

Louisa Life

September 6 - October 3, 2019 • ONE COPY FREE

LOUISA COUNTY, VIRGINIA

Training Emergency Medical Technicians to Save Lives



Page 4

**Preparing Students
for Careers and Life**
Page 3

**A Room Full
of Helping Hands**
Page 10

**Doug and Maren Smith:
Taking Retirement at Full Speed**
Page 12

Louisa Earthquake Marks 8th Year Anniversary...Page 6



FALL REGISTRATION

**Don't Miss Your Chance to Register!
Classes begin Monday - September 9th!**

**Just Drop by OSPA
Monday thru Thursday from 5-8:00pm
or give us a call at 540-672-9038**

ADULT CLASSES OFFERED!

108 Belleview Ave Orange, VA



- Adult CLASSES
- DANCE MOVEMENT
- BALLET
- Hippity Hop
- Tap
- MUSICAL THEATRE
- JAZZ
- SPECIAL NEEDS
- Hip-Hop
- GYMNASTICS
- LYRICAL
- MODERN

Visit our website: www.ospa.net

A monthly publication

Publisher/Editor

C. M. Santos
valleyeditor1@gmail.com

Advertising Director

Judi Price
434-207-0223
judi.valleypublishing@gmail.com

Advertising Representative

Greg Dorazio
valleyadteam@gmail.com

Office Manager

Edee Povol
edee@fluvannareview.com

Graphic Designer

Marilyn Ellinger

Writers

Carol Barfield
Pat Wilson

Contributors

Kate Beadle

Email:

valleyeditor1@gmail.com

Advertising sales:

judi.valleypublishing@gmail.com

Mailing address: P.O. Box 59,

Palmyra, VA 22963.

Office location: 106 Crofton Plaza, Suite 1,
Palmyra, VA 22963

Phone: (434) 591-1000

Fax: (434) 589-1704

General: *Louisa Life* is published monthly by Valley Publishing Corp. A total of 6,000 copies are circulated throughout Louisa County. One copy is free, additional copies are \$1 each payable in advance to the publisher.

Subscriptions: Copies will be mailed for the subscription price of \$40 per year. Please mail a check and a note with your name and address to: *Louisa Life* Subscriptions Dept., P.O. Box 59, Palmyra, VA 22963.

Submissions, tips, ideas, etc.: *Louisa Life* encourages submissions and tips on items of interest to Louisa County citizens. However we reserve the right to edit submissions as deemed necessary and cannot guarantee they will be published. Email the editor: valleyeditor1@gmail.com

Classified ads: Classifieds are \$10 per month. Please send a written or typed copy of the ad with a \$10 check to: Classifieds Department P.O. Box 59, Palmyra, VA 22963. You can also email edee@fluvannareview.com and pay by credit card. Please specify the category it should appear under. Ads must be 30 words or less. Sorry, classifieds will not be taken by phone.

Disclaimer: All real estate advertised in this publication is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin..." The Virginia Fair Housing Law also makes it illegal to discriminate because of elderliness (age 55 and over). This publication will not knowingly accept any advertising for real estate which is in violation of the law. All real estate advertised in this paper is available on an equal opportunity basis.

Next advertising deadline: September 25, 2019

© Valley Publishing Corp. 2019. All rights reserved.



[top row] Donald Wyant, K'Juan Payne, Jessica Woodcock Smith, Dale Wallace, Andrew Fisher

[middle] Dylan Holtz, Adam Wyant, Rebecca Steighner, Jakob Johnson, Sarah Emmons

[Bottom] Penny Carver, Caitlyn Holzmond, Heidi Cleaver, Robin Leslie, Shyla Merkel

Cover designed by Marilyn Ellinger



One team project was to research a holiday, and then create audio, tactical and visual cultural activities which were shared with Head Start children.

Preparing Students for Careers and Life

By Pat Wilson
Correspondent

People learn in different ways and at varying rates. This fact is one of the first subjects discussed by Terri Ann Evers, the Early Childhood teacher at Spotsylvania Career and Technology Center. She stresses that this applies to the students with whom she will be working, as well as the youngsters which her students will interact with over her two-year program.

"Most of the juniors and seniors who come to me either plan to be teachers or want to work in the pediatric medical field," she said. So the Lake Anna resident emphasizes, "Some of you are going to take this class and be absolutely sure that you want to be a teacher, while others might decide working with children is not for you. I prefer that you make this decision now rather than go to college for four years and then decide not to teach."

Since people can be one or a combination of auditory, tactical or visual learners, Evers helps her students realize their own strengths and weakness. She varies projects to meet these needs in her classroom and, through the program's curriculum and competence requirements, hopes that her students will be able to see the variances in chil-

dren during their monitored internships in daycare, elementary or preschool situations.

"I do Powerpoint presentations with guided notes having missing words that they have to fill in," she said. "They don't always like doing this but by having to listen, read and write, they see that they will retain the information better. We cover basic subjects in education plus more complex ones including guidance issues like temper tantrums and discipline options."

Each class session meets for approx-

imately two-and-half hours daily which permits Evers to vary her teaching techniques. Knowing that tests alone don't evaluate learning, Evers includes "a ton of individual and group projects from day one." Since her students come from the county's five high schools, many do not know each other. Team-building activities create trust and friendships.

To cover the curriculum, Evers relies heavily on hands-on projects that complement the subject matter. For

See Preparing Page 7



McKenzie Pope and MacKenzie Hall use an illustrated book to discuss good nutrition with young children, as Terri Ann Evers' students participate in the Virginia Cooperative Extension's LEAP program.

The *Lake Anna Life & Times* is an insert and is not affiliated with *Louisa Life*. The contents of *Lake Anna Life & Times* are the responsibility of its publisher.

Training Emergency Medical Technicians to save lives

By Carol Barfield
Correspondent

PAY CLOSE ATTENTION! You may meet these graduates under less than ideal circumstances.

From January 19, of this year until graduation August 3, fourteen EMT students have been receiving an academy-style training in the saving of lives. With 1,458 hours of education, 187 patient contacts, and boasting a 95% course average, the graduating class has proven themselves ready for the challenge of serving their communities.

For lead instructor Nancy Shrewsbury, this date marks the last class before her official retirement. 927 students have come through her courses, and Nancy has made it a point to not only prepare each student to take the EMT exam, but also to learn how

to save lives. She encourages a support network to form around her students. "This graduating ceremony is to honor the graduates, and to help their friends and families understand the whole picture of what the students go through to get to this day." Besides the intensive coursework, students received courses in emergency vehicle operations, participated in vehicle extraction scenarios, rode on ambulances calls and received a full array of on-the-job-training. EMTs see people on their worst day; they experience traumas and the loss of life firsthand, and family and friends often have to be engaged and ready to help them work through those experiences.

Many chiefs for other companies were in attendance to honor the graduates. They have trusted Nancy through the years by sending their people to her for training. Also in attendance was guest speaker Tom Joyce, Executive Director at Thomas Jefferson EMS Council of Charlottesville, who has also trained hundreds of EMTs. Tom gave a moving speech, encouraging each student to take the knowledge they have received and then figure out how their unique personality can be used to deliver help during a call. "Have realistic expectations for doing good. You will take each situation and use your gifts to leverage



Nancy Shrewsbury, lead instructor. Photo by Carol Barfield

Experienced Specialists And Audiologists Will Answer Your Hearing Loss Questions

- All Types and Styles of Hearing Aids Available
 - Hearing screening – No Charge
 - Hearing Aid Batteries – All Sizes
- 10-point Hearing Aid Cleaning and checkup, All Makes and Models – No Charge



Drew Thompson
Board Certified
Hearing Aid Specialist

Friday, September 13th - 9:00 – Noon

(Other hours by appointment)
Spring Creek Family Dentistry
34 Jefferson Court, Zion Crossroads
Come in – or – call for appointment 800-850-7994



PAYMENT/LEASE PLANS AVAILABLE. APPROVED PROVIDER FOR INSURANCE PLANS

"We make house calls" ©2019 BELTONE

for the best outcome. If you come into this business thinking that no one else will be shot, no one will hurt little kids on your watch, or that all life lasts forever, you will be disappointed.”

While EMT courses exist to prepare a student for a comprehensive state exam, the real learning will begin in the field; hundreds of experiences that will teach them what they don't know. Tom exhorted the graduates, “Be curious, never be satisfied with not knowing - find the answers and educate yourself constantly. Be good, be kind, and even when everything is horrible, don't take it personally.” Tom told the students not to be surprised when they see and hear conduct on the boundaries of acceptability. The EMT is not



Tom Joyce, guest speaker. Photo by Carol Barfield

to be a judge, he offered, but to make it better than it was before they were called. “We see things people should not see. It's not that you shouldn't be affected by those things; it is how you manage it.”

Recurring themes with Tom and Nancy were relying on training, and emotional preparedness. When all hell is breaking loose, don't get excited. Go back to the basics. Nancy asked her graduates, “Okay everyone...out loud...what is Rule #1?” Fourteen voices strongly answered back: “The emergency is over when we get there!”

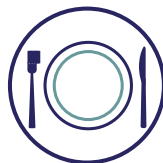
Thank you to all first responders in our county and to those who do the special job of preparing future responders. A special congratulations and thank you to the Fluvanna/Louisa Regional EMT Class of 2019 for their hard work and willingness to be there-when our emergencies become theirs.



Working together for a healthy community.

At the Thomas Jefferson Health District, we are committed to where you LIVE, WORK, and PLAY. Your local health departments offer a variety of services to protect and promote health in the City of Charlottesville, and the counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson.

SOME OF THE SERVICES WE OFFER:



Food Safety



Family Planning



Car Seat Safety



Vaccines

For a complete list of our services visit us online.

To find your local health department and learn more about how we can serve you, visit TJHD.org.



Tim's at Lake Anna
Restaurant & Crabhouse
Open year round
540 894 5011

Bloody Mary Bar
Saturdays & Sundays

www.timslakeanna.com

Family friendly lakefront dining located next to Boardwalk Mini Golf

Daily and seasonal specials

Call 540-894-5011

200 Boardwalk Way • Mineral, Va 23117

**Spring Creek
Community
Fall Yard Sale
Saturday, Oct. 5th
8 AM - 12:00 NOON**



Over 70 Homes Participating

Wide Range of Items

Baby and kid clothes, tools, yard equipment, furniture, pictures, bikes, and toys, hobby/collector items, decorations, computer items, sports and exercise equipment, china, silver and glass, desk, school and office supplies, rugs and carpets of all sizes, garden tools, books, dvds and more.



Enter at Spring Creek
BUSINESS PARK
Entrance at the
Traffic Light and
Follow the Signs

Anniversary of Louisa Co. Earthquake is a Reminder for Virginians to be Prepared

Contributed by Kate Beadle, State Farm Public Affairs

August 23 marked eight years since the 5.8 magnitude earthquake in Louisa County, Virginia. The anniversary and July 7.1 and 6.4 magnitude earthquakes in California are a reminder to Virginians to take steps now to protect and prepare their property. According to the Insurance



survival kit with non-perishable food, water, clothing, blankets, flashlights, a battery powered radio and plenty of batteries. Bring water and food for your pets as well as veterinarian records and proof of vaccinations.

Next, protect your belongings by creating a home inventory list. Use a digital camera or phone to take pictures or video of each room in your house. Pay close attention to items on walls, in closets and in drawers.

Third, take a look at appliances and furnishings in your home. Attach tall furniture and appliances to walls, use an earthquake strap to secure your water heater and make sure all hanging items like lamps, mirrors and picture frames are well secured.

DURING EARTHQUAKE:

Be mindful of your surroundings and know where to go when an earthquake strikes.

Indoors – Drop to the floor, make yourself as small as possible and get under a sturdy piece of furniture.

Outdoors – Stay outside, do not run into a building. Instead move away from trees and tall structures like utility poles.

Driving – Pull over away from bridges and other structures.

Always follow the instructions of local officials to remain safe during and immediately following a quake.

POST EARTHQUAKE:

After the quake it is important to follow the instructions of local officials and seek out resources from local evacuation centers and aid stations.

Always make safety the #1 priority when inspecting damage or making temporary repairs.

Be mindful of the risk of aftershocks and follow instructions of local officials.

Make temporary repairs to protect your home from further damage and save all receipts. Coverage may be available for these expenses.

Foreclosure?—You Can Keep Your House!



You need a financial restart to your life!

Bankruptcy can give you a financial fresh start and make your life easier. You will clean up your credit history and gradually restore your ability to access credit.

What do you need to do?

- Get informed – call our attorney's office and make a free appointment.
- Gather your data – know your debts and your assets.
- Plan your future – put steps in place to restore your credit and live a financially successful future.

Call the Miller Law Group, PC for a FREE 30 minute consultation.

434-974-9776 • www.millerlawgroup.com

We help you live your life.



**MILLER LAW
GROUP, PC**

485 HILLSDALE DRIVE, SUITE 341, CHARLOTTESVILLE, VA

We are a debt relief agency. Additional location in Zion Crossroads. Handicap accessible.



The Early Childhood Education students take home programmed “babies” over a weekend to experience the responsibilities involved in infant care.



After writing a script and sewing, Katelyn Schwinn uses her puppet to discuss appropriate topics such as bullying or positive attitudes with preschoolers.

instance, when discussing nutrition, she will have her students involved with LEAP, Virginia Cooperative Extension’s Literacy Eating Activities for Preschoolers. This involves community service, while other aspects develop self-discipline and personal growth.

Periodically, Evers sends her students home for a weekend with computerized babies she has programmed. The “mother” or “father” wears a bracelet that syncs with the “baby” so the “parent” is recognized by the child. When the approximately three-month-old infant cries, the student needs to decide whether the baby needs to be fed, changed, burped or rocked. The baby’s diaper bag includes a bottle with a sensor by which the baby starts to suck and swallow. The mother must change from the diaper with the green dot to the one with the yellow dot or visa versa to stop the crying. Babies will coo after a diaper change if that is the solution. No sleeping through the night either! Even the baby’s carseat/carrier has a sensor which will tell Evers if they left the child in it too much. If the baby is mishandled or not given the proper care, he/she will shut down.

“I can interrupt the programmed schedule for a time period, for instance, if the student is employed. Also, I always end the program on Sunday night so the student can get a good night’s sleep. I allow them to text me with concerns,” she said. “I can vary the pattern and the difficulty level of the program. They learn that this isn’t a puppy or a toy, but is a human that needs consistent care. I can even demonstrate special needs babies like preemies or Fetal Alcohol Syndrome ones.”

Another of her activity engages surrounding high schools. Last year, Evers and her students hosted the regional Family Career and Community Leaders of America rally involving Spotsylvania, Louisa and Culpeper groups.

“I collaborated with Family Computer Science teachers from the three counties for the student-led rally,” she said. “It gave the students relationship building and leadership opportunities. We also had a book challenge and collected over 700. We do a lot with the Head Start program including Reading Buddies, so since we had so many books, we gave many to Head Start in several county elementary schools as well as to Stepping Stone Preschool and to United Way.”

In the second semester of each year, the students have an internship two days a week. First year students go to elementary schools and can select a kindergarten through third grade level or a subject such as gym, art or special education. They have the teacher-mentor and Evers visits weekly. If second year students have transportation, they can work at a preschool or daycare facility twice weekly. This requires background and health checks and a commitment to getting up early and reporting to the location then interning until 10 a.m. Students without transportation can walk to nearby Stepping Stone or a local elementary school as an alternative.

After completing the two years, her students are eligible to take the American Association for Families and Consumer Sciences Early Childhood examination and earn a Child Development Association certification, which will afford them Early Childhood certifications. Evers boasts that last spring 100 percent of the students passed the AAFCS exam on their first attempt. The credentials combined with Infant and Child CPR, a second-year class requirement, and their internships often lead to job opportunities.

“I get immense satisfaction by helping my kids who are interested in working in the field,” said Evers. “Some begin working after high school. Others will go to Germanna [Community College] which has a great Early Childhood certification program along with an associate’s degree. Since I have a great relationship with



At the annual conference in late July, Terri Ann Evers was honored as the 2019 Virginia Association of Teachers for Family and Consumer Sciences Teacher of the Year. Her fellow Spotsylvania County FACS teachers presented the Lake Anna resident with flowers.

numerous county daycare facilities, I’ve had graduates hired by the business where they interned.”

As a result of her commitment, Evers was named the 2019 Virginia Association of Teachers for Family and Consumer Sciences Teacher of the Year. After being nominated for an Excellence Award by her administrators and endorsed by the school board, the selection was forwarded to the Virginia Department of Education. She was honored at the annual conference in late July.

“I love what I do because I’m teaching life skills while introducing them to potential career choices,” said Evers. “It’s perfect when I can make it fun and the students don’t even realize that they are learning until we follow up afterwards.”

"SWEET SOUL MUSIC" DANCE



SATURDAY,
SEPTEMBER 21ST,
2019

8:00 – 10:30 PM

Betty J. Queen
Intergenerational
Center
522 Industrial Drive;
Louisa,
Virginia 23093

DJ – Live Band – Karaoke
Music from the 60's, 70's and 80's

DJ – DJ Tommy
BAND – Dynamic Majors
KARAOKE - Music from the 60's, 70's and 80's

TICKETS: \$20
(No tickets sold at the door)

Sponsored by the Association for the Study of
African-American Life and History (Louisa Branch)

EVENTS & ANNOUNCEMENTS



SECOND ANNUAL Pony Fair
by Pony Partners
Saturday, September 14, 2019
Open Barn and Pony Fair
10 AM – 4 PM

EVERYONE WELCOME!

• (540) 661-6510
2193 Chalklevel Rd • Louisa
Meet the miniature horses used in the
Pony Partners Equine Assisted Program
for kids and Families
Get your picture taken with a UNI-
CORN!

Crystal With Crystal Reyns

Photography will be here to take professional photos!

Games, Make a pool noodle stick pony, stick pony races! Kiss the Pony, Meet
Kalumet - The Canadian Horse

Watch team driving miniature horses. Meet the RARE Caspian horses.

AND MORE....Learn to make natural bug repellent with Heather's Essential Oils

VENDORS – RAFFLES - SILENT AUCTION

VENDORS WANTED! Call Patti @ 540-661-6510 \$25/table

Greens for Green Golf Tournament

Monday, September 30, 2019 at 9 AM – 3 PM

Spring Creek Golf Club, 109 Clubhouse Way, Zion Crossroads, Virginia 22942

Monday, September 30, 2019

9:00 AM • Shotgun Start • 1:00 PM Awards Lunch

"Greens for Green" Golf Tournament being held again this year at the Spring Creek
Golf Club!

A portion of the proceeds will benefit our scholarship program designed to honor
an exceptional student who exhibits and demonstrates excellence.

FIELD DAY OF THE PAST

SEPT. 20-22, 2019

GATES OPEN AT 8 A.M.

Equestrian Events, Show-Me Swine Racers, 4-H Livestock Shows,
Carnival Rides & Games, Agricadabra Magic & Comedy Hypnotist
Show, Antique Trucks, Tractors, & Antique Construction Equipment,
Lawn & Garden Tractor Pulls, Pedal Tractor Pulls, Historic Buildings,

Heritage Crafts; Children's Activities, Arts & Crafts,

Re-Enactments, Church Service- Sunday

Truck Pulls: 7 pm Fri.; 6pm Sat.

Music & Much More!

Wallow in the Fun!

Admission \$10 on Fri., Sun. \$15 on Sat.

12 & younger, Free; Seniors 62+, \$8
804-741-8468

14 miles west of Richmond
Off I-64 Exit #173



FieldDayOfThePast.net





Effort Christian School and Preschool PTO holds raffle

Effort Christian School and Preschool PTO hosts its 4th Annual Tricky Tray Raffle and Auction on **Saturday, October 5th at 3pm.**

Effort Family Life Center, 7820 Thomas Jefferson Parkway, Palmyra

Fabulous prizes. Food will be available. **Follow our Facebook event, "Tricky Tray Raffle and Auction"** for more information.

Auction" for more information.



Liberty Park Fall Music Festival

Sat Sep 14 2019 at 10:00 am

Small Country Campground, 4400 Byrd Mill Rd, Louisa.

Beer, wine, food, vendors, and music, music, music! We present great bands! Open to the public for a \$10 donation per person. Food and drink vendors will offer a wide

variety of products. Proceeds go to Small Country Children's Foundation.

Golden Age Club

Open to all Louisa County seniors age 55 or better! Bring your friends or come to meet new ones. Newcomers are ALWAYS welcome! The meetings are informal and include programs that are of special interest to seniors. If you will be attending lunch, please call the LCPRT office at **540.967.4420 before 10:00 a.m.** on the day of the event to reserve a place. **Friday, September 13th at 11:30 a.m.** We will meet for lunch at BBQ Exchange, 102 Martinsburg Avenue, Gordonsville. At 12:45 p.m. we will visit the Exchange Hotel and Civil War Medical Museum, 400 South Main Street, Gordonsville; parking in the rear of the building. Cost is \$12.

~~~~~  
GOLDEN  
AGE  
CLUB  
~~~~~

Pearls & Pumpkins Autumn Women's Retreat

This is our Fall Women's Retreat - Sister Event to Our Spring Denim & Diamonds Women's Retreat.



Saturday, September 21, 2019 at 1 PM - 5 PM

Enjoy a luxurious afternoon at none other than the gorgeous Bandit's Ridge. Guest speakers, culinary delights, swag bag, and of course, our signature wine reception overlooking the beautiful, natural veranda!

Our speakers will immerse you in none other than: **MARKETING STRATEGIES!** Increase your effectiveness, become more savvy, implement plans for the upcoming holiday season and set a majestic course for 2020!

Hosted by Xam Solutions, LLC and Bandit's Ridge

Bandit's Ridge • 5061 Broad Street Rd, Louisa

www.facebook.com/events/bandits-ridge/pearls-pumpkins-autumn-womens-retreat Tickets on Sale Now! • Tickets by Eventbrite

Gordonsville Fall Festival Saturday, October 5 9-4 Rain or Shine

Gordonsville Volunteer Fire Company Fairgrounds

**Located behind
301 East Baker Street!**



VENDORS WANTED

www.townofgordonsville.org/DocumentCenter/view/3740

www.gordonsvillefirecompany.com

Call Debbie Hoffman for more info 540-832-3297

Please help support your local fire company!

September is LIBRARY CARD SIGN-UP MONTH!

A library card brings stories to life!



ilovelibraries.org/librarycard

ALA American Library Association LIBRARIES TRANSFORM Library Champions Rakuten OverDrive

grow. learn. connect.

JEFFERSON-MADISON REGIONAL LIBRARY

jmrl.org

Visit the MINERAL FARMER'S MARKET

81 LOUISA AVENUE, MINERAL (US 522 N)

SATURDAYS 8 - 1:00 PM

**MINI-MARKET
TUESDAYS 4:00 - 6:30 PM**



www.MineralMarket.org



Approximately 100 volunteers gathered in the St. Jude meeting room to pack 10,000 meals for the Rise Against Hunger program.



Terri and Jim Reynolds, Rick Kortz and Karen Donnelly manned a packing station.

A Room Full of Helping Hands

By Pat Wilson
Correspondent



Thomas Headley rang the gong to let volunteers know they were halfway to their goal.

Close to 100 volunteers, most from St. Jude and Immaculate Conception Catholic churches met their challenged goal ... and it took a little help from their friends. The parishioners were joined by members of Mt. Pleasant Methodist, Mineral Methodist and St. James Episcopal churches, as well as the Church of the Incarnation, to pack 10,000 meals for Rise Against Hunger in a span of one hour.

Knights of Columbus men had set up tables in a pattern dictated for efficiency by RAH the previous evening. Then at 11:30 on Sunday morning, August 18, volunteers unloaded the RAH truck filled with meal packet contents, scales, bags and boxes. After instructions by McKenzie Grimes, RAH community engagement coordinator, and an opening prayer by Fr. Michael Duffy, workers, sporting red hair nets and wearing plastic gloves, took their assigned stations. At 1 p.m., the assembly lines started.

At the first work stations, groups of four placed the required ingredients in plastic bags. Bags were then carried to a line of volunteers who weighed and heat-sealed them. At a third set of tables, each bag was labeled and placed in boxes holding 36 packets. A gong sounded as each 1,000 bag goal was reached.

The inspiration for the challenge came from Mt. Pleasant Methodist Church members when that church hosted a similar event last year. Elaine Marstall and 26 others from the two local catholic churches had participated. Marstall agreed to coordinate the project this summer. So, weeks prior to the event, Marstall approached parishioners to donate to the project since RAH requested 34 cents per bag to cover costs. Church members raised the funds plus a little.

"Mt. Pleasant gave us a generous donation, as well," she said. "We hope to get other local churches involved and do a round-robin every four years or so. Any extra funds we raised could go to help the next church's event."

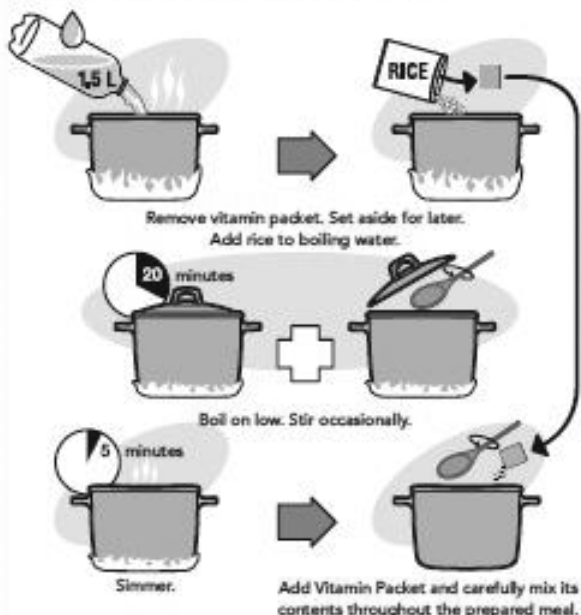
RAH's Mission

Founded in 1998, Rise Against Hunger, an international relief organization, has a goal to end world hunger by 2030. It distributes packaged food worldwide to people in vulnerable situations. The non-profit organization cites the statistic that 720 million people suffer from some level of malnutrition since they do not receive enough nutrition to live active, healthy lives. RAH programs are designed to provide a safety net, while also offering training or services that support ending poverty.

Meals are provided in schools to encourage enrollment and attendance and are distributed in hospitals and clinics to support patients' nutritional needs and complement their treatments. Families are given meals to allow them time to attend vocational training sessions or to replace crop loss because of drought or other negative climate changes. RAH responds to emergencies by delivering food assistance to those displaced by natural disasters or man-made crises. Meals are stored in RAH warehouses until they are shipped where needed. Impact Partners then transport the meals safely from the ports to program sites.

Hunger meals, which have a two-year shelf life, are dehydrated, high in protein and highly nutritious. They contain four ingredients – long grain white rice, texturized soy protein, a dehydrated vegetable blend and a vitamin powder. When clean,

DIRECTIONS: Remove vitamin packet (micronutrient sachet) from bag and set aside. Add rice blend to 1.5 liters of boiling water. Simmer for 20-25 minutes or until rice is tender. Add or remove water as needed. Stir in contents of vitamin packet to cooked rice blend. To enhance flavor and calories, add oil or any of your favorite seasonings. Serve.



INGREDIENTS: Rice (Long Grain Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Soy Flour, Dried Vegetables (Carrot, Onion, Tomato, Celery, Field Run Bell Pepper, Cabbage), Micronutrient Blend, (Vitamins and Minerals).

VITAMINS AND MINERALS: Tricalcium Phosphate, Magnesium Carbonate, Ferrous Fumarate, Ascorbic Acid, Maltodextrin, Zinc Sulfate, Vitamin E Acetate, Nicotinamide, Vitamin A Acetate, Calcium D-Pantothenate, Ergocaliferol, Thiamine Mononitrate, Riboflavin, Pyridoxine HCl, Folic Acid, Potassium Iodide, Sodium Selenite, Cyanocobalamin.
Contains: Soy

Rise
AGAINST HUNGER
Field • Community • Sustainability

3733 National Drive, Suite 200
Raleigh, NC 27612 USA
888-501-8440
www.riseagainsthunger.org

Nutrition Facts

Serving Size: 1/2 cup dry/1 cup cooked (64g) Servings Per Bag: 6

Amount Per Serving		% Daily Value*
Calories 250	Calories from Fat 10	
Total Fat 1g		2%
Saturated Fat 0g		
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 62mg		3%
Potassium 900mg		28%
Total Carbohydrate 52g		17%
Dietary Fiber 6g		24%
Sugars 9g		
Protein 14g		28%
Vitamin A 50%	Vitamin B ₁ 50%	
Vitamin C 140%	Niacin 50%	
Vitamin E 50%	Vitamin B ₆ 50%	
Vitamin B ₁₂ 70%	Calcium 40%	
Iron 100%	Phosphorus 40%	
Iodine 100%	Magnesium 40%	
Zinc 50%	Selenium 100%	
Vitamin D 100%	Vitamin B ₉ 20%	
Pantothenic Acid 40%		
Folic Acid (Folate) 100%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than 65g	90g
Sol Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

KraftHeinz

Micronutrient (vitamin) sachets are sponsored by Kraft Heinz Company Foundation.

Place Label Here

NOT FOR SALE



The line of workers weighed each meal packet and then handed it to another person to heat seal.

Packet labels included written and visual instructions for preparing the meal.

boiled water is added, the contents become a vegetarian meal.

Because of potential language barriers, preparation instructions are both written and illustrated on each packet and include tips on hygiene and safe cooking practices. RAH encourages partnerships with organizations that focus on providing clean water. Most locations customize the meals into local dishes that are suited to the region. Meals are often accompanied by local vegetables, depending on availability.



Paige Johnson and Jim Marstall stacked 36 meals per box.

In addition to the meals, RAH aims to increase agricultural production and incomes through programs promoting improved farming methods, business skills and market access. By helping farmers with crop production and diversification along with encouraging skills to create earning potential through small business opportunities, the organization assists in initial steps to self-sufficiency.

RAH relies on volunteers. Groups of any size in locations across the world are recruited to assemble and box meals as well as raise funds to cover expenses. Since 2005, churches, civic organizations, youth groups and others have packaged nearly 500 million meals. **More information about the organization is available at www.riseagainsthunger.org.**

Crossword

by Margie E. Burke

ACROSS

- 1 Farm youngster
- 5 Drink served with marshmallows
- 10 Kind of rock
- 14 Olfactory assault
- 15 To no ____
- 16 Bud holder
- 17 NASA scrub
- 18 Insignificant
- 20 Some pots and pans
- 22 Pencil part
- 23 Basketball position
- 24 Submarine detector
- 26 Poet Angelou
- 28 Empathizing with
- 32 Neighborhood
- 35 Bing, bang or boom
- 37 Dove call
- 38 Pizazz
- 39 Jeweler's unit
- 40 Stern
- 41 Feel sick
- 42 Hotel employee
- 43 Like under-cooked eggs
- 44 Florida beach
- 46 Kind of grin
- 48 Expenditure
- 50 As a precaution
- 54 Be a snitch
- 57 Biblical son
- 59 Inconsequential
- 61 Aussie pal
- 62 Camping shelter
- 63 Present occasion
- 64 Like some proportions

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	30	31	
32	33	34			35	36				37		
38				39					40			
41			42						43			
44			45			46	47					
			48			49	50			51	52	53
54	55	56			57	58						
59					60				61			
62				63					64			
65					66				67			

Copyright 2019 by The Puzzle Syndicate

- 65 Not had by
- 66 Like Neil Diamond's Caroline
- 67 Cost of living?
- 10 Bird sanctuary
- 11 Vehicles for hire
- 12 Archipelago part
- 13 Forest forager
- 19 Fireplace fixture
- 21 Whip mark
- 25 Morphine, e.g.
- 27 Like clocks with hands
- 29 Desktop item
- 30 Verb preceder
- 31 Like slasher films
- 32 ____ of faith
- 33 Mixed dish
- 34 Peaceful
- 36 Metal in rocks
- 39 Water carriers
- 40 American folk instrument
- 42 Olympics event
- 43 Watermelon waste
- 45 Chip source
- 47 Shade of purple
- 49 Express
- 51 Wide open
- 52 Gown material
- 53 Choose for office
- 54 "Jackson 5" member
- 55 Prayer ender
- 56 Foursome led by Leonardo, briefly
- 58 Marathon, e.g.
- 60 Column's counterpart

Taking retirement at full speed

By Carol Barfield
Correspondent



Maren and Doug Smith hold photo of Dr. Joe Baker, Civil War physician.
Photo by Carol Barfield

Being busier in retirement than before retirement seems cliché, yet for Doug and Maren Smith, it is completely true. The couple, who live in Louisa, participate in a host of community and civic activities.

Maren says, "I tell newcomers, don't worry about what you're going to do in Louisa County. You don't have to be lonely or bored, there are more than enough options and worthy causes to use your talents and meet interesting people. Just look around. This whole county is full of wonderful people, old timers and newcomers included."

Maren recommends finding a church family and uses her talents at Mt. Pleasant United Methodist Church in Louisa. She sings in the choir with Doug, serves as worship committee chairperson and is a member of the United Methodist Women. She is also past president and current docent of the Louisa Historical Society, a board member and singer in the Louisa Community Chorus, and teaches Hearth Cooking classes through the Department of Parks and Rec. Gardening and teaching basket weaving also fill her time.

"I started out every Thursday in the summer with Frances Smith as my teacher. Being with friends outside in the sunshine and weaving together makes great memories."

Maren and Doug raised daughters Leanne and Lynette, and son John in Northern Virginia before retiring to Louisa County. The purchase of their 70-acre farm provided Doug with 1,000 projects, "so I wouldn't get bored in retirement," Doug laughingly admits. How bored is he? As lay leader and chairman of the Finance Committee, he has helped his church thrive. "Our former pastor, Carol Thornton, told us we'd better get ready, because we were going to be the fastest growing church near Lake Anna." Mt. Pleasant UMC, which began with only a sanctuary and an outhouse, now boasts a modern and spacious fellowship hall built to handle the 50 members who currently worship there.

As president of the Lake Anna Civic Association, treasurer for the Resource Council of Louisa and chairman of both the Louisa County Water Authority and the Lake Anna Environmental Committee (part of the Lake Anna Advisory Committee), Doug expresses his belief in civic involvement.

"I've been blessed and lucky in my career and in the education I received. I believe we should be doing things to make our area prosper and give back to

the community as long as our health will allow."

The Lake Anna Advisory Committee has been busily managing the Hydrilla problem at the lake. In 1993 there were 1,200 acres of this invasive aquatic plant; 6,000 grass carp were introduced to combat the problem. The carp wiped out the Hydrilla as well as most of the other vegetation in the lake. When the infestation began to reappear in 2015, Doug championed a more gradual management plan introducing 521 carp, mostly on the warm side, and using spot herbicide treatment to control the problem.

Doug and Maren have a few side hobbies. With their adult children Leanne and John, they own VA Family Homes, LLC, which buys and restores homes in Gloucester County. They also breed, raise, train and race thoroughbred horses with Leanne. Doug and Maren keep the mares and foals and raise them until the age of two when they are returned to Leanne's Gloucester farm for training. The racing venues for their horses are at Delaware Park, and they are excited that Colonial Downs will be re-opening this August under new management. The Smith farm is considered an "R&R" place for any racehorses that have soreness or need a rest, as well as a retirement home for older horses that have not been sold.

Doug and Maren have an extensive garden on their property and enjoy the 20 years they have lived in their historic farmhouse. The home was built in 1884 by Dr. Joe Baker and his wife, Nannie Goodwin. Unusual for a female of her time, Nannie inherited the property where the farm was situated. Dr. Joe was a pre-med student at the University of Virginia when the Civil War broke out. He established a practice in Louisa and almost lost his life participating in the Battle of Spotsylvania Courthouse. When he did not return home from the battle, his brother and their slave took a horse and buckboard and searched through the battlefield filled with the dead and dying. Joe was found lying unconscious, struck in the head by a bullet that had creased his skull. After his convalescence he went on to live a full life, also acting as Louisa County Clerk until his death in the early 1900s.

Maren and Doug are of German heritage. John Heuser and Helen Rogers, both of Kentucky, married and had Maren and her sister Karen. Doug's father Woodrow Smith of Southern Illinois, met Florine Benard of Gary, Indiana, at church during a family visit.

See Retirement page 15

ORANGE APPRAISAL FAIR & ANTIQUE MARKET

SATURDAY, OCTOBER 19, 2019

9:00 AM TO 5:00 PM



Second Annual Appraisal Fair! *New this year* : antique market spaces, food vendors, concert by the *Fredericksburg Big Band*, and other fun events. Shop a variety of antiques vendors, enjoy children's activities.

Bring your treasures to be appraised just like on "Antiques Roadshow"

Appraisals: 9:00 AM to 2:00 PM ~ \$20 per item / three items for \$50

VENDOR REGISTRATION FORM:

www.facebook.com/Orange-Appraisal-Fair-Antique-Market-2341699899398924

To benefit the James Madison Museum of Orange County Heritage

JAMES MADISON MUSEUM OF ORANGE COUNTY HERITAGE
129 Caroline Street, Orange

(540) 672-1776 or jamesmadisonmuseuminfo@gmail.com



Tracy Hale Clark the executive director of the Louisa Chamber of Commerce. Photo courtesy of Tracy Hale Clark.

New Chamber director enthusiastic for Louisa

By Carol Barfield
Correspondent

Tracy Hale Clark loves Louisa. “The people are amazing and so welcoming. They are passionate about their city and I have not heard anyone have a bad thing to say about Louisa.” Since February 1, 2019, Tracy has served as the Executive Director of the Louisa County Chamber of Commerce. Her strengths of leadership, marketing and friendliness come from her background running her own anti-aging wellness and skin care business, and as owner of a consulting service. “I understand what it is to own your own business, and the day-to-day struggles related to this.”

The chamber counts 253 local businesses and organizations as members. Tracy serves them by assisting in networking opportunities and in services and resources to include human resources, marketing, and in handling challenges in government relationships and municipal issues. As a non-profit entity, the generated revenue returns to the members of the business community. A strong business community serves and grows the Chamber of Commerce, which in turn strengthens the community at all levels.

Tracy’s primary focus is helping people who are starting a business, maintaining or growing a business, or groups and organizations seeking to strengthen their ties within the county. She additionally fields requests from local citizens and enjoys helping anyone needing assistance. Questions have ranged from newcomers requesting local maps and vacation guidance to those seeking information on buying a home in the area and doing business in the county.

Tracy is excited to announce new leadership on the board with Marie Snyder of Lake Anna Linens as Board chair and Pam Quarles of the UVA Community Credit Union as vice-chair. Tracy, Marie and Pam are dedicated to introducing fresh ideas and new initiatives that will help introduce a new era of growth to Louisa County.

Stop by the Louisa Chamber of Commerce at 102 Church Avenue, Louisa, VA, call 540-967-0944, or check out the website info@louisachamber.org for further information.



FOUR COUNTY PLAYERS

Presents

THE SAVANNAH SIPPING SOCIETY

Written by **Jessie Jones, Nicholas Hope, & Jamie Wooten**

In this laugh-a-minute comedy from the playwriting team of Jones Hope Wooten (which includes a former writer from TV’s *The Golden Girls*), four unique Southern women, all needing to escape the sameness of their day-to-day routines, are drawn together by fate—and an impromptu happy hour—and decide it’s high time to reclaim the enthusiasm for life they’ve lost through the years.

Over the course of six months, they discover lasting friendships and a renewed determination to live in the moment—and most importantly, realize it’s never too late to make new old friends.



Directed by **Meg Hoover**

OCT 11–27
IN THE CELLAR

DON'T WAIT TO BUY!
TICKETS ON SALE NOW!

Box Office: 540.832.5355 • www.fourcp.org
4countyplayers@gmail.com
Like us on Facebook

Thanks to our sponsors: 5256 Governor Barbour Street Barboursville, Virginia, 22923



Classifieds

Line Advertising



We accept VISA and Mastercard.

Placing Your Classified Line Advertising:

Email your Classified Line ad to: edee@fluvannareview.com and pay by credit card. **ONLY \$10 a month for 30 words or less.**

EVENT

BIG ANTIQUES & VINTAGE SALE/SHOW: Friday, October 11 and Saturday, October 12, from 9 a.m. to 5 p.m., at 65th. Fishersville Antiques Expo, Expoland, Fishersville, VA (I-64, Exit 91), 300 dealers, 5 buildings & outside. Go to : www.heritagepromotions.net

GOSPEL EXTRAVAGANZA: Louisa Community Emergency Fund (LCEF) sponsoring Gospel Extravaganza! Saturday, September 14, starting at 3 p.m. at Louisa High School auditorium, 757 Davis Hwy., Mineral. Food available for purchase at

EVENT

intermission. Tickets: Adults \$10. Children 12 and under are FREE. Call Lin Kogle (540) 894-0239 or Thomas Johnson (540) 894-7644 for info.

FOR SALE

DOWNSIZING- MAKE OFFER: 2 above ground cemetery sites at Monticello Memorial. Call (434) 466-1114 or (434) 531-5560.

BOOKS: make great gifts. Give Linda Salisbury's "Bailey Fish Adventure" series for kids, and humor for grown-ups. Can be found at many local gift outlets, online (plus Kindle and Nook), or from tabbyhouse@gmail.com, (540) 895-9093, or www.lindasalisburyauthor.com

CEMETERY SITES: Holly Memorial Gardens and Monticello Memory Gardens. Significant savings. Call 434-295-1750.

HELP WANTED

seeking Volunteers to help people navigate their prescription drug plans. JABA volunteers helped people save \$1.2 million last year. Training provided. Call (434) 817-5239 to find out how you can help!

PRN CAREGIVERS: Home Instead Senior Care currently has openings for fill-in shifts on WEEKENDS! No experience needed, paid training, competitive wages, and benefits offered. This is a great opportunity for you to share your heart while doing something meaningful that impacts the lives of older adults. To apply: www.Homeinstead.com/532. Questions? Call Sherrica Brooks (434) 218-7259

HOME INSTEAD SENIOR CARE : Now HIRING! We currently have openings for all shifts Monday-Friday. No experience needed, paid training, complete wages and benefits offered. To apply: www.Homeinstead.com/532. Questions? Contact Sherrica Brooks (434) 218-7259.

RENTALS

(434) 589-7653 (office) or email: monticellopropertiesmgt@gmail.com.

SERVICES

FULL SERVICE SELF STORAGE: Fluvanna Self Storage on Lake Monticello Road, (Rte 618) offers 2 convenient locations with both Climate Controlled and Regular Units (24/7 availability), Locks, moving supplies, U-Haul Trucks, and ON-SITE manager. Limited time offer: 10% off of any size unite, some restrictions apply. Call (434) 589-2222.

LOHR'S PIANO SALES & SERVICE: Reliable repair and tuning with 40 years experience. Also offering good used and new pianos at reasonable prices. Phone (540) 672-5388, evenings, for all your piano needs.

DAVID ROWE'S TREE, YARD & HANDYMAN SERVICE: Carpentry, painting, power washing, gutter work, fencing, tree work, re-seeding, fertilizing, mulching & more. Fully insured. Call for estimate 540-937-2144 or 540-522-1662.

HELP WANTED

Seasonal Dive Coach
(Nov '19-Feb '20)
Call (434) 842-8210

Kitchen Utility Worker
Call (434) 842-4390

**Landscaper
Housekeeper
Shop Mechanic
Maintenance Worker**
(Experience Required)
Call (434) 842-4340

**FORK UNION MILITARY ACADEMY
EMPLOYMENT OPPORTUNITIES**

4744 James Madison Hwy. Fork Union, Virginia 23055

Benefits include a retirement plan, health, dental, life insurance and meals provided depending on the shift. The Academy is a Christian male boarding and day school that attracts students from more than 30 states and 15 foreign countries. The Academy offers our students a college preparatory curriculum in a military-style environment.

HELP WANTED

JABA VOLUNTEER OPPORTUNITY: Jefferson Area Board for Aging

RENTALS

MONTICELLO PROPERTIES: For current Home Rentals Contact Genevieve Reilly (434) 414-4453 or

AUCTIONS

AUCTION
Wed, Sept.25, 12:30PM • 1029 Ingramsville Rd, Ferrum, VA
2 Tracts

128 Acre Farm near Ferrum
DIR: From Ferrum, take Ingramsville Rd (623) 3mi on left.

TRFA AUCTIONS
Torrence, Read, & Forehand
VAAF501

OPEN: Tue 9/10 12-2; Sun 9/15
call **434-847-7741**
www.TRFAuctions.com

SPECIAL NOTICES

**Donate A Boat
or Car Today!**

BoatAngel

"2-Night Free Vacation!"

800-700-BOAT
(2628)

www.boatangel.com

sponsored by boat angel outreach centers

STOP CRIMES AGAINST CHILDREN



They married when she was only 16 years old and had three boys and two girls. Maren and Doug met at Murray State University in Kentucky, where she was studying English and secondary education, and he was double-majoring in math and chemistry, with an education minor. "The grass is greener on the other side" could have been their theme! Maren was dating Doug's fraternity brother, and Doug was dating one of Maren's friends. A fateful English class later, they eyed each other across the room and decided to rearrange their priorities. They married eight months later.

Although Doug truly loved teaching, being a math teacher in St. Louis and trying to support a growing family forced a career change. The National Science Foundation gave Doug a grant to study at the University of Illinois, where he received a Master's Degree in mathematics. "In 1968, computers were taught in the

mathematics department. That's what I was studying," says Doug. "Looking back it was shocking to me how archaic those computers were; and to think that's what supported the Apollo program and what we used to put a man on the moon!"

Doug went on to complete a 30 year career with the Department of Defense while doing additional post-graduate work in computer science at Virginia Tech. Working at the Pentagon with the National Military Command and Control Technical Center, he modeled and simulated survivability in nuclear war for the Joint Chiefs of Staff. Later as Deputy Director of the Defense Mapping Agency, he served on a small team that merged the agency with the National Photo Interpretation Center for the CIA and DOD. This became the National Geospatial-Intelligence Agency, which provides maps and intel for our nation. After retirement, Doug worked for five years with Computer Sciences Corporation in Falls Church as Director of Operations and later as Business Development Director.

In 1976 after the children were in school, Maren returned to work at Northern Virginia Community College in the Learning Resource Center. While completing a Master's Degree in English at George Mason University, she enjoyed working with both students and faculty. "We supported one another— whether it was transporting kids to school and sporting events, or just backing each other up."

During this busy stage of raising their family in Lake Ridge, Va., Doug still found time to coach both his daughters' softball teams and his son's soccer teams. He and Maren helped form an active young adult fellowship at St. Paul United Methodist Church, and spent family time boating both on the Potomac and later at Lake Anna, where they rented various vacation homes.

Since 1999, Doug and Maren have called Louisa County their home. They love traveling, most recently to California with daughter Lynette, but their many obligations and activities usually keep them close to home. This summer Doug enjoyed hosting "Grandpa Camp" for one of their four grandchildren. At fifteen, Tyler is learning the country skills of building decks, bush hogging, jet skiing and handling the zero-turn mower...a summer in heaven!

Retirement does not have to signify an ending, and Doug and Maren certainly have used the skills they have acquired over the years to enrich their community. In the process, they have truly put an extra sheen on the "Golden Years."

Doug Smith retired July 27th as president of LACA.



Maren and Doug Smith front porch sitting. Photo by Carol Barfield



Doug Smith in his vegetable garden. Photo by Carol Barfield

Classifieds from page 14

SPECIAL NOTICES

VETERANS AND DEPENDENTS:

Do you know your Veterans Benefits? We do! Virginia Department of Veterans Services: <https://www.Virginiaforveterans.com> or <https://www.dvs.virginia.gov>. Need Help?

Call 1(800) 827-1000 for Veterans Affairs Benefits & Services or (434) 295-2782 for Appointment.

WANTED

OLD COINS: I BUY OLD COINS.
434-466-7968

Answers to the Crossword Puzzle from page 11

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

