Redwood Gables, Onley
 »9 a.m.-noon - **Farmers' Market** - Downtown Park, Main St., Chincoteague
 »9:30-11:30 a.m. - **GED class** - Head Start Center, Front St., Accomac - 787-1760
 »noon - **AA mtg.** - Market St. UMC, Onancock
 »1-2 p.m. - **Caregiver Connection-** Parksley Hospice bldg. @ 18469 Dunne Ave.
 »2 p.m. - **E.S. Brain Injury Survivors Support Group mtg.** - Belle Haven - 442-9334
 »3-4 p.m. - **Hospice Grief Support Program-** Parksley Hospice Bldg. Dunne Ave.
 »7 p.m. - **AA & Al-Anon mtgs.** - Shore Memorial Hospital
 »7 p.m. - **Bingo** - Nelsonia Moose Lodge
 »8 p.m. - **AA beginners' mtg.** - Downing UMC, Oak Hall

THURS., AUG. 7

»2:30-4 p.m. - **Caregiver Connection** - Chincoteague Hospice Resource Center, 6309 Church St.
 »5 p.m. - **TOPS program, 6:30 p.m. mtg.** - Baptist Bible Church, Front St., Accomac - 709-2954
 »6 p.m. - **TOPS mtg.** - Cape Charles Rescue Bldg., Cheriton
 »6:30 p.m. - **Kiwanis of Chincoteague mtg.** - St. Andrew's Catholic Church
 »6:30-7:30 p.m. - **Al-Anon mtg.** - Trinity UMC, Cape Charles
 »6:30-8:30 p.m. - **GED Class** - ESCC, Rm. A-51
 »7 p.m. - **Moms in Touch International prayer group mtg.** - Cape Charles Baptist Church
 »7 p.m. - **Narcotics Anonymous mtg.** - Painter-Garrisons UMC
 »7:30 p.m. - **AA beginners' mtg.** - Holy Trinity Episcopal Church, Onancock
 »8 p.m. - **AA mtg.** - Fellowship House, 6263 Church St., Chincoteague

FRI., AUG. 8

»6 p.m. - **Celebrate Recovery group mtg.** - Family Life Center of Onancock Baptist Church, on Market St. - includes a simple meal - \$6/person or \$10/family
 »7 p.m. - **"Life Teach" Series** - Rachel/Leah Covenant Ministries Center - 787-2486
 »7 p.m. - **AA mtg.** - Christ Episcopal Church, Eastville
 »7:30 p.m. - **AA mtg.** - Downing UMC
 »7:30 p.m. - **Texas Hold 'Em Tournament** - Parksley VFC

SAT., AUG. 9

»9 a.m. - noon - **Farmer's Market** - Downtown Park, Main St., Chincoteague
 »7:30 p.m. - **Happy Days** - Chincoteague Center, 6155 Community Dr.

SUN., AUG. 10

»2:30 p.m. - **Bingo** - Vietnam Veterans' Bldg., Main St., Onley

MON., AUG. 11

»9 a.m. - **TOPS mtg.** - Market Street UMC, Onancock - 787-4718
 »9 a.m. - **Chincoteague Al-Anon mtg** - UMC Fellowship House
 »9:30-11:30 a.m. - **GED class** - Head Start, Accomac - 787-1760
 »5:15 p.m. - **Friends of Northampton Memorial Library mtg.** - library, Cape Charles
 »6 p.m. - **Bingo** - Elks Lodge, Tasley
 »6:30 p.m. - **Cub Scout Pack 300 mtg.** - Grace UMC, Parksley
 »7 p.m. - **Support Group for Separated or Divorced Men and Women** - Drummondtown UMC, Accomac - 789-3410
 »7 p.m. - **AA Serenity beginners' mtg.** - Christ Episcopal Church, Eastville



TUE., AUG. 12

»9:30 a.m. - **Mothers of Preschoolers mtg.** - Zion Baptist Church, Parksley
 »10 a.m. - **Bingo** - Accomack Senior Village, Onancock
 »noon - **AA Women's mtg.** - Market St. UMC, Onancock
 »noon-1:30 p.m. - **Hospice Grief Support Program** - Nassawadox Hospice Resource Center, 7389 Railroad Ave.
 »5:15-6 p.m. - **TOPS weigh-in (program @ 6)** - Belle Haven Presbyterian Church - 442-9776
 »6 p.m. - **Bingo** - Pocomoke Elks, Rt. 113 - 787-4278
 »6 p.m. - **Onancock Lions Club mtg.** - Sunrise Restaurant, Onley - 787-4278
 »6:30 p.m. - **AA mtg.** - Trinity UMC, Cape Charles
 »6:30-8:30 p.m. - **GED Class** - Classroom A-51, ESCC
 »7:30 p.m. - **Bingo** - Cheriton VFC
 »7:30 p.m. - **Al-Anon mtg.** - Atlantic UMC

HERE'S WHAT ELSE IS HAPPENING ON THE SHORE

August Activities at the Refuge

The Eastern Shore of Virginia National Wildlife Refuge near Cape Charles has an eventful August planned for the whole family, starting Aug. 8 with a Butterfly Garden (open to all ages). The festivities continue Aug. 9 with "Placemat Perfection," an activity for children to create placemats of things they see along the trails. On the following Monday, Aug. 11, a Monday Matinee on endangered species will be playing every hour from 9 a.m. to 3 p.m.

For more information, call refuge headquarters at 331-2760 Monday through Friday between 8 a.m. and 4 p.m. or the visitor center at 331-3425 from 9 a.m. to 4 p.m. daily.

Car Wash Saturday

Flatland Search and Rescue, Inc., is sponsoring a car wash Saturday, Aug. 9, from 9 a.m. to 1 p.m. at Davis Home Center in Oak Hall.

Refuge Open Overnight

To accommodate viewing of the Perseid Meteor Shower, Chincoteague National Wildlife Refuge Manager Lou Hinds announced last Friday that

hours on Monday evening, Aug. 11, will be extended.

According to NASA, local enthusiasts should start searching for meteors as early as 9 Monday evening. Anyone wishing to see the meteor shower must arrive on the refuge before the entrance gate closes at 10 p.m. Access to trails and other facilities will be closed by then, but beach parking lots #2 and #3 will remain open. Entrance to the refuge after 10 p.m. will not be permitted; however, visitors not wishing to stay overnight may leave at any time.

For more information about the Perseid Meteor shower observation, call 336-6122.

Watercolor Painting Workshop

The Oyster & Maritime Museum on Chincoteague is offering a Watercolor Painting Workshop Saturday, Aug. 16, from 9 a.m. to 1 p.m. Leading the workshop will be Diana M. Davis, a local award-winning professional artist.

All levels of experience are welcome and the limited space available will be filled on a first come, first served basis.

The \$55 fee, which includes materials, must be paid by Aug. 9. It can be

paid at the museum with a credit card, check, or cash, or by sending a check to the Oyster & Maritime Museum, P.O. Box 352, Chincoteague Island, VA 23336.

For more information, call 336-6117.

"The Country Gentlemen"

On Saturday, Aug. 16, at 7 p.m., a tribute to "The Country Gentlemen" will be held at The Chincoteague Center. There will be door prizes, homemade ice cream, chili dogs, and pork barbecue. Table seating also will be available.

Call 336-0614 or 336-3030 for tickets and/or information.

Blood Drive Aug. 13

An American Red Cross blood drive will be held at Shore Memorial Hospital Wednesday, Aug. 13, from noon to 6 p.m. and at NASA Wallops from 9 a.m. to 2 p.m.

Pre-register at www.givelife.org or sign up in the hospital lobby that day.

For more information, call 414-8052.

EDA, Airport Panel To Meet

The regular monthly meeting of the Economic Development Authority will

be held Tuesday, Aug. 12, at 9 a.m. in the Terminal Conference room at the Accomack County Airport in Melfa.

Also, the regular monthly meeting of the Accomack County Airport Commission will be held Thursday, Aug. 14, at 7 p.m. at the same location.

Church Conference Next Saturday

The True Believers in Christ Jesus Church in Temperanceville would like to welcome the public on Aug. 16 to the all-day 1st Annual Men & Women on the Move for God Conference starting at 9 a.m. There will be speakers as well as lunch, all at no cost.

To register and for more information, call Minister Cassandras Jones at 789-5328.

Chicken Barbeque

Flatland Search and Rescue Inc. will sponsor a chicken barbeque at T's Corner in Oak Hall Friday Aug. 29, Sunday Aug. 31, and Monday Sept. 1.

The cost will be \$7.50 for half a barbeque chicken with baked beans, applesauce, and a roll. Corn on the cob will be available for \$1.

The Boy Scouts will have their barbeque on Aug. 30 at the same location.

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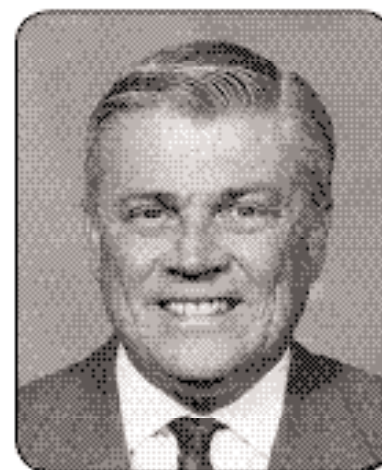
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Health Matters

Vision Correction Procedure Hits a Milestone



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More than 150 million Americans, or approximately 50 percent of the U.S. population, require eyeglasses or contact lenses to correct common vision problems. For these people, waking up in bed and reaching over to the nightstand for eyeglasses is a normal ritual. Life requires good vision, and many of us need the assistance of glasses or contact lenses.

This was the situation for Jenny Conley just a year ago. Conley started wearing glasses when she was 13 years old and contact lenses when she was 15. At eye exams, she couldn't even see the big "E" on the eye chart without glasses. Now 28, she is a pediatric dental hygienist and became tired of the glare of bright lights at work and children reaching for her glasses when she was busy peering deep into their little mouths.

For years, Conley wanted to get Lasik surgery performed, but like many people, the "fear factor" held her back. Through research, she learned some of the history of the procedure. The Food and Drug Administration (FDA) approved the first laser technology in 1995 for a type of vision correction surgery called PRK.

After learning this information and knowing that numerous friends and co-workers had the procedure performed successfully, she decided she was ready to have the Lasik procedure performed as well. As the wife of a former Marine sergeant, she was even more convinced once she discovered that certain laser correction procedures had been approved for use by the United States military.

Conley's surgery was performed by Dr. Eugene Smith, a surgeon at a vision center in Atlanta, Ga., on May 23, 2008. Shortly thereafter, Conley discovered that she was the patient who received the one millionth procedure — a great milestone. She was in awe once she returned to the recovery room with her mother, amazed at what she could see with her new eyes. Her Rx in both eyes was -4.25, and now she sees 20/15.

In 1997, the FDA approved the technology for a more advanced outpatient procedure for laser vision correction called laser in situ keratomileusis (LASIK), to treat nearsightedness. Throughout 1997, consumer demand for laser vision correction grew rapidly in the United States due to broader market acceptance, improved technology and expanded treatment options. Now surgeons have performed successful laser vision correction surgeries that have transformed the lives of over 500,000 people.

"Laser refractive surgery has gone through an amazing evolution since the technology was first developed in the 1980s. Ten years ago there were only two laser refractive procedures available to consumers in the United States, PRK (Photorefractive Keratectomy) and traditional LASIK (Laser in situ Keratomileusis)," says Dr. Smith. "Over the years, as newer technology has won FDA approval, laser vision correction has become available to a broader segment of the population. Today, more people are potential candidates than ever before. Advances in iris registration and

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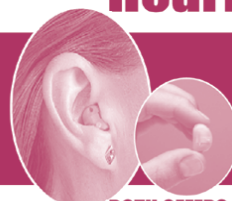
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pupil tracking technology, as well as FDA approval of hyperopia, wavefront and femtosecond treatments, make laser vision correction a safe and effective option available to many more people than in the past.”

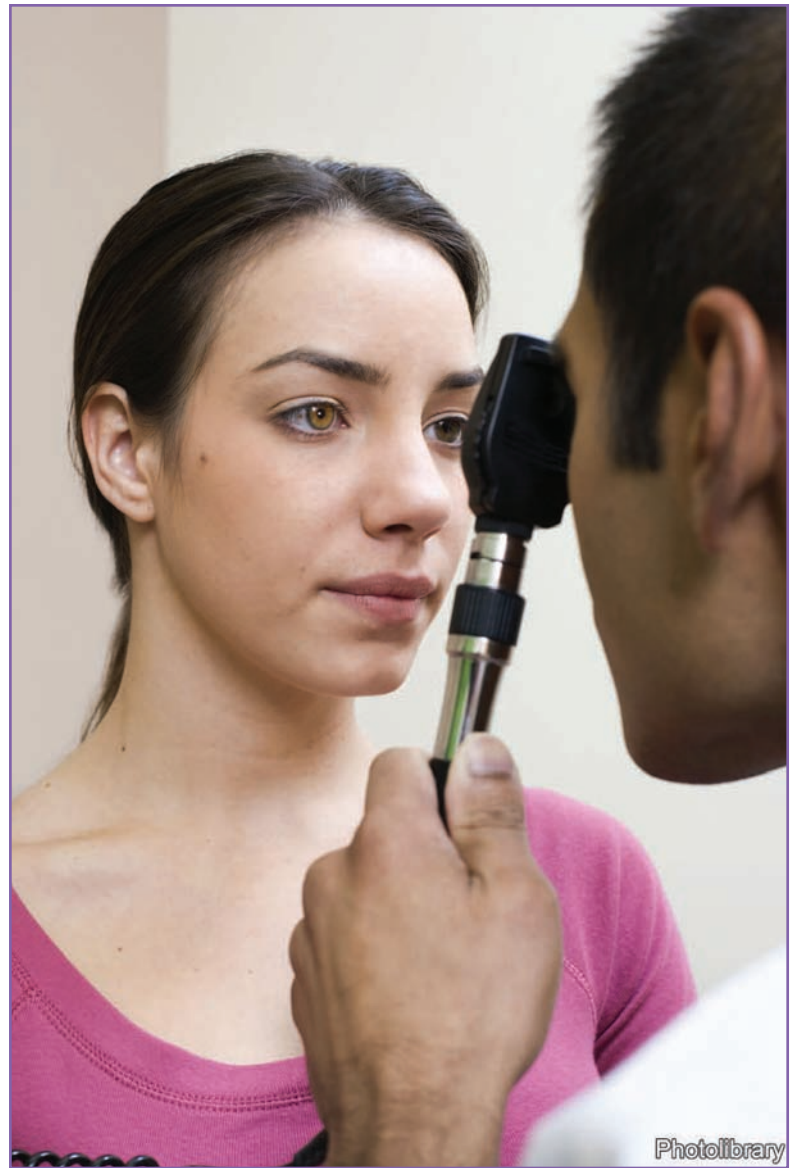
Today Conley doesn't have to remember to take out contact lenses or make sure her glasses are sitting on the nightstand right next to the bed. She can see the alarm clock, the computer, and across the street without the aid of corrective lenses, and best of all, it takes less time to get ready for work each day.

Lasik surgery can be costly, and it is generally not covered by insurance, although many vision plans do provide discounts. But in Conley's opinion, it is definitely worth the investment. "It's transformed my life in ways I can only try to explain," says Conley. "I encourage anyone with vision impairment to look into this option. You can even finance the procedure and I'm positive you won't be disappointed in the results."

- Courtesy of ARAcontent

The FDA, in cooperation with the American Academy of Ophthalmology, has developed the following guidelines and recommendations for good candidates for LASIK:

- You should be at least 18 years old (21 for some lasers), since the vision of people younger than 18 usually continues to change. An exception is the small child with one very nearsighted and one normal eye. The use of LASIK to correct the very nearsighted eye may prevent amblyopia (lazy eye).
- You should not be pregnant or nursing because these conditions might change the measured refraction of the eye.
- You should not be taking certain prescription drugs, such as Accutane or oral prednisone.
- Your eyes must be healthy and your prescription stable. If you're myopic, you should postpone LASIK until your refraction has stabilized, because myopia may continue to increase in some patients until their mid to late 20s.
- You should be in good general health. LASIK may not be recommended for patients with diabetes, rheumatoid arthritis, lupus, glaucoma, herpes infections of the eye, or cataracts. You should discuss this with your surgeon.
- Weigh the risks and rewards. If you're happy wearing contacts or glasses, you may want to forego the surgery.
- Understand your expectations from the surgery. Are they realistic?
- For patients with presbyopia, LASIK cannot correct so that one eye can see at BOTH distance and near. However, LASIK can be used to correct one eye for distance and the other for near. If you can adjust to this correction, it may eliminate or reduce your need for reading glasses.



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Diabetes/Depression Link

The Virginia Department of Health has launched a pilot project in areas of Southwest Virginia and the Eastern Shore to alert residents about the debilitating link between diabetes and depression.

Diabetes can cause depression and if you are depressed you may not take care of your diabetes as well as you should. New research shows that

diabetes doubles the risk of depression and that being depressed puts people at high risk for developing diabetes. This double threat is especially prominent among women 45 and older and minorities.

"The good news is that there are effective treatments for both diabetes and depression," said State Health Commissioner Dr. Karen Remley. "It is essential that people with these diseases be treated for both."

The campaign focuses on areas of the state that have some of the highest diabetes prevalence rates for adults, including the Eastern Shore Health District with a

Prevalence Rate of 15.4 percent, more than double the state's 6.9 percent average.

The National Institutes of Mental Health estimates that almost 10 percent of American adults, or approximately 575,000 Virginia adults, experience some form of depression every year.

The goal of the VDH pilot project, which began in June, is to increase awareness of the link between diabetes and depression and to increase the number of women who are screened and treated for both diseases.

Health workers have hand-delivered information kits, consumer posters and client information cards to approximately 200 medical and mental-health professionals in three areas of the state with exceedingly high numbers of adults with diabetes. State health officials have developed a Web site (www.YouCanVA.com) to link professionals and residents to more information about diabetes and depression.



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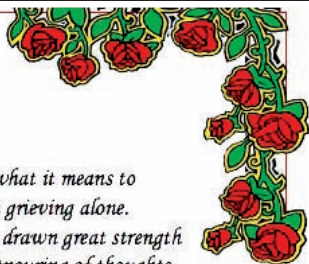
Eastern Shore Trading POST

Announcements

Dear Friends,
 Never underestimate what it means to know that you are not grieving alone. My family and I have drawn great strength from the incredible outpouring of thoughts, prayers and kind words that have come our way in the aftermath of my husband's passing on July 15.

Thank you all for your kindness during this difficult time.

Warm Regards,
 Phyllis Brookshier
 And Family



Would the person who bought the E54 Unit @ Northampton Mini Storage please call 678-2493. Interested in getting photos back.

Shenia's Unique Hair Designs



of Parksley, Virginia is celebrating its 10th Anniversary on Aug.16 @ 2 pm with a **Customer Appreciation Day.** This will be a day of recognition, food, fun, games, prizes and entertainment.

The salon is owned and operated by Shenia Davis of Parksley. She is a 1997 graduate of Delmarva Beauty Academy, and she opened the salon in 1998. It has been a successful, high-volume salon for the last 10 yrs.

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Michael McKyer



4/17/87 - 8/8/07
 We will always love you Although we cannot touch,
 We miss the smile upon your face,
 Oh so very much. August 8th means you've been gone a year,
 We may look happy, but in our eyes are tears.
 They say time will heal the pain,
 Each and everyday our pain has never stopped, since you passed away.
 When god calls us home, He'll meet us at Heaven's door;
 And we'll all be together forever more.
 An Angel came from Heaven,
 And carried Michael home,
 He walks the streets with God,
 Where he'll never be alone.
 All of your family and friends will be with you someday.
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-Sandra, Jimmie, Fern, Kea, Kiah, Keith, Emily, Elaine, Benny, Priscilla, & Family



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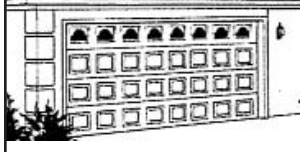
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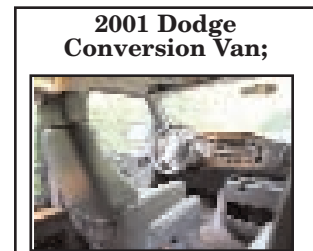
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Legal Notices & Auctions

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COMMONWEALTH OF VIRGINIA

Case No. CL08000263-00

ACCOMACK COUNTY CIRCUIT COURT
23316 COURTHOUSE AVENUE
ACCOMACK, VA 23301

EDMUND EUGENE DURRUA, III
VS.
NADEZDA ANATOLIEVNA KLINCHISHCHEVA

The object of this suit is to OBTAIN A DIVORCE
It is ORDERED that NADEDA ANATOLIEVNA
KLINCHINSHCHEVA appear at the above-named court
and protect his/her interests on or before SEPTEMBER
15, 2008

07/17/08

Marsha D. Carter
Attorney

Johnno's Bistro LLC
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Johnno's Bistro
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Virginia 23418

The above establishment
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ALCOHOLIC BEVERAGE
CONTROL

for a
Wine and Beer On Premises
license to sell or manu-
facture alcoholic bever-
ages.

John Nicholas Utzman

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Saturday, Aug. 10 @ 12 noon
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Directions: Approx. 60 mi. south of Salisbury, MD and 60 mi. north of Norfolk, VA.
Turn west off Rt. 13 onto Dennis Rd. or Rt. 676. Go approx. 1 mi. Auction will be on
Right. Signs will be posted.

- | | |
|--|--|
| <p>Jewelry:
10 kyg Heart Pendant w/ diamond
10 kyg Diamond Heart Pendant
14 kyg Diamond Tennis Bracelet
10 kyg Peridot & Diamond Tennis
Bracelet
14 kyg Amethyst Heart Necklace
14 kyg Diamond Ring
10 kwg 2 Hearts w/ Diamond
10 kyg Princess Cut Diamond Ring
10 kyg CZ Marquise Ring
10 kyg Sapphire & Diamond Bond
10 kyg Peridot, Amethyst & Citrine
Ring
14 kwg Diamond Ring
10 kyg Blue Topaz Ring
10 kyg Diamond Ring
10 kyg Ruby & Diamond Accent
10 kyg Opal & Diamonds
10 kyg Panda Coin Ring
10 kyg Ring
10 kyg Dolphin w/ Onyx Ring
10 kyg Ruby Heart Ring
10 kyg Opal & Topaz Ring
10 kyg Amethyst Cluster Ring
10 kyg GZ Ring
10 kyg Aquamarine Ring
14 kyg Emerald w/ Diamond
10 kyg Wreath Diamond Ring
10 kyg Emerald Marquise Ring
10 kyg Marquise Cluster Ring
10 kyg Cluster Diamond Ring
10 kyg Cluster Diamond Ring
10 kyg Sapphire & Diamond
10 kyg Garnet & Diamond
10 kyg Blue Topaz & Diamond
14 kyg (Lg.) Amethyst & Diamond
Ring
14 kyg Band
14 kyg Diamond Ring
Ladies Gruen Diamond & Filigree
Watch 14 kt works
14 kyg Angel Pendant
18 kwg Ring, no stone
14 kyg Class ring, No Stone
14 kyg Lapel Watch
Gold Charm
Gold VFW Pin
Sterling bracelet
Costume Jewelry
Lg. Man's Ring, Elec. Plate, Lg.
Fake Stone
Ladies 114 kt Ring Pearls & Dia-
monds
Car Charm 14 kt
Snapper Riding Mower
2-Z2 Four Wheelers
7 pc. 50's Dining Suit</p> | <p>Blanket Chest
Modern Sofa
Lg. Victorian Picture
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Exercise Equipment
Wing Chair
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Swivel Rockers
Refrigerator
Washer & Dryer
9 pc. Mahogany Dining Suit
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Victorian Sofa
Duncan Phyfe Sofa
Oak Chest of Drawers
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Gun Cabinet
Bookcases
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Maple Dresser w/ Mirror
Maple Double Bed
End Tables
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3 Boston Rockers
Maple Twin Bed
Maple Chest of Drawers
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Gone w/ Wind Lamp
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numerous to mention</p> |
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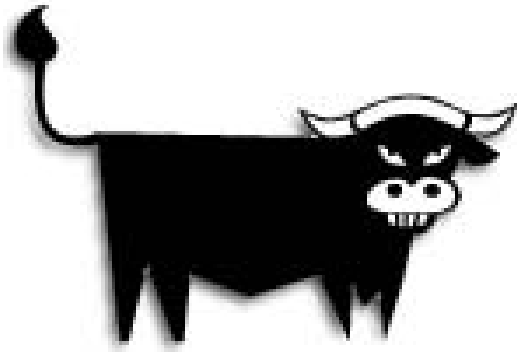
Eastern Shore Post

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and at easternshorepost.com

Everyone reads the Classifieds

The Bullpen



(Formerly known as
The Movie Guy's Guide
To The Stars.)

By: *Jeremy Patterson*

SPECIAL EDITION!!
Theatrical Release

The Dark Knight

(PG-13)

Stylized Comic Book violence,
Disturbing Imagery.

Who remembers sitting in their living rooms watching the campy old show with Adam West as Batman and Caesar Romero as the Joker?

Or the slightly darker, yet slightly comical Batman movie with Michael Keaton as the Bat and Jack Nicholson in the same said role.

If you've followed the escapades of Bruce Wayne as closely as I have then you're used to the over the top villains with henchmen dressed to fit their theme.

Or the elaborate traps and activities that keep Gotham cowering in their shoes. Well, I'd hate to be the bearer of bad news. If you're looking for a bunch of ex-bouncers in leotards they've taken a vacation. Gone are the colorful cartoony lackeys. The acid squirting flowers and handguns with seven foot long barrels. As a matter of fact this particular stroll through Gotham City makes for a much darker trip. If you've seen the precursor to this film Batman Begins, then you know what to expect from director Christopher Nolan. The story is still the same, Bruce Wayne witnesses his parents' murder as a child and is scarred for life. Living with the regret of not being able to save them he becomes a protector of the weak. A beacon of hope in a hopeless city.

Based on the graphic novels by Frank Miller, of Sin City and 300 fame, the latest incarnation of the Batman franchise takes a slightly more realistic approach. It peels back the rinds and gets right to the core of what each and every individual really is. The Joker isn't a psychotic clown with chemically bleached skin and a penchant for killer jokes and murderous pranks. He's a violent sociopath who would rather get some kicks out of burning

the city to the ground. Heath Ledger plays this role so well that I found myself getting more than a little creeped out. I almost forgot who was under the facepaint. And the sad reality is that his final performance may very well never be outdone by anyone else.

His portrayal of one of the most loved and despised villains of all time is the most believable because someone out there could actually be this insane. It's a crazy thing to say and I'm fully aware of that, but I've never seen it done in such a convincing manner. Christian Bale is still the best Batman and Bruce Wayne in my opinion. He's more conflicted in this movie and questions whether or not his actions are more harmful than helpful on more than one occasion. He's not only dealing with the human waste of the city, he now has copycat vigilantes to worry about and the police are breathing down his neck at every turn.

Of course Michael Caine and Morgan Freeman help to brighten things up a bit with some occasional tongue in cheek lines and razor sharp humor. But Alfred's quick wit and silly comments help to establish him as a loving father figure to Bruce. That's one element of Batman that's always stayed intact. And Lucious Fox is the one of three people who knows Batman's true identity. After all that's where he got "All those wonderful toys." Maggie Gyllenhall fills in for Katie Holmes as Rachel Dawes. She's the assistant D.A. and Bruce's childhood friend. She knows that what he's doing is for the sake of the city but deep down she worries for his safety and his sanity. She's torn between the love she still harbors for Bruce and the love for the new man in her life, Harvey Dent. He's lobbying for the vacant

District attorney's office and begins to work side by side with Commissioner Gordon and Batman simply because they all share a common goal. At first glance Aaron Eckhart seems like a straight up, honest and hard working lawman. But as we progress it becomes apparent that he may be hiding a much darker side. Another personality perhaps. It's almost like he has two sides or two faces even. The one the public sees and the one they hopefully never will. Yes, this is the darkest batman installment to date and, while it lacks in the comic book kitsch department, it tells a very deep story. It's almost three hours long and it doesn't even feel like it. By the end of the movie I found myself wanting more. And due to the

"I have to say that this is the BEST movie I've seen in a few years and It was well worth the time and money..." JP

untimely and tragic death of Mr. Ledger, the cast and crew are debating on whether or not they'll continue the

franchise.

If you've read the novels and follow this particular story line then you know that the next movie brings together Joker, Two Face and The Scarecrow. The Long Halloween also introduces another villain made for that story and that story alone. The calendar man, he's DC comics' Hannibal Lecter. He's ob-

essed with calendars, historic dates and he knows much of the plans of many of the inmates. Including said Trio. But before I digress any further... Casting another Joker would be hard. I don't know of anyone that could pull it as well off or would accept that much pressure to do so.

I have to say that this is the BEST movie I've seen in a few years and It was well worth the time and money.

PARENTS! Be forewarned. Small children should not see this film. Yes it's PG-13. But it was very disturbing on more than one occasion. Use discretion before taking your 9 year-old kids to see it. It may be a bit much for some. If you want the campy, family-friendly Batman, watch Nick at Nite or buy the DVDs.

If you want Tim Burton's versions for the kids, go ahead and rent them instead.

And if you want Arnold Schwarzenegger dressed as a freezer, George Clooney in a Codpiece-equipped Bat outfit and bright, psychotropic lighting, rent Batman and Robin.

Just don't admit to anyone that you did.

****1/2 Stars.

Incredible.

I'll have more on my next go around. For now, Enjoy the remainder of Summer. Gather up some friends and take in a movie (wink wink).

Thanks again, all.



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Recommendations Made to Address Issue of Hunting with Dogs

After several months of information gathering, issue identification, and deliberations, the Stakeholder Advisory Committee (SAC) for the Hunting with Hounds in Virginia has recommended strategies for addressing issues and concerns related to hunting with dogs in the Commonwealth.

Strategies recommended by the SAC include improved enforcement of all laws and regulations by increasing the number of conservation police officers employed by the Virginia Department of Game and Inland Fisheries (VDGIF), by increasing coordination between VDGIF officers and other law enforcement agencies, and by providing better training to all enforcement agency personnel and more funding for law enforcement; improved record keeping on violations and complaints received by VDGIF conservation police officers and others; increased penalties and fines for game law and regulation violations to increase compliance with existing laws and regulations, especially those related to high priority issues like trespassing, violations of Virginia's right-to-retrieve law, road hunting, traffic violations, and hunting out of season; establishment of a statewide, minimum setback distance from public roads in which

hunting would be prohibited. This no-hunting zone should be defined so that hound-hunters who have permission to can initiate a hunt after pulling off the road but would prevent the release of hounds onto private property without permission; the establishment of an identification system that links hunters, hunt clubs, and dogs; increased educational efforts which target the educational needs of hunters and landowners separately and the development of a Code of Ethics for hound-hunters to outline expectations for ethical behavior and best practices.

The SAC also recommends that members of the hound-hunting, nonhound-hunting, and landowner community hold accountable those who violate game laws and regulations or act in unsportsmanlike, unethical ways. This can be accomplished by doing such things as participating in the investigation and/or prosecution of complaints; by taking away privileges for those engaging in unacceptable conduct; and by taking other steps to hold violators accountable.

The complete recommended strategies can be viewed on the VDGIF website www.dgif.virginia.gov along with new reports that summarize public input and technical information.

Hard copies can be requested by calling 540-231-0961.

The public is strongly encouraged to review the strategies and to comment on them. The comment period will close on Friday, September 12. There are several methods citizens can use to comment on the strategies discussed and/or recommended by the SAC.

Written comments can be emailed to Hound-HuntingSAC@vt.edu or sent to Hound-Hunting SAC c/o Sarah Kozlowski, 111 Cheatham Hall, Department of Fisheries & Wildlife, Virginia Tech, Blacksburg, VA 24060-0321. A series of public meetings will also be held throughout the state, however none has been scheduled for the Shore.

In addition to the strategies being recommend, the SAC also discussed others but did not move them forward at this time. Those included the repealing or modifying of Virginia's Right-to-Retrieve Law and changing hunting/training seasons.

Other solutions identified but not proposed by the SAC at this time included a registration/permit system for hound-hunters, establishment of local stakeholder groups to address conflicts, and minimum acreage requirements for hunting with hounds.

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NASCAR Postings

By J.J. and Troy Justis

Is the rain following the Sprint Cup circuit? It seems to be a factor on a lot of races. It does make for interesting strategic moves by different drivers. One of those being Carl Edwards, who came in while really debating hard about staying out and grabbing some positions.

It turned out that it worked in his favor when the rain ended and the green flag flew again forty minutes later. Not so swell for Kasey Kahne who had been leading when the red flag flew and was hoping the rain would continue. He did manage to finish seventh and secure the same spot in the points race.

Backseat Drivers:

His View: Tires one week. Rain the next. There was a rainbow there but it wasn't for the 24 car. Maybe he'll get

the first one at the road race this week.!

I've just got to keep the faith!

Her View: Hubbie will take a top ten any day for Gordon - as long as he is still in that Chase. Hamlin would have liked for the rain to continue as well as he kept dropping back following the restart.

A 23rd place finish still kept him in the Chase, but not much cushion room. He needs to step it up. With another road race upon us, I am just ignoring comments from hubbie about Gordon road racing expertise and that this will be the win he has needed.

Next Race:

Aug. 10 – Centurion Boats at The Glen – Watkins Glen International– ESPN – 1 p.m. MRN/WESR AM 1330 – 1:15 p.m.

RACE RESULTS

1. #99 Carl Edwards
2. #20 Tony Stewart
3. #48 Jimmie Johnson
4. #29 Kevin Harvick
5. #6 David Ragan
6. #07 Clint Bowyer
7. #9 Kasey Kahne
8. #8 Mark Martin
9. #26 Jamie McMurray
10. #24 Jeff Gordon

DRIVER STANDINGS

1. Kyle Busch -Leader
2. Dale Earnhardt Jr. -176
3. Carl Edwards -185
4. Jimmie Johnson -200
5. Jeff Burton -226
6. Jeff Gordon -381
7. Kasey Kahne -467
8. Greg Biffle -470
9. Tony Stewart -490
10. Denny Hamlin - 512

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	Wed. Aug. 6	Th. Aug. 7	Fri. Aug. 8	Sat. Aug. 9	Sun. Aug. 10	Mon. Aug. 11	Tue. Aug. 12
<i>Seaside</i> Assateague Beach	H 12:21 p.m. L 6:28 a.m.	H 1:09 p.m. L 7:11 a.m.	H 2:00 p.m. L 7:56 a.m.	H 2:57 p.m. L 8:43 a.m.	H 3:58 p.m. L 9:34 a.m.	H 4:56 p.m. L 10:28 a.m.	H 5:07 a.m. L 11:34 a.m.
Chincoteague Channel	H 12:32 p.m. L 6:30 a.m.	H 1:20 p.m. L 7:13 a.m.	H 2:11 p.m. L 7:58 a.m.	H 3:08 p.m. L 8:45 a.m.	H 4:09 p.m. L 9:36 a.m.	H 5:07 p.m. L 10:30 a.m.	H 5:18 a.m. L 11:25 a.m.
Gargatha	H 1:20 p.m. L 6:58 a.m.	H 2:08 p.m. L 7:41 a.m.	H 2:59 p.m. L 8:26 a.m.	H 3:56 p.m. L 9:13 a.m.	H 4:57 p.m. L 10:04 a.m.	H 5:09 a.m. L 10:58 a.m.	H 6:06 a.m. L 11:53 a.m.
Folly Creek	H 1:13 p.m. L 6:53 a.m.	H 2:01 p.m. L 7:36 a.m.	H 2:52 p.m. L 8:21 a.m.	H 3:49 p.m. L 9:08 a.m.	H 4:50 p.m. L 9:59 a.m.	H 5:02 a.m. L 10:53 a.m.	H 5:59 a.m. L 11:48 a.m.
Wachapreague Inlet	H 12:23 a.m. L 6:12 a.m.	H 1:11 p.m. L 6:55 a.m.	H 2:02 p.m. L 7:40 a.m.	H 2:59 p.m. L 8:27 a.m.	H 4:00 p.m. L 9:18 a.m.	H 4:58 p.m. L 10:12 a.m.	H 5:09 a.m. L 11:07 a.m.
Quinby Inlet	H 12:18 p.m. L 5:57 a.m.	H 1:06 p.m. L 6:40 a.m.	H 1:57 p.m. L 7:25 a.m.	H 2:54 p.m. L 8:12 a.m.	H 3:55 p.m. L 9:03 a.m.	H 4:53 p.m. L 9:57 a.m.	H 5:04 a.m. L 10:52 a.m.
Machipongo Inlet <i>Bayside</i>	H 12:50 p.m. L 6:32 a.m.	H 1:38 p.m. L 7:15 a.m.	H 2:29 p.m. L 8:00 a.m.	H 3:26 p.m. L 8:47 a.m.	H 4:27 p.m. L 9:38 a.m.	H 5:25 p.m. L 10:32 a.m.	H 5:36 a.m. L 11:27 a.m.
Crisfield Harbor	H 5:00 a.m. L 11:23 a.m.	H 5:43 a.m. L 12:05 p.m.	H 6:28 a.m. L 12:49 p.m.	H 7:19 a.m. L 1:38 p.m.	H 8:16 a.m. L 2:33 p.m.	H 9:20 a.m. L 3:31 p.m.	H 10:21 a.m. L 4:28 p.m.
Tangier Light	H 4:36 p.m. L 10:16 a.m.	H 5:22 p.m. L 10:58 a.m.	H 5:32 a.m. L 11:42 a.m.	H 6:23 a.m. L 12:31 p.m.	H 7:20 a.m. L 1:26 p.m.	H 8:24 a.m. L 2:24 p.m.	H 9:25 a.m. L 3:21 p.m.
Saxis	H 4:48 p.m. L 11:05 a.m.	H 5:34 p.m. L 11:47 a.m.	H 5:44 a.m. L 12:31 p.m.	H 6:35 a.m. L 1:20 p.m.	H 7:32 a.m. L 2:15 p.m.	H 8:36 a.m. L 3:13 p.m.	H 9:37 a.m. L 4:10 p.m.
Hunting Creek	H 4:59 p.m. L 11:11 a.m.	H 5:10 a.m. L 11:53 a.m.	H 5:55 a.m. L 12:37 p.m.	H 6:46 a.m. L 1:26 p.m.	H 7:43 a.m. L 2:21 p.m.	H 8:47 a.m. L 3:19 p.m.	H 9:48 a.m. L 4:16 p.m.
Chesconnessex Creek	H 4:26 p.m. L 10:20 a.m.	H 5:12 p.m. L 11:02 a.m.	H 5:22 a.m. L 11:46 a.m.	H 6:13 a.m. L 12:35 p.m.	H 7:10 a.m. L 1:30 p.m.	H 8:14 a.m. L 2:28 p.m.	H 9:15 a.m. L 3:25 p.m.
Onancock Creek	H 4:37 p.m. L 10:36 a.m.	H 5:23 p.m. L 11:18 a.m.	H 5:33 a.m. L 12:02 p.m.	H 6:24 a.m. L 12:51 p.m.	H 7:21 a.m. L 1:46 p.m.	H 8:25 a.m. L 2:44 p.m.	H 9:26 a.m. L 3:41 p.m.
Pungoteague Creek	H 4:04 p.m. L 9:59 a.m.	H 4:51 p.m. L 10:41 a.m.	H 5:04 a.m. L 11:27 a.m.	H 5:54 a.m. L 12:16 p.m.	H 6:50 a.m. L 1:11 p.m.	H 7:49 a.m. L 2:09 p.m.	H 8:48 a.m. L 3:06 p.m.
Occohannock Creek	H 3:17 p.m. L 9:31 a.m.	H 4:03 p.m. L 10:13 a.m.	H 4:52 p.m. L 10:57 a.m.	H 5:04 a.m. L 11:46 a.m.	H 6:01 a.m. L 12:41 p.m.	H 7:05 a.m. L 1:39 p.m.	H 8:06 a.m. L 2:36 p.m.
Nassawadox Creek	H 2:41 p.m. L 8:16 a.m.	H 3:27 p.m. L 8:58 a.m.	H 4:16 p.m. L 9:42 a.m.	H 5:09 p.m. L 10:31 a.m.	H 5:25 a.m. L 11:26 a.m.	H 6:29 a.m. L 12:24 p.m.	H 7:30 a.m. L 1:21 p.m.
Cape Charles Harbor	H 1:30 p.m. L 7:24 a.m.	H 2:16 p.m. L 8:06 a.m.	H 3:05 p.m. L 8:50 a.m.	H 3:58 p.m. L 9:39 a.m.	H 4:57 p.m. L 10:34 a.m.	H 5:18 a.m. L 11:32 a.m.	H 6:19 a.m. L 12:29 p.m.
Kiptopeke Park	H 1:08 p.m. L 6:53 a.m.	H 1:54 p.m. L 7:35 a.m.	H 2:43 p.m. L 8:19 a.m.	H 3:36 p.m. L 9:08 a.m.	H 4:35 p.m. L 10:03 a.m.	H 5:35 p.m. L 11:01 a.m.	H 5:57 a.m. L 11:58 a.m.

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Posted at Sea Level



By Linda Cicoira

Some people have changed the way they do laundry because of the high cost of fuel. They have gone back to hanging their clothes outside to dry.

That action has caused a real dilemma for me.

Should I let them continue to save money by hanging their clothes out on the line or should I tell them what they are sacrificing?

In good conscience I must do the latter. The following information is based on my experience. I know some of you will push this aside. But I must urge people to be careful about bringing deer ticks into their homes with their laundry.

As a Lyme Disease patient, I took daily intravenous antibiotic treatments for two nine-month periods.

People ask me, "How did you get that?" There is only one way to contract Lyme and that is from a tick bite.

I am not exactly the great outdoors person. I hate summer. This helps prove that anyone can get Lyme Disease.

Those sheets, shirts and pants you just brought in from the clothes line may seem fresh and clean. Just remember, some ticks are so small they are the size of the period at the end of this sentence. You will not see them.

In addition, a deer tick fully engorged with blood is about the size of a dog tick. They are easy to confuse. So if you think it is not a deer tick, look again.

If you get a tick on your clothes and it goes through the washer and dryer, I have been told that it will die during a 30-minute dryer cycle. Costly, but definitely worth it. Tick season is basically from April to November.

And please, if you must feed the birds, do so at least 50 feet from your house. The seeds that fall on the ground bring mice who, in turn, often carry deer ticks.

Make a ritual of checking each other for ticks after enjoying outdoor activities. That may not be a new mole on your arm or leg. Check your pets daily too. They will appreciate it.

If you find a tick, do not flush it down the toilet! They can climb back up the drain. I know, that is disgusting.

After removing the tick, stick it on a piece of tape and save it for a month or so. I know, that is also gross. You're

probably not going to be a social magnet if you offer to show people your tick collection.

Yet, some people seem to be harder to test for Lyme Disease than others. Often, it is easier to test the tick. Make a note of the date you were bitten, too.

If you get a rash or have flu-like symptoms, it is time to visit the doctor and get antibiotics. Other symptoms include fever, headache, chills, muscle aches and lethargy.

Not everyone gets the bulls-eye rash. However, I did. Then I wrongly chose to show it to a pharmacist instead of going to the doctor. He told me to put a little cortisone cream on it like it was no big deal. This was several years ago, before drugstores made you sign a paper if they gave you advice.

I did not go to the doctor right away and when I finally did, no one was able to quickly figure out what was wrong. This went on for a long time.

I certainly did not realize that the flu and the rash were connected and never mentioned these things together to the physicians. The rash went away quickly — maybe due to the cream. I never saw the tick.

If you are tested for Lyme, I recommend that you ask your doctor to send your blood work to Georgetown Hospital in D.C. or Stony Brook in New York, where they have experience in

making a determination.

Everyone knows that in recent years, doctors have strayed from prescribing antibiotics for every little thing. That doesn't mean that antibiotics aren't necessary for some infections.

Lyme Disease patients need the drugs to get rid of the bacteria. A good doctor will give them to you until the infection is completely gone.

Here's another tip that some may not want to hear. All the shaving people do these days takes away the very feelers needed to avoid tick bites. The hair helps alert you that something is crawling. So if you are going camping or hiking in the woods, you might want to give your razor a break. Better to find the tick before it bites.

Wear long pants and tuck your pants legs into socks when outdoors. This helps. Still, when you get back from the hike, you need to wash those clothes even if they don't seem dirty. Wearing white helps one to see the ticks. But it is not a foolproof remedy.

The best way to remove a tick from your skin has been argued among experts, so I won't make a recommendation for that. It is wise to wash your hands thoroughly afterward and clean the site with alcohol.

Ticks. Just one more reason to love winter. And don't let that fool you either. I'm not really sure where they go at that time of year.

Post Office Mail

American Citizens Suffer While Foreigners Favored

Dear Editor:

We the people of the United States of America.

Why should we support through different organizations, and churches, the illegal immigrants and other foreign people who are here in our country? They use our government system without having legal citizenship papers.

This country is in bad enough shape to support our own people, yet they choose to support other illegal immigrants, foreign people, and countries. There are churches, and other organizations here on the Shore that support illegal immigrants and foreign people, but American citizens who pay their taxes, health insurance, doctor visits, prescriptions, car insurance, and county taxes can't get any kind of help when in dire hardships.

These illegal immigrants and foreign people are coming to the United States of America, getting all the federal programs, and we, the American citizens, get overlooked.

I hope the next senators, Congress, and president of the United States will understand and respect the rights of us Americans, and not support the illegal immigrants and foreign people. If these illegal immigrants and other foreign people are going to be allowed in our country, they should have a Social Security number, pay taxes, health insurance, car insurance, and county taxes, and not be given handouts.

These illegal immigrants and other foreign people get special attention anywhere they go here in the United States. They can drive on our roads, without insurance. They can go to the doctor, and get special attention. We, the American citizens, can be sitting in a waiting room of the hospital or doctor's office, but an illegal immigrant or foreign person is allowed to walk in and see a doctor right away.

Example: If you call a certain medical center here on the Shore, it's seldom you get in to see a doctor the same day, or you do luck up and get an appointment, but yet we, the American citizens, are overlooked when it comes to the illegal immigrants and other foreign people.

A very disgruntled U.S. citizen, Cindy Kennedy, via e-mail

Steeple Fire Minor, Thanks to Volunteers & Neighbors

Dear Editor:

In the wee hours of Sunday, Aug. 3, we were awakened by a pounding on our door. It was a neighbor, Keith Slade, advising us that our church steeple was on fire and that they had already called 911. Keith and his wife, Bonnie, had been awakened by a large clap of thunder and, realizing that the "hit" was nearby, had gone outside to check on their, and neighbors', homes. When glancing up, Bonnie saw the start of flames licking at the top of the Naomi Makemie Presbyterian Church steeple. Thanks to Bonnie and Keith's concern for neighbors, this fire was discovered early.

With the professional response of the Onancock and neighboring fire companies, the fire was contained to the steeple and did not extend to either the tower supporting the steeple nor the rest of the building. Not only did they extinguish the fire quickly, they sealed off the rest of the building from the tower to minimize (actually eliminate) any smoke smell or water damage.

We extend our utmost thanks to these neighbors and volunteers!

For the entire Congregation of NMPC Mike and Marge Carpenter, Onancock

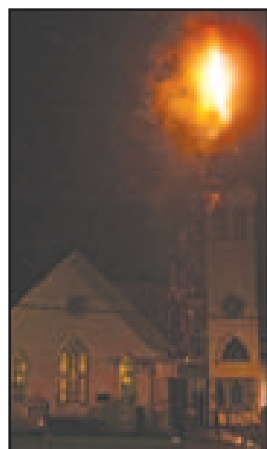


Photo Courtesy of Bonnie Slate

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Regular Contributors
 Ron West, Linda Cicoira and Angie H. Crutchley

Advertising Representative
 Troy Justis

P.O. Box 517 • Onley, VA 23418
e-mail: editor@easternshorepost.com
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