



# Northern Neck Sentinel™

## The Voice of The People

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Volume 5 - Edition 9 - October 2022  
**FREE TAKE ONE**



### KING GEORGE PATRIOTS OPPOSE FORCED VACCINATIONS

John Haynes Jr. & Jeremiah Hansen

At the September meeting of the Northern Neck Patriots (NNP) the featured speaker was Jeremiah Hansen of a King George County based group called We Hold Rights. Several months ago, they began organizing to protest mandatory mandates, especially forced vaccinations, imposed on employees and contractors of the Dahlgren Naval Base in King George County. Most of the participants are employees and contrac-

*Jeremiah Hansen Addresses the NNP*

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### MASSIVE LAWSUIT FILED AGAINST ESSEX COUNTY

John Haynes Jr.

On September 8th Tim and Brenda Dolan, the owners of Riverstone Development Incorporated, filed a lawsuit that could exceed 30 million dollars against Essex County and three of their current or former officers. They include current County Administrator Michael Lombardo, former Essex County

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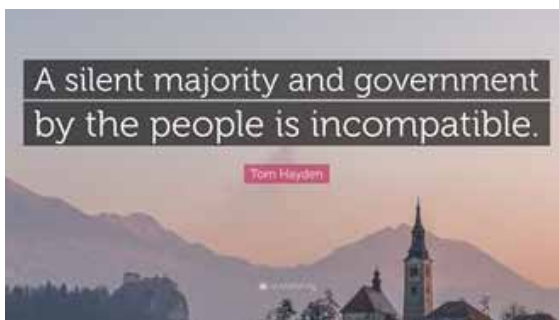
*(L to R) Dr. Robert Malone and Dr. Paul Marik*

### STATE OFFICIALS DUCK THE DOCS

John Haynes Jr.

For the past several months members of the Virginia Medical Freedom Alliance (VAMFA) have been trying to get answers from the Virginia Department of Health (VDH) as to why the dangerous and ineffective Covid "Vaccine" has been forced upon the public while cheaper and safer

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*Photo Credit: quotefancy.com*

### A BITTER PILL FOR THE SILENT MAJORITY

Laurin Farrell

The so-called "silent majority" is about to swallow a very bitter pill, not unlike the bitter pill I swallowed many years ago. If you are a member of the silent majority here is what I say to you:

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*Photo Credit: change.org*

### NIGHTMARES AND TRIBUTES

Richard Carter

Aphorisms to remember, and use: Republicans (or conservatives) think liberals (i.e., Democrats) are people with bad ideas. Democrats (liberals) think Republicans (conservatives) are BAD people. (Disclosure: I am one of the "bad" people.)

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*Photo Credit: Getty Images*

### THE GREEN RUSE

Lee Smith

Climate activists tell us that if we don't trade fossil fuel sources for "green" energy, the world will come to an end. The science, they say, is settled—even if they can't settle on a fixed date for the coming climate apocalypse.

However, observation of physical reality shows that the infrastructure needed for so-called clean energy is

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# Observations



John Haynes Jr., Editor



Photo Credit:  
shropshirestar.com

## THEY'RE GOING TO CHEAT BUT WILL THEY SUCCEED?

In case anyone harbors any doubts as to whether Democrats and their big tech enablers will again cheat in the 2022 midterms, they have been kind enough to answer our question. Of course, they will. In fact, they

are making little effort to conceal their nefarious plans.

On March 7th of 2021 President Biden issued an executive order weaponizing all 600 of the agencies of the federal government to assist in a “get out the vote” effort for the 2022 midterms. This was ostensibly to “expand” access to voting and relevant information for voters.

It is, of course, yet another way to use the power of the federal government and their overwhelmingly “progressive” work force to maximize voting in primarily Democrat areas while denying resources to Republican areas. It is eerily similar to the efforts of Big Tech in 2020, led by Facebook founder Jeff Zuckerberg’s 419 million dollar cash infusion, to successfully sway the election.

Needless to say, the White House has steadfastly refused to provide details of this massive vote rigging operation as discussed in an article in the Federalist by Molly Hemingway published on June 23rd. It stated, in part:

“President Biden really does not want the public to know about his federal takeover of election administration. Dozens of members of Congress have repeatedly asked for details, to no avail. Good government groups, members of the media, and private citizens have filed requests under the Freedom of Information Act. Not a single one has been

responded to. All signs indicate a concerted effort to keep the public in the dark until at least after the November midterm elections. The lack of transparency and responsiveness is so bad that the Department of Justice and some of its agencies have been repeatedly sued for the information.”

Mrs. Hemingway’s observations are hardly new. Immediately after Biden issued his executive order red flags began to pop up. After the shameful shenanigans of the 2020 election, many of those on the right have learned the hard way that their adversaries will stop at nothing to maintain their grip on power. In April of 2022 another article in the Federalist by Tarren Bragdon added further details:

“The average American does not think of federal agencies as responsible for voter registration and get out the vote efforts, and very few details have been released about the order’s implementation. This is by design—when politicians aren’t bragging, they are usually hiding.

In this case, the Biden administration is hiding an effort to require federal agencies to work with partisan private groups to strategically boost voter turnout in areas that would benefit Democrats. This order tips the scales to favor one party at every level of our representative democracy.

This is like the “Zuckerbucks” scandal that funneled millions of private dollars into Democrat-favored districts during the 2020 election. But rather than Facebook’s founder funding it, taxpayers would.”

Incidentally, after the recent disclosure by Facebook founder Mark Zuckerberg that the F.B.I. had influenced him to censor the Hunter Biden “Laptop From Hell” and the resultant backlash, you would think that the big tech platforms would be hesitant to pull the same stunt again. Unfortunately, you would be wrong.

According to a recent article in the America First Report:

“Did you think there was something wrong with the 2020 election? If you do, did you say anything on Facebook about your doubts? You could be in big trouble with the FBI. According to a story in the New York Post, September 14, 2022, “Facebook has been spying on the private messages and data of American users and reporting them to the FBI if they express anti-government or anti-authority sentiments — or question the 2020 election — according to sources within the Department of Justice.

Under the FBI collaboration operation, somebody at Facebook red-flagged these supposedly subversive private messages over the past 19 months and transmitted them in redacted form to the domestic terrorism operational unit at FBI headquarters in Washington, DC, without a subpoena.

‘It was done outside the legal process and without probable cause,’ alleged one of the sources, who spoke on condition of anonymity.

‘Facebook provides the FBI with private conversations which are protected by the First Amendment without any subpoena.’

These private messages then have been farmed



out as ‘leads’ to FBI field offices around the country, which subsequently requested subpoenas from the partner US Attorney’s Office in their district to officially obtain the private conversations that Facebook already had shown them.

‘It was a waste of our time,’ said one source familiar with subpoena requests lodged during a 19-month frenzy by FBI headquarters in Washington, DC, to produce the caseload to match the Biden administration’s rhetoric on domestic terrorism after the Jan. 6, 2021, Capitol riot.

The Facebook users whose private communications Facebook had red-flagged as domestic terrorism for the FBI were all ‘conservative right-wing individuals.’

‘They were gun-toting, red-blooded Americans [who were] angry after the election and shooting off their mouths and talking about staging protests. There was nothing

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**LAWSUIT FILED, CONTINUED FROM PAGE 1**  
Building Official Alwyn "Wynn" Davis and former Building Inspector Steven Verlander.

The central contention of the lawsuit as cited in the introduction is that the defendants willfully chose to: "unreasonably and unlawfully stall and delay Riverstone's development project for over 19-months. The conduct of the County, along with Davis, Lombardo, and Verlander was driven by their desires for retaliation, intertwined with their longstanding conflicts of interest."



(L to R) Tim and Brenda Dolan

The Sentinel has been covering this situation for over two years and we have corresponded on a regular basis with both the Dolans and Project Engineer Jeff Howeth. They have provided considerable documentation including correspondence between the parties involved. We have

also conducted an independent investigation. For those of you unfamiliar with the particulars of this situation I will provide a brief synopsis.

In August of 2019 Riverstone executed a contract to purchase 15.3 acres of land in Tappahannock adjacent to Hobbs Hole Golf Course. The purpose of the purchase was to construct an apartment complex of up to 153 units.



During this same period Riverstone hired Essex County resident Jeff Howeth to design the site plans and to assist in bringing the project to fruition. Mr. Howeth is a licensed engineer and land surveyor and he has participated in numerous development projects in the region over a period of many years. As such he is very knowledgeable of the procedures required to manage such a project.

The property to be developed lies within the bounds of the Town of Tappahannock but Essex County has the authority to issue building permits by mutual agreement with the Town. It should also be noted that the Town owns the water system where the proposed project was to be located and, as such, they are the health authority over that water system.

During his assessment of the project Mr. Howeth determined through testing that there was insufficient water pressure to operate a sprinkler system as normally required by this type of project. Fortunately, in some cases, the installation of fire barriers instead is allowed by Virginia Code provision 903.2.8. They cost more but are actually rated as equivalent to sprinkler systems. The actual provision is reproduced below:

"Group R-2 occupancies where all dwelling units are not more than two stories above the lowest level of exit discharge and not more than one story

below the highest level of exit discharge of exits serving the dwelling unit and a 2-hour fire barrier is provided between each pair of dwelling units. Each bedroom of a dormitory or boarding house shall be considered a dwelling unit under this exception."

As you can see, the Dolan's project was well within the stated guidelines. The Town acknowledged in a letter dated 2/13/20 that they could not guarantee sufficient water pressure. Mr. Howeth verified this with several tests and subsequently amended the project building plans.



Alwyn "Wyn" Davis

On January 9th of 2020 Mr. Howeth sent a letter to Essex County Building Official Alwyn Davis to verify that the project qualified for the allowed exception and that the exception would be honored. On January 13 of 2020 Mr. Davis wrote to Riverstone architect Bob Himmel that the project did indeed qualify for the exception but that he felt the apartments

would be "better served" with a sprinkler system and recommended further study to see if design modifications could be made with additional design.

None of this is required by the code and the lawsuit contends that Davis's decision was "arbitrary and capricious, and, as it turns out, retaliatory." Riverstone then asked for a written decision so they could proceed but Davis refused to do so and, instead, continued to ask for further information.

On 1/22/2020 Howeth wrote to County Administrator Lombardo advising him of the situation and stating that he felt that Davis had a conflict of interest and that his (Davis) decision was based on a wish for retaliation.

Mr. Howeth's assertions were borne out more than a year later as reported on in the April 2021 edition of Sentinel. The previous month both Mr. Howeth and Mr. Parker had addressed the Board of Supervisors with their concerns. Mr. Parker addressed a problem he was having concerning the Industrial Park and Mr. Howeth addressed the Riverstone situation, including criticisms of Mr. Davis. The article read, in part:

"Evidently Howeth's remarks did not sit well with Mr. Davis. A few days after the Supervisors Meeting Raymond Parker, who had also made a public comment at the meeting, was confronted by Mr. Davis outside of County Administrator Michael Lombardo's office. Mr. Parker had a scheduled meeting with Mr. Lombardo to discuss the possible acquisition by the County of some of his property at Lagrange Industrial Park.

Mr. Davis saw him and allegedly launched into a verbal tirade against Mr. Parker in which he insulted both Mr. Parker and Mr. Howeth regarding their comments at the Supervisors meeting. For the record, Mr. Parker's remarks did not even mention Mr. Davis.

Mr. Parker, who is elderly and has severe health problems, became so upset that he required medical attention.

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**LAWSUIT FILED, CONTINUED FROM PAGE 3**

Fortunately or unfortunately, depending on your perspective, Mr. Parker had a recorder in his pocket which he had just turned on to record the scheduled meeting with Mr. Lombardo.

I had actually scheduled an appointment to hear the recording which, according to Mr. Howeth, documented a heated verbal assault on Mr. Parker so severe that he (Parker) sought to obtain a protective order against Mr. Davis. I do not want to make any assumptions until I have actually heard the recording but I will provide an update in the May edition of the Sentinel."

After having heard the recording, I can verify Mr. Davis's alleged remarks and his contempt for both Mr. Parker and Mr. Howeth was obvious. Unfortunately, Mr. Parker passed away a few months ago but Mr. Howeth still has a copy of the recording which was also played for another County official who shall remain nameless at this time.

Further evidence of the antipathy on the part of Essex County officials arose in early 2020. In an attempt to move things along, Brenda Dolan met with Mr. Davis and Essex County Deputy Building Official Steven Verlander on January 30th 2020 to explain the water pressure problem and why the exception should be allowed.

When presented with a copy of Mr. Howeth's sealed engineering calculations, Mr. Verlander threw them across the table and stated that Mr. Howeth's work could not be trusted and that the work could be skewed. This begs a simple question. Why would Mr. Howeth request an exception that would cost considerably more than a sprinkler system? There is no rational explanation.

There are also several other examples of delays and obfuscation on the part of the County but, for the sake of brevity, I will save that for a future edition as this story will not be going away any time soon.

Shortly after the lawsuit was filed Administrator Lombardo made the following statement:

"The lawsuit filed by the Riverstone entity against Essex County and current or former employees has absolutely no merit and the County will defend it vigorously. Allegations of the lawsuit are either plainly false or readily disproven, if needed. Claims in the lawsuit have previously been considered by and denied by the Board of Building Code Appeals and the State Technical Review Board in previous appeals brought by Riverstone. Appropriate defensive pleadings will be filed asking the court to dismiss the lawsuit with prejudice, which will be scheduled for a hearing as soon as possible."

I recently spoke with Mr. Dolan regarding Mr. Lombardo's statement. Mr. Dolan, who holds a law degree himself and was first licensed in 1979, provided the following statement:

"County Administrator Lombardo was recently quoted as saying 'Claims in the lawsuit have previously been considered and denied by the Board of Building Code Appeals and the State Technical Review Board in previous appeals brought by Riverstone.' That statement is completely false. Neither of those Boards have considered our claims.

Lombardo has made this statement on previous occasions and I have pointed out his errors, but he continues to try to perpetuate this false narrative. In fact, the Board of Building Code Appeals and the State Technical Review Board simply found that the Essex County Building Official had made no decision regarding our request to apply a building code exception. This is exactly what WE were arguing.

The complete State Technical Review Board Final Order states: 'The decision by the local appeals board that no decision had been made by the building official to appeal is upheld.' Lombardo continues to mislead the Board of Supervisors and the public on this matter.

The allegations of the lawsuit are based on facts related to behavior of Lombardo and other County Officials, and will be proven in Court."

I have a copy of the letters from both boards and what Mr. Dolan stated is absolutely correct. It appears that much of the rancor on the part of Mr. Davis stems from the fact that Mr. Howeth has accused him of a conflict of interest for engaging with citizens in his private soil evaluation business for whom he was also responsible for issuing county permits. He also accused Mr. Davis, who was either terminated or resigned since then, of lacking proper credentials.

At the May 2021 Board of Supervisors meeting Mr. Howeth addressed both the Riverstone situation and the behavior of Mr. Davis as reported in the Sentinel:

"Local engineer Jeff Howeth was the next speaker. He first addressed the Board regarding a special exception request for the proposed Riverside Apartments Project. He

stated that the request was presented in February of 2020. He also pointed out that there was insufficient water pressure available to operate a sprinkler and that State guidelines permit the use of firewalls in these types of situations.

He also contended that the refusal to act by the County has generated over \$80,000 in legal fees thus far as well as another \$5,000 to \$10,000 in engineering fees. "When are we going to direct the building official to address the design exception request?" he asked. The official referred to is Alwyn "Wyn" Davis.

Mr. Howeth also asserted that Mr. Davis was "unqualified" and

that he (Davis) "did not have the required commercial certifications." Mr. Howeth then read the applicable state code verbatim. He also contended that a determination by a Special Prosecutor in 2020 that Mr. Davis was not guilty of a conflict of interest was a misinterpretation of the relevant statute."

It should also be noted that a conflict of interest complaint against Mr. Davis was filed with the Commonwealth's Attorney but was dismissed apparently out of hand. Amazingly, the investigator never even spoke to either of the Dolans or Howeth.

Having followed this closely for over two years I find the Riverstone lawsuit to be compelling. By needlessly refusing to address their situation the Dolans were dealt a severe financial blow. Since their initial application was filed mortgage rates and construction costs have skyrocketed. This will translate to higher rents if the project is ever completed.

Also, the cost to the County could be staggering. The lawsuit seeks 10 million dollars each for the four claims that they present plus \$350,000 in punitive damages, attorney fees, interest and any further relief that the court may grant.

It should also be noted that the second count claims a conspiracy which would result in treble (triple) damages. Thus, if Riverstone prevails on all four counts the combined damages could be well in excess of 60 million dollars. Aside from that it appears that the County has already spent over \$100,000 in attorney fees and other expenses related to this dispute.

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Essex County Administrator  
Michael Lombardo

**LAWSUIT FILED,**  
CONTINUED FROM PAGE 4

It is also important to point out that Mr. Lombardo has a history of intemperate remarks. In a communication from him to Mr. Dolan in April of 2020 he states: "The level of arrogance and ignorance demonstrated in your response is beyond the pale, Mr. Dolan." In another communication Mr. Lombardo refers to Mr. Dolan's conduct as "salacious".

Mr. Lombardo also insulted Mr. Howeth in yet another communication, stating: "Let me take a moment to remind you that Ms. Dolan is the applicant for this project and that you were hired by the applicant to perform certain services; your involvement, particularly as it begins to veer in the direction of questioning my motives and integrity are not appreciated."

Mr. Lombardo's lack of impulse control was recently witnessed in a work session for the Board of Supervisors. A verbal dispute between him and Supervisor Sidney Johnson over a boundary dispute became so abusive and heated that Chairman Akers threatened to eject both of them from the meeting unless they desisted.

Sadly, this situation might have been prevented had the County properly vetted Mr. Lombardo before hiring him. According to newspaper reports, Mr. Lombardo's previous three jobs resulted in non-renewal of his contract, a firing and a resignation under pressure.

The Sentinel will continue to follow this evolving story. It will be interesting to see how a jury of local citizens will determine the price of arrogance.

**KG PATRIOTS,** CONTINUED FROM PAGE 1  
tors themselves and they face the prospect of either taking a shot that many doctors advise against or losing their jobs. That is a decision that no one should have to make. After he spoke at the NNP meeting I asked Mr. Hansen if he would submit an article about his organization and their mission. His verbatim submission is as follows:  
Stopping Job Vaxism

A year ago, President Biden signed executive orders forcing COVID-19 vaccines on most people within the United States. His executive orders provided only the most limited exceptions. These orders presumed the ability of the President to dictate medical choices, enforced by losing your job and career. Whether you agree with the covid vaccine or not, the loss of autonomy in medical choice violates human rights. The executive orders have been in various court challenges for almost a year. Of the rulings issued so far, most of the orders have been found unconstitutional and illegal. The orders pertaining to federal employees and to the military still are awaiting court hear-

ings and both have, as of this writing, injunctions against their enforcement. Mandates affecting health care workers are still in force.

The fight hasn't been solely in the courts. When the orders were issued, those with opposition to the covid vaccine, or just opposed to revealing their vaccination status, faced unemployment, loss of careers, and challenges feeding their families. The expansive nature of the mandates gave a stark and hopeless outlook, eliminating many of the places federal employees could go. All of them were alone

in facing these decisions. Near the Dahlgren Navy Base, a small group got together to weigh their options. They decided to fight the mandates and support each other. By word of mouth, the group quickly grew over the next several months. People volunteered their time, ideas, and organized meetings to share information and socialize. They organized under the name We Hold Rights, as they refused to surrender their right to medical freedom. Members discovered that information was hard to track on court cases, mandates, and vaccine efficacy. Volunteers developed a website, weholdrights.com, to put the best information together on legal rights, court actions, and information for and against the vaccines. They formed protests to be heard by their management and to show their co-workers they were not alone. Reactions to protests from military and civilians started negatively, including flipping the bird and curses. Eventually the reactions became positive and isolated unvaccinated people who saw us realized they were not alone. Many showed their gratitude for standing up to the mandates and joined the cause.

Mandate induced stress was compounded by discrimination, both official and unofficial. This discrimination is continuing, even after the court injunctions. Officially, those who are unvaccinated have been required to test for COVID on regular intervals, often while being publicly shamed. Early on, only the unvaccinated were required to mask up in buildings, making it obvious who had submitted a religious or medical accommodation, which is private information. Travel is forbidden for unvaccinated, often without consideration for mission completion or test requirements. Travel has also been used to strip the unvaccinated from their positions, forcing them to train their replacements who had the vaccine. Unofficially, those without the vaccine have been subjected to verbal ridicule, insults, and "counselling sessions" by superiors, which amount to being harassed for not taking the vaccine due to their religious and/or medical objections. It is known that directions on how to implement vaccine restrictions is being passed verbally to avoid any trace of the orders. To give you an idea of the official attitude, VADM Galinis sent an all hands email stating:

*My message today is directed toward those of you who are eligible but have not yet made the decision to get vaccinated. ... Frankly, if you are not vaccinated, you will not work for the U.S. Navy." VADM Galinis, All Hands Email Oct. 14, 2021*

VADM Galinis's email made it clear that no one would be allowed to refuse the vaccine, and used emotional coercion ("Do it for your career and your loved ones.") to make his point. His email, however, ignored Federal law that allows for religious and medical objections to medical procedures. He pressured the use of Emergency Use Authorized (EUA) vaccines, which is likely a violation of US Code 21 Sec. 360bbb-3. The attitude of various commands has been to ignore objections and to blindly press ahead with the mandates until the courts ordered an injunction. Those same commands continued discriminatory measures, some of which are still in place. Anyone providing a challenge to

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## Home Feeling... Cramped?




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# LOCAL NEWS



## ESSEX COUNTY NEWS COUNTY BEING SUED • SCHOOLS SHOW PROGRESS

*Essex County Schools Superintendent Harry Thomas*  
At the end of August, I was tipped off that a major lawsuit was being filed against Essex County by real estate developer Tim Dolan and his wife Brenda. Sure enough, on September 8th a lawsuit was filed by the Dolans against Essex County and three of their current or former employees.

The total of the damages could exceed 60 million dollars if the Dolans prevail on all four of their claims. There is a front page article in this edition providing further details of what could be a major case of government malfeasance.

On a more positive note, there were several hopeful developments announced regarding Essex County Schools in September. At the School Board meeting on September

CONTINUED ON PAGE 7



## LANCASTER COUNTY NEWS ARMISTEAD NICKENS HONORED • SHORT TERM RENTALS REVIEWED

Short term rental properties have come under scrutiny the last few years as they have grown in number.

This topic was discussed at length at the September meeting of the Lancaster Planning Commission. County Administrator Don Gill was present at that meeting and he provided some key insights.

According to Mr. Gill, the number of short-term rentals in Lancaster County has risen from 10 in 2018 to the current number of 67 units. That number does not include units in incorporated towns. As the number of units has increased so have the number of complaints.

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Photo credit: salon.com

## NORTHUMBERLAND COUNTY NEWS SOLAR PROJECT PAUSED

After extensive discussion and a last minute reversal by Supervisor James Long, the Northumberland County Board of Supervisors decide to delay a decision on an application for a solar project in Reedville. The project was being proposed by Community Power Group (CPG), a Washington, D.C. solar company.

CPG would be required to obtain a Conditional Use Permit (CUP) to erect their facility as the land to be used is currently zoned R-2 Residential waterfront. The 26 acre site is on Fairport Road in Reedville and, according to CPG, it would be a 5 MW facility that would be able to serve 1,250 locations.

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Photo Credit: bayjournal.com

## RICHMOND COUNTY NEWS FONES CLIFFS SALE NOV. 3RD

The controversy over the fate of the iconic landmark known as Fones Cliffs will be determined on November 3rd, ending eight years of controversy. That is the scheduled date for the auction resulting from the bankruptcy of the Virginia True Corporation. They are the current owners of the property.

The minimum bid is \$4,250,000 and the winning bid will be submitted to the bankruptcy court which will decide if it is sufficient to satisfy the creditors claims. Virginia True paid \$12,000,000 for the property in 2017. It was originally intended to include a golf course and a luxury hotel along with as many as 718 homes. The total investment over 30

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## WESTMORELAND COUNTY NEWS BUGGY SIGNS POP UP

The buggy signs that are common throughout the rest of the Northern Neck have finally come to Westmoreland County. Northumberland County has also added signs. These additions are based on discussions with local residents and businesses and

are the result of the increasing population growth spurred by Amish and Mennonite families.

Richmond county, which has a rapidly growing population of these families installed their first signs in 2019 and they have become a necessity. Just last year there was a horrendous accident near Warsaw resulting in serious injuries. Although the buggies used are equipped with flashing lights for dusk and nighttime, it is still a major hazard.

The two Westmoreland County signs are located near the intersection of Oldhams Road (Rt. 203) and Three Way

Road (Rt. 620) and Cople Highway (Rt. 202) and Oldhams Road (Rt. 203). The Northumberland County signs are Route 202 near Callao and near the intersection of Hampton Hall Rd. (RT. 202) and Lively Hope Rd. (Rt. 617).

These buggies move very slowly and drivers should try to stay as far away as

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## IT'S TIME TO DIVE!



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**ESSEX, CONTINUED FROM PAGE 6**

12th Superintendent Harry Thomas announced that the school Standard of Learning (SOL) scores were the highest recorded since 2001. This is truly amazing considering the effects of the Covid Pandemic shutdowns.

At that same meeting it was reported that the schools are making significant progress with their recently implemented policy of prohibiting cell phone use during school. Cell phones have been a major distraction any many attribute their use to a decline in academic achievement. So far, the students have been cooperative.

It was also announced that the Teachers For Tomorrow Program, which encourages students to major in education with the intent of returning to teach in Essex County, has been a success. This program helps with scholarships, dual enrollment programs and other incentives. This opportunity has been available for many years and it is encouraging to see a local school system take advantage of this productive program.

The September meeting of the Board of Supervisors was called to order by Chairman Rob Akers. Following the Invocation and the Pledge of Allegiance Supervisor Gill asked that a legal matter discussed in closed session be added to the agenda. His request was granted.

There were no presentations or public hearings scheduled so the floor was then opened for public comment. The first speaker was Jeff Howeth, a local engineer that ran for Supervisor this past November.

Mr. Howeth asked the Board if an official zoning map had been completed. He was advised that it was and he then thanked Jeff Hodges for his efforts in doing so. He also referred to what he characterized as “anomalies” in the map and asked that those be resolved before the new map was officially adopted.

Mr. Howeth then cited some particular examples that he was aware of. Additionally, he requested that the process be delayed “30 or 40 days” to allow local citizens to review the map for other possible errors. There were no other speakers so the public comment period was closed.

The County Administrator Report was given next by Administrator Lombardo. He advised the Board that he had sent out an email suggesting a boundary line adjustment between Essex and King and Queen counties. It has been forwarded to King and Queen County and they are adding

it to their agenda for consideration. If they agree, County Attorney Sands Anderson will prepare the appropriate resolution to make the changes.

Supervisor Magruder then thanked Sheriff Holmes for the efforts of his department in picking up tires and other debris around the County. He also thanked the Treasurer’s office for their ongoing efforts to complete the audit.

The Consent Agenda was then approved. Next was a discussion of updates to the County Maintenance Code. The Board was advised that details had been provided at the work session and asked that the changes be approved. The changes were then approved. It was also decided that Ernest Saddler would be hired as the new Property Maintenance Official. He is fully certified.

The meeting was then adjourned to go into closed session for personnel and legal considerations which undoubtedly refers to the Dolan lawsuit. The entire meeting lasted 21 minutes.

**LANCASTER, CONTINUED FROM PAGE 6**

Most complaints concern misbehavior by renters including noise, trash and excessive numbers of people. Mr. Gill also pointed out that most neighboring localities require special exceptions or conditional use permits for short term rentals. Most also impose other limits such as limiting number of occupants and what types of activities are permitted.

Gill also informed the Commission that for fiscal year 2022 the County has collected \$15,093,42 in lodging taxes and \$1,300 in registry fees. Renters also spend money in local businesses. Commissioner Chupp defended the rentals, saying: “It’s become a big part of our economic life in this County. It’s bringing a lot of money into our community.....I think we need to be extremely careful how we do this.”

Two local residents rose to complain about the rentals and the problems that they had experienced. Administrator Gill advised that the County staff would begin reviewing possible changes to be reviewed at the October 20th meeting and that a Public Hearing would be scheduled for November.

The September 29th meeting of the Board of Supervisors turned out to be a lengthy affair, lasting over three hours. The first presentation was by David Beale who is the Resident Engineer for VDOT. He informed the Board that Hurricane

lan, was expected to bring between 2 to 4 inches of rain with winds between 30 to 40 miles per hour. The ferry will be running unless the winds become excessive. As of press time on October 10th we can report that damage from the storm was minimal.

Mr. Beale also reported that they had completed brush cutting in the Merry Point area as well as shoulders work, site distance trimming, pot hole repair, brush cutting and ditch cleaning county wide. Mowing on secondary roads has also begun. Snow contractors are being signed up and the paving schedule was scheduled to be complete within a week.

The next item was a resolution honoring Armistead S. Nickens that was read aloud by Chairman Palin. The resolution also established October 15th of every year as Armistead Nickens Day. Mr. Nickens, a native of Lancaster County, lived from 1836 to 1906. He was born as a free black with ancestors that fought in the Revolutionary War.

In 1871 Mr. Nickens was elected to the Virginia House of Delegates where he served two terms. He is the only black resident of Lancaster County to date to serve there. Mr. Nickens also donated land for one of the first black schools in the area. He was also one of the first to advocate for the building of the Downing Bridge. His portrait currently hangs in the Supervisors Meeting Room. An historical road marker has also been erected in his honor. The presentation of the resolution to descendants of Mr. Nickens was met with a round of applause.

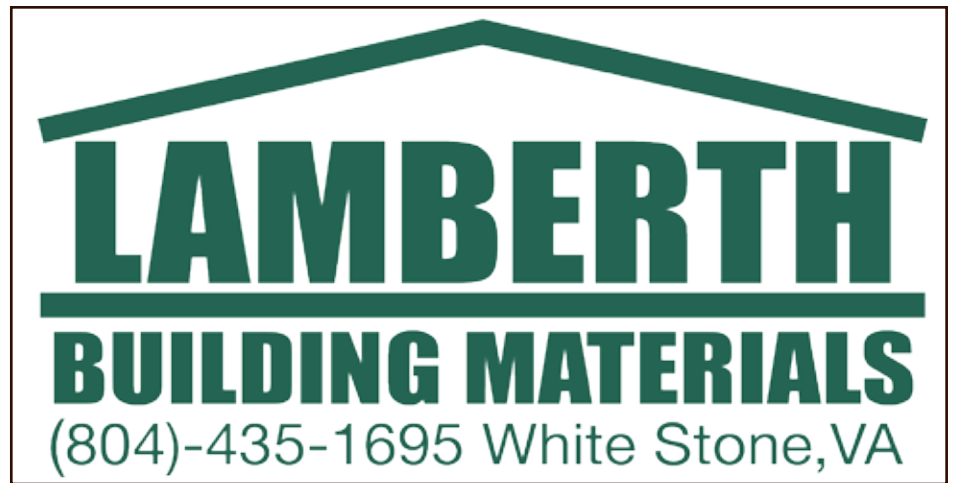
**NORTHUMBERLAND, CONTINUED FROM PAGE 6**

There was a laundry list of conditions to be imposed including but not limited to screening, a surety, setbacks, screening, revenue sharing and a fire prevention plan.

It soon became apparent that many relevant details were not yet available which prompted Supervisor Long, who had advocated for the project, to agree with a delay before proceeding. Several other considerations were also brought up by the other supervisors.

Supervisors Jett and Tomlin both expressed concerns about the siting agreement which would largely determine what revenues the County would receive from the proposed project. County Attorney Eric Gregory informed the Board

CONTINUED ON PAGE 10



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Carl Failmezger was a Virginia Magistrate and a graduate of  
 William and Mary (Law/MBA) and Dartmouth Colleges.

Licensed as a Virginia Attorney since 1992



## CARL'S COMMENTS: WHO SABOTAGED THE NORDSTREAM GAS PIPELINES?

Carl Failmezger

Since the two Nordstream pipeline explosions were 50 miles apart and not caused by any natural event, they were determined to be the result of sabotage.

Western media blames Russia, but why would Russia blow up its own \$7 billion pipeline ? These pipelines were not only a huge source of revenue with Russia having complete control over the gas flow, but they also gave Russia strong leverage over European governments.

Western media conceals 2 crucial videos and other incriminating facts.

In February 2022, Pres. Biden publicly stated "If Russia invades, that means tanks or troops crossing the border of Ukraine again, there will be no longer a Nord Stream 2. We will bring an end to it." When asked how he could possibly end a European pipeline, Biden replied "I promise you, we will be able to do it."

In January 2022, Assistant U.S. Sect. of State Victoria Newland (whose other video shows her planning the 2014 Ukraine coup) said "If Russia invades Ukraine, one way or another, Nord Stream 2 will not move forward."

A January 2022 report from the Rand Corp. think tank was delivered to the White House, State Dept., CIA, NSA, and Democratic National Committee. The leaked report focuses on avoiding a November 2022 Democratic election loss by halting Germany's cheap supply of Russian gas to fix the US economy and undermine the German economy.

On June 14, 2022, our U.S. navy conducted testing of new underwater mine detection technology off the Danish Bornholm Island where sabotage occurred.

In July 2022, the CIA warned Germany of a possible attack on the pipelines by Ukraine. How could the CIA know about this attack unless the US was involved in the commission of this crime?

On the day before these explosions, the USS Kearsarge was spotted between the two sabotage sites.

Was it a coincidence that on the same day as this sabotage, a Western pipeline was opened from Norway to Poland but delivering more expensive gas?

I smell a rat, and his name is Joe Biden.

Biden and his Deep State minions are villains who created another international horror show and need to be stopped in our future elections.







# EYE ON THE NATION



Photo Credit: hubpages

## SURE, LET'S PAY REPARATIONS

By: Tim Young

Keep in mind as you're reading this that I'm clearly the racist here. I'm a white, straight, male conservative Republican—wow, come to think of it, I tick all the Left's boxes for the worst person ever, and that's even before they begin to read my Twitter.

Reparations for hundreds of years of slavery in America have been a Democratic Party talking point for the better part of a few decades. Democrats, when up for reelection, love to float this idea, along with many other government handouts, to minority communities in order essentially to buy their votes.

From a 50,000-foot perspective, it's a pretty racist concept because the Left ultimately believes that waving money in front of people of color—not presenting better policy—is how you get them to vote. Leftists also claim that people of color somehow don't know how to obtain a government-issued identification card to vote, so this is par for the course.

Even though it goes without saying that slavery is bad, I have to state it here. Slavery is bad. If I don't say it, then someone eventually will comment that I love slavery, even though the person criticizing me probably drives an electric car, watches Disney movies, and loves Nike athletic apparel. In case you don't catch on to things too quickly, all of those items are manufactured or distributed via a system of slavery still very much prominent in some countries around the world.

We can't deny slavery shaped world history. Don Lemon, who recently lost his primetime show and was demoted to CNN mornings, knows all too well that slavery was both bad and had a major impact on the world. In his coverage of Queen Elizabeth II's funeral, he questioned Hilary Fordwich,

an expert on the royal family, as to whether their immense wealth should be used to pay reparations. Her answer silenced the typically verbose Lemon:

Well, I think you're right about reparations . . . if people want it though, what they need to do is, you always need to go back to the beginning of the supply chain. Where was the beginning of the supply chain? That was in Africa.

Fordwich then discussed how Great Britain was the first country in the world to stop slavery:

"Which was the first nation in the world that abolished slavery? The British . . . Two thousand naval men died on the high seas trying to stop slavery. If reparations need to be paid, we need to go right back to the beginning of that supply chain and say, 'Who was rounding up their own people and having them handcuffed in cages?'"

Lemon was stunned. Fordwich had replied to him, not only acknowledging that slavery was bad but also that reparations should be paid—and she used history to point out that it wasn't evil white people who were the beginning of the "supply chain." Africans were rounding up and selling other Africans.

So why is it that when the Left discusses reparations for slavery, which existed far before the African slave trade across the Atlantic Ocean, they always seem to be demanded of the American government—and, in this instance, the royal family?

If reparations were based on actual historical facts, a lot more than just white people and the U.S. government would need to pay up. Bill Maher in his "New Rule" segment this past weekend put it perfectly:

Everybody who could afford one, had a slave, including

people of color. The way people talk about slavery these days, you'd think it was a uniquely American thing that we invented in 1619—but slavery throughout history has been the rule, not the exception. The Sumerians, the Egyptians, the Greeks, Romans, the Arabs, British, the early Americans—all the way up through R. Kelly.

Maier added that the world slave comes from "Slav, because so many Slavic people were enslaved—and they're as white as the Hallmark Channel."

The conversation about reparations for slavery has as much to do with reparative justice as the Inflation Reduction Act has to do with reducing inflation. The goal is to trick people into more division, hatred of one another, and maybe even get them to vote as if they think a handout is soon to be on its way given some particular outcome. Another leftist goal is to cash in on this division by getting paid millions to teach a false version of the history of slavery—a false history that even Maier noted with his backhanded

CONTINUED ON PAGE 10

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**REPARATIONS, CONTINUED FROM PAGE 9**

reference to the "1619 Project."

But what's the ultimate end here? Bankrupting the federal government? Civil War II over the same issue that sparked our first Civil War? Or establishing a new system of welfare to keep people under the thumb of the current regime?

Whatever nefarious plan explains it, history's fingers should be pointed in lots of other directions outside of America. Slavery wasn't started here, the supply chain of slaves didn't come from here either. So why should we, much like the royal family, be forced to foot the bill for the reparations that are never coming? Perhaps it's because the leftists rewriting the history of slavery believe that western cultures have more money to tap into than the countries that began that supply chain—which is, dare I say it, racist.

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**NORTHUMBERLAND, CONTINUED FROM PAGE 7**

that the required CUP could be denied or rescinded if the agreement was not satisfactory. Supervisor Tomlin even went as far as demanding a formal approval of the plan due to the potential liability of the County.

Concerns were also expressed about the eventual decommissioning of the project. Most of these facilities have a lifespan of between 25 to 30 years. Supervisor Tomlin insisted that a surety bond was not enough and that he

felt that the owners should also be personally responsible. Chairman Haynie also voiced concerns and stated that the suggested amount of \$144,250 for the bond was "nowhere near enough money."

From early on it appeared that Supervisor Long was the only one who wanted immediate approval. In fact, he made a motion for approval but couldn't get any of the other four supervisors to second his motion. Despite that Long was insistent, stating: "You have either got to go ahead and vote on it and get it out of the way and then you can move on to something else. It's as simple as that and I'm ready to vote for what we have on the table."

At that point Supervisor Jett pointed out that if Supervisor Long's motion was voted down that the applicant would have to wait a full year to reapply. After the County Attorney verified that Supervisor Jett was correct, Supervisor Long withdrew his motion, stating: "I sure don't want to hurt the chances."

It was finally decided to have the County staff gather more information for the October meeting.

In other County news the Board of Supervisors approved the construction of an Amish School in Callao. The Conditional Use Permit (CUP) had originally been discussed at the August meeting but was carried over to the September meeting to allow time to investigate sewage restrictions for religious schools.

There had been quite a controversy in neighboring Richmond County over the systems used which are called vault privies. Richmond County eventually approved their use.

The final vote to approve the CUP, including the use of vault privies, was unanimous. The applicant was Daniel Swarey and the school will be located on Fruit Plain Road.

It is also worth noting that the local schools have had their first increase in enrollment in three years. Director of Instruction Adam Letizia reported at the September School Board meeting that the fall enrollment for 2022 is 1,207 students which is 23 more than last year. It is hard to say if this is really an improvement considering the fact that the Covid Pandemic has ended and parents are no longer hesitant to send their children to school for that reason.

**RICHMOND, CONTINUED FROM PAGE 6**

years was an estimated 330 million dollars.

Environmental groups have been pushing for the preservation of the site for years and Fish and Wildlife was interested in purchasing the property at one point. The disposition of this valuable property has been a controversial topic for years and the eventual outcome is unclear.

Another topic involving a historic Richmond County landmark is the announcement of a \$1,000,000 grant for Menokin by the General Assembly. Menokin was the home of Francis Lightfoot Lee who, along with his brother Richard Henry Lee, signed the Declaration of Independence.

Located in Warsaw, Menokin has garnered 5.7 million dollars to date and it is estimated that another 3.5 million will be needed over the next four years to substantially complete the project. Menokin is not only a tourist destination

CONTINUED ON PAGE 25

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# LETTERS TO THE EDITOR

## INDEPENDENT CANDIDATE SPEAKS

Since collecting petition signatures in February and qualifying for the November ballot on June 2, 2022 many from the fishing community have all said Wittman has never supported them in his 15 years in office. During the Guinea Jubilee to Honor the Fishermen I asked groups of fishermen if it's true Wittman has never supported their industry and they all said "no he hasn't, we don't want him any longer"! Explaining to them who I am and giving them my cards so they can continue sharing my message was quite the Jubilee. His total lack of support towards a significant hard working blue collar class of patriots surrounded by Salt Life has come to an end. November 8th Wittman is out!

On Thursday September 22, 2022 I attended the 'Middlesex County Candidates Forum 2022' now on YouTube, allowing Dawn Moore, President of the NAACP Middlesex Branch to have her dream become a reality. You see for 10 years Wittman has never even responded to her invitation. How dare anyone in Congress turn their back on their constituents and give them a 'cold shoulder'!

I look forward to accepting many more invites for Town Halls or Debate style Forums for Q&A from the voter base. Sincerely,

David Bruce Foster,  
Independent Conservative Candidate for VA1  
4106 Piney Swamp Rd; Hayes, VA 23072; 757-748-6458

## NOW OR NEVER

There have been misleading and one-sided letters that have appeared lately against Congressman Wittman. Most of the writers talk about how Wittman did not vote for some of the recent legislation, most particularly, the Infrastructure Bill, and the "Inflation Reduction Act." The writer's remarks did emphasize some of the points in each bill that would aid the bills' causes, but left out the parts that would cost tax payers huge amounts of money. Both of these bills were sponsored and supported by socialistic liberals.

Let's take for example the Infrastructure Act: \$2.25 trillion dollars, of which only \$5.11% actually goes toward repair of bridges and roads. The largest part of the act

finances liberal Green New Deal activities.

Let's look at the "Inflation Reduction Act." Yes, there are some good features that will help citizens, but again, there are facets ignored that will do the opposite. Almost everyone today has some kind of plan (investment or retirement) that owns stock in corporations. One of the acts features putting a minimum 15% tax on large corporations. This will do nothing but hurt dividends and impede growth. Again, most of this act focuses on climate change and other liberal socialistic programs.

Look at what the liberals have done to education, crime, energy, and inflation to mention just a few. If we don't reverse the socialistic trends that the liberals are trying to force through in this election we will sink to a point of no return.

Bob Norman; Lancaster, VA

## MEANS, MOTIVE AND OPPORTUNITY

You have no doubt heard of the explosions that ruptured the Russian pipeline in the Baltic Sea. This pipeline (actually two separate pipelines) is called the Nord Stream pipeline.

The pipeline is a heavy duty item, reportedly with a steel wall 1.6 inches thick encased in over four inches of steel reinforced concrete. In the area of the explosions, the pipe is 230-300 feet deep.

I understand both pipelines were ruptured by separate explosions. (Some say four separate explosions) This was no accident. It was sabotage.

The big question: "Whodunnit"?

From watching crime shows, etc. on TV, police try to establish the means, motive and opportunity, to determine the guilty party.

RE Means: The depth of water and force of the explosions (which were recorded on the Richter scale in Sweden) suggests only a country with strong underwater naval capabilities could pull this off. That limits the suspects to Germany, Great Britain France, the United States, Russia and China.

Chinese and French naval activities in this area would be noticed, so I'm discounting them.

Great Britain has been focused on the naming of a new Prime Minister and significant economic problems, so I'm also discounting them.

RE Motive: Germany and

Russia have no motive. Germany will freeze in the dark w/o Russian gas. Russia would not destroy its own pipeline. It could simply turn off the spigot if it wanted to shut off gas to Germany.

Regarding the United States. The State Department has fears that Germany would go "Wobbly" regarding sanctions on Russia and cut off arms shipments to Ukraine and beg Putin for energy. The explosions mean Nord Stream is no longer available for gas shipment to Germany. Repair of the pipeline(s) will take a year or longer.

I'll also refer you to a Tucker Carlson TV clip where President Biden states (prior to the invasion) "If Russia invades...then there will be no longer a Nord Stream 2. We will bring an end to it." Also, Victoria Nuland, a long time Biden/Obama behind the scenes powerhouse has previously threatened the Nord Stream pipeline: "If Russia invades Ukraine, one way or another, Nord Stream 2 will not move forward."

Ukraine surely has a motive as retribution for Russia's invasion of Ukraine. Notwithstanding Ukraine's unexpected success in defending its own country, the scope of the sabotage is assumed beyond Ukraine's capability.

And now we get to opportunity: I invite you to read the following article (sent in a separate email), published by the U.S. Naval Forces Public Affairs Office, regarding a joint NATO exercise in the Baltic region, led by U. S. Naval Forces, beginning in June, 2022. The purpose of the 10 day exercise was to gain superior underwater mine hunting capability, using advanced underwater vehicle technology. In other words, the Navy had the opportunity to plant explosives on the pipes in June for remote detonation at the time of the Biden Administration's choosing.

Means, Motive and Opportunity. What do you say President Biden?

Everyone should be concerned of the ramifications of an enfeebled president with a powerful backroom staff driven by ideology. World Wars have started with much less provocation.

Ron Benson; Lancaster, VA

## CHEAT, CONTINUED FROM PAGE 2

criminal, nothing about violence or massacring or assassinating anyone."

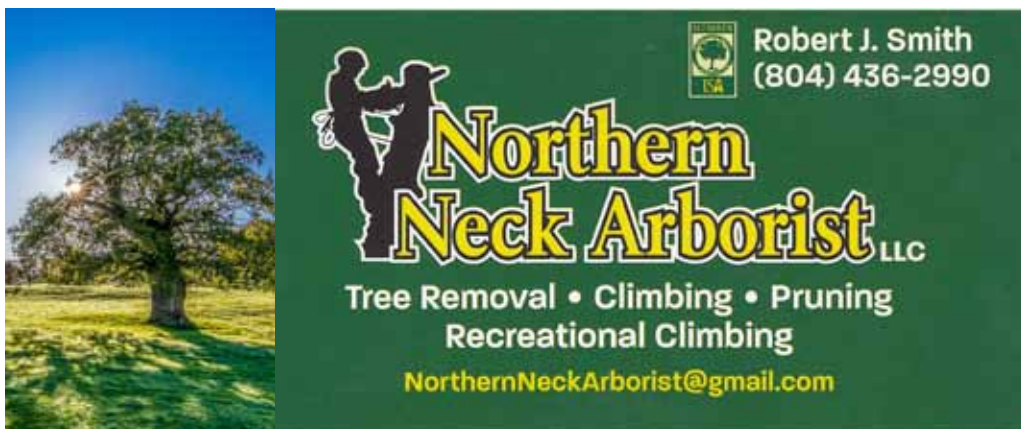
None of this should come of as a surprise to those who have been paying attention. After all, this is, as Yogi Berra once famously said: "Deja Vu all over again". Different time same game. Don't forget, once the outcome of the 2020

CONTINUED ON PAGE 25

## LETTERS TO THE EDITOR POLICY

The Sentinel encourages Letters to the Editor and all viewpoints are welcome.

- Please limit submissions to 500 words.
- The deadline is the last work day of each month.
- Profanity and personal invective will not be allowed.



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Faces Are Intentionally Blurred to Protect the Participants

**KG PATRIOTS, CONTINUED FROM PAGE 5** the discriminatory measures is either ignored or disparaged as if it isn't "a big deal."

Mandate induced stresses and discrimination on federal employees, and anyone also under mandates from other authorities, can be debilitating, disheartening, and occasionally leads to medical issues. It's a major deal for most, many of whom are experts in their fields. An early survey of the We Hold Rights group found that those refusing the vaccine had an average of 15 years of government experience, often in fields that are not found in non-federal workforce. The impacts to them and their families are their major concern, especially when it comes from the same employer they have patriotically served. The personal stories follow similar themes, all from vaccine-based discrimination. A sole breadwinner with small children, who is religiously opposed to the vaccine, stresses over feeding their family. A worker with auto-immune condition refuses the vaccine due to the risk, and is forbidden from traveling. As a result of not being able to travel, they can no longer fulfill their job and are required to train their replacement. An unvaccinated expert in their field is required to test for covid twice a week without any symptoms, in front of their vaccinated peers, who have the privilege of testing in private. They are forbidden from traveling and are threatened with losing their career for being unable to perform their duties, though it is the employer who is prohibiting their duties. They are often told to just get the vaccine and it all goes away. Even with a temporary pause on enforcing the vaccine mandates,

any of these situations can lead to stress related medical conditions. In all of these cases, it was the mandate and the discriminatory implementation that caused the damage. Is this treatment of people with ethical and medical concerns related to the Covid vaccine right? This question, among others, have been raised to their superiors, and they were ignored, mocked, or questions deflected, serving to further disenfranchise those asking by silencing them.

The impact of the mandates and the discrimination isn't going away anytime soon. It is known that losing those opposed would likely reduce about 10% of the workforce on average. For Dahlgren, that would equate to around 500 federal employees and about 7,500 years of experience. The US Army has already removed 57,000 Reserve and National Guard soldiers, who refused the vaccine, reducing the Army reserve forces by 8%. Preserving military readiness is used to justify these mandates in the DoD, but far more DoD individuals have been lost by removal than were ever lost due to COVID. Overall, the impact of government personnel losses would be DoD weapons program schedule slips, increased costs, and reduced capability. Employee losses would reduce availability of services like welfare and Medicare. It would hamper efforts at patrolling the border and supporting policing efforts. Adding to these concerns is evidence of the government ignoring existing federal laws in pursuit of the mandate. Recent news articles have discussed an illegal cover-up at the Department of Defense Inspector General's office in order to silence and disenfranchise the unvaccinated. Morale has plummeted, and the mandate restrictions have shattered trust in government organizations and the medical establishment. The politicization and coercion used to further the mandates has fragmented friends and families, which will take time to heal, if it ever does.

Nations that were previously tyrannical about enforcing vaccine mandates, like France and Canada, have dropped travel mandates and, in some cases, nationally. Other nations, like Denmark and UK, have stopped giving COVID vaccines to people under certain age limits. Meanwhile, US Courts continue to find covid mandates to be illegal. Major US cities, like New York, are rescinding their own mandates. The pandemic is over for pretty much everyone. Yet, President Biden still has not rescinded the remaining executive orders. A recent email from another command shows an expansion of this discrimination, extending travel bans to those without a flu vaccine. There is no flu pandemic, but job vaxism continues to spread.

Vaxism is discrimination based on vaccine status. It ignores the legitimate choices of others, ultimately discriminating against their rights. Vaxism needs to be stopped and the person's civil rights respected, especially in the realm of their livelihood. The battle for medical freedom is ongoing, and you can get involved. Contact your Delegate and Senator to encourage them to pass legislation forbidding mandates and vaxism in Virginia. Contact your US Representative and Senators to ban vaxism in the federal workforce and defund

efforts to enforce a vaccine mandate. You can even contact the President and encourage the removal of the executive orders. Perhaps more importantly, help those who are facing job vaxism and speak up. This is the civil rights fight of our age- medical freedom. Stop Job Vaxism!

### A BITTER PILL, CONTINUED FROM PAGE 1

Every time you've allowed fear to control what you did or didn't say; what they did or didn't do was a win for progressivism. Because of that, you are part of the reason our country is in the shape that it's in and it's about time that you take responsibility for that. Now, wash that down and think about what you can do every day starting now to change that.

Believe me, it hasn't been easy being called the names I've been called because of my politics. It wasn't easy being the only person not wearing a mask in a store. It wasn't easy being called a grandma killer because I chose to read the science myself and came to believe in the power of my immune system over taking a rushed vaccine. I know that simply believing in freedom and loving America is enough to set some people off, and I am comfortable in the knowledge that I am the opposite of everything I've been called. In fact, the hateful words of our political adversaries have been lost on me. They've been used as a weapon to silence me, and others like me, so much that they've lost all meaning.

Too many of you let the fear of name calling or being confronted for your views stop you from saying or doing anything. You didn't want to rock the boat or offend anyone, and that penchant for being silent and avoiding giving offense has caused real damage. It can be seen throughout our country. I shouldn't receive calls or messages from people living in the only country where freedom of speech is supposed to be protected, telling me that they "can't" say their opinion and yet, I do. Regularly.

I have pondered for many years, the last six years in particular, "What will it take for the silent to break their silence?" To my chagrin, it seems that it's going to take a lot more. Maybe you'll have to get out of your comfortable existence and lose everything to finally take a stand, but why let it get that far?

Many people will privately tell me that they are fed up. They tell me they aren't going to vote because their vote won't matter or the election will be rigged. I ask them what they've done personally to bring about change and almost always I hear crickets or excuses. They've never volunteered politically, they've never worked the polls, and they use social media, but keep politics off of their page. They are lazy politically in every other aspect except for voting and now, they say they won't even do that. They want someone else to blame for the problems facing our nation instead of the reality that they are partly to blame because of their absence.

What a slap in the face it must be to the America First candidates who have won their primaries across the country this year to hear people say they won't show up to vote in the midterms. These candidates have been speaking out



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# Schools & Education

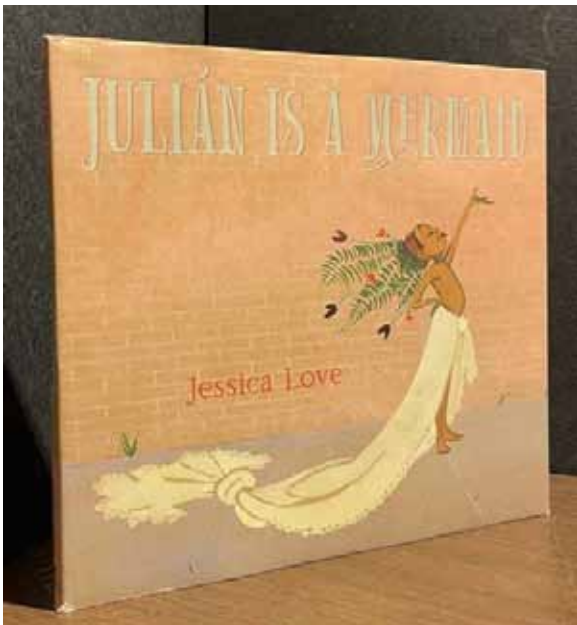


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## THE EDUCATION REVOLUTION RAGES ON

By: Larry Sand

In January, a Gallup poll found that Americans' belief in grade-school teachers' honesty and ethics had dropped to 64 percent, an all-time low. Then in July, another Gallup poll showed that just 28 percent of Americans have "a great deal" or "quite a lot" of confidence in public schools—the second-lowest this figure has been since Gallup began asking this question in 1973. At the same time, a just published PDK International survey reveals that only 50 percent of all adults have confidence that teachers can teach civics, and just 38 percent believe that they can handle "gender/sexuality issues."

What could possibly be causing such negativity? For the most part it is due to the "woke" revolution that is impacting the lives of American children.

For example, in a video released by Project Veritas earlier this month, we see Jeremy Boland, an assistant principal at a Greenwich, Connecticut public school, boasting that his school, and presumably his district, is able to instill a progressive culture without anyone noticing. The school's hiring process, he explains, is geared to accomplish the task. Through a series of questions, he is able to find teachers who will deliver a progressive message to the students.

Prospective teachers who are Catholics or over 30 are disqualified. They're too set in their ways, he says. Catholics are unlikely "to acknowledge a child's gender preferences or go against parents," adding, "You don't hire them."

While the assistant principal was quickly put on leave after the video surfaced, a veteran former school board member in Greenwich attests that Boland's comments are not atypical. "I can say with a high degree of confidence that Mr. Boland is not alone," he said.

"Not alone" is an understatement. In fact, Boland has plenty of company. Especially in the area of sex and gender indoctrination, education in America—from hiring practices to teacher training to classroom curricula—has become a woke cesspool. To wit:

- Northwest Teaching for Social Justice hosts an annual conference where hundreds of teachers learn how to "break the gender binary." One session from the organization's 2021 conference had participants engage in "gender-based, student-friendly activities, including introducing gender as a socially constructed concept and exploring gender identities worldwide."
- In Philadelphia, the school district has encouraged teachers to attend a conference on "kink," "BDSM," "trans sex," and "masturbation sleeves."
- In Illinois, the Evanston-Skokie school district adopts a curriculum that teaches pre-K through third-grade students to "break the binary" of gender.

Ground zero for all around wackiness is California, where the state puts its stamp on an endless parade of perversity.

- The Golden State recently passed a "Menstrual Equity Act," which stipulates that at least one boys' bathroom in every middle and high school have tampon dispensers.
- Also, the state's education department is recommending books to young students that teach expanded sexualities and gender identities. For example, the state recommends "Julian is a Mermaid" for preschoolers and kindergarteners. The book describes a young boy who wants to be a sea-dwelling creature, after he sees a parade of people dressed up as mermaids while out with his grandmother. The boy puts on lipstick, makes himself a mermaid costume, and his grandmother gives him a beaded necklace to complete his outfit.
- A high school teacher in the Capistrano school district has a "queer library" in her classroom. It is filled with over 100 books—some of which contain sex imagery,

information on orgies, sex parties, and BDSM.

- In Los Angeles, the school district proudly hosts a "Rainbow Club," which is a 10-week district-wide virtual club for "LGBTQ+ elementary school students, their friends and their grown-ups." The poster specifies that it is for children in TK-5th ("TK" or transitional kindergarten is comprised of 4-year-olds.)

The feds have joined the sex and gender revolution with a possible rewrite of Title IX, which has traditionally prohibited discrimination based on sex in any educational program or activity receiving federal financial assistance. But the new rule, proposed by Biden's Department of Education, would redefine "sex" to include "sex stereotypes, sex-related characteristics (including intersex traits), pregnancy or related conditions, sexual orientation, and gender identity." What this will do is encourage young children to question their sexual identity, allow men in women's bathrooms, permit men to compete against women in sports, and pave the way for even more extremist actions.

The question then becomes: What to do about all this?

While fighting the feds will be tough, electing a more sensible administration could lead to a reversal of Biden's Title IX rewrite. Please keep this mind when 2024 rolls around.

On a local level, parents hold the key. When I speak on these issues publicly, I always stress that parents need to run for school board, or if you can't and have middling or deep pockets, support a candidate who shares your values. Also, visit your local school frequently and, more importantly, volunteer there. You may be able to help some kid catch up on his or her reading or math skills, and you will also become a watchdog.

There is a burgeoning parent activist movement; please get involved. On a national level Moms for Liberty, Center for Renewing America, No Left Turn in Education, Save Our Schools, and Parents Defending Education are leading the charge. In a recent post on his website, "A Parent's Guide to Radical Gender Theory," Christopher Rufo goes into detail, making many solid suggestions on the subject.

One caveat, however—if you do get involved, please be aware that this is a culture war, and as with any war, you will develop enemies.

Then on October 4, five days after the NSBA letter, Attorney General Merrick Garland reiterated his position by issuing a directive to the FBI, stating, "In recent months, there has been a disturbing spike in harassment, intimidation, and

**EDU. REVOLUTION, CONTINUED FROM PAGE 14** threats of violence against school administrators, board members, teachers, and staff who participate in the vital work of running our nation's public schools." As a corrective, Garland directed the FBI to get involved.

The National Education Association issued a "Know Your Rights" back-to-school guide in August, which stresses that the union is undergoing an attack by parents and "certain politicians" who are behind the "wave of book bans, limited discussions about racism and the history of People of Color, and attacks on anti-LGBTQ+ students." NEA goes on to say, "For information related to legal issues or questions about specific school district policies or an individual's rights, contact your local or state association and its legal team."

In New Jersey, the state NEA affiliate has put out a 15-second video ad which blasts activist parents who dare to go against the union's radical agenda. The ad ends by dismissing parents, asserting, "People who only want to fight to score political points should take that somewhere else." (It's not clear where the unhappy parents should go; the union has quashed most forms of school choice in the Garden State.)

And finally, the California Teachers Association engaged

in opposition research on parents who fought the union-mandated school shutdowns during the nation's COVID panic. The teachers union employed a researcher who emailed a parent arm of a CTA local in April 2021, hoping to dig up information on the motives of San Diego County parents who had successfully sued the state to reopen schools a month earlier. According to emails obtained through a public records request, the union was looking to uncover "some of the ideological leaning of groups that are funding the reopen lawsuits." Reopen California Schools, which shared the emails, explains that the groups in question were simply comprised of parents who wanted their kids back in school.

Back in the 1950s, my parents could send me off to school and assume that I would be taught by people who shared their values. Those days are long gone, however. To be sure, most educators today work hard, and do their best to give kids a balanced education. But there are way too many who don't, and parents are right.

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GTREATNESS

*Editor's Note: A version of this article originally appeared at Front Page Magazine*

**THE GREEN RUSE, CONTINUED FROM PAGE 1** disastrous for the environment. And the economic numbers give evidence that the transition to the Green New Deal is catastrophic for humans.

So why are U.S. and EU politicians determined to push Western civilization back into the Dark Ages? Because it's an extortion racket. There's big money at stake for global elites invested in the climate agenda. And the best way to ensure it reaches their bank accounts is to terrorize the world's population into believing that unless we agree to the oligarchy's demands to shrink our means while they expand theirs, Earth will burn to a fiery crisp.

As The Epoch Times reported on Sept. 6, Patrick Moore, one of the founders of Greenpeace, acknowledges that "the 'environmental' movement has become more of a political movement than an environmental movement."

He left the organization in 1986, when he saw it had been "hijacked" by the political left when they realized there was money and power in the environmental movement," he said.

Indeed, today's Greens bear little resemblance to the heroes of the early 20th-century conservationist movement that arose in response to the ravages of industrialization.

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*Bluefish jumping out of the water*  
**FISHING REPORT**  
**OCTOBER 2022**

By: Mark Fike

The end of September and first week of October ended with some fall like conditions. The last few weeks of September saw some great fishing going on. Here is what we heard recently. Keep in mind with the cooler temperatures the fishing will change drastically in the next few weeks.

The Salt

Redfish were still being caught in decent numbers, particularly the larger fish, on live spot and by trolling huge spoons. We spoke to Missy at RWs in Callao and she told us that bluefish and mackerel were the mainstays of the fishing down that way. The Spanish will be leaving soon but some really big ones are being landed here and there. Crabbing picked up in September according to her.

Wes at Kimmie Ann Bait and Tackle in Oak Grove told use that some smaller stripers were hitting along the shoreline of the Potomac. Decent perch and some nice spot were being caught regularly along with a few 11 inch croaker too. Bloodworms and Fishbites were the go to baits. Some other notable catches included bluefish off Coles Point up to 4 pounds and some nice Spanish too. They heard of some short flounder off Colonial Beach as well. Crabbing was quite good from the reports they heard up until the last week of September when the crabs started back into the river from the creeks. Get em while you can!

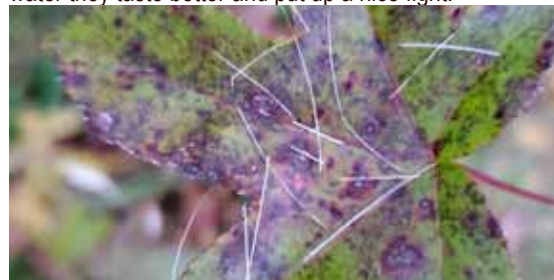
We also heard of good striper jigging off the shoals and lumps below the Rt. 301 bridge and off bars and underwater islands. Some specks were also being caught in grassy areas down around Poquoson and south of us.

On the freshwater front, bass angling was tough on the high waters of the full and new moon but in between some nice fish were caught in the river on Senkos and other plastics. October will bring more decent fish with some crankbaits pulling in their share. Catfishing continues to be good. Fish baits while drifting if fishing during the day and don't be afraid to fish shallower water if necessary.

I recently went and caught a mess of fish that were 4-5 pounds in water less than 10 feet. Those were some nice eating class of fish.

Pond fishing is turning back on with all species biting well. Crappie can be caught regularly again. Troll some small spinners or jig some minnows in 6-8 feet of water and see what you end up with. Big bream will be caught on tiny cranks or small plastics not to mention poppers or live bait. Bass will still wallop topwater lures but they will start grabbing white spinnerbaits too.

If you are into jackfishing (chain pickerel) the middle and end of October is great for using spoons in the tea colored creeks and swamps for these toothy fish. Caught in cooler water they taste better and put up a nice fight.



*Deer hair on leaf*

**TRACKING TIPS FOR ARCHERY HUNTERS**

By: Mark Fike

Archery season started October 1st for deer and many are out in stands trying to put venison in the freezer for the year. Because our family relies heavily on venison for protein through the year, we hunt all seasons to have the most opportunity to tag a deer as possible.

Archery hunters are the ones more likely to have to track deer in my opinion than a muzzleloader or firearm hunter.

That is NOT to say gun users are not having to track deer. My experience is that more deer have fallen within 20 yards from my muzzleloader, shotgun, slug gun or rifle than they have ever fallen within 20 yards with my bow or crossbow. That said, tracking is a learned skill and it can be applied by ALL hunters.

The first thing I would suggest hunters do is be sure of your shot. Do not take iffy shots. Second, follow

through. Archery hunters, this means don't drop your arm when you release the arrow and don't move your face. Gun hunters, don't move your face from the stock until the bullet is long gone.

Next, listen and watch. The more you do these two things the less tracking you should have to do. Observe the behavior of the deer when hit, observe the direction it travels and watch it until you cannot see it anymore and then listen as long as you can listen. Give the animal time to bed down. Some say 30 minutes minimum. I think a set time is nonsense. Some deer need more time and some less. The impact and shot make the difference in those times. The important thing is to realize if you are bumping the deer and moving it then you need to back off if at all possible. You should know if you are bumping the deer by seeing pools of blood where it attempts to lay down but keeps getting up because you are following it.

So, once you put an arrow through a deer (or a bullet) and observe, watch, and listen, what next? Wait what you feel is the appropriate time and then quietly get down and go to the last spot you surely saw the deer and mark it. I carry orange flagging for this purpose. It is easy to see at night when looking back at the track to see the general direction of travel. Look back at your stand and be sure you made notes of landmarks from the stand to ensure you are on the right spot when you go looking for sign. Some people like to go to the spot the deer was standing when shot. That works too. You can look for blood, hair and your arrow there. I prefer to hunt at dusk and coyotes tend to get active then, so I try to find my deer before they do.

Once you locate the first blood sign, analyze it for color and quantity. If bright red and a reasonable to significant amount you probably hit the lungs or heart. Dark reddish brown and you probably hit the liver. Smell your arrow. A

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NEBO lights

**TRACKING TIPS, CONTINUED FROM PAGE 16** foul odor indicates stomach or gut shot which is bad news. Look at the fletching and see what you come across there. Sometimes hair will be stuck in the arrowhead.

Squat down as you track and look ahead. Where would you go if hurt? Most deer that are hurt will run anywhere the first twenty yards but as they put distance between you they will take the path of least resistance. Look for trails. Then find blood. In particular look on tops of standing shrubs, bushes, green leaves and sides of trees or saplings. Ants will gather to eat the blood. Use a light and hold it at different angles. I carry a very bright light with me and I have a few backups. Keep looking back to watch your lane of travel. Hurt deer rarely change direction in a very serious way. They usually head in a general direction and follow trails when possible. The first twenty yards and last twenty yards when they are losing blood badly are the exception in my experience.

When tracking, try to stay off the blood sign in case you

need to go back and revisit. Mark the trail every few spots of sign so you can see the line of travel. Stop often and shine your light ahead of you to look for the deer, its eyes shining or the white belly as it lies down or dies. Often you can cut some time off your tracking if you look for the eyes or white belly.

Having a partner help you spot blood is a big help. Again, do not walk through the sign. Leave it intact. If your blood trail thins out, don't give up. Move head casting right and left and you will often find where the deer stood or laid down for a few minutes. More blood will be there. Look in ditches, streams or even swamps. Sometimes the deer will die in the water or in a ditch where they cannot get up.

The more familiar you are with the land you are hunting the easier it will be to find your deer. You can almost guess which way they will go as they travel the same paths most of the time.

Avoid leaving the trail unless you really must. Coyotes find hurt deer very fast and you may not get there in time. If possible, use a stand. Arrows that go down through the deer will leave a better trail as the exit hole is nearer the bottom of the deer. Be sure to trim limbs to avoid having arrows deflect in flight. Keep broadheads sharp for full penetration and clearance of the animal.

Be persistent. I have lost count of the times I nearly gave up and went back to look one more time and found the deer. We owe it to the animal to recover it to make use of the meat so it does not go to waste.

Product of the month: NEBO lights

With the outdoor column and so many of us using gear to enjoy our passion I figured it may be useful to share

products that I have used with good to great success each month.

I have a NEBO Inspector 500 penlight. It has an area light feature, pen light feature with four modes. Strobe (250 lumens 2.5 hours to 98 meters), low (8 hours at 20 lumens 31 meters), high (3.5 hours, 250 lumens and 98 meters) and turbo which is 500 lumens for 30 seconds before reverting to the previous mode and shines to 142 meters.

This light is very light-weight, slides into any pocket or pack and is bright enough to do the tracking job. It also recharges with a USB micro cord included. You can use AA batteries in a pinch.

The SLYDE KING by NEBO is a 2000 lumen light that is rechargeable and waterproof. It has a magnetic



Ryker (left) and Jacob (right) hunted a property in King George on Youth Day and both put meat in the freezer.

base and four modes like the Inspector and puts light on subjects out to 400+ yards! The rubberized handle is easy on numb fingers too. The work light feature is good for hanging from a nearby bush or tree to field dress your deer if necessary. The magnetic base works on the side of your truck too! This light is a big larger and heavier but still goes easily into a pack. Both lights are great for hunters and campers. I really like mine. If you need a good reliable light for less than \$60 check these out.

#### THE GREEN RUSE, CONTINUED FROM PAGE 15

American outdoorsmen such as Aldo Leopold and Theodore Roosevelt reminded their fellow citizens of their duty to conserve the bounty their country provided and to ensure that God's creation and those created in his image lived in harmony.

Compare those robust naturalists to the neurasthenic fantasists behind today's climate change movement. They portray mankind as something like a parasitical alien sent to Earth for no other purpose than to violate Mistress Gaia. And in this perverse anti-human scenario, the remedy—renewable energy—degrades man and nature alike.

In the United States alone, wind turbines kill more than a million birds a year. The strip mining required to obtain rare earth minerals for solar panels and electric car batteries cuts paths of devastation through the earth.

The damage that climate initiatives inflict on economies is equally destructive. It's not Vladimir Putin's fault that Europe's backup plan in case of oil and gas shortages was to rely on renewables. Were green energy sources enough to make up for fossil fuels, the Germans wouldn't now be

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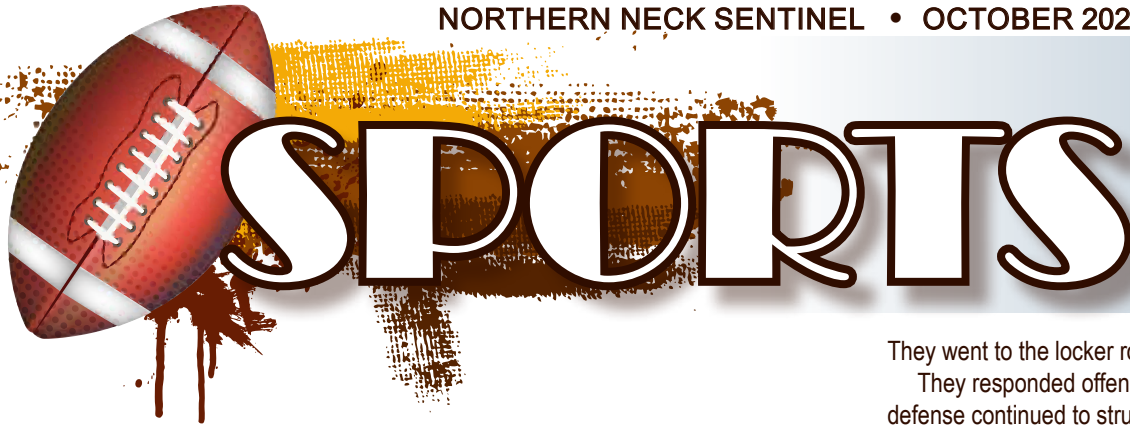
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# SPORTS



## WASHINGTON SEPTEMBER SUMMARY

Washington's 28 to 22 victory over the Jaguars in the season opener proved to be a real thriller as quarterback Carson Wentz threw the winning 24 yard touchdown pass to rookie wide receiver Jahan Dotson with just 1:46 on the clock. It was the rookie's second touchdown of the day and Wentz's fourth touchdown pass. In keeping with his reputation for forcing passes

into coverage, he also threw two interceptions.

Wentz's official line was 27 of 41 for 313 yards with 4 touchdown passes and 2 interceptions. He also rushed 6 times for 12 yards. Although his turnovers are still a matter of concern, he has a rocket arm and is a clear upgrade over Taylor Heinicke, who started in 2021.

Although it is tempting to discount a victory against the lowly Jaguars, this was not the ragtag bunch that underperformed in 2021. Second year quarterback Trevor Lawrence displayed a rocket arm and he guided the offense to 383 yards as opposed to 390 yards for Washington. On defense rookie first overall pick Travon Walker had a sack and an interception.

Running back Antonio Gibson led the way on offense for Washington as he led the team in both receiving and rushing. He amassed 58 yards rushing on 14 attempts and caught 7 passes for 72 yards for 130 total yards.

Head Coach Ron Rivera has said all along that he wanted to use Gibson similar to how he used Pro Bowl running back Christian McCaffrey when he coached the Panthers. Gibson was primarily a receiver in college and has serious skills. It was originally planned to use rookie Brian Robinson as the power back just as he paired Jonathan Stewart with McCaffrey. Unfortunately, Robinson was shot in a carjacking and is expected to miss at least 4 games.

The return of versatile Curtis Samuel from injury was a big boost as he too is a dual threat and the addition of fleet rookie Jahan Dotson along with Pro Bowler Terry McLaurin gives Washington possibly the fastest starting trio of wide receivers in the NFL.

Samuel caught 8 passes for 55 yards and carried 4 times for 17 yards. Dotson had 3 receptions for 40 yards and 2 touchdowns and McLaurin had 2 receptions for 58 yards including a 49 yard touchdown. Tight end Logan Thomas also had 3 receptions for 45 yards and appears to be fully healthy after missing most of 2021 with a knee injury.

The offensive line was stout, surrendering just a single sack. They also have great depth and should be an asset going forward.

The defense was mediocre but the defensive line was steady with both Jonathan Allen and Daron Payne each recording a sack. The biggest standout was second year safety Derrick Forest who knocked down 2 passes in the end zone, forced a fumble on a vicious hit and snagged the game ending interception. With Kamren Curl due back from injury soon the safety position looks strong.

The Lions were due up next and they looked good in losing a close 38-35 game to the mighty Eagles. Washington could not afford a loss with the Eagles up next after the lions.

Unfortunately, a loss was exactly what they got as the Lions pounded them 36 to 27. Washington came out flat in the first half and were dominated on both sides of the ball.

They went to the locker room at halftime down 22 to 0.

They responded offensively in the second half by ringing up 27 points on offense but the defense continued to struggle as they surrendered 2 more touchdowns. They were gashed with several long runs and passes and looked lost at times.

Quarterback Carson Wentz was under attack all day but managed to go 30 of 46 for 337 yards with 3 touchdown passes and an interception. Unfortunately, he also missed some open receivers and his interception was badly overthrown.

The running game was completely throttled as Antonio Gibson was held to a mere 28 yards on 14 attempts. The passing game fared far better with 337 total yards. The starting wide receivers continued to be effective. Curtis Samuel led the way with 7 catches for 78 yards and a touchdown. He was followed by Terry McLaurin with 4 catches for 75 yards and Jahan Dotson with 4 catches for 59 yards and a touchdown. Dotson also had a catch for a 2 point conversion.

Tight end Logan Thomas also had 3 receptions, including a touchdown and backup John Bates had 2 catches for 15 yards. Running back J.D. McKissic also had 7 catches for 54 yards. The passing game seems to be the one area that is clearly improved over the 2021 version.

CONTINUED ON PAGE 19

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WASHINGTON, CONTINUED FROM PAGE 18

Even the beleaguered defense had a few bright spots. Second year linebacker Jamin Davis stepped up with a sack, a deflected pass and a key third down run stoppage. Defensive linemen Daron Payne and James Smith-Williams also had sacks and safety Derrick Forrest and linebacker Cole Holcomb had 10 tackles apiece.

With the mighty Eagles up next Washington was at a critical point. If they didn't show improvement over the embarrassing loss to the Lions it could be a long season.

After losing 24 to 8 in a lopsided game against the Eagles Washington is in disarray. They came out flat again and were completely dominated in the first half. The defense actually played fairly well against the mighty Eagles offense but were burdened with bad field position all day.

Their defensive secondary also struggled with starter William Jackson unable to play. Rachad Wildgoose filled in for him and was picked on all day. Washington was torched by wide receivers DeVonta Smith and A.J. Brown. Smith had 8 catches for 169 yards and a touchdown and Brown added 5 catches for 85 yards and a touchdown.

The defensive line played better and linebacker Jamin Davis continued his improvement with 2 sacks, 6 tackles and a pass defended. Defensive tackle Jonathan Allen also had a sack. Despite the problems in the secondary, Washington held the Eagles to only 74 yards rushing for 2.4 yards per carry average.

Despite the slight improvement on defense the offense was horrendous. The line was a sieve and surrendered an embarrassing 9 sacks as quarterback Carson Wentz was battered relentlessly. He did manage to go 25 of 43 for 211 yards with no touchdowns or interceptions but he never really had a chance. The leading rusher was Antonio Gibson with 38 yards on 12 attempts. He also rushed for a touchdown.

The lone bright spot on offense was wide receiver Terry McLaurin who had 6 catches for 112 yards. Curtis Samuel

also had 7 catches for 48 yards but his longest completion for the day was just 16 yards.

The offensive line needs to improve or this will be another lost season. Washington played poorly in September and there is little reason for hope after the season's first month.



## DALLAS SEPTEMBER SUMMARY

The opening game for the Cowboys could have hardly been worse. Not only did they

get thumped by a 19-3 score, but quarterback Dak Prescott suffered a broken thumb that will require surgery. He was originally expected to miss between 6 to 8 games but owner Jerry Jones stated a few days after the injury that he expected Prescott back within 3 to 4 weeks.

His backup is journeyman Cooper Rush and fellow mediocrity Will Grier is expected to be elevated from the practice as the primary backup. The Cowboys were expected to look for a veteran through either a trade or free agency. It should be remembered that Rush engineered a comeback victory over the Vikings in late 2021 and the Cowboys seem to feel that he has the tools to be a starter.

Prescott was not having a good day before he was injured late in the game. He was 14 of 29 for just 134 yards with no touchdowns and an interception. Rush was not much better in relief passing for 64 yards with no touchdowns or interceptions. Both quarterbacks were sacked twice.

The Dallas run game was also a mess as they gained only 71 total yards with Ezekiel Elliott gaining 52 yards on 10 attempts. The fact that they only ran the ball 18 times shows how little confidence they had in the run game.

The passing game fared better. The leading receivers were wide receiver Noah Brown with 5 receptions for 68

yards and tight end Dalton Schultz with 7 catches for 62 yards. Most concerning was the fact that CeeDee Lamb, regarded as Dallas' most gifted receiver, had only 2 receptions for 29 yards.

The defense also struggled, giving up 152 rushing yards including 127 by Leonard Fournette. They also surrendered 212 yards through the air to a total of 8 different receivers.

The lone bright spot was stellar linebacker Micah Parsons who recorded 2 sacks.

Cincinnati was up next and, even though they lost an overtime game to the Steelers, the Bengals looked improved over 2021. Another Dallas loss would be problematic.

In a hard fought contest, Dallas hung on for a 20 to 17 victory on a 50 yard Bret Maher field goal with 57 seconds left on the clock. Cooper Rush played well in place of the injured Dak Prescott, going 19 of 31 for 235 yards with a touchdown pass and no interception. More importantly, the offensive line allowed only 1 sack after surrendering 4 against the Buccaneers.

The run game was mediocre with Ezekiel Elliott gaining 53 yards on 15 attempts for a paltry 3.5 yards per carry average. Backup Tony Pollard fared better gaining 43 yards on 9 attempts for a 4.8 yards per carry average. Although Elliott still has some gas in the tank it appears as though Pollard is emerging as his eventual replacement.

Noah Brown led the receivers for the second week in a row with 5 catches for 91 yards and a touchdown. Also encouraging was the rebound by CeeDee Lamb who caught 7 passes for 91 yards and a touchdown. Michael Gallup is also expected back from injury soon and his presence should be beneficial.

The Dallas defense played better as they recorded 6 sacks including 2 apiece by defensive end Dorrance Armstrong and linebacker Micah Parsons. The defensive secondary also showed improvement holding Bengals quarterback Joe Burrow to 199 yards passing.

The undefeated Giants were up next and the results of that game would be an early indicator of how things will shake out in the NFC East this season.

In securing a 23 to 16 victory over the Giants Dallas not only got back into the division race but it was a matter of redemption for quarterback Cooper Rush who had been cut by New York before being signed by the Cowboys. With New York quarterback Daniel Jones struggling, it is a decision that they must surely regret.

Rush was 21 of 31 for 215 yards and a touchdown and no interceptions. Although those are hardly Pro Bowl numbers it was all that was needed as Dallas rushed for 176 yards and the defense was solid. In fact, they held New York quarterback Daniel Jones to 21 of 37 for 196 yards with no touchdowns and a game ending interception. His quarterback rating was a dismal 57.9. He was also sacked 5 times while the battered Dallas offensive line didn't surrender a single sack.

Running back Tony Pollard continued to emerge as Dallas' most productive runner with 105 yards on just 13 carries. By contrast, Pro Bowler Ezekiel Elliott gained 73 yards on 15 carries.

CeeDee Lamb continued to shine at wide receiver with 8 catches for 87 yards and a touchdown. Fellow wideout Noah Brown also continued his strong season with 5 catches for 54 yards. Tight end Dalton Schultz was out injured but rookie tight ends Jake Ferguson and Peyton Hendershot had 2 and 3 receptions respectively.

Defensive standouts were cornerback Tevon Diggs with a late game interception and defensive end Demarcus

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**DALLAS, CONTINUED FROM PAGE 19**  
Lawrence with 3 sacks. Safety Donovan Wilson also played well with 11 tackles and a sack. Defensive end Dorance Armstrong also garnered a sack.

Quarterback Dak Prescott stated before the game that he expected to be back within a couple of weeks. Despite Rush's solid performance Prescott's return will be welcome. After starting off the season with a loss and an injured quarterback things looked grim. With back to back victories to end the month it now looks like the Cowboys are back in the race for the NFC East title.

**DUCK THE DOCS, CONTINUED FROM PAGE 1**

alternatives have not only been ignored but have been suppressed.

The confrontation began at an "open" forum conducted on June 29th by the Virginia Department of Health on Covid therapeutics. As it turned out, the forum was anything but open and was actually a platform to promote government propaganda.

When members of VAMFA started asking questions the VDH refused to answer them and blocked them from the remainder of the session. When later confronted over their actions they responded by stating that they were "not capable" of answering any questions not approved by the Centers for Disease Control (CDC). In other words, these highly paid bureaucrats owed their allegiance to a helplessly corrupt federal agency notorious for deceit and obfuscation rather than the taxpayers that pay their exorbitant salaries.

This did not sit well with the doctors, health professionals and citizen members of VAMFA and they have been on

a holy crusade ever since then. They are led by Dr. Sheila Furey, who practices child and adolescent psychiatry. She is a true force of nature with seemingly boundless energy and has been extremely helpful in providing insights and documentation.

Dr. Furey also served as the moderator of the VAMFA Forum held October 1st at the Life Church in Mechanicsville where the good doctor exhibited considerable fury (pun intended). The featured guests were Dr. Robert Malone and Dr. Paul Marik.



(L to R) Empty Chairs Reserved for Governor Youngkin, Atty. General Miyares, Lt. Governor Sears and VDH Commissioner Colin Greene

Also, 140 state officials were invited including Governor Glenn Youngkin, Attorney General Jason Miyares, Lieutenant Governor Winsome Sears and VDH Commissioner Colin Greene. Unfortunately, none of them chose to attend. In fact, the only elected officials present were State Senator Amanda Chase, Delegate Marie March and Delegate John McGuire who will be running for the state senate in 2023. It is beyond imagination that so few of our elected representatives are concerned by what has been referred to as the deadliest medical scandal in the history of mankind.

Dr. Furey began the forum by asking that all of those

that had lost a member of their immediate family to the vaccine stand up. Many people stood. She then asked how many had a friend or relative that was vaccine injured. Many more stood including myself.

She then noted that all of us have been betrayed by what she referred to as "the medical cartel". She also condemned them for their deceptions and lies and demanded: "No more lies." which elicited a round of applause.

Then, referring to the empty chairs onstage reserved for Youngkin, Miyares, Sears and Greene, she stated: "They must have had difficulty with the clear skies today. If you remember, the approach of Hurricane Ian had threatened to postpone the event but the skies miraculously cleared just before it began. Perhaps as omen from above.

The Doctor also noted that this was about more than Covid and that the medical system had been corrupted for 60 years. She also thanked the brave doctors who have stood against medical tyranny. She then advised the audience that as of September 30th there had been 2,077,788 cases of Covid in Virginia along with 56,210 hospitalizations and 21,866 deaths, most of which were preventable.

She also reminded those present of how the VDH suppressed the use of cheap preventatives and, instead, promoted masks, PPE and tracking. The CDC has since been forced to admit that none of those measures are effective. She added that: "The VDH is running a proxy war against doctors with the public as collateral damage."

The Dr. also exposed the financial incentives involved. For instance, Remdesivir, which is toxic to the kidneys, was reimbursed at up to \$5,000 per dose and other bonuses

CONTINUED ON PAGE 21



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**DUCK THE DOCS, CONTINUED FROM PAGE 20**

were paid for Covid diagnoses, intubation and other dangerous and inhumane “therapies”. While these dangerous measures were promoted, safe and effective treatments such as hydroxychloroquine and Ivermectin were forbidden and doctors who prescribed them were terminated. No major pharmacies in the state would prescribe them.

To Governor Youngkin and those who enabled the current tragic situation, Dr. Furey stated: “You have blood on your hands.” She also added that this blood, paid for by pharmaceutical companies: “Does not wash off.”

Dr. Furey then introduced Dr. Paul Marik, stating: “I have never met such physicians as these with such a high price to be paid.” After reciting his long and impressive resume, she advised the audience that he was the founder of the Front Line Covid-19 Critical Care Alliance and has



Dr. Paul Marik

established protocols of treatment that have saved countless lives and greatly relieved the suffering of many others.

Dr. Marik’s introduction produced a loud and extended standing ovation. He began his remarks by stating: “We are all part of the same family. We cry together. We are together. So, thank you kindly for being here.” He then went

on to explain what he referred to as medical tyranny.

To show how inept the medical response was in our country he compared us to Ethiopia, which is one of the poorest nations in the world. In Ethiopia the number of deaths per million is 63. In the wealthy U.S the figure is 2,554 deaths per million. “More die here than in any other nation.”, he added.

He informed the audience that this has been: “a catastrophic global disaster” and warned that 6.8% of those vaccinated will have adverse reactions. With a worldwide population of 9 billion that is a staggering number.

The Dr. also warned of the dangers of Mass Psychosis Syndrome where a large percentage of the population has lost touch with reality, leading to a state of delusion. To show how bad it has gotten he also pointed out that the FDA had requested that information regarding Covid testing be withheld from the public for 75 years.

Dr. Marik also referred to false accusations against him by the Virginia Board of Health for mistreating patients that didn’t exist. Much of this agenda of manufactured complaints is propagated by a shadowy private group called the Federation of State Medical Boards that dictates the rules of play.

The Dr. then announced that he and two colleagues were suing the FDA for their deceptions. This drew a round of applause from the audience. After citing a litany of lies by the FDA, he added: “and they still continue to “F\*\*\*ing” lie.”

Dr. Marik then asserted that the medical industry is no different than the tobacco industry was in lying about the facts. Citing the abundant benefit of simple lifestyle changes such as exercise, diet and vitamin D supplements,

he bitterly denounced the medical establishment for promoting deadly treatment such as Remdesivir and the huge sums of money made in bonuses for hospitals for promoting these deadly treatments.

In referring to the solution to this malfeasance, the Dr. stated: “The idea is to take these bastards out.” He was equally dismissive of modern medical practices in general, stating that: “Most of medicine is bullshit.” And further noted that: “Hospitals are bad places for sick people.” At the conclusion of his remarks Dr. Marik received another enthusiastic round of applause.

The introduction of Dr. Malone was met with a similarly animated response from the crowd. Dr. Malone is regarded as the founder of MRNA technology and he sought to put the situation on historical perspective. He advised that this technology had been pushed by the CIA as a key element



Dr. Robert Malone

to producing and protecting from bioweapons.

He also noted that the MRNA process is a gene therapy technology and not a vaccine. He also pointed out that, despite former claims, it spreads throughout the body causing great damage. He characterized the massive disinformation involved as: “Unrestricted informational warfare on a scale never be-

CONTINUED  
ON PAGE 22



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# BACK PAIN QUIZ

## ARE YOU MAKING THESE 4 HUGE MISTAKES TO WORSEN OR EVEN CAUSE BACK TROUBLES?

By: Local Back Pain Expert & Author of the "Back Pain Toolbox," Dr. Arnan Sisson

Only 10% of readers at best will be able to Ace this test!

I've been giving this test out for the past month to folks on Facebook, and only around 8-14% of test takers were able to get 4/4 correct. Let's see how you can fair on it but remember don't peak at the end. I'm going to attach all the correct answers and explanations at the bottom. Good luck!

### 1. What's The Best Sleeping Position To Avoid/Reduce Back Pain?

- A) On my back
- B) On my stomach
- C) On the recliner with feet propped up
- D) On my side

### 2. How Should We Lift To Avoid Back Issues?

- A) Always bend with the knees instead of the back
- B) Using a Reacher to pick up object
- C) Try not to lift any weight while in back pain
- D) Keep my chest up and get close to the object when lifting

### 3. Best Way To Use Ice?

- A) For low level pain
- B) Four weeks from onset of back pain
- C) For high levels of back pain
- D) Electrical current is better than ice for back pain

### 4. Best Approach to Fix Back Pain/Sciatica?

- A) Seek help from expert within 1-2 days
- B) Seek help from an expert if pain hasn't gone away after 2 weeks
- C) Cut all activity just for the short term
- D) Join the gym
- E) Try massage, stretch, and exercise routines on internet

#### Quiz Key (Correct Answers)

### 1. What's The Best Sleeping Position To Avoid/Reduce Back Pain?

Answer D, laying on your side with a pillow between your legs puts the back in a "neutral" position. This can calm the back when its flared up. Also trying to keep your body more straight instead of curled in will help off put the stress early on with back pain

### 2. How Should We Lift To Avoid Back Issues?

Answer D, by keeping your chest up and getting close to the object you're putting the back in a more extended position. The joints & muscles are over 30% stronger in this posi-



tion. A person can curl the back and weaken it even if they bend with the knees. A Reacher causes the muscles to weaken in the lower back, and not lifting at all has the same effect. All 3 of these will lower your odds of getting rid of the pain long term

### 3. Best Way To Use Ice?

Answer C, ice can be useful with two scenarios. The first, is if the back pain has just started (within the first week). The second is if the back pain is over a 5/10. Ice is great at reducing inflammation and dropping pain when back pain is new. For long standing back pain that's moderate intensity or lower, heat would be the better option. And both heat/ice are just supplementary treatments. In most of cases they won't get rid of your back pain completely by themselves.

### 4. Best Approach to Fix Back Pain/Sciatica?

Answer B, If the back muscles are just strained the pain will go away 100% in a few days. So we actually recommend folks wait a few days to see if this is the case. But after 2 weeks or so if the pain is still present it is likely something that won't resolve completely on its own and requires guidance to fix it and keep it away long term. Cutting all activity is usually a bad move, this will bound tight muscles further and slow healing. Some light activity is the best route to take. The gym is great for injury prevention, but with a back problem that isn't fixed... it could likely worsen the pain. When seeking out a professional to fix it for you make sure to ask these questions before booking your session to give you the best results... (Do you specialize in back pain? Can I get your website address to be sure? Will your specialists be working with me 1:1 or between multiple patients at the same time?).

That's it for today, remember everyone movement is medicine!

**P.S. If you or a family member has any back troubles feel free to give us a ring at (804) 493-3256 (accepting messages 24/7) to set up a free session. During this session we can design a tailored plan just for your back to help you lose the pills and get back to enjoying an active life again!**

**DUCK THE DOCS,**  
CONTINUED FROM PAGE 21  
fore seen by mankind."

The extent of misinformation made informed consent impossible and caused many to take vaccinations that they would have rejected had they known the truth. The Dr. also bemoaned the lies about natural immunity which is far superior to vaccinations. Many who had been infected took the shot based on lies. It has now been proven that the vaccinated are more likely to become infected and that their immune systems are weakened by the shots.

Dr. Malone ended by warning that MRNA techniques will continue to be used and that the World Health Organization (WHO) has waived many protocols and that, going forward there will be: "virtually no real testing." At the conclusion of his remarks the crowd gave him a standing ovation.

Following Dr. Malone's presentation was a question-and-answer period. One question was directed at State Senator Amanda Chase. Coincidentally, I was sitting in the



State Senator Amanda Chase

front row beside Mrs. Chase and I had noticed that she had left abruptly early on to take a phone call. Her remarks to the crowd explained why. The question to Senator Chase was what could be done legislatively to combat this situation. Before addressing the question, she advised that she had just received a call from Governor Youngkin. He had advised her that he was unable to attend the forum because he was at the wedding of his niece.

She did give him credit for recently sitting down with her for an hour to discuss the medical catastrophe. Although she did not agree with much of what he said he at least was willing to listen. During that meeting she also informed the Governor that there have been more adverse reactions to the Covid vaccine than the number of reactions of the 30 years of previous vaccines combined.

In answer to her previous question, Senator Chase advised that she has sponsored several pieces of legislation in 2021 to address medical tyranny and that she planned on proposing more. She also stated: "I am not here to score political points and I am beholden to the truth not a party."

She also advised that she had not been vaccinated and that she didn't think that it was in the best interest of the citizens. She then reminded the crowd that she had been censured for refusing to wear a mask at the State Assembly. She was also forced to sit behind a plexiglass shield which she referred to as her "wall of freedom".

She then thanked the doctors present for being pioneers. Lastly, the Senator also provided her cell phone number (804-370-8727) to the audience for those wishing to contact her.

The next speakers were Delegate Marie March and her husband Dr. Jared March. Dr. March was terminated from his position at his hospital for prescribing Ivermectin and has since opened his own clinic in Floyd County. He encouraged those present to support independent doctors like him and those that oppose medical tyranny.

Next Delegate Marsh invited Senator Chase and Delegate John McQuire to join her to present a Commending Resolution to Dr. Marik. After the resolution was read

CONTINUED ON PAGE 31



Doctors Malone, Furey and Marik Honored By the Virginia Christian Alliance



# CROSSWORD PUZZLE



CROSSWORD													
1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
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55						56				57			58
59						60				61			
62						63				64			

## THEME: FINISH THE LYRICS

### ACROSS

1. Fake deal
5. Dashboard acronym
8. Oxen connector
12. Guesstimate phrase (2 words)
13. Give a darn
14. Exhibitionist
15. It's OTAN in French
16. Carbon monoxide lacks this
17. Geometry class prop
18. \*Lou Reed: "She says, 'Hey babe, take a walk on the \_\_\_\_\_'"
20. European "curtain"
21. Mustangs, e.g.
22. Campaign pro
23. Cause of wheezing
26. Men's Colonial headgear
30. Fib
31. \*Bon Jovi: "Take my hand, we'll make it I swear. Woah, livin' on a \_\_\_\_\_"
34. The only thing to fear?
35. Small and round, eyes description
37. Future fish
38. Alabama civil rights site
39. Tangelo
40. Shape clay, e.g.
42. James Corden's network
43. Awaited deliverer
45. Same as lathees
47. 0 meridian acronym
48. World-weary
50. Prefix with legal
52. \*Aerosmith: "Sing with me, sing for the year. Sing for the \_\_\_\_\_"
55. Siberian prison
56. Pakistani language
57. \*Dionne Warwick: "I think I'm going out of my \_\_\_\_\_"
59. Rapidly
60. Cheese app
61. "Cogito, \_\_\_\_\_ sum"
62. Diamond's corner
63. European Economic Community
64. Whiskey grain, pl.

### DOWN

1. \*Kansas: "Carry on, my wayward \_\_\_\_\_"
2. "Stick in one's \_\_\_\_\_"
3. Italian wine region
4. Dough
5. \*The Buggles: "Video killed the \_\_\_\_\_"
6. Cattle controls
7. Bébé's mother
8. \*Elton John: "And it seems to me you lived \_\_\_\_\_"
9. Capital of Norway
10. Hiking sandals brand
11. Mess up
13. Show's other star
14. Rap sheet listing
19. Negative house description
22. p in #5 Across
23. Michael Jackson's "Thriller", e.g.
24. Military blockade
25. Bluish greens
26. Banana leftover
27. \_\_\_\_\_'s, grape jelly brand
28. Many iambs
29. \*Guns N' Roses: "Take me down to the paradise city where the \_\_\_\_\_"
32. Missouri capital tourist attraction
33. \*ABBA: "Waterloo - knowing my fate is to be with \_\_\_\_\_"
36. \*Queen: "You got mud on your face, you big \_\_\_\_\_"
38. Hiding place
40. Aptitude test acronym
41. Black Death
44. Picture
46. Restraint
48. Ballet rail
49. Playful
50. Immature butterfly
51. Unfortunately, exclamation
52. Jiffy's grease
53. Spooky
54. Uncontrollable anger
55. Loquacious person's gift
58. Not don'ts

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**A BITTER PILL**, CONTINUED FROM PAGE 13 against the establishment types within both parties and are taking the very stand those within the silent majority have said they wanted to see. They've taken hit after hit. They've been targeted, threatened, and doxxed. To see people who are supposedly "fed up" not taking time out of their lives to fight for their victory must add insult to injury? What an absolute shame.

The answer is never to give up, it's never to stand by and do nothing while bad things happen around you. Instead of making excuses, make an effort. Instead of blaming the Left, the establishment, or the uninformed, hold yourself accountable for what you could be doing.

Just by using social media you can reach thousands or millions of people with your patriotic views. If you believe

there has been election fraud and your vote doesn't count like so many have told me, volunteer to work the polls. Take a page from Arizona and hold a drop-box tailgate party at your local precinct to ensure election integrity. Speak up when someone says something with which you disagree. Fly your flag. Be proud to be an American. Do something. But under no circumstance do you sit idly by and complain that more isn't being done if you yourself aren't doing anything.

Just remember, that there are many people speaking up and they could have used every excuse that you've used to remain silent. The difference is they choose courage over fear. Whenever you get afraid of speaking up, just remember that you are never on the wrong side of history if you're standing for freedom.

\$5,000 annually to \$10,000 annually. The annual contribution had been \$10,000 for many years but was reduced when the RCVFD stopped assisting with maintenance of the town fire hydrants.

Councilman Paul Yakel stated that he was not even aware of the reduction and suggested returning to \$10,000 annually. Councilman Ralph Self also spoke in favor of the increase as did Mayor Randy Phelps. The final vote of approval was unanimous.

In another development involving the RCVFD, they are holding a Gun and Knife show on October 22nd and 23rd. The hours will be 9 a.m. until 5 p.m. on Saturday and 10:00 a.m. until 4:00 p.m. on Sunday. The location is 4298 Richmond Rd. in Warsaw which is beside the Tractor Supply store in the Times Square Shopping Center. For more information call Steve Davis at 804-761-8486 or email rcvdfiredup@gmail.com. There is a half page flyer with further details in this edition.

REPRINTED WITH PERMISSION OF AMERICAN GREATNESS

**RICHMOND**, CONTINUED FROM PAGE 10 tion but provides 36 full time positions in the community according to Menokin Executive Director Sam McKelvey who also estimates the fiscal impact on the local community at \$900,000 annually.

The Town of Warsaw also had a busy month in September. First was the announcement that their Chief of Police, Andrew Hughes, has resigned to take a position as Police Chief for Andrews, South Carolina. He served there previously as lieutenant of operations and investigations. Andrews has only been in his position since June of this year when he replaced Joan Kent who had served for over six years.

He will be replaced by Virgil "Trey" Blake who has served as a Warsaw police officer since November of 2021. Blake is originally from Middlesex County and has worked for both the Middlesex and Matthews County Sheriff's departments. He has been in law enforcement for nearly 20 years in total.

Town Manager Joseph Quesenberry was effusive in his praise for Blake and noted that in the first two weeks on the job he had already obtained a \$61,000 USDA grant. He has also organized a turn in program for prescription drugs.

In other Town news the Town Council voted to increase the annual contribution to the Richmond County Volunteer Police Department from

**WESTMORELAND**, CONTINUED FROM PAGE 6 possible to keep from spooking the horses. The passengers in these buggies are completely unprotected and their vulnerability should be kept in mind.

On a sad note there was a deadly crash on September 22nd near the intersection of Oldhams and Sandy Point Roads. According to Virginia State Police Sargeant Jessica Shehan, the accident occurred about 4:15 p.m. and Sargeant Sheehan also stated that the accident was caused when the driver of a 2004 Ford Expedition, 23-year-old Gabrielle Campbell, turned onto Sandy Point Road from Oldhams Road but failed to yield the right of way.

Her vehicle was then struck by a 1991 Mack CH613 tractor trailer driven by 35-year-old Timothy M. Johnson of Farnham. Johnson was airlifted with serious injuries. Mrs. Campbell also had serious injuries and was taken to the hospital.

Tragically, her passenger, 26-year-old Keywon Marquee Gaskins of Westmoreland, was ejected. He died of his injuries at the crash site. The accident is still under investigation and charges are pending against Campbell.

On a positive note, it was announced that all four public schools in Westmoreland County have been accredited. Accreditation was waived last year due to the Covid Crisis and the current accreditation ratings are based on scores from the 2021-22 school year.

On a negative note, Westmoreland High School had a poor attendance rate with a reported 28% absentee rate. All of the schools except Cople Elementary had substandard areas of concern but, despite that, School Board Chairman Ralph Fallin stated: "Our teachers, administrators and students should be very proud of this accomplishment. It's impressive."

**CHEAT**, CONTINUED FROM PAGE 12 election was assured the left actually started bragging about their deceptions. According to a February 4th 2021 article by Molly Ball in Time Magazine:

"There was a conspiracy unfolding behind the scenes,  
CONTINUED ON PAGE 28

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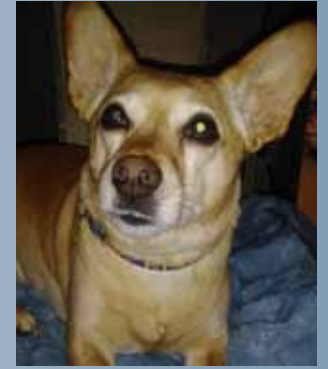
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**THEIA**



**ISABELLA**



**SONNY**

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*Here He Comes!*

## TEACHING YOUR DOG TO COME USING A WHISTLE

By: Kristy Fike

Having the ability to call your dog to you if they are out of sight or if they are far away from you is ideal for most dog owners, especially those that are outdoor enthusiasts. I use a whistle to command COME while afield waterfowl hunting with my retrievers, while walking trails with them off-leash, and when they wander out of our yard. I teach this when they are puppies in conjunction with COME verbally. However, adult dogs can be taught to COME using a whistle too.

I begin teaching the command with my pup or dog on a check chord (long leash) outside. With the dog sitting and staying, I will walk away from the dog, not very far, with the check chord in hand. Facing the dog, I will squat down and open my arms up, as it is welcoming. Then, I will use my COME command on the whistle TWEET-TWEET, TWEET-TWEET. Immediately following the whistle command, I command COME verbally while giving the check chord a tug. As the dog comes, I praise them. Upon the dog's arrival to me, I will reward their obedience with a treat and praise. I will repeat this drill many times throughout their next training sessions and start solely using the whistle to command COME. As I see the dog's performance improve with this command, I will start incorporating distractions into the drill

to teach the dog to COME using a whistle command even when distractions may be present.

To teach this, start with the dog clipped to a check chord or long leash, command SIT and STAY. Have a highly valued object that will serve as a good distraction in your hand visible to the dog and walk away from the dog off to the side (left or right). With the dog watching, set the distraction on the ground. Then, walk with the check chord in hand away from the distraction so you are in a position where you are both away from the dog and facing him. Command COME on the whistle TWEET-TWEET, TWEET-TWEET (or the sound you desire).

Many dogs will try to go to the distraction instead of coming to you. Command NO, and tug or snap the check chord towards you and use your whistle command again. Once the dog starts to come to you, praise them and encourage them to keep coming to you. Once they have come all the way to you, reward them with a treat and praise.

Repeat this drill until the dog comes to you every time. Then try the drill again except throw the distraction away from your dog instead of walking out and placing it on the ground. Throwing the object adds more excitement and is a greater distraction to the dog. Throw the object before walking away from the dog, so you can reset them if they try to immediately run to the distraction. Then proceed with the drill by walking away from them and commanding COME with your whistle.

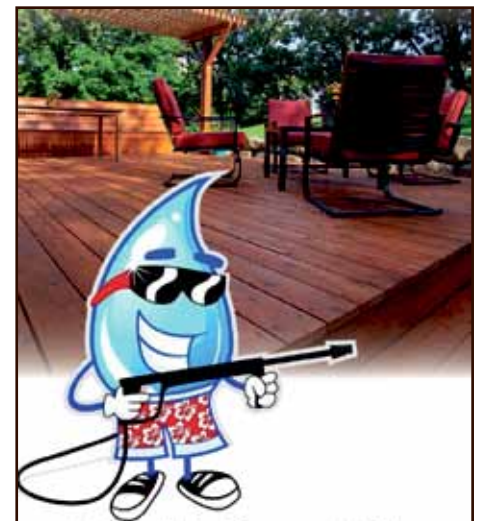
As your dog learns to STAY instead of immediately running after the object thrown, you can throw the object after you have already walked away from the dog and then command COME with the whistle. This is a good opportunity to work on STAY and steadiness (patience) in conjunction with COME, as many dogs may try to run immediately after the object thrown since you are not beside them to reinforce stay. If your dog loves to retrieve or play fetch, use a few retrieves as a reward if they perform well

Since you know your dog best, consider incorporating distractions that your dog has a hard time being obedient around in the past into your COME drills. Incorporating distractions in environments outside of your yard while

working on COME using a whistle command is ideal too, as it is probable that you will utilize your whistle while away from your property.

Once your dog comes on command with enthusiasm and excitement, take them for walks on the check chord and allow them to run freely while clipped to the chord. Once the dog smells something on the ground briefly or tries to track something, command COME with the whistle. As soon as they acknowledge the whistle, praise them, and continue to do so as they come to you. Once they have arrived, reward them with a treat and praise.

Tugging the check chord towards you when you command COME might be necessary to reinforce COME or get the dog's attention if they are engaged in a smell. Repeat this step until the dog comes to you every time enthusiastically. If you use treats, begin weaning your dog off them. Still reward with praise and take a few seconds



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CONTINUED  
ON PAGE 27



**TEACHING YOUR DOG, CONTINUED FROM PAGE 26**  
to love your dog when they are being obedient. Continue this drill without the check chord or a leash. For dogs that have a history of ignoring COME, reinforcing the command with other dog training tools in conjunction with or besides the check chord may be necessary.

This sounds like quite the process, and it can be. However, if the methods above work for you and your dog, it will allow you the opportunity to reinforce other basic obedience commands, instill steadiness (they must SIT and STAY while you set out or throw the distraction), and further the relationship you have with your dog. Try to be consistent in the sound of your COME command. Pick one sound and use that sound moving forward. There are various dog training whistles on the market. One of my favorite brands is J Hudson & Co ACME Specialist Whistles. Their ACME Dog Whistles, specifically the 211.5 and 212 are very durable and easy to use.

**NIGHTMARES, CONTINUED FROM PAGE 1**

Let me speak directly. I rarely use the first person in this space.

I had the most unsettling of nightmares recently. It may have been brought on by “an undigested bit of potato,” as Lady Macbeth says in Shakespeare’s “Scottish” play.

One of those horrible dreams where you wake up in a sweat, your heart is beating wildly. It’s the middle of the night. Outside the moon is racing behind clouds. There is the distant howling of an animal in distress. Most dreams I have I usually forget. This one was different.

I dreamt I was a Democrat. Not just an ol’ time Democrat, like the late Sunny V. Montgomery of Mississippi, a gentleman who liked his bourbon and shooting birds. He

didn’t have a bad bone in his body. He liked everybody. Even Republicans. Even Independents.

No, in this nightmare I dreamt I was a “Progressive” Democrat, the kind of people today who preach empathy and caring and universal goodwill but in point of fact are mean spirited, narrow minded, and sanctimoniously virtuous. In short, insufferable. Only a snort or two of Pappy van Winkle makes the world tolerable when they are around, or for that matter even when they’re not.

In my nightmare, none of the people I know and like would tolerate me anymore. I was constantly railing about white privilege, racism, “inequity,” the war against women, the war against the “trans” community, and how our country is being threatened by MAGA Republicans and Trumpies, or anyone really who disagrees with Progressives—they’re a threat to our democracy! Did it bother me that this was 75 million people, or half the country? Of course not. I was too holy, too virtuous, so much better than the extreme MAGA crowd.

And since conservatives are bad people, they must be shut down in order to “Save Democracy.” (Remember the slogan, “We had to destroy the village to save it”?)

I was sounding like Biden or Hillary Clinton. I was Beto O’Rourke on steroids, Nancy Pelosi on uppers, Elizabeth Warren on Super Beets, and Bernie Sanders on Relief Factor.

The Progressive catechism: Yes, Trump is Hitler, and his followers are Brown Shirts. But has Trump murdered seven million Jews, two million others for one reason or another? Started a world war? Did it bother me in my new-found virtuousness that to claim Trump is Hitler only diminishes the evil that really was Hitler? No, such questions are too esoteric and nuanced for most Progressives.

I was demonizing half the country. How could I not. After all, as a Progressive Dem I was imbued with moral superiority. All my Progressive friends said we were better than any Republican, conservative, or the great unwashed MAGA crowd. How could we all be wrong?

But then I was also demonizing the police, the military, patriotism, the flag, capitalism, law and order, and the rich (“who don’t pay their fair share”)

who actually do more than their fair share to create jobs, and pay taxes.

I was extolling rioting, crime in our streets (in Democrat-run big cities), Black Lives Matter, violence as a means of change, advocating killing judges appointed by Republican presidents, demonizing parents of school children as “domestic terrorists” who dare question school boards, and looking askance at the general looting of businesses and random acts of petty crime (kicking and beating elderly people in the street or the subway for instance).

I looked the other way (it didn’t bother me) that Democrats attacked Republicans and conservatives physically. One elected Democrat in Minnesota even stabbed to death a 69-year-old journalist who had written about him. Another ran over a young conservative for nothing more than he was clean cut and a Trump supporter. The press coverage in these two cases was almost nonexistent.

I was extolling bail reform policies by prosecutors, who while sworn to uphold the law, feel the moral obligation to ignore it, at the direction of major donors like George Soros. As a Democrat it did not bother me that violent criminals were set free hours after they committed a felony.

And, I was extolling the complete collapse of our borders and the flood of illegal immigrants coming here—over two million this year alone. I was extolling the Biden Administration’s policy of shipping by plane or bus (in the dead of night) many of these people to places all over the country, such as Westchester County, New York. I turned a blind eye to border towns like El Paso, Texas, which has been overwhelmed (and trashed) with illegals, or ranchers who have had their properties and livestock destroyed.

But I felt proud, sanctimoniously so, that we have “sanctuary cities” and places in the US that welcome illegals with open arms—places like Chicago, New York, Washington, D.C., or even little Martha’s Vineyard. Well, sort of, since once the illegals show up, the welcome mat goes indoors and the welcome wagon runs out of gas.

And the fact that the flood of illegals has brought about a major drug crisis in the nation, with tens of thousands of young Americans dying of Fentanyl overdoses, was of no concern to me. Hey, that’s the price you pay for “Progressive” policies.

And I felt that Republicans and Trumpies who complain about inflation are just whining crybabies. And I could not stop preaching about Biden’s “Inflation Reduction Act.” True, not one economist said it would reduce inflation, including the Congressional Budget Office, but in fact would make matters worse. After all, I preached, all we have to do is print more money. Crank up that press. Altogether, we have only spent eight trillion dollars that we don’t have.

Did it bother me that the stock market was in free fall? Not in the least. It was the fervent opportunity that every Marxist was waiting for—now’s the time for government to take over all aspects of the economy. We can be just like Cuba, or Venezuela. And anyone who complains can go to a re-education camp for a few years and have the “truth” beaten into him.

Oh, I was never short of preaching about the student  
CONTINUED ON PAGE 29

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# Community



## CONCERT EVENT NOTICE OCTOBER 29

The Rappahannock Concert Association presents John Bullard and Friends on Saturday, October 29 at

7:30 PM at the Northumberland School Complex Theater, 201 Academic Lane, Heathsville. Although John Bullard is an accomplished bluegrass banjo player, the true focus of his work is classical music. For a Pick 3 subscription for the remaining five concerts during the 2022-2023 season or for tickets for this concert, call 888-210-8006 or go to [www.rappahannockconcerts.org](http://www.rappahannockconcerts.org). Students are free.

### CHEAT, CONTINUED FROM PAGE 25

one that both curtailed the protests and coordinated the resistance from CEOs. Both surprises were the result of an informal alliance between left-wing activists and business titans. The pact was formalized in a terse, little-noticed joint statement of the U.S. Chamber of Commerce and AFL-CIO published on Election Day. Both sides would come to see it as a sort of implicit bargain—inspired by the summer’s massive, sometimes destructive racial-justice protests—in which the forces of labor came together with the forces of capital to keep the peace and oppose Trump’s assault on democracy.

The handshake between business and labor was just one component of a vast, cross-partisan campaign to protect the election—an extraordinary shadow effort dedicated not to winning the vote but to ensuring it would be free and fair, credible and uncorrupted. For more than a year, a loosely organized coalition of operatives scrambled to shore up America’s institutions as they came under simultaneous attack from a remorseless pandemic and an autocratically inclined President. Though much of this activity took

place on the left, it was separate from the Biden campaign and crossed ideological lines, with crucial contributions by nonpartisan and conservative actors. The scenario the shadow campaigners were desperate to stop was not a Trump victory. It was an election so calamitous that no result could be discerned at all, a failure of the central act

of democratic self-governance that has been a hallmark of America since its founding.

Their work touched every aspect of the election. They got states to change voting systems and laws and helped secure hundreds of millions in public and private funding. They fended off voter-suppression lawsuits, recruited

CONTINUED ON PAGE 31

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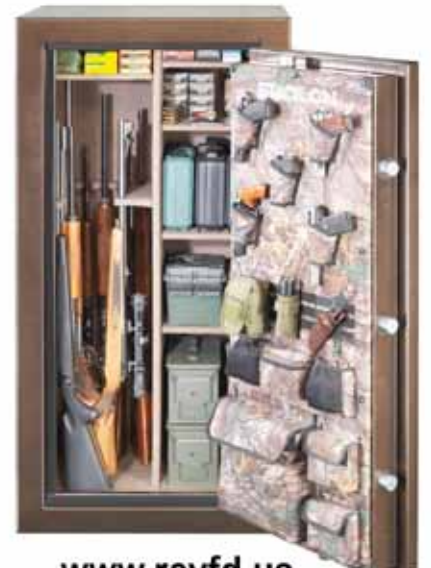
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**NIGHTMARES, CONTINUED FROM PAGE 27**

loan bailout. What a great idea that was—the working people have to pay off the student loans of people making six figure incomes today. It was straight from the playbook of King John: rob from the poor to give to the rich.

As a Democrat, I suddenly found myself supporting abortion on demand up to and during actual childbirth—like Governor Ralph. Remember him? He is a pediatrician—no joke. There should be no restrictions, period! Even though no European country allows abortion after fifteen weeks of gestation.

And did it bother me to see the USA kicked around on the world stage under Biden? Not at all. It was about time, after all the US was the single cause of most misery in the world for the last century. Just ask any Progressive.

And did it bother me to see free speech under attack from the Left? Free speech, as any Progressive knows, is code for “white supremacy,” just as the “Betsy Ross” flag is as well.

The nightmare had me button holing everyone about how important it was to vote Democrat in the upcoming midterm elections.

I was sweating profusely when I woke up. My wife asked if I had had a bad dream. I replied, “the worst.”

I want to spend the few remaining lines left this moth to pay tribute to Queen Elizabeth II. The Queen reigned for 70 years, longer than any other British monarch. Her entire life was spent in service to her country, her people, and the Commonwealth of nations and those countries that also recognized her as head of state—Canada, New Zealand, Australia to name the largest.

She had a delightful and occasionally wicked sense of humor. She had presence. I attended a church service in 1991 with The Queen and the Duke of Edinburgh, though I was only one of about 200 others. I saw her interact with very young children, mostly black, and she was at ease and having a great deal of fun, as were they. She laughed when they laughed, and they laughed when she did.

In 1976 I was presented to The Queen and Prince Philip, as I was the editor for the program notes at Wolf Trap Farm Park that summer.

I had written the introductory essay to The Royal Scottish Tattoo, a military pageant that was Britain’s bi-centennial gift to the United States.

Prince Philip chided me for my “rather Churchillian” essay, saying that sort of thing was out of fashion. He asked me if I stood behind what I wrote. I said, “Well, of course I do.” To which he replied, “Good man. Because if you didn’t, I’d have no use for you.”

Her Majesty heard this and came over and told me, “I liked your essay very much. Pay no attention to him.” I told her that her compliment meant everything to me, and that I was deeply touched. Prince Philip winked at me, because he liked challenging people, and I appreciated that very much.

She was who she was because of the way she was brought up, by her parents and her grandparents, especially her grandmother Queen Mary. She was most likely the last great person we shall ever see in a position of world leadership. I know this is true for my lifetime.

She was always underestimated in the press and by those in certain circles. We know who they are. But the genuine outpouring of emotion and grief we saw during her funeral put that to bed.

She was doing her duty right up to the last. I really do not think that anyone in this country expected the display of love and affection that happened in the UK in the days after her death. It was genuine, heartfelt, the real thing.

She deeply believed in her people, even when they lost faith in themselves. She was a devout Christian, not a doctrinaire one. She believed that since she was consecrated with holy oil at her coronation, she was set apart by God. She was a breath of fresh air in a world made stale and rank.

TV reporters from the US were asking people in Britain why the outpouring of such grief, honor, and respect in the days after The Queen’s death. Reporters couldn’t comprehend it. It was beyond them and the materialism of modern life. One middle aged woman summed it up. Standing with her two young daughters she said, “But, she was our Queen. She was always there for us.”

On September first, President Biden gave a speech in Philadelphia. Standing in front of a backdrop of lurid red light, in front of Independence Hall, Biden declared war on any and all Trump supporters, and by extension, the entire Republican Party. It was a ghastly, vile speech, that deepened the division in the nation from the President who said he was going to be “the great unifier.” He claimed he was defending “democracy,” as if democracy is simply agreeing with the party in power. He yelled. He screamed. He shouted about the moral righteousness of his words. His eyes were narrow and mean. It was sickening.

Contrast this with Her late Majesty the Queen. She was always encouraging, always supportive, always reaching out to everyone in her country, and countries. She was always bringing people together, not drawing them apart. The party not in power was always “Her Majesty’s Loyal Opposition.” And it was many who no one thought would ever get along with The Queen who were Her Majesty’s most fervent, and loyal champions. Everywhere she reigned they were her people—rich, poor, all colors, all shapes, all sizes. Every night she asked God to give her strength to serve them and do her duty.

For 70 years she was always there. Doing that duty. Steadfast in her faith. Taking an interest in everyone, the powerful, the powerless.

Encouraging. Going about with selfless dedication, a smile, by no means a pushover, yet always knowing that she could make the world a somewhat better place.

Elizabeth Alexandra Mary, thank you.

A few years ago, I met a woman, Dr. Ella, she with the blue hair, a Democrat, who was running for the state legislature. She spoke with me and one of my neighbors for a few minutes about why we should vote for her.

Somehow The Queen came up, because I mentioned that my neighbor and I shared many of her values as we lived in the country.

Dr. Ella said, “The Queen is a rich old white woman who lives in the country and loves dogs and horses more than people.”

I replied “The Queen has devoted her entire life to her people and country, and for that she deserves great admiration and respect.” I added, “And you should be ashamed of yourself.” With that, I walked away.

Why are these people so bitter? I hope Dr. Ella watched The Queen’s funeral. She may have learned something. I sincerely hope so.

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# VETERANS AFFAIRS



By: John Haynes Sr. (USMC Ret.)

## DISABILITY BENEFIT PROGRAMS

In September, we examined diseases associated with exposure to the environmental hazard of asbestos and started on the expansive topic of VA disability benefits or damages for injury or death caused by VA healthcare or other VA activities. In this month's column, we will begin by exploring the summary of the offset rule, which focuses on the requirements for submitting a successful Section 1151 claim, to include requirements of additional disability or death compensation and what constitutes VA hospital care, examinations, and medical or surgical treatments.

### Summary Of The Offset Rule

A claimant who has been awarded damages under the

FTCA (Federal Tort Claims Act) may be granted Section 1151 benefits for the same disability. However, the VA will withhold payments for Section 1151 benefits until the total amount of the FTCA judgment, settlement, or compromise is offset. The total amount includes economic loss (loss of earning capacity), non-economic loss (for example, pain and suffering), as well as attorney fees, court costs, and other expenses incident to the claim.

Section 1151 authorizes the VA to treat disabilities or death resulting from VA hospital care, medical treatment, surgical treatment, examination, vocational rehabilitation, or participation in VA Compensated Work Therapy (CWT) as service-connected. A Section 1151 claim is subject to the adjudication process generally applicable to other VA benefits claims, and there is no deadline or statute of limitations for filing a Section 1151 claim. The filing of a Section 1151 claim does not constitute the filing of an administrative claim (claim for money damages against the United States) under the Federal Tort Claims Act (FTCA). Effective March 24, 2015, like any other claim, Veterans seeking benefits under Section 1151 must now follow the new and more formal VA claims procedure which is discussed in Section 12.5.2 of the Veterans Benefits Manual.

### Requirements For A Successful 1151 Claim

Section 1151 requires that an injury or death be proximately (immediately or directly) caused by "carelessness, negligence, lack of proper skill, error in judgment, or similar instance of fault" or by "an event not reasonably foreseeable" in VA's furnishing of hospital care, medical treatment, surgical treatment, or examination. Section 1151 claims based on VA vocational rehabilitation participation or VA CWT programs do not require evidence of negligence, fault, or accident. The statute prohibits compensation in all cases where disability or death resulted from the Veteran's willful misconduct.

In the majority of Section 1151 claims, assuming that the disability or death was not the result of the Veteran's willful misconduct, entitlement hinges upon a claimant showing that:

- The disability or death was caused by hospital care, medical or surgical treatment, or examination; and
- The care was furnished either by a VA employee or in a VA facility; and

result of the Veteran's willful misconduct, entitlement hinges upon a claimant showing that:

- The proximate (immediate or direct) cause of disability or death was VA training, rehabilitation services, or CWT.

The explicit fault or accident requirement that applies when the claim is based on VA hospital or medical treatment makes Section 1151 claims more difficult to win than under previous versions of the statute. Most claimants will need to obtain a medical opinion on the question of fault in order to succeed. In addition, most of these claims must meet certain causation requirements, i.e., show that VA care actually caused additional disability or death, and either: (1) establish that the VA failed to exercise the degree of care expected of a reasonable health care provider; or (2) establish that the VA furnished the care without informed consent; or (3) establish that the injury or death resulted from an "event not reasonably foreseeable."

The VA's regulatory requirements are in line with civil medical malpractice standards, which typically consider how a reasonable health care provider would have acted under the circumstances and require a showing of proximate cause. However; there is one primary difference between a civil medical malpractice case and a Section 1151 claim, which is the lower standard of proof applicable to VA claims. The standard of proof in most civil cases, including medical malpractice cases and claims under the FTCA, is the "preponderance of the evidence" standard. For VA claims, the standard of proof is the lower "benefit of the doubt" standard, and thus, in order to prevail on any issue material to a claim, a claimant need only show that the positive and negative evidence is in approximate balance. The requirements for a successful Section 1151 claim under the current version of Section 1151, and under applicable regulations effective September 2, 2004, are discussed in greater detail below.

### The Requirement Of Additional Disability Or Death

A showing of additional disability is required in all Section 1151 cases except those based on the Veteran's death. In order to determine whether there is an additional disability, the VA is to compare the Veteran's functioning immediately before beginning VA care to the Veteran's functioning after VA care. Considering "the benefit of the doubt" standard under Section 1151 claims, the requirement of additional disability should be characterized as whether it is as likely as not that the Veteran has an additional disability. Where a Section 1151 claim is based on a Veteran's death, proof of the death itself satisfies this initial requirement.

### What Constitutes VA Hospital Care, Medical Or Surgical Treatment, Examination, Vocational Services and CWT (Compensated Work Therapy)

Section 1151 permits recovery for injury or death resulting from VA health care or vocational or work therapy services, but there is some uncertainty over what constitutes VA health care or vocational or work therapy services. In *Mangham v. Shinseki*, a Veteran living in a "VA-run" facility witnessed the murder of a fellow resident and as a result developed a mental disorder. The U.S. Court of Appeals

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- The proximate (immediate or direct) cause of the disability or death was carelessness, negligence, lack of proper skill, error in judgment, or similar instance of fault on the part of the VA in furnishing the hospital care, medical or surgical treatment, or examination; or it was an event not reasonably foreseeable. For those claims based on disability or death occurring while the Veteran was receiving VA vocational services or CWT, and assuming the disability or death was not the

**DISABILITY PROGRAMS, CONTINUED FROM PAGE 30**

for Veterans Claims (CAVC or Court) concluded that “the mere fact that a claimant is harmed by an event that occurs coincidentally with VA hospital care, medical or surgical treatment, or an examination is not sufficient to establish causation—and, therefore, to receive benefits—under section 115, a determination must be based on proof that the “VA’s direct actions caused [the Veteran’s] harm.”

In contrast, in *Bartlett v. Shinseki*, the Veteran was housed in the “lock-down psychiatric ward” at a VA medical center where he was attacked by a fellow patient and suffered a back and neck injury. The attacker was noted to be an “aggressive patient” and two hospital staff had been assigned to escort the attacker. Although the Secretary attempted to limit the definition of “hospital care” to medical services, the CAVC concluded that “at a minimum, [hospital care] includes the provision of services unique to the hospitalization of patients.” The CAVC then provided a non-exhaustive list of factors to consider when determining whether a VA action constitutes “hospital care,” advocates should consider these factors to determine whether the alleged incident forming the basis of the Section 1151 claim falls under VA care.

- nature of the services;
- degree of VA control over patient freedom;
- mental and physical conditions of the patients; and
- foreseeability of potential harms

In conclusion, the information in this month’s column has been obtained from my personal experiences as a Veterans Service Officer who has submitted thousands of cases to the VA over a twenty-five year period, and Title 38 of the United States Federal Code, as well as from the Veterans Benefits Manual, which is published by Lexis Nexis, telephone number (800) 533-1637. In the November column, we will continue our investigation of what constitutes VA hospital care, medical or surgical treatment, examination, vocational services and CWT (Compensated Work Therapy). Wishing all of our NNS readers and their families a fun filled Halloween with lots of treats and a very blessed Thanksgiving holiday! Feel free to contact me by e-mail at Majorhaynes.nnsentinel@gmail.com

**DUCK THE DOCS, CONTINUED FROM PAGE 22**

the audience erupted in spontaneous applause.

The final agenda item was the presentation of the Courageous Leadership Award to Doctors Furey, Marik and Malone by Donald Blake who is the Chairman of the Virginia Christian Alliance. On the award these words were engraved: “Let Doctors Be Doctors”. This is a prestigious award. It has only been awarded 16 times previously in the History of the Virginia Christian Alliance. The presentation, marking the end of the forum, was marked with a final thunderous round of applause from the energized crowd.

**THE GREEN RUSE, CONTINUED FROM PAGE 17**

leveling their forests for firewood with a cold winter ahead.

The prospect of watching constituents freeze to death

must have alarmed the United Kingdom’s new Prime Minister Liz Truss. She’s lifting restrictions on gas and oil projects, but there are already complaints that she’s backtracking on the UK’s plan to bring carbon emissions to “net zero” by 2050. In other words, the global elite is angry she’s forestalled the suicide of the country she governs.

And now U.S. politicians are determined to bring the same pain and suffering to the Americans who elected them. California Gov. Gavin Newsom announced at the end of August that by 2035, only electric cars would be sold in America’s largest state. But there’s not enough power to motor the small fraction of electric vehicles already in existence.

Only days after Newsom’s big rollout, California authorities asked electric car drivers not to charge their vehicles, with demand over the long Labor Day weekend threatening to sap the power grid. It was a reality test for Newsom and other U.S. officials who propose to adopt similar initiatives. Naturally, they failed it.

Climate change activists say they’re political progressives, but the movement they steer is among the most reactionary in modern history. So, what’s going on?

In the latest episode of Epoch TV’s “Over the Target,” my colleague Brendon Fallon and I explain that the climate change narrative is ground zero of political hoaxes. Decades before Russiagate was hatched, the same components that pushed the collusion narrative—political operatives, government bureaucrats, and the media—combined forces to deceive the American public in order to augment their power and transfer middle-class wealth to themselves and their allies.

As Greenpeace founder Moore put it, climate change activists “are primarily focused on creating narratives—stories that are designed to instill fear and guilt into the public so the public will send them money.”

That’s a useful starting point to diagram the structure of the climate change movement. There are four key groupings:

The corporate and political establishment drive the agenda. The former has a big stake in climate infrastructure, with which they expect to get rich, even if renewables can’t generate enough energy to replace fossil fuels. That requires elected officials to cripple free-market competition by subsidizing the renewable industry and regulating fossil fuels out of the market. In exchange for tipping the scales, the corporate side fills the campaign coffers of the political side.

On the next level down are the activists and narrative engineers whom Moore describes. These include climate scientists, journalists, and other so-called experts whose fabrications and threats (“The world will end in 12 years unless we stop eating hamburgers!”) are financially supported

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by nongovernmental organizations funded and promoted by the elites.

Under them is the crucial cultic core. Climate change activism is fundamentally an end-of-times movement and, thus, it attracts a fanatically committed constituency. These are the highly motivated shock troops. Because their spiritual selves are galvanized by the idea that the world is soon coming to an end, they proselytize on behalf of the expert class and threaten violence against a humanity that they believe is worthy only of damnation.

On the ground floor are people who are simply afraid not to believe in climate change. Even after all the lies they’ve been told the past several years—Trump is a Russian spy, the COVID-19 vaccines are safe and 95 percent effective, and so on—it’s terrifying to believe that the ruling class would lie to them about something as serious as the end of the world. They’re also scared of the End Times and of the cultists.

That leaves us. We’re the majority. But, to date, our vulnerability has been that we’re generally too busy living our lives, doing our work, enjoying our families, and contributing to our communities, and thus have little time left to devote to fighting tyrants, criminals, liars, and lunatics.

But having seen a series of fraudulent narratives weaponized against us, it’s clearer than ever before what climate change truly is—the first in a series of instruments designed by the U.S. ruling class to impoverish us. And now we must fight them, for our future and that of our home, planet Earth, hang in the balance.

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**CHEAT, CONTINUED FROM PAGE 28**

armies of poll workers and got millions of people to vote by mail for the first time. They successfully pressured social media companies to take a harder line against disinformation and used data-driven strategies to fight viral smears. They executed national public-awareness campaigns that helped Americans understand how the vote count would unfold over days or weeks, preventing Trump’s conspiracy theories and false claims of victory from getting more traction. After Election Day, they monitored every pressure point to ensure that Trump could not overturn the result.

CONTINUED ON PAGE 35





## OBSCURE HEROES OF WWII: EUROPE POLISH PILOTS AND THE BATTLE OF BRITAIN

By: Gammon Irons

This series is from an upcoming book describing in more detail the unknown and unappreciated individuals saving universal democracy during WWII. This month's story begins during the summer of 1940. This installment looks at the contributions of Polish pilots during the Battle of Britain. It begins with background on the war at the start of the battle and then looks at British reluctance to recruit pilots from Poland. Once accepted, however, these pilots played a vital role in the war effort.

On June 18, 1940, Winston Churchill rose in the House of Commons to declare, "The battle of France is over. I expect that the Battle of Britain is about to begin." The day before Churchill's speech, France had capitulated to Nazi Germany, following the lead of seven other European countries. Britain was now the only nation in Europe still holding out against the mightiest military force in history.

However, before the Germans could even think about invading Britain, their air force, the Luftwaffe, would have to destroy the defensive capability of Britain's Royal Air Force (RAF). By early July 1940, Germany had transferred more than 2,500 planes to bases they had captured in France as well as in Norway, Denmark, Belgium, and the Netherlands. The head of the Luftwaffe, Hermann Goering, promised Hitler the powerful German air fleet would wipe out the RAF by September 1940.

The RAF faced tremendous challenges, including the huge losses the RAF had suffered in the earlier battle for France. In just three weeks, more than 300 British fighter pilots had been killed or reported missing - close to one-third of the overall strength of the RAF Fighter Command. Another 100 or so pilots had been taken prisoner. Altogether, over 1,000 aircraft had been destroyed - about half of the RAF's front-line strength.

\*EDITORS NOTE: Gammon Irons is a well known historical writer who is widely published. He distributes his works to teachers nationwide to help counter the many false narratives that have worked their way into our history curriculum. Learn more about Gammon Irons at this link:

<https://www.gammonirons.weebly.com>

In mid-July 1940, the Luftwaffe began attacking targets on England's southern coast. The RAF fended off these limited assaults fairly well, but against an all-out German air attack, it would be able to send up only 700 fighter planes. Even worse, fewer than two pilots per plane were available. It would take many more planes and pilots for the British to keep control of their skies. New planes were being turned out as fast as possible, and the head of RAF Fighter Command, Air Marshal Hugh Dowding, was doing everything he could to make up the shortfall in pilots.



*Polish Pilots, 303 Squadron*

Dowding had to turn to pilots from other countries, and all told, 20 percent of the RAF pilots who flew in this fight did not come from Britain at all. About half of this percentage were from British Commonwealth countries, like Canada, Australia, and New Zealand. But the RAF needed still more pilots, and, much against its will, it was forced to use fliers who had escaped to Britain from countries in occupied Europe.

Dowding was highly doubtful about the wisdom of what he called the infiltration of foreign pilots into British squadrons. However, he finally did agree to assign several dozen western European pilots to the undermanned RAF squadrons. But this was as far as he was prepared to go. Like other top officials in the RAF and the British Air Ministry, Dowding wanted nothing to do with the pilots from Poland and Czechoslovakia. Indeed, Dowding insisted he would disband British squadrons before allowing the eastern Europeans to join them.

For most of the British, Poland, especially, was the other Europe - exotic, unknown, a bit savage. When Germany crushed Poland in September 1939, its vic-

tory merely confirmed British prejudices about the alleged incompetence of the Polish war effort. However, in reality, the Poles in fact had managed to inflict relatively heavy losses on the Germans, killing more than 16,000 troops and wounding some 30,000.

Senior RAF officers, meanwhile, were highly doubtful about the flying skills of Polish pilots. In the end, however, the RAF did change its mind about using eastern European fliers - but only because it had no choice. On August 13, 1940, the Luftwaffe finally launched its all-out air assault against Britain, blitzing airfields, radar stations, and aircraft factories in the southern part of the country.

To help counter this onslaught, dozens of Polish and Czech pilots were placed in existing RAF squadrons. In addition, the RAF agreed to form two squadrons made up solely of Poles as well as two all-Czech units. The new squadrons, however, were firmly under British command and subject to British regulations; their pilots wore dark blue RAF uniforms with the Poland or Czechoslovakia insignia on their jacket sleeves.

Condescension from the British drove the Polish pilots wild. Most of them were already seasoned veterans. Virtually all the Poles had flown against the Luftwaffe, which was more than many British pilots, including those who commanded them, could claim.

This was particularly true of one of the all-Polish units, known to the RAF as 303 Squadron but called the Kosciuszko Squadron by those in its ranks. It was named for Tadeusz Kosciuszko, the young Polish patriot who became a hero in the American Revolutionary War. This squadron contained some of Poland's most skilled pilots and was based at Northolt, an RAF station just 14 miles from central London.

The 21 fighter squadrons assigned to Northolt would play a crucial role in the defense of England. They would be

CONTINUED ON PAGE 33



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**POLISH PILOTS, CONTINUED FROM PAGE 32** responsible for protecting London as well as the southeastern part of the country.

When the Poles arrived in Britain, none of them knew the English vocabulary for flying. At language school, they learned RAF code words, with examples including angels for altitude and pancake for landing. They also learned how to count to 12 in English so they could understand the system for using the face of a clock to give their bearings, with an example being bandits at 12 o'clock.

During their early training in British fighter planes, the Poles of 303 Squadron also struggled with how to use modern aircraft controls. In Poland, they had trained in primitive planes not having radios in the cockpit to communicate with ground control. As a result, they often violated proper procedures for talking to their ground controllers.

For nearly a month at the height of the Battle of Britain, the British and the Poles of 303 engaged in a tense, stormy conflict of wills. It had been a year since Germany had swept into Poland. In this time, the Polish fliers had experienced nothing but frustration bordering on despair. They were also infuriated about having to take orders from British officers, whom they considered arrogant. But as their training continued, their British commanders gradually began to show more understanding and respect. It soon

became clear to them the pilots under their command were good indeed.

Meanwhile, the intensity of the battle over southern England was steadily mounting. From August 8 to August 18, 154 RAF pilots were killed, seriously wounded, or missing in action. By the third week of August 1940, Fighter Command was more than 200 pilots short.

As August drew to a close, the Luftwaffe launched raids in such great numbers against RAF airfields and radar stations British air controllers were forced to choose which attacks should get priority attention. On more than one occasion, RAF squadrons faced formations of German fighters and bombers outnumbering them more than 10 to 1. Yet despite this worsening crisis, the Poles in 303 Squadron were still kept far from the action.

On August 30, 1940, the Germans mounted their heaviest attack yet, cutting the electricity to seven British radar stations and knocking them temporarily off the air. Most of the key RAF bases in the south were hit as never before. During the evening, the British commander of 303 Squadron put in a call to Fighter Command headquarters, urging to make 303 operational. The RAF finally gave in. It ordered the squadron into battle the next day.

August 31, saw the Luftwaffe fly more than 1,400 missions against the airfields and radar stations surrounding

London. Shortly before 6:00 PM, 303 Squadron finally got its orders to fly. It had been one year, to the day, since the Luftwaffe had begun their devastation of Poland. Now, after 12 months of anguish, anger, and frustration, the time had come to settle the score.

ever, lost an identical number, with 303's pilots credited with 15 percent of those kills - and no losses of their own. The RAF senior command, which just the day before had been so reluctant to let 303 fight, now deluged the squadron with congratulations.

On September 7, 1940, the now familiar waves of German bombers and fighters did not head for their previous targets the coastal defenses and RAF bases of southern England. Instead of persisting in heavy attacks against RAF installations and communications, the German air force began eight weeks of a massive bombing of London - the initial stage of a period known as the Blitz.

On the frenzied first day of the Blitz, the Poles of 303 Squadron shot down 14 German planes in less than 15 minutes. They also managed to scatter a German bomber formation before it could hit London. With a quarter of the formation destroyed, the surviving bombers turned and headed back to France.

In just a week of combat, 303 Squadron had destroyed 40 enemy aircraft - by far the best record in the entire RAF - and in doing so, had become unofficial heroes of the realm. Government officials, senior RAF commanders, Winston Churchill, and King George VI joined in paying honor to 303's fliers.

On September 15, the Poles of 303 were given their biggest opportunity to date to show off their exceptional combat skills. Goering had given the order every available Luftwaffe aircraft was to be unleashed in an all out push to end RAF resistance. Every British fighter squadron was involved in this furious Luftwaffe assault. In all, some 100 Polish pilots participated in the dogfights of September 15, making up 20 percent of the total RAF force. At the end of the climactic day, 303 Squadron was given credit for 16 kills.

The Luftwaffe had thrown everything it had at the British but had failed to achieve its main objective - elimination of the RAF as a defensive force. Two days later, Hitler postponed the operation until further notice. He later canceled it altogether.

British newspapers and the British Broadcasting Corporation, meanwhile, made it clear to the people of Britain how important the Poles had been in winning the Battle of Britain. In London and other cities, bus conductors refused to take their fares, waiters would not let them pay for meals, and pub patrons bought them all the beer they could drink.

Shortly after the end of world War II, a group of historians asked Field Marshal Gerd von Rundstedt, the commander of German forces on the Western Front, which battle he thought was the most decisive of the war. Without hesitation, he answered: "The Battle of Britain. It was," he noted, "Germany's first major defeat in the war and a crucial turning point."

In the opinion of many, the contribution of the Polish pilots, particularly those in 303 Squadron, made the difference between victory and defeat in the Battle. According to one historian, "303 Squadron was by far the most formidable fighter unit in that conflict."

The most significant assessment of the Poles' achieve-  
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# Adventures In Wellness



By: Susan Carabello

## LOVE PEOPLE, USE THINGS BECAUSE THE OPPOSITE NEVER WORKS

Greetings and Salutations fellow wellness fans! It is a great pleasure to be shifting gears away from “polycrisis” themes to a topic that falls clearly in the “Wellness Arena,” but will keep the diehard Preppers in our audience happy as well. We will be exploring a subject that has interested me ever since I read Henry David Thoreau’s classic book, *Walden Pond*, in which detailed his classic 2 year and 2 month experiment in living a minimalist lifestyle. I will provide a brief review of Thoreau’s *Walden Pond* experiment as part of the introduction to this two-part column on a strategies to simplify our lives: letting go of stuff so that we can make room for what’s important.

The title of the book that I will be sharing excerpts and highlights from is titled, “Love People, Use Things, Because The Opposite Never Works.” It is authored by two self-identified minimalists, Joshua Fields Milburn and Ryan Nicodemus who take us on a journey of answering the question: how might your life be better with less? The authors postulate that minimalism is much more than simple decluttering, that it makes room for us to reevaluate and heal seven essential relationships in our lives: with stuff, truth, self, money, values, creativity, and people (not listed in order of importance.) They provide a template for the minimalist journey, showing us how “once we have less, we can make room for the right kind of more.” So, buckle up your transformative education seat belts while we take a deep dive into this intriguing look at how living with less just might clear the way for living a life that is much more rewarding!

Long before tiny houses were trendy, Thoreau wrote about the benefits of living a simple, minimalist lifestyle. In *Walden Pond*, he wrote about giving up the luxuries of everyday life in order to quiet the mind and have time for thinking. What Thoreau knew, from observation, experience, work as a reporter, and many long walks before moving to *Walden Pond*, was that fortune can be a burden. Keep in mind that for Thoreau, freedom meant everything. His experiment at *Walden Pond* was designed to make a point: **when we need a lot, we’re not free.** He described it like this, “Making yourself sick, that you may lay up against a sick day, something to be tucked away...safely, in the brick bank.” He pitied young people who inherited land, farms, and all the attached clutter: houses, barns, cattle, and tools. “Better if they had been born in the open pasture and suckled by a wolf,” he wrote, “that they might have seen with clearer eyes what field they were called to labor in.”

Thoreau was criticized as a fake who imitated poverty, because he occasionally did his laundry and had meals at his mom’s house during the *Walden* experiment and because he came from an affluent family. What this critique of Thoreau fails to recognize is that he at least tried to test his own limits and his culture’s ideas about living; if he wasn’t privileged, he wouldn’t have known that wealth wasn’t all it’s cracked up to be. Thoreau wasn’t perfect, (nor did he espouse to be) but he did build a house and live in it, all alone, in the woods, and he documented it, knowing the account would hopefully encourage others to rethink their values and those of their culture at large. Needless to say, he is still influencing Americans today, as the minimalist movement taking place in our country is thriving. Not to mention that we are living in times where a review of our values, including our habits of consumption, is a necessity given the escalating pressures of runaway inflation that do not appear to be ending in our near future.

Although minimalism may begin with getting rid of the stuff that we have accumulated, this is only the beginning, not the end result. The author’s state that consumption is not the problem – thoughtless consumption is, the key is to own the appropriate amount of stuff – and then let go of the rest. Minimalists don’t focus on having less; they focus on making room for more: more time, more passion, more creativity, more experiences, more contributions, more contentment, more freedom. This path is based on the concept that clearing the clutter creates room for the intangibles that make life rewarding.

For some people, minimalism seems too austere (living like a monk) and if this is you, then pick your ism: intentionalism, enoughism, selectivism, essentialism, curationism, practicalism, living-within-your-means ism. Not matter what you call it, minimalism is the thing that gets us past the stuff so we can make room for life’s important experiences, which aren’t things at all. Although the authors present practical tips for letting go of your excess stuff, we will focus on navigating the world of possibilities that decluttering opens up – the difficult next stage of learning to live deliberately. How do we learn to live confidently without the

material things we’ve convinced ourselves we need? How do we live a more intentional and rewarding life? How do we learn to reset our priorities? How do we transform the way we look at ourselves? How do we get what we want out of life? The authors explore these questions through the lens of examining seven essential relationships that they believe, make us who we are: stuff, truth, self, values, money, creativity, and people (many of us would add our spiritual beliefs to this list). This book also offers tools to help in the fight against consumerism, clearing the slate to make room for a more meaningful and by default, less stressful life.

### Relationship #1: Stuff

How many of us try to cover up or mask our discontent with spending money on things that we don’t really need, trying to fill a vacuum within ourselves or to try to impress people that we don’t really even like? The writers suggest that we are in many instances, no longer able to distinguish the junk in our lives from the essentials because we are buried by so many unnecessary possessions, distractions and obligations that we literally cannot think straight enough to make these distinctions. The opposite of complexity is simplicity, which we obtain by removing that which no longer serves the core values of our lives. Look at everything you own and ask: what purpose does this serve and does owning it in anyway deter from my ability to live freely? If there is a core message within minimalism, it’s this: you probably don’t need that. Yet, we trick ourselves into believing that we do need that couch (fill in the blank), to the point where the average household contains hundreds of thousands of items, most of which get in our way and don’t bring us tranquility. Frankly, our consumption habit has become addictive, we purchase the goodie, our brain releases the neurotransmitter dopamine, we feel the temporary rush of pleasure and reward, it is not long lasting and before you know it, we are on to the next buying decision, because the anticipation of the reward that we will feel is part of the vicious cycle of wanting. Here

are 6 questions to ask yourself before you part with any money: 1) Who am I buying this for? 2) Will this add value to my life? 3) Can I afford it? 4) Is this the best use of this money? 5) What’s the actual cost? (factor in storage costs, maintenance expenses, psychological costs) 6) Would the best version of me buy this?

CONTINUED  
ON PAGE 35

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LOVE PEOPLE, CONTINUED FROM PAGE 34

Relationship #2: Truth

As we begin to sort through our excess possessions, we are often confronted by a cascade of profound and unexpected truths. It's easy to hide behind our excuses, programming, habits, and possessions, but this prevents us from living a life that congruent with the truth. Yet we hide because the alternative – facing the truth, can feel overwhelming. So, we unconsciously create a façade (our public self), built on distortions, one that does not reflect reality but it is easier to live with than an uncomfortable truth for example, that our parent was an abusive alcoholic or that we were neglected as a child. The more that our lives are complicated by untruths, the more depressed and anxious we feel, and hence, the greater we benefit from simplifying, because the act of simplifying exposes the truth buried beneath the fabrication of complexity. It is interesting to note how the increasing rate of consumption in our country has been mirrored by the rise in mental health issues and societal stress in general, because material goods can never replace our innate need for connection. We all need to belong to something greater than ourselves, which includes our community, participation, communication, cooperation, problem solving and enriching experiences with others. If we admit when we mess up, and take ownership of our decisions, we'll find the most noble path forward – the truth. Yes, owning up to something is more difficult than covering it up, but the truth is difficult precisely because it is the only thing worth pursuing. The key here is to align your actions with your best version of your self, not your persona (how you present yourself in public) or the

person that you were. Living up to other people's ideals is often what creates shame. Going forward, your goal is to live your best, most authentic life and this requires owning your actions and valuing your ability to be honest with yourself foremost and others, you only need to live congruent with your own highest standards, not other's expectations (we are not talking about using this to evade your job description or your boss's directives.) How does your relationship with truth affect you? Here are some questions that will help you answer this question: 1) What is one essential truth you are hiding right now? 2) How has hiding the truth caused discomfort or hurt relationships? 3) What is the worst thing that will happen if you tell the truth? What is the best that will happen? 4) What difficult conversations must you conduct in order to avoid making more regrettable decisions? 5) How will the truth help you grow? How will lies prevent you from growing?

So much book, so little space in my column! The authors discuss more strategies in their book, in each section, that are wonderful and too plentiful to cover in depth here. If this topic interests you, I recommend that you get this book, as it is a powerful tool for self-realization on so many levels. Until we meet again in next month's column, take time to relax and enjoy the people, places and experiences in your life that bring you the most joy. I wish you each a fun filled Halloween, one with lots of treats and very few tricks. :) I encourage you each to continue to take good care of yourselves, practicing the fundamentals of a healthy lifestyle as we continue to build our Wellness Community one positive connection at a time! (Susancarabello.nnsentinel@gmail.com)

Britain, handed over control of Poland to the Soviet Union. As one result of this fateful action, the many contributions Poland made to winning World War II were thrust into the shadows.

*In the next installment, we will discuss Wendell Willkie: A Godsend to America.*

CHEAT, CONTINUED FROM PAGE 31

"The untold story of the election is the thousands of people of both parties who accomplished the triumph of American democracy at its very foundation," says Norm Eisen, a prominent lawyer and former Obama Administration official who recruited Republicans and Democrats to the board of the Voter Protection Program."

So, there you have it straight from the mouth of a leftist reporter, obviously proud of herself for her part in the deception. Of course, they characterized their massive misdeeds as "saving the election". From what? The voters? The only remaining question is whether this will prove to be a case of forewarned being forearmed.

As the successful gubernatorial campaign of Glenn Youngkin proves, cheating can be overcome with the right strategy. In the 2017 Virginia election Republicans filled 27% of their local election posts. In 2021 that figure jumped to 93%.

In the 2017 election Republicans were caught flatfooted by last minute shenanigans. In 2021 Youngkin assembled a small army of attorneys strategically placed around the state and established a hotline for quick response. The resultant victory established what has been referred to as "the Virginia model".

That model has now been employed across the nation and many of the late-stage law changes of 2020 have been reversed in the courts. Policies that encourage cheating such as drop boxes and mail in voting have been curtailed or greatly reduced in many states, especially battleground states. The media has steadfastly refused to report on these changes but they are real as evidenced by the desperate measures currently being employed by Democrats.

The wave of national populism has already begun to surge. Leftist school board members are being voted out across the nation, even in dark blue enclaves. Populism is sweeping across Europe. The first act of the new British Prime minister was to reinstate fracking.

A conservative coalition recently won the Swedish national elections and the election of conservative Georgia Meloni and her "God, homeland and family" platform in Italy set off alarms among the globalists and threatened their plans for one world governance.

Republicans are surging in the polls as we enter the final month before the election and the horrendous performance of the Biden administration and the consequent suffering of all but the wealthy elites has spurred an undercurrent of resentment that will surely manifest itself on election day. The far left has turned their backs on traditional Americans. They have sung the song of hate and discord for two long years and now it's time to pay the piper.

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**"A good book changes your mind; a great book changes your actions."**

*Derek Sivers*

POLISH PILOTS,

CONTINUED FROM PAGE 33  
ment came from the head of RAF's Fighter Command, Hugh Dowding, who was so reluctant at first to allow the Poles to fight. Shortly after the Battle of Britain, Dowding declared: "Had it not been for the magnificent work of the Polish squadrons and their unsurpassed gallantry, I hesitate to say that the outcome of the Battle would have been the same."

This raises the question: Why aren't the Polish pilots better known today? There are a number of reasons for this. The most significant is the fact that after the war, Poland's two closest allies, the United States and Great



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## TACKLE TAILGATE MENUS WITH FAST, FLAVORFUL FOODS

While they may not strap on helmets and head to the field for kickoff, football fans often feel like they're as much a part of the game as the players themselves. When the team is in the locker room laying out the game plan, scores of fans are fueling up with tantalizing tailgate foods.

In fact, many tailgaters believe food is the most important aspect of the pregame festivities, and one trendy way to feed your crowd is with small plates, appetizers, samplers and innovative sides that feature a variety of flavors like these ideas from the experts at Aramark.

An easy hack for your next game day meal can be a recipe you prepare at home before heading to the stadium. The toppings are what set these Korean-inspired Sweet and Spicy Bratwurst Subs apart. Just make the crunchy kimchi, bright mango slaw and spicy sesame mayonnaise up to two days ahead of time so grilling the bratwursts is all you need to do before kickoff. As tailgate grub continues to trend toward easy and quick, Sweet Heat Foil Packets provide another no-mess, single-serve solution. Load up individual packets with shrimp, chicken, andouille sausage and favorite veggies then head to the game and grill on-site for a hot meal to fire up your fellow fans. Find more game day recipe inspiration by visiting Aramark's Feed Your Potential website, fyp365.com.



## SWEET AND SPICY BRATWURST SUBS

Recipe courtesy of Aramark // Servings: 8

### Kimchi:

- 1 1/2 cups green cabbage, cut into thick strips
- 1/4 cup water
- 4 teaspoons white vinegar
- 1 tablespoon gochujang paste
- 2 teaspoons fish sauce
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced, peeled ginger root

- 1/2 cup daikon radish strips
- 1/4 cup shredded, peeled carrot
- 1/4 cup sliced green onion

### Mango Slaw:

- 2 cups shredded green cabbage
- 1/3 cup diced mango chunks, thawed from frozen
- 1/4 cup shredded, peeled carrot
- 1/4 cup sliced green onion
- 1/4 cup red bell pepper, cut into thin strips
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons minced, peeled ginger root
- 2 tablespoons white vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon minced garlic

### Spicy Sesame Mayonnaise:

- 1/3 cup mayonnaise
- 1 tablespoon sriracha
- 1 1/2 teaspoons sesame oil
- 1 1/2 teaspoons seasoned rice wine vinegar

### For Serving:

- 8 bratwursts (4 ounces each)
- 8 hoagie rolls (6 inches), split

To make kimchi: Place cabbage in microwavable bowl. Add water. Cover and microwave on high 2 minutes, or until tender-crisp. Rinse with cold water and drain well. In large bowl, mix vinegar, gochujang, fish sauce, garlic and ginger. Add steamed cabbage, daikon, carrot and onion; toss to coat. Cover and chill.

To make mango slaw: Mix cabbage, mango, carrot, onion, red bell pepper, cilantro, ginger, vinegar, salt and garlic. Cover and chill.

To make spicy sesame mayonnaise: Mix mayonnaise, sriracha, sesame oil and vinegar until well blended. Cover and chill.

Heat grill to medium and lightly oil grill rack. Grill bratwursts 8 minutes, or until internal temperature reaches 155 F. Spread mayonnaise on rolls. Place grilled bratwurst on rolls and top with kimchi and slaw.

## SWEET HEAT FOIL PACKETS

Recipe courtesy of Aramark //

Servings: 8

- 1/2 cup cold butter, diced
- 1 cup diced yellow onion
- 1 cup diced, peeled potatoes
- 1 cup diced, peeled carrots
- 1 cup diced red bell pepper
- 2 cups diced skinless, boneless chicken breast
- 16 extra-large shrimp, peeled,

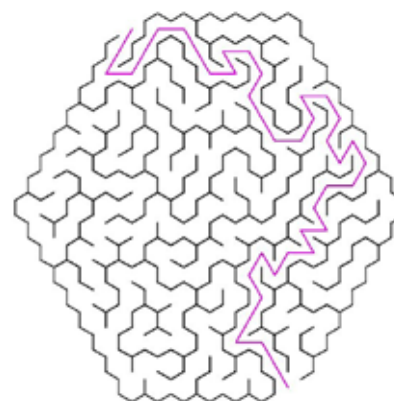
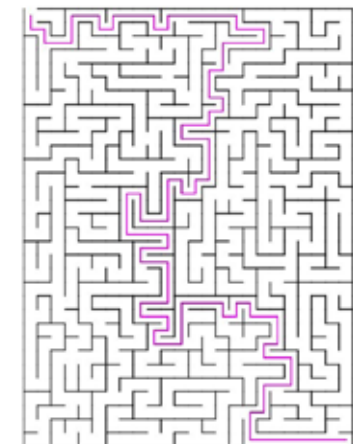


deveined and tails removed  
 8 teaspoons Cajun seasoning  
 1 cup diced pineapple  
 1 cup andouille sausage, cut in half and sliced  
 8 frozen mini corn cobs, cut in half (16 pieces)  
 1 cup sliced green onion  
 salt & pepper, to taste  
 Heat grill to medium. Place eight 18-by-18-inch squares heavy-duty aluminum foil on work surface.

On half of each foil square, evenly layer butter, onions, potatoes, carrots, red bell peppers, chicken, shrimp, seasoning, pineapple, sausage, corn cobs and green onions.

Fold foil in half over filling. Fold edges of foil tightly toward filling to seal packets. Place packets on baking sheet. Grill 15 minutes with lid closed until chicken and shrimp are cooked through. Season to taste with salt and pepper.

## PUZZLE KEYS:



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

Puzzles & Mazes located on pages 23-24



# For God & Country

## A BEAUTIFUL TRUTH

By: Hilda Page

Deep truths are often simple yet camouflage complexities beneath the surface that more times than not carry elements that both draw and intimidate us. This truth is one of these as it is absolutely germane that every human being believes and follow God's plan for their purpose on His Earth. Let's see if we can first process and then accept that premise, shall we? We will bear in mind that readers who already have embraced God's perfect plan for their lives still well-remember the time when they did not, thus placing us all on equal footing.

It's not news to many readers that our very purpose for existence is to know and to glorify God. Yes, for the most part, we easily 'get' that. Since what is not as clear nor easily understood is how we obtain that rather lofty-sounding goal and at what personal cost, we will begin with our human ideas that are so completely counter to our Heavenly Father's that they become stumbling blocks He will have to later tear-down in order to claim us for His inheritance.

First-up on our list is church attendance. Can't we all relate to that feeling of accomplishment, of well-being; pat ourselves on the back or scratch it off our list? Regardless of our motives, chances are this will not make the "pleasing God" list. Based upon whether our heart attitude was to worship or be seen and where we are in our walk, there will be exceptions, but who among us cannot at times say, "mea culpa"? How about giving God our money or regularly tithing? Again, heart motives notwithstanding, this is not going to cut it either. So cross-off perfect attendance and giving God a portion of what is ALL already His, okay? "He owns the cattle on a thousand hills," as well as "The earth and the fullness thereof."

Next up on the chopping block is believing Jesus died for our sins, was buried, rose again and ascended to His Father's Right Hand. Excellent that we believe; it's a great start but He tells us that, if that's all there is, knowing History does not make the grade either. This belief, in and of itself, also falls far short and what's more, even the demons know that much according to Matthew's, Mark's and Luke's records. All three Gospels give an account of a man with "legions" of devils inside of him. Obviously recognizing Who Jesus is, the devils called-out to Jesus by Name, "Thou Son of Man (Jesus' favorite title for Himself), have You come to torment us before our time?" (Interesting they knew this title and that it wasn't yet their time, isn't it?) Jesus didn't deign to answer them, but proceeded to make short work of them by casting them out of the man and into a herd of

swine that immediately ran off the cliff into the water below and drowned. It is said to be the Bible's first reported act of "suey-cide"! (Bad fun pun.)

This next is likely the biggest fallacy we have repeatedly been warned against, yet one that is so very human that nearly all of us have been guilty of it at some time. We just want to help God out SO MUCH that we decide what we will do for Him and then stand puzzled when there is little or no fruit from our labors. Evidently it takes time for us to get this out of our systems because by and large, we don't give-up our agendas without a fight!

We could continue with examples were it not for space constraints, but since we are nowhere close to it, let's proceed to what exactly is the ONE THING that qualifies us for eternal life. Ready? It is DEATH! Death while we yet



live, of course! Our willingness and even our fervent desire to die to our old way of thinking; death to paybacks, death to carrying grudges, to being angry at injustices; death to our agenda, to doing unto others what they have done unto us, and so on; but how is this miracle accomplished in us? The change is possible only by trudging the Via Dolorosa, the "Way of Suffering" to Calvary, each one carrying his/her own cross, dragging oneself upon it, if you can imagine such a thing with me, and The Holy Spirit meeting us there, infilling and making His Home within us. Death to our "old man", our sin nature, pride and self-sufficiency; and regeneration of "the new man" with new Life, new walk, new talk, new purpose, and new joy that radiates outward toward others and shouts to them, "HE'S GOT THIS and I am free!" (Often this is precipitated by a personal crisis, a disaster, or by becoming nauseatingly sick and tired of living a joyless, narcissistic, hamster wheel life full of self!)

The very moment God's Holy Spirit enters us, His Temple, we will never again be that person that we were! (Not that we would even WANT to be, at least not that I have ever heard of.) Our new mission is just to BE. How novel! Congratulations! We chose GOD over ourselves! We are "born again" into a peace that passes all understanding, a faith that knows no doubt, the deepest satisfaction, and a

love shed abroad in our hearts that results in an incredible lightness of being that attracts others without effort on our part.

How it plays-out is God's job. He writes the script, directs and produces it and we are not surprised that it all works seamlessly! We even come to expect that it must, since He formed us and gave us our personalities at the same time that "He knit us in our mothers' wombs"; obviously He ordained also which movie we would star in, as well as every other needful detail. Just don't forget, His plan comes to fruition ONLY if we are His willing accomplice. There IS one qualification to our stepping into His plan and only one, regardless how long we have tarried. Breathing. We must be still breathing.

Didn't I mention bearing "fruit"? Allow me to elaborate. This is exactly how Jesus said believers would recognize each other, and how those who are yet unsaved would know us, "by our fruit." The Book of Galatians identifies our nine Spiritual fruits as, "Love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and self-control; against such there is no law." We need not be discouraged if they don't all flood-in at the same time. This process begins the moment we are "grafted into His Tree" and continues throughout our lives. He knows just how often to fertilize and when to prune each branch. (Ouch!)

Be amazed, be thrilled, be thankful that His plan is so much "more than we could ever have asked for or even imagined" that we would receive. As the old hymn promises, "Every day with Jesus is sweeter than the day before"; and regardless its' difficulties, we can "Be of good cheer, for He has overcome the world." He paid our debt He did not owe in order to redeem us for Himself. How can any human being created in His image with reason, emotion and 'heart' respond with anything less than, "Yes Lord Jesus, Yes!" NO WAY I can resist Him and I'm banking on the fact that every single one who gives Him a fraction of a chance will fall for Him in like manner!

"For I know the plans that I have for you, declares the LORD, plans for good and not for evil, to give you a future and a hope. Then you will call upon Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you search for Me with all your heart." Jeremiah 29:11-13.

*Scripture: Jeremiah 24:7; 29:11-14; 1 Timothy 6:9-12; Matthew 8:28-34; Mark 5:2-17; Luke 8:26-34; John 1; 3:1-21; Galatians 5:22-23; Romans 11:15-25; Ephesians 2:12-22.*

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