

Eastern Shore Post

FEBRUARY 28, 2025

THE VOICE OF ACCOMACK AND NORTHAMPTON COUNTIES ON VIRGINIA'S EASTERN SHORE

FREE OF CHARGE



THE ECONOMY

Shore watches, waits amid talk of federal cuts

Local impacts

- A spokesman at the NASA Wallops Flight Facility said 11 civil servants had enrolled in early retirement programs offered by the federal government.
- Two Eastern Shore farmers said federal funding is in limbo and local federal workers who help agricultural projects are "under a lot of stress right now."
- At least one person working at the Eastern Shore of Virginia National Wildlife Refuge has been terminated but the employee declined to comment on the situation.

BY STEFANIE BOWMANN
AND TED SHOCKLEY
Eastern Shore Post

An official at the NASA Wallops Flight Facility said 11 civil servants there have enrolled in the deferred resignation program offered by President Donald Trump to trim the federal workforce.

The program, detailed in the widely distributed "fork in the road" email, allows federal employees who accepted the offer to be placed on administrative leave and to be paid through a voluntary resignation date of Sept. 30.

Jeremy Eggers, NASA Wallops public affairs chief, said the 11 resignations are about 4% of the NASA workforce at Wallops, the largest employer of federal workers on the Eastern Shore of Virginia.

In all, NASA Wallops employs 271 civil servants and about 850 contractors, he said.

Eggers' openness about NASA Wallops' workforce contrasted with other federal agencies on the Eastern Shore.

The U.S. Navy's Wallops installation and the National Oceanic and Atmospheric Administration at Wallops

(Continued on page 9)

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Fire engulfs truck carrying frozen chicken

Traffic was stopped on the Chesapeake Bay Bridge-Tunnel early on the morning of Wednesday, Feb. 19, after a truck full of frozen chicken caught fire after a crash.

The single-vehicle crash happened at around 1:45 a.m. when the tractor-trailer was traveling southbound

near the Thimble Shoal Tunnel.

The truck was engulfed in flames after the crash.

Bridge-tunnel officials said there were no injuries and the crash did not cause structural damage.

Crews had to close both travel lanes while they worked to clean up the wreckage.

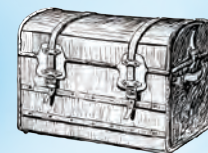
Around 11 a.m., bridge-tunnel officials said all lanes had reopened for traffic.

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ESCC Internships Provide Growing Opportunities

Jesus Garcia Lopez came to your Eastern Shore Community College in the fall of 2023 from Accomack County Public Schools as a graduate of Arcadia High School. “I started with General Studies and soon found myself reintroduced to my interest in science by way of Dr. Alex Foxworthy’s Biology class.” Jesus went on to credit Dr. Foxworthy for an introduction to the benefits of internships that next semester, which resulted in a very positive experience over the summer of 2024.

“I applied for and was accepted into an internship with the University of Virginia Coastal Research Center in Oyster.” It was there that Jesus partnered with UVA graduate student Luke Groff and Dr. Foxworthy on both assisting with existing research projects at the lab and contributing to Dr. Foxworthy’s research with other interns, examining regional variations in pollen and fungal spores.

Jesus split time on the water with UVA researchers and using Rotorod devices for Dr. Foxworthy to capture aero-allergens and analyze them



Jesus Lopez during his Summer 2024 internship

under a microscope. In addition to showing that these allergens differ from one location to another, he also contributed to preliminary work that shows tire wear particles are present in the air even over the water in the southern Chesapeake Bay.

“I enjoyed collaborating with my peers who were interning and the sense of community we had while engaged in various activities.” Jesus continued to point out that many of these activities centered on observing water flow and involved coordination with community partners at the Chesapeake Bay Bridge Tunnel. The classes Jesus embarked on for the Fall 2024 semester reflected his rekindled interest in science and mathematics and the STEM fields. Pre-Calculus along with Micro-Biology and Chemistry are checking boxes towards his Associate of Science Degree.

Along the way will be another opportunity in January with UVA, centered around bio-pharmaceuticals. Jesus expanded that he “continues to be interested in the work of environmentalists in addition to his STEM-based studies.”

Your Eastern Shore Community College continues to expand internship opportunities for students in various fields of study. Working with the college’s Career Services Center, students have access to mentors in various work sectors and continued guidance both during and after their time at ESCC in assistance with job searches, interviews, and more.

The 2nd 8-week session of the 2025 spring semester begins on March 17th and registration is going on now. Interested students are urged to contact Student Services on campus in Melfa, or reach out at 757-789-1720 and studentservices@es.vccs.edu. For more on internships, reach out to Hayleigh Bradbury in Career Services at hbradbury@es.vccs.edu.

Rescheduled for Saturday, March 1st



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Free Admission
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School renovation on schedule for 2026 completion

BY STEFANIE BOWMANN

Eastern Shore Post

Northampton's middle and high school modernization remains on schedule to be substantially complete by December 2026, the project manager said.

Dane Seagle, of the Skanska construction firm, presented a project update to Northampton County supervisors on Feb. 11.

The demolition of both the brick veneer on Northampton's current high school gym and the existing girls locker room and connecting area is complete.

Excavation and backfilling of the girls locker room area is complete.

The laying of concrete blocks is finished for the middle school gym, locker room, and weight room and is ongoing for the auditorium.

The laying of concrete-block partition walls for the middle school locker room

and band and choral rooms is ongoing.

Placement of concrete spread footing and column footing foundations is complete in project areas C and D.

Installation of water lines and storm-water lines has begun, and installation of underground stormwater and wastewater plumbing has begun in the middle school and administrative office area.

The installation of underground electrical work and the geothermal wells is ongoing.

Erosion and sediment control measures also are ongoing.

Chair John Coker asked if "substantial completion" meant the point at which the contractor runs through the punch list — a list of minor repairs, modifications, and installations that must be finished to fulfill the project contract.

Seagle said that was correct; at substantial completion, the building is "to the point of beneficial use by its intended

purpose."

The building potentially could receive a temporary certificate of occupancy at that stage, he said.

Seagle noted that "final completion" is 30 days after substantial completion is achieved.

The current total budget for the project is nearly \$91 million, which includes construction and other contractor services, furniture, fixtures, and equipment, technology, and special inspections, he said.

County Administrator Charlie Kolkowski clarified that about \$84 million of that total is for construction. The remaining \$6 million is primarily architectural work, as well as engineering, bonding, insurance, and bidding costs.

He reminded supervisors that the project was put out to bid twice, which added to the architectural costs. A lone bid of \$99 million was rejected in 2023. Revisions were made and the project was put

out to bid again about a year later, which resulted in an \$81.3 million contract being awarded to M.B. Kahn Construction, of South Carolina.

Recent change orders on the project have included one addition of approximately \$12,500 for abatement of additional asbestos that was previously unidentified, Seagle said.

All the remaining change orders were deductions related to owner direct purchasing, a program that saves money on sales taxes by allowing the Northampton school division to purchase materials directly from the vendor instead of going through the contractor.

The program has saved Northampton schools about \$344,000 to date, with future savings expected, Seagle said.

Since groundbreaking in March 2024, about \$16.7 million, or approximately one-sixth of the total project cost, has been spent.

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Northampton County Government

March 2025 Upcoming Events

March 4: Planning Commission
Work Session 3 PM

March 6: Electoral Board Meeting
10:30 AM

March 11: Board of Supervisors
Meeting 6 PM

March 13: School Board Meeting
6 PM

March 18: Planning Commission
Meeting 6 PM

March 25: Board of Supervisors
Work Session 5 PM

Boards & Commissions Openings

- **Board of Appeals for the Building Inspector**
- **Board of Zoning Appeals member**
- **Eastern Shore Community Services Board**
- **Parks & Recreation Advisory Board – District 3**
- **Eastern Shore Community College Board**

Job Openings

EMS:

Emergency Medical Services
Provider

NCSO:

FT & PT Communications
Officer
Jail Deputy
Law Enforcement Officers

County Administration:

County Attorney

PP&E:

Building Inspector

Public Works:

Custodian

NCSO

Save the Date!
Easter Egg Hunt
Saturday, April 19, 2025
10 AM – 1 PM
Randy Custis Memorial Park
7162 Rescue Lane
Nassawadox, VA 23413

Voter Registration

Three Board of Supervisor Seats, Districts 1, 2 and 3, will be on the Nov. 4, 2025 General Election ballot. If you are interested in being a candidate, please contact the Voter Registration Office at 678-0480. The office has packets of all the necessary forms available for candidates.

All forms are due in the Voter Registration Office June 17th, 2025 by 7 pm.

Parks & Recreation

- **2025 Youth Volleyball Program**
Ages 7 – 16
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Registration deadline: Friday, March 7, 2025 at 12 PM
- **2025 Adult Co-Ed Volleyball League**
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Haynes is new General District Court Judge

BY JIMMY SHOCKLEY
Eastern Shore Post

The Virginia General Assembly has appointed a new General District Court judge for Accomack and Northampton counties to replace recently retired Judge Gordon Vincent.

J. Matthew Haynes, a partner in the Richmond-based law firm of McCandlish Holton, will begin the judgeship on April 1. Haynes, 50, grew up in Nassawadox and graduated from Broadwater Academy in 1993. He is the son of longtime teacher Barbara Haynes, of Nassawadox and the late Jim Haynes.

“My family has a long history on the Eastern Shore,” said Haynes, “It’s a place that I love tremendously.”

After graduating from Broadwater Academy, Haynes attended Hampden-Sydney College, graduating in 1997. Haynes earned a law degree in

2000 at the Cumberland School of Law at Samford University in Alabama.

Haynes is now a litigation attorney practicing in Virginia, Maryland, and Washington, D.C, but he said he’s always wanted to return to living on the Eastern Shore. He has been the lead lawyer in more than 50 jury trials and has represented clients in more than 400 general district court trials.

Haynes said he is beginning the transition out of his private law practice, a process that involves him fully withdrawing from all cases in which he is currently involved.

The job of General District Court judge of Accomack and Northampton counties involves hearing civil cases, most misdemeanor cases, traffic cases, and landlord-tenant cases. The General District Court does not hear domestic relations cases, felony criminal cases, and cases with a value exceeding \$50,000.

There were five candidates in the running for the judgeship: Carl H. Bundick, Andre D. Wiggins, Michael H. Baker, Leslie M. Dix, all of whom practice law on the Eastern Shore, and Haynes.

The Eastern Shore Bar Association determined that Wiggins (seven preference votes), Bundick (six votes), Dix (five votes) and Baker (three votes) were all “qualified” for the position. Haynes was deemed “not qualified” and received no preference votes from the local bar.

The president of the local bar association, Jack A. Thornton III, said the determinations were largely based on whether or not the candidate had practiced in the jurisdiction’s General District Court.

The General Assembly is not bound by the recommendation of the bar association.

“As the General Assembly has made abundantly clear, it is their purview

alone to select judges and they obviously feel they know better than the legal professionals who practice day in and day out in the community,” Thornton said in an email.

Haynes’ deep Eastern Shore roots include well-known relatives. His maternal grandmother, the late Dr. Belle Fears, was the head of health departments in Accomack and Northampton counties. Accomack’s health department building is named for her. Dr. Joseph L. DeCormis, Haynes’ great-grandfather and Belle Fears’ father, lived in Accomack and practiced medicine on the Eastern Shore for almost 60 years.

His maternal grandfather, the late Sen. Bill Fears, was an Accomack lawyer who served 24 years in the General Assembly.

“I never really considered judgeship, but the only place I would consider it is at home,” Haynes said, “All of my family had a legacy of contributing to the community. This is an opportunity for me to do that.”



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Fire department requests \$35k for cleaning equipment

BY SARAH BARBAN
Eastern Shore Post

The Onancock Volunteer Fire Department requested \$35,000 from the town to pay for an extractor and a dryer that would allow firefighters to wash their gear at the station between fires.

This would help fire crews be prepared for multiple incidents in one night and could also help reduce cancer risk for firefighters and their families.

The funding request was made during a Monday, Feb. 24, town council meeting when Chief Michael Rydberg made the department's annual presentation to the town council. The \$35,000 appropriation would be in addition to the funds the town provides the fire department.

Firefighters have a 9% higher risk of being diagnosed with cancer than the general population and in 2023, 72% of line of duty deaths for firefighters were from occupational cancer, Rydberg said.

"These folks that came up as volunteers, they're doing that with no compensation, to help the citizens of our community for free essentially," he said.

What can help firefighters to offset that risk is washing and decontaminating their gear without tracking carcinogens into the firehouse or taking contaminated materials home.

The fire department provides decontamination materials to firefighters on scene, including an option that lets firefighters take off their gear and place it in a bag to prevent contamination, but that doesn't work for everyone, Rydberg said.

"Unfortunately, with the cost of things and the amount of time it takes to get new turnout gear, not many folks on the Eastern Shore

have a second set of gear to wear," he said. "So if I come home from a fire and my gear is soaking wet, I don't have anything to change into in case another fire comes out."

Gear can be taken to the Eastern Shore Regional Fire Training Center in Melfa for cleaning, but that comes with its own challenges.

"The problem is trying to transport gear to other places takes it out of service," Rydberg said. "It is often also backlogged."

The best thing is for firefighters is to be able to wash their own gear and get it back together as quickly as possible, he said.

The extractor is designed to remove the soot and other chemicals from the firefighting gear and the dryer is specially designed to handle fire equipment, Rydberg said.

Several residents made public comment in support of the fire department's request.

"I think the safety of our residents should take priority over everything," said Priscilla Hart. "It's nice to have signage, it's nice to have murals, but these are the people putting their lives on the line."

Councilmember Maphis Oswald asked about additional carcinogen exposure from truck fumes in the firehouse bay.

An exhaust system is in place, but the ceilings are so tall the exhaust isn't very effective, but without a renovation there isn't much that can be done, Rydberg said.

The Onancock Volunteer Fire Department is looking into expanding the firehouse with a building addition. The project had an anticipated price tag of about \$4 million.

"We want to ensure we have the most qualified and capable providers anywhere, specifically on the Eastern Shore, to provide what you need," Rydberg said.



EASTERN SHORE POST/SARAH BARBAN

Pictured from left are Wayne Marshall, Captain Vicki Bagwell, Battalion Chief Kevin Holloway, Randy Green, and Chief Mike Rydberg of the Onancock Volunteer Fire Department. Rydberg recognized the firefighters for their quick response and assistance when Kathy Kellam, of Onley, suffered a heart attack in November. Jerry Kellam, who is not pictured, also assisted in the response.





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NORTHAMPTON

Truck crash closes Rt. 13

All northbound lanes of Route 13 were closed the morning of Friday, Feb. 21 from roughly 9 a.m. to noon due to a crash and an oil spill.

The crash occurred near Brickhouse Lane, which is between Nasawadox and Exmore, according to Virginia State Police.

James Edward Jarvis Jr., of New Bern, N.C., was driving a 2005 Western Star Conventional tractor

trailer and came up to quickly on a Ford Expedition, according to police.

Jarvis ran the truck into the back of the Expedition. The driver of the Expedition suffered serious, non-life threatening injuries, police said.

Jarvis was charged with following too closely and was released on a summons.

COURTESY PHOTO

A Ford Expedition sits on the shoulder of Route 13 after a tractor trailer ran into the back of it. The driver of the Expedition suffered serious, non-life threatening injuries as a result of the crash on Friday, Feb. 21.



COURTESY PHOTO

A tractor trailer crashed into a Ford Expedition on Friday, Feb. 21, closing all northbound lanes of Route 13.




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THE PAPER'S POSITION

Keep the Post informed about federal cutbacks

No matter one's opinion about President Trump's promised cutbacks on the federal budget and federal staffing, it is important for everyone to know how all of it will impact the Eastern Shore of Virginia.

Taxpayers have a right to know what their tax dollars are funding — or not funding.

With all due respect, it is going to be difficult to rely on federal agencies locally to self-report this information to the media.

Some taxpayer-funded government officials, like the U.S. Navy's Wallops base, would not comment to the Eastern Shore Post about even the simplest questions, like how many civil servants are employed there.

Answering such a routine question would not compromise national security, understand. So much for transparency.

So this newspaper is relying, in part, on the Eastern Shore's government employees to reveal the breadth and depth of the cutbacks and impacts. Our contact information is in the box to the right. We can also be reached on social media. Please let us know if you would like to remain anonymous.

We also understand, as every rational U.S. citizen does, that the alarming and crushing national debt needs to be addressed. Streamlining government is an answer to the national debt. We get it. And we agree.

However, there are plenty of other news organizations that focus on national-level issues, like the national debt. The Eastern Shore Post focuses on local issues.

There will be local impacts to government cutbacks. Let us know what they are so we can report them.

CORRECTIONS AND CLARIFICATIONS

The Eastern Shore Post strives for accuracy. Corrections and clarifications will be printed in this space. Email editor@easternshorepost.com.

GUEST COLUMN

Bird flu hikes egg prices, causes concern

BY OLIVIA BORGULA
Capital News Service

Egg prices hit a record high in January as avian influenza continues decimating flocks around the country, according to data from the U.S. Bureau of Labor Statistics and the CDC.

As a result, refrigerated shelves normally housing eggs are sometimes barren and large grocery stores such as Lidl and Trader Joe's limit customer purchases while supplies are low. Restaurants, including national chains like Waffle House, have added surcharges on items with eggs or pulled items off the menu.

A majority of U.S. counties affected by bird flu are in the Midwest, but the virus has hit Maryland flocks with hundreds and thousands of birds along the Eastern Shore.

Emily Metz, president and CEO of the national marketing checkoff program the American Egg Board, said in a statement to Capital News Service that highly pathogenic avian influenza, also referred to as HPAI, and high egg demand around Easter will keep egg prices high for now.

In January 2022, H5N1 — colloquially called bird flu — was detected in U.S. wild birds for the first time in six years. Since then, over 160 million birds have been affected across more than 1,000 counties.

While experts say public health risk remains low, the virus — which pops up naturally among wild aquatic birds — has spread to more than 200 mammals including pigs, cows, and cats. Humans can become infected, but so far those who have were not exposed from another human.

In the U.S., most recent bird flu cases have ended with quick recovery and have not required hospitalization. As of early January, there have been nearly 70 confirmed human cases of H5N1 in the U.S., including one death reported on Jan. 6 after a Louisiana man had close contact with backyard birds, according to the CDC.

Eggs and chicken are still safe to eat, according to CDC guidance. There are biosecurity measures in place that ensure infected birds are quarantined and do not appear on shelves. Even if they did, cooking poultry products at a high temperature would kill the virus and bacteria, according to Jaekeun Park, an assistant professor at University of Maryland who has studied avian influenza.

"If you can keep your cat inside, that's a great first step, because your cat won't go and predate and eat wild birds," said Ian Gill Bemis, a University of Maryland doctoral student.

It isn't clear how long this outbreak will last in the U.S. or what specific factors are contributing to its persistence, Park said.

Eastern Shore Post

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IN MEMORIAM

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WILLIAM E. SHOCKLEY III | EDITOR, GENERAL MANAGER
editor@easternshorepost.com

RYAN WEBB | ASSISTANT EDITOR | Obituaries, legals, classifieds
ryan@easternshorepost.com

MEGAN LEWIS | ADVERTISING MANAGER
ads@easternshorepost.com

STEFANIE BOWMANN, stefanie@easternshorepost.com

CAROL VAUGHN, carol@easternshorepost.com

JANET BERNOSKY, janet@easternshorepost.com

SARAH BARBAN, sarah@easternshorepost.com

MARK MORING, mark@easternshorepost.com

JONI HAMILTON, Shore Marketing Services

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In Bay Creek, an igloo amid the opulence

BY JIMMY SHOCKLEY

Eastern Shore Post

A big snowfall doesn't happen often on the Eastern Shore, so when it does, many take advantage.

Mike Nordeen, 52, and his daughter, Abigail, 12, of Cape Charles, decided they would take advantage by building an igloo in the yard of their Bay Creek home and spending the night in it.

"We figured this was the last snow and we had the time to do it, so we decided to try it out," Mike Nordeen said.

The time was right. Southern parts of the Eastern Shore received almost a foot of snow on Feb. 19 and 20, canceling school and closing agencies.

Nordeen and his daughter aren't inexperienced igloo makers. They built one three winters ago — but that one wasn't substantial enough to spend the night inside.

This year, however, they made it sturdier, building an igloo that took six hours to construct.

Nordeen used a snow shovel to build the main structure using snow he shoveled from his driveway and hollowed out the inside of the igloo with a garden spade.

Inside they enjoyed hot tea and hot chocolate, brought in some large blankets, and were sure to cover the entrance with a tarp to keep the inside warm.

The igloo ended up being roughly 5 feet tall and about 10 feet in diameter with a small entrance tunnel.

When asked if there was enough room inside the igloo, Abigail Nordeen chimed in quickly.

"Barely," she said.

Still, the two spent most of the night sleeping in the igloo before abandoning it around 4 a.m. in favor of their beds inside the house.

The next time it snows, can their neighbors expect the Nordeens to construct the next iteration of the Bay Creek igloo?

Mike Nordeen was noncommittal.

"That's a lot of pressure," he said.



At top, Mike Nordeen, who lives in Cape Charles' Bay Creek community, works to build an igloo after the snowfall of Feb. 19 and 20, when about a foot of snow fell in southern Northampton County. Nordeen and his daughter, Abigail, spent the night in the igloo before retreating to their home around 4 a.m.

At left, Mike and Abigail Nordeen, and their dog, Kachka — a Black Russian Terrier — pose with the igloo they built during a 2022 snowfall. Mike Nordeen said the dog's name means "little duck" in Ukrainian.

COURTESY PHOTOS

ENTERTAINMENT

Eastern Shore Post

Friday, February 28

■ **FUNDRAISER:** 4 to 8 p.m., Cape Charles Brewing Company, 2198 Stone Road, Cape Charles. Eastern Shore of Virginia Habitat for Humanity is hosting BBQ and Brews. The event features wine, beer, barbecue, and live music by the Phun Doctors. Visit <https://givebutter.com/sSaT3G> for tickets.

■ **LIVE MUSIC:** 6 p.m., Lemon Tree Gallery, Cape Charles. Brian Carmona performs live.

■ **MOVIE:** 7 p.m., Roseland Theatre, Onancock. "Conclave" will be screened as part of the Oscars in Onancock program presented by Onancock International Films. Tickets are \$10.

■ **CONCERT:** 7:30 p.m., Market Street Methodist Church, Onancock. Orchestra of the Eastern Shore presents "The Three B's," which will include Bruch's Violin Concerto no. 1 with soloist Vahn Armstrong, Beethoven's Egmont Overture, and Bartok's Romanian Folk Dance.

■ **LIVE MUSIC:** 8:30 to 11:30 p.m., Off the Rails, Parksley. Shoreline Grooves performs live.

Saturday, March 1

■ **PANCAKE BREAKFAST:** 8 a.m. to noon, Mears Memorial United Methodist Church, 18186 Second St., Keller. This pancake breakfast is a fundraiser for Angel Tree donations at Christmas. The menu includes all-you-can-eat pancakes, sausage, eggs, and mixed fruit. The cost is \$10 for adults and \$5 for kids 10 and under. Eat in and take out are available. The church is also taking orders for deliveries from Onley to Nassawadox. Email chassityparks@gmail.com to order.

■ **FARMERS MARKET:** 9 a.m. to noon, Onancock Winter Market, 22 Market St., Onancock. Shop for local produce, baked

Best bets

■ **Saturday, March 1, from 10 a.m. to 2 p.m., Eastern Shore Community College will host its annual arts festival. There will be live music, food trucks, and local artists and artisans showcasing their work.**

■ **Monday, March 3, from 10 a.m. to 2 p.m., the Town of Onancock is hosting a blood drive in the town council chambers. Visit <https://tinyurl.com/27a52u97> to sign up for an appointment.**

goods, meat, and more.

■ **THRIFT STORE:** 9 a.m. to 1 p.m., Grace United Methodist Church, 18484 Wilson Ave., Parksley. The church will have its thrift store open.

■ **BOOK SIGNING:** 10 a.m. to noon, Book Bin, Onley. Local author Steve Borgess will be doing a signing for his book "Flying Crooked."

■ **ART FESTIVAL:** 10 a.m. to 2 p.m., Eastern Shore Community College, Melfa. Browse works showcased by local artists. There will be live music and food trucks on site.

■ **POLAR PLUNGE:** 10:30 a.m., Cape Charles Beachfront Pavilion, Cape Charles. Proceeds from the Eastern Shore Polar Bears Polar Plunge benefit Make-a-Wish Greater Virginia. Lunch will be served following the plunge at Cape Charles Christian School.

■ **MOVIE:** 2:30 p.m., Roseland Theatre, Onancock. "Nickel Boys" will be screened as part of the Oscars in Onancock program presented by Onancock International Films. Tickets are \$10.

■ **FUNDRAISER:** 4:30 to 6:30 p.m., Onancock Elk's Lodge, 22454 Front St., Accomac. The Eastern Shore Anglers Club is hosting its annual fundraising dinner. There will be an auction, a raffle, and door prizes. The event will start with a social hour, followed by a meal provided by the lodge, and finally an awards ceremony for the club members who registered big fish in 2024. This is a BYOB event.

■ **GALA:** 5 p.m. doors open, 6 p.m. dinner, Pocomoke City Elks Lodge, 944 Worcester Highway, Pocomoke City. Holly Gove's Athletic Boosters are hosting the annual Sportsman's Gala. There will be a prime rib dinner, live auction, silent auction, raffles, door prizes, and a 50/50 raffle. The attire is semi-formal. Tickets are \$50.

■ **AWARDS CEREMONY:** 5 p.m., Mary N. Smith Cultural Enrichment Center, Accomac. The Accomack NAACP is hosting its annual Freedom Fund Banquet and Image Awards Ceremony. A reception will be held at 5 p.m., followed by a banquet at 6 p.m. Gaylene Kanoyton, the first vice president of the Virginia State NAACP, will be the keynote

speaker. Awards will be presented and there will be music, door prizes, and a photo station. Tickets are \$75 and can be purchased by emailing NAACP7041ACCK@gmail.com

■ **LIVE MUSIC:** 7 p.m., Cypress Roots Brewing Company, 148 Market St., Pocomoke City. John Paul and Isaiah perform live.

■ **MOVIE:** 7 p.m., Roseland Theatre, Onancock. "Anora" will be screened as part of the Oscars in Onancock program presented by Onancock International Films. Tickets are \$10.

Sunday, March 2

■ **MOVIE:** 1 p.m., Roseland Theatre, Onancock. "The Brutalist" will be screened as part of the Oscars in Onancock program presented by Onancock International Films. Tickets are \$10.

■ **LECTURE:** 2 to 3:30 p.m., Chesapeake Hall at The Coach House Tavern, 1 Clubhouse Way, Cape Charles. Local author Jenean Hall will discuss the original land grant that encompassed the Bay Creek property and highlight the history of early Cape Charles.

■ **ECSTATIC DANCE:** 3:30 to 5 p.m., 10237 Rogers Drive, Nassawadox. This weekly dance sanctuary is a donation-based community event that encourages free form/ecstatic dance. The music will be an eclectic mix designed to inspire movement. RSVP to 757-948-0388.

■ **CONCERT:** 4 p.m., Hungars Episcopal Church, Franktown. Orchestra of the Eastern Shore presents "The Three B's," which will include Bruch's Violin Concerto no. 1 with soloist Vahn Armstrong, Beethoven's Egmont Overture, and Bartok's Romanian Folk Dance.

(Continued on page 13)

Be included

The Eastern Shore Post wants your listings for live music, theatrical performances, carnivals, special events, and anything else that is just plain fun. Send to editor@easternshorepost.com

Important standing meetings and emergency numbers for the Eastern Shore

■ **ALCOHOLICS ANONYMOUS:** For meetings in Accomack and Northampton, visit www.aaeasternshoreva.org or call 757-350-0466.

■ **AL-ANON:** For more on Al-Anon, a group of relatives and friends of alcoholics, visit www.vaalanon.org/districts/district-7-eastern-shore

■ **OVEREATERS ANONYMOUS:** Group meets every Wednesday at Rock Church, 27112 Lankford Highway, Onley. Call 757-999-6771.

■ **COALITION AGAINST DOMESTIC VIOLENCE:** All-day, every-day hotline for those impacted by domestic violence or sexual assault: 757-787-1329.

■ **SUICIDE HOTLINE:** If you are having thoughts of suicide or know someone at risk, call 988. Call the local 24-hour hotline at 757-442-7707 or 800-764-4460.

Recognize the signs & symptoms of a heart attack

& talk to your health care provider about reducing your risk!



- Chest pressure, squeezing, aching or burning
- Shortness of breath
- Anxiety
- Excessive fatigue or weakness
- Pain in the jaw, back or pain that travels down one or both arms
- Feeling of fullness, nausea, vomiting or breaking out in a cold sweat



riversideonline.com/heart

Call 911
if experiencing
these symptoms!



Calendar

(Continued from page 13)

by the Right On Band. Tickets are \$100 and can be purchased online at <https://tinyurl.com/6emva3pw>

■ **SPECIAL SERVICE:** 6:30 to 8:30 p.m., Onancock Baptist Church, 1 Crockett Ave., Onancock. Sherry Belote will lead a service of testimony and worship.

■ **PLAY:** 7 p.m., The Mar-Va Theater, Pocomoke City. Holly Grove Christian School's drama department presents "Whole Latte Love," by Todd Wallinger. Tickets are \$10 and can be purchased at <https://tinyurl.com/5n84ew2a>

Sunday, March 9

■ **ECSTATIC DANCE:** 3:30 to 5 p.m., 10237 Rogers Drive, Nassawadox. This weekly dance sanctuary is a donation-based community event that encourages free form/ecstatic dance. The music will be an eclectic mix designed to inspire movement. RSVP to 757-948-0388.

Monday, March 10

■ **CAREGIVER SUPPORT:** 10 to 11 a.m., Commonwealth Senior Living, 23610 North St., Onancock. This is a support group for those caring for a loved one. It is designed to be a time to build support, find assistance, and access information. Please RSVP by the Friday before to 757-693-4384.

■ **FASHION SHOW:** 10:30 a.m. doors open, 12 p.m. luncheon and fashion show, The Coach House Tavern at Bay Creek, Cape Charles. The Garden Club of the Eastern Shore is hosting Fashion in Bloom, a fashion show and fundraiser for the club. Attendees can shop with vendors from 10:30 a.m. to noon before the fashion show and luncheon begin. Tickets are \$50 and can be purchased at <https://tinyurl.com/3wy93hvj>

Tuesday, March 11

■ **BREAKFAST:** 8:30 a.m. to 10 a.m., American Legion Post 159, 4023 Main St., Chincoteague. All veterans and active military are invited for a free breakfast.

■ **VETERANS SERVICES:** 9 a.m. to noon, American Legion Post 56, Cheriton. A representative from the Virginia Department of Veteran's Services will be on hand to explain benefits and answer questions. No appointment necessary.

■ **STORYTIME:** 10:30 a.m., Cape Charles

Memorial Library, Cape Charles. Kids 4 and under can enjoy a story.

■ **VETERANS SUPPORT COMMITTEE:** noon to 1:30 p.m., American Legion Post 56, Cheriton. Community partners will network with veterans to learn how to better meet their needs. A free light lunch will be provided.

■ **WORKSHOP:** 6 p.m., Franktown United Methodist Church, 7551 Bayside Road, Franktown. The Screen Sanity Program is designed to help parents learn tips and tricks for raising happy kids in an increasingly digital world. This event is hosted by Montessori Children's House of Franktown but it is open to the public.

■ **WRITERS GROUP:** 7 p.m., Chincoteague Island Library, Chincoteague. The twice-monthly Island Writers Group is for writers of all skill levels to share their craft. Prompts are provided but any recent work can be shared. The prompt for this session is envy.

Wednesday, March 12

■ **CONFERENCE:** Registration opens at 9 a.m., The Chincoteague Center, Chincoteague Island. The Eastern Shore Tourism Commission hosts its annual Tourism Summit. Christine Trippi will deliver the keynote address. To learn more visit <https://visitesva.com/2025summit/>

■ **SEED GIVEAWAY:** 10 a.m. to noon, Cape Charles Memorial Library, Cape Charles. The library is celebrating National Plant a Flower Day with a seed giveaway. Patrons can take up to four free vegetable, flower, herb, or fruit seeds per household from the seed library. The Eastern Shore of Virginia Master Gardeners will also be on site to answer gardening questions.

■ **STEM CLUB:** 10:30 a.m., Cape Charles Memorial Library, Cape Charles. Kids from 5 to 12 can enjoy STEM play.

■ **BIBLE STUDY:** noon to 1 p.m., El Sol Restaurant, 24254 Bennett St., Parkersley. Join Grace United Methodist Church for "Burritos and Bibles" a Lenten Bible study.

■ **CORNED BEEF DINNER:** 5 to 7 p.m., Cheriton Volunteer Fire Company, 21344 S. Bayside Road, Cheriton. For \$15 get a dinner with corned beef, cabbage, buttery potatoes, corn bread, tea, coffee, and dessert.

■ **YOUTH GROUP:** 5:30 to 7 p.m., Craddockville United Methodist Church, 33464 Boston Road, Painter. Kids club is

(Continued on page 15)

OBITUARIES

Eastern Shore Post

Glenn Malstrom

Mr. Glenn W. Malstrom, age 73, passed away suddenly on Saturday, Feb. 15, at his home in Captains Cove, Greenbackville. He was the beloved husband of Catherine S. (Bean) Malstrom for 33 years of marriage.

Glenn was born in Detroit, Mich., on Oct. 31, 1951. He was preceded in death by his parents, Marvin and Mary Malstrom.

In addition to his loving wife Cathy, Glenn is survived by his daughter, Lisa Slatky, and her husband, Michael, in York, Pa.; his son, Jeffrey Malstrom, and his wife, Babs, in Elgin, Ill.; his stepdaughter, Amy Groff, and her husband, Michael, in York; and his stepson, Brian Miller, and his wife, Mindy, in California.

Glenn was a loving grandfather to Adam Breneman and his wife, Dede, and their son, JJ, in York; Captain Matthew Breneman, stationed at Fort Stewart in Savannah, Ga.; JD Groff in York; Celeste Miller in California, and Alyssa Slatky, a student at the University of Colorado. Glenn is also survived by his sister, Gail Diane Davis, and her husband, Jim, in Simpsonville, S.C.; and his brother, Gregg Malstrom, in New Orleans, La.

Glenn graduated from the University of Michigan with a bachelor's degree in psychology. He retired in 2016 from Apex Tool Group (previously Cooper Tools) in York, where he served as the manager of purchasing and materials. During his trips to Cortland, N.Y., he fell in love with the Finger Lakes and took several vacations there to tour the wineries with his family and friends.

Earlier in his career, Glenn worked as the director of materials

for BMY (now BAE Systems). He was certified in production and inventory management (CPIM) at the fellow level and was the past-president of American Production and Inventory Control Society (APICS) for the Lancaster/York Chapter. Glenn was also an instructor for APICS Train-The-Trainer and certification classes at Penn State, York.

After retiring, Glenn and Cathy moved to Captains Cove, where Glenn designed and oversaw the construction of their beautiful home on Chincoteague Bay. He enjoyed spending time on the water boating, jet skiing, and kayaking with family and friends. Glenn was an avid reader and enjoyed taking his beloved doodles Mackie and Mikaela on daily walks in the community he loved. Glenn was also a passionate volunteer. He dedicated his time to several Cove committees and worked with The Nature Conservancy of Virginia, where he helped build oyster castles and harvest eel grass and participated in the Oyster and Seafood Festivals. Glenn was also a lifelong fan of University of Michigan football.

In addition to his loving wife, children, and grandchildren, Glenn will be deeply missed by his extended family, friends, neighbors, and all who had the privilege of knowing him.

Family and friends were invited to pay their respects during a viewing from 10 to 11 a.m. Saturday, Feb. 22, followed by a Christian service at 11 a.m. at Heffner Funeral Chapel & Crematory, Inc., 1551 Kenneth Road, York, PA 17408. There will be a private burial at Mt. Rose Cemetery at a future date.

In lieu of flowers, the family kindly asks that donations be made in Glenn's memory to The American Heart Association, P.O. Box 840692, Dallas, TX 75284-0692 www.heart.org and/or The Nature Conservancy, 4245 N. Fairfax Drive, Suite 100, Arlington, VA 22203 www.nature.org

Gerald Chick

Mr. Gerald Wayne Chick, 91, beloved husband of Geraldine A. "Geri" Chick, passed away on Sunday, Feb. 16, 2025, at Commonwealth Senior Living in Onancock, where they had recently made their home. Longtime former residents of Toms River, N.J., Gerald and Geri settled in Schooner Bay, Onancock, following a couple brief moves along the way. They immediately embraced the Eastern Shore of



Mr. Chick

Virginia as their new home, continuing to share their love with many over the years, evidenced in their extended family who treasured them.

Born June 17, 1933 in Jersey City, Gerald was a son of the late Francis H. Chick and Victoria Rotunda Chick. Gerald attended Panzer University in East Orange, N.J. and served his country for four years in the U.S. Marine Corps, attaining the rank of sergeant prior to his discharge.

His professional career was in international trading, including importing and exporting for various steamship companies. This work took Gerald and Geri to Japan for several years, where he was introduced to the game of rugby and picked for the All Japan Sevens annual rugby tournament.

Gerald and Geri lived life with a strong conviction in their faith, which helped lead them through their lives and challenges. They were involved in eucharistic ministries at both St. Joseph's Catholic Church in Toms River, and then St. Peter the Apostle Catholic Church in Onley, where Gerald was also active in the Knights of Columbus. They initiated the Compassionate Friends Chapter on the Eastern Shore of Virginia and had served on the board of the Compassionate Friends Chapter in Ocean County, N.J.

Gerald was predeceased by his children, Edward Martin Chick and Donna Lynn Chick, with whom he is now re-

united; a sister, Jacqueline Marie Botti and her husband, John; and a brother, Edward Chick. In addition to his loving wife, Geri, survivors include his twin brother, Francis H. Chick Jr. and his wife, Barbara, of Bricktown, N.J.; sister-in-law, Diane Chick, of Red Bank, N.J.; and nieces and nephews, Marybeth Kelley and her husband, Michael, Melanie Bock and her husband, Bob, Timothy Botti and his wife, Pat, William Chick and his wife, Gina, Craig Chick, Edward John Chick, Bryan Chick and his wife, Novelle, Anthony Chick, and Lisa Ham and her husband, Steve, as well as a foster son, Duran Bryant and his wife, Kelly, and several great-nieces, great-nephews, and godchildren.

As Gerald traveled through life with Geri, many friendships developed and some of those friendships took on the meaning of family. His compassion, guidance, and unwavering affection will forever be cherished by his devoted friends, Sue Elliott and her husband, Rick; Wanda Caffrey and her husband, Joe; Rebecca Crutchley and her husband, Barry; and Brittley Fitchett and her fiancé, Cole Tyson.

A service including military honors to celebrate Gerald's life was held at Commonwealth Senior Living on Saturday, Feb. 22, at 11 a.m.

Memorial donations may be made to Riverside Shore Hospice, P.O. Box 616, Onley, VA 23418.

Memory tributes may be shared with the family at

www.williamsfuneralhomes.com

Arrangements were made by the Williams-Onancock Funeral Home.

(Continued on page 17)

Newspaper obituaries

The Eastern Shore Post accepts obituaries from all funeral homes. Costs of obituaries are determined by length. There is a \$25 additional charge for each head-and-shoulders photograph included. Ask your funeral home to send obituaries to the Post by emailing ryan@easternshorepost.com. Price quotes are available. Call 757-789-7678 with questions.

DIARY OF A COLLEGE ATHLETE

The sixth and final piece in a monthly series about the experiences of an Eastern Shore high school graduate as she juggles college classes and competition

A first season over, now it's 'NARP' time

With my first college swim season coming to an end, there has been a lot for me to process and reflect on.

I think back to the beginning of the season when there were days I wasn't sure I would make it through practice. But by the end of the season, I was excited to tackle these challenging work-

outs. Throughout the season I really enjoyed training with a team where I was pushed to do my best.

The encouragement and dedication from my teammates made me want to work even harder each day. It's easier to work hard when

everyone around you is showing up ready to push each other to do their best.

This season, I swam my best times in three events — the 100 backstroke, the 50 freestyle, and the 200 freestyle. The highlight for me was when I reached my goal of breaking one minute in the 100 back, swimming a 59.51 at a meet in Hampton in November, with my family and friends cheering me on.

My season ended in mid-February at the Old Dominion Athletic Conference Championships in Greensboro, N.C., when the W&L men's and women's teams both took first place. It was the fourth straight ODAC title — and the 34th all-time — for our women's team. (A number of my teammates are waiting to see if they have qualified for the NCAA Division III National



Grace Bentley

Grace Bentley has come a long way since her September preseason photo (inset) to celebrating the recent ODAC championships with her teammates in the pool (circled).

Championships, to be held March 20-23 in Greensboro.)

After winning ODACs, the whole team jumped into the pool to celebrate — and we even pushed our coaches in. After a team banquet with our families to celebrate the season, our squad arrived back in Lexington around 2 a.m. We kept celebrating as a team through the night, and some of us stayed up to see the sunrise.

My first season as a college swimmer taught me a lot. Balancing the

demands of school, the newness of college life, and the physical challenges of training were an adjustment for sure.

For next year, I look forward to starting the season with a clearer picture of what the training will look like and the expectations from my coaches. I hope to continue to improve and get stronger. I might even look at swimming some mid-distance events like 200 free and 500 free.

But for now, I can relax — just a

little. For the rest of this semester, I will enjoy the opportunity to experience life as a “NARP” — a non-athletic regular person.

And I'm excited for the new friends and adventures that will bring.

■ *Grace Bentley, a freshman on the Washington & Lee University swim team, was an all-state swimmer, three-sport star, and salutatorian at Nandua High School. This is her sixth and final monthly journal for the Post describing her first season as a college athlete.*

WRESTLING

Nandua grapplers shine

On Saturday, Feb. 15, Arnold Destine won the 126-pound division to lead Nandua to a second-place finish at the 2A Regional Tournament at Poquoson. It was the Warriors' best regional finish since 2018, when they were also runners-up.

Five Nandua wrestlers qualified for Friday's state championships in Bristol: Destine (first place, 126 pounds), Dylan Padgett (second, 120), Roque Vicente-Gomez (second, 160), Grayson Ford (third, 144), and Roldan Roblero-Romero (third, 175). The top three finishers in each division advance to states. (Note: The state wrestling tournament, originally slated for last weekend, was postponed to Saturday due to inclement weather.)

Destine and Padgett will be competing at states for the third time in three years, while Vicente-Gomez qualified for the second time.

"We had a great tournament," Nandua coach Nathan Metzger said. "We had a few downs but many ups and positivity to work on for the future."

Nandua just missed the podium (top three) in three events, with fourth-place finishers Vanessa Lopez-Morales (106), Alan Tomas-Tema (138), and Ricky Escalante-Perez (285). Fourth place is notable because they qualify as alternates, in case any of the top three can't compete at the state tournament.

Metzger noted that Escalante-Perez "came up big for us, stepping in

for our injured starter and wrestling the tournament of his life."

Lopez-Morales' showing is also noteworthy, as this is the final year of co-ed wrestling in Virginia. Next year, boys and girls will have their own divisions.

"This is an amazing group of kids who work hard," said Metzger. "We look forward to seeing what our grapplers will accomplish at the state tournament."

Meanwhile, senior Dulce Perez-Vicente qualified for states in a special girls-only tournament that was postponed until this week. Her results will also be included in next week's Post.

SWIMMING

Championships delayed

The 17 swimmers from Nandua — nine girls and eight boys — who qualified for the Class 2 state championships had to wait another week to compete. The championships, which had been slated for last weekend, were rescheduled to Thursday, Feb. 27, due to inclement weather. Results will be included in next week's Post.

GIRLS BASKETBALL

Firebirds fall in region

On Tuesday, Feb. 25, Arcadia's season ended in the quarterfinals of the Class 2A Regional Tournament with a 91-27 loss at John Marshall. Megan "Boo" Montross led the Firebirds (12-6) with 9 points, three rebounds, and two steals.

"A tough way to end a great season," said Arcadia coach Casey Cor-

drey. "We played hard and we were just outmatched. Thank you to the players, coaches, fans, and parents for all the support."

BA falls in Metro semis

On Saturday, Feb. 22, Broadwater dropped a 54-37 decision to Gateway Christian in the semifinals of the Metro Conference Tournament. Leah Smith paced the Vikings (11-7) with 15 points and three blocks. Previously, Smith's 12 points and 11 rebounds led BA to a 33-21 quarterfinal win over Atlantic Shores. Broadwater was scheduled to host Fuqua on Wednesday, Feb. 26, in the first round of the 2025 VISAA Division IV state playoffs. That result will be reported next week.

BOYS BASKETBALL

Arcadia advances in region

On Tuesday, Feb. 25, Rhyheim Pettit's 20 points and 18 rebounds powered Arcadia to a 73-61 victory at Southampton in the quarterfinals of the Class 2A Regional Tournament. Jordan Cropper added 19 points and 10 rebounds for the Firebirds (15-6), who were to face top-seeded John Marshall (20-2), ranked No. 13 in the nation, in Thursday's regional semifinals. Results from that game will be posted next week.

In Tuesday's win, Kamren Harmon added 12 points and Tyrell Wise had 11 points, seven rebounds, and seven assists.

"The team executed the defensive game plan tonight," said coach

Keon Harmonn. "It was a total team effort. It feels good to get a playoff win."

Broadwater moves on

On Tuesday, Feb. 25, Broadwater won 48-47 at Tidewater Academy in the first round of the 2025 VISAA Division IV state playoffs. The Vikings (6-12) played at Richmond's Rise Academy (14-6) in Wednesday's quarterfinals. Results will be reported next week.

Jackets fall in regionals

On Monday, Feb. 24, Northampton's season came to an end with a 55-42 loss at Lancaster in the quarterfinals of the Class 1A Regional Tournament. Jasheem Collins had 13 points and Jaylen Anderson had 12 for the Yellow Jackets (8-12), who went 2-for-23 on 3-pointers and 12-for-27 on free throws. Lancaster raced to a 16-3 first quarter lead and never looked back.

Ponies eliminated

On Monday, Feb. 24, Chincoteague's season ended with a 66-37 loss at Middlesex in the quarterfinals of the Class 1A Regional Tournament. Kent Reed led the Ponies (6-10) with 14 points and seven rebounds, and George Katsetos added seven points, six rebounds, and four steals. "Hats off to a great Middlesex team," said Chincoteague coach Tim Johnson. "Being able to return to regionals after losing our top four scorers from last year says a lot about this group and the work that they put in."

Send your high school sports results to the Eastern Shore Post — scan the QR code to get started

To all high school coaches and athletic directors on the Eastern Shore: We rely on you for your scores and results — and to get your players' names in the paper. Our coverage of your teams can only be as good as you make it.

Please report your results as soon as possible after your games end — by 10 a.m. the next day, or by midnight for games played on Tuesdays.

Use the QR code at right or the link below to report scores and stats:

<https://form.jotform.com/EasternShorePost/SportsReport>

Also, we like to write human-interest stories about student-athletes.

If you have any questions or story ideas, please contact sportswriter Mark Moring, at mark@easternshorepost.com. Thank you for your help and cooperation, and good luck to you and your teams!



REVELLE SIGNS WITH SHIPPENSBURG



COURTESY PHOTO

Ramsey Revelle, a senior pitcher at Broadwater Academy, signed to play softball at Division II Shippensburg University. Revelle went 15-5 with a 1.75 ERA and 174 strikeouts last spring. Recruited by numerous programs, she said Shippensburg “was the place where I felt most at home, and I knew it was the right fit for me.” Revelle, who plans to pursue a career in speech-language pathology, thanked her coaches along the way — BA skipper Dale Wright, Starz coach Nicole McGowan, and pitching coach Logan Barfield. “And I could never thank my parents enough for their endless sacrifices and encouragement. Their support has meant the world to me!” Pictured in the front row from left are Gavin Revelle, Trae Revelle, Ramsey Revelle, and Mandi Revelle. In the back row are Athletic Director Ron Anson, Coach Dale Wright, Kinsey Rayfield, and Head of School Fran Ryan.

SMITH JOINS 1,000-POINT CLUB



PHOTO COURTESY MEGAN AMES

Broadwater Academy recently celebrated senior Leah Smith’s 1,000th career point, where she was joined by her parents, Philip and Lori Smith, and sister, Miranda, an eighth grader at Broadwater. Philip Smith also broke the 1,000-point mark for the Vikings in the 1990s.

Coates wins several events, named MVP

Northampton High School competed in the VHSL Class 1 Region A Regional Indoor Track and Field Championships at Boo Williams Sportsplex in Hampton on Feb. 24.

The boys team finished in third place with 79 points. The girls team finished in third place with 72 points.

Rylee Coates was the Overall MVP, earning 58 individual points, and was named VHSL Region 1A Girls Indoor Track Performer of the Year 2024-2025.

In the 4x800m relay, the boys team of Eli Philpot, Hudson Taylor, Fernando Palacio, and Kendrick Collins placed fourth with a time of 9:45.76.

In the 55m hurdles Coates took first place for the girls with a time of 8.33.

Elijah Hope placed second in the 55m hurdles for the boys with a time of 8.63.

Coates won the girls 55m with a time of 7.37.

In the boys 55m, Jace Logan took second place with a time of 6.93 and Jeremiah White got third place at 6.95. Adrian Rosales placed eleventh at 7.64 and twelfth place was Khaidn Davis at 7.70.

The 4x200m boys relay team of Logan, White, Hope, and Mark Tankard placed first with a time of 1:38.86.



Northampton's Rylee Coates, pictured with Coach Oliver Bennett, won several events at the VHSL Class 1 Region A Regional Indoor Track and Field Championships and was named Overall MVP and Girls Indoor Track Performer of the Year.

In the girls 1,000m, Renniah Rono placed second with a time of 3:55.94 and third place was Sophie Tayloe at 3:58.28.

Coates placed second in the girls 300m with a time of 44.71.

In the boys 300m, Collins won first place with a time of 38.51. Eighth place went to Amir Gholson, 41.21, 12th place was Jayden Morris, 44.88, and 15th place was Felipe Rodriguez, 45.77.

The boys 4x400m relay team of Philpot, Rosales, Palacio, and Taylor placed third with a time of 4:05.18.

Coates won the girls high jump with a mark of 5-00.00.

Tankard won the boys high jump with a mark of 5-08.00, and fourth place went to Collins with a mark of 5-06.00

In the girls long jump, Coates won first place with a mark of 17-04.75.

Tankard placed third in the boys long jump with a mark of 18-02.50.

Coates won girls pole vault with a mark of 11-04.00.

In boys pole vault, Palacio earned fifth place with a mark of 7-00.00.

Athletes who qualified will head to Lynchburg to compete in the 2025 VHSL Class 1 Indoor State Championships at the Liberty University Indoor Track Complex on March 5 and 6.

COURTESY PHOTO

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PUBLIC NOTICE

The Winter Hours Schedule will terminate at the Northampton County Sanitary Landfill at the end of February 2025. That means that starting **Saturday, March 1, 2025**, the landfill's operating hours on Saturdays will revert to the standard **8:00 a.m. to 3:30 p.m.** time frame.

Please plan your solid waste disposal accordingly.



COURTESY PHOTO

The local Pi Epsilon Omega chapter of Alpha Kappa Alpha Sorority, Inc. commemorated 117 years of history. The sorority was founded on Jan. 15, 1908, at Howard University in Washington, D.C. To honor this rich history, the Pi Epsilon Omega Chapter welcomed guest speaker Samantha Riddick, Mid-Atlantic region representative to the International Program Committee, who traveled from Newport News to deliver the keynote address titled “Reuniting Our Sisterhood.” In her speech, Riddick encouraged members to continue being shining examples of leadership and service within the community. The event took place at Nandua High School on Saturday, Feb. 8.



COMMUNITY

4 p.m. burn ban in effect until April 30

Virginia’s 4 p.m. burning law is in effect from Feb. 15 through April 30 each year.

The 4 p.m. burning law bans open-air burning prior to 4 p.m. if the fire is within 300 feet of the woods or dry grass that could carry fire to the woods.

Burning is allowed between 4 p.m. and midnight as long as the burner takes proper precautions and attends the fire at all times.

It is critical that burners take precautions before using fire, as there may be legal and financial implications.

Even if a person takes all proper precautions and obtains any locally required permits, whoever started the fire is responsible for suppression costs should the fire escape.

Violation of the 4 p.m. burning law is a class three misdemeanor with a fine of not more than \$500.

Debris burning is the number one cause of wildfires, closely followed by intentionally set or arson fires.

The 4 p.m. burning law was adopted during the 1940s to reduce the number of wildfires that occurred each spring, when Virginia has traditionally seen an increased number of fires.

Fires are more likely during late winter and early spring because winds are usually elevated, the relative humidity is lower, and the fuels on the forest floor are extremely dry, having cured all winter without the shade of tree leaves.

After 4 p.m., winds usually calm down and the relative humidity levels rise, both of which reduce the potential for a debris fire or any outdoor open-air fire to escape.

The 4 p.m. burning law applies to open-air burning, which means any outdoor fire that is not covered

and/or contained within nonflammable barriers and the smoke from the fire does not pass through a chimney.

For example, a typical campfire is considered an open-air fire. However, an open-air fire may be acceptable if it meets the following criteria: it is completely contained within a ring of rocks, cinderblocks, metal ring, or a similar device and is covered by a ¼ inch or smaller metal screen.

If these criteria are met, the fire still must be attended at all times, and all flammable material should be cleared from a 20-foot area around the fire. Campers must also have ready access to water, a rake, and shovel.

Fires built in commercially-available chimineas or fire pits, which are completely contained, with a ¼-inch or smaller metal screen

across the top of the fire box are not considered open-air fires and are therefore legal if they are in good condition to prevent the spread of fire to surrounding areas.

This law does not apply to charcoal or gas-fired barbecue grills. However, open-air charcoal grills like those found in a park setting are considered open-air fires and must comply with the 4 p.m. burning law. Users are still encouraged to take proper care and precaution by clearing all flammable material from around the grill and staying with it until it is completely extinguished or turned off.

If burning operations are greater than 300 feet from the woods or flammable grass or vegetation that would allow the fire to spread to the woods, the 4 p.m. burning law does not apply.

Police investigate fatal stabbing in town

BY TED SHOCKLEY
Eastern Shore Post

Peggy Carey's dog was spooked on Tuesday, Feb. 18, by the commotion outside her door at Myrtle Landing Apartments in Cape Charles.

Outside, police units swarmed the area. Inside, Caesar, the dog, "barked all night," Carey said.

"He was right there at the door, standing guard," she said of the dog.



Calvin Cummings Jr.

Everyone else also has been on guard since that evening, when a Cape Charles man was stabbed to death in a nearby apartment at the 815 Randolph Ave. complex.

Calvin Cummings Jr., 67, was found dead at the scene, the Cape Charles Police Department reported.

Police Chief Jim Pruitt said on Tuesday, Feb. 25, that an investigation continues. No arrests have been made.

The police department "is working closely with the commonwealth's attorney and other law enforcement agencies as the investigation and search continues," a press release stated.

Myrtle Landing, once called Heritage Acres, accepts federal housing assistance — called "Section 8" — for elderly and disabled individuals.

It includes 12 buildings around a neatly trimmed campus in the shadow of the town's lighthouse-designed water tower.

A woman working in the Myrtle Landing office this week declined to answer questions about the slaying.

Some around Myrtle Landing remembered Cummings for lighter moments.

"He used to go fishing down at the pier all the time," said Howard Stiles,



EASTERN SHORE POST/TED SHOCKLEY

Residents at Myrtle Landing Apartments at 815 Randolph Ave., Cape Charles, walk in unseasonably warm weather on Tuesday, Feb. 25. A town resident was stabbed to death at the apartment complex on Feb. 18.

referring to Cape Charles' lengthy pier near its public beach.

"He loved crabs," Stiles said. "I gave him many crab claws."

Stiles called Cummings by his nickname, "Gator," although he didn't know the nickname's origins.

Thomas Godwin, director of operations at Cape Charles' Gray's Funeral Home, said Cummings had worked briefly as a gravedigger.

"He was a jack of all trades," said

Godwin. "He did everything."

Court records show Cummings had frequent run-ins with the law, including convictions of assault and battery, brandishing a firearm, disorderly conduct, and malicious wounding.

The slaying came almost a year to the day after police said a man fatally shot his 73-year-old grandmother on Tazewell Avenue in town.

Anthony Mercado, 26, is charged with second-degree murder, police

said, in the slaying of 73-year-old Jane Grigsby McKinley of 526 Tazewell Ave. A jury trial is scheduled for May in Northampton Circuit Court.

Carey said police searched for the suspect at Myrtle Landing on the night of the slaying and were back on Monday, Feb. 24.

"They were out here last night questioning people," she said. "They didn't question me because I didn't see anything."

BLACK HISTORY MONTH

Latimer's materials to be donated to Rosenwald school

BY JANET BERNOSKY
Eastern Shore Post

Born in Northampton County on Oct. 4, 1941, Francis Bibbins Latimer left a lasting legacy on the Eastern Shore as a historian, a publisher, and a philanthropist.

Now, thanks to a longtime friend, a collection of Latimer's files will be given to the under-renovation Rosenwald School in Cape Charles.

Latimer's widower, George, along with her friend, Karen Hatch, of Northampton County, spent over a decade organizing and archiving Latimer's work to both preserve it and make it available to the public at the Eastern Shore Regional Library and Heritage Center in Parksley.

Hatch also plans to donate a collection of materials she inherited from Latimer to the Rosenwald School.

Latimer lived in Northampton County until she left to attend Hampton University as a young woman, graduating with a bachelor's degree in art.

She then earned her master's degree in New York City and began teaching there in the public schools.

She eventually met and married George Latimer in April 1977. A year later, she returned home with him in tow.

She credited a pair of her grandparents with instilling in her a love of history as a young child.

Once back on the Shore, she began tediously researching county records to document the history of free and enslaved Black people locally.

In addition to combing through birth and death documents, wills, deeds, muster rolls, manumission records, or anything else with a paper trail, Latimer also sought out actual people, still living, to supplement and add context to these inanimate pieces



COURTESY PHOTO

Frances Latimer, who died in 2010, was an area historian who founded her own book publishing firm.

of paper.

Latimer became an author, and one of her books, "Journey of a Multi-Racial Family," traced her family's Native American, European, and African American history back six generations.

Becoming an author soon led to her establishing her own publishing company, Hickory House, from her home in Eastville.

Her life and her works led her to become acknowledged and decorated by groups, both locally and nationally.

Latimer was featured in a 1998 PBS documentary series, "Africans in America." In 2004, she received the Women in History award from the Northampton County Chapter of the Daughters of the American Revolution.

Latimer died on Thanksgiving Day, 2010.

A philanthropist, she left a \$75,000 trust to the local Boys & Girls Club Chapter at her death.

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REGIONAL

Police seek help in crash that killed 34-year-old line cook

BY TED SHOCKLEY
Eastern Shore Post

After Jared Reno died, friends and former coworkers remembered his big-hearted manner, his individualistic personality, and his risotto.

Dee Smith, general manager at La Tavola, the Onancock Italian restaurant, said Reno had a special touch with the creamy rice-and-broth dish.

"He made absolutely the best risotto you would ever have," said Smith, who said Reno was a line cook at the restaurant.

"He poured his passion into his cooking," she said.

Like Reno himself, the vehicle crash that killed him was unique.

State police are seeking witnesses or information.

Police responded on Monday, Feb. 24, at 5:34 p.m., to the single-car crash on Bayside Road, south of Bayford Road, southwest of Nassawadox.

State Police Sgt. Michelle Anaya said a 2023 Toyota Corolla "with extensive damage was located off the roadway."

Reno, who lived in the 11000 block of Gibbs Lane, Treherneville, was the driver and the car's only occupant.

He had been ejected from the vehicle and died at the scene, Anaya said.

Anyone who "witnessed suspicious behavior from possibly another vehicle" are asked to contact state police at 804-750-8788.

Police didn't release Reno's name until almost 14 hours later, after next-of-kin was notified — an uncle in Alaska.

"Apparently he put me down as an emergency contact," said William Reno, of Wasilla, Alaska, in a telephone interview on Wednesday, Feb. 26.

"It was 9:30 at night and I was get-

ting ready to go to bed," he said, when police contacted him.

He said Jared Reno was 8 years old when he lost his mother.

Reno's father died shortly after he graduated from high school and his only sibling, a brother, lives in Oklahoma.

Reno previously lived in Belle Haven with his grandmother, who once worked at Riverside Shore Memorial Hospital and is now deceased.

"He was a good kid," William Reno said. "He had more of a loner mentality."

Dustin Jester, of Onancock, attended school with Jared Reno at Broadwater Academy and Nandua High School, and shared an apartment with him for two years in Chesapeake while both attended technical school.

At that time, Reno's father was on the Eastern Shore dying of a terminal illness and Jester was taken by Reno's calm demeanor.

"I don't think I saw that kid angry at all," Jester said. "He would go back home every weekend and visit his dad."

Said Jester of Reno: "He could make you laugh on one of the worst days you were having."

Smith said Reno had worked for almost a year at La Tavola restaurant before taking a position at a Cape Charles eatery. She couldn't recall exactly which one.

"He was a gem. He was a lot of fun and a pleasure to work with," said Smith, who spent time this week reminiscing about Reno with coworkers.

"He was always looking to help others. He was a gentle giant."

Smith paused for a minute and exhaled.

"It's always so quick, right?" she asked in the wake of Reno's death.

"You're here one minute and gone the next."

Sons of American Legion plans barbecue

The Sons of the American Legion Squadron 159 on Chincoteague Island will have a Butts and Breast Barbecue on Saturday, March 22, from 4 to 7 p.m., at 4023 Main St., Chincoteague.

The menu is smoked pulled pork, smoked turkey breast, homemade macaroni and cheese, corn salad, and a roll for \$15 per plate.

Accomack schools announce schedule

Accomack County Public Schools will have a two-hour early dismissal for a teacher workday on Wednesday, March 12.

On Friday, March 14, the school system will be dismissing two hours early before a holiday.

All of Accomack County schools will be closed for spring break from Monday, March 17, through Friday,

March 21.

Schools will resume a regular schedule on Monday, March 24.

Great Pocomoke Fair sponsors coffee sale

The Great Pocomoke Fair is having a coffee fundraiser and is introducing the Great Pocomoke Fair Blend.

The coffee is locally roasted by Cast 26 in Berlin, Md.

To try the coffee, contact any fair board member or call 410-251-8810.

Harris named to dean's list at Radford University

Katelyn Harris, of Painter, has been named to the fall 2024 dean's list at Radford University.

Appearing on the dean's list is the most prestigious academic recognition Radford University students can receive for their performance during a semester.



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The Eastern Shore of Virginia Habitat for Humanity appreciates all of the community's dedication to make this year's Freezin' for a Reason a huge success for the Eastern Shore. Thanks to you, we raised over **\$124,000** which will cover almost all of the material cost of our next home, allowing us to start earlier than expected.



We would like to especially thank Celebrity Dipper Jeannette Edwards from Eastern Shore Rural Health and our other 40 Dippers who participated in this year's Freezin' for a Reason event. **Jeannette alone raised over \$102,000 and counting!**

Heartfelt recognition goes out to all of the youth who participated this year! The top Overall Youth Team was the Montessori Freeze Team who raised over \$3,200. The most sponsorship dollars raised by a youth participant was Lian Rodriguez. Second Place went to Bryce Brady.

The top overall Adult Team was Northampton County Sheriff David Doughty's team who raised \$11,150. Other participating teams this year were the "Seals" from Northampton County's Department of Social Services, Broadwater Academy, The "Ministers of Justice" from the Northampton County's Commonwealth Attorney's Office, Martin Rosen, David Marshall, Team Tyler and Barbara Carroll.



We also appreciate the support of the US Coast Guard Station Cape Charles, Northampton County EMS, K-Coast surf shop and the Town of Cape Charles.

Come out to our rescheduled BBQ & Brews Event on Friday, February 28 from 4:00PM-8:00PM at the Cape Charles Brewery to celebrate!

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