

The Shore's only locally owned newspaper

easternshorepost.com

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Higher Education

Photo by Linda Cicaira

Public schools throughout the Shore opened their doors to a new year Tuesday. This aerial view of Occohannock Elementary School captures the scene as buses arrive with their precious young cargo.

Sen. Fears Stood Strong for Shore

By Candy Farlow

Funeral services were held Friday for one of the most colorful statesmen to ever represent the citizens of the Eastern Shore.

William E. "Bill" Fears served from 1968 to 1992 in the State Senate, where he left his mark by seeing through numerous bills reflected in the laws on the books today. Sen. Fears was also instrumental in passage of the legislation which created the Virginia Lottery. It was during the debate on that issue that the senator made one of his numerous legendary remarks. "I'm sick and tired of watching everyone in my district go to Maryland to buy a ticket," he said. "I used to be opposed to it. Sometimes you've got to rise above your principles and do what's right."



Sen. Fears

It was perhaps another of his infamous remarks which led to the Democratic senator's defeat in the 1991 election. Earlier that year, in a speech on the Senate floor, Sen. Fears voiced his opposition to new, more restrictive drunk driving laws, saying, "We're going to take all the sport out of drinking and driving."

The Republicans jumped on that comment, using it against him in their successful bid to drive him from office.

Regardless of his penchant for making startling remarks, Fears was always fighting for the Shore — and was successful in most of those fights.

Chuck Robb was governor when cost-cutting measures called for closure of the local State Police barracks which, at that time, also served as a dispatch station.

I had the privilege of sitting across from the senator at his desk as he learned of that plan. His face became blood red and he picked up the phone. Within minutes, he was talking to Robb himself. By the end of the call, the State Police barracks was saved.

The senator was promised at that time that his exact remarks to the governor would not be reported.

Even now, I keep that promise.

But those words, and so many he uttered, will never be forgotten. Neither will the man whose words often left you shaking your head, but never wondering where his loyalties lay.

A full obituary for Sen. Fears can be found on Page 8.

Eastern Shore Post To Become Friday Paper

Well into its 10th year now, the Eastern Shore Post has begun counting down the weeks until it no longer will be a Wednesday paper.

But there's no need to be concerned about losing the only locally owned newspaper on Virginia's Eastern Shore. Publication merely will be changing to Friday.

That's right. Beginning Oct. 3, the Eastern Shore Post will be printed and distributed each Friday.

"For us," said Editor Cheryl Nowak, "this will mean a much better opportunity to capture the news that happened throughout the week in one edition. It will give a distinct news cycle to the hard copy of the Post, while continuing to allow us to update our Web site (www.easternshorepost.com) as news happens."

"Moreover," said Publisher Candy Farlow, we believe it will benefit our readers by affording them

more opportunities to pick up our free publication as they run their errands on the weekends, making our advertisements all the more timely for their planning and shopping.

"Deadlines will be adjusted accordingly, of course," said Farlow, "but we will retain the ability to modify ads and take classified listings as late as a few hours before deadline — in this case, Thursday at noon. We have found this to be a real advantage for our advertisers."

"To be honest," added Nowak, "although we are extremely revitalized by this new shift in our operation, we are not particularly looking forward to Wednesday, Oct. 1, which will be the first time since June of 1999 that the Eastern Shore Post has not been published. We expect a few distraught calls and visits, but we'll be able to reassure those who are looking for that week's Post that if they hang on for two more days, they'll have yet one more reason to love Fridays."

Looks Like Accomack May Be Turning Green

By Linda Cicaira

Accomack officials want a non-profit organization to evaluate county assets to "maximize ecological, economic and cultural returns."

It's another in a long list of studies. But this one is not expected to cost taxpayers a dime.

"We hope to raise ... funds over the next nine months," said Karen Firehock of Green Infrastructure Center, a non-profit organization that seeks money from "a variety of sources," including the Virginia Environmental Endowment, the Virginia Department of Forestry, and individuals. "As a public charity, all donations to our center are 100 percent tax deductible," she said.

"Any community members wishing to donate may certainly do so (*see inset*) and we can assure them that all funds will be 100 percent spent only on the Accomack project," the director said.

Firehock got the nod from officials last month after outlining similar plans in other Virginia communities. A project was completed in Charlottesville in March. Others will be finished within the next two years in Lynchburg, Madison and New Kent counties and the Richmond and Crater Planning District regions.

"We evaluate green assets to help you realize what you have and help you manage it better," explained Firehock. The organization is "not anti-development, just interested in putting development in the best place," she said.

After several meetings with county leaders to learn the area's needs, "we are refining a project work plan and proposal," Firehock said. "We have not costed out the full budget. ... These projects cost in the range of \$80,000 to \$100,000. Since we generally pick counties based on need, we do not receive funds from the locality. Staff and community members donate 'in-kind' services, such as reviewing maps, establishing project goals and going on field visits as needed. We also conduct many community interviews with individual stakeholders," she said.

Expenses "include a team of planners and technical experts from ecologists to geographers, modelers or even economists, depending on the local needs. We draw from a group of 14 professionals and customize staffing for each field test," said Firehock. "Other costs include travel, printing, software, publications for the community, overhead, etc."

The Accomack-Northampton Plan-

ning District Commission will be a partner in the project. "We have met with them to discuss their role," she said. "They will likely be obtaining some funds from the Virginia Department of Environmental Quality through a National Oceanic and Atmospheric Administration grant source to help with making maps and analysis of data. ... Depending on how much funding they receive to help out, our costs and fund-raising needs can be lowered as they take on some of the work.

"It all can be thought out in advance," Firehock continued. The plan is to help combat global warming, protect the local water supply, allow for cost-effective stormwater management, preserve wildlife habitats and improve public health.

Firehock stressed the need for regional trails as a top priority since "woodland and trails can increase values." Another major consideration should be the protection of the endangered Delmarva fox squirrel, she noted.

"The idea is that you have a new tool," Firehock added, explaining that maps for tourism are needed to show visitors "exactly how and where to leave their money. You guys will become a model that other areas can follow. ... You guys have some good maps, but you don't have everything."

Firehock said once she seeks foundation support for the project, the next step will be for the organization and the county to agree on a general work plan. The launch target is spring/summer of 2009.

The project has five phases. First,

data and research will be gathered, followed by mapping, risk assessment, and evaluation of local goals. The final step will include a report of strategies for officials to consider.

Green infrastructure is applied with park and open space, Firehock said, adding that other considerations include transportation planning, new ordinance development, zoning recommendations, and tree canopy surveys and management.

She will also identify lands for Purchase of Development Rights (PDR), where farmers can

choose to cash in some of the equity in their land without losing ownership or their ability to farm the property.

According to the Piedmont Environmental Council Web site, "This option offers farmers a financially competitive alternative to selling their land for development. Considering the potential savings in construction and maintenance of schools, roads and other public services, these programs can save localities more than they cost." Such programs are in place in Albemarle, Fauquier and Loudoun counties.

Land suited for another program, Transfer of Development Rights (TDR), also will be identified. The Piedmont Web site explains that such programs "use a market-based approach to encourage higher density development in growth areas while reducing the development potential of rural areas." Developers may go either to landowners directly to ask to purchase development rights or buy them from an established "bank."

Those who wish to make tax-deductible donations to the center can do so by sending a check made payable to the Green Infrastructure Center, Inc. Funds may be restricted to a specific project by specifying the project name or activity in a letter or the memo portion of the check.

Donations should be sent to:
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If you have questions about donations, please contact:
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Two Die in Pocomoke Crash

By Linda Cicaira

Two New Jersey residents were killed in a head-on collision in Pocomoke, Md., Sunday. Both vehicles caught fire.

The accident closed the highway for several hours. Teclezgi Ucbaghiorghis, 60, of Laurel and Jane Ann Kern, 70, of Freehold died at the scene, according to Angel Thornes, a town police spokesperson. Two other people were taken to Peninsula Regional Medical Center in Salisbury, Md.

The report stated that the crash occurred when Ucbaghiorghis didn't



Photo Courtesy of Pocomoke Police Dept.

stop at a stop sign at the intersection of Route 13 and Business 13. His Mitsubishi hit a Buick driven by MaryAnn E. Gillette, 70, of Freehold.

Gillette was taken to the Shock Trauma Center in Baltimore where she was listed in critical condition.

A second passenger in Gillette's car, Diane Barber 76, of Freehold, was ejected into the median and taken to PRMC.

Accomack Drill Will Distribute Commodities to Site Visitors

On Saturday, Sept. 6, Accomack County needs help from the community to test whether the county can help residents after a disaster strikes.

Accomack County will be conducting a Point of Distribution (POD) exercise in the parking lot at Nandua High School. Commodities will be given to citizens who drive through the site.

The first 500 vehicles coming to the site between 9 and 11 Saturday morning will receive a case of bottled water, a roof-size tarp, two MREs (Meals Ready to Eat), and a disaster preparedness information packet. The county's goal is to provide these commodities quickly and efficiently.

Such an exercise allows the county to measure its effectiveness in distributing commodities after a disaster, using both county personnel and volunteers. It also gives citizens an opportunity to learn what recovery efforts in the county would entail after a major disaster. The commodities being distributed are typical of those that would be distributed after a real disaster. Items received by residents on Saturday can be placed in their hurricane emergency supply kits.

Residents will enter the site at the southern end of Nandua High School's parking lot. There will be electronic signs supplied by the Virginia Department of Transportation (VDOT) on Lankford Highway, advising citizens if the POD site is open and where to turn. Upon entering the front parking lot of the school, residents will be directed to a loading point. Site workers will load the water, MREs, tarp and information packet into citizens' vehicles. Having the vehicle's trunk or hatch latch open will speed the process. Citizens must make sure they have room in their vehicle for the commodities before they visit the site. After filling out a very brief survey, citizens may exit the POD site.

For residents of Chincoteague, on the same date and at the same time, the same exercise with the same commodities will be conducted at Chincoteague Community Center.

POD exercises are designed to mimic conditions in an area approximately four days after a major disaster, such as a hurricane, strikes. With the assumption that the majority of the county remains without power, and businesses are not open to provide food and other basic necessities, the county would request the Federal Emergency Management Agency (FEMA) commodities through the Virginia Department of Emergency Management to be distributed to res-

idents via POD sites opened throughout the county. The location of the POD sites and the opening times would be announced on local radio and TV stations. Other agencies ready to help residents handle other emergencies would be at these POD sites — the Health Department dispensing inoculations, and Rural Health System giving basic first aid, for instance. Detailed information regarding POD sites will be in the packets given to residents visiting the POD site Saturday.

The actual exercise is only one part of a process being evaluated from beginning to end by local and state officials. The commodities distribution part of the county's Emergency Operations Plan (EOP), the county's Emergency Operations Center (EOC) and the operation of the POD site will all be evaluated. At the end of the exercise, an After Action Report will be developed to help all participants realize where changes may need to be made to make commodities distribution most effective.

Distributing critical items to residents of Accomack County after a disaster is a collaborative effort of many groups — the county departments of Public Safety, Parks and Recreation, Health, and Public Works; the Sheriff's Office; VDOT; Virginia State Police; Eastern Shore Rural Health System; Shore Memorial Hospital, Eastern Shore CERT; and the Radio Amateur Club of the Eastern Shore (RACES).

Residents going to the POD site on Saturday will not only have the benefit of receiving a substantial amount of commodities at no cost, but also will be helping these many groups achieve their goal of providing critical care and necessities to residents in a timely and efficient manner after a disaster strikes Accomack.



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Planning Issues To Be Topic of Public Hearings

The Northampton County Joint Local Planning Commission will conduct a public hearing on proposed amendments to the Land Use element of the county Comprehensive Plan tonight at 7 in the former circuit courtroom in Eastville.

The Land Use component of the plan, including the Future Land Use Map, was adopted in July 2006, and the Future Land Use Map was amended in March 2007. The Planning Commission is recommending amendments as a result of ongoing consideration of potential revisions to the county zoning ordinance.

Virginia law requires each locality to adopt a comprehensive plan to guide the physical development of the land within its jurisdiction. The plan is considered to be the foundation for a locality's zoning ordinance.

The county anticipates that public hearings will be conducted on proposed zoning ordinance revisions to implement the plan's recommendations in November and December.

The Board of Supervisors will conduct a public hearing on the proposed plan amendments on Tuesday, Sept. 9, at 7 p.m. in the former circuit courtroom.

Information regarding this matter may be ob-



Photo by Linda Cicaira
Northampton farmland, roads, forests and home sites will be affected by county land-use decisions.

tained on the county's Web site at www.co.northampton.va.us Files are available for review in the Planning & Zoning Department in Eastville; the town offices in Cape Charles, Cheriton, Eastville, and Exmore; and the libraries in Cape Charles and Nassawadox.

Those who are interested in this issue also may contact the Planning Department at 678-0443.

Court & Police Postings

Northampton County Circuit Court Criminal Cases

Tyrone Shelly Burton, 53, of Nassawadox was sentenced in Northampton County Circuit Court last Monday to five years for breaking and entering and five years for grand larceny, with the time to be served concurrently and with all but two years and five months suspended.

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Accomack County Sheriff's Office Arrest

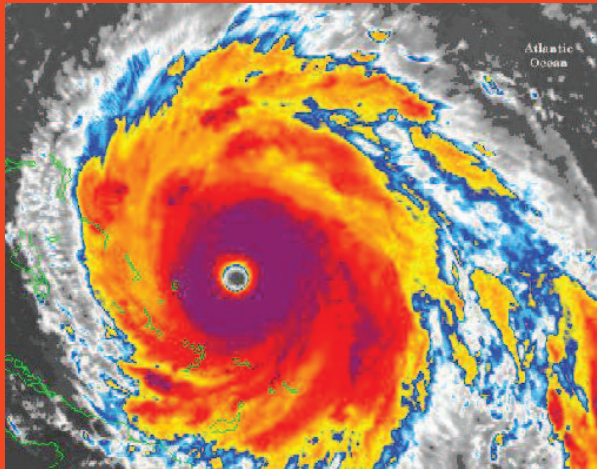
A Withams man is being held in the Accomack County Jail with bond denied following his arrest in connection with an armed robbery Sunday morning.

According to Sheriff Larry Giddens, Ryan Deshawn Copes, 22, of Withams was arrested on two counts of robbery, use of a sawed-off gun in the commission of a crime, use of a firearm in the commission of a felony, and buying or receiving stolen property.

Giddens said his office received a call Sunday morning from Staunch Alarm Corporation regarding a hold-up alarm at the Corner Mart convenience store on Chincoteague Road. Units responding to the scene discovered that a man had entered the store with a sawed-off shotgun and robbed the clerks at gunpoint of an undisclosed amount of money. No one was injured during the robbery and the suspect fled the scene by vehicle prior to deputies' arrival.

Deputies and state troopers converged on the area in search of the vehicle which led to the location of the suspect in the parking lot south of the Subway restaurant in Oak Hall.

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VMRC Defers New Crab Restrictions; Decides Property Requests

Virginia's financial constraints are delaying implementation of new regulations designed to help regulate blue crabs in the Chesapeake Bay. A new plan would have required watermen to put a new colored tag on each of their crab pots every year. That would help officials crack down more on illegal crab pots.

But that program would cost about \$300,000 that the state can't afford right now; thus, the Virginia Marine Resources Commission has decided to postpone enacting the new regulation until details are worked out and funding becomes available.

The VMRC last week passed an emergency measure that will permit extended hours of oyster harvesting on private grounds during September. Previous regulations restricted harvests from sunrise to 10 a.m. because of health concerns associated with warm water. The state's Health Department, however, says the new noon time limit is sufficient.

The VMRC also heard a report from Dr. Bob Orth of the Virginia Institute of Marine Science on the status of submerged aquatic vegetation (SAV). Dr. Orth noted that 192 acres of coast bay SAV beds were replanted last year, but the declining water clarity in the mainstem of the bay and its tributaries, as well as in the Chincoteague area, has hampered regeneration. Dr. Orth said the loss of these protective habitats for a variety of species over the past few decades has been extensive. He called the situation "dire."

In other action, the VMRC denied Birchwood Motel, Inc., on Chincoteague a permit to install a 750-foot-long sewage discharge pipe under a pier adjacent to the motel property on Chincoteague Channel. The project had been before the VMRC before, but was remanded by the Circuit Court of Accomack County to the panel for rehearing.

The VMRC maintained its opposition to the project, however, saying the accompanying imposition of a prohibited zone over nearly 16 acres of potential oyster planting ground due to the potential for public health risks was "unreasonable and not in the public interest."

Approved by the VMRC was a request from Baymark Construction Corporation for authorization to construct two floating piers with T-heads and finger piers for the mooring of 79 boats within the footprint of the existing Bay Creek Marina along Kings Creek in Cape Charles. Although the proposed piers and boat slips were permitted in 2001, they were never constructed. The approval of the project calls for the imposition of a royalty of nearly \$116,000 for the encroachment of state-owned bottom.

Henry S. Jones Jr. was given authorization to lease over seven acres of oyster planting ground in Smith Island Bay near Smith Island in Northampton County. The project was protested by a nearby property owner.



Pre-K School of Fish

There's a new species of fish swimming on the Eastern Shore. These are among the pieces of ceramic art waiting to be fired in the kiln at the home studio of Post photographer Linda Cicoira near Painter.

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and

THERESA LONG, FNP

(Women's Health)

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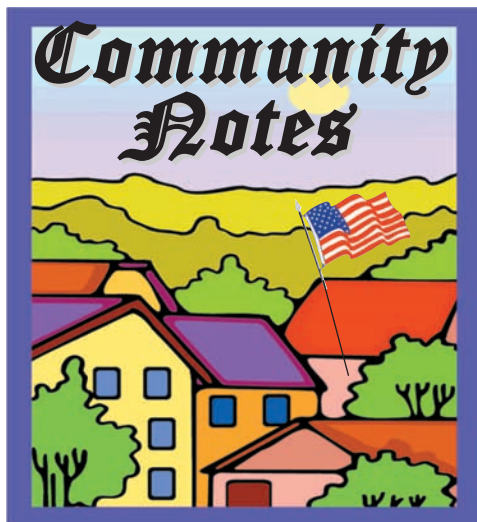
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Community Notes



Cheriton
By Ron West

Cheriton Town Council held a public hearing last Wednesday on a proposed boundary adjustment. Cheriton's town leaders have been seeking an adjustment to the town boundary for nearly eight years in an effort to grow their economy and their population.

The adjustment would extend town limits to just south of Eyre Hall Drive, southward to the Cape Charles traffic light. In addition, the town has sought to add property west of Lankford Highway, including the Tower Hill subdivision and property east of town beyond the former Webster Canning facility. Most of the property in question is considered town edge on the proposed future land use map (FLUM).

For some time, most county supervisors have generally opposed the boundary expansion of Northampton towns.

While more than 50 concerned citizens attended last Wednesday's meeting, most came to hear what was proposed rather than to speak.

Former Cheriton Councilman Wade Fitzgerald, a former supervisor, spoke in support of the proposed expansion. "Cheriton is an up-and-coming town ... and needs to set its goals on economic development and being user friendly to our local residents and to business and industry," Fitzgerald said. "I recommend that the Town Council move forward in whatever means possible to expand our boundaries, and not rely on our county supervisors to promote our town and expanding area. The more people we have in our town limits, the stronger growth we will have in our downtown areas. Cheriton needs to promote jobs for our youth and a place to establish a home within a neighborhood where we can afford to live and shop."

Bill Parr concurred that it would be good for the town to expand.

Dave Boyd said he could not see any benefit in taking in the Tower Hill subdivision where he lives. He suggested that Tower Hill would not receive any benefits, but would see more taxes.

In a surprise move, Supervisor Dave

Town Meetings This Week

THURSDAY, SEPTEMBER 4

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

FRIDAY, SEPTEMBER 5

• Tangier Town Council - 7 p.m., Town Office

MONDAY, SEPTEMBER 8

• Painter Town Council - 7:30 p.m., Town Hall

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

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

Burden presented a counter offer which would expand Cheriton southward to just north of the Cape Charles traffic light, but very little else that town leaders requested. Burden said his offer was authorized and had been discussed by county leaders.

Supervisor Richard Tankard noted that Cheriton's population has decreased over the past 25 years; with the boundary adjustment, it would increase from 483 to 758. Tankard said Virginia currently requires a population of 1,000 for a new town to become incorporated. Cheriton was incorporated in the 1950s when the railroad served most of the communities on the Shore and Rt. 13 did not pass many of the towns.

An additional stipulation on the county's counter proposal is that any addition to the town would not be allowed to have its own septic system but would require a municipal wastewater system which Cheriton as yet does not have. Additionally, the county recommends no additional curb cuts, as well as placing a vegetative buffer along part of the Rt. 13 bypass. One Rt. 13 curb cut (Bayview Circle) would be eliminated and rerouted to Business 13. The supervisors recommended that access to any new town property be made from Business 13, which runs through town. According to the county's proposal, no additional commercial frontage would be allowed along Rt. 13 within the town limits.

Mayor Robert Lewis announced that no decision would be made at the meeting regarding the county's counter offer. Council will have a work session on Sept. 8 at 7:30 p.m. to further discuss the boundary issue.

In an unrelated issue, Sam Currie of the Northampton County Public Golfing Association asked those present to support efforts to develop a county golf course north of Cheriton.



Belle Haven
By Linda Cicoira

Belle Haven officials dropped the ball again. When residents gathered last Tuesday night for a public hearing on the tax rate, they were told the session couldn't be held because it was improperly advertised.

"I wish we could have gotten notice of this a little sooner," announced Mayor Marion Long. "Keep an eye out for the next date. ... We were given notice coming in the door. We will be re-advertising. ... I apologize for any confusion ... we will have to question the attorney about how we missed the 30-day deal."

The mayor said rather than set a new date that night, the panel would wait until three new members were sworn in on Sept. 2.

"I'm tired of it," former Councilman Bobby Pase said before the meeting began. "A whole year of this mess and they can't get it right."

Pase was one of those to be sworn in last night. At last week's meeting, he handed out papers that cited problems with the initial advertisement. Pase noted that a "public hearing notice must be given 30 days prior to the public hearing."

"This was not adhered to as the decision to hold this hearing was made at the Aug. 5 council meeting and the hearing is being held on Aug. 26," wrote Pase.

"The notice must be placed in a prominent location at the ESO (Eastern Shore's Own) building where notices are normally placed," the hand-out stated. "Did the town post one? Mayor Long stated it would be posted in the post office, which is where notices used to be placed, but none was ever observed."

The previous tax rate was repealed Aug. 5. Controversy over that rate began nearly a year ago when it was increased for the first time since the 1980s from 4 cents to 15 cents per

\$100 valuation.

Late last summer, officials proposed that the rate go up to 10 cents, which was the amount advertised for public hearing.

However, with the advice of its lawyer, Carl Bundick, and with the explanation that funds were needed, town council decided to up the rate to 15 cents per \$100 valuation without advertisement.

Pase, the only member of the public who attended that forum, complained that the town could not increase the rate above the amount that was advertised.

Long noted that advertising the 15-cent proposed rate will allow a lower rate to be set. The law mandates only that the proposed rate cannot be raised without advertising. He added that 8.5 cents per \$100 valuation is needed to raise the more than \$35,000 to balance the draft \$102,404 budget and that is the goal.

"There is nothing going on," said Long. "It's a break-even budget." He said that the \$500 donation to the Moose Lodge for fireworks in July and the \$100 award for best Christmas decorations "will be up for debate when we move on into the year."

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Jesse and Erin McMath Beck
Erin McMath Weds Jesse Beck

Erin Reid McMath and Jesse Patrick Beck were united in marriage on Saturday, July 19, 2008, at Onley United Methodist Church. The double-ring ceremony was performed by Rev. Charles W. Parks III. An outdoor reception followed the ceremony at Holly Grove, a private residence on Onancock Creek.

The bride was escorted by her father and presented for marriage by

her parents, Mr. and Mrs. Albert Joseph McMath Jr. of Onley. The groom is the son of Patricia Ann Beck of Exmore and Richard Darryl Beck of Everett, Wash.

The bride is the granddaughter of Joseph McMath of Onley and the late Helen McMath, and the late Mr. and Mrs. Clyde Broache from Parksley. The groom is the grandson of Shirley Beck of Avalon, N.J., and the late Raymond Beck, and Mr. and Mrs. Leonard Orsini of Boca Raton, Fla., and the late Victoria Orsini from Dowingtown, Pa.

Nicole Briggs Marsh of Charlottesville served as matron of honor. The bridesmaids were Anna Turner Bagwell of Onancock, Joanna Friedman Beck of Arlington, Holly Dean Bundick of Onancock, Ashley Smith Fox of Eastville, Kailey Sheppard Keeler of Winchester, Nicole Elizabeth Pennucci of Syosset, N.Y., and Courtney Colonna Prettyman of Richmond.

John Powell Custis of Onancock served as the best man. The groomsmen included Christopher Julian Beck and Ryan Horatio Beck, brothers of the groom; Timothy Dunton McMath, brother of the bride; and William Thomas Collins of Richmond; Benjamin Thomas Fox of Eastville; Ian Thomas McNair of Craddockville; and Edward Thornton Tayloe of Cheriton.

Wedding music was provided by Michael Teets and Alainna Sarver. Hunter Edwards and Curtis Smith read the scriptures, Sara Dawson greeted guests and Elizabeth Phillips, cousin of the bride, attended the guest book. Mrs. William Byrd and Mrs. Bryan Smith acted as mistresses of ceremonies. Mrs. Roger Weinheimer served the cake.

Following a wedding trip to St. Lucia, the couple resides in Eastville.

Robin Rinaca Re-appointed to State Pesticide Board

Gov. Timothy M. Kaine has re-appointed Robin A. Rinaca of Accomac, owner and general manager of Eastern Shore Nursery of Virginia, to the state's Pesticide Control Board.

DARE Students Recognized

Fifth graders from Tangier Combined and Kegotank Elementary schools recently were recognized by the Accomack County Sheriff's Office for outstanding achievements during the 2007-08 school year.

According to Sheriff Larry Giddens, the recognition came as part of the annual Drug Abuse Resistance Education (DARE) Day held at Nandua High School to celebrate the completion of the DARE program by fifth graders from six county schools.

The students from Tangier Combined School were recognized for being the leaders in the DARE food drive for the local food bank. Those students collected 714 pounds of food for donation.

Kegotank Elementary School was put in the spotlight when a fifth grader, Alejandra Vansant, took first place in the DARE Essay Contest.

In her essay, Vansant summed up the importance of the program when she wrote, "DARE has truly changed my life. It is one of those programs that only comes along once in a lifetime. From now on, I promise to be drug free, violence free, and be respectful of all laws. Always remember, you make decisions for yourself, don't let other people make them for you."



- a son, born to Briceida Hernandez of Mappsville Aug. 22
- a son, born to Consuelo Bailey of Eastville Aug. 23
- twin sons, born to Dinita Warner of Onancock Aug. 24
- a son, born to Heather Vanscoy of Wachapreague Aug. 24
- a son, born to Brittney and Michael Johnson of Melfa Aug. 25
- a son, born to Sophie Myers of Nassawadox Aug. 26
- a daughter, born to Melissa and John David Outten of Exmore Aug. 28

Items for Mileposts can be faxed to the **Eastern Shore Post** at 789-7681 or e-mailed to editor@easternshorepost.com

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| 35 | \$81 | \$115 | \$180 |
| 40 | \$96 | \$135 | \$220 |
| 45 | \$129 | \$213 | \$365 |
| 50 | \$181 | \$293 | \$535 |
| 55 | \$258 | \$475 | \$880 |
| 60 | \$376 | \$760 | \$1,450 |
| 65 | \$580 | \$1,248 | \$2,425 |
| 70 | \$996 | \$1,898 | \$3,725 |

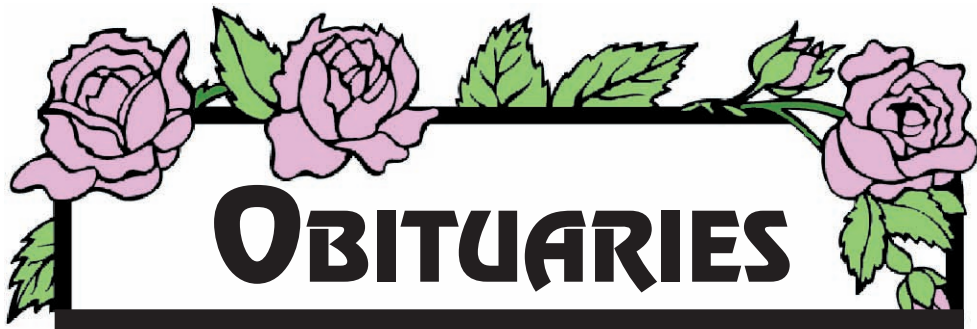
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OBITUARIES

Former State Senator Dies



Sen. Fears

Sen. William E. Fears, 87, died at his home at the Hermitage on the Eastern Shore, Onancock, Monday Aug. 25, 2008.

Born in Jonesboro, Ark., to the late Katherine and Arthur Earl Fears, he was educated at Friends Seminary in New York and received a degree in metallurgical engineering from Yale University and a law degree from the University of Cincinnati. He served as a lieutenant in the Army Air Corps during World War II and was stationed in England and France. He married Belle DeCormis of Accomac in 1944. Prior to moving to Accomac to begin his law practice in 1950, Mr. Fears was a patent attorney for Aluminum Company of America in Pittsburgh and for International Nickel Company in New York.

Mr. Fears practiced law in Accomac for 50 years and was active and involved as spokesman for his community, first as commonwealth's attorney, then as state senator for 24 years. He was never without an opinion or ever at a loss for words about the way he believed things should be.

He is survived by his wife of 64 years, Dr. Belle DeCormis Fears;

daughter, Barbara Fears Haynes of Nassawadox, and son-in-law, Jim of Richmond; son, Dr. Richard Bradford Fears of Horseheads, N.Y., and daughter-in-law, Rebecca; and grandchildren, Matthew Haynes (and wife, Leigh), Breton Fears, Sarah and Annabelle Fears, Elizabeth Swarthout (and husband, John), and Carolyn Nugent.

A memorial service was held Friday, Aug. 29, at the Hermitage in Onancock, with family visitation afterward.

Please consider honoring Sen. Fears' service to his community by contributing to a charity of your choice in Sen. Fears' name. Memory tributes may be sent to the family at www.williamsfuneralhomes.com

Arrangements were made by Williams-Onancock Funeral Home.

Onancock Resident Dies at SMH

Mr. Spencer M. Powell, 82, of Onancock passed away Tuesday, Aug. 26, 2008, at Shore Memorial Hospital in Nassawadox.

A native of Victoria, Va., he was the son of the late Clarence Clifton Powell and Minnie Pearl Elmore Powell and served in the U.S. Navy during World War II. Mr. Powell was formerly a partner in C.C. Powell & Sons, Inc., and superintendent of public works for the Town of Victoria. He was a member of Victoria Baptist Church.

Mr. Powell was predeceased by two wives, Connie Dickerson Powell and Anna Ruth Powell. He is survived by

his daughter, Beverly Powell Leatherbury (and husband, Dixon) of Machipongo; step-children, Scott McLaughlin of Chase City, Steve McLaughlin and Mary Pat Johnson, both of Victoria, Va.; seven grandchildren; and one great-grandchild.

Graveside services with military honors were conducted Friday, Aug. 29, at Lakeview Cemetery in Victoria, with Rev. Stanley Hare officiating.

Memorial donations may be made to Victoria Fire and Rescue, P.O. Box T, Victoria, VA 23974; or to Victoria Baptist Church, P.O. Box 911, Victoria, VA 23974. Online condolences may be sent to the family at www.doughtyfuneralhome.com

Arrangements were made by Doughty Funeral Home in Exmore and Staples Funeral Home in Victoria.

Retired Builder Passes Away

Mr. Thomas Lee Hart Sr., 74, of Wachapreague passed away at his residence Thursday, Aug. 28, 2008.

Born in Cashville, he was the son of the late Leland Thomas Hart and Gracie Harrison Hart and a graduate of Onancock High School. Mr. Hart was a retired builder and a member of Powelton Presbyterian Church. He served his country in the National Guard, and enjoyed restoring old homes, including the two bed and breakfasts he and his wife operated, Burton House and Hart's Harbor.

Mr. Hart is survived by his wife, Patricia Kellam Hart; sons, Thomas L. Hart Jr. of Atlantic and Michael K. Hart of Assawoman; sister, Eunice Hart Budd, and brother, Francis Harrison Hart, both of Mt. Nebo, Onancock; grandchildren, Thomas L. Hart III and Matthew D. Hart, both of Wachapreague, Eric Wayne Hart of Temper-



Mr. Hart

anceville and Clara Delima of Atlantic; great-grandson, Thomas Lee Hart IV; and several nieces and nephews.

Graveside services were conducted at Wachapreague Cemetery Saturday, Aug. 30, by Rev. Kirk Mariner.

Memorial donations may be made to Hospice of the Eastern Shore, P.O. Box 316, Parksley, VA 23421; or to the American Lung Association, 5349 East Princess Anne Rd., Norfolk, VA 23502. Memory tributes may be sent to the family at www.williamsfuneralhomes.com

Arrangements were made by Williams-Onancock Funeral Home.

Retired Registered Nurse Dies

Mrs. Elizabeth Scarborough Sturgis, 97, a resident of Eastville for 79 years, died Saturday, Aug. 30, 2008, in Nassawadox.

Born in Plymouth, N.C., she was the daughter of the late Alice Lewis Scarborough and Willis Marvin Scarborough. Mrs. Sturgis was a graduate of Northampton-Accomack Memorial Hospital School of Nursing. She retired as a registered nurse in 1972.

Mrs. Sturgis was predeceased by her husband, Edgar Smith Sturgis Jr.; a son, Willis Scarborough Sturgis; a brother, Willis Marvin Scarborough Jr.; and a granddaughter, Eleanor Scarborough Sturgis. She is survived by her son, Edgar Smith Sturgis III (and wife, Katharine Foley Sturgis); daughter-in-law, Mary Custis Sturgis; grandchildren, Amy S. Darby (and husband, Freddy), James C. Sturgis, and Steve W. Sturgis (and wife, Sherry); and great-grandchildren, Lynn Allisionm Kyle and Jarrett.

Graveside services were conducted Tuesday, Sept. 2, at Johnson's Cemetery in Johnsontown by Rev. Robert G. Johnson.

Memorial donations may be made to the Eastern Shore Community College Foundation for Nursing Program, attn. Eve Belote, 29300 Lankford Hwy., Melfa, VA 23410.

Arrangements were made by Fox & James Funeral Home, Eastville.



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Hunting With Hounds~

A Virginia landowner has invoiced the Department of Game and Inland Fisheries for 19 years of back payments for placing his property in the public domain without compensation and for denying him the right to privacy. At issue is Virginia's right-to-retrieve law, currently under review as part of the Department of Game and Inland Fisheries (DGIF) Study: "Hunting With Hounds in Virginia – A Way Forward."

Ben Jones of Crewe said, "Under state law 18.2-136, hunters are allowed to come on my property without my permission. I think the Fifth Amendment of the United States Constitution protects my property rights and does not allow the state to take it for public use without fair compensation. They have been doing it for 19 years so I billed them." Jones also indicated DGIF refused to pay the bill.

Information recently released by the DGIF hound study indicates that hound trespass was the top issue of correspondence sent to DGIF and Virginia Tech, which is facilitating the DGIF study. Conflict between a hunter's right to retrieve hounds and a landowner's right to control access to private property was the top issue identified by the DGIF Technical Committee and the study's Stakeholder Advisory Committee (SAC).

Hunting with dogs is allowed in Accomack County, but not in Northampton.

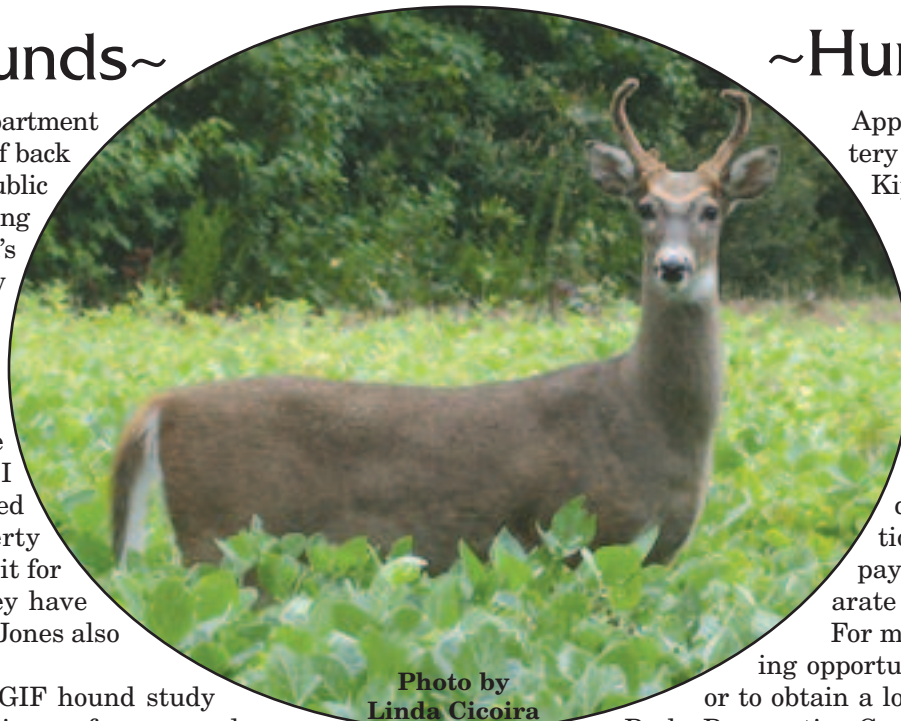


Photo by Linda Cicaira

~Hunting Lotteries Set

Applications are being accepted for special lottery deer hunts at several state parks, including Kiptopeke State Park in Northampton County.

Kiptopeke will hold an archery-muzzle-loader hunt Nov. 7-8 and shotgun hunt Dec. 12-13. The lottery application deadlines for both of the Kiptopeke hunts is Oct. 3. A \$5 non-refundable application fee must be submitted for each hunt.

Anyone may enter the lotteries for a chance to participate in the controlled hunts; however, successful applicants on the day of the hunt must show proof of completion of a hunter safety education course and pay a \$10 fee. Each lottery entry requires a separate application.

For more information about these and other hunting opportunities and programs in Virginia state parks or to obtain a lottery application, contact the Virginia State Parks Reservation Center at 1-800-933-PARK. Applications and information also may be found at www.dcr.virginia.gov

For information on quota hunts, hunting licenses, hunter safety education and hunting regulations, call the Virginia Department of Game and Inland Fisheries at (804)367-1000 or visit the DGIF Web site at www.dgif.virginia.gov

Hunter Education Course Begins Next Wednesday in Eastville

The Department of Game and Inland Fisheries will offer a hunter education course beginning Wednesday, Sept. 10, and concluding Friday, Sept. 12. The sessions will run from 6 to

9:30 each evening.

The class will be held at the Eastville Fire Company Bingo Hall. There is no fee for the course; however, it is required for everyone purchasing a

hunting license for the first time, as well as all youth age 16 and younger. Participants must attend the entire session to successfully complete the course.

Due to limited class size, pre-registration is required.

To register or for more information, call Jim Stern at 787-3842 or 442-3740.



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Voter Registration Frequently Asked Questions

Who can register to vote?

To be eligible to register to vote in Virginia, a person must:

- be a resident of Virginia;
- be a U.S. citizen;
- be 18 years old on or before Election Day;
- Not claim the right to vote in any other state;
- Not currently be declared mentally incompetent by a court of law;
- have had his or her right to vote restored, if convicted of a felony or declared mentally competent.

For more information, contact your registrar in Northampton County at 678-0480; or in Accomack County at 787-2935 or 824-0525.

Where can I get a voter registration application?

- Voter Registration Offices in Eastville and Accomack
- online at www.sbe.virginia.gov
- Virginia Employment Commission, Center for Independent Living, Departments of Motor Vehicles, Health, Social Services, Game and Inland Fisheries, Mental Health, Mental Retardation and Substance Abuse.

Mail the completed form to P.O. Box 510, Eastville, VA 23347; or P.O. Box 97, Accomack 23301*. Military and other persons residing outside the United States should contact the Federal Voting Assistance Program for registration information (www.fvap.gov).

*Once you have submitted your registration form, you should receive a voter registration card in the mail. If you do not receive one, contact your local Registrar's Office to make sure that your application has been received and processed.

How Do I Know If I Am Registered to Vote?

The deadline to register to vote or make any changes in your registration (name, residence or mailing address) is 29 days before each election. The deadline for this year's Nov. 4 General Election will be Oct. 6. If you are not registered, you may call to get a Voter Registration Application.

If you don't know if you're registered, contact a Voter Registration Office. If you want to check your name on the Internet, go to www.sbe.virginia.gov Select: Voter Information on the left side of the page. At the bottom right of that page, select: Voter Registration Status. Enter the required information. If your name does not appear, you are not registered. (Exception: Voters who are in law enforcement or are under protective court order.) If your name appears but the Date of Status is prior to your address change, you need to update your information. If you wish to request a new voter card to verify that all the information is correct, you may do so by calling one of the numbers above.

What Do I Do If I Have Moved Or Changed My Name?

Incorrect information on your record could pre-

vent you from voting. If you moved, you may be registered to vote, but you may not be eligible to vote. You may be challenged at the polling place by an Officer of Election or any other voter who believes that you do not live at the address listed on the pollbook. This challenge could result in your not being able to cast your ballot on Election Day.

How can I find/update my information?

Contact a Voter Registration Office. If you need to make a change and you have your voter card, fill out the back, sign it and mail it to the address on the card.

Other options are to download the application from the Internet at www.sbe.virginia.gov or call the General Registrar at one of the phone numbers above for more information.

Stimulus Payment Filing Deadline Oct. 15

The Internal Revenue Service (IRS) estimates that 1,200 residents of the Eastern Shore have not yet applied for their stimulus payment.

The Eastern Shore Area Agency on Aging/Community Action Agency can file returns free of charge. Call 442-9652 to see if you are eligible or to schedule an appointment.

The deadline for filing is Oct. 15.

Chief Apostle Patricia Wharton-Wright "The Apostle of Love"

What exactly is an Apostle of Love? Well, if you ask Patricia Wharton-Wright, she will tell you very simply "a servant". That is all she claims to be, a servant of the Lord. She is following in some pretty big steps, none other than Jesus himself, who said to his followers, "The greatest among you is a servant". Now Christ's words are as true as the day he first said them, because she has become great as a "true servant" of the Lord for the people.

Chief Apostle Wright has spent the last decade planting outreach vineyards and covering independent ministry pastors all across Delmarva. She is the founder and senior pastor of New Life Christian Outreach Vineyard, located in downtown Onley, Virginia, a multi-cultural, non-denominational, spirit-filled, power-filled ministry, who will be celebrating their General Conference & Retreat Sept. 13, 14, and 19, 20, 21. She is also the founder and Chief Apostle of the Disciples of God Assemblies, a Love Covenant Fellowship, linking together independent churches and independent pastors. The fellowship currently hosts over 20 vineyards from Alabama to New Jersey.

Apostle Patty, as she is affectionately called, is known as the Apostle of Love, also because of her untiring efforts spanning all across the United States. She travels the lecture circuit, conferencing, preaching and teaching the practical gospel. She can be heard on some occasions referring to her ministry as one where she has been sent to deliver the "crack babies". The ones who have fallen through the cracks of life, she goes, digs them out with no regard for herself and speaks hope and life into them. She mentors them to handle their life, finances, education, and spiritual maturity. They begin to be productive citizens, becoming involved in their communities. Apostle Patty is projecting a bright light and a resounding sound in as many directions as the Shore will allow her to. She is a true beacon of Hope and a witness of God's love for mankind. It won't be long before she crosses over international water, being that her itinerary has a trip planned. She is a true Apostle in action.

Now she is also a true pioneer in many things, establishing the only Christian Arcade for toddlers on the Shore, appropriately called "Word of Fun", located at the "Wright Place Now" in downtown Onley. She is the owner and main designer of a bridal shop "Pa-Lo-Rei Designs", Par-Tic-U-Lar fashions, a lingerie shop sized 0-10X, a fashion jewelry shop, a Christian book store, a toy store with toys all under \$9.99, and a full service Wig Salon "Tonya Got Your Hair Done". She is a successful entrepreneur.

Besides owning and operating several small businesses throughout the years, she is also an author. Apostle Patty has two books, numerous tapes, and CD's you will find conveniently located on the shelves at the "Newzy Disciple", her book-store located in downtown Onley at "The Wright Place Now."

Chief Apostle Patricia Wharton-Wright is a native of the Eastern Shore of Virginia, born in Exmore and educated in Accomack, higher learning Eastern Shore Community College, and Virginia State University. Yes, the Eastern Shore is where she proudly calls home. She is the Eldest daughter of Loraine & Richard Kellam of Accomack, Virginia. Mother of Carlos, James, Corei', Lenell, Kelvin and a host of spiritual sons and daughters.

The Eastern Shore celebrates Chief Apostle Patricia Wharton-Wright!
We love you and celebrate your up and coming Love Conference!

Conference speakers are:

- 13th at 7 p.m. – Fellowship pastors of Delmarva
- 14th at 5 p.m. – Apostle Sheila Holbrook, Salisbury, Md.
- 19th at 7 p.m. – Apostle Boderick Humphrey, Huntsville, Ala.
- 20th at 9 p.m. – Youth Ministry of Delmarva
- 20th at 7 p.m. – Pastor Rodney Mills of the Virginia Aires of Chesapeake, Va.
- 21st at 5 p.m. – Pastor Lummie Smith of Cape Charles, Va.

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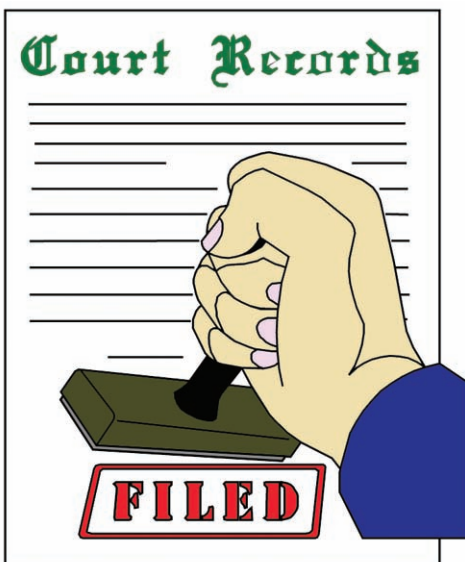
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Court Records



Deeds of Bargain & Sale

- From Richard and Ruth Poff To Hazel and John Sponar Lot 42, Unit 1, Trails End For \$21,000
- From George Taylor Construction, LLC To Susan Pogue Lot 31, Section 8, Captain's Cove For \$209,900
- From Mae Parker, Andrew Bull, Joyce Terry and Karen Collins, Trustees of Macedonia Baptist Church of Deliverance To K.C. and Hazel Kellam Property on SR 600, near Belle Haven For \$40,000
- From John and Molly Hong To Geraldine and Paul Kalal Jr. Lot 2212, Section 4, Captain's Cove For \$30,000
- From Elaine and Roland Dell To Steven Shorts Lot 270, Unit 1, Trails End For \$13,770
- From Patricia and Raymond Forestal To Ellen and Mark Stromdahl Harborton property For \$110,000

- From Regina and Ander Taylor To Minnie Wise Lot 7, Section 1, Cats Bridge Subdivision, near Belle Haven For \$30,000
- From Barbara and Steven Russell and Tracie Murphy To Dominic Robinson Lot 601, Unit 1, Trails End For \$7,500
- From Barbara and William Derr To Richard Bergeron Lot 13, Nandua Shores For \$180,000
- From Sunset Bay, LLC To James Logan Jr. Unit 316, Sunset Bay South Condominium, Chincoteague For \$538,900
- From Diana Wheat To Richard and Victoria Pearsall Property on Market & King Sts., Onancock For \$425,000
- From Bonnie and Gerald Gavard To Crystal Smith Lot 18, 0.69 acre, Pungoteague South For \$22,500
- From Barbara and William Carroll To Marion Saita and Peter Cerstzick Lot M-2, Pineview, near Atlantic For \$247,000
- From Christopher and Tracy Watson To John Wood Jr. Parcel B-2, 2.843 acres on Cedar

- Creek Rd., Poplar Cove For \$92,000
- From Matthew Daisey To Eric and Patricia Edelman Property on Main St., Chincoteague For \$290,000
- From Gene Wayne Taylor To Karen Quillen and Louise Chesser Chincoteague property For \$67,500
- From Dorothy Comegys To Ryan and Stephani Snead 2 tracts on SR 812, near Gargatha For \$130,000
- From Patricia and Phillip Pierce To June and Richard McGlothlin Sr. Lot 9, Unit 3, Trails End For \$10,000
- From Joseph Ficchi & William Baals To Shore Land Investments, LLC Lot 5, 0.674 acre, Wishart's Point, near Atlantic For \$625,000
- From Shore Land Investments, LLC To Joseph Ficchi and William Baals Lot 73, 3 acres, Corbin Hall For \$789,000
- From James Justice Jr. To Donald Brown Jr. 11 acres on SR 704, near Wattsville For \$287,500
- From Dorothy Trader To Vickie and James Justice Jr. Property on Rt. 13, near Oak Hall For \$100,000

- From Nancy Reed To Winston Burks III Lot 2, Water's Edge II Townhouses, Chincoteague For \$420,000
- From Wilson W. Cropp II To Ann Bishop Morrissette and Gartvell Van Allen Morrissette II Lot 9 at Oyster Cove near Cheriton For \$49,000
- From Jean Farlow To Douglas W. and Dixie W. Greer Exmore property For \$1,800
- From Jean Farlow To Guy J. Doughty Exmore property For \$11,000
- From Reginald Widgeon Sr., Eloise Widgeon, and James Lagroom To Wayne Hall, Lot on Jefferson Ave. in Cape Charles For \$54,000
- From Bruce and Leslie Ann Schwan To Hannah H. Hume, Property in Silver Beach For \$175,000
- From Leonard and Susan Rappaport To Norman and Cynthia B. Mitchell Lot 64 at Bay Creek For \$210,000
- From Larry G. Willis To Guy J. Doughty Property near Cape Charles For \$300

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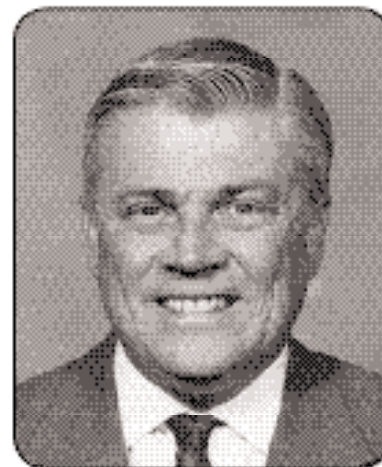
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Health Matters

Boning Up on Bone Health this Back-to-School Season



Photolibary

Each back-to-school season, parents arm children with tools necessary to build a lifetime of knowledge. But children need to develop more than their minds to lead a long and healthy life — they need to develop strong bones, too.

This year, parents can send kids back to school with the tools necessary to build strong minds and strong bones by following a handful

of surveyed parents mistakenly believed their children needed less than half of the daily recommended amount.

Parents have an opportunity to become better educated about bone health in order to effectively increase their kids' bone mass. Bringing bone-healthy foods into the home is one simple step parents can take to help their kids build and maintain strong bones.

of useful nutrition strategies. Ninety percent of girls and 75 percent of boys ages 9 to 13 do not get the 1,300 milligrams of daily calcium recommended, according to the National Osteoporosis Foundation. What's more, the majority of parents (60 percent) aren't sure how much calcium their kids get each day, according to a 2007 survey by independent research firm Opinion Research Corporation. More than 30 percent

Bone-healthy foods include foods rich in calcium, along with those enhanced with prebiotics - non-digestible, soluble fiber that can significantly boost calcium absorption by encouraging the growth of beneficial bacteria in the body. By choosing to bring foods into the home that are both rich in calcium and enhanced with prebiotics, parents can ensure their kids are on the road to a lifetime of healthy bones.

"Back-to-school season presents an opportune time for parents to help their kids build strong bones by providing them with bone-healthy breakfasts and packed lunches," says Coni Francis, Ph.D., a registered dietitian with GTC Nutrition.

In addition to serving bone-healthy foods, parents can help kids build and maintain healthy bones by encouraging their children to exercise. Bones, just like muscles, become stronger through regular athletic activity. Most schools have a wide variety of organized athletics for kids, making back-to-school a perfect time for kids to start a new exercise routine.

To learn more about building and maintaining healthy bones visit www.nutraflora.com or www.nof.org

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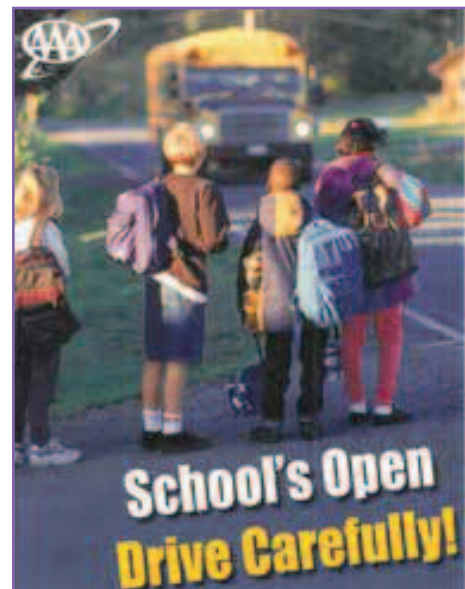
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Dr. David Dalessio
331-1422

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 A Y C S W W S R V U E K S O Q
 P I N O L A A E K T T W J B F
 D V R T V H N O S K C A J R H
 F R I A C E T E C A H H Y A X
 A V H E G R O E G U U O S H Q
 P N M K W J H F E C M M B Z Y

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- | | | | |
|-----------|-------------|----------|----------|
| Arrowhead | George | Ketchum | Sarasota |
| Charles | Harbor | Mohawk | Stevens |
| Forest | Havasu City | Ozark | View |
| Geneva | Jackson | Pleasant | |

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Weekly SUDOKU

by Linda Thistle

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | | | 4 | | | | | 8 |
| 5 | 8 | | 2 | | | | | 1 |
| | | 2 | 8 | | | | 7 | |
| 4 | | | 9 | | | | 6 | 7 |
| | | 5 | 1 | | | 3 | | |
| | 3 | | | 8 | | | 9 | |
| | 4 | | 3 | | | | 2 | |
| | | 9 | | 5 | 1 | 8 | | |
| 7 | | | 6 | | | | | 1 |

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

Answer to Last Week's Sudoku Puzzle

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 6 | 2 | 4 | 7 | 8 | 5 | 3 | 1 |
| 5 | 8 | 7 | 1 | 3 | 9 | 6 | 4 | 2 |
| 4 | 1 | 3 | 5 | 6 | 2 | 7 | 9 | 8 |
| 3 | 2 | 4 | 8 | 9 | 5 | 1 | 6 | 7 |
| 8 | 7 | 9 | 2 | 1 | 6 | 4 | 5 | 3 |
| 1 | 5 | 6 | 7 | 4 | 3 | 8 | 2 | 9 |
| 6 | 3 | 8 | 9 | 5 | 7 | 2 | 1 | 4 |
| 2 | 9 | 1 | 6 | 8 | 4 | 3 | 7 | 5 |
| 7 | 4 | 5 | 3 | 2 | 1 | 9 | 8 | 6 |

Answer to Last Week's Super Crossword Puzzle

| | | | |
|----------|---------|---------|---------|
| ROBS | SCOLD | DID | CABOT |
| EVIAN | AERIE | IDI | ELIZA |
| FALLING | LOVE | IS | LEGAL |
| LEONE | LEA | EMOTE | OWE |
| MESH | CPR | MUSETTA | |
| VICE | TUBA | AGE | RAGA |
| ARA | ALEUT | LIKE | BUYING |
| TIRADE | STEELER | PLEAT | |
| SNARL | AHEM | SIGHT | ALA |
| TRIUM | NETS | COE | ALEX |
| ABRAND | NEW | CARAND | |
| RACY | SHA | DEAR | GLIDER |
| EDO | SALVO | NILE | GONER |
| VALET | INTENSE | GENEVA | |
| MARRIAGE | IS | IDEAL | MEG |
| NUMB | APT | SASE | PYLE |
| SHOTPUT | OER | PLIE | |
| AWE | STAFF | UPS | INDIA |
| LEASE | THE | FIRST | SCRATCH |
| FAVOR | EON | OASIS | ENOLA |
| ARENA | DEN | ULTRA | TNUT |

Super Crossword

ALL MINE

ACROSS

- 1 Start to cry?
4 Representations
10 One of a pair
14 Equipment
18 "— It a Pity?" ('70 song)
20 Posh party
21 Hurler
22 Coax
23 Wellington's sobriquet
25 "— Lisa"
26 Lassie's father
27 Austen title
28 CSA soldier
29 Oahu
32 Barber's "— for Strings"
34 Woods' org.
35 Aye
36 Concept
38 Warehouse
40 Salon
41 Roth or Reid
44 Photog-
47 Psychologist
49 "Pilgrim's Progress," e.g.

- 51 Music center
53 Southern st.
54 "I'm working —"
55 Marathon
56 "— bien!"
57 He devours books
60 Private pension
61 "Pshaw!"
62 Composer
64 Moo — gai
65 Occult
67 Prep school
69 Balzac's "Le Pere —"
73 Moore or
74 Filleted
75 SDI device
76 SAT's big brother
77 Poe tale
81 Mammy
83 In addition
84 Barbara of
85 "Alley —"
86 Complete failure
89 Chicken
92 Peter of
96 Private
99 Canonized
100 Baseball's
101 Moses or
105 Deciduous tree
110 Cat's dog
112 PC key
114 Merrill
115 Rocker
116 Dorothy's
119 Capone
120 "Splendor
121 Poe
122 The
123 Protected
124 Like fine
125 Byzantine
126 Japanese

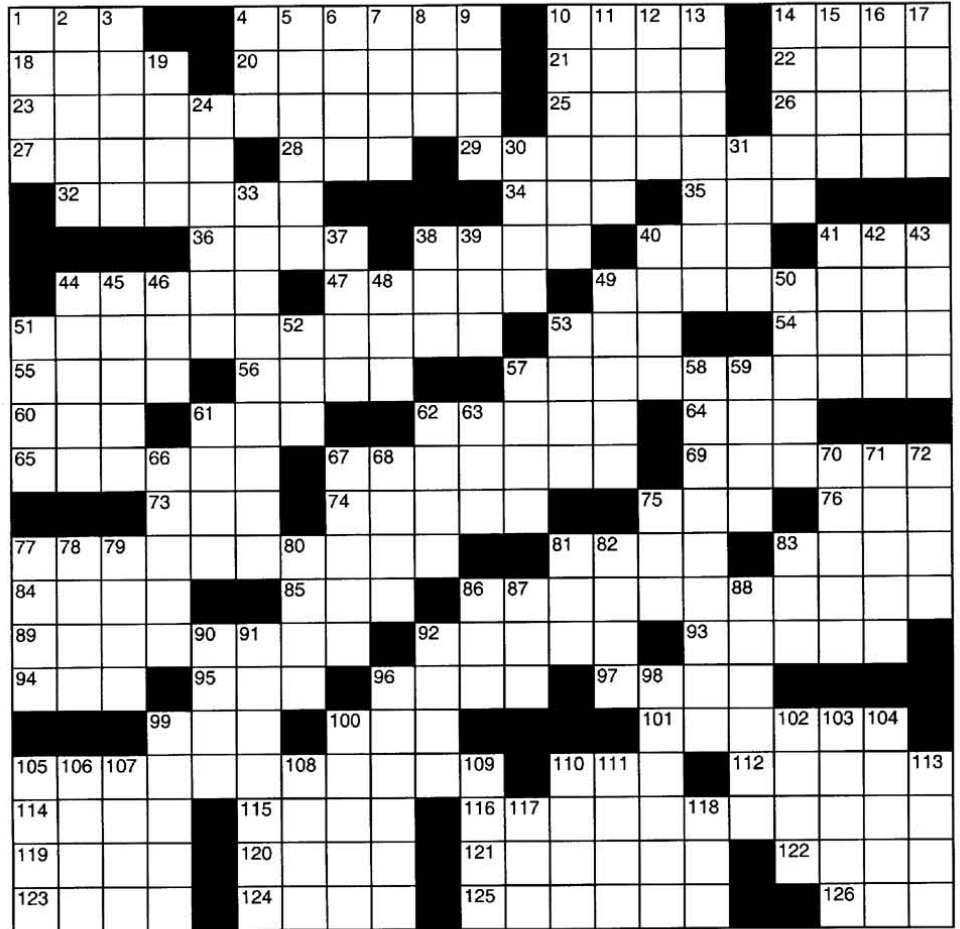
- 93 Raptor
94 Triumphant
95 Waugh's
96 Wish
97 Cows and
99 Canonized
100 Baseball's
101 Moses or
105 Deciduous tree
110 Cat's dog
112 PC key
114 Merrill
115 Rocker
116 Dorothy's
119 Capone
120 "Splendor
121 Poe
122 The
123 Protected
124 Like fine
125 Byzantine
126 Japanese

DOWN

- 1 Drill
2 Singer
3 Upright
4 Metric start
5 5th
6 — -de-
7 Baby beetle
8 Toon cry
9 Bird food
10 Vassal's
11 Smell to
12 Late-night
13 Cozy cloth
14 Overly
15 Cleveland's
16 Akbar's city
17 Oliver of
19 Actress
24 "Salve —"
30 — facto
31 Granola
33 Like some
37 Skilled
38 Shuffle-
39 "— Day
40 Eastern

- 41 Author
42 Spring
43 Legend
44 Frank book
45 Pizarro's
46 Mimic
48 "Treasure
49 Soothe
50 Like
51 Rickrack,
52 Live and
53 Thin layer
57 "Ethan
58 Kitchen
59 Space
61 Hound's
62 Mr. Diller
63 Citrus
66 Paper —
67 Head
68 Tour de
70 Northern
71 Bean or
72 "— Wolf"
75 PD alert
77 January

- 78 Heavenly
79 Dash
80 Health
81 Buddy
82 Fateful 15th
83 Architect's
86 Prune
87 Cyclone
88 Stodd up
90 Speck
91 Torpor
92 Comice kin
96 Paid
98 Michener
99 Extra
100 Heel type
102 Foot part
103 Farm
104 Neon —
105 Perennial
106 Namu or
107 Chanteuse
108 Belfry
109 Tiller
110 Cello parts
111 Section
113 "Saving
117 "O Sole —"
118 Fond du —,



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Idle Hour Theater
Belle Haven
 "Space Chimps"
 - G

Roseland Theater
Onancock
 "The Mummy: Tune of
 the Dragon Emperor"
 - PG - 13

Classified Ads, Real Estate Ads, & Legal Notices

Call 757-789-POST (7678) or Fax us: 757-789-7681 Published every Wednesday. Deadline: Mondays at 5 p.m.
 \$1.60 per line, \$8 minimum; Birthdays, Thank You Notes and Announcements \$25, \$40 with picture. Call for more information.

Eastern Shore Trading POST

Announcements

Use Hypnosis
 to stop smoking,
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Franktown United
 Methodist Church
 will begin
 The Alpha Course
 on September 10,
 at 5:30 p.m.,
 at the church
 located at
 7551
 Bayside Road,
 Franktown.

This 10-week practical
 introduction to the
 Christian faith offers
 answers to some key
 questions. Each weekly
 session begins with an
 informal dinner, fol-
 lowed by a large-group
 learning time, and ends
 with small-group dis-
 cussion and interac-
 tion. Alpha began in
 London and is now held
 in thousands of church-
 es around the world.
 Join the thousands
 who have found an-
 swers to their ques-
 tions about life and
 God and how they re-
 late.

To learn more about
 the course, call the
 church at 442-3481 or
 come to the Alpha Din-
 ner on September 10 at
 5:30 p.m. at the church.
 For reservations, call
 the church weekdays
 between 9:00 a.m. and
 4 p.m.

**GOLF
 TOURNAMENT-**
 Sponsored by Hall's
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**Winter Quarters
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 Sept. 13, 2008 @ 1 p.m.
 Rain Date: Sept. 20,
 2008 @ 1p.m. Contact
 Ernie @ 757-789-3145

Thank You

We the family of Terry
 Lee Marshall would like
 to thank everyone for
 their prayers, cards and
 calls, the ladies of Halls
 Chapel Church and the
 Medical Staff of Shore
 Memorial Hospital dur-
 ing the illness and death
 of our loved one. Every-
 thing was greatly appre-
 ciated.



**Celebrate
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 Anniversaries
 &
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 or Memorialize
 a Loved One
 with an
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 in the
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 RELAXERS,
 CURLY PERMS &
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Wendy's is now taking
 applications for
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 Experience preferred.

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 for application



Hermitage
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 Excellent Benefit Package
 Competitive Wage

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 to:
 Tamara Pruitt, RN, DON
 Office 757-789-7504
 fax 757-789-7522

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 line: www.nasafcu.com/careers

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 \$10 start up fee. 757-710-
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Part-time **CLEANING
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 Call 331-1422 for an appli-
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ADMIN ASSISTANT -
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 \$14/hour plus benefits.
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Our Excellent Benefits
 Include:
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Accomack County Department of Public Safety is
 accepting applications for position of Recruit Fire Medic.

Requirements:

- 18 years of age
- High school diploma or G.E.D.
- Valid driver's license (must be able to obtain a CDL-B)
- Eligible to work in the United States
- No felony convictions
- Successful applicants shall be physically capable of performing Fire, EMS, and Rescue duties.

Fire Medic I - Qualifications:

- CPR
- EMT- Enhanced certification or higher by the VDH Office of EMS
- Firefighter II - Virginia Department of Fire Programs
- BTLS
 EVOC

An eight week recruit school will be offered upon em-
 ployment to those individuals not meeting the minimum
 requirements of Fire Medic. Recruit school salary will
 be \$29,004 with a 10% increase upon completion of the
 school. An additional 5% increase in salary after com-
 pletion of EMT-Enhanced. All recruits must complete
 the full qualifications of Fire Medic I within 18 months
 of employment.

Recruit school may not be needed by all applicants. For
 complete salary schedule, please see the application
 packet.

Complete application packets are available at
www.acdps.net and must be submitted by 4:00 p.m. on
 September 17th.

Accomack County is an Equal Opportunity Employer.
 All qualified applicants will receive consideration for
 employment without regard to race, age, creed, handi-
 cap, color, national origin, religion, sex, political affilia-
 tion, or beliefs.

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Boats, Motors, Trailers, Jet Skis, Dockage

1999 SEADOO GSX w.trailer - Low hours. \$2500. Call 757-787-4190. Please leave a message.



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REDUCED 21.6' Stratos 200hp



1997 Center Console with a 1997 Evinrude Ocean Pro. Easy loader trailer with electric winch. Everything well maintained and in good working order. Radio, color GPS/depth finder, VHS radio, compass. Can demonstrate. \$14,495 or close offer. Jim - 757-789-5141 or go to jmdoc3.com

LARGE BOATHOUSE FOR RENT- ALSO 2 DOCKS LOCATED ON CHESAPEAKE BAY 2 MI. FROM HISTORIC ONANCOCK. ALSO ANTIQUES. 757-710-1377 OR 757-787-1598.

GREAT DEAL!! 2 - YAMAHA WAVERUNNERS on Venture double trailer: '96 Wave Venture and '95 Wave Raider Call now for details! \$3,600 OBO- 757-894-1607

1991 SEARAY SUN-DANCER - 28', 10'6" Beam, Twin Mercruiser I/O 5.0LX Engines; A/C w/reverse cycle heat, nice galley, head w/shower, sleeps 6, 2 custom canvasses, much more. \$35,000, please call 757-787-3454

8' WEST MARINE INFLATABLE SPORT DINGHY - rigid floor w/stringers for support, bellow pump, paddle, 4 hp mercury outboard motor. \$1,000, please call 757-787-3454

Shedding Rig for Sale



30' Bay Skiff w/115 Mercury. 350 peeler pots, 300 are new & on trailers. 18 crab floats and all rigging for them including new pool heater, tanks, 2 pumps - one is new. 665-7240 - if nobody home, leave message.

REDUCED! 1985 GRADY WHITE - 20' overnigher. 200 Mercury and galvanized trailer. \$9,000. 710-4501

1989- 25' SEARAY SUN-DANCER. New larger mercruiser 300 hp. engine installed 1999 I/O w/ 1997 float -on trailer freshwater cooled- \$11,500 OBO. 665-4887

'91 Flying Scott Sailboat, 19 ft. galvanized trailer, 4hp Yamaha motor, fully equipped, \$4,500. Call 757-824-3991.

1998 WELLCRAFT 21SL Excel. 4.3 190hp Volvo I/O engine. Low hours, good condition. VHF, DS, Stereo, **Trailer.** \$11,200 - 302-1108 ask for John. Boat can be seen at East Point.

1999 SEA'ERAY 21' walk around. 200 hp. Johnson, Tandem trailer, new electronics. Pics available. \$12,000 OBO. 757-710-6942 or uscgk9@verizon.net

REDUCED!!! BERTRAM 33' - Flying Bridge. Twin 300 hp Cats. Low hrs. Cruise and fish ready. Full electronics. 710-1750. \$59,000. Call for more info.

1977 20' PENNYAN Boat. Hard top. Tunnel drive. No trailer. Needs motor repair. Transmission OK. \$1,295 or trade. 787-4136

453 DETROIT DIESEL. REBUILT MARCH 2007. \$2,000 OBO. 757-891-2411.

WORK BOAT w/cabin. Built by Ronnie Carmen. 453 Detroit Diesel along w/ VA Waterman's Card, peeler pot & scraping license. For more info call 757-891-2520

10' x 30' Wood hall **PILE DRIVER** 25' Leads w/ drop hammer. 3 drum air cooled wench, 6 cylinder 4" pump w/ suction sleeve. \$6,500 OBO. 410-251-2446

REDUCED - TOPAZ 28' -'76. Good winter project for next season. \$2,500 OBO. 757-787-8411 or 239-896-6925.

Sailboat - '79 Chrysler 22' pop-top cabin. \$1000. Swing Keel, trailer, 9.9 engine. 302-1258.

1990 BOSTON WHALER 22' Guardian w/ 1998 Yamaha 225 Saltwater Series. 400 hrs. on motor, stainless prop, leaning post, heavy-duty rails, dual-axle trailer w/ elec. winch. stainless disc brakes. \$14,900 757-617-5824

8' WEST MARINE INFLATABLE SPORT DINGHY - rigid floor w/stringers for support, bellow pump, paddle, 4 hp mercury outboard motor. \$1,000, please call 757-787-3454

1985 BENETEAU First - 26' fin keel Sloop - 2 sets of sails, Yanmar 8hp diesel in-board, auto pilot. Curtis Jones - 757-442-7734 or 442-7718

30' FIBERGLASS WORKBOAT. 3208 National Caterpillar engine. Charles Dise - 757-891-2223

1988 TROPHY HARD TOP - 24', 350 I/O & 2001 Galvanized trailer. good condition. \$8,000. For more info call 336-3528 or 894-1051.

Collectibles

CHINA CLOSET w/3 doors. \$200- 1900s **BLANKET CHEST.** Floral carved top made from an old pump organ. \$500. **ANTIQUÉ FURNITURE** - Chairs & Tables - for sale - also **GLASSWARE** & milk glass. Call 787-3635

Daycare

In home **DAYCARE** lower Accomack Co. area. Call 442-3123k

Farm Products & Equipment

LONG 2510 99-Z001 - w/bucket. 4WD, Diesel. 65 hp. \$10,000. 999-2606

Found

Younger **GERMAN SHEPHERD** found in Accomack wearing red nylon collar, no tags. Found Mon. night. Call 618-719-4609.

Miscellaneous

SOFT SHELL CRABS - Cleaned and individually wrapped - \$10 doz. - 442-2750.

5 pc. **DINETTE SET** (table ad 4 rocker chairs) In very good condition for \$125. Please call 442-9744.

4 pc. BASSETT BED-ROOM SUITE-Full bed, pecan finish, excellent condition. \$400 call 787-7729.

DINING ROOM TABLE w/6 upholstered chairs. Dark wood. Plus 2 leaves & custom pad for table. \$500. 757-695-4238

REDUCED! E.S. Mini-storage: FRONT-END LOADER FOR TRACTOR \$1000. call 710-1166.

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FOR SALE - 5 FOOT GRAND PIANO. FOR INFORMATION CALL 710-3113.

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HARDWOOD OR PINE MULCH - You pick up or we deliver 442-7540

Mobile Homes

Mobile Home **PARTS** for sale - Dreamland Homes, Rt. 13, Accomack, VA. 787-2823

Real Estate

FOR SALE - 3 Bedroom/2 Bath 1128 sq. ft., central a/c \$500 monthly payment, owner financed. 757-787-8977

HOUSE FOR SALE EX-MORE- Double lot. 2 BR, kitchen, laundry rm., bath, was/dry included. appliances included. heating/AC \$62,000. call 999-3394

NEAR MODESTOWN - 1996 3 Bd. Rm., 2 Ba. home on .25 acre lot. Move-in ready. Owner financing w/ 20 % down or 100 % financing WAC. \$89,000. 757-710-1750

Rentals

Commercial

COMMERCIAL BUILDING for Lease - 10,200+sq foot; Central Accomack County, Large Parking Area, Heating & A/C, Retail/Factory/Multiple Use Building; Great Potential at an Affordable Rate, Please Call 757-787-3454

OFFICE SPACE FOR RENT- 1100 to 3000 sq ft. totally renovated, great location in front, courthouse in Accomac. Call 410-707-7080.

Residential

House for rent - **TASLEY** - 2BR, 1 BA. Central heat & AC. No pets, No Section 8. \$600/month. 787-3868

Room for rent. **TEMPERANCEVILLE** area. 824-5956

Hartley Hall Senior Housing
215 10th Street
Pocomoke City

Applications are being taken for efficiency apartments in an Elderly Housing subsidized apartment complex.

To receive an application either call 410-957-2252 or report to the office at Hartley Hall Nursing Home, 1006 Market Street. Equal Housing Opportunity

Newly renovated 2-bedroom trailer in **NEW CHURCH** Trailer Park. \$550 a month. 2 bedroom house on Greta Rd. \$550 a month. Section 8 OK. Please call 845-590-0596.

CAPE CHARLES: House, renovated, lr, dr, kt, 2br, 2bth, cent heat/air, wash/dryer, 2 blocks to beach. \$700.00 credit check 757.331.2207

ACCOMAC - 3 BR, 1 BA home. \$750 mo. \$750 sec. dep. No programs. 787-8051

NASSAWADOX - 3BR, 1 1/2 Bath. Pets allowed. \$750 mth. No Sec. 8. 442-2834. Leave message.

DEEP CREEK - Waterfront - 2 BR, 1 BA, mobile home. Very peaceful. \$550 mo + \$550 sec. dep. 302-0313

CAPE CHARLES - Apartment: Lr, 2br, wash/dryer, 2 blocks to beach, credit check \$595.00 757-331-2207

CAPE CHARLES DUPLEX 3Blks. from beach. 1 BR, furnished. \$600 mo. + utilities. 2 BR, 2BA. Lots of space, wash/dry. \$750/mo. plus utilities/ Sec. Dep & Credit check. 757-387-9241

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Community for 61+ yrs. young 1-BR or Efficiency **Now Accepting Applications** Very reasonable rates Warm, friendly community

Call (410)957-1562 **Mon-Fri 9am-2pm (TTY) 1-800-855-1155** This institution is an equal opportunity provider and employer



Apartments becoming available at **PETER CARTWRIGHT MANOR** in Exmore, Va. Applicants must be 62 or older. Rent is based on your income. Electricity and water are included in your rent. Call 757-414-0020 for more information. (No application fee)

Bayview Heritage Gardens

A Subsidized Community 22807 A Blue Heron Rd. Cheriton, VA 23316 757-331-4606

1,2 and 3 BR Apartments Applications available Tuesdays and Thursdays from 10 am to 4 pm

Approved applicants will be added to our waiting list.

TDD Va. 1-800-828-1140 Voice 1-800-828-1120 Device



Equal Housing Opportunity



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1 and 2 BR Apartments Applications available Tuesdays and Thursdays from 10 am to 4 pm

Approved applicants will be added to our waiting list.

TDD Va. 1-800-828-1140 Voice 1-800-828-1120 Device



Equal Housing Opportunity




MOBILE HOME FOR RENT-Parksley. 3 BR & 2 ba. central AC. \$550. No pets, no Sect. 8. Available Sept. 19. 787-7263

CAPE CHARLES- renovated apartment, lr, dr, remodeled kt & ba, 2 br. 3 blks to bch \$650.00 deposit/credit check 757-331-2207



OYSTER: High end home available for Rent. Offering hardwood floors, granite counter tops, gas fireplaces, decks galore, vaulted ceilings, marble and tile bathrooms, etc. Waterviews from every window! 3 BR/3 BA furnished for \$1500 per mo. Call Coldwell Banker Harbour Realty Dave Griffith - Cell Phone 757-647-2649.

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Services

MARSHALL'S TREE SERVICE Top quality work at affordable prices. Specializing in **NO-IMPACT TAKE DOWNS**. New 83 ft. bucket truck with crane capability for large, difficult trees. Climbing for trees the truck can't get to! We can remove any tree safely or call us for your tree's health. We offer pruning, fertilizing, insect repelling, etc., all performed to ANSI standards. Certified Arborist on staff. Completely insured. Call us for your free estimate. 442-7540 or Cell # 678-6152.

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BUSHHOGGING & GRASS CUTTING SERVICES. 710-5779

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KELLAM'S TREE SERVICE - Complete tree and stump removal, 57 ft. bucket truck service with operator. Over 30 yrs. experience. We are insured. Free estimates anywhere on the Shore. Phone 757-787-4380 or Cell 757-999-4380

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SIMPSON TREE & BOBCAT SERVICE - for your tree care needs. Complete tree & stump removal. Pruning & trimming. Cabling & bracing. Lightning protection. Bobcat services also available. Licensed and insured. TCIA arborist. 787-2100 or 710-8477

NEW & REMODELING HOME BUILDING-SHORE FRAMING CONSTRUCTION L.L.C. - Specializes in adding, remodeling, and framing of all kinds. 27 yrs. exp. in VA, Class A Builder Licensed. Call 757-328-8409 or 757-331-3567 for free consultations & estimates.

FURNITURE REFINISHING & cleaning. Brass and silver polishing, lamp repair and rewiring. Reasonable rates. 710-2160. 8 a.m. - 5 p.m.

PARKS PAVING Residential & Commercial Paving, Seal Coating, Crusher Run, Stone, Tar & Chip, Joint Crack Filling, Patch Work (757) 710-9600

HOME REPAIR HANDY-MAN-All small home repair jobs. Replace or repair plumbing, light fixtures, tile, trim, doors, windows, and wind turbines. Call Larry Baines 665-5221

COPYWRITING EDITING PRESS RELEASES RESUMES

If you need words written, call 757-894-8097 and leave a message. More than 30 years' experience.

Vehicles and Parts

Automobiles

2001 FORD TAURUS SES, 90K. Good condition. \$4,500. 787-3235.

2002 BUICK PARK AVE. Memory & heated seats, On Star, power Seats & Windows, Duel climate, 75K miles. \$7,888. Call 757-442-4619

2000 DODGE NEON. \$3000 OBO- Low mileage, real good condition. 824-4767

2002 CADILLAC DEVILLE - On Star, 30,000 miles. White. One owner. Call for more info - 442-3340 or 710-4997.

1989 BLACK CHEVY IMPALA-Automatic/ 4-door. 150K+ mi. Was inherited, a little tune up & its all yours. \$1300 o.b.o. Call (757)710-8637.

CADILLAC 2000 DEVILLE. Exc. condition. Garage kept, 68,500 mi. Asking price \$10,500 obo. 331-1307

2001 BLACK VOLVO WAGON, Model V70T5, 113,000 miles, remote start, \$9,500 OBO. Call 787-4141 days, Call 787-4837 evenings.

1997 FORD TAURUS wagon. Good condition. 137,800 miles. \$3,500. For more info 757-650-4206 or DPhillips90@earthlink.net

1996 FORD THUNDERBIRD - Call for more details before 2 p.m. 757-824-3301

2001 CADILLAC DEVILLE. Beautiful. Excellent condition. Fully loaded. 20 mpg. Must sell. 77 K miles. \$9,995. Call 757-894-7041

1976 CHEVY IMPALA 2 Dr Sedan. \$1,800 firm. 757-709-8288 until 5. 442-2263 after 5.

'87 CORVETTE - Garage kept. Silver & Gray. 52,000 orig. miles. Asking \$12,500. For more info call 757-787-8582 days or 757-710-4509 after 5 p.m. Ask for Mark

86 TOYOTA MRZ, excellent running condition. New engine, clutch, vacuum hoses, battery & cables, Michelin Tires & exhaust system. Have paperwork. \$2,600. Call 757-824-6368. Leave message

87 OLDS CUTLASS V8 - Very low miles. Great condition. \$3,000 OBO. 442-9370

1981 CADILLAC EL DORADO Diesel. Very good condition. Low Mileage. Asking \$4,850. Call Rodney. 757-665-4639

2000 JEEP CHEROKEE SPORT 4X4 149,000mi \$5500. To view go to 23578 Front St. Accomack (near library). Call 787-2623 for more info.

2002 CHEVROLET Ventura. 90,000 mi., good condition. \$5,700 OBO. 757-678-5051 or 678-7213 after 6 p.m.

Motorcycles & ATVs

Honda Elite Scooter - '07 - less than 70 miles. \$2,000. 442-9274

2002 HONDA 4Wheeler - 300 EX. Good Condition. \$2,400. 757-787-4190. Leave a message.

2006 HARLEY DAVIDSON - Low Rider. Too many extras to name. \$14,500. Call 787-4186 or 710-3896

Parts

CAP FOR PICKUP - Fits 92 - 96 Ford Extended Cab. Price \$250. Call 787-8530 after 6 p.m.

INTAKE MANIFOLD - Ford - Complete for 4.6 engine. 757-824-0309 or 894-3952.

ENGINE PARTS for 3.8 GM including intake manifold, heads, starter & alternator. Call 824-0309 or 894-3952

2000 Dodge Ram 318 MOTOR and 5 speed transmission from 1500 pickup. 1994 Plymouth **3.3 V6** and auto transmission from Voyager. 787-4136.

R.V.s

1993 FLEETWOOD FLAIR - 5K generator. 25 ft. 46,000 mi., Sleeps 4 nicely. Chev. 454 engine. All new tires. \$12,500. 787-4726 or 710-3723

1994 LAYTON 37' 5TH WHEEL CAMPER-2 slides air/heat, microwave, wash./dry. garden tub, all new tires, hitch included. \$5000. call 710-9824

27' NOMAD 5th Wheel Camper. 1993, very clean condition. must sell \$4600. 442-7510

1988 30 ft. GULF-STREAM MOTOR HOME. 32,000 miles. Fully equip. Md. inspected. Asking \$13,000. For more info call 757-854-1886.

28' SUNLINE CAMPER. Excellent condition. Awning, portable screen rm., new tires, tow package, state-of-the-art smoke/fire alarm system. Everything works. \$3800 call 757-824-5488.

2006 FLEETWOOD EXCURSION, 308 CAT, Allison Auto Trans., 39 feet long, 3 slides, 5,000 miles. Asking \$150,000.

Trucks/SUVs

2002 CHEVY 4 DR. BLAZER 4x4, low mileage, exc. condition. \$6,800 OBO. Call 757-665-5774 or 757-710-2227.

2001 FORD EXPEDITION XLT - 2 wheel drive, V8, Blue with leather & wood trim interior. Tires like new. All maintenance performed. Other extras - gets 22 mpg in city - 90,000 miles. Great vehicle. Great deal. \$9,200 OBO. all 442-4389 or 710-1284.

1988 CHEVY SILVERADO 1500. \$2900. Many new parts: new tires, and brakes Runs great. 710-6471 or 442-2772

1988 F-450 DUMP TRUCK- Perfect for landscaping. asking \$3000. 710-0658

2005 JEEP GRAND CHEROKEE - 27,000 miles. Red. Ex. condition. Asking \$16,500. Call after 5 p.m. - 787-8954.

1996 ISUZU RODEO 134 K miles. 4WD, \$3,500 firm. Call 757-854-4545

1985 DODGE 15-PASSENGER VAN - New transmission, new paint, mechanically excellent. New tires and shocks. AM/FM, CD, heavy-duty hitch, cargo basket. \$1,950 OBO. Call 787-2910

2005 FORD EXPLORER - 19,400 miles. Power windows & locks - Excellent condition. \$19,200 - 442-4670 after 6 p.m.

2002 FORD EXPLORER LIMITED- Loaded. Located at 23472 Back St., Accomack. \$9,800. 710-0534

1999 Red **DODGE DURANGO** - V8, leather, CD/tape, running boards, 3rd seat. 140k - \$6,000. 757-894-5873

2001 Dodge Conversion Van; Loaded!!!



47,000 miles and in perfect condition. Great for family vacations with the kids. Maroon exterior with light gray leather interior seats and carpet; wood trim. TV, VCR, 2 stereo systems and 5 headsets for individual passenger listening preferences. Automatic transmission, dual zone h/ac, cruise control, custom blinds, screened rear windows, back seat converts to bed. Plenty of headroom to walk around in. (757) 787-4175



1966 CHEVROLET C10 PICK-UP 250 engine, 6 cylinder, runs great, great restoration project. \$1600 for more info. 757-615-5100.



1996 Chevy S10, 112k miles, runs well. 27 mpg, trailer hitch, bed liner, chrome rails, and cold AC. Dark red color, title in hand, clean inside and out, \$2000 OBO. Call 978-621-5610.

1989 FORD Super-duty diesel 6 wheeler s/15 ft. body and cooling unit. Call (757) 787-7539. Low mileage for a diesel truck.

REDUCED - 2005 FORD EXPLORER XLT 4x4, 4dr., 3rd row seat, sunroof, tow pkg., run brds, more extras, 22,600k. Asking \$21,500. 757-999-1729

1997 FORD 250 DIESEL PICKUP w/ refrigerated body. works great, \$10,000. Call 665-6568

1999 GMC Suburban - 4WD. Excellent condition. 156K miles. \$10,000. 678-7727

2001 NISSAN Exterra 4WD, Nerf bars, CD stereo, roof rack, AT tires, 77K miles. Lots of extra's. \$13,000 OBO. 678-7313

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Get top dollar for your **JUNK CARS** & we will pick them up! If you deliver to us you will still get top dollar! For prices give us a call - 757-824-3719.

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Small, well-disciplined non-dog hunting club, looking for **LAND** in Northampton/Accomack. References available since 1994. Call 757-620-2298 or 757-377-3235.

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Legal Notices & Auctions



PUBLISHER'S NOTICE ~ FAIR HOUSING

We are pledged to the letter and spirit of Virginia's policy for achieving equal housing opportunity throughout the Commonwealth. We encourage and support advertising and marketing programs in which there are no barriers to obtaining housing because of race, color, religion, national origin, sex, elderliness, familial status or handicap. All real estate advertised herein is subject to Virginia's fair housing law which makes it illegal to advertise "any preference, limitation or discrimination because of race, color, religion, national origin, sex, elderliness, familial status or handicap, or intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept advertising for real estate that violates the fair housing law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. For more information or to file a housing complaint, call the Virginia Fair Housing Office at (804) 367-8530;

Toll-free call (888) 551-3247.

For the hearing-impaired, call (804) 367-9753

E-mail: fairhousing@dpor.virginia.gov

Web site: www.fairhousing.vipnet.org

FALL ON THE LAWN AUCTION

Saturday, Sept. 6 @ 10:00 a.m.

Rain Date Sun., Sept. 7, 12:00 Noon

19109 Greenbush Rd., Parksley, Va.

Directions: turn west off Rt. 13. go into Parksley. Cross RR Tracks and turn south on Rt. 316. 3rd house on right.

.Signs will be posted.

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**Lathe
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Band Saw**

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Dining Suit
Recliner**

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Bow Front China Closet - Walnut Old
Victorian Sofas**

**Old Lawn Cement Ornaments
Nice Wing Back Chairs
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**Nice Old Wine Press
Craftsman Riding Grass Cutter
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ORIGINAL. VERY CLEAN.**

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Parksley, VA 23421**

757-665-5672, 757-710-2318, 757-710-5185

ADVERTISEMENT REQUEST FOR QUALIFICATIONS (RFQ)

Eastern Shore Rural Health System, Inc. (ESRHS) of Nassawadox, Virginia, a federally qualified community health center organization located on Virginia's Eastern Shore, is requesting interested general contractors to submit qualifications for approval to bid on the construction of the new Onley Community Health Center in Onley, Virginia. Pre-qualification is necessary in order to submit a bid. The facility is undergoing final design now and is anticipated to be ready for bidding in early 2009.

The planned facility is a 22,500 square foot single story medical office building which will house exam rooms for multiple medical providers, administrative offices, reception and waiting rooms, laboratory and X-Ray rooms, a dental wing, emergency and procedure rooms, and related staff and support areas.

Responder shall be licensed as a general contractor in the State of Virginia, and shall present demonstrated evidence of ability, qualifications and experience in successfully completing one or more construction projects within the last five (5) years, of similar size, type and complexity as the proposed new Onley Community Health Center.

Requests for a copy of the detailed RFQ shall be made in writing, via mail, email or facsimile to Anne H. Crabbe, R.N. at:

Eastern Shore Rural Health System, Inc.
9434 Hospital Avenue, P.O. Box 1039
Nassawadox, VA 23413
757-414-0400
Fax 757-414-0569
Anne.crabbe@esrh.org

ESRHS will review, evaluate and determine a list of those firms that, in its opinion, are qualified and therefore approved to submit bids for the construction of this project. Qualifications shall be submitted by 4:00pm on Friday, September 26, 2008. This Request for Qualifications (RFQ) shall not be construed as intent on the part of ESRHS to establish a minimum or maximum number of pre-qualified general contractors approved to bid on this contract.

Pre-qualified bidders shall be notified by mail.

The right is reserved, as in the interests of Eastern Shore Rural Health System, Inc. may appear, to reject any and all qualifications proposals, to waive any formality in qualifications proposals received, and to accept or reject any or all proposals received.

PUBLIC NOTICE

The public is hereby advised that the greenbox site at Oyster will be permanently closed in the next three weeks. The public is directed to use the Bayview Solid Waste Collection Site located at 22564 Bayview Circle, just outside of Cheriton. The Center's operating hours are:

Monday - Saturday: Open 7 a.m. to 12 noon and 2:00 p.m. to 7:00 p.m. CLOSED FROM NOON UNTIL 2:00 p.m.

Sunday: Open 1 p.m. to 6 p.m.

Household solid waste and recycling items (glass, paper, plastic, cardboard) are accepted. Brush, tires, commercial waste and construction debris must be taken to the Sanitary Landfill.

We thank you for your understanding in this matter.

County Administrator's Office

The Eastern Shore Post is a recognized Paper of Record serving Accomack and Northampton Counties and is pleased to offer free quotes for your legal advertising needs. email: ads@easternshorepost.com or fax 757-789-7681

REQUEST FOR BIDS REMOVAL/REPLACEMENT OF ROOFS

The project consists of removing and replacing the Administration Building roof and the roof on the attached porch located at 16404 Courthouse Road, Eastville, Virginia. The contractor shall furnish and install, complete, including labor, equipment, materials, site preparation, and other work incidental to removal and replacement of said roof in accordance with contract documents.

Sealed proposals will be received by the County of Northampton, Virginia, in its offices at the County Courthouse, 16404 Courthouse Road, Post Office Box 66, Eastville, Virginia, until 5:00 p.m., Friday, September 12, 2008. On the date and hour above specified, the proposals will be publicly opened, read aloud and tabulated. Faxes will not be accepted.

Copies of contract documents and specifications may be obtained from:

Michael Thornes
Northampton County Public
Works Department
16404 Courthouse Road
P.O. Box 66
Eastville, VA 23347
Tel: 757-678-0414

The County of Northampton does not discriminate on the basis of race, political affiliation, creed, color, age, sex, religion, national origin, handicap or other non-job related factors.

Accomack County
Juvenile and Domestic Relations District Court
Commonwealth of Virginia, *in re*
Adam Patrick Moore
Accomack County Department of Social Services
v.
Rural Linarez

Terminate the residual parental rights of the biological father, Rual Linarez. The biological mother has informed ACDSS se does not know the whereabouts of the biological father, Rural Linarez.

It is ORDERED that Rual Linarez appear at the above-named Court and protect his or her interest on or before September 18, 2008 at 1:30 p.m.

August 12, 2008

Latoya Harman
Deputy Clerk



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NASCAR Postings

By J.J. and Troy Justis

Jimmie Johnson proved why he is a 2-time defending champion on Sunday. No one could catch him except on the pit stops – and that didn't last long. As of now, Johnson is third going into the Chase with only one race left a Richmond. Saturday night will determine the last few Chase contenders.

For all those headed to Richmond, be safe and have fun!

Backseat Drivers:

His View: Another great boring race!

Not sure yet if Jeff will be in the chase, but I'm keeping my fingers crossed that he could be the spoiler! But, on to Richmond where it will all be decided. It's been a long, boring racing year.

Hey, are you ready for some football? I am.

Go, Cowboys, Go!!

Her View: Could Fontana have been any less exciting? Hopefully Richmond will be a little better race for the fans. This is NASCAR, not golf. The highlight of Saturday evening was caution lights bringing out a caution. At least

RACE RESULTS

- 1 #48 Jimmie Johnson
- 2 #16 Greg Biffle
- 3 #11 Denny Hamlin
- 4 #29 Kevin Harvick
- 5 #17 Matt Kenseth
- 6 #99 Carl Edwards
- 7 #18 Kyle Busch
- 8 #9 Kasey Kahne
- 9 #44 David Reutimann
- 10 #07 Clint Bowyer

DRIVER STANDINGS

- 1 Kyle Busch - Leader
- 2 Carl Edwards -208
- 3 Jimmie Johnson -369
- 4 Dale Earnhardt Jr. -432
- 5 Jeff Burton -521
- 6 Greg Biffle -596
- 7 Kevin Harvick -623
- 8 Tony Stewart -645
- 9 Matt kenseth -674
- 10 Jeff Gordon -681
- 11 Denny Hamlin -690
- 12 Clint Bowyer -766

Next Race:

Sept. 6 – Chevy Rock & Roll 400 – Richmond International Raceway – ABC at 7 p.m., MRN/WESR AM 1330 at 6:45 p.m.

Kyle and Carl mixed it up a little at Bristol. Maybe with Richmond being the final race before the Chase, some of the possible contenders will be racing for that 12th position and add some excitement.

Real Estate Postings


RALPH W. DODD & Associates, LLC
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CAPE CHARLES
3BR, 2 bath, 1296 sq. ft. doublewide on 2.85 +/- acres. New carpet throughout. Close to Bay Creek golf course. Plenty of room for boat storage. Perfect weekend fisherman retreat. Seller is offering to assist with closing costs and/or upgrades!!! \$169,000
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by...  Beracah

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Nicely Remodeled 2 BR, 1 1/2 Bath Cape Cod with 2-car attached Garage, Sun Porch/Breakfast Room and more, on 1 acre lot. Nice location for home/business, with room for horses too! Close to NASA and beach. Only \$179,000 Call for more details! 757-824-6303



Quinby

A real piece of Quinby History lies within the walls of the spacious and well appointed home. Once a general store dating back to the 1880s it was brought to its present location in 2004 and was given a new life lending itself to French Country. Total electric home has 2 zone heat & a/c, 1st floor master w/one whole wall of closets. 1 minute to deep water marina with waterways to the Atlantic Ocean.
To see this unique property call
Rosa Custis 710-2191
or 787-1305

rosatherealtor@verizon.net

Post TIMES SEPT. 3 - SEPT. 9

SAT., Sept. 6

»9 a.m. - **Youth Fellowship Breakfast** - Bethel A.M.E. Church, Eastville - 442-2312.
»9 a.m. - noon - **Farmer's Market** - Downtown Park, Main St., Chincoteague
»9:30 a.m. - **E.S. Women's Cancer Support Group mtg.** - Bethel AME Church in Eastville e - 787-2834 or 787-3982

»6 p.m. - **Bingo** - American Legion Post 159, Chincoteague - 336-9747
»6 p.m. - **Concert - Jerome Custis & The Spiritual Wonders** - Grace Independent Methodist Church, Wachapreague

SUN. Sept. 7

»2 p.m. - **Bingo** - VFW Post 2296, Tasley
»3 p.m. - **Annual Homecoming** - Friendship United Methodist Church, Wattsville
»6 p.m. - **Concert** - First Baptist Church, Mappsville
»7 p.m. - **AA mtg.** - Christ Episcopal Church, Eastville

WED., Sept. 3

»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
»11:30 a.m.-12:30 p.m. - **Debedeavon Toastmasters mtg.** - Navy/MWR Cropper Center, Wallops - 824-2126
»1 p.m. - **Caregiver Connection** - Parksley Hospice Building
»2 p.m. - **E.S. Brain Injury Survivors Support Group mtg.** - Belle Haven- 442-9334
»3 p.m. - **Hospice Grief Support Program** - Parksley Hospice Building
»0 p.m. - **Hospice Quarterly Volunteer mtg.** - Hospice Building in Parksley
»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

MON., Sept. 8

»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
»12:30 p.m. - **Hospice Quarterly Volunteer mtg.** - Captain's Deck Restaurant, Nassawadox
»1 p.m. - **Hospice Grief Support Program** - Cape Charles Hospice Resource Center
»3 p.m. - **Caregiver Connection** - Nassawadox Hospice Resource Center
»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
»7 p.m. - **Narcotics Anonymous mtg.** - Franktown UM Church, Franktown

THURS., Sept. 4

»2:30 p.m. - **Caregiver**

Connection - Chincoteague Hospice Resource Center
»5 p.m. - **TOPS program, 6:30 p.m. mtg.** - Viet Nam Vets Bldg., Onley - 787-7099
»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. - **Narcotics Anonymous mtg.** - Painter-Garrisons UM Church
»7 p.m. - **Moms in Touch prayer group mtg.** - Cape Charles Baptist Church
»7 p.m. - **E.S. Shooting Club mtg.** - VA LP Gas, Main St., Exmore - 442-6775
»8 p.m. - **AA mtg.** - Fellowship House, 6263 Church St., Chincoteague

FRI., Sept. 5

»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 p.m. - **Narcotics Anonymous mtg.** - Adventist Comm. Center, Exmore
»7:30 p.m. - **AA mtg.** - Downing UMC, Oak Hall

TUE., Sept. 9

»10 a.m. - **Bingo** - Accomack Sr. Village, Onancock
»12 p.m. - **Hospice Grief Support Program** - Nassawadox Hospice Resource Center
»5:15-6 p.m. - **TOPS weigh-in (program @ 6)** - Belle Haven Presbyterian Church - 442-9776
»6 p.m. - **Onancock Lions Club mtg.** - Sunrise Restaurant, Onley - 787-4278
»6 p.m. - **Bingo** - Pocomoke Elks, Rt. 113
»6:30-8:30 p.m. - **GED Class** - Classroom A-51, ESCC
»7:30 p.m. - **Bingo** - Cheriton VFC
»7 p.m. - **Narcotics Anonymous mtg.** - Jerusalem Baptist Church, Temperanceville
»7:30 p.m. - **Al-Anon mtg.** - Atlantic UMC

HERE'S WHAT ELSE IS HAPPENING ON THE SHORE

Operation Christmas Child

The 2008 Organizational Meeting for the local Operation Christmas Child program will be held Thursday, Sept. 4 at 7 p.m. The meeting will be held at Exmore Baptist Church which serves as the Relay Center for the program which collects filled shoe boxes for distribution to underprivileged children. Special guest speaker Neal Johnson will be on hand to share his experiences with shoebox deliveries in Peru.

Anyone interested in the program is urged to attend. For more information call 442-5645.

ColorPrint Workshop at WHI

A free presentation introducing a system to define one's innate potential is being offered at the World Healing Institute Saturday, Sept. 6 at 7 p.m. The program is based on measuring an individual's specific patterns of energy and describing those particular light frequencies in the language of color.

The World Healing Institute is located at Cobb Island Stations on Seaside Road, Cape Charles. For more in-

formation call 331-1925 or e-mail ahess@whih.org

Coast Guard Event Saturday

The 2008 Guardsmen of Yesteryears Breakfast will be held on Saturday, Sept. 6. Open to anyone that has served in the U.S. Coast Guard, the breakfast will be held at Chincoteague Elementary School on Chincoteague. Coffee and meeting of friends will start at 7 a.m. with breakfast at 8 a.m.

This year's guest speaker will be the Master Chief of the Coast Guard, Charles Bowen. Information or tickets can be obtained by calling 757-336-5144 or 757-894-8240.

Hospice Rubber Duck Race Set

The 9th Annual Rubber Duck Race to benefit Hospice and Palliative Care of the Eastern Shore will be a big part of Onancock's Harbor Fest on Saturday, Sept. 6. The race will take place at 2 p.m.

Rubber ducks are still available for adoption. For a \$5 adoption fee (or five for \$20) supporters receive a souvenir rubber duck keychain and an individ-

ually numbered adoption paper.

At the race, ducks marked with all the adoption numbers are entering into the race by being tossed into the water at the Onancock Wharf. The first duck to cross the finish line earns \$1,000 for its sponsor, second place, \$500 and third place, \$250. Sponsors do not have to be present to win.

The ducks are available in several local businesses, at the Hospice Thrift Store in Onancock or the Hospice office in Parksley.

For more information call 665-4895.

Free Concert From Celtic Group

The Celtic Islanders will perform their unique mix of Irish and bluegrass music in a free concert at 3 p.m. on Saturday Sept. 6, in Reed Park in downtown Chincoteague. The concert is part of the Chincoteague Cultural Alliance's Music at the Dock Series. The trio's repertoire consists of traditional Irish folksongs with a touch of bluegrass.

Bill Weiskopf, leader of Celtic Islanders, plays mandolin, five-string

banjo and guitar and sings lead on many of the Irish songs. Donna Neil and Bart Branscum complete the trio with their vocals, guitar and bass.

Cub Scout Open House Set

Cub Scout Pack 314, Exmore will have an open house Sept. 8 at Epworth UM Church in Exmore at 6:30 p.m. for those in grades 1 through 5. All interested are urged to attend

Birding Club to Meet

The Eastern Shore Bird Club will meet at the Hermitage in Onancock on Tuesday, Sept. 9 at 7p.m. Members are guest are welcome. For more information call 757-336-1799

Girl's Sought for Scouting

All girls entering grades kindergarten to 12th grade and adults interested in learning more about Girl Scouts are invited to attend a meeting at Chincoteague Scout House on Wednesday, Sept. 10 at 6:30 p.m. To learn more visit www.GSCB.org or call 410-742-5107 or 1-800-374-9811.



Neighborhood Watch

Neighbors Barbara Booth and J.F. Gariepy of Brothers Ridge Lane near Craddockville drink coffee while waiting for their children to catch the school bus to Pungoteague Elementary School on the first day of school. The children (left to right) are Valery Gariepy, 7, Brendan Booth, 4, Roy Booth, 7, and Vincent Gariepy, 8. Baby, another neighbor's dog, wants to be go to school too.

Photo By Linda Cicaira

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

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PostScript

By Cheryl Nowak



Have I mentioned the two new additions to our family?

They've been a long time coming and we're really quite excited. But there had been no way for me to rush them. I had to accept that I had no control this time.

And they're both girls! What were the odds, what with the high testosterone level in my family of husband and two sons?

We've already opened our home to one girl and the second is yet to arrive. Coconut has been with us now for several weeks. And yes, you guessed it. She's a kitten. Abandoned by her mom, this little one has stolen our hearts, de-

spite the weeks of bottle feedings and the constant hyper-kinetic bouncing. She's up to almost 4 pounds these days and every ounce is dedicated to enthusiastic exploration.

Now Nicole hasn't quite arrived officially, but she already has a prominent place in our hearts. She is our first grandchild, scheduled to make her debut in November.

Sorry but I can't talk about her a whole lot because I'm still in training and I don't want to jeopardize my standing as responsible grandmother.

I've been auditioning for years with the pets that my son and daughter-in-law have, in the hopes that they will see that I really do follow their rules. I feed their dog nothing but what they allow and I lead him only where they direct.

And when I can't find one of my own cats, I really do search until I find her. I promise my son I'll go even one step farther with his daughter, and not lose her in the first place.

But I'm still not quite sure how far I'm coming along in the application process for child-care privileges. I mentioned to my son the other day that I had acquired a baby car seat and his response was incredulity. When would the child ever be with me when one of its parents wouldn't be nearby with a car seat? (They live near Richmond.) Well, I muttered something about the possibility that my granddaughter and I might some day just want to take a trek to a park that might not interest him, and then quickly changed the subject. Yeek!

And now after last week's unsettling episode, it might just be a little difficult to hold Coconut up as a reference on my resumé.

You see, it was time for yet another trip to the veterinarian for young Coconut and I was to be the designated driver. My typical search for an errant pet ensued when it came time to round her up, but she was not to be found. Since the cat carrier had been brought out already, the other cats had long since gone to ground, but Coconut is still too naive to realize the implications of our feline luggage.

So I looked and looked, but still no Coconut. I checked under beds and in closets, but she didn't materialize. I rang the bell on her favorite toy and got no response. And just about when true panic was setting in, I noticed that the freezer seemed to be continually making ice — noisily. And yes, the adjacent refrigerator door wasn't quite shut. So I peeked inside and sure enough, there was Coconut in the refrigerator.

Please don't tell my son.

Post Op-Ed Page

Post Office Mail

Sen. Fears Helped Virginia

Dear Editor:

I was saddened this week to learn of the death of former State Sen. Bill Fears.

In 1991, I was encouraged by Republicans to challenge Sen. Fears in a district that stretched from his base on the Eastern Shore to the Williamsburg area. It seemed an impossible fight. Sen. Fears had served 24 years in the Senate and chaired the powerful Commerce and Labor Committee. Citizens on the Eastern Shore wondered why someone was challenging their senator — particularly from my side of the bay. Interest groups were reluctant to speak to me for fear of offending the long-serving incumbent. Getting traction was difficult, and raising money near impossible.

It was not until I won that election that I realized the challenge had only begun. The level of service that Sen. Fears provided his beloved Eastern Shore constituents and his ability to deliver for them in Richmond was second to none. During my early years in the Senate, I found it not uncommon to be greeted with negative comparisons to my predecessor.

A veteran of World War II and a member of the Greatest Generation, Sen. Fears was the type of politician you rarely find today. Someone who was revered both in the Capitol and in his district. Someone who put what was right above what was politically expedient. Someone who always, always put his constituents first. An honorable senator. A formidable opponent. A true Virginia gentleman. He touched many lives. He made Virginia a better place. He will be missed as a truly unforgettable "personality" in Virginia politics.

Sen. Thomas K. Norment Jr., Williamsburg

Former Alaska Resident Opines

Dear Editor:

With his campaign flailing in the wind due to lack of ideas, enthusiasm and money, John McCain makes one of the most cynical choices for vice president that could be imagined. Sarah Palin has been

the governor of Alaska for a year and a half. Her primary experience in government has been as the mayor of Wasilla, Alaska, a town that probably has a larger moose than human population and fewer people than the Eastern Shore.

Wasilla is a relatively small town about 45 miles north of Anchorage. Its biggest problem every year is whether there will be enough snow to run the Iditarod dog sled race through the village. A long-time former resident of Alaska, I've driven through Wasilla many times. Believe me, Sarah Palin couldn't even deal with the rush-hour traffic in the town, to say nothing of being a 72-year-old heartbeat away from being commander-in-chief.

The appointment of the vice president is the most important one a president makes. If the picking of Sarah Palin is an example of John McCain's judgment, this guy should not get anywhere near the White House. If the Arizona senator wanted to appoint a Republican woman with more experience and fewer ethical issues than Sarah Palin, he could have chosen our own Supervisor Wanda Thornton of Chincoteague.

Martin Freed, Quinby

McCain Flip-Flops Plenty

Dear Editor:

John McCain says that Barack Obama is not qualified to be president because he is a flip flopper. If this is criteria for not voting for a candidate, then the Arizona senator is one of the least qualified people in the country to be president.

I can write 20 pages of McCain's flip flops; find just a few below:

- McCain supported the drilling moratorium; now he's against it.
- McCain strongly opposes a windfall-tax on oil company profits. Three weeks earlier, he was perfectly comfortable with the idea.
- McCain thought Bush's warrantless-wiretap program circumvented the law; now he believes the opposite.
- McCain defended "privatizing" Social Security. Now he says he's against privatization (though he actually still supports it).
- McCain wanted to change the Republican Party platform to protect abortion rights in cases of rape and incest. Now he doesn't.
- McCain thought the estate tax was perfectly fair. Now he believes the opposite.
- He opposed indefinite detention of terrorist suspects. When the Supreme Court reached the same conclusion, he called it "one of the worst decisions in the history of this country."

John McCain is a man with no principled beliefs. His opinions are constantly evolving on nearly everything. If there ever was a serial flip flopper, it is John McCain.

Jesse Maatsen, Pocomoke, Md.

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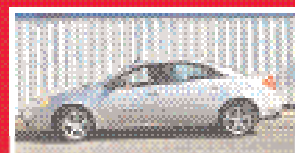
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