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RAPPAHANNOCK ELECTRIC
Cooperative Living

LIGHTS, CAMERA,
ACTION!

PAGE 8

From left, Robert Kendzie, Tim Murphy, Molly Lucas, Tim Leece and Justin Bridges on a Northern Virginia Motion Picture Co-Op movie set.

PHOTO BY GREGG MACDONALD





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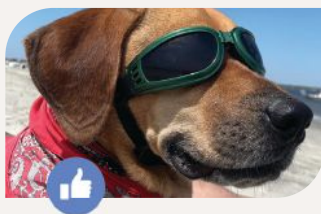
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VIEWPOINT

Vacations, Dogs and Pawpaws

August is a time when everyone tries to squeeze out the last bit of fun before going back to school. The temperatures are hot, beaches are crowded and family vacations are ending. Even though my children have outgrown their school years, I still look forward to the summer to spend time together.

In this issue of *Cooperative Living*, we feature different areas to enjoy some time away, including a must-try restaurant in Troy, Va.

Our Cooperative Focus story highlights The Northern Virginia Motion Picture Co-Op, a unique nonprofit group of talented individuals who help local filmmakers — and those aspiring to become filmmakers — achieve their dreams. It's an interesting story that we hope you enjoy.



August is National Dog Month, so we feature two stories in this issue that are related to man's best friend. One is about a swimming center for dogs that is served by Rappahannock Electric Cooperative, and the other provides tips on how to travel with your pets. Our dog, Jackson, is a common companion on our vacations.

Also, in this issue we explore raised garden beds and discuss the pawpaw, America's most overlooked fruit. If that doesn't pique your interest, nothing will.

As you enjoy the last days of summer with family and friends, we hope *Cooperative Living* has highlighted some interesting destinations for you to explore throughout Virginia and Maryland. ●

Brian S. Mosier

Brian S. Mosier, President & CEO
Virginia, Maryland & Delaware Association of Electric Cooperatives

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To inform you about your cooperative and its efforts to serve your energy needs; how to use electricity safely and efficiently; and the people who define and enhance the quality of life in communities served by electric co-ops.

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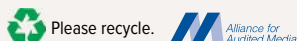


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The Pileated Woodpecker

How did it get its name?

by Robert Pellenberg, Contributing Writer

THE FORESTS OF WORCESTER COUNTY AND OCEAN PINES, MD., ARE HOME TO ONE OF NORTH AMERICA'S MOST MAGNIFICENT BIRDS: THE PILEATED WOODPECKER. This raven-sized but slimmer bird has black and white feathers, a long neck, a chisel-like beak and a bright red crest on its head.

These stunning birds often scurry along tree trunks, pecking here and there in search of insects hidden under the bark. If a target is spotted, using its long, chisel-like beak, the woodpecker transforms into a living chainsaw. Wood chips fly everywhere.

Like many bird species that migrate over the winter, the pileated woodpecker is also fond of suet, a high-energy food source for the cold months. The woodpecker can alight, upside down, on a suet block holder and grind away at the suet. However, the woodpecker is very cautious before attempting this acrobatic feat. It will scamper about on a nearby tree, making sure there are no potential predators nearby.

The pileated woodpecker's name is derived from the Latin word *pileatus*, which means "wearing a pileus" — a pileus being a brimless, conical hat worn by ancient Romans. The pileated woodpecker has a cone-shaped top knot on its head, hence its common name.

With diligence, patience and luck, you may be able to see the unusual but magnificent pileated woodpecker in person where you reside. But, if not, a trip to Worcester County and Ocean Pines, Md., will surely increase your chances. ●

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Many pet owners (78%) travel with their four-legged family members on vacation.



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The Dog (and Cat) Days of Summer

Bringing furry family members on vacation

by Amanda S. Creasey, Outdoors Writer

An annual vacation is a summer staple for many families, and including the family pets in the trip is becoming more common. Whether it's a cat or a dog, more furry family members are going along for the ride. In fact, a 2024 survey conducted by the American Pet Products Association found that 78% of pet owners travel with their four-legged family members each year when they take vacations.

STAY OR GO

Jessica Bowser, who owns two cats and is the host of the Virginia Outdoor Adventures Podcast, and Certified Canine Fitness Trainer Maria Schultz, who owns two dogs, recommend considering a few things before committing to bringing your cat or dog along on the next family trip.

First, consider the nature of the trip you're planning. "If I'm going to bring my dog and they don't get to do anything but sit in a hotel room, I'm probably not going to bring them," Schultz says. "But if there's an opportunity for them to participate, they come. If not, I let them stay at



home where they're comfortable." While some trips may be excellent destinations for our four-legged companions, others may not be suitable.

Next, think about your pet's disposition. According to

Bowser, "The most important thing is understanding your pet's personality and understanding whether or not your pet would be up for this." Does your pet enjoy car rides, love meeting new people or get excited about exploring new places? Then a trip might be perfect for them. However, if your pet tends to be anxious in the car, shy around new people and nervous in new situations, a trip could be a stressful experience they might not enjoy.



PHOTO COURTESY JESSICA BOWSER

READY TO RIDE

Bowser cautions cat guardians to remember that "when cats are stressed, they act in ways they might not normally act, so try to think about and plan for that." To help facilitate car travel with her senior seal point Himalayan, Sophia, and her all-white Persian, Blanche, Bowser bought a cat carrier, separate from the one used for vet visits, well in advance. She set it up where they



PHOTO COURTESY JESSICA BOWSER

PHOTO COURTESY AMANDA S. CREASEY

like to hang out. “They got used to it before we ever put them in it to go in the car,” she says.

In addition to preparing your pets for travel, it’s wise to research your destination ahead of time. If possible, visit without your pets first to scope out pet-friendly activities, restaurants, events and lodgings. If not, research by reading blog posts or articles about the area, talking to other people who may have visited the location or visiting dog-friendly websites such as Bring Fido to learn more about pet-friendly venues in the area.

WHAT TO PACK

Bringing along our furry friends also means packing their gear. For dogs, Schultz recommends a crate, a harness, updated identification tags and a 4- to 6-foot leash. Also, treats, food and water bowls, along with a favorite toy.

For cats, Bowser recommends bringing a cat carrier for the car, your cats’ regular food and bed, toys, food and water bowls, kitty litter, and a litter box. Also, a photo of yourself with your pet is a good idea in case your pet gets lost.

ON THE OPEN ROAD

Having a pets along for the journey changes the dynamics of a road trip in ways travelers new to the experience might not expect. For example, you can’t just leave your pets in the car if you need to stop for food or a bathroom break. “You

can’t just go into a restaurant. You can’t just go into a restroom,” Bowser says. When she and her husband travel with their cats, they take turns using the restroom.

ARE WE THERE YET?

Once the travel part of the trip is complete, it’s time to settle in. Make the stay as comfortable as possible for your pet to minimize stress and maximize enjoyment. If your pets have a positive experience, you will too. “Try to approximate home as much as possible,” Bowser advises. Maintain a similar routine and feed your pet the same foods they eat at home.

Remember, too, that having pets along changes the nature of your trip. “The point is to spend more time with them,” Bowser says. “You plan the trip around them.” Schultz echoes this mentality, saying it’s important to realize that bringing your pet on a trip means you might need to modify your plans, but doing so is worth it.

While traveling with pets introduces challenges and changes the way you travel, both Schultz and Bowser hail the many benefits of bringing their pets along for the ride. “It’s nice to have them with you,” Bowser says of her cats, “and it strengthens the bond.” Of dogs, Schultz adds, “We don’t get dogs to leave them alone. Dogs are born and bred to work alongside us and share our lives with us. Why wouldn’t we incorporate them as much as we can?” ●



All Bottled Up

How resisting expression impacts your health

by Vanessa LaFaso Stolarski, Contributing Columnist

We've all done it — forced a smile when we wanted to cry, swallowed our anger to avoid a conflict, or doom-scrolled our way through hurt or sadness on social media. Modern life offers endless opportunities to avoid emotional discomfort. We binge-watch TV or throw ourselves into work. Sometimes we turn to food or sweets, or even to excessive exercise, to numb what we'd rather not feel. While these tactics might provide some temporary relief, they may also set the stage for long-term health issues.

PHYSIOLOGY OF SUPPRESSION

When we resist feeling our feelings, our bodies react as if we're under constant stress. The hypothalamic-pituitary-adrenal axis — the body's central stress response system — activates, flooding us with cortisol and adrenaline. Over time, this chronic activation leads to:

- **Heart strain:** elevated blood pressure and increased risk of heart disease
- **Weakened immunity:** higher susceptibility to infections and slower healing
- **Digestive issues:** upset stomach, irritable bowel syndrome and ulcers



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- **Muscle tension:** migraines, jaw pain and joint pain
 - **Sleep disturbances:** trouble falling or staying asleep
- Studies have linked emotional suppression to higher rates of chronic illnesses, including multiple sclerosis, fibromyalgia, Hashimoto's disease, hypertension and even some cancers. As the legendary philosopher and psychotherapist Carl Jung once said: "What we resist, persists."

In this case, resisting emotional processing can manifest in physical symptoms.

SIT WITH DISCOMFORT

So how can we break this cycle? The answer isn't to wallow or wade deeper into our feelings. Instead, we need to learn to notice how our body is responding. Remember, emotions are simply sensations in the body that we allow to affect us.

- **Get curious, not critical:** Instead of judging yourself for having an emotional response, ask yourself, "What is this feeling trying to tell me?"
- **Tune into your body:** Notice where you feel the emotion. A tight chest, clenched jaw and increased heart rate indicate nervous system activation. Track the sensations and notice them shifting or dissolving. Note how quickly

the sensations pass through you.

- **Name it to tame it:** When you notice a strong emotion, pause and label it: "This is what anger feels like." Avoid labeling yourself. You aren't angry. You are only feeling anger.

A crucial aspect of this is keeping your mind out of the process. When an emotion lasts longer than a few minutes, your mind has become immersed in



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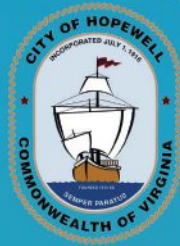
the narrative and is perpetuating the emotion. Stay present, stay focused and be aware of the independent sensations.

BENEFITS OF FACING FEELINGS

Allowing ourselves to experience the full spectrum of emotions isn't a sign of weakness. It takes bravery to face our messy feelings and it cultivates resiliency so we may bounce back quickly. As we grow more comfortable with discomfort, our bodies relax, our minds clear and our relationships deepen. In the end, acknowledging and processing our feelings isn't just good for our health — it's essential to our longevity. ●

Vanessa LaFaso Stolarski is a certified nutrition counselor, weightlifting coach, life coach and stress-management specialist.

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Far left, director Koby Garcia and actor Tim Leece with reenactors from the 29th Infantry Division Living History Group on the set of “Angel in Hell.”

QUIET on the Set!

Making movie magic in Fredericksburg, Va.

by Gregg MacDonald, Staff Writer



PHOTOS COURTESY NVMPC

In 2011, when he was 11 years old, Koby Garcia went to see a movie called “Super 8.” That film — directed by J.J. Abrams and produced by Steven Spielberg — wound up having a profound impact on his life.

“The movie was about kids, about my age at the time, who were interested in making movies,” he says. “It got me interested in becoming a filmmaker, and it started that ball rolling for me.”



Fast forward to summer 2025: Garcia, now 26, is directing his first short film in Fredericksburg, Va., after writing the screenplay.

Perhaps not coincidentally, “Angel in Hell,” a fictional World War II drama about a pilot shot down behind enemy lines in occupied France, features a supernatural, Spielberg-like element: The pinup girl painted on the side of the B-25 bomber plane comes to life, assists the pilot and helps him get back home.

LIGHTS, CAMERA, ACTION!

Garcia acknowledges that he could not have achieved his childhood dream of becoming a filmmaker without help, primarily from a nonprofit group called The Northern Virginia Motion Picture Co-Op.

“I wrote the screenplay for the movie

on my own, but I did not have the equipment or the skills needed to make the movie a reality,” he says. “The co-op provided me with both those things and made it all possible.”

Robert Kendzie, the founder and director of The Northern Virginia Motion Picture Co-Op, says the idea for a nonprofit cooperative that could help would-be local filmmakers turn creative ideas into tangible realities came about in 2013.

“I worked in Hollywood for about 10 years in the 90s before moving to Fredericksburg and settling down into a ‘straight’ job,” Kendzie says. “But I continue to have a deep love of filmmaking, and I keep in contact with many others who feel the same way. The idea of NVMPC was born of that: a largely informal alliance of folks who



1. Makeup assistant Doris Elias touches up actor Kate Kenworthy. **2.** Director Robert Kendzie views a shot with Steadicam operator Karl Calixto. **3.** Robert Kendzie offers direction to Kate Kenworthy. **4.** Robert Kendzie and cinematographer Nick Zumwalt discuss a scene with actor Boneza Hancock in the background.

could help each other produce short films.”

In Northern Virginia, Kendzie discovered a unique group of individuals who seemed perfect for his equally distinctive concept. “Several of the folks initially involved were working for either corporate or military clients producing video material of a commercial or documentary nature, but were also interested in trying out narrative and fictional filmmaking,” he explains. “We also had many folks from the local theater community who were interested in the project as a way to gain experience acting in front of a camera rather than before a live audience.”

Kendzie points out that Fredericksburg also has a lively theater scene, featuring one commercial theater and two well-funded community theater organizations that produce numerous shows throughout the year. He says,

“It all kind of came together as a result of all that.”

POST-PRODUCTION BLUES

Now in its 12th year, The Northern Virginia Motion Picture Co-Op has officially produced nine films, with Garcia’s film set to be the 10th. The co-op has also been involved in several other projects. “Sometimes it’s about helping to cast the right actor, sometimes it’s about finding a location to shoot in or providing a piece of gear to shoot with and, oftentimes, it just means folks showing up to volunteer their time and talent on one project or another in any way they can,” he says. “We use the word ‘co-op’ in a very literal sense — when we’re doing it right, the idea is that we foster and encourage cooperation among our circle in the service of making art. It’s always been a very loose organization.”

THE WYCHWOOD CYCLE REDEMPTION

Kendzie says he has wanted to convert the nonprofit motion picture co-op into an official 501(c)(3) organization for some time. To that end, he began hosting monthly educational seminars in 2019. However, the pandemic soon intervened. “We were putting together a board and writing up bylaws and generally getting ready to take the next steps when the pandemic hit in 2020 and everything shut down,” Kendzie remembers.

In January 2023, new life arrived for NVMPC in the form of a comeback film project called “The Wychwood Cycle,” a film that would take more than a year to complete but would ultimately save NVMPC.

“Throughout 2023, we ran a successful GoFundMe campaign to raise \$9,000 for the project, and it ended up taking a significant amount of my life for the following year,” Kendzie says. “However, it was the best thing we could have done. A whole new cadre of folks got involved, there was a lot of excitement generated and the film itself turned out beautifully.”

“The Wychwood Cycle” also played a role in Garcia’s growth as a filmmaker. Before he directed his own movie, he sharpened his filmmaking skills as the first assistant cameraman on Wychwood. “I learned so much from that experience,” he says. “I’d never used camera equipment that nice before, and it proved to be an invaluable lesson.”

STAR OF STAGE AND SCREEN

Originally a stage actor, Margot Moser has appeared in three NVMPC productions so far. Her first, “To Whom It May Concern,” was coincidentally also her first time acting in front of a camera. “It was kind of different doing multiple takes of our scenes,” she says. “It allows you to have a different scale of expression

(continued on page 10)

Quiet on the Set

(continued from page 9)



Production assistant Sara Fontana with actors Margot Moser, Brandon Carr and Diana Lee Arnold on the set of "To Whom It May Concern."

than you do onstage, and it helped build my confidence as an actor."

"To Whom It May Concern" is a science fiction story about time travel, and Moser says it was shot in three acts, making it a natural transition for her to go from acting on stage to acting onscreen. Before her movie debut in that production, Moser mainly performed with the nonprofit Fredericksburg Theatre Ensemble. She says that's how she met Kendzie. "The community Rob has built with The Northern Virginia Motion Co-Op is a wonderful outlet for filmmakers and actors alike," she says. "He has been very supportive of local actors and has helped so many people get experience in film production."

VIRGINIA IN THE MOVIES

The Virginia Film Office pairs professional filmmakers with locations, resources and creative solutions for local movie shoots. Margaret Finucane, communications manager at VFO, notes that although Virginia is not one of the top states for film production (those would be California, New York and Georgia), it does attract its share of famous filmmakers. "We have had some pretty big-time movies shot here," she says. "'Dirty Dancing,' 'Lincoln' (with Daniel Day-Lewis), 'Captain Phillips' (starring Tom Hanks) and

'Wonder Woman 1984' were all shot in Virginia." On its website, the Virginia Film Office features a quote from "Wonder Woman" actor Gal Gadot that reads, "Virginia welcomed us with so much love and support."

Finucane says that, overall, Virginia is less of a "blockbuster" movie state and more of a "boutique" film state, often attracting smaller, esoteric productions. She says The Northern Virginia Motion Picture Co-Op is an excellent resource for local actors, directors, equipment operators and anyone else interested in breaking into the business. "They help fill in the gaps between someone starting out on their own and professionals who might come to us to scout out locations for a commercial shoot," she says.

ONWARD AND UPWARD

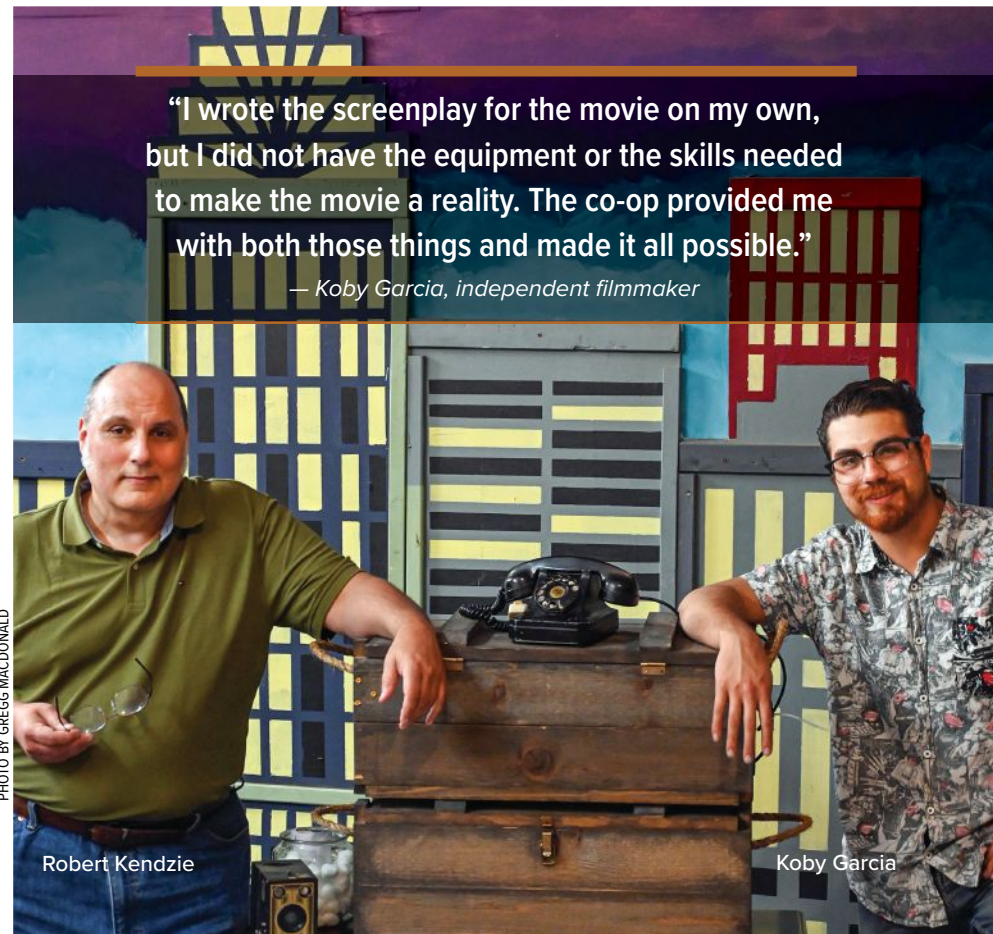
Kendzie remains hopeful that NVMPC will eventually transition into a 501(c)(3) nonprofit and his optimism is infectious. "I think it will take some time to get there, as after



Robert Kendzie does some post-production work.

the pandemic, we were basically starting over from scratch, but we've made a lot of progress and I remain hopeful," he says. "Meanwhile, we recently partnered with the Virginia Screenwriters Forum in Richmond to produce a project by one of their writers, and everyone had such a good time on it that we're going to do it again soon!" ●

▶ For more information, visit facebook.com/novamotionpictures and youtube.com/@novamotionpictures3942.



"I wrote the screenplay for the movie on my own, but I did not have the equipment or the skills needed to make the movie a reality. The co-op provided me with both those things and made it all possible."

— Koby Garcia, independent filmmaker

PHOTO BY GREGG MACDONALD

Robert Kendzie

Koby Garcia

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“Our members are at the heart of everything we do — and that includes choosing the local leaders who guide our Cooperative,” said Casey Hollins, Managing Director - Communications and Public Relations. “Participating in the Board of Directors election is one of the most important ways members can shape the future of REC.”

The deadline to submit your Proxy Designation Form in advance of the Annual Meeting is August 15. Participation in the live Annual Meeting is also an option. Registration required.

Registration opens at 7 a.m. on Aug. 11 and closes at 5 p.m. on Aug. 15. Only registered members will receive instructions to join the virtual Annual Meeting on Aug. 20 to cast their vote live.



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Annual Meeting participation instructions will be emailed to registered participants.

Meet the Candidates

REGION I



Michael W. Lindsay
—Incumbent

REGION VI



Linda R. Gray
—Incumbent



Mack A. Wright Jr.

REGION VII



J. Mark Wood
—Incumbent



POWERING PROGRESS

How REC is Fueling Louisa County's Growth

REC lead lineman Chad Foster demonstrates lineworker safety techniques and equipment for the Leadership Louisa Class of 2025.



In Louisa County, the force behind economic growth, improved quality of life and a connected future often comes down to one name: Rappahannock Electric Cooperative (REC).

For Tracy Hale Clark, Executive Director of the Louisa County Chamber of Commerce, REC's influence is more than a utility service — it's a driving partner in progress, growth, innovation and resilience.

A Valued Partner in Progress

Year after year, REC has proven itself as an essential partner to both the Louisa County Chamber of Commerce and the Louisa Forward Foundation, according to Clark. The Cooperative's role as a "Partner in Progress" goes beyond financial sponsorship; it encompasses meaningful collaboration in programs and events that serve the local business community and spur commercial and residential economic development.

"REC doesn't just support initiatives," Clark emphasizes. "They help build them — from idea to execution."

Whether it's funding community programs, offering in-kind resources, or employees volunteering their time, REC brings a multifaceted approach to support, she noted, and REC staff serve as facilitators, evaluators and hands-on developers of critical programs throughout the county.

"REC shows up — consistently, authentically and with purpose. They've helped us power more than lights. They've helped power economic progress."



In 2022, Louisa County Chamber Executive Director Tracy Hale Clark organized the delivery of meals for utility workers who were working around the clock to restore power after Winter Storm Frida.

Rising to the Moment

When COVID-19 disrupted nearly every aspect of life in 2020, REC was one of the first organizations Clark called. Their swift and genuine response helped businesses navigate uncertain terrain, providing the support needed to sustain operations and adapt.

Then came Winter Storm Frida. While much of the region was shut down, REC linemen worked around the clock to restore power to thousands of homes and businesses.

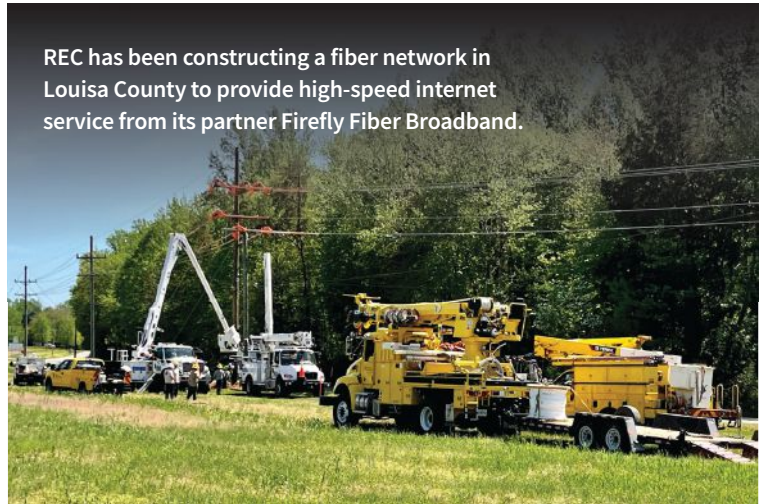
"It was inspiring," Clark said. "We organized a community gratitude effort just to say thank you. Their dedication was that impactful."

Lighting the Path to the Future: Broadband Access

Arguably, one of REC's most transformative contributions has been its partnership with Firefly Fiber Broadband to bring high-speed internet to underserved areas of Louisa County, fostering growth among both businesses and families.

"Broadband is a game changer," says Clark. "It's not just about streaming movies — it's about business survival, education access and basic connectivity."

From remote work and online schooling to boosting small business capabilities, broadband access powered by REC has elevated both individual lifestyles and the local economy, she said.



REC has been constructing a fiber network in Louisa County to provide high-speed internet service from its partner Firefly Fiber Broadband.

“REC has made a tremendous effort to bring service to rural, hard-to-reach places,” Clark said. “That takes commitment. That takes believing in the people they serve.”

Through its consistent presence, strategic partnerships and genuine community spirit, REC has emerged not just as a utility provider, but as a cornerstone of Louisa's evolving story of positive growth.



Through an additional partnership with the Louisa County Chamber of Commerce and the Town of Louisa, REC installed public EV chargers in the town.

va811.com
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Before you dig anywhere around your home, be sure to visit VA811.com. Staying safe is quick, easy and free.

August 11 is Virginia 811 Safe Digging Day.

A reminder that any time you dig, you must contact 811 first. Whether you're planting a tree, installing a mailbox or starting a major project, calling 811 helps prevent accidental contact with underground utility lines. It's free. It's easy. It's the law.

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SHIFT YOUR ENERGY HABITS



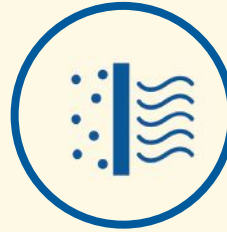
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Swap out old bulbs for LEDs and install a smart thermostat if you haven't already. It's like giving your home a money-saving coach.

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Customize MyREC SmartHub's Home Profile & Get Energy Tips That Matter JUST FOR YOU



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3. **Look out for your personalized emails,** alerts and use dashboard.

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STORM SAFETY STARTS NOW HURRICANE SEASON

August marks the height of hurricane season in Virginia, and even inland areas can feel the impacts of hurricane damage and power outages. Take time now to prepare.



Create an Emergency Kit

Include flashlights, batteries, first-aid supplies, non perishable food, water (1 gallon per person per day), medications and important documents.



Stay Away from Downed Lines

Always assume a downed power line is energized. Stay back at least 30 feet and report it immediately to REC and 911.



Charge Devices and Backup Batteries

Before a storm hits, fully charge your phones, power banks and medical devices. Consider a portable power station for added peace of mind.



Prepare for Outages

Update your phone number with REC, to ensure you receive REC outage alerts, and bookmark our Outage Map. Know how to report an outage: myrec.coop/out or call 800-552-3904.



Know Your Evacuation Plan

Even if you live inland, heavy flooding can occur. Be familiar with your local emergency management office's evacuation routes.



Protect Your Electronics

Use surge protectors or enroll in REC's Whole-House Surge Protection program to safeguard your appliances from lightning and grid surges.

REC TIP

Our line crews are prepared to respond quickly and safely when storms hit. Help us help you by staying informed and taking precautions now – before the storm is on your doorstep.



Scan to Download Your Storm Prep Checklist

myrec.coop/stormprep

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REC's SurgeAssist provides peace of mind that the appliances and electronics you depend on each day can be affordably repaired or replaced if they are damaged by a surge.

KEY BENEFITS TO HIGHLIGHT:

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- Layered protection for **peace of mind year-round**
- Costs only 20 cents a day, which adds up to **only \$5.95 a month.**

Enroll today: myrec.coop/surgeassist



Tootie Rinker may have spent much of her childhood overseas, but her roots run deep in Winchester, VA.

Growing up in a military family, she lived in places like Ethiopia and Taiwan before moving back to her father's hometown of Winchester after he passed away while serving. The transition from Taiwan to a Virginia high school was a major culture shock — but ultimately, Stephens City became home, and community became her anchor.

With a graduate degree from the University of Virginia, Rinker built her career as an audiologist. But it was her 25 years as director of the Winchester chapter of the American Red Cross that truly shaped her perspective on the power of service.

“Volunteering was part of life in a military family,” she said. “You were expected to do your part. And I grew up loving it.”

That passion never faded. When Rinker retired from the Red Cross, she quickly discovered that full-time rest wasn't for her. “I was bored stiff,” she laughed. Within six weeks, she was back at work part-time in a local audiology office. It turned into an 11-year second act before she finally retired — officially — two years ago.

But slowing down has never been her style.

These days, Rinker brings her energy, nonprofit experience and deep local knowledge to the CARE Charity Board, which administers The

Power of Change funds. Recruited by REC Board Chairman Chris Shipe, she didn't hesitate to say yes.

“I've seen how much good can come from a small group of people who care,” she said. “This was an opportunity to continue doing something meaningful.”

Rinker is especially passionate about causes that support food security and working families who are struggling to make ends meet. She was struck by how thorough and thoughtful the Board's grant review process is.

“It's not just about handing out money. We ask the tough questions — how can this grant really help them grow their impact?” she explained. “Sometimes it's not just about giving food to a pantry, but helping them buy the equipment that lets them serve even more people.”

To Rinker, volunteering is more than an act of service — it's a powerful force for connection and purpose.

“Volunteering benefits everyone involved — from the people receiving help to the people giving it,” she said. “It's one of the best things you can do for your mental health. It fills a need, and it gives you a sense of purpose.”

Outside of the CARE Board, Rinker stays active through her church, the Rotary Club of Winchester (where she's served on the board) and as President of the Winchester Medical Center Auxiliary. She also co-leads the local chapter of Sleep in Heavenly Peace, which builds and delivers beds for children in need.

She and her husband, a third-generation apple grower, have two daughters and two granddaughters.

For REC members considering whether to enroll in The Power of Change, Rinker's advice is simple: “It's a small way to make a big difference. Your monthly contribution may be just pennies, but collectively, it grows into something powerful for the people around you. It's one of the easiest ways to give back.”

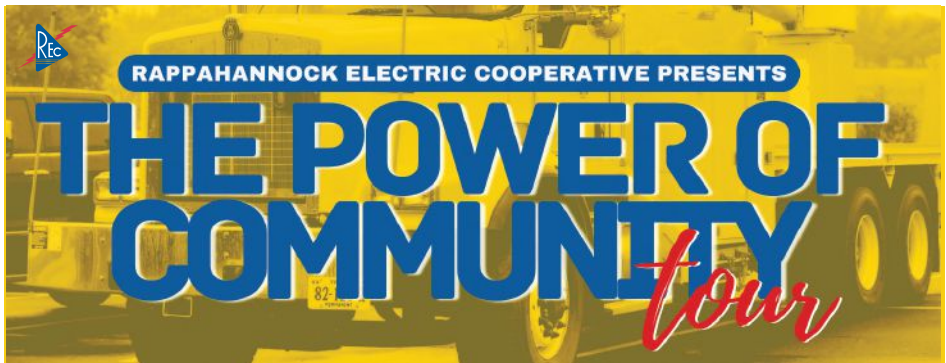
About The Power of Change

Each month, more than 35,000 REC members round up their electric bill to the next whole dollar. The donated funds are then awarded to nonprofits and charities that support our communities.



Enroll today: Your small change — the average monthly donation is just 52 cents — makes a big difference. The more members who enroll, the more money is given out.

Learn more and enroll today: myrec.coop/donate.



AUGUST

Greene Farm and Livestock Show <i>Greene, Va.</i>	AUGUST 1
National Night Out <i>Service Territory Wide</i>	AUGUST 5
Brandy Station Vol. Fire Dept. Parade <i>Culpeper, Va.</i>	AUGUST 7
Clarke County Fair <i>Clarke, Va.</i>	AUGUST 14
Clarke County Farmers Market <i>Clarke, Va.</i>	TBD
J&R's Annual Car, Truck & Motorcycle Show <i>Madison, Va.</i>	AUGUST 16
Taste of the Mountains <i>Madison, Va.</i>	AUGUST 30



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Nonprofits: Don't Miss This Chance to Fund the Difference You Make!

DONT WAIT!

Applications for The Power of Change grants are due soon! If your nonprofit serves REC's local communities, now's the time to apply for funding that could bring your mission to life.

Funded by the generous donations of REC members, The Power of Change supports programs that uplift, empower and improve lives across our service territory.

Apply by Aug. 10 at thepowerofchange.org.

Energy-Efficiency Tip
Don't Let Hot Water Drain Your Wallet

Water heating can account for up to 18% of your home's energy use. Use less hot water, insulate hot water pipes and shop for Energy Star® appliances to keep your energy use in check.

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Rappahannock Electric Cooperative is an equal opportunity provider and employer.

See Spot Swim

REC-served dog swimming facility improves canine mobility and quality of life

by Laura Emery, Staff Writer

In Rockville, Va., the swimming pools have gone to the dogs. At Paws to Swim, dogs enjoy the luxury of three indoor, heated swimming pools, two outdoor pools and two fenced-in fields to frolic and play after time in the pool.

Paws to Swim opened in 2002 when founder Debbie Logerfo wanted a place for her Bernese mountain dog, Davos, to regularly swim as part of his rehabilitation treatment for elbow dysplasia. There were no dog pools in her area, so Logerfo designed and built the indoor swimming facility after discovering the numerous benefits that swimming provided for dogs.

In 2015, Alice and Henry Nickel purchased Paws to Swim and have been growing the business ever since. “We fell in love with the whole ‘dog swimming’ aspect. It’s a very rewarding business. We have so many dogs that come in with medical issues and we get to see their progress and recovery. We love that.”

Alice remembers a golden retriever born with “horrible” bilateral hip dysplasia who had received two hip replacements and started swimming for post-surgical rehabilitation. “That dog benefited so much from swimming and recovered quickly. They continued swimming every week, for years, because the dog loved it so much. The dog’s journey was very uplifting to witness.”



PHOTO BY KRISTEN MURRAY PHOTOGRAPHY



“It’s our goal to make every client, both human and dog, feel like they’re coming to their home away from home.”

— Alice Nickel

There was also an elderly puggle who had a stroke and was unable to walk, Alice recalls. “After a few weeks of swimming, she was able to stand on her own and then eventually take steps on her own. She gained so much mobility in the late stages of her life,” she explains. “It was a beautiful thing to watch.”

The 3.5-acre Paws to Swim property is served by Rappahannock Electric Cooperative. “We appreciate the reliable service, and love being part of a cooperative,” Alice says.

The Paws to Swim team works with dogs that have medical issues, young puppies, older dogs new to swimming and dogs that are fearful of the water. But it’s also a place for any dog that likes to have fun in the pool and get some exercise. Alice says, “It’s just a positive, happy business.”

Alice and her husband have 7-year-old twins, Philip and June, as well as three dogs: Skye, Gracie and Slater. “We’ve also got three goats and 24 chickens,” she says with a laugh.

Paws to Swim is the perfect place to bring your dog to swim, jump and retrieve under the watchful eye of trained staff, with plenty of toys and treats nearby. In addition to the Nickels, there is one full-time employee and two part-time employees on staff.

The Nickels are dedicated to maintaining high water quality and keeping the facility exceptionally clean. “It involves a lot of skimming of dog hair after each session, as well as cleaning the pools at the end of the day, vacuuming regularly, and testing water chemistry and adjusting it daily to keep it safe for the dogs,” Alice says. The indoor pools are kept at a comfortable temperature (between 82 and 85 degrees). “If we wouldn’t go in, we wouldn’t want your dog to go in either.”

Paws to Swim operates by private appointment only. Alice explains, “It’s our goal to make every client, both human and dog, feel like they’re coming to their home away from home.” ●

PHOTOS COURTESY PAWS TO SWIM

► For more information and to book a session for your dog, visit pawstoswim.com.

Raised and Rooted

Exploring the world of raised garden beds

by Beth Burrell, Contributing Columnist

Raised garden beds offer more than just visual charm — they're a smart solution for gardeners of all skill levels. Whether you're growing flowers, herbs, fruits or vegetables, raised beds improve drainage, allow for better soil control and reduce physical strain. If you're tired of bending, kneeling or crawling around your garden, raised beds can make your gardening experience easier and more enjoyable.

One of the biggest benefits of raised beds is comfort. I've never enjoyed the physical toll of in-ground gardening — bending over for long stretches while weeding, planting or harvesting isn't ideal for anyone. Raised beds let you tend your garden at a more ergonomic height and you can better enjoy your plants both from a distance and up close.

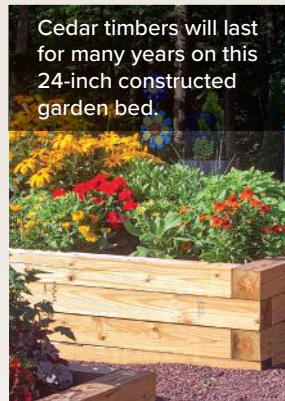
MATERIAL CHOICES AND HEIGHTS

Wood is a classic and durable choice for raised beds. Cedar is a long-lasting material, but it is also pricey. In contrast, treated lumber is more affordable and still built to last. I personally prefer beds that are 24 to 30 inches high — perfect for most crops and very easy on the back.

If you're planning a large-scale vegetable garden, consider beds between 12 and 18 inches high. Taller beds make growing crops like tomatoes or squash tricky — you don't want to be climbing a ladder to harvest them. Layout and placement are entirely up to you, and part of the fun is designing a garden that reflects your personal style. For an extra touch, stain your wood rather than paint it — grey or black stains not only look great but also help protect the wood over time.



Seasonal shrubs work nicely in this stock tank.



Cedar timbers will last for many years on this 24-inch constructed garden bed.



Vego Garden, a modular metal garden bed kit, comes in many sizes, shapes and colors.



Staining your wooden raised beds adds a touch of class and whimsy to the landscape.

PHOTOS BY BETH BURRELL

AFFORDABLE ALTERNATIVES: STOCK TANKS

For a durable and budget-friendly option, galvanized stock tanks are an excellent choice. I buy stock tanks from Tractor Supply — my go-to is the 170-gallon, oval tank (6 feet long, 2 feet wide and 2 feet high). They withstand harsh weather, resist rust and last for years. Even though these come with drain plugs, it's essential to drill at least 10 additional holes in the bottom for proper drainage. If you're placing one on a patio or hard surface, line the bottom with window screen to reduce dirty runoff.

Smaller spaces benefit from the 100-gallon version (4 feet long, 2 feet wide and 2 feet high), which is compact but still spacious enough for vegetables and herbs. The only drawback is its shiny silver finish, which reflects sunlight intensely. A simple coat of Rust-Oleum paint in your favorite color adds character and helps reduce the glare.

CONVENIENT KITS AND MODULAR BEDS

On my patio, I use the VegTrug — a raised bed kit that's perfect for standing while gardening. It's accessible for anyone using a walker or rollator and comes in several styles and sizes. I've added the greenhouse and shade cloth

accessories to extend my growing season, and I love the sleek design.

Another attractive yet more labor-intensive option is modular metal garden bed kits. These come in many sizes, shapes and colors. I prefer the Vego Garden brand for its durability and quality over cheaper alternatives. When comparing kits, be sure to check the metal thickness and construction — some look nice online but won't hold up well.

SOIL TIPS FOR SUCCESS

Regardless of the bed style you choose, start with a high-quality soil blend. I like a 50/50 mix of topsoil and mushroom compost. Fill the beds to the top and compact them slightly, as the soil will settle after watering and planting. Healthy soil is the foundation of productive gardening.

With raised beds, your gardening can be as easy, efficient and enjoyable as you make it. Whether you're short on space, time or physical strength, there's a raised garden solution that fits. ●

Beth Burrell holds degrees in landscape design and ornamental horticulture. Her family gardens have been featured on the TV show Home Grown.

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The Pawpaw

America's most overlooked fruit

by Steve Carroll, Contributing Columnist



Leaves in fall.

Why am I writing about one of my favorite trees only now, nearly five years into my Branching Out series? Well, I'm not sure, but by publishing this piece in early August, I'm giving you an opportunity to find a tree or a nearby farm stand well before pawpaws ripen. You'll thank me.

So many superlatives apply to this tree. It's the northernmost member of the custard apple family (Annonaceae). It produces the largest edible fruit native to North America. It's the most common understory tree in surveys done in many of the region's parks, including the C&O Canal, George Washington Memorial Parkway and Harpers Ferry. And the National Champion — over 30 feet tall with a 35-foot crown — is growing at Monticello.

Pawpaw (*Asimina triloba*) grows naturally throughout most of the eastern half of the country south of the Great Lakes. It prefers moist, slightly acidic soil in bottomlands, floodplains and moist upland forests. In our region, it is common in the coastal plain and Piedmont, and more localized in the mountains.

Pawpaw's unusual flowers open before or as the leaves expand in early spring. At maturity, the one- to two-inch maroon-brown flowers have an unpleasant odor. This accounts for their most important pollinators — beetles and flies. If successfully pollinated, fruits mature between August and October, depending on site conditions and weather.

Pawpaws are clonal, forming large colonies from root sprouts. The untoothed leaves are easily recognized, as they can reach 6 inches wide and a foot in length. These turn a rich yellow in the fall. Pawpaw leaves are notable as the food source for caterpillars of the zebra swallowtail and pawpaw sphinx moth.

Pawpaws are often called the "American custard apple" due to their custard-like texture.

It's the fruits for which pawpaw is best known. Fruits in the wild begin as green blobs that reach 3 to 6 inches long and 1 to 3 inches wide. These eventually soften and become streaked, blotchy and aromatic. At this point, often after they have fallen, they are ready to be collected and eaten. The custardy flesh has been described as having hints of banana, mango, vanilla and strawberry — a reminder of close tropical relatives such as soursop, cherimoya and custard apple.

Pawpaw fruit can be cut in half and eaten with a spoon, being sure to avoid the toxic outer skin and large brown seeds. Shelf life is limited, so eat when ripe or freeze the pulp for later use in ice cream, pudding and other treats. Fruit taste tends to vary considerably from tree to tree, so if you find a tree whose fruits you like, remember its location. Or try one of the commercially available fruits that tend to be larger and have a consistent, dependable flavor.

Want to learn more about pawpaws? Look for nearby pawpaw festivals; read Andrew Moore's excellent "Pawpaw: In Search of America's Forgotten Fruit;" and visit the State Arboretum of Virginia to see its trees and walk its pawpaw trail, currently under development. And whatever else you do, be sure to locate trees from which you can (legally) collect fruit, for pawpaw season is fast approaching. ●



Pawpaw flowers.

Enjoy pawpaw fruit in moderation once fully ripe — but be aware that some people may experience indigestion or allergic reactions. Do not eat the seeds or any unripe parts, as they can contain naturally occurring toxins.



Fruit ripening on the tree.

Steve Carroll is a botanist and ecologist who writes about trees, gardening and the world of plants. He is the co-author of "Ecology for Gardeners," published by Timber Press.

The Royal Treatment

A delicious odyssey to Troy, Va.

by Peggy Hyland, Contributing Columnist

Located just a few minutes off of Interstate 64 in Troy, Va., Royals of Troy serves up some delicious, family-friendly food. An old friend and I settled into the small dining room to peruse the menu. The relaxed setting was perfect for catching up.

I could not resist the siren's call of the Garlic Bombz: little bread pillows with the magic combination of garlic, cheese, butter and salt. They are perfect for sharing. My friend can never resist wings, which had perfectly crispy skin and a gentle heat from the sweet Thai chili sauce.

He also can't resist a good Reuben, and Royals of Troy delivered. The Royal Reuben had grilled, buttery bread surrounding a generous pile of tender corned beef. "That's a righteous Reuben," was his enthusiastic verdict. My friend also sampled the mushroom bacon swiss burger. It came on a huge bun, loaded with toppings and was cooked just right. That's also my usual go-to burger, but since they highlighted cheesesteaks as their pride and joy, I had to try one for myself.

Available in both beef and chicken versions, the cheesesteak came with a delicious sauce, plenty of onions, red peppers and mushrooms. It was served on a Philly-approved Amoroso's roll. It was so large that I happily declared defeat after only half the sandwich, which was as long as my forearm, and reluctantly put the rest aside for another day.

Chef and owner Ryan Coffman came out to see how we were enjoying our food and presented us with a mint chocolate chip pound cake that we shared. There are only a few tables inside and outside, but the restaurant had a brisk to-go business for local



Cheesesteak on a Philadelphia Amoroso's roll



Chicken wings with sweet Thai chili sauce



The Royal Reuben



Mint chocolate chip pound cake

families and people passing through on the highway.

Royals of Troy is a "small but mighty" sandwich shop, offering something for everyone on the menu. Southern standards, such as pulled pork BBQ, gumbo and hush puppies, compete for your attention, alongside imaginative hot dogs and burgers. With the variety of sides, sandwiches, sodas and snacks available, it is the perfect place to satisfy anyone's craving. They also offer catering — perfect for everything from family gatherings

to office lunch runs.

Royals of Troy is a relative newcomer to the Troy area, but with this selection, flavors and convenience, they have already established themselves as a mainstay of the community and a worthy destination for travelers of all ages and tastes. ●

Royals of Troy

19321 James Madison Hwy. #15,

Troy, VA 22974

Monday-Saturday, 10:30 a.m.-7 p.m.

434-207-8769



ROYALS OF TROY

Got a restaurant for Peggy to review? Let us know at editor@co-opliving.com.

PHOTOS BY PEGGY HYLAND

Sea-riously Savory Seafood!



BLT Lobster Roll

recipe courtesy of Family Features/
Werner family of Island Lobster Co.

Ingredients:

- 3 slices bacon
- ¼-lb. fresh lobster meat
(or meat from 1-lb. lobster)
- 1 tablespoon butter
- 1 brioche bun, halved
- 1 tablespoon mayonnaise
- 3 tomato slices
- 1 large leaf romaine lettuce or butter lettuce

Directions:

Preheat oven to 400 degrees. Line baking sheet with parchment paper and arrange bacon slices on top. Cook 10-15 minutes or until desired crispiness. Prepare large pot with 2 inches of salted water and bring to rolling boil. Add lobster and steam 12 minutes. Halfway through, lift lid carefully and shift lobster to cook evenly. Break down lobster and remove meat from shell, yielding about 4 ounces of cooked meat. Chop meat into bite-size pieces. In large skillet or griddle over medium heat, warm butter to coat pan. Place both pieces of bun cut sides down on pan and cook about 30 seconds until golden. Remove buns from pan and set aside. In bowl, toss chopped lobster meat with mayonnaise and set aside. Assemble cooked bacon, tomato, lettuce and lobster mix on toasted bun.

GOT A TASTY TREAT TO SHARE?

Email your favorite **gingerbread or non-alcoholic holiday beverage recipes** to cooperativekitchen@co-opliving.com, or mail to Cooperative Kitchen, c/o Cooperative Living, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060. Include your email address. You can also submit them online at co-opliving.com/cooperativekitchen.

Because of volume we cannot guarantee publication of all recipes. Reader recipes are submitted in good faith. Cooperative Living cannot warrant results.

Almond Stuffed Rainbow Trout

recipe courtesy of Family Features/Riverence Provisions

Ingredients:

- | | |
|--|--|
| <ul style="list-style-type: none"> 2 ASC-certified steelhead trout fillets (8 oz. each) nonstick cooking spray ½ cup sliced almonds, toasted and coarsely chopped 2 tablespoons lemon zest 2 tablespoons lemon juice ¼ cup chives, chopped | <ul style="list-style-type: none"> 1 ½ cups breadcrumbs ¼ cup Italian parsley salt, to taste pepper, to taste 1 egg, beaten kitchen twine (6-inch lengths) 1 tablespoon olive oil |
|--|--|



Directions:

Preheat oven to 350 degrees. Rinse steelhead trout fillets and pat dry with paper towel. Line baking pan with parchment paper and spray with nonstick cooking spray. Mix almonds, lemon zest, lemon juice, chives, breadcrumbs and parsley. Season with salt and pepper, to taste. Add beaten egg to breadcrumb mixture and stir until well incorporated. Lay first trout fillet skin side down on baking pan. Place twine pieces underneath fish, spacing 1 1/2 inches apart; leave untied. Place breading mixture over trout fillet and remaining trout fillet on top of breadcrumb mixture, skin side up. Secure trout fillets together using kitchen twine. Brush olive oil on trout and sprinkle with salt and pepper, to taste. Bake 15-20 minutes or until fish is cooked through. Slice into portions to serve.

Cheesy Baked Cod

recipe courtesy of Family Features

Ingredients:

- | | |
|---|---|
| <ul style="list-style-type: none"> 3 cod fillets (12 oz. each) ½ cup mayonnaise ½ cup freshly grated Parmigiano Reggiano cheese 1 tablespoon parsley flakes 2 tablespoons basil leaves | <ul style="list-style-type: none"> 2 cloves garlic, minced ¼ teaspoon salt ¼ teaspoon pepper rice, for serving (optional) steamed vegetables, for serving (optional) |
|---|---|



Directions:

Preheat oven to 450 degrees. Line baking sheet with parchment paper. Place fish fillets on baking sheet and set aside. In small bowl, stir mayonnaise with cheese, parsley, basil, garlic, salt and pepper. Spread evenly over fillets. Bake 10-12 minutes or until fish starts looking flaky. Switch oven to broil and brown tops of fish until lightly golden. Remove from oven; cool 3-5 minutes. Serve with rice and fresh steamed vegetables, if desired.

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Old Sal and the Information Superhighway

by Margo Oxendine, Contributing Columnist



I finally had to break down and buy a new computer. There was nothing really wrong with the old one, but “old” is the key

word. I did not want to wake up one morning to find the dreaded “blue screen of death.” Everything I’ve written for years is stored in there, so I had to be proactive.

So, I visited a local spot with knowledgeable people who are experts in their field, and I bought a new computer. They transferred all my work onto it. I brought it home, set it up to the best of my ability and then the problems began. (By the way, this was six months ago.)

The problems are still there. First, there is the keyboard. The letters seem to be in the same place — most of them, anyway, but I cannot seem to type a complete word without having to go in and correct what I’ve just typed.

Just for fun, so y0ou’ll see, this is a smaple klskentence.

See what I mean? A column that

used to take me 20 minutes to write now takes about twice that amount of time. And I am constantly having to change words. So, even though the keyboard letters seem to be in the correct order, they really aren’t. I can’t figure it out!

Here is my computer history:

I remember the old days. I had the first of the “portable” computers, a huge old Kaypro model that must have weighed 50 pounds and was made of bulletproof steel. It had a black screen, on which bright, bilious green letters appeared. When I finished writing a piece for a newspaper, I would print it. On white-and-green lined paper. With holes down each side.

Then, I would hop on my bicycle and pedal to the Millboro General Store, where Ernie would kindly let me use his fax machine. Does anyone use a fax machine these days? Does anyone even still own a fax machine? It was not so long ago that they were the forefront of technological fashion. Now, they have passed the way of the powder blue leisure suit.

Around the time the internet became

widespread, I upgraded to a small Apple computer. Its screen was about 8 inches across. This was back when, if you wanted to email another computer, two hands would first have to “shake” on your screen. It seemed to take forever, but eventually, it was possible.

I called that computer “Old Sal.”

She was a few steps ahead of the Kaypro, but still way behind the times. I used to say that entering the “information superhighway” (that’s what we called it back then) on my computer was like trying to merge onto Interstate 95 on an old mule named Sal.

Then, one morning, with no warning, a small black “bomb” appeared on the screen, which then blanked out. Forever. So long, Sal!

This morning, as I write this, it is I who should be named Old Sal.

Another big problem is I can’t figure out how to transfer my photos from my camera card to the computer and then email them. A dear friend drove 20 miles to show me. There are at least 15 steps to do that. FIFTEEN! I haven’t succeeded yet, but I am hoping to soon.

Why don’t these darn things come with a simple instruction book — for Old Sals like me? ●

To order a copy of Margo’s “A Party of One,” call 540-468-2147 Mon.-Wed., 9 a.m.-5 p.m., or email therecorderoffice@gmail.com.

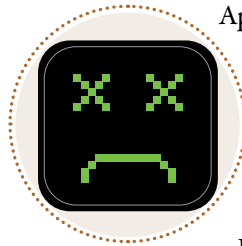


PHOTO BY MARGARET DIERDORFF, NOVEC MEMBER



WHEREZ IT?

Look for the CL logo, like the one above, in the pages of this issue of *Cooperative Living*. Submit the page number where you found it, along with your name, email and phone number to **WherezIt**, c/o *Cooperative Living*, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060 or go online at co-opliving.com under “Contests.” Deadline is **August 20**. The winner will receive a \$25 Amazon email gift card.

BUSINESS

FIREARM-RIGHTS RESTORATION. Call for free consultation: Attorney John Janson at 434-953-8794 (Virginia Bar #91236).

REAL ESTATE

ARE YOU PART OWNER OF A FARM OR INVESTMENT PROPERTY? With family members, partners or unknown parties? Do you want to separate or cash out your interest? Call today for a free consultation. (VSB #91236) Attorney John Janson at 434-953-8794. Johnmjanson@gmail.com.

WANTED

ARROWHEADS. Buying all types of Native American artifacts. Any size collection. 757-373-3502.

AMERICAN WHISKEY AND BOURBON. Entire collections or single items, bottles or decanters. Sealed and unopened. The older, the better. Cash. Call 540-845-6107 or email majiddk@comcast.net.

VINTAGE SPORTS CARDS. Pre-1980. Baseball, football, basketball, hockey and non-sports. Sports memorabilia/autographs. Vintage toys, G.I. Joe and diecast cars (Hot Wheels, Matchbox, Corgi, etc.) The older, the better. Fair cash offers. Call or text Loni at 434-760-5060.

1967-1969 CAMARO & 1955-1969 CHEVY project or car parts no matter how rough. Old hot rod parts like aluminum intakes, posi rears, Holley carbs. What do you have? Call 804-943-2283.

CAMPBELL COUNTY. Looking for someone to dredge a farm pond. Approximately 1 acre in size. 828-246-4886.

FOR SALE

STONEWALL MEMORY GARDENS. Manassas. Double burial niche for two. \$6,500. Call and leave message at 703-743-1007.

FREE

STAY INFORMED ON CHURCH/STATE ISSUES – Like religious liberty, a National Sunday Law coming soon. Send mailing address to tbsmads@yahoo.com or TBSM, P.O. Box 374, Ellijay, GA 30540. 888-211-1715.

AUCTIONS

MID SUMMER ESTATE AUCTION. Cullen, Va. Starts on July 25 at 6 p.m. Lots start closing on Aug. 8 at 6 p.m. Antiques, collectables, tools and more!

ESTATE TOOL AUCTION. Cullen, Va. Starts on Aug. 8 at 6 p.m. Lots start closing on Aug. 22 at 6 p.m. Woodworking, automotive, general household tools and more!

SEPTEMBER GUN AUCTION. Saxe, Va. Starts on Aug. 29 at 6 p.m. Lots start closing on Sept. 12 at 6 p.m. VIEWING Call Noah at 434-607-0482. Shotguns, rifles and pistols!

CARWILE AUCTIONS INC. Facebook & Auction Zip. VAAR392. 434-547-9100. www.carwileauctions.com

EVENTS

VAHDA SHRIMP FEAST. Aug. 23, 4-9 p.m. Powhatan Rescue Squad Grounds. Shrimp, raffles, auctions and music. \$40/person. Tickets and information at vahda.org/banquet.

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RATES: Non-business: \$100 per 25-word block plus \$5 per word over 25; OR "Mini" ad – \$5 per word (max. 10 words). Business, agent and broker ads: \$150 per 25-word block, plus \$5 per word over 25. Display Real Estate: \$350 per block.

DEADLINE: Aug. 5 for September issue; Publisher reserves the right to designate classification or reject any ad. No personals, please.

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Mitchell Homes	Back Cover
ODEC	7
ODEC	31
Renewal by Andersen	Inside Back Cover
Supreme Coin & Bullion	11
Waterfurnace	Inside Front Cover

Remember 9/11

Freedom Flag: Official Flag of Remembrance

Meaning of the Freedom Flag:

Blue Background: all Americans united together for freedom

White Star: all who lived and died for freedom

Five White Bars: the Pentagon and the organized protection of our freedom

Bottom Red Stripe: the bloodshed of the crew and passengers who perished on United Airlines Flight 93 in Pennsylvania

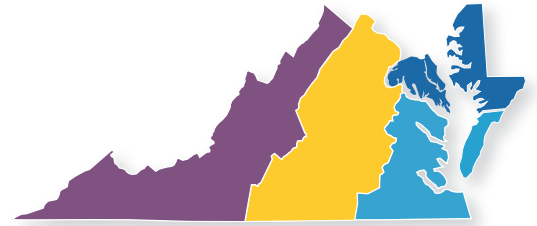
Top Red Stripe: the bloodshed of those who perished at the Pentagon and the crew and passengers on American Airlines Flight 77

Two Broad Red Stripes: the Twin Towers and the bloodshed of the people who perished at the World Trade Center and on American Airlines Flight 11 and United Airlines Flight 175

Three White Stripes: the rescue workers, firefighters, police officers, Port Authority employees, and others who worked tirelessly during and after the terrorist attacks

MADE IN USA Order 9/11 Freedom Flags, lapel pins, patches, challenge coins and more at freedomflagfoundation.org

NEVER FORGET!



Events Around the Area

Editor's note: All information is believed to be accurate as of press time. Before attending, please use the contact information to verify the status of an event. Listing an event does not constitute an endorsement.

BLUE RIDGE WEST

AUGUST

15-16 GORE. Yard Party. Gore Volunteer Fire & Rescue Co. 540-858-2811. Gorevfr.com

16 MIDDLETOWN. 14th Annual Car & Truck Show. Historic Main St. 3-8 p.m. 540-869-2226. Middletownva.gov

23 MONTEREY. Highland County Fair Horse Show. 386 Myers-Moon Rd. 9 a.m. Facebook.com/highlandcountyfairhorseshow

23 MIDDLETOWN. Belle Grove Wine Fest. Belle Grove Plantation. 11 a.m.-6 p.m. Bellegrove.org

23-24 WINCHESTER. Civil War Soldier Living History. 10 a.m.-4 p.m. Kernstownbattle.org

27-30 MONTEREY. Highland County Fair. 386 Myers-Moon Rd. Times vary. Highlandcountyfairva.com

30-31 STAUNTON. 57th Annual Art in the Park. Gypsy Hill Park. 10 a.m.-5 p.m. Saartcenter.org

SEPTEMBER

6 ROCKBRIDGE. Valley Veterans Ride for Heroes Bicycle Ride. Rockbridge Vineyard & Brewery. Valleyvetsride4heroes.com

6 MIDDLETOWN. Farm to Table. Church St. Nwworks.com

11 WINCHESTER. Kernstown Battlefield 25th Anniversary Dinner & Celebration. George Washington Hotel. Reception starts at 4:30 p.m. Kernstownbattle.org

PIEDMONT

AUGUST

22-23 MANASSAS. The Stone House Quilters Quilt Show. 9501 Dean Park Ln. 10 a.m.-4 p.m. Stonehousequilters.org

23 LEXINGTON. 48th Annual Rockbridge Community Festival. Main St. 9 a.m.-3 p.m. Rockbridgecommunityfestival.weebly.com

29 LINKWOOD. BBQ Chicken Fundraiser. 10 a.m. until sold out. 3905 Ocean Gtwy. 410-221-0169.

SEPTEMBER

5-7 MANASSAS. Every Brilliant Thing by Duncan Macmillan. 9419 Battle St. Times vary. Info@virginiaartfactory.org. Virginiaartfactory.org

12-13 SPOTSYLVANIA. 13th Annual 208 Sale Trail. 24 miles of yard sales. Rt. 208/ Courthouse Rd. 540-207-6871.

TIDEWATER

AUGUST

THROUGH NOV. 7 ONANCOCK. MAMA-Girl Exhibit. 69 Market St. 10 a.m.-4 p.m. 757-787-8012. Shorehistory.org

16 ONANCOCK. 7th Annual Crab Crackin' at Ker Place. 69 Market St. 757-787-8012. Shorehistory.org

SEPTEMBER

13 LANCASTER. 13th Annual Crab Feast. Marattico Waterfront Museum. 3-5 p.m. 804-761-6213. Mwmva03@gmail.com.

MARYLAND

AUGUST

23 SNOW HILL. Iron Furnace Fifty Bicycle Ride. 3816 Old Furnace Rd. 7 a.m.-2:30 p.m. Ironfurnacefifty.org

24 TAYLORS ISLAND. Taylors Island Boat Docking Challenge. Slaughter Creek Marina. 11 a.m. Search "Taylors Island Boat Docking Challenge" on Facebook.

SEPTEMBER

6 SNOW HILL. Artisan Day. 3816 Old Furnace Rd. 10 a.m.-2 p.m. Furnacetown.org

PRINT DEADLINES: Sept. 1 for Oct. 15-Nov. 15
Oct. 1 for Nov. 15-Dec. 31

Email: happenings@co-opliving.com
Send to: Happenings, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060
Online: co-opliving.com/happenings

Shenandoah Valley Music Festival
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Tickets & info at: **Musicfest.org**

Fire up the Grill

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Grilled Chicken Thighs

Summer-friendly Grilled Chicken Thighs are juicy and flavorful thanks to this simple rub. They're quick, easy and spectacularly delicious!



Cook Time : 12 minutes | **Servings : 4**

Ingredients:

- 2 pounds boneless skinless chicken thighs (about 8 thighs)
- 2 tablespoons olive oil
- ½ tablespoon Italian seasoning
- ½ tablespoon paprika
- 1 teaspoon salt
- 1 teaspoon garlic powder

Instructions:

1. Place chicken thighs in a large mixing bowl. Pour in oil and toss to coat. Sprinkle Italian seasoning, paprika, salt and garlic powder over the chicken and toss until evenly coated.
2. Cover the bowl with plastic wrap and let marinate for one hour to overnight in the fridge (see notes).
3. Preheat the grill to 400 F.
4. Cook chicken on the hot grill for 6-7 minutes per side until cooked through (165 F internal temp). Remove from the grill to a platter and serve warm.

Notes:

The chicken can be cooked right away after it's seasoned. Marinating will help the flavors develop and is recommended. If you're cooking right away, preheat the grill before starting on the chicken.

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FELINE *Mischievous!*

by Laura Emery, Staff Writer



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You may also mail your photo(s) to: Say Cheese, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060. Do not send originals; photos cannot be returned.



◀ PEEK-A-BOO

Annie Mae is careful around corners. PHOTO SUBMITTED BY JOAN AND BILL TEELE



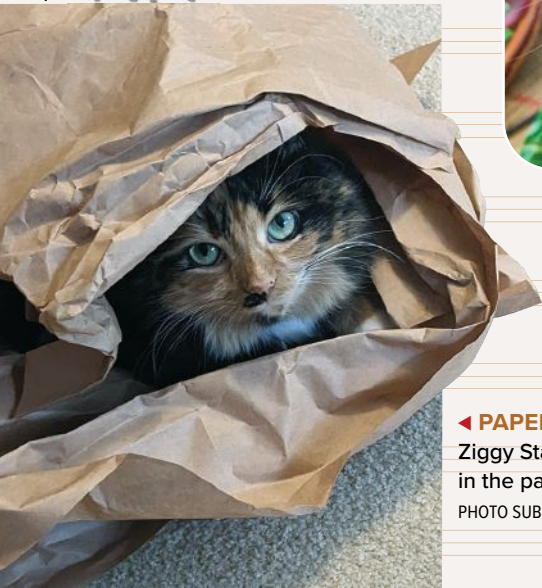
▲ LEAF ME ALONE

Sylvester is convinced he can't be seen. PHOTO SUBMITTED BY BOBBIE WILLIAMS



TOAD-ALLY COOL CAT ▶

Pierce Cat does not croak under pressure. PHOTO SUBMITTED BY THE DEFFENBAUGH FAMILY



◀ PAPER PEEPER

Ziggy Stardust loves hiding in the packing paper. PHOTO SUBMITTED BY SUE MAGAW



GOING CRACKERS ▶

Rey is feeling boxed in. PHOTO SUBMITTED BY NAKIA FALLECKER

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