

Eastern Shore POST

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April 10, 2020



Northampton School Board Furloughs Hourly Employees

In a meeting closed to the public, school board also grants \$10/hour hazard pay to those delivering meals and educational packets

By Carol Vaughn

The Northampton County School Board voted April 2 to furlough hourly employees effective April 3, after Gov. Ralph Northam last month ordered all Virginia schools closed for the rest of the school year because of the novel coronavirus pandemic.

The meeting was closed to the public due to restrictions on gatherings because of the pandemic. No provision was made for the public to listen in. A link with a recording of the meeting was provided afterward.

The cost for locally paid hourly employees from March 30 through June 12 would have been \$102,140.

Two teachers in the category were not included in the furlough.

Those furloughed include three bus monitors, five car drivers, one cafeteria worker, and 13 behavioral support aides.

The cost for federally paid hourly positions for the period would have been \$84,758, according to Finance Director Brook Thomas.

Those include 10 tutors, two teachers, and two bus monitors, associated with school improvement requirements.

"It's very likely that these people, because of the federal government's... CARES act, will actually have more



Scrambling To Find the Eggs

Kylie Killmon, 12 years old, and her brother Ryder Finney, 3 years old, of Tasley, took advantage of their time away from school to have an Easter egg hunt in the backyard. Kylie found the golden egg but her brother sought retaliation with Silly String in the house. Photo by Angie H. Crutchley.

money to spend than they have now," School Superintendent Eddie Lawrence said of the furloughed employees, who are eligible for state, and now federal, unemployment benefits.

Hourly employees who have health insurance through the school district can continue the benefit.

In other action, the board voted to add \$10 per hour hazard duty pay to the wages of any employees involved in distributing meals and educational packets to students during the school closure.

The action will cost an estimated \$50,000, Thomas told the board. The money likely can be paid from federal stimulus funds.

The school board also voted to pay coaches and others who receive stipends the full amount for the spring.

The district could face revenue loss of

more than \$500,000 in the current year — due to lower student enrollment, reduction in lottery proceeds, anticipated lower sales tax revenues, reduction in Medicaid billable services, and a potential change in local revenue from Northampton County, according to Thomas.

Some of the amount could be offset by lower operating expenses. The district also has around \$427,000 in reserves.

"We need to allow for movement" in the numbers, Thomas said, adding that next year's budget, which has not yet been presented to the board of supervisors, also will be impacted by the pandemic's effects.

Lawrence said future school board meetings will be broadcast live — the April 2 meeting was not.

The school board voted to continue to meet in person, but to utilize a separate

(Continued on Page 4)

COVID-19 UPDATE

A woman in her 70s is Shore's first fatality related to COVID-19 and Gov. Ralph Northam wants to move May elections to November

By Carol Vaughn

The first COVID-19 related death on the Eastern Shore was confirmed Wednesday by the Eastern Shore Health District.

Virginia had 312 newly confirmed cases of COVID-19 in the previous 24 hours, bringing the total to 3,645 as of Wednesday. There have been 75 deaths reported in Virginia as result of the virus.

An Accomack County woman in her 70s died after being hospitalized and confirmed positive for the virus.

"We are deeply saddened by the passing of a beloved member of our community. We are thinking about her family and friends during this difficult time," said Eastern Shore Health District Director Dr. Richard Williams.

"This growing crisis has already devastated many across the Commonwealth. We are investigating how she may have obtained the virus, as we do in all cases, in order to prevent the spread of COVID-19," Williams said.

The Eastern Shore Health District has activated a public information line, 757-787-5880, for questions from residents about the novel coronavirus situation.

Gov. Ralph Northam in a briefing Wednesday said he will ask the General Assembly to postpone the May 5

(Continued on Page 8)

TELECONFERENCING NORTHAMPTON SUPERVISORS ADAPT COUNTY TO LIFE WITH COVID-19

Supervisors halt discretionary spending and nonessential hiring and delay door-to-door census canvassing

By Carol Vaughn

The Northampton County Board of Supervisors met via teleconference April 2 as the news came that the county had its second confirmed case of COVID-19.

“So, this is not a situation that we are going to be exempt from, and we shouldn’t expect this to be a short-term situation,” said Charles Kolakowski, Northampton County administrator.

All nonessential hiring and discretionary spending without approval has been frozen in light of the pandemic, he said.

Additionally, he asked the public school administration “to look at limiting spending, due to the probability of reduced revenue in the current year and in the year coming up.”

Door-to-door census follow-up, for those residents who did not respond yet, will be delayed until sometime this summer.

Kolakowski said getting a full census count is important to the county. A committee set up to ensure residents are counted in the decennial census is looking at ways to encourage post office box holders, who did not get notification from the U. S. Census, to respond.

Recreation areas including Kiptopeke State Park, the Eastern Shore National Wildlife Refuge, and Savage Neck Dunes remain open for day use only. The visitors center at the refuge is closed, Kolakowski said.

Northampton County is continuing to process permit applications and do inspections “as much as we can, in order to help projects to start or continue whenever possible,” he said.

The county received requests from the Holiday Inn Express and Hampton Inn Suites in Exmore, asking that their real estate and personal property taxes be waived during the pandemic.

The board will consider those requests at a future meeting, Kolakowski said.

The board of supervisors approved sending a letter to short-term rental owners strongly urging them to refrain

from renting during the pandemic.

Supervisor Betsy Mapp said some people staying in short-term rentals are here to perform necessary work, such as Spectrum workers who are installing infrastructure for broadband.

Supervisor Dave Fauber recommended specifying that owners be urged not to rent to vacationers.

“What we are really after is not having an influx of outsiders beyond, perhaps, the necessary,” said Supervisor Dixon Leatherbury.

The unanimous vote gave permission to Kolakowski and County Attorney Beverly Leatherbury to come up with language for the letter to that effect.

In a second vote, the board approved sending a letter to Gov. Ralph Northam asking for flexibility to hold routine public meetings electronically for up to six months — that is, meetings other than those needed to deal specifically with the COVID-19 pandemic.

A state declaration of emergency in March authorized electronic meetings of public bodies to deal with COVID-19-related matters.

“If this extends into June ... we need to have some flexibility in keeping meetings going. My primary concern is allowing the functioning of, not only the board of supervisors, but the planning commission, the board of zoning appeals, and other boards which issue permits to allow for projects to start and/or continue, so we can continue some kind of activity going on in the county, as far as construction and economic development,” Kolakowski said.

The draft letter states, in part, “The problem will be that, very soon, the failure of cities, towns, and counties to act on routine public business, such as permits, leases, and zoning requests will slow down or prevent an economic recovery we will so badly need.”

The Northampton board plans to hold weekly electronic meetings for the time being, on Thursdays at 4 p.m.

Northampton Sheriff Office Update

Sheriff David Doughty told the board of supervisors visitation at the Eastern Shore Regional Jail continues to be suspended. Inmates are being given two free stamps weekly to send letters, and the sheriff’s office is working on providing a temporary video visitation option and allowing one phone call per week

for indigent inmates, he said.

Weekend jail time service is suspended until further notice due to the pandemic, and expanded bond consideration is being given to those people newly arrested for offenses that do not pose a danger to the public, according to Doughty.

New inmates are being kept in a separate area for a 15-day quarantine.

The only visitors allowed inside the jail are attorneys and medical workers — and they must wear a mask and gloves and have their temperature checked.

Jail employees also undergo a temperature check upon entry for their work shift. Staff members wear gloves and masks when they do their rounds.

All common areas in the jail are being “frequently sanitized.”

“If a case does occur, we do have medical quarantine cells to accommodate,” Doughty said.

The sheriff’s office, on the patrol side, has suspended all secondary employment and unnecessary overtime, he said.

Deputies are handling nonemergency calls for service by telephone where possible.

The sheriff’s office is restricted to employees only.

The office is running low on personal protective equipment, Doughty said.

The sheriff’s office continues to monitor violations of the statewide 10-or-more gathering prohibition, Doughty said.

Northampton EMS Update

Hollye Carpenter, Northampton EMS director, told the board of supervisors the 911 dispatch center is screening all callers to determine whether responders could potentially be exposed to the coronavirus.

Responders are using appropriate personal protective equipment.

“We are running low on gowns and N-95 masks,” she said, noting a request for more equipment has been made to the Virginia Department of Emergency Management.

Employees in the department are undergoing temperature checks and symptom checks every six hours, Carpenter said.

“We have transported two positive cases without any quarantine for our providers,” she said.

Another provider earlier was quarantined because of showing possible symptoms of the virus, but that person tested negative, according to

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\$39,500

Carpenter.

Staffing could become a challenge “if we start having people that are quarantined or become sick,” she said, noting that Northampton shares many first responder employees with Accomack County and Chincoteague.

TOWNSEND MAN SOUGHT ON MULTIPLE CHARGES

Staff Report

Police in Northampton County are looking for a man in association with a robbery, strangulation, and assault and battery that were alleged to have occurred last week at the Budget Inn in Nassawadox.

The Northampton County Sheriff's Office responded March 30 to a caller who said he had been robbed the night before and was having chest pains, according to a press release from Sheriff David L. Doughty Jr.

When deputies arrived, the victim was being treated by EMS and refused to speak to deputies about the incident. He was transported to Riverside Shore Memorial Hospital and later released.

Later the same evening, deputies returned to speak to the victim and were again told to leave, the release disclosed.

After speaking to witnesses March 31, deputies once again made contact with the victim and were advised about the robbery. Warrants were obtained that same day on Royston Earnest Clavier, 29, of Townsend, on charges of robbery, strangulation, and assault and battery, Doughty said in the press release.

The victim was again admitted to Riverside Shore Memorial Hospital April 2 and later transferred to Peninsula Regional Medical Center. On April 3, 9 p.m., information regarding the death of the victim was received from the medical examiner's office in Baltimore. The Baltimore Medical Examiner's Office will be conducting an autopsy to try and determine the cause of death and whether the events of the robbery were a factor in the death.

Anyone with information regarding the incident or the location of Royston Earnest Clavier is asked to contact the Northampton County Sheriff's Office at 757-678-0458.

Starting the Conversation

How to talk to Mom and Dad about Senior Living



Mom may have had a hard time recalling names when you spoke with her over the phone the last few times, but you weren't prepared for what found during a recent visit. She had some bruises on her arm and couldn't remember what they were from. The house was just as warm and inviting as it always has been, but the carpets needed vacuuming and the bathrooms had not been scrubbed in some time. The most worrisome issue was Mom's appearance. She looked like she'd lost a lot of weight.

For many families with aging parents, these periodic visits may reveal issues they weren't aware of and may cause feelings of guilt, fear, and sadness. You're not alone. But instead of waiting and being forced to make a decision in an emergency, make a plan now and find a senior living community that you would both feel comfortable with.

Here are some tips for discussing your concerns with your loved one:

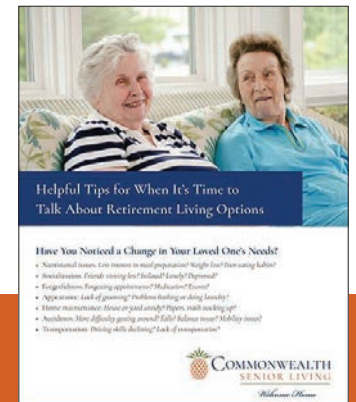
- Remind Mom or Dad that you love them and are worried about their wellbeing.
- Ask what he/she would need to happen for them to decide it was time to move.
- Discuss his/her concerns about senior living and what he/she would like to see in a community.

While this can be a very difficult time, there is a myriad of support available to you. Commonwealth Senior Living has been guiding families on this journey for almost 20 years. Our caregiver support

groups can connect you with families who are experiencing the same challenges and will provide useful tips for ensuring that your loved one gets the attention and support they deserve.

Contact Commonwealth Senior Living at The Eastern Shore for a complimentary copy of this invaluable guide:

Helpful Tips for When It's Time



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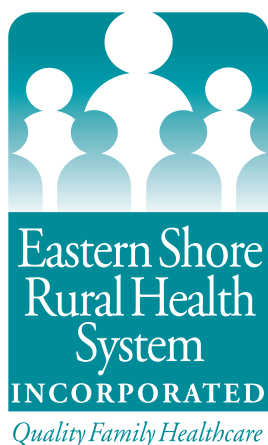
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Important COVID-19/Coronavirus Notice to Eastern Shore Rural Health Patients

- **Patients who are sick should call ahead** prior to going to a center. **Visits by phone or video** are available for sick patients.
- **Patients with routine MEDICAL appointments will be contacted to schedule a visit by phone or video or reschedule an in-person appointment** for a later time. Medication refills will be taken care of during the call. Patients with refill needs who don't have an appointment scheduled should contact their center by phone or patient portal.
- **WELL CHILD appointments can be done by phone or video**, with **vaccinations** then given during a quick visit to the center. Parents will be contacted to arrange well child checks. **NO in-person well child appointments at this time.**
- **DENTAL services limited to EMERGENCY TREATMENT ONLY** at only the Atlantic and Franktown centers. Dental patients with emergencies should **CALL BEFORE coming in.**
- **Patients please come to appointments alone. Only one adult allowed with children.** No non-essential visitors.
- **No appointments after 5 p.m.** until further notice.

**For up-to-date information
see the COVID-19 tab on esrh.org.**

**757-414-0400
esrh.org**



~Northampton Schools~

(Continued From Front Page)

room if needed to maintain social distancing among members, and to allow board members the option to participate by teleconference.

Audio of school board meetings, after they are held, is at: <https://www.ncpsk12.com/school-board-meeting-recordings-ee5ea896>

Upcoming meetings during the COVID-19 school closure will not be open to public comment unless legally required to do so, according to a notice from the school district.

For those meetings, the board will allow public comment, but requests all statements to the board be submitted via email to School Board Clerk Karen Pitt, at kpitt@ncpsk12.com or faxed to 757-678-7267. The statements will be read aloud and entered into the public record.

Three statements from members of the public were read into the record at the April 2 meeting.

All three mentioned concerns about renewing Lawrence's employment contract, which ends in June.

Nancy Proto, of Cape Charles, statement reads, in part, "It is obvious that we are in uncharted waters. No one expected Mr. Lawrence to know how to navigate during this emergency from the get-go. That is not in question.

"What is in question is his initial response. An emergency situation calls for urgent/responsible action. What was expected was leadership; what was delivered was confusion, threats, and fear."

Proto also said she has requested information, under the Freedom of Information Act, about the USDA lunch waiver.

"This administration owes the community an explanation," she wrote, adding that the school board "needs to take an objective look at his record before renewing" Lawrence's contract.

Willie Justis, of Virginia Organizing, also wrote about Lawrence's contract, among other concerns the group has, including:

- how the school district plans to communicate with the public as they go forward to build strategies for returning to school;
- the need to livestream meetings;
- how to ensure equity for all students;
- why can't bus drivers deliver meals to students;

- how is the district keeping track of which students have received communications;
- high school and middle school students have Chromebooks — what is the district's plan for elementary students, many of whom do not have internet access.

Additionally, the group recommended extending Lawrence's contract for a six-month period, rather than renewing it for two years.

Stephanie D. Zodun in a written statement called the district's response to the COVID-19 crisis "a disaster."

Zodun questioned why the district had "their entire staff show up for work the following Monday," after Northampton ordered the schools closed for two weeks.

She also asked why the school board meeting was being held in person, rather than electronically.

Zodun also said much larger school districts implemented their plans for food service during the closure "long before NCPS."

Zodun wrote about treatment of teachers after schools were closed, saying their paychecks were threatened, and "hours of logging into GoogleDocs were required for the sake of being a requirement."

"My children's teachers have reached out to us. ... My kids are sad and miss their teachers and friends. Our teachers are sad and miss their students," she wrote, adding, "And they are good teachers who are trying to complete this school year as best as they can. It will not be easy. Maybe they need some support and not reprimands."

About Lawrence's contract, Zodun wrote, in part: "Since you are unable and unwilling to hold public meetings I am requesting that you do not renew his contract for two years. Extend it for 3-6 months or until this disaster is over so that we can participate in active discussions about goals, accountability, and competence in that position."

School board member Charlena Jones said people have been contacting her about Lawrence's contract, "saying they feel that the board is going to try and slide his contract through."

She asked for reassurance that that is not true.

Other members said contract discussions, like other personnel matters, are done in executive session, and that it is the school board's job to hire the superintendent.

Chincoteague Council Provides COVID-19 Economic Relief

By Carol Vaughn

Chincoteague officials April 6 approved immediate relief measures for residents in response to economic hardship resulting from the COVID-19 pandemic.

“I want to call to order this strange meeting of the town of Chincoteague,” said Mayor J. Arthur Leonard. The meeting was held via teleconference due to restrictions on gatherings.

There was no public comment period at the meeting, which more than 50 people tuned into via Zoom, an electronic conferencing app.

“That would get a lot more involved than we are set up for at this present time, so bear with us,” Leonard said of the lack of public comment.

The town council adopted an ordinance establishing procedures for electronic public meetings during the crisis.

The council voted unanimously to suspend collection and payment to the town of transient occupancy taxes and meals taxes until June 10; and also to delay business license fees, boat ramp user fees, dog park user fees, and Curtis Merritt Harbor slip rental fees until June 10.

Additionally, water bills can be paid up to 60 days late without penalties or interest.

“Look out for one another. ... There are some people on this island that are scared, and there are some young families that are hurting,” said Councilman Gene W. Taylor.

“We do have a lot of people that are hurting. A lot of people are afraid; but we will get through this. The Lord has been good to us, and He will bring us through it. We just have to have patience and it will get better,” said Councilwoman Ellen Richardson.

She thanked the EMTs and other employees who are at work.

The board by consensus decided to advertise the fiscal year 2021 budget for public hearing as is, while knowing it likely will need to be amended later because of the pandemic’s effects.

Leonard said the town’s emergency management committee “is in conversations every day.”

“There is no playbook, so there has been a lot of discussion of what to do, when to do it, and how to implement it. It’s something that we have looked

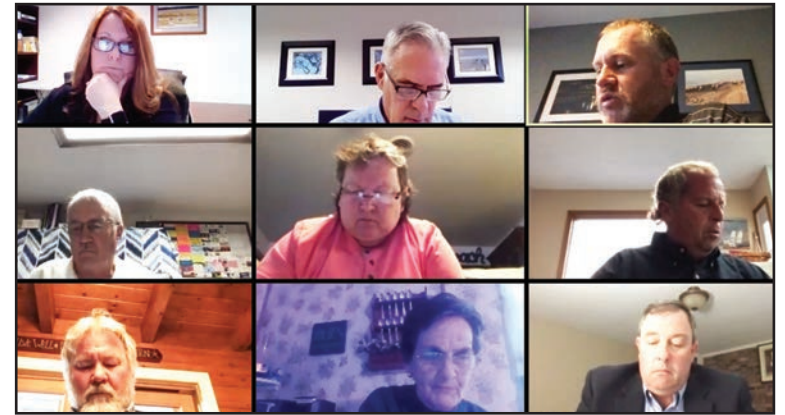
hard at,” he said, thanking Town Manager Jim West and Emergency Management Coordinator Bryan Rush in particular for their help.

The council agreed to consider extending the relief measures if necessary.

Rush said FEMA has authorized public assistance for emergency protective measures, including helping to pay for items like overtime pay or local drive-thru testing, if that should happen in the future, among others.

Rush also spoke about loans and other governmental assistance available to business owners.

“This is all new. Hurricanes, flooding,



Chincoteague council members in their April 6 electronic meeting. Top row, from left: Karen Hipple, administrative assistant; James West, town manager; Matthew T. Reed, councilman. Second row, from left, Edward W. Lewis Jr., councilman; Denise P. Bowden, vice mayor; Gene W. Taylor, councilman. Third row, from left, J. Arthur Leonard, mayor; Ellen W. Richardson, councilwoman; and Christopher D. Bott, councilman. Screenshot by Carol Vaughn.

things like that — that’s down to a science — but something like a pandemic, everybody is kind of on an even keel, and we are all learning as we go,” he said.

The department “is keeping a detailed accounting of anything we are spending in relation to this,” Town Manager Jim West said.

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Information Deemed Reliable but Not Guaranteed



Shore Residents Find Ways To Connect, Help

 By *Connie Morrison*

As Shore residents shelter behind closed doors, their attention has turned to looking for ways to connect and help one another.

From the east-to-west coast, 11,000-member virtual happy hour, begun by Shore resident Bill Hall, to the Shore Delivery Corps, an organization dedicated to getting supplies to the peninsula's most vulnerable residents, area residents are making lighthearted diversions and life-saving deliveries.

The Shore Delivery Corps was the brainchild of a group of friends, said organizer and Franktown resident Jeff Holland. As the friends talked a couple of weeks ago, "we realized the very negative impact (of COVID-19) on the at-risk population," he said, they thought, "Hey, we can do something about this. We can minimize the impact."

Examples of people who may be at higher risk for severe illness from COVID-19 include:

- Anyone age 65 or older
- Anyone with a serious underlying medical condition, like chronic lung disease or moderate to severe asthma, or a heart condition
- Anyone who is immunocompromised, including those undergoing cancer treatment
- A person of any age with severe obesity or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease

As the Chesapeake Bay Bridge-Tunnel executive director, Holland is no stranger to large-scale mobilizations and it didn't take long for the initial group of four or five to expand to include the United Methodist churches, Eastern Shore Presbyterian churches, the United Way of Virginia's Eastern Shore, the Eastern Shore Community Foundation,

and others.

"We are overwhelmed with the volunteers," said Holland, of the more than 80 volunteers who have signed on to take calls, dispatch drivers, and make deliveries.

"The key is making sure we're able to keep folks at home and out of public places for folks who are at high risk of COVID-19," Holland said. That means using low-risk drivers and training them so that they remain low risk. Almost 30 volunteer drivers have undergone the special training meant to keep them and their clients safe and well.

If you've already made your order at Food Lion, for instance, just go to www.shoredelivery.org and request delivery. All orders must be made and paid for in advance - the delivery corps drivers do not handle any money. Or if you don't know where to start, just call the hotline at 757-801-9950 and a volunteer will get you started.

Participating grocery stores include Food Lion in Cape Charles and Onley, Casa Hispana in Nassawadox, El Ranchito in Cheriton, and Walmart in Onley and Pocomoke City, Md. Holland said all local pharmacies are participating.

If you need help paying for supplies, still call 757-801-9950. Volunteers might be able to find help paying for the most pressing needs.

Calls started coming in to the call center Sunday, and already volunteers have fielded as many as 12-15 calls in a single day. "We expect that to continue to grow" as people hear about the service, Holland said.

The Community Services Board has made vans available to help with delivery and H. W. Drummond is helping with fuel.

"Everybody wants to know what they can do to help," said Holland. "We can't

Need Help With Food, Supplies, or Groceries?

If you are high risk for severe infection from COVID-19, the Shore Delivery Corps can help. At the website <https://shoredelivery.org> you can request help, find information about volunteering, or donate to help offset costs. You can also call 757-801-9950 to request a delivery. The call center is open Monday through Saturday, 8 a.m. to 6 p.m., and Sundays, 10 a.m. until 5 p.m.

You can also email Shoredeliverycorps@gmail.com.

There are two Facebook pages: Facebook page for information is <https://www.facebook.com/ShoreDeliveryCorps/> and Facebook page for volunteers is <https://www.facebook.com/groups/520504301968235/>

thank the Eastern Shore community enough.”

Kiptopeke Teachers Send Video Greetings

Kiptopeke teachers sent in video greetings clips that were compiled into a “Kipper Care-a-Van” video, in which teachers can be seen telling their students they miss them and they love them. The heartwarming video can be seen here: <https://www.youtube.com/watch?v=P-OoOjUORE&feature=youtu.be&fbclid=IwAR2n6pxzjfHzb0FRfy7y-DwYfOhGS0gF67Vm3eQIttByX-6l7SexeW1mKjae4>

ESVA Mask Makers Group on Facebook

The Centers for Disease Control and Prevention now advises everyone to wear face coverings in public. This recommendation is based on evidence that people with coronavirus who lack symptoms can still spread the disease (see related article on Page 24).

ESVA Mask Makers organized on Facebook fill orders for nonmedical-grade face coverings.

Organizer Kristen Willis estimates the group has made close to 300 masks since it organized less than a week ago. “There’s clearly a need,” she said.

One nonclinical health care worker commented on the ESVA Mask Maker’s Facebook page that “non clinical workers in healthcare like me are using the cloth masks to reduce the supply drain on clinical masks.”

Check out their work or join the effort at <https://www.facebook.com/groups/216837889407720/>



Face masks printed on Arcadia High School’s 3D printer. Photo courtesy of Arcadia High School.

Arcadia Uses 3D Printer to Make PPE Masks

Arcadia High School STEAM and Robotics teacher Chris Matthews found a way to keep busy during the school shutdown: He has been printing personal protection masks on the school’s 3D printer, sanding the rough edges, and equipping them with elastic and face seals.

According to an article posted on the school’s website, as of April 3, 12 masks had been delivered to Riverside Shore Memorial Hospital, deemed usable, and another 36 were bagged and ready for delivery.

Read the full story at https://ahs.accomack.k12.va.us/m/news/show_news.jsp?REC_ID=627604&id=0

EXMORE ANNOUNCES NEW WATER FILTRATION SYSTEM

Submitted Article

Residents of Exmore can now raise their glasses to cleaner water. As of April 2, a new, modern water filtration system is up and running, serving the town’s residential households and businesses. The new system removes iron and manganese, significantly improving taste.

The project, which includes two new wells and force main backwash, took three years of planning and site work to compete. “The new wells run more efficiently than the older wells they replaced, with minimal water loss or waste,” said Taylor Dukes, who spear-

headed the project for the town. “We’re happy to be continually upgrading and adding value for the people who live and own businesses in Exmore.”

The \$1.5 million investment in the new facility was partially funded through a State of Virginia Community Block Grant and funding from Virginia Department of Health, Office of Drinking Water Revolving Loan Fund for funding and loan forgiveness. Construction was handled by Draper Aden Associates and monitored by Dukes, utilities director and zoning administrator for the town of Exmore.

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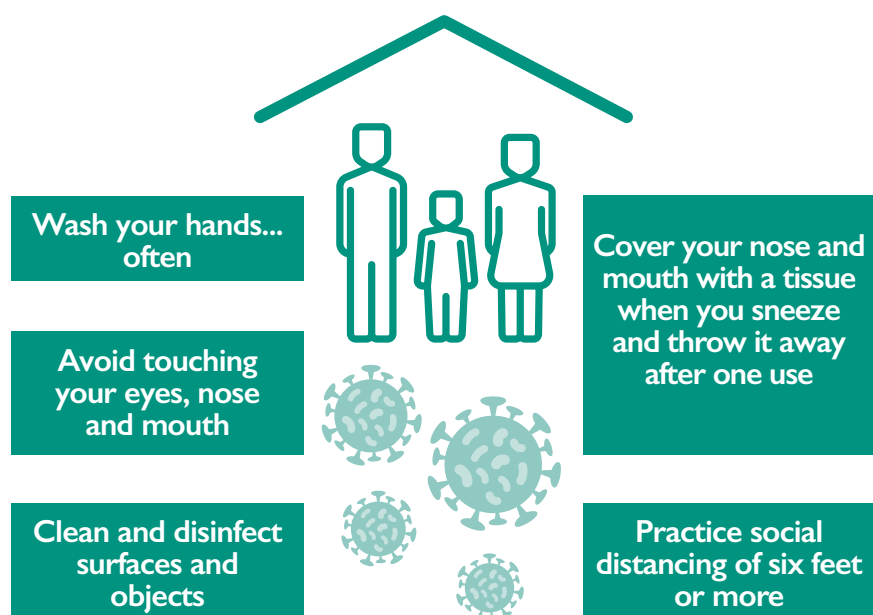
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riversideonline.com/covid-19

~ COVID-19 Update ~ (Continued From Front Page)

local elections until November, and said he will exercise his authority to delay the June 5 congressional primary until June 23.

The General Assembly returns April 22 for a reconvened session.

“As other states have shown, conducting an election in the middle of this global pandemic would bring unprecedented challenges and potential risk to voters and those who work at polling places across the Commonwealth,” Northam said, adding, “Making these decisions now will help election officials prepare and implement the necessary changes. This is about protecting the health and safety of Virginians during this pandemic and ensuring our citizens can make their voices heard in a safe, fair, and uniform manner. I urge the General Assembly to do their part and take action to move our upcoming elections.”

Any absentee ballots already cast in the upcoming local election will be discarded, and voters will be allowed to cast a ballot in November, according to Northam.

The plan the governor is proposing includes the following measures:

- There will be one ballot in November.
- Voters who are qualified in November will be able to vote in November. An individual who was not qualified in May but is qualified in November will be able to vote.
- All absentee ballots already cast will be discarded. Virginians will have an opportunity to vote for local elected officials in November.
- Those officials whose terms are to

expire as of June 30 will continue in office until their successors have been elected on Nov. 3 and have been qualified to serve.

Northam also announced that he is instructing the Virginia Alcoholic Beverage Control Authority to defer the due date for annual license and permit fees through June, which affects around 6,000 businesses.

Under the executive directive, Virginia ABC will defer collection of license renewal fees for 90 days from the original expiration date for establishments with licenses expiring in March, April, May, and June. Any penalties that would normally be associated with the late payment of such fees will be waived.

Additionally, Northam announced that mixed beverage license holders are now allowed to sell mixed drinks via delivery or take out. The change goes into effect midnight Thursday.

“This unprecedented health crisis has had a tremendous impact on businesses across the Commonwealth, and restaurants have been hit especially hard,” Northam said, adding, “Allowing restaurants and distilleries that remain open to sell mixed beverages with takeout or delivery orders will help them augment their revenue streams, so they can continue serving their customers and employing Virginians. These actions will give establishments with mixed beverage licenses greater flexibility to operate while their dining rooms are closed.”

In another briefing Monday, Northam urged Virginians to wear face coverings when outside their home, in accordance with new CDC guidelines.

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Barbara Bowden 757-894-0702



CHINCOTEAGUE: 2BR/1.5BA MLS#50738 \$157,000
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Property Transactions

Northampton County

- From Lenora W. White
To Cynthia P. and David A. Woodmansee
1/2 acre parcel on Route 178 between Exmore and Belle Haven
For \$92,279
- From James G. Turner
To Norma Lewis and Kaitlyn Rae Deyoung
2 parcels in Exmore
For \$116,000
- From Sandra K. and James R. Chapman
To Drusilla Hall and Thomas Parker
6138 James St, 1/2 acres near Eastville Station
For \$165,000
- From Lena Dice and Charles Z. Ponds
To David Z. Poulton
Lots 5, 6, 7, and 8 Stoakley Estate at Cheriton
For \$198,000
- From Leslie A. and Arthur F. Shears
To Maggy's Eastern Shore Properties LLC
6 acre lot near Birdsnest
For \$88,000
- From Trent S. Merritts
To Jennifer Erin Baker
21.63 acres in Wilsonia Neck
For \$168,000

- From Sherry and John Petersik
To Cynthia P. and David A. Woodmansee
119 Peach St., Cape Charles
For \$525,000
 - From Aarin P. Nottingham
To Kathleen Casey and James Parsons Dalglish
1/2 acre parcel at Franktown
For \$269,000
 - From Marlene M. and John Juron
To Ellen F. and Robert N. Holt
Lot 98, Marina Village East, Phase I, Cape Charles
For \$17,600
- ### Accomack County
- From John W. Brown
To Gary E. Bailey Jr.
3199 Meridian Drive, Greenbackville
For \$147,000
 - From Steven A. Raynor
To James H. Dennis
20 acres marshland near Belinda
For \$1,500
 - From Adrienne Bolten
To Jack R. Leishear Jr.
Trails End Lot 571, Unit 1, Sheet 1
For \$13,000
 - From Pamel P. and Kevin M. McDonagh
To Christine A. and Richardo D. Worrell
Lot 5 and 5A Yeo Neck Pointe, Melfa
For \$29,000

Cape Charles Declares Local Emergency

By Carol Vaughn

Cape Charles is among Eastern Shore towns that declared a local emergency due to the COVID-19 pandemic and the statewide stay-at-home order.

The town council met via teleconference March 30 and adopted an ordinance declaring the emergency, establishing the town manager as director of emergency management, and authorizing electronic public meetings during the emergency.

Mayor Smitty Dize on March 31 issued a statement asking visitors to postpone trips to Cape Charles and asking lodging operators to stop accepting reservations until June 10, the date given in Gov. Ralph Northam's stay-at-home executive order, or until state and federal guidelines say it is safe to do so.

Additionally, the harbor will stop taking reservations for transient vessels. Local seasonal slip holders may access their boats starting May 1. Non-resi-

dent slip holders are asked to delay executing their leases until June 10.

To comply with state guidelines:

- The Cape Charles public beach will be closed, except for exercise and fishing
- Cape Charles Central Park will be closed, except for exercise
- The Cape Charles fishing pier will be closed
- All playgrounds and tennis courts will be closed
- All public restrooms will be closed.

"I'm just asking everybody to follow these guidelines. ... Be mindful, be patient, try to keep your social distance... and stay at home — if you don't have to be out, don't go out," Dize said in a briefing Tuesday given via Facebook Live.

Dize will give updates on the town's situation via Facebook Live twice a week, Tuesdays and Fridays at 8 p.m. on his Facebook page, <https://www.facebook.com/WSSmittyDizeJr/>

Accomack Approves Budget, Delays Tax Due Date Until Aug. 3

By Carol Vaughn

The Accomack County Board of Supervisors in an electronic meeting Monday, April 6, approved the county budget for Fiscal Year 2021, along with tax rates and a capital improvement plan.

To listen to board of supervisors meetings live, go to <https://www.co.accomack.va.us/how-do-i/listen-to-meeting-audio>

Under the county's emergency declaration because of the novel coronavirus pandemic, the board is allowed to hold meetings electronically, so long as provision is made for the public to participate.

The resolution the board approved 8-0, with Supervisor Donald L. Hart Jr. absent, included a provision that funds be appropriated on a quarterly basis rather than the typical annual appropriation, because of the COVID-19 pandemic.

That includes appropriations for the school district.

The resolution also says capital expenditures that are not "critical to the

operation of government," "mandated by an external party" or "needed to reduce or eliminate a public safety/security risk" will not be considered for appropriation by the board until Jan. 1, 2021.

The resolution also defers employee pay raises included in the budget "until such time as it is determined by the board of supervisors that actual revenue for Fiscal Year 2021 is consistent with revenues as budgeted for the fiscal year."

"A budget is merely a plan," said Accomack County Administrator Michael Mason.

"The budget is going to need to be re-balanced...and perhaps even several times" in the coming year due to economic effects of the pandemic, Mason said.

The \$65 million, 2021 budget represents an 11.5% increase in expenditures over this year.

The majority of the increase is for capital expenses, including construction of a required new cell at the landfill. Around \$4.3 million in capital expenditures is budgeted for next year, compared to just

under \$2 million this year.

The amount includes \$994,000 for ramps and dock improvements; \$180,000 for clerk's office fire suppression; and \$1.8 million for landfill cell construction.

The operating budget also is up 5.9% — from \$52.6 million this year to nearly \$55.7 million in the proposed 2021 budget. The increase is due in large part to an increased contribution to the public schools. \$1.04 million in additional local money will go to the schools next year under the proposed budget.

The budget also includes a \$500,000 transfer to the county's rainy day fund. There is no change in landfill tipping fees.

There also is no change in the tax rates; however, because of the recent real estate reassessment, the amount of taxes due on properties may have changed.

The board of supervisors also voted Monday to extend the due date for the first installment of 2020 real estate and personal property taxes to Aug.

3, rather than the typical due date of June 5. By law, the board can extend the due date for taxes up to 90 days.

No interest or penalty will accrue until after the Aug. 3 due date.

After discussions with Treasurer James Lilliston and Finance Director Margaret Lindsey, the Aug. 3 due date "is what we came up with as the maximum amount of time that we believe our cash position will support," Mason said.

Tax bills will be mailed at the usual time, in early May.

The board could in the future change the due date for the second 2020 installment for taxes, Mason said.

County Attorney Cela Burge said delaying the due date for taxes has been done in Accomack County in the past, although not recently.

The board also voted to authorize Mason to procure legal services as needed on a temporary, hourly basis after County Attorney Cela Burge leaves the position to become Juvenile and Domestic Relations judge.



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COVID 19 Update: Long & Foster has closed all sales offices to the public until further notice. Our corporate office is open and all CORE services are available to buyers & sellers. That includes title, insurance and settlement services. We are conducting virtual showings. Folks are still buying & selling houses!




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OBITUARIES

Arthur John Bauman Jr.

Gunnery Sergeant Arthur John Bauman Jr., USMC, Retired, 67, husband of Lynda Esposito Bauman and a resident of Quinby, passed away Saturday, April 4, 2020, at his home. Born Sept. 21, 1952, in Cincinnati, Ohio, he was the son of the late Arthur John Bauman Sr. and the late Evelyn Borman Bauman.

As a decorated veteran of the United States Marine Corps, Art faithfully served his country for more than 22 years, receiving countless medals, badges, and commendations. He worked as an attendant for the Accomack County Convenience Center in Painter. Art was a loving husband, father, and grandfather and will be greatly missed.

In addition to his wife, he is survived by his daughters, Roberta Dardin, of Jacksonville, N.C., Pattie Melendez, of Coweta, Okla., and Yolanda Melendez, of Jacksonville; stepsons, Raymond Hess and wife, Leighann, of Quinby, and Steven Jones, of Melfa; daughter-in-law, Tina Amaya, of Jacksonville; grandchildren, Kendra, Chelsea, and Nathan Zerba, and Andy Melendez; and step-grandchildren, Anthony, Heaven, and Nicole Hess. Other than his parents, he was predeceased by his

son, Ernest Amaya.

In consideration of the gathering restrictions relating to COVID-19, a private graveside service was held at the Fairview Lawn Cemetery.

Contributions in Arthur's memory may be made to the military organization of one's choice.

Memory tributes may be shared with the family at www.williamsfuneralhomes.com. Arrangements were made by the Williams-Onancock Funeral Home.

Anne Elmore Floyd

Mrs. Anne Elmore Floyd, 91, died on April 2, 2020, at Commonwealth Senior Living, in Onancock. She was born in Painter and was a resident of Machipongo.

Anne was predeceased by her parents, Charles T. Elmore and Leonie Hughes Elmore; her husband, Richard S. Floyd III; her sister, Margaret E. Lankford, and brothers, Charles T. Elmore Jr. and D. Page Elmore.

She is survived by her children, Mary Anne F. Davis (Jim), Charles R. Floyd (Kathryn), William S. Floyd (Brenda), and John E. Floyd; her grandchildren, Mark B. Sherkley Jr. (Krista), Anne Marie S. Bott (Wescott), Jennifer Landa, Lori F. Miller (Stuart), Charlie Floyd, Julia Meirer, Anna Meirer, Will Floyd (Megan), and Jill Floyd; and 12 great-grandchildren.

Anne was educated at Northamp-



Mr. Bauman



Mrs. Floyd



Ms. Hundley



Mrs. Jones

ton Accomack Memorial Hospital School of Nursing (LPN) and worked at Shore Memorial Hospital (NAMH) for 25 years as a nurse and nuclear medicine technician.

She was a very active member of Johnson's United Methodist Church, JUMW (past president), and Homemakers' Club. Anne was an avid bridge player, antique collector, and jigsaw puzzler.

Entertaining family and friends for holidays and special occasions was her specialty. As a mother, grandmother, and great-grandmother she always encouraged us to do our best, keep a smile on our faces, have a positive attitude, and help others.

In lieu of flowers, memorials may be made to Johnson's United Methodist Church, in care of Mrs. Marge Kacik, 12337 Trout Lane, Machipongo, VA 23405.

A celebration of life will be held at a later date.

Peggy J. Hundley

Ms. Peggy J. Hundley, 75, of Parksley, passed away Wednesday, March 25, 2020, at her home. Born May 7, 1944, in Nassawadox, she was the only child of the late Ray Lloyd Hundley and the late Elizabeth Harrison Hundley.

Peggy faithfully served as the Deputy Clerk for Accomack County Circuit Court for decades and was a longtime member of Parksley Baptist Church.

She is survived by her daughter, Dana T. McDaniel and her husband, Byrney, of Parksley; two grandchildren, Dalton James McDaniel and Haley Rae McDaniel; several cousins; and her furbaby, "Joy," who was always at her side.

In consideration of the gathering restrictions relating to COVID-19, a private graveside service will be held at the Fairview Lawn Cemetery. A public memorial service will be scheduled and announced at a later date.

Contributions in Peggy's memory may be made to Parksley Baptist Church, P.O. Box 375, Parksley,

VA 23421.

Memory tributes may be shared with the family at www.williamsfuneralhomes.com

Arrangements were made by the Williams-Parksley Funeral Home.

Carolyn Jones

Mrs. Carolyn Conaway Jones, 75, of Pocomoke City, Md., died on Monday, March 30, 2020, at Hartley Hall Nursing Home. Born on Feb. 14, 1945, in Newport News, Va., she was the daughter of the late John and Helen Benetta Conaway.

She was a past president of AFGE Local #1081 (1976-1984), a life member of the Worcester County Historical Society, a life member of the Coston House Museum, and was instrumental in the purchase and moving of the Sturgis One Room School Museum. She was also listed in the Outstanding Young Women of America 1981 edition.

She worked for N.A.S.A./Goddard for over 30 years.

Carolyn is survived by two daughters, Michele "Lynn" Jester and Valerie Miller (Eddie), all of Pocomoke City; two grandsons, Gregory Jester (Amanda) and Robert Miller (Mindy); one granddaughter, Vanessa Jester (Brandon); five great-grandsons, Logan, Landon, and Jaxson Miller, Wyatt Jester, and Rhett Weeks; one niece, Lisa Poulson, and one nephew, John Poulson.

In addition to her parents, she was preceded in death by her husband, Richard Elias Jones, and a sister, Geraldine Joyce Poulson.

A celebration of her life will be at a later date for family and friends.

A private graveside funeral service will be held in Remson United Methodist Church Cemetery, in Pocomoke City.

In lieu of flowers, contributions may be made to Hallwood Baptist Church.

Arrangements are in the care of Holloway Funeral Home, P.A., 107 Vine St., Pocomoke City, MD 21851. To send condolences to the family, please visit www.hollowayfh.com

**Send your obituaries, mileposts,
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or call 757-789-7678**

Kenneth Parker Lewis

Mr. Kenneth Parker Lewis, 64, of Temperanceville, husband of Sheryl Brown Lewis, passed away on March 30, 2020, at PRMC in Salisbury, Md.

Born on April 8, 1955, in Nassawadox, he was the son of the late Gordon N. Lewis Sr. and the late Jacqueline Hickman Lewis.

Kenny was a past master of the Central Masonic Lodge and a member of the Chincoteague Masonic Lodge. He attended True Believers in Christ Jesus Church, in Temperanceville. He loved his grandchildren, his dogs, and his ducks.

Other than his wife, Sheryl, Kenneth is survived by two daughters, Jacqueline Rebecca Warner of Pocomoke, Md., and Emily Lewis Coll (and husband Victor Benjamin Coll), of Temperanceville; grandchildren, Justin Tyler Goleman, Kayla Nicole



Mr. Lewis

Warner, Christopher Joseph Warner, Isabella Scarlett Coll, Isaiah Preston Coll, Gavin Parker Coll, Victor Antonio Coll, and Victoria Elizabeth Coll; brother, Paul James Lewis, of Temperanceville; and one niece and two nephews.

Other than his parents, he was preceded in death by a brother, Gordon N. Lewis II.

Private family funeral services were held Thursday, April 2, 2020, from the graveside of the Greenbackville Union Cemetery with Pastor Martha Bailey officiating.

In lieu of flowers, memorial contributions may be made to the American Kidney Foundation, at www.kidneyfund.org

Arrangements were made by the Thornton Funeral Home in Parksley.

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

Joyce Brown Milliner

Mrs. Joyce Brown Milliner, 85, died March 30, 2020, at her home in Locustville. She was the wife of the late Rev. Wilber Jackson "Jack" Milli-

ner Jr. and a resident of Burton Shore Road since age 10.

Born in Covington, Va., she was the daughter of the late Larry H. Brown and the late Bernice Willis Brown. She was a graduate of Goldey-Beacom Business School of Wilmington, Del. In 1955, Mrs. Milliner became one of the first women hired by NACA (Wallops Flight Center). Over the next 37 years, she served as the facility's public affairs officer, retiring in 1992 from NASA Wallops Flight Facility.

An avid sewer and crafter, Mrs. Milliner enjoyed sharing her talents with others, particularly within the organizations she was involved with. In addition to volunteering at Shore Lifecare Nursing and Rehabilitation Center, she was a longtime member and past president of the Riverside Shore Memorial Hospital Auxiliary,



Mrs. Milliner

member of the Red Hat Society, The Soroptimist Club of Accomack County, the Shore Can Sewing Guild, and Melfa United Methodist Church.

She is survived by her sister, J. Kaye Watkins; niece, Laurie Hesson, and her family; and her dear friend and caregiver, Peggy Pruitt.

In addition to her husband and parents, Mrs. Milliner was predeceased by her three brothers, James Franklin, Thomas Harold, and Larry B. Brown.

In consideration of the gathering restrictions relating to COVID-19, a private graveside service was held at the Fairview Lawn Cemetery. A recording of the committal service can be accessed at www.williamsfuneralhomes.com/obituary/Joyce-Milliner. A public memorial service will be scheduled and announced at a later date.

In lieu of flowers, contributions in Joyce's memory may be made to Melfa United Methodist Church, 19444 Main St., Melfa, VA 23410.

Memory tributes may be shared with the family at www.williamsfuneralhomes.com

Arrangements were made by the Williams-Onancock Funeral Home.

McCready HEALTH

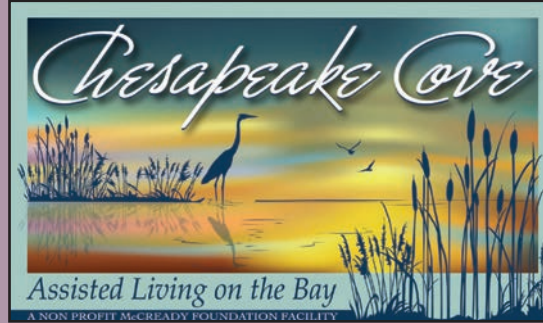
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- Peace of mind, thanks to a 24-hour nursing staff
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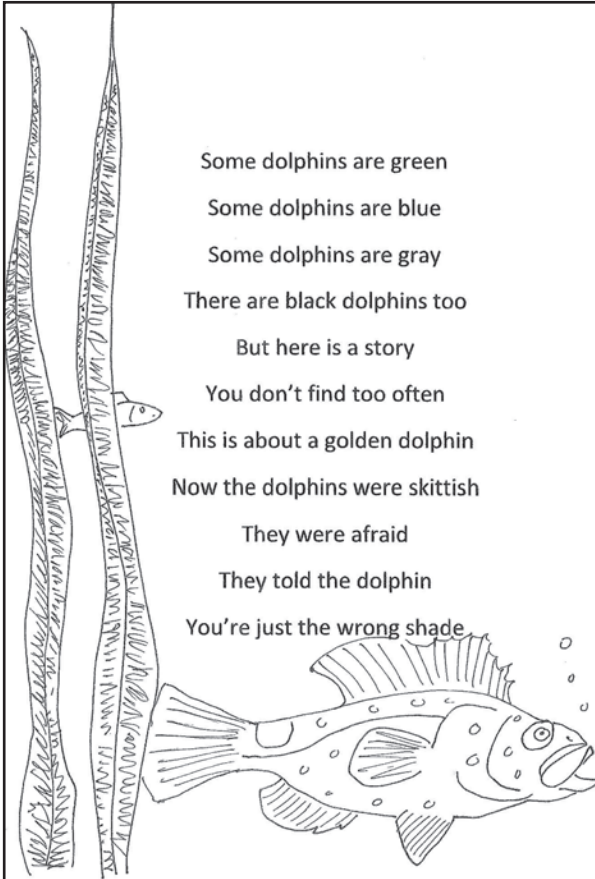


The Wrong Shade of Dolphin

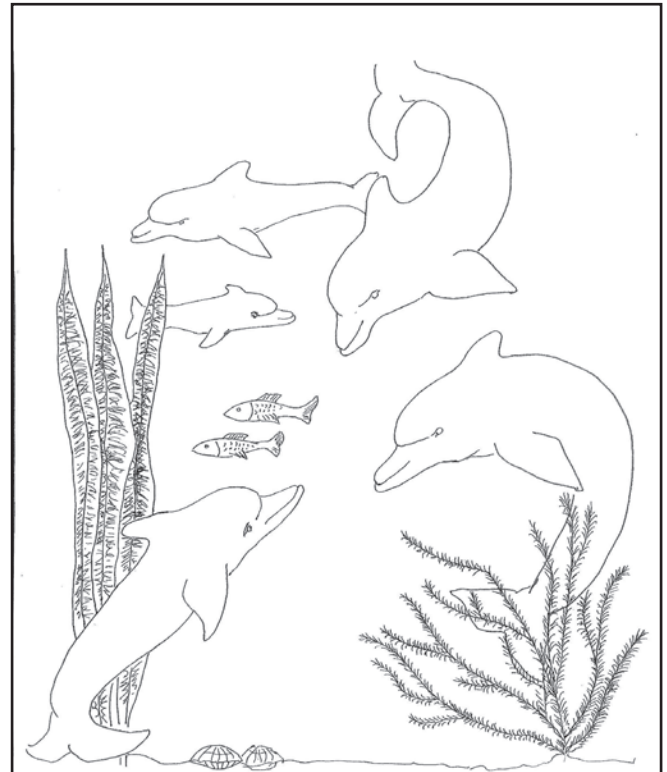


Written and Illustrated
by Sarah Coleman

Some dolphins are green
Some dolphins are blue
Some dolphins are gray
There are black dolphins too
But here is a story
You don't find too often
This is about a golden dolphin
Now the dolphins were skittish
They were afraid
They told the dolphin
You're just the wrong shade



- 2 -

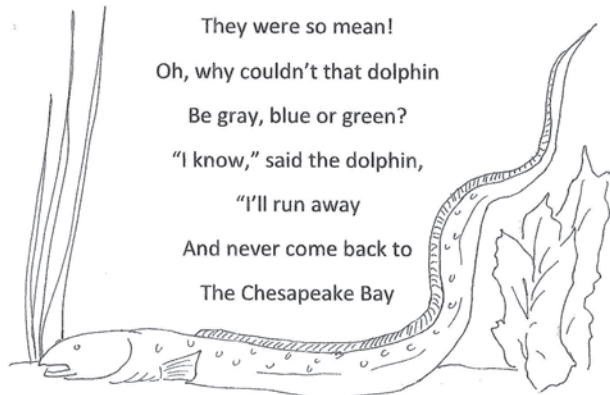


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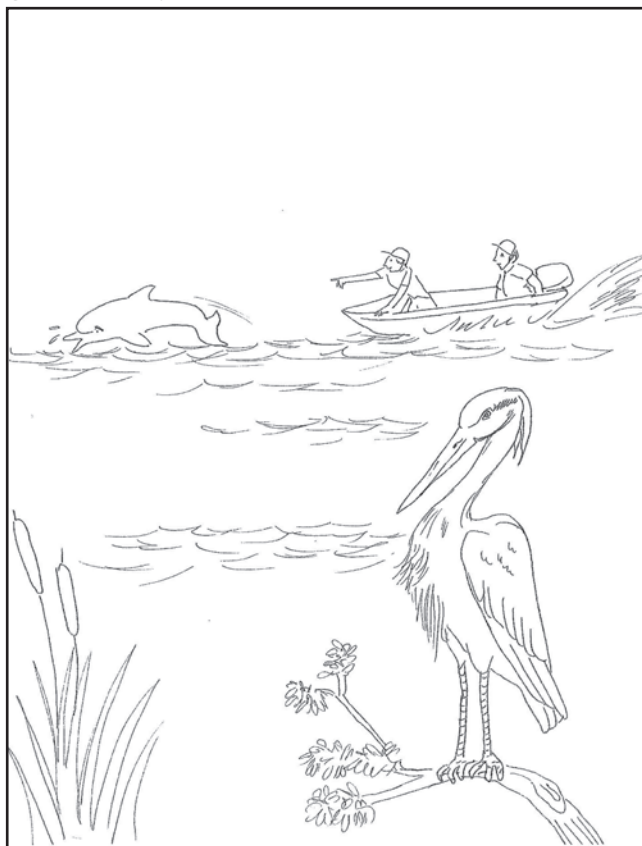
----- cut-and-color pages, courtesy of author Sarah Coleman and the Eastern Shore Post -----



You're not a bad dolphin
It's just that you're weird
We all get nervous
Whenever you're here
When people saw him
They'd cry out, "Look! Look!
We've got to catch him
By net, trap or hook!"
The watermen chased him
They were so mean!
Oh, why couldn't that dolphin
Be gray, blue or green?
"I know," said the dolphin,
"I'll run away
And never come back to
The Chesapeake Bay

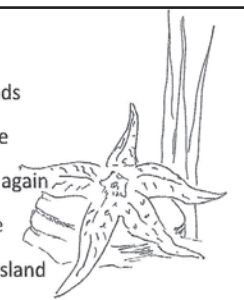


- 4 -



- 5 -

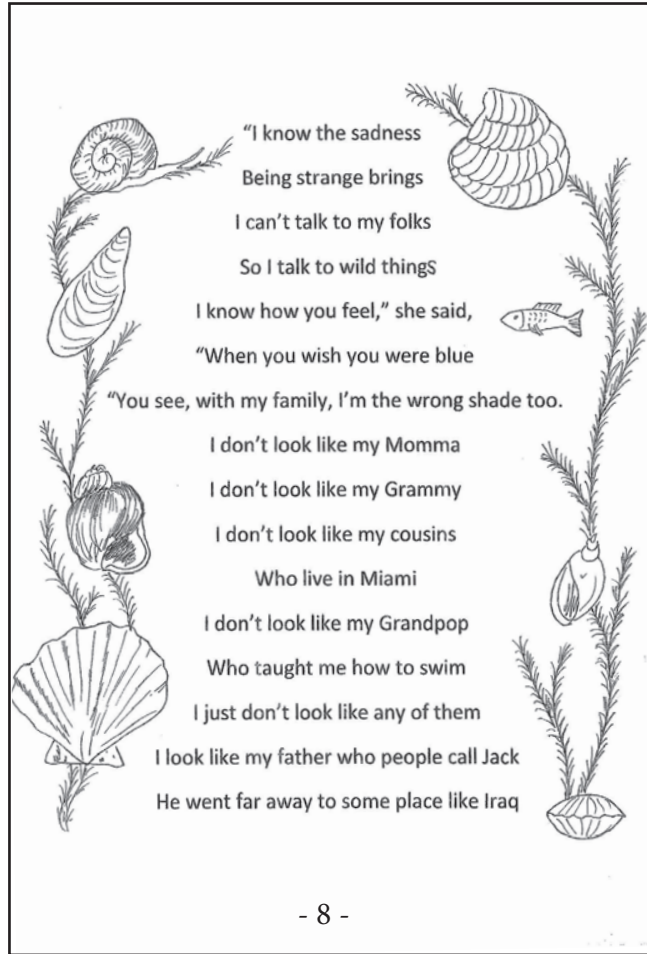
The Barrier Islands
Is where I'll hide
You'll never see me again
On the Bayside
But there on Hogg Island
What did he see?
A little girl named
Tiffany Amber Marie!
There she was
On the beach walking
With a whole lot of animals
And they were all talking
"What's this?" said the dolphin,
"How can this be?
A girl talking to animals
Is a strange thing to see!"



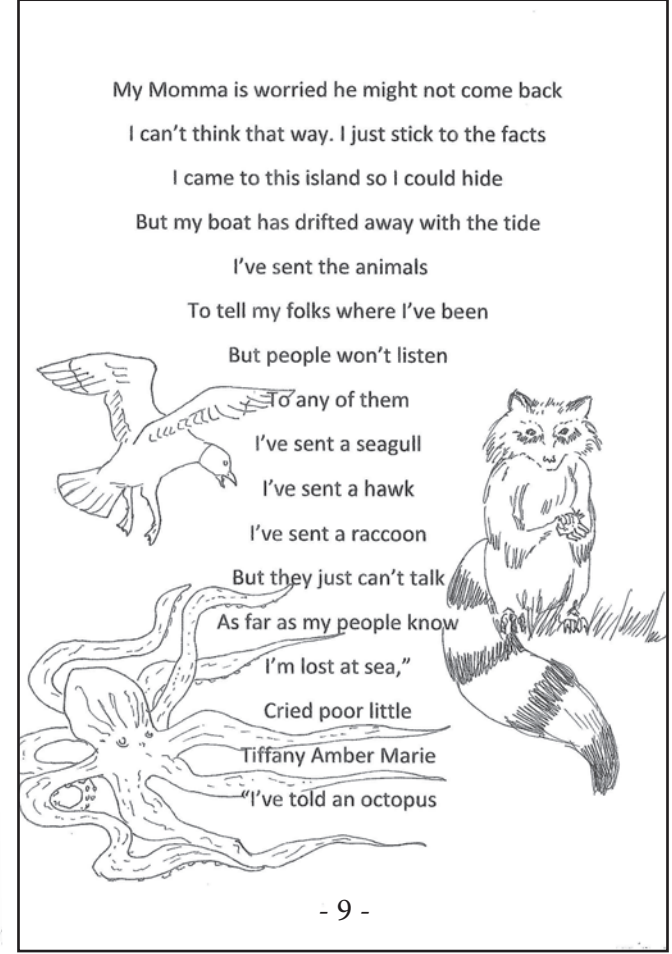
- 6 -



- 7 -



- 8 -

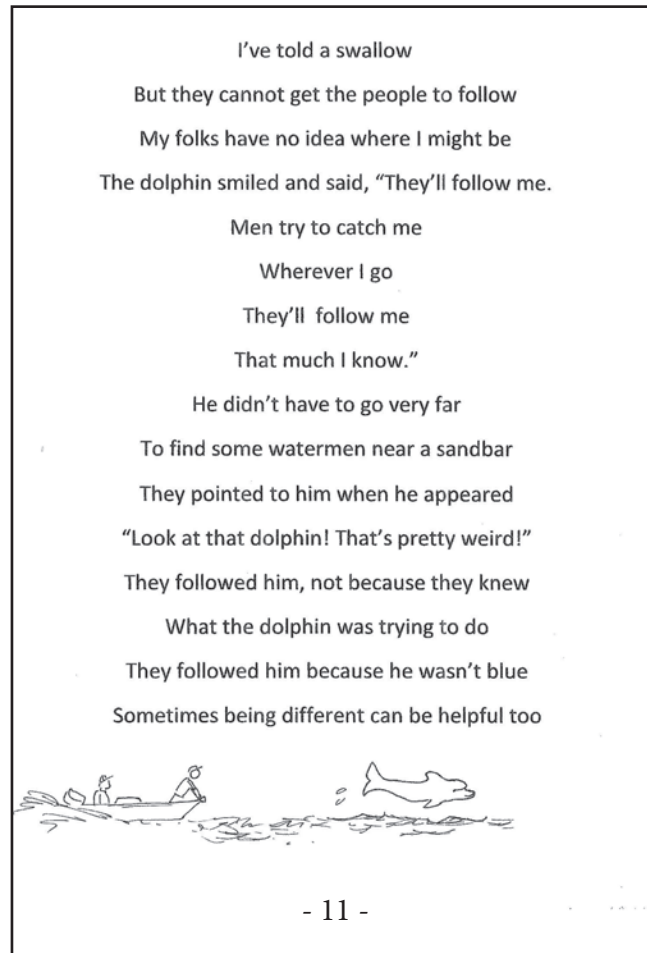


- 9 -

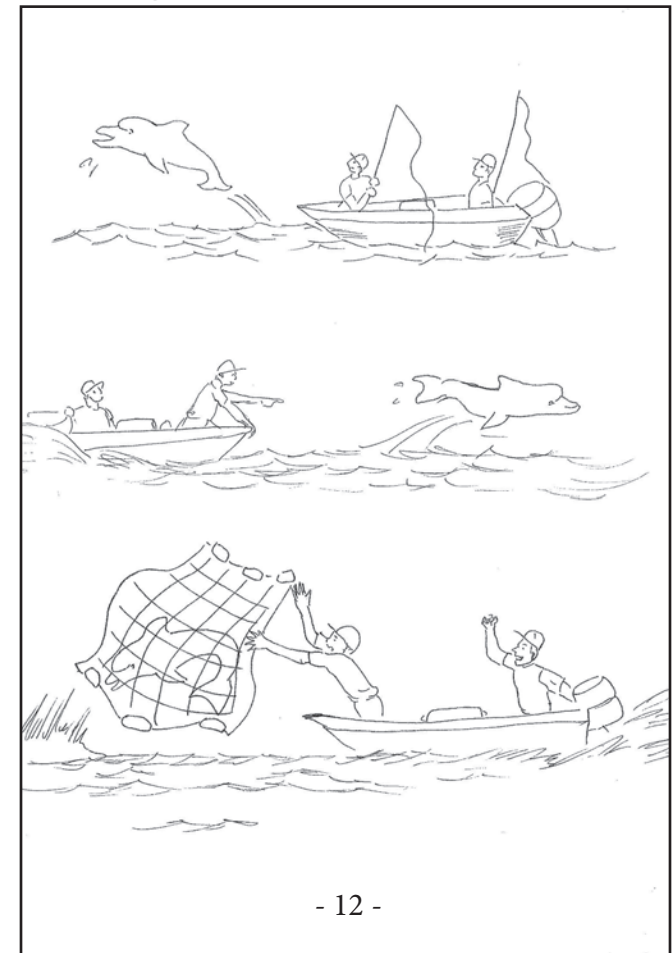
cut-and-color pages, courtesy of author Sarah Coleman and the Eastern Shore Post ... Continued on Page 17



- 10 -



- 11 -



- 12 -

About Viruses in General, and the Novel Coronavirus, in Particular

By David Martin

Go stand in your yard for a few minutes and you'll be drenched, absolutely drenched, in viruses. Not the novel coronavirus, at least not if you're practicing social distancing — but viruses falling from the sky.

A jet stream of viruses, trillions upon trillions of them, is circling the Earth at an altitude above weather systems but below air travel. From this global viral stream, according to the New York Times, scientists estimate that “some 800 million viruses cascade onto every square meter of the planet” each day.

The viruses ride up on sea spray and, to a lesser extent, on dust storms. And some viruses may originate in the atmosphere.

Contemplating the number of viruses on Earth can quickly overwhelm your mind. According to an article in National Geographic, the number of flu viruses in a person's body can reach 100 trillion in a few days. And on the planet? Perhaps “10 million more viruses than there are stars in the universe.”

Viruses aren't alive in the usual scientific sense of the word: ability to metabolize energy and grow, response to stimuli, cell structure. But if they aren't alive, how did there get to be so many of them?

Viruses are a kind of chemical-life hybrid. They contain nucleic acids, DNA or RNA, and use those, after entering a living cell, to force that cell's replication machinery to make copies of the virus. DNA viruses cause chickenpox, hepatitis B, and some venereal diseases. RNA viruses cause hepatitis C, measles, and rabies.

We're painfully aware of the destructive force of viruses. More than 200 viruses infect humans. Along with the diseases just mentioned, viruses also cause AIDS, Ebola, the flu, the common cold, and now the novel coronavirus. It's called “novel” because it's a new or previously unknown virus. Viruses not only evolve and benefit from natural selection, two viruses can enter a living cell and mix to form a new virus.

Viruses are a vital part of life on

Earth. Some viruses prey on bacteria, and those viruses can be beneficial in fighting bacteria-caused diseases. Other viruses give plants resistance to drought or heat. In the oceans, viruses feed on algae and stop destructive algae blooms. Viruses even played a key role in human evolution. Science Focus, Home of BBC Science Focus Magazine, reported: “Around half of the human genome is made up of millions of DNA sequences that can be traced back to long-dead viruses. ...”

But let's get to the virus that's causing us so much sickness, death, and disruption right now. In spite of what you might have heard, it most likely did not come from a Chinese laboratory. The scientific consensus is that it originated in an animal and then spread to a human in the city of Wuhan, China, late last year.

The coronavirus, also referred to as COVID-19, might have been a recombination of two viruses. According to the journal Nature Medicine, the disease got into humans in one of two ways: “In one scenario, the virus evolved to its current pathogenic state through natural selection in a non-human host and then jumped to humans.” In the other scenario, the virus was still transmitted from animal to human but didn't become pathogenic until after it was in the human population.

This viral transfer from animal to human occurred, it is thought, in the Wuhan wet market, the name given to a Chinese open-air market that sells everything from fresh produce to seafood to animals (some sold live, some slaughtered on the premises) that Westerners would consider exotic: bats, anteaters, snakes, bear parts, civets, dogs, pigs. The markets are literally wet with melting ice, water splashed out of tanks full of live fish, and the slaughtered remains of various animals.

Once the virus was in the human population, its spread throughout the world was straightforward. Travel. Even back in the 1300s when world travel was by slow boat, the Black Death managed to get from Asia to Eu-

rope and, in a matter of a few decades, kill perhaps a third of Europe's population. (Some epidemiologists speculate that the Black Death might not have been bubonic plague after all but an Ebola-like virus.)

How does our current coronavirus crisis end? No one knows for sure, but a few possibilities exist:

- With containment and warmer weather, the number of cases could trickle off.
- The virus could become endemic in the human population. Like the flu, it comes and goes.
- COVID-19 could be treated with antivirals and other therapies that would prevent the virus from becoming endemic.
- A vaccine could be developed, but that would likely be more than a year from now and any vaccine's effectiveness varies.
- Herd immunity could develop in which the virus kills the susceptible and leaves itself with no more victims. But in the case of this virus, the number of deaths “re-

quired” for herd immunity is almost unimaginable. Apparently, leaders in England considered this strategy and rejected it as indefensible.

The biggest question and the hardest answer to hear is how long will this last? Although it's unclear how long government restrictions will last, the crisis won't be entirely over entirely in 2020. Flare ups might occur in populations that missed the first round of infections, especially in rural areas like the Shore.

On March 13, TV personality Gerardo Rivera said on television, “If you can hold your breath for 10 seconds, then you don't have this disease.” That was incorrect and stupid and emblematic of the bad information that's out there. The smartest thing you can do is follow legitimate advice and don't listen to anything that isn't sourced to a scientific study or recognized publication. Nothing in this article is the opinion of the writer or the Post; it has all been sourced. Stay safe, keep your distance, wash your hands.

Puzzles4Kids by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

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

X I Z E J E U I F F B T U F S C V O O Z H F U

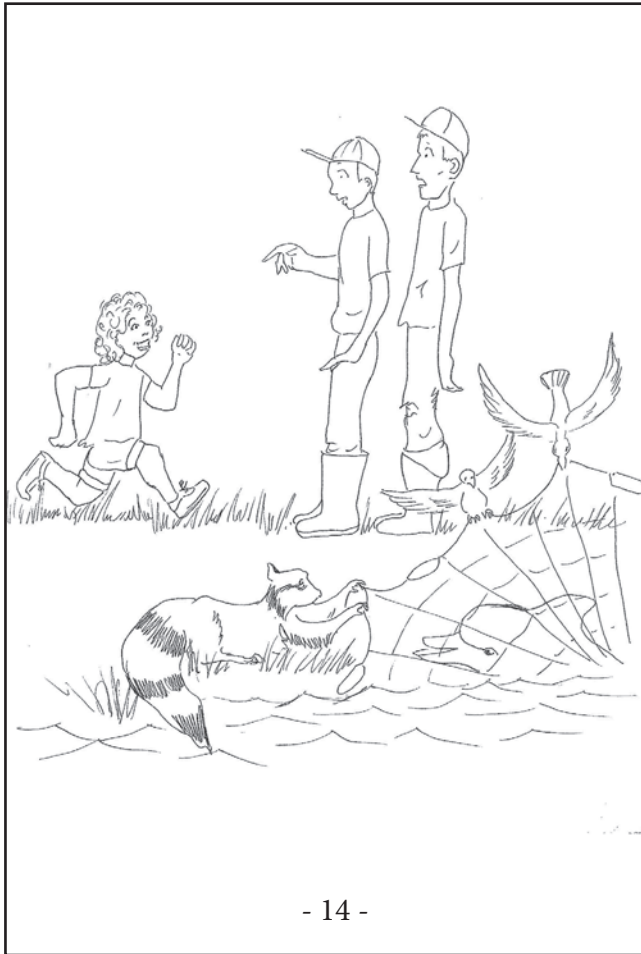
B U J D L F U ? C F D B V T F J U S B O B

I P Q T J H O .

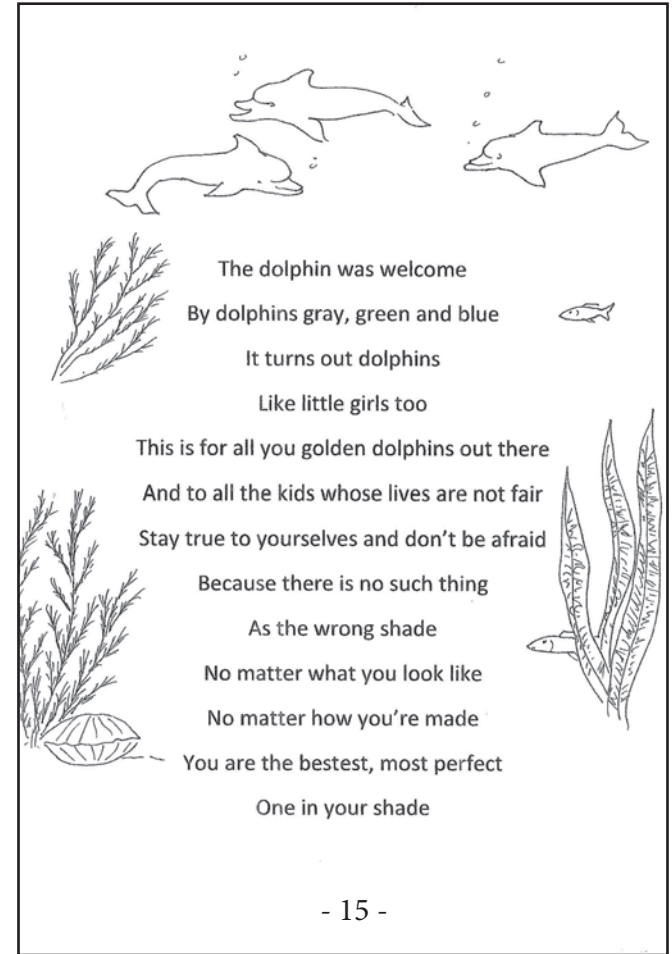


When they got to the island
 They cried, "Glory be!
 Look! It's Tiffany Amber Marie!
 Alert the Coast Guard and County Sheriff too
 Do you know how many people are looking for you?"
 And her Momma and family
 And everyone came
 It didn't matter she was different
 And they were the same
 Being different didn't matter
 Not one single bit
 Sometimes we are better
 Because of it

- 13 -



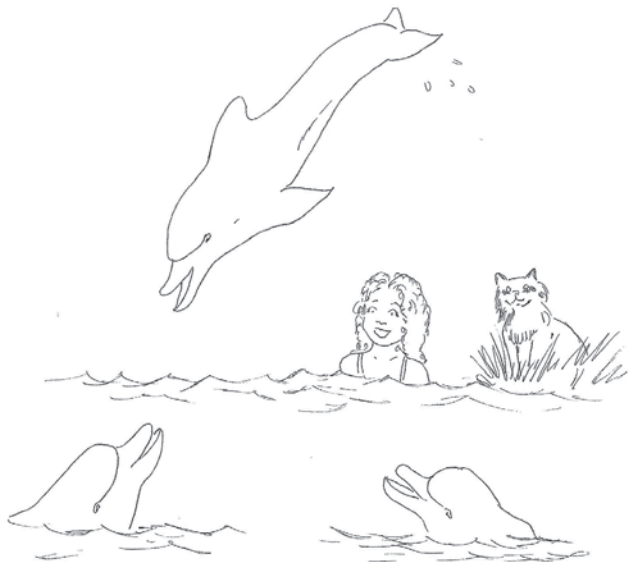
- 14 -



The dolphin was welcome
 By dolphins gray, green and blue
 It turns out dolphins
 Like little girls too
 This is for all you golden dolphins out there
 And to all the kids whose lives are not fair
 Stay true to yourselves and don't be afraid
 Because there is no such thing
 As the wrong shade
 No matter what you look like
 No matter how you're made
 You are the bestest, most perfect
 One in your shade

- 15 -

----- cut-and-color pages, courtesy of author Sarah Coleman and the Eastern Shore Post -----



Author Sarah Coleman lives in Pungoteague. Her comic "Seaside" runs weekly in the Eastern Shore Post.

- 16 -

Did You Know?

- Bottlenose dolphins live 45-50 years in the wild.
- Dolphins shed their outer layer of skin every two hours.
- Dolphins can swim 18-22 mph.
- Dolphins are born tail first.
- Each dolphin weighs about 1,100 pounds and is about 10-14 feet long at maturity.
- A group of dolphins is called a pod.
- They were once hunted for meat and for oil, which was used in lamps and for cooking.
- The killer whale, also known as orca, is actually a type of dolphin.
- Dolphins breathe through a blow hole on the top of their heads.
- Dolphins don't sleep for hours at a time like humans. Instead, they rest one side of their brain at a time for 15 to 20 minutes, several times a day.

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		Friday April 10	Saturday April 11	Sunday April 12	Monday April 13	Tuesday April 14	Wednesday April 15	Thursday April 16
Seaside	Assateague Beach	H 10:40 a.m. L 4:58 p.m.	H 11:30 a.m. L 5:48 p.m.	H 12:21 p.m. L 6:42 p.m.	H 1:15 p.m. L 7:42 a.m.	H 2:16 p.m. L 8:44 a.m.	H 3:24 p.m. L 9:48 a.m.	H 4:32 p.m. L 10:50 a.m.
	Chinco. Channel	H 10:44 a.m. L 4:57 p.m.	H 11:34 a.m. L 5:47 p.m.	H 12:25 p.m. L 6:41 p.m.	H 1:19 p.m. L 7:41 a.m.	H 2:20 p.m. L 8:43 a.m.	H 3:28 p.m. L 9:47 a.m.	H 4:36 p.m. L 10:49 a.m.
	Gargatha Neck	H 11:36 a.m. L 5:37 p.m.	H 12:26 p.m. L 6:27 p.m.	H 1:17 p.m. L 7:21 a.m.	H 2:11 p.m. L 8:21 a.m.	H 3:12 p.m. L 9:23 a.m.	H 4:20 p.m. L 10:27 a.m.	H 5:28 p.m. L 11:29 a.m.
	Folly Creek	H 11:29 a.m. L 5:22 p.m.	H 12:19 p.m. L 6:12 p.m.	H 1:10 p.m. L 7:06 a.m.	H 2:04 p.m. L 8:06 a.m.	H 3:05 p.m. L 9:08 a.m.	H 4:13 p.m. L 10:12 a.m.	H 5:21 p.m. L 11:14 a.m.
	Wachapreague	H 11:15 a.m. L 5:06 p.m.	H 12:05 p.m. L 5:56 p.m.	H 12:56 p.m. L 6:50 p.m.	H 1:50 p.m. L 7:50 a.m.	H 2:51 p.m. L 8:52 a.m.	H 3:59 p.m. L 9:56 a.m.	H 5:07 p.m. L 10:58 a.m.
	Quinby Inlet	H 10:40 a.m. L 4:37 p.m.	H 11:30 a.m. L 5:27 p.m.	H 12:21 p.m. L 6:21 p.m.	H 1:15 p.m. L 7:21 a.m.	H 2:16 p.m. L 8:23 a.m.	H 3:24 p.m. L 9:27 a.m.	H 4:32 p.m. L 10:29 a.m.
	Machipongo	H 11:10 a.m. L 5:06 p.m.	H 12:00 p.m. L 5:56 p.m.	H 12:51 p.m. L 6:50 p.m.	H 1:45 p.m. L 7:50 a.m.	H 2:46 p.m. L 8:52 a.m.	H 3:54 p.m. L 9:56 a.m.	H 5:02 p.m. L 10:58 a.m.
Bayside	Tangier Sound Light	H 2:50 p.m. L 9:02 a.m.	H 3:40 p.m. L 9:56 a.m.	H 4:33 p.m. L 10:51 a.m.	H 5:30 p.m. L 11:51 a.m.	H 6:34 p.m. L 12:54 p.m.	H 7:10 a.m. L 1:59 p.m.	H 8:21 a.m. L 3:01 p.m.
	Muddy Creek	H 3:06 p.m. L 9:37 a.m.	H 3:56 p.m. L 10:31 a.m.	H 4:49 p.m. L 11:26 a.m.	H 5:46 p.m. L 12:26 p.m.	H 6:50 p.m. L 1:29 p.m.	H 7:26 a.m. L 2:34 p.m.	H 8:37 a.m. L 3:36 p.m.
	Guard Shore	H 2:58 p.m. L 9:33 a.m.	H 3:48 p.m. L 10:27 a.m.	H 4:41 p.m. L 11:22 a.m.	H 5:38 p.m. L 12:22 p.m.	H 6:42 p.m. L 1:25 p.m.	H 7:18 a.m. L 2:30 p.m.	H 8:29 a.m. L 3:32 p.m.
	Chescon. Creek	H 2:33 p.m. L 8:45 a.m.	H 3:23 p.m. L 9:39 a.m.	H 4:16 p.m. L 10:34 a.m.	H 5:13 p.m. L 11:34 a.m.	H 6:17 p.m. L 12:37 p.m.	H 6:53 a.m. L 1:42 p.m.	H 8:04 a.m. L 2:44 p.m.
	Onancock Creek	H 2:47 p.m. L 9:05 a.m.	H 3:37 p.m. L 9:59 a.m.	H 4:30 p.m. L 10:54 a.m.	H 5:27 p.m. L 11:54 a.m.	H 6:31 p.m. L 12:57 p.m.	H 7:07 a.m. L 2:02 p.m.	H 8:18 a.m. L 3:04 p.m.
	Pungoteague Creek	H 2:03 p.m. L 8:19 a.m.	H 2:53 p.m. L 9:13 a.m.	H 3:46 p.m. L 10:08 a.m.	H 4:43 p.m. L 11:08 a.m.	H 5:47 p.m. L 12:11 p.m.	H 6:57 p.m. L 1:16 p.m.	H 7:34 a.m. L 2:18 p.m.
	Nassawadox	H 12:48 p.m. L 6:41 a.m.	H 1:38 p.m. L 7:35 a.m.	H 2:31 p.m. L 8:30 a.m.	H 3:28 p.m. L 9:30 a.m.	H 4:32 p.m. L 10:33 a.m.	H 5:42 p.m. L 11:38 a.m.	H 6:50 p.m. L 12:40 p.m.
	Occhohan. Creek	H 1:27 p.m. L 7:59 a.m.	H 2:17 p.m. L 8:53 a.m.	H 3:10 p.m. L 9:48 a.m.	H 4:07 p.m. L 10:48 a.m.	H 5:11 p.m. L 11:51 a.m.	H 6:21 p.m. L 12:56 p.m.	H 6:58 a.m. L 1:58 p.m.
	Cape Charles	H 11:37 a.m. L 5:55 p.m.	H 12:27 p.m. L 6:46 p.m.	H 1:20 p.m. L 7:38 a.m.	H 2:17 p.m. L 8:38 a.m.	H 3:21 p.m. L 9:41 a.m.	H 4:31 p.m. L 10:46 a.m.	H 5:39 p.m. L 11:48 a.m.
	Kiptopeke Beach	H 11:15 a.m. L 5:24 p.m.	H 12:05 p.m. L 6:15 p.m.	H 12:58 p.m. L 7:07 a.m.	H 1:55 p.m. L 8:07 a.m.	H 2:59 p.m. L 9:10 a.m.	H 4:09 p.m. L 10:15 a.m.	H 5:17 p.m. L 11:17 a.m.

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PASTIMES

MAGIC MAZE ● FOUND IN A BAKERY

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: GROUND AND SIFTED WHEAT

- | | | | |
|------------|-----------|---------|-------|
| Bread | Displays | Milk | Pies |
| Cakes | Doughnuts | Mixers | Sugar |
| Cookies | Eggs | Muffins | Yeast |
| Croissants | Loaves | Oil | |

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Last Week's Answers

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

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

Weekly SUDOKU

by Linda Thistle

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

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!

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Super Crossword

MIXED BLESSING

ACROSS

- 1 Emmy, e.g.
 6 Explorer — Polo
 11 Milne's bear
 15 Hospital VIPs
 19 Spanish man
 20 It's made of milk, flour and butter
 22 Sharing the secret of
 23 "The Matrix" star Reeves
 24 Unit equal to 0.338 fluid ounce
 25 Knock off
 26 Stage muggers
 28 Beating the former best
 30 4x4, briefly
 32 Lousy
 34 Ian Fleming's alma mater
 35 Jaded
 36 Online comparison shopping site
 42 More nasty
 43 Dance in Rio
 44 Has a bawl
 45 Prenatal chambers
 47 Locker, e.g.
 54 U.S. enlistees

- 57 Arrest, as a perp
 58 Tiddlywink or Frisbee
 59 How- — (DIYers' books)
 60 Jurist Scalia
 63 Novelist Graham
 66 Camphor or fructose
 69 Need-for-speed adage adapted from the Bible
 72 Road salt
 73 "It's about time!"
 74 Separates after a multiplayer tackle
 75 Edifice extension
 76 Debate side
 77 — Khan (Islamic imam)
 78 Wide shoe spec
 79 Building up to the loudest point
 88 Parliament's House of —
 89 "With a Little — Luck"
 90 Piece-of-cake class

- 94 Fold, spindle or mutilate
 97 Bottle near a salad bowl
 99 Smell
 100 Cannonballs and such
 103 Pro-learning union: Abbr.
 104 Healthful getaway
 105 Backlash
 111 Banks of modeling
 113 Catch with one's ears
 114 "Viva Las Vegas" co-star
 116 Ancient Greek colony
 119 — Stanley Gardner
 120 Not trued up
 121 Kids' caretaker
 122 Changed the color of
 123 Favorable votes
 124 Actor Mike
 125 Meal blessing that's "mixed" and hidden in seven answers in this puzzle

- 2 Itsy-bitsy
 3 Disneyland's city
 4 Barrett of gossip
 5 Snare sound
 6 DC doubled
 7 Warlike deity
 8 Thinker
 9 Descartes
 10 Drop
 11 Latex, e.g.
 12 Money spent
 13 Sailor's site
 14 German man
 15 Deny
 16 Borrowed
 17 Not smooth
 18 — of Berlin (snack brand)
 21 More crafty
 27 Get less taut
 29 Late film critic Roger
 30 Happy times
 31 — -la-la
 33 Sitcom psychiatrist
 37 "2 Broke Girls" airer
 38 Steed breed
 39 Sizable
 40 Comb insect
 41 Key near F1
 42 Sea, to Gigi

- 45 Flustered
 46 Tic-toe link
 48 Chilling, as champagne
 49 Playwright
 50 City in North Dakota
 51 Star, in Nice
 52 Having no service charge
 53 — fly (African pest)
 54 Congregate
 55 Gobble down
 56 — Artois
 61 "... — will!" (threat ender)
 62 — Geo Wild
 63 Must, slangily
 64 Holy artifact
 65 José's "that"
 66 "— & Kel" (teen show)
 67 Psychic skill
 68 Prefix with light
 70 Turf groups
 71 Real aficionado
 76 So-so link
 77 Slip — (mess up)
 80 Made a racket
 81 Hulk of a wrestler?

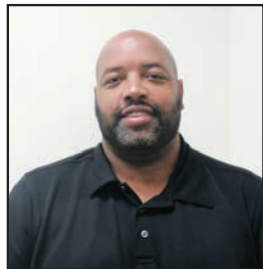
- 82 Furiousness
 83 Slugging stat
 84 Essen "a"
 85 Enhaloed Fr. lady
 86 Deteriorating
 87 Paddled tool
 91 Girl told not to cry in song
 92 "Uh-huh"
 93 "I'm — loss for words"
 94 Ran quickly
 95 Carotid, e.g.
 96 A pep talk may boost it
 97 Outspoken
 98 Receiving a pension: Abbr.
 100 Golf's Palmer, to pals
 101 High-IQ crew
 102 The — & the Papas
 106 Like venison
 107 Quick haircut
 108 Punker Pop
 109 Alençon's department
 110 At no time, in verse
 112 Mimic a tiger
 115 Saints' stats
 117 Yellow pages abbr.
 118 Favorable vote

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19					20					21					22				
23					24										25				
		26			27	28							29						
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36			37				38	39	40	41				42					
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119																		121	
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VETERANS' CORNER

Veterans' News: Services Amid COVID-19



By Alexander Hightower

Veteran Spotlight

For all veterans, reservists/National Guard persons, and active duty service personnel stationed on the Eastern Shore who deserve to be recognized in the Eastern Shore Post, send a picture and a short bio to veteranscornerespost@gmail.com

Veterans' News

VA Expands Virtual Services To Support Veterans Amid Regional Office Closures Due to COVID-19 Pandemic: Veterans continue to receive benefits and services after the U.S. Department

of Veterans Affairs' (VA) Veterans Benefits Administration (VBA) temporarily closed its 56 regional offices to the public March 19, in response to COVID-19.

"The decision to close our offices to the general public is part of the VA's effort to limit exposure to vulnerable populations like our older veterans and those with underlying medical conditions, as identified by the Centers for Disease Control and Prevention," said VA Secretary Robert Wilkie. "VA is expanding existing technologies to remain accessible to veterans, service members and their families."

Many in-person services are already available via the phone or online through

virtual options like VA Video Connect. VBA has and continues to adjust to ensure the safety and well-being of its clients and staff. The changes include:

- Uninterrupted GI Bill payments so students continue to receive their benefits unaffected by any change from in-person to online learning.
- Supporting students for educational counseling through online and telephone services.
- Connecting veterans to vocational rehabilitation and employment services through teleconferencing; providing case management and general counseling virtually through VA Video Connect.

• Informal conference hearings by telephone or video conferencing when needed.

• Collecting information to process fiduciary claims by telephone. When necessary, other accommodations will be arranged.

• Collecting information remotely via phone or teleconference, when possible, to process grant requests for special adaptive housing.

• Conducting examinations for disability benefits using tele-compensation and pension or "tele-C&P" exams. If an in-person examination is required, veterans will be notified for scheduling.

Effective March 30, VA will discontinue VA benefit briefings and services on military installations for transitioning service members and their families through the interagency Transition Assistance Program (TAP) until further notice. However, the VA will provide virtual briefings and individualized counseling for transitioning service members where possible. Service members who have not received these briefings, as required by TAP, may access the Joint Knowledge Online (JKO) platform and register for "TGPS-US006: VA Benefits and Services."

Veterans with specific questions can call 1-800-827-1000 or go www.ebenefits.va.gov for additional details. Veterans can continue to get information about benefits, file a claim online, or can call for claim-specific questions.

Visit the VA's website for information and updates regarding the VA's response to COVID-19.

VA Extends Financial Benefits and Claims Relief to Veterans: The Department of Veterans Affairs (VA) announced, April 3, a number of actions to provide veterans with financial, benefits and claims help amid VA's COVID-19 response.

"As all Americans come together to fight the COVID-19 pandemic, we want veterans to be focused on their health and safety," said Wilkie. "That's why we're taking action to give those with pending debts, claims, and appeals greater flexibility during these challenging times."

The financial relief actions include the following until further notice:

- Suspending all actions on veteran debts under the jurisdiction of the Treasury Department.
- Suspending collection action or extending repayment terms on preexisting VA debts, as the veteran prefers.

For benefit debts, veterans can contact the VA Debt Management Center at 1-800-827-0648 to make arrangements.

For health care debts, veterans can contact the Health Resource Center at 1-888-827-4817 to make arrangements.

The benefits and claims relief actions include giving veterans the option to submit their paperwork late for the following actions:

- perfecting claims
- challenging adverse decisions
- submitting Notices of Disagreement
- submitting Substantive Appeals
- responding to Supplemental Statements of the Case

Veterans requesting claim extensions can simply submit them with any late-filed paperwork and veterans do not have to proactively request an extension in advance. For added convenience, the VA will also accept typed/digital signatures instead of wet signatures on its forms. Those with questions can call 1-800-827-1000.

For veterans who have been diagnosed with COVID-19 and need immediate action on their appeals, as opposed to a filing extension, the Board of Veterans' Appeals will Advance their appeal on Docket (AOD).

Local News

Veterans Workshop: Workshops are usually held every third Tuesday of the month at the Virginia Employment Commission in Onley. The workshop is postponed until further notice due to COVID-19 restrictions. Contact Veterans Claim Representative Wendy Ainsworth at wendy.ainsworth@dvs.virginia.gov or Veterans Employment Representative Alex Hightower at alexander.hightower@vec.virginia.gov for further information.

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Things You Didn't Need To Know


We didn't get around to cleaning our internet tubes this week. We spent too much time on the couch.

- Before couches, people sat on wood benches and chairs. In richer households, pillows softened the seating, but it wasn't until after 1600 that upholstery came into common use: stuffing feathers, grass, sawdust into fabric and then attaching it to a piece of furniture.

- Sometime in the late 1700s or early 1800s came the Chesterfield, a true couch. Whether Phillip Stanhope, Fourth Earl of Chesterfield, commissioned the first Chesterfield is open to debate, but once we had the couch, the living room, and the big-screen TV—we were set.

- Maybe too set. Thousands of years of evolution have hard-wired our brains toward certain proclivities. Eat when you can because for most of our time on Earth, starvation was our biggest threat. And rest when you can, because soon enough you'll be expending scarce calories hunting and gathering. We're hard-wired toward Cheetos and not getting off the couch.

- But we must get off that couch and get moving, because the alternative is



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Wishing Everyone a Healthy and Blessed Easter!!



bleak. All kinds of diseases, yes—but also you might become fused! We won't go into gruesome details here but several reports, not all of them verified, have described obese individuals who remained on their couches or chairs for such extended periods that the furniture fabric fused with the person's skin. In some cases, the patient and the furniture had to be transported together to the hospital. Don't become so attached to your couch that you have to be surgically removed.

- Then there's the Human Couch. According to www.Snopes.com, which debunks internet myths, "the probable source was a collection of emergency room stories...." She weighed 500 pounds and was brought into the emergency room for shortness of breath. While examining her naked body, lifting this and looking under that, nurses and technicians found: an asthma inhaler, a dime, industrial paper towels, and a TV remote. Apparently, the woman's family was thrilled to get the remote back.

Community Notes

Exmore

A pull-up Good Friday service will be Friday, April 10, at 6 p.m., at Ebenezer Baptist Church, 9504 Occohannock Neck Road. Participants will meet in the parking lot in their vehicles. For more information, go to the church website at www.ebcesva.org

Painter

A drive-up Easter service will be Sunday, April 12, at 11 a.m., at New Mount Zion Baptist Church, 17450 Coal Kiln Road. Join the congregation in the parking lot. For additional information, call 678-5087 or 678-2137.

Pungoteague

A drive-in Easter service will be Sunday, April 12, at 10:30 a.m., at Pungoteague Community Church. People will stay in their vehicles as the preacher delivers the Word from the porch.

The food pantry will be open Satur-

day, April 11, from 8 to 10 a.m. This is curbside pick-up only. Clients should remain in their vehicles and the volunteers will deliver food to them.

Snow Hill, Md.

The next meeting of the Worcester County Library Board of Trustees will be Tuesday, April 14, at 2 p.m., via Zoom, an online conference service, due to the present health crisis with COVID-19. Instructions for accessing the meeting will be posted to the library's website, www.WorcesterLibrary.org, on Monday, April 13, by noon. Email questions to askus@worcesterlibrary.org

Changes to ACPS Food Distribution

Accomack County Public Schools Superintendent W.C. Holland announced that beginning Wednesday, April 15, the food service distribution will be changing to two days a week, Monday and Wednesday.

On Mondays, they will serve two meals, and on Wednesdays, they will serve three meals, from 5:30 to 6:30 p.m., at the designated schools.

Scholarship Deadline Extended

The Lambda Chapter of Delta Kappa Gamma International is extending the deadline to submit applications for the four grants-in-aid awarded annually to female high school seniors, college undergraduates, or graduate students who intend to pursue a career in the field of education. Completed applications and all letters of recommendation are now due June 15.

Information about the scholarships and application forms were distributed to all high schools on the Eastern Shore. For further information or questions, contact Norma Jones, grant-in-aid chairperson, at 442-7796.

\$1,000 Scholarships from ALL

The Academy for Lifetime Learning (ALL) announced a new \$1,000 scholarship for graduates who wish to pursue a four-year program in Theatre Arts. In commemoration of its 13th year of existence, ALL is offering \$1,000 scholarships to help graduating students on the Eastern Shore continue their educations at a community college or university.

One of the scholarships requires that the student's academic goal be in Science, Technology, Engineering, Mathematics, or Medicine (STEMM). A second scholarship is open to graduates pursuing a two- or four-year RN Nursing Program, either at the Eastern Shore Community College or at a four-year college. And now, for the first time, a third scholarship for students wishing to pursue Theatre Arts. All of these scholarships are to be used to defray college expenses.

The Academy for Lifetime Learning of the Eastern Shore of Virginia is an all-volunteer, not-for-profit organization. Members share a common interest in continuing learning experiences and offer numerous and varied classes to the community.

Requirements for the scholarships are at:

www.allesva.org/scholarship-application-requirements/

The online application form is at: www.allesva.org/scholarship-application/

For questions, call Anthony Picardi, scholarship chairman, at 757-442-4481.

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Thank you for your continued patronage.

Libraries Will Save Requested Items

All reserved items will be held at the Eastern Shore public libraries in anticipation of reopening. Any items that were reserved but not picked up prior to the last day of the curbside pick-up service will still be on hold once library services resume. Any items requested while they are closed will also be held.

As library staff prepares requested items, customers may receive emails or text notifications that their items are ready. The library is working to turn off this automated feature, but in the meantime, please disregard these notices.

On the day that the Shore libraries once again open their doors, library staff will notify customers that requested items may be picked up.

For questions about current reserves, or help using ShoreCat (the online catalog) to request items, call 787-3400 or email espl@espl.org

Ancestry Library Edition available for home use until April 30
ProQuest is now offering home access to Ancestry Library Edition to all Eastern Shore Public Library patrons until April 30. For access, use the first five digits of your ESPL library card. For more information, go to <https://espl.org/ancestrylibrary/>



MISS FASHIONETTA CONTESTANTS

The Pi Epsilon Omega Chapter of Alpha Kappa Alpha Sorority Inc. had to cancel the Miss Fashionetta Pageant this year due to the pandemic. Before COVID-19, the Fashionetta contestants were involved in many cultural activities during the year. The contestants are pictured above from left (back row) Jiakiesha Broughton, Emani Press, Brianna Tazewell, JaMiaya Dennis, and Imani Gaskins; (front row) NaShana Hilliard, Tania Ames, Miracle Handy, Kaliyah Jubilee, and Teyanna Tazewell.

Rulon Named Executive Director of Literacy Council

The Eastern Shore Literacy Council Board of Directors announced the appointment of Rose Rulon as executive director. Rulon comes to the Literacy Council with over 20 years of work experience with local nonprofit organizations, including the Eastern Shore of Virginia Chamber of Commerce and ESVA Tourism Commission, the Foodbank of Southeastern Virginia and the Eastern Shore, and the YMCA of South Hampton Roads. Since retiring as business director at the Eastern Shore Family YMCA in 2015, she has been working part time at YMCA Camp Silver Beach.

"This is a time of opportunity and growth for the Eastern Shore Literacy Council. Rose brings with her the talents, enthusiasm and confidence needed to move the organization forward," said Eastern Shore Literacy Council Board President Steve Doan.

Rulon said, "Literacy is more than just reading. It's about increasing knowledge and it's about succeeding. I'm excited to be working with an energetic board of directors, staff, volunteers, tutors, and most of all the learners, as we build on 34 years of service to the community and continue developing programs and partnerships to provide free tutoring opportunities for adults needing to improve literacy skills."

The Eastern Shore Literacy Council provides adults over the age of 18, with the very lowest literacy levels, tutoring through two programs: Adult Basic Education and English for Speakers of Other Languages. All instruction is free. After successful completion of the literacy council programs, learners are eligible to take GED and other programs offered by the Eastern Shore Community College. For more information, go to www.shoreliteracy.org



Rose Rulon

PETA DONATES DOG AND CAT FOOD TO LOCAL FOOD BANK

PETA will donate 100 bags of dog and cat food to the Foodbank of Southeastern Virginia and the Eastern Shore. The group has also set up a donation box at its headquarters, the Sam Simon Center, 501 Front St., Norfolk, Va., where people can drop off sealed bags of animal food. PETA will deliver all donations it receives to the food bank or directly to animal guardians who are struggling as a result of COVID-19 layoffs and closures.

The group offers tips for keeping animals safe during the pandemic at its website, <https://www.peta.org/living/animal-companions/coronavirus-animal-companions/>

Hart Receives David Chew Award

Crystal Sturgis Hart, of Exmore, received the David R. Chew Jr. Memorial Award for the highest grade average in the Northampton County EMT Academy recently.

Terri Christman, class instructor and division chief of Northampton County Department of EMS, said, "The drive and determination Crystal Hart displayed in this class even outshines that of students who have grown up surrounded by this field their whole lives. Crystal missed very few hours of class even though she runs her own business, is a mother, and helps take care of an elderly gentleman out of the kindness of her heart. She obtained the top average after our first exam and never let it slip. She completed every extra credit opportunity even though she didn't need it. Her time and dedication was inspirational which makes this award so well deserved."

The award was created in memory of David R. Chew Jr., who was an EMT-Advanced at Northampton County Department of EMS and a lieutenant with the Bloxom Vol. Fire Co., who was killed on July 16, 2012 while responding to a call.

Chew was a father, a husband, and



Five Named to SU Dean's List

Five Accomack County area students were named to the dean's list at Salisbury University for the fall 2019 semester. Those students include Kayla Turner, of Bloxom; Ryan Wright, of Craddockville; Brittany Moore, of Hallwood; Annie Berquist, of Onancock; and Andrea Russell; of Greenbush.



Crystal Hart

a friend to so many in the community. To honor him and his passion for training and mentoring EMS providers, an award was created in his memory and is given annually to the graduating student of the academy who achieves the highest grade average in the class.

Hart received an engraved plaque to keep and will have her name placed on a wall plaque that remains on display at the Northampton County Department of EMS office.

CDC Recommends Wearing Masks in Public

A Public Service Announcement from the Eastern Shore Post

The Centers for Disease Control and Prevention has now advised people to wear masks in public. This recommendation is based on evidence that people with coronavirus who lack symptoms can still spread the disease. From the CDC: "In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission."

On Monday of this week, Virginia Gov. Ralph Northam advised all state

residents to follow the CDC recommendation and wear masks or face coverings whenever they go out in public.

Further information from CDC: "Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional [additional to 6-foot social distancing], voluntary public health measure.

"The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance."

ESCADV Shelter In Need of Supplies

THE EASTERN SHORE COALITION AGAINST DOMESTIC VIOLENCE IS IN NEED OF FOOD AND SUPPLIES FOR THE SHELTER. ESCADV CONTINUES TO PROVIDE VICTIM SERVICES 24/7. THE HOTLINE NUMBER IS 787-1329.

BRING DONATIONS MONDAY THROUGH FRIDAY, BETWEEN 9 A.M. AND 1 P.M., TO THE BACK PORCH OF THE ESCADV ADVOCACY OFFICE AT 130 MARKET ST., ONANCOCK. FOR QUESTIONS OR DIRECTIONS, CALL 757-787-1329 OR 757-787-1959.

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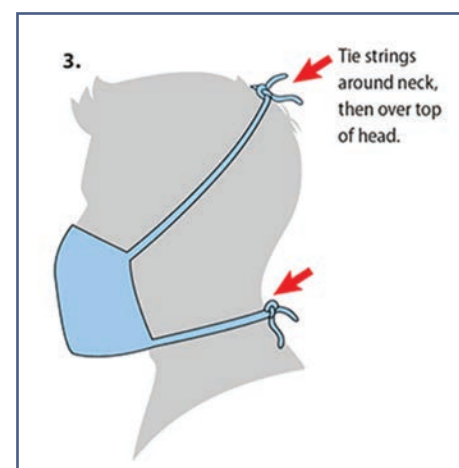
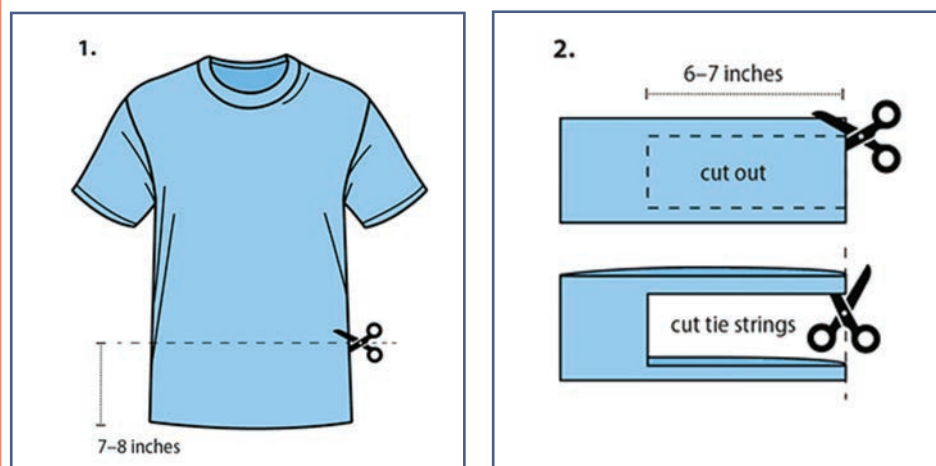
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DO-IT-YOURSELF CLOTH FACE COVERINGS

Face coverings can be simple or elaborate. The illustrations below are from the CDC. For detailed information on making cloth coverings from items around the house, go to <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> Ideas are also available from the Facebook page of "ESVA Mask Makers (& helpers too!)" and from dozens of online sources. Just type "how to make a mask" into a search engine. There are even plans for making a mask out of a sock. One that it's washed, we hope.



SHOW US YOUR BEST (MASKED) FACE

To encourage Post readers and all residents of the Shore to support this new advice about wearing face coverings, the Post will publish photographs of Shore residents wearing masks. Take a picture of you, your spouse, your child, your grandchild, or even (for fun) a pet with a cloth covering—but maintain that safe 6-foot social distance while taking the picture. Send the photograph to editor@easternshorepost.com and we'll publish as many as we can.

Eastern Shore Trading POST

Classified Ads, Real Estate Ads, Auctions, and Legal Notices

Announcements

Thank You

The family of Ray Manning Jr. would like to thank you very much for all the cards, flowers, phone calls, texts, food, memorial donations made in his memory, and especially all the prayers that have gone up for our family during this time of our loss.

Your support at this difficult time was very much appreciated and of great comfort to all of the family. May God bless you all!

Love,
The Family of Ray

Help Wanted

Northampton County Sheriff's Office is accepting full time employment applications for:

Correctional Officer

Job will require shift work, nights, weekends and some holidays. Qualifications: over the age of 21 and have obtained high school diploma or GED. Certifications must be obtained within one year of employment.

Applications may be obtained from the Sheriff's Office, 5211 The Hornes, Eastville, Va. 23347, or the Eastern Shore Regional Jail Office located at 5245 The Hornes, Eastville, Va. 23347, or the county's website www.co.northampton.va.us

Deadline for applications: April 30, 2020

Northampton County is an Equal Opportunity Employer.

BROADWATER ACADEMY Spanish Teacher

Broadwater Academy seeks an inspiring Spanish teacher who develops students to be competent language and culture learners. The position requires maintaining a full teaching load, including Spanish I and II and Dual Enrollment. Clear communication skills, the ability to motivate and teach students. Small class sizes allow teachers to build a rapport with students.

Master's degree in education or Spanish (minimum of 18 credit hours in Spanish), a teaching certificate or credential or equivalent successful experience teaching in classroom settings. Advanced degree preferred for Dual Enrollment teaching.

For more information, please visit Broadwater Academy's website at www.broadwateracademy.org or call 757-442-9041, ext. 131. Applicants may submit resume, cover letter, college transcripts, and employment application to Dr. Leslie West, HR Director, at lwest@broadwateracademy.org. Broadwater Academy is an EOE.

Northampton County Sheriff's Office is accepting employment applications for:

Certified Law Enforcement Officer

Job will require shift work, nights, weekends and some holidays.

Qualifications: over the age of 21 and have obtained high school diploma or GED.

Applications may be obtained from the Northampton County Sheriff's Office located at 5211 The Hornes, Eastville, Va. 23347 or the County's website www.co.northampton.va.us

Deadline for applications: April 14, 2020

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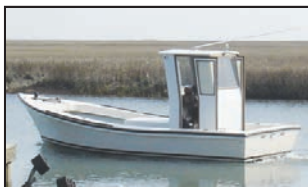
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Town of Cape Charles Notice

The regular meetings of the Cape Charles Town Council scheduled for April 16, 2020 and May 21, 2020, at 6:30 p.m., at the Cape Charles Civic Center, have been cancelled. If the guidance from the Commonwealth of Virginia changes, the Town would notify the public of the reinstatement of the meeting(s).

Libby Hume
 Town Clerk

ORDER OF PUBLICATION COMMONWEALTH OF VIRGINIA

Case No. CL20000287-00
 Accomack County Circuit Court, P.O. Box 126,
 23316 Courthouse Avenue, Accomac, VA 23301

SHERRY WILSON YETTS
 v. VANCE DEMONT YETTS
 The object of this suit is to:
 OBTAIN A DIVORCE.

It is ORDERED that VANCE DEMONT YETTS appear at the above-named court and protect his interests on or before MAY 11, 2020 at 9 a.m.

March 16, 2020

Arisleydi J. Rodriguez, Dep. Clerk

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By *Connie Morrison*

This week we decided to add some fun to the paper. For children, we printed “The Wrong Shade of Dolphin,” a short book written and illustrated by Sarah Coleman, who is also the cartoonist for the weekly “Coleman” comic that runs in the Post.

Sarah kindly permitted us to run her book, and we have set it up as “cut-and-color” pages. We hope it provides at least a couple of hours of fun for the young ones and a couple hours of quiet for parents.

We also added a weekly contest to keep adult minds busy. It’s the brain-child of copy editor David Martin and we hope you enjoy participating.

This week’s contest will test your knowledge of the Eastern Shore and your speed in activating the buzzer — or for our purposes, your email account. Here are the simple rules.

Respond to the five bulleted clues. Your answers **MUST** be in the forms of questions. Email your responses to editor@easternshorepost.com.

Along with your email, send a photograph of yourself or someone you admire, your spouse, or a grandchild, or a medical worker, or a first responder. Or a picture of your pet. Or your couch (see this week’s useless facts article).

We will publish the names and photographs of the readers who respond first with the correct answers.

EXTRA ADDED BONUS ROUND: Somewhere in this edition of the Post, the word “Post” is spelled backward. It’s in a relatively prominent place. If you’re

the first to spot it and email its location (page number and where on the page) to editor@easternshorepost.com we will designate you the Osprey-Eyed Reader of the Week and add your name and favorite photo to the winners’ circle.

Here are this week’s clues.

- 212 square miles of land and 584 square miles of water.
- 450 square miles of land and 861 square miles of water.
- 1977 Pulitzer Prize-winning book about the life of the blue crab.
- 37 degrees 42 minutes north latitude and 75 degrees 45 minutes west longitude.
- Matompkin then Accomack Courthouse then Drummond then Drummondtown.

On a more serious note, we were distressed to see the Northampton School Board excluding the public from its meeting last week. Under the Freedom of Information Act, all meetings of public bodies must be open to the public unless the public body goes in-

to closed session for a specific purpose outlined in the law.

That was not the case for the school board meeting. The board was understandably concerned about exceeding the limits on public gatherings, but a Facebook Live link could have satisfied the public’s right to view the deliberations of their public officials in real time. A link to the meeting audio after the fact is no substitute. We are heartened to hear future meetings will be conducted via the electronic meeting app “Zoom,” and will presumably afford the public the ability attend the meeting electronically.

Also, several members of the public wrote the school board to voice their concerns about extending the superintendent’s contract. Some school board members were quick to say it’s the school board’s job to hire the superintendent. While that’s true, the assertion smacks of the arrogance of those who have forgotten what it means to be elected representatives of the people. Let’s hope they remember.

A SPRING TO REMEMBER

By *Bill Sterling*

Spring has always been my favorite time of the year, at least until autumn arrives.

For a sports person, spring offers March Madness, the Masters, and the opening day of the baseball season. That’s a trifecta no other season can match.

But it all got snatched away this year with this curse of coronavirus gripping the globe and threatening to take more lives than the combat deaths in the Korean and Vietnam wars combined.

What’s a sports person like me supposed to do?

Well, it’s not all bad. I am reading and walking more, good for my mind and body, I guess.

I’ve actually cleaned the garage and organized many of the tools I

am somewhat unfamiliar with in the event I may use them one day. I sometimes wish as a boy I spent more time watching my father work in his tool shed rather than bounce a basketball or throw a ball against a barn.

I have practiced social distancing on a golf course. Clubs are offering carts for each player, reducing the sociability of the game but ensuring proper distance among a foursome. When I walk with a buddy, we keep our distance because I tend to slice while he has a mean hook.

On some golf courses, the cup is raised an inch above the ground, and when the ball strikes any part of the cup, it is counted as holed. It’s sort of strange, but those dreaded lip outs are avoided when the ball just barely grazes the side of the raised cup and goes down on the scorecard like it was dead center.

And even though most golfers are wearing a glove on one hand, we are asked not to touch the flagpole or pick up a rake.

ESPN has been replaying some of the most memorable NCAA tournament games of the past. Many I had no interest in watching, but a couple involving my favorite teams filled two hours.

The miracle finish when Duke’s Christian Laettner hit a shot at the buzzer to beat Kentucky to advance to the 1992 Final Four was one of those “I remember where I was moments” for me. I called Dennis Custis to remind him of the night we went from total despair to chest bumping on the living room floor while our sons — young boys at the time — danced around us. The sons remain avid Duke fans to this day.

Then I watched uneasily as Virginia played Texas Tech for a national basketball championship. I was thinking that I knew Virginia won this game, but it

sure didn’t look good down the stretch, and how in the world were they going to pull this one out? Thankfully, the ending was the same as I remembered.

To have this isolation and also be stripped of sports is a tough pill to swallow. But it pales in comparison to the concern we have for the most vulnerable among us — and though in my mind I am hale and hearty, I am in that virus-prone demographic.

We will survive — at least about 98 percent of us will — and sports will return, but maybe not life as we have known it. This will be a time my grandchildren will talk about long after I am gone. It will be the time they stopped school in mid-year and hunkered down with their parents. For a generation of students it will be missed graduations, proms, and sports seasons never to be regained.

And, hopefully, it is a time that will never be repeated in their lifetime.

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