

OPINION

Letters To The Editor

SCORE sign attracts reader's attention

Editor's Note: This letter ran in the May 10, 2023 edition but there was an error in the name. We apologize for the error.

To the Editor:

For years I have passed a sign reading "SCORE Field

coming soon." My question is the field still coming or not? Either way the sign is an eyesore and if the field is coming, a new sign should be put up in place of the eyesore.

Robert Moon
Lawrenceville, Virginia

enough fentanyl across the border to kill every living American. These drug dealers use children and terrorists to move their poison from China to the United States.

The question is this, why would an American President choose to ignore what is right and accept what is wrong. He was elected to protect our nation. Instead, his policy is attracting those from nations around the globe. Many coming may well be coming as terrorists prepared to attack us from within.

The Justice Department

From the Attorney General through every level of federal law enforcement officers we see those, sworn to uphold the Constitution of the United States and the laws properly passed into law, ignoring the facts and letting some not only break the law but then hide that evidence from the public. If such were to occur on the state or local level, the FBI would swarm in and seek indictments.

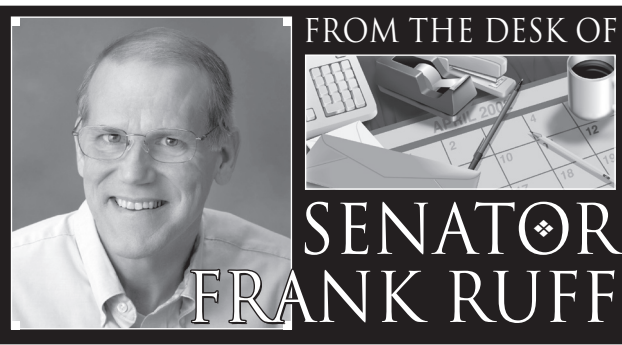
It now appears that not only did President Biden mislead the American people about his son's wheeling and dealing with foreign governments, but maybe much more. The President, after decades in Washington, was well versed in what is acceptable in dealing with foreign governments. He knew his son was trading on the Biden name while he was Vice President. He knew that it was both legally wrong and morally wrong.

This last week it got worse. Congress received word from a whistleblower that not only was Hunter Biden breaking the law, but it appears that his father and numerous family members were mixed up in a scheme to accept millions of dollars hidden by financial manipulations. Money that appears to have been paid to family members for nothing other than to influence government policy.

When Congress asked the Department of Justice to provide records to the oversight committee, records they had on the issue of possible corruption and illegal activity, they have refused to release that information. The whistleblower had first gone to the Department of Justice before they went to Congress, therefore, they cannot deny they have that information. Additionally, because of the Patriot Act, they know that the numerous cash transfers occurred and went to dozens of entities set up to simply receive those payments.

The voters should know the facts and vote for those who do the right thing for the people, not themselves.

We love to hear from you! You can reach us at Sen. Ruff@verizon.net, 434-374-5129, or P.O. Box 332, Clarksville, VA 23927.



Right and Wrong

Most of us were taught at an early age the difference between right and wrong. Sometimes that lesson was learned at home, other times it was at church. A little later we learned it at school either from our teachers or peers who ostracized those who ignored the proper way to treat those who one comes into contact with. Therefore, all adults should know when they are doing wrong. That does not mean that some won't cross that line and do those things that are legally wrong or are unacceptable in our society.

Our Southern Border

The reason we have borders is simple. It prevents those who want to come to a country from entering unless they meet the terms of a country. To enter Mexico, one must meet their rules. To stay, one must prove that they have the assets needed for their expenses for the year and annually must reaffirm their continued where-withal.

Most people believe that that is a fair and responsible policy. Yet President Biden seems to have lost his sense of right and wrong. Since before he was even sworn into office, he has been signaling to the world that his administration will ignore federal laws. Hundreds of thousands of illegals have crossed our border during his term. They do this with no check that they have a skill, have any resources, are healthy, and that they will not be a drain on the American taxpayers. All reasonable expectations. Instead, he is offering benefits such as food, housing, etc. Services that American citizens would have to apply for to receive.

Additionally, rarely are any background checks done to determine if they have been felons in their native country. These are the ones that simply come across the border and turn themselves in to border control officers. An unknown number of others cross and are never accounted for as they enter our country. These are the ones that are the drug smugglers who have brought

Preserving the rural character of Ebony, Virginia

From staff reports

LAWRENCEVILLE – Dr. Florine Bell, a noted historian, spoke to the Brunswick County Board of Supervisors expressing her support for the preservation of Ebony, Virginia.

"I was willing to make the trip here tonight because of my genuine interest and ongoing research of the planters, plantations, ferries, and history of formerly enslaved folk such as Mitchel Ross, the grandfather of civil rights activist Ella Baker who drove a mule from Elams, N.C. to collect mail from Ebony, Virginia.

"Before I emphasize the importance of preserving the integrity of Ebony without retail commercializing of a Dollar General or similar operations, I will mention – Andy Brack's Center for a Better South, whose blog reads: an empty, old store in Ebony, Va., as one of the favorite buildings we've spotted recently in our rambles around the Southern Crescent.

"Ebony, a valley steeped in history, was noted by the Virginia Department of Human Resources Historic District nomination for the National Register of Historic Places and is in the Virginia Landmarks Register. This nomination brings even more attention to Ebony as a potential historical tourist site of museums showcasing a well-preserved history and other historical activities in our Historic town of Halifax, N.C.

"Studies reveal the opposite: Dollar General stores are known to adversely and negatively impact communities where historical dwellings are non-existent, so what might occur if this type of commercialism infringes upon historic Ebony?

"According to the Institute for Local Self-Reliance, dollar stores sometimes fill communities' needs. However, growing evidence suggests these stores are not a product

of economic distress. However, instead, it operates in small towns and urban alike, triggering the closure of grocery stores, eliminating jobs, and eroding the prospects of vulnerable communities they target, for example, the thriving historic Ebony General store and Murray's 903 Race In, already serving the community, including Virginia and the broader Lake Gaston communities.

"Dollar Generals create fewer jobs and pays lower wages than independent grocery stores. Have poor labor practices. Extract wealth from the community and local governments. Erode community identity and creates traffic and safety problems. Development can destroy essential natural and historic resources. Although Dollar General admits to giving back to communities, it has a more self-serving approach.

"Since Ebony's history dates to the 1700s, it would make an extreme contrast between the old and the new, and rightly because it would take away from the aesthetics of preserving the integrity of the historic buildings and the community. Therefore, the community would best be served by developmental opportunities not involving retail commercialism but rather the commercial aspect of history that promises solid economic growth to residents of Ebony and beyond.

"What distinguishes communities such as rural historic Ebony is that it is preserving the best of their legacy. Furthermore, Dollar General already operates within a short driving distance of its stores in Lake Gaston, Gasburg, Bracey, and other nearby locations.

"That said, I urge that we preserve the best of the past and, at the same time, attempt to attract and open the desired and favored growth geared towards tourism instead of the encroachment of commercialization that tends to shift our awareness of and dedication to maintain-

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College Community Connections
Dr. Quentin R. Johnson, President
Southside Virginia Community College
Panther Pride, Catch It!

Honoring Our Nurses

Florence Nightingale, who was born on May 12, 1820, earned respect and renown for the transformative contributions she made to the nursing profession. Her legacy led the American Nurses Association to select May as National Nurses Month. The observation highlights the contribution nurses make to the healthcare profession and to the well-being of their patients and communities. We are all indebted to nurses for the roles they play in helping us overcome illnesses, recover from injuries, and maintain wellbeing.

Nursing is America's largest healthcare profession, and it continues to grow. The U.S. Bureau of Labor Statistics expects the need for nurses to increase at a rate of about 6% per year. Contributing factors include emerging health challenges such as the recent pandemic, preventative care measures, the management of chronic conditions, and the medical needs of our aging population. In addition, as current nurses retire, the next generation of nurses must be ready to step up.

Melissa Arthur, Southside Virginia Community College's recently appointed Dean of Nursing, Allied Health, and Sciences, understands the importance of teaching future nurses. "Our nursing programs support healthcare and wellness efforts across the entire Southside region by producing competent and compassionate nurses who can deliver quality patient care. These programs provide students with the necessary knowledge and skills to become healthcare professionals."

SVCC's most popular program for nursing students is the Associate of Applied Science Degree in Nursing (ADN) program. The ADN program, which spans five semesters and takes two and a half years to complete, meets all the Virginia Board of Nursing requirements for pre-licensure nursing education, and graduates are eligible to take the NCLEX-RN (National Council Licensing Exam-Registered Nurse). A newly established weekend scheduling option makes this program available to students seeking classes and clinical experience in a Friday through Sunday timeframe. This program is accredited by the Accreditation Commission for Education in Nursing (ACEN).

For students who want to enter the nursing profession more quickly, SVCC offers a one-year, three-semester program leading to a Certificate in Practical Nursing (PN). Upon completion, students are eligible to take the NCLEX-PN (National Council Licensing Exam-Practical Nurse).

Nurse Aide Training provides the quickest entry into a patient-care oriented career. Adult students can enroll in a seven-week FastForward Workforce program, and dually enrolled high school students can pursue a one-semester program leading to a Nurse Aide Career Studies Certificate. Graduates may then apply to take the certification exam for Nurse Aide.

SVCC is proud of its role in educating the nurses who will serve hospitals, outpatient surgical centers, clinics, nursing homes, private practices, and other healthcare organizations across our region. As this academic year ends, we are delighted to honor 41 ADN graduates and seven PN graduates.

Choosing among the various routes to the nursing profession can be confusing. Ms. Arthur suggests, "Prospective nursing students can evaluate their interests and current abilities by considering their academic background, career goals, and personal strengths. They can also seek guidance from academic advisors, health science counselors, and nursing program coordinators, who can give them information about the different nursing programs available, the admission requirements, and career prospects."

If you or someone you know is considering a career in nursing, there is a wealth of information on SVCC's website at www.southside.edu/nursing. Prospective students are also invited to attend informational sessions and to meet with our health sciences counselor, Amanda Shook (amanda.shook@southside.edu); (434) 736-2214.

Dr. Quentin R. Johnson is president of Southside Virginia Community College, an institution of higher learning that provides a wide variety of education opportunities to a diverse student population within a service area that spans 10 counties and the City of Emporia. He can be reached via email at quentin.johnson@southside.edu.

Letters to the Editor

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Sylvia Allen
MANAGING EDITOR
news@brunswicktimes-gazette.com
sylviaallen@hughes.net



Amy Elliott
OFFICE MANAGER
ads@imnewspaper.com



Dennis Smith
SPORTS WRITER
(434) 774-4488
dennis.smith@southside.edu



Justin Moore
SALES REPRESENTATIVE
advertising@southhilleenterprise.com

NEWS ARTICLES: news@brunswicktimes-gazette.com
CLASSIFIEDS: ads@imnewspaper.com

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Robbery

Continued from page 1

The investigation led Investigators quickly to an address in the 500 block of Cedar Grove Road where a vehicle matching the description was located. Two of the subjects at the residence were identified as Bobby Ray Lankford, 30, from Robersonville, North Carolina and Darshaun Terrelle Perry, 25, from Lawrenceville, Virginia. Both subjects were detained and transported to the Brunswick County Sheriff's Office and a search warrant for the house was obtained. After interviews were conducted and the house and vehicles were searched, both subjects were

arrested and charged with crimes associated with the robbery. Bobby Ray Lankford was charged with robbery, use of a firearm during the commission of a felony and possession of a firearm by a convicted felon. Darshaun Perry was charged with robbery and use of a firearm during the commission of a felony. Both subjects are being held with no bond at the Meherrin River Regional Jail.

Special thanks to officers from the Lawrenceville Police Department, Virginia State Police, the Greensville County Sheriff's Office, and the helpful citizens of Brunswick County.

Preserving

Continued from page 4

ing and retaining the integral uniqueness of Ebony's history," Dr. Bell stated.

Anne Hartley with the Ebony Preservation Group provided some information about Dr. Bell.

Dr. Florine Bell is a native, minister, community leader, activist, and historian who lives in Roanoke Rapids, NC. She matriculated at Shaw, UV, NC State, and Duke UV and served in the following capacities since 1972. Bell has advocated for religious and humanitarian causes in Maryland, North Carolina, South Carolina, Virginia, the Dominion Republic, Haiti, and beyond. 1992, she held community meetings to revitalize the impoverished, excluded Lincoln Heights Community of Roanoke Rapids.

Through her leadership, the following developed, the founding of Lincoln Height's Community Development Coalition, Inc., the LH Community Development Center, Inc., and the Lincoln Height's Community Crime Watch Program. The Coalition received donations of two houses and land, which included the community center's building and a dwelling presently used for a homeless shelter. Further advocacy with residents prevented the construction of a proposed neighborhood waste transfer plant. In 2019, upon request, Bell was granted a free demolition of an abandoned dwelling in the community.

In (1999), Bell approached Halifax County officials for urgent remodeling, replacement, and demolition housing needs yielding USDA Federal Block Grants of \$750,000 and 1.2 million dollars in 2022 from the North Carolina Legislative and USDA funds. Also, she led negotiations between a property owner and the Lincoln Heights Community Center in 2022, resulting in twenty-two acres of land for a new community center and athletic field.

Dr. Bell is a noted historian, researcher, and genealogist who helped to lay the groundwork for the Roanoke Canal Museum, the Ella Baker Educational Project of North Carolina, the North Carolina Ella Baker historical marker, the Halifax County Underground Railroad, the Edward Cheek House Museum. She serves on several local history boards and Halifax County boards involving the Halifax County Child Protection Team and the Halifax County's Semi-Quincentennial Commission.



By CVHS Brunswick of Central Virginia Health Services, Inc.

It's that time of year when most of us enjoy the sunshine, but there are many people who have days where they feel like a dark cloud is hanging over their head. May is Mental Health Month, so it is a good time to support those who struggle with mental health conditions. In this Q&A series; Nora Vassar, Licensed Clinical Social Worker, answers questions that could help brighten a person's day and protect their overall health when their mental health has them feeling down.



Nora Vassar
Licensed Clinical Social Worker

Q: How do you combat the stigma associated with mental illness?

It is important to understand and communicate that an individual is not defined by a mental health diagnosis, just as they are not defined by a chronic medical condition. We call this 'Person First' language. For example, we don't want to say someone is 'Bipolar.' We would say a person has bipolar disorder. Just as we don't want to say someone is a diabetic, but the person 'has diabetes.' There is more to any person than their health and mental health condition(s).

It's also important to speak in an accepting manner about mental health challenges and especially when talking with any person who may be struggling. This can increase feelings of self-worth, increase the chances of that person seeking help, and decrease the stigma associated with mental health conditions. Anyone with a mental health challenge or diagnosis should be supported and encouraged to advocate for themselves as they work toward self-acceptance and understanding.

Q: How does one's mental health impact their physical health?

Many still believe the mind and body are separate, but the two are connected. Depression has been linked to an increase in high blood pressure and uncontrolled diabetes. Meanwhile, individuals struggling with a mental health condition are also more likely to use illicit substances and smoke cigarettes, which can damage one's lungs, heart, mouth, immune system and more.

About 50% - 80% of individuals diagnosed with a mental health condition also struggle with insomnia and sleep apnea that can cause negative impacts to one's physical health and make their mental health challenge worse. Lastly, people with mental health conditions are less likely to have access to adequate health care which allows medical conditions to go untreated for longer periods of time.

Q: What's important for people struggling with mental health conditions to know?

People struggling with mental health should know they are not alone. There are approximately 57.8 million people in the United States who struggle with a chronic mental illness. That equals to roughly 1 in 5 of our neighbors, friends, relatives, and coworkers that are trying to manage a chronic mental health diagnosis. These individuals should understand that there is hope and help available. Treatment and support can assist people in living long, happy, and productive lives free of stigma and shame.

If you're a person seeking compassionate mental health care services, we welcome you to CVHS Brunswick. Our practice is located at 8380 Boydton Plank Road, Alberta, VA where we provide medical care and dental care while mental health services are offered through telehealth using your electronic device like a cell phone, computer, or tablet. Everyone is encouraged to apply for our sliding scale, which is a discount on all services available to qualified patients based on one's family size and income. Please call to schedule an appointment or get connected with community resources in your area: (434) 949-7211.

NOW ON FACEBOOK

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The Brunswick Times-Gazette - Like Us At www.facebook.com/brunswicktimes-gazette

Answers from the May 10, 2023 puzzle

Weekly SUDOKU

Answer

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

Due to the **Memorial Day** weekend deadline for all ads will be **Wednesday, May 24 @ noon**

NOTICE OF INTENT TO ADOPT ORDINANCE RE: GREENSVILLE COUNTY TAX LEVIES

On Tuesday, June 13, 2023 at 2:00 p.m. at the Greenville County Government Building, 1781 Greenville County Circle, Emporia, Virginia, the Greenville County Board of Supervisors intends to adopt an ordinance which will levy the tax rates shown below for real estate, personal property, machinery & tools and farm machinery & tools for the tax year 2023.

	2022	2023
Real Property	\$0.67	\$0.67
Personal Property	5.00	5.00
Personal Property for Aircraft	0.00	0.00
Machinery & Tools	4.00	4.00
Farm Machinery & Livestock	0.00	0.00

The foregoing tax rates shall remain in force for calendar year 2023, and thereafter, unless increased or decreased by ordinance.

VCU Health CMH offering free summer babysitting course

SOUTH HILL - VCU Health Community Memorial Hospital's Health and Wellness Department will offer a free babysitting course this summer that teaches essential childcare skills needed for responsible babysitters caring for infants, toddlers and older children.

The Smartkids 101 Babysitting Training Course is especially designed for students between 11 and 14 years old. The class will teach students how to react in an emergency situation, including child and infant safety, poison control, CPR, first aid and basic childcare skills. Students will also learn about business and build self-esteem — skills that will last a lifetime. At the end of the course, students will receive a babysitting certificate and be certified in American Heart-Heart Savers CPR and First Aid.

This one day, 8-hour course will be taught in the VCU Health CMH Education Center (inside the [C.A.R.E. Building](#) in room 1113) at 1755 N. Mecklenburg Avenue in South Hill from 7:45 a.m. to 4:15 p.m. on the following dates: June 30, July 14, July 21, and August 4. A parent must come inside and sign the consent forms



VCU Health Community Memorial Hospital in South Hill will offer the Smartkids 101 Babysitting Training Course this summer in which students will learn about the babysitting business, build self-esteem and learn skills that will last a lifetime.

when they drop their child off.

The Smartkids 101 Babysitting Training Course is free but limited to 10 participants per day. To register for one of these courses, please contact the CMH Health & Wellness Department at (434) 584-5390.

VCU Health Community Memorial Hospital is a nonprofit hospital that is dedicated to being the leader in health services for the south-central region of

Virginia and portions of northern North Carolina. Since 1954, the hospital's employees, physicians, volunteers, and board of directors have worked to fulfill their mission of preserving and restoring health for all people of Virginia and beyond through innovation in service, research and education. Today, VCU Health CMH has a new hospital with 70 private patient rooms and a long-term care facility with an additional 140 beds. VCU

Health CMH provides a wide array of in-patient services, including acute care along with many outpatient programs such as home health, hospice and many others. Since inception, they have grown to be one of the area's largest employers with more than 780 employees, 132 volunteers and 139 providers, representing 26 medical specialties, on staff. Visit VCUhealth.org/CMH for more information.