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Hannah's second mission trip to Costa Rica gave her the opportunity to work with Costa Rica's indigenous tribes. She felt a special connection with the children. Photo courtesy of Hannah Ragland

Cover designed by Marilyn Ellinger

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A Step Above **Health Services**

By Sue A. Miles Correspondent

amise Vowels never expected to go into business for herself, but life has a way of leading people on a path. "Several years ago, my grandmother was very ill in the last few months before she passed in 2016," said Vowels. "I watched my mom have to take care of her and also maintain her job in Charlottesville at the same time. Yowels noticed that the closest health care provider agencies were in Charlottesville and Farmville, a bit of a distance from her home in Arvonia. "When we would reach out for help, they either couldn't find a nurse to



Jamisha Vowels (third from right) is shown at her ribbon cutting ceremony with Chamber of Commerce members, Ruth Lyle, Barbara Wheeler, and Jordan Miles. Vowels' mother, Lisa Scruggs, is to her right and Office Administrator, Carien Haley is at far right. Photo by Sue A. Miles

come this far or they charged a huge amount of money per hour," said Vowels. "So I took the time to research

the area to see what home health agencies were within a 30 mile radius and to my surprise there were none." Vowels' family had to rely on friends and family to be with her grandmother. "I knew then that there had to be plenty of people going through the same issues as us, so I decided to start my own home

health agency."

Although Vowels does not have a medical history background, she did earn a BBA at Strayer University with the goal of learning the ends and outs of how to operate a successful business. This decision led to her remodeling an archival building and opening A Step

Above Health Services LLC.

"The building we operate out of has been in my family since 1988," said Vowels. "One side was used by my mother as a salon. My grandmother had a pool hall on the other side. My grandmother had it built so that she and my mother could work for them-selves. I take pride in being able to

carry on that legacy."

Vowels has fond memories of growing up in her grandmother's business. "My grandmother, Ida Mae Coleman, operated the pool hall on the right side of the building. Her business was a special place for me. On weekends the pool hall would be full of hunters grabbing a quick bite to eat or other patrons shooting a game of pool and relaxing. She also held pool tournaments and turkey shoots in the back. As I got older, helped her by giving quarters to pool table players or stocking sodas in the big cooler. My grandmother enjoyed her independence and I hope to be at least half as good of a woman as she was. I think of her every day and truly miss her.

Vowels' home health care business will continue to be a family affair. "My mother, Lisa Scruggs, will assist in the

office with day-to-day operations.

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See Health page 6

Hannah Ragland: Lady on a Mission

By Sue A. Miles Correspondent

annah Ragland is on a mission, literally. This very passionate 21-year-old Buckingham woman has been to five different countries on mission trips in the past four years, with plans to do many more. When you read her story you will soon realize that she has a personal drive within her. But, we also have to credit her grandfather,

Ricky Hackett (Papa), for starting her out young, on tales of his own mission travels. "I've always wanted to do mission work since I was a little girl," said Hannah. "Papa traveled to Russia, Egypt and the Philippines as a mission worker. When he returned, he would show us pictures of his trips and tell us stories about what he had seen. He also talked about the impact these trips have on him as well as the

people he met.'

That introduction to mission work and travel stayed with young Hannah, leading her to find her own life path. "I went to a youth camp when I was 15. I remember during a night service feeling something inside of me. The next day, at a morning service, the speaker announced that someone amongst us had received a call. I got up and went forward because I knew it was me." That testimony proved to be lifealtering. "I felt like a big weight had been taken off of me and I knew from that moment on something was definitely different."

After graduating from Buckingham County High School, Hannah attended Holmes Bible College in Greenville, South Carolina. "My older brother, Jacob, was going there and we visited him one weekend," she said. "When I arrived it felt like such a family. It was like I was already a part of the school, so I applied."

such a family. It was like I was already a part of the school, so I applied."

Hannah ended up with two majors; B.A. in Ministry, focused on Theology and B.S. in Ministry, focused on Missions. And, during her four years at Holmes Bible

College, Hannah took advantage of every mission trip available.

"My first mission trip was to a Syrian refugee camp in Athens, Greece," she said. "It was my first time flying and first time out of the country." Hannah's group joined with others through the International Sports Federation, a faith-based nonprofit organization that uses sports to share their faith. For 12 days Hannah's group would go to the refugee camp to provide activities for the children and hand out water and food.

See Mission page 4



Hannah acknowledges the vital support that both sets of grandparents (Hackett and Ragland) and her parents gave to make her mission trips possible. She attributes the stories that her grandfather Hackett (shown with Hannah) told her about his mission trips to her desire to do the same. Photo coutesy of Hannah Ragland

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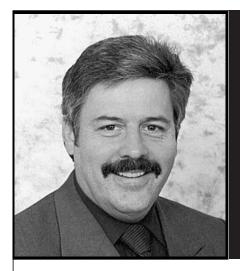
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As simple as that may sound, it was not easy. "I panicked the first day," said Hannah. "I called my Grandmother Hackett crying. I was freaking out big time." With Grandma's wise words 'you know you're supposed to be there, right?", Hannah pulled herself together. "Every day I felt more comfortable. By the time we were ready to go, I wished we could have stayed longer."

The following summer saw Hannah traveling to Costa Rica with a mission group called The Awakening. "We focused, again, on children's ministry," she said. "We also worked in rehab centers." Hanned loved Costa Rica. "It felt like home. I really came out of my shell and was more confident. We did a lot of evangelizing. We would speak to people on the street and pray for them. I learned how to connect

to people, especially children."

Hannah's third and most recent mission was a two-month trip that also counted as her internship with Holmes College. "We went to Mexico, Costa Rica, Hungary and Malta." This trip, also through The Awakening, saw Hannah going as an individual and joining up with other college students. "After training in Oklahoma, we flew to San Diego, and then drove to Mexico where we worked for about 12 days." Staying in a church dorm, the group held youth services, visited hospitals, provided food services, and did repair work on the church.

Then it was off to Costa Rica where Hannah met up with missionaries from her previous trip. "Our main goal was to provide support for the new youth mission groups coming in. I also got to work with some Costa Rica's indigenous tribes. We stayed overnight at the church and slept

in tents and sleeping bags on the floor."

Then it was off to Hungary where the mission group took a few days to debrief, re-organize, and prepare for Malta. "We did get to take a short train ride to Budapest, the capital of Hungary," said Hannah. "Then we flew to Malta."

Hannah's group's purpose was to help organize and structure a youth camp. "We got there the day before the children came," she said. "We stayed in a beautiful old monastery. Each day we would travel by bus to Valletta, which is Malta's capital, to recruit

for the camp.'

Hannah's final year at Holmes College obviously took a different direction when COVID-19 appeared. Her last semester ended up being all virtual classes and the actual graduation ceremony was delayed until August. Her goal is to attend Liberty University to earn a Master's in Family and Community Counseling. And, she wants to continue her mission work. "I love the Latin American culture and I want to go to the Philippines as well. I want to be part of what my Papa experienced when he was there." A future mission trip through The Awakening organization for Hannah would be an "On My Way" trip. "That's where you go on your own and meet up with an existing program in the country."

The past four years have been very exciting ones for Hannah. "I have to admit that when I first got to college, I didn't speak to anyone for two months, other than my roommate. These trips have brought me out of my shell. It's so easy now to speak to people. These experiences have helped me realize what I want to do for



Working in a Syrian refugee camp in Greece gave Hannah a unique experience about displaced people. Here she is shown with a young Syrian girl who was in the camp.

Photo courtesy of Hannah Ragland



intrigued with the stories that her Papa Hackett told her about his mission trips. Little did she know that she would follow in his footsteps to spread the word of God.

Photo courtesy of Hannah Ragland

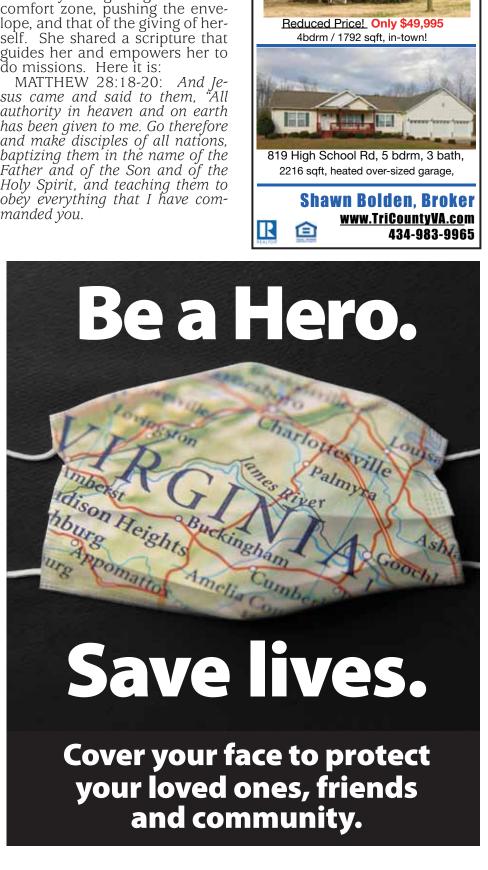
the rest of my life. When I'm on a mission trip I'm at peace, I'm overjoyed, and I'm excited at what I'm doing.

Hannah was quick to acknowledge some very important people in her life. "I could never have done these trips without all of my grandparents' support and my parents, Roxie Joseph and Jason Ragland," she said. "I also have received support from individuals because of my fundraising activities." She also sees her life in missions as being a very personal and spiritual journey. "My family has shown me that God will put desires and burdens in our hearts and when that happens, he never leaves what he's started. The Philippines is in my future. I just

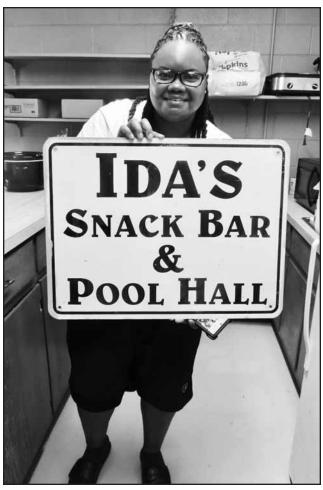
have to wait for it to happen."
Hannah's spiritual journey is obviously one getting out of her comfort zone, pushing the envelope, and that of the giving of herself. She shared a scripture that guides her and empowers her to

MATTHEW 28:18-20: And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you.









Vowels has saved the Ida's Snack Bar and Pool Hall business sign to commemorate her grandmother's legacy. It is displayed prominently in her new healthcare business. Photo by Sue A. Miles

county to get to know all of us with hopes of becoming a pillar in the community."

The business just recently celebrated its grand opening by having a ribbon cutting ceremony with the Buckingham Chamber of Commerce. "I see this business as helping the Central Virginia area by supplying high quality nurses to ease the burden of families that have a loved one at home needing assistance in their day to day," said Vowels. "Helping

Carion Haley, who has almost 20 years of experience in the home health field, will be my office manager for the compa-

ny. I am excited for the

sion and to be able to bring what I have learned over the years to my hometown is a great feeling. I have worked out of the area for a number of years and I am excited to reintroduce myself to my

people is a personal pas-

Buckingham."
A Step Above Health
Services, whose main
office is located at 2450

hometown

legacy. It is displayed prominently in her new healthcare business. Photo by Sue A. Miles

Randolph Creek Road in
New Canton, will also
offer non-medical care as
well as PCA classes for those interested in getting into the healthcare field. "This

will allow trained health care providers the opportunity to start with us and not have to commute so far to become a certified PCA," said Vowels.

Congratulations and kudos to Jamise Vowels for offering a service to the citizens of Buckingham County.

A Step Above Health Services LLC is located at 2450 Randolph Creek Road in New Canton. You can reach Vowels at 434-581-1499. Visit their website at www.astepabovehealthservices.com

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CVHS - Buckingham Recognized for Quality Lab Services

Press Release

CVHS - Buckingham has met all the criteria for Laboratory Accreditation by COLA Inc., a leading national laboratory accreditor, whose program and standards enable clinical laboratories and staff to meet U.S. CLIA and other regulatory requirements. Through a mentoring approach using education to improve quality and patient safety, accreditation is given to laboratories that apply the highest standards of quality in day-to-day operations, demonstrate continued accuracy in the performance of proficiency testing, and pass a rigorous on-site laboratory survey. CVHS - Buckingham has earned COLA Inc. accreditation to provide quality service to their patients.

COLA Inc. is a nonprofit, physician-directed organization promoting quality and excellence in medicine and patient care through programs of voluntary education, achievement, and accreditation. In 1993, COLA Inc. was granted deemed status by CMS to provide laboratory accreditation. As a leading laboratory accreditor in the United States, COLA Inc. is the only laboratory accreditation provider that operates its accreditation program in accordance with a quality management system certified to ISO 9001:2015. This means we offer our customers a unique, standardized

program and staff dedicated to satisfaction and laboratory quality. Our surveyors and technical advisors are guided by a coaching approach and uncomplicated quality engineered processes. Laboratories of all types and sizes are evaluated and mentored to produce accurate test results and meet CLIA regulations.

ulations.

CVHS – Buckingham's lab quality reflects their mission to provide safe, accessible, affordable, comprehensive, high quality and culturally sensitive care to the people they serve. CVHS operates eighteen community health centers across the state. CVHS is Virginia's oldest and largest network of health centers and will celebrate 50 years of service this November. CVHS provides medical, dental, behavioral health, and pharmacy services. CVHS offers a sliding fee (discount) on all services to patients 200% below the Federal Poverty Level, regardless of insurance status.

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HB 1641

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Dominion Energy is required to submit the results of this well survey to the Virginia Department of Environmental Quality by October 1, 2020.

In addition to reviewing Virginia Department of Health records and other public information, in mid-August **Dominion Energy** will send letters to all property owners within the 1.5 mile areas requesting information about the water source serving the property. If you receive this letter, please respond as requested by September 4, 2020.

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Dr. Andrews earned his medical degree from Duke University. He completed his internship and surgery residency at University of Virginia Hospital and served his orthopedic residency at Duke University.

William Fluker, holds bachelor of science degrees in biology from the University of Kentucky and from the physician assistant program at James Madison University.



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