

RAPPAHANNOCK ELECTRIC

CooperativeLiving

Southside Electric
Cooperative CFO Carly
Bullock with her daughter
Kaylee Lynn, who has
authored her first book.

PHOTO BY AARON ROGERSON

PIGLET POWER

PAGE 10



Generational Wealth

A future for generations to come



PLACE YOUR
ORDER TODAY

\$339 ea.

Minimum order of 5 coins

GENERATIONAL WEALTH is of paramount significance as it represents a beacon of financial stability. It serves as **a tangible testament to the hard work, diligence, and financial acumen** of previous generations, offering a solid foundation upon which future generations can build their dreams and aspirations.

American Gold Reserve is releasing Government issued **\$5 Gold American Eagles** completely free of dealer mark-up for only \$339 each. These beautiful \$5 Gold American Eagles are a perfect way to enter the gold market. They are set for immediate public release and **will sell out fast**.

LIMITED OFFER

Special arrangements on orders over \$50,000

Mention vault release code: **AMS-CL00**



- Free of dealer markup.
- Protection against inflation and deflation.
- Gold offers financial cover during geopolitical uncertainty.
- Good portfolio diversifier.

24 hours - 7 days a week

1-866-852-3346



**AMERICAN
GOLD RESERVE**

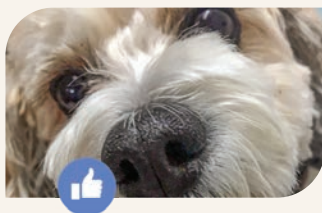
Strict limit of 10 per house hold, per lifetime. For new clients only.

CL ONLINE / SOCIAL MEDIA

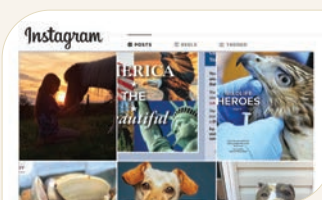
VISIT CO-OPLIVING.COM



LIKE US ON FACEBOOK



FOLLOW US ON INSTAGRAM



FEATURES

2 OUR COMMUNITIES
Luray's local treasure trove is a must-see.

24 FARM LIFE
Celebrating Virginia's farmers and their agricultural impact.

7 CO-OP PEOPLE
Bluegrass band celebrates 45 years of making music.

35 GREEN THUMB
The benefits of planting trees on your property.

DEPARTMENTS

- 4 Powerful Careers
- 5 Happy & Healthy
- 10 Cooperative Focus
- 24 Farm Life
- 26 Kids Korner
- 28 Cooperative Kitchen
- 30 Happenings
- 32 Rural Living
- 34 Marketplace
- 36 Say Cheese

VIEWPOINT

Honoring Moms and the Military

May brings spring into full swing, with longer days, warmer weather and everything in bloom. It's a beautiful season that coincides with Mother's Day on the second Sunday of the month.

Our Cooperative Focus article showcases the story behind a published children's book written by the 9-year-old daughter of Carly Bullock, chief financial officer of Southside Electric Cooperative. The book narrates the adventures of a piglet born on a farm in Southside Virginia. It's a fascinating story, told from a child's perspective.

May is a time to honor all those who serve — or have served — in the U.S. armed forces with the recognition



of National Military Appreciation Month and Memorial Day.

We will be holding our 21st annual Gaff-n-Go Rodeo this month, where more than 400 lineworkers participate in multiple events on May 16 and 17. It's an opportunity for family, friends and the general public to see some of what our lineworkers do to keep the lights on. You can check out the schedule and all the activities at gaff-n-go.com, and please come out and join us in person at Meadow Event Park. It is incredible to witness and truly awe-inspiring when you realize they typically perform these dangerous activities in the worst weather imaginable. ●

Brian S. Mosier

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

Cooperative Living

VOL. 80, NO. 5 • ISSN 1529-4579

OUR MISSION

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.

GREGG MACDONALD • Executive Editor
LAURA EMERY • Deputy Editor
JOHN GROTT • Director of Creative Services
SUSAN ROWLAND • Creative Services Coordinator
SONJA KINNEY • Advertising Account Representative
JIM ROBERTSON • Manager of Member Services
TOMMY CAMPBELL • Digital Producer
NINA JACOBS • Production Coordinator

Published by the Virginia, Maryland & Delaware Association of Electric Cooperatives

GEORGE N. GOIN • Chair
FRANK W. BACON • Vice Chair
RUSSELL G. BROWN • Secretary/Treasurer
BRIAN S. MOSIER • President & CEO

Board of Directors: Christopher D. Bott, Belvin Williamson Jr., A&N; C. Michael Sandridge, Bill Buchanan, BARC; George N. Goin, Gary E. Wood, Central Virginia; Robert E. Arnold, Micheal E. Malandro, Choptank; Jeannette S. Everett, Steven A. Harmon, Community; James E. Huffman, Jeff M. Ahearn, Craig-Boetourt; Patricia S. Dorey, Rob A. Book, Delaware; Fletcher B. Jones, Casey J. Logan, Mecklenburg; Russell G. Brown, Brad H. Hicks, Northern Neck; Wade C. House, David E. Schleicher, Northern Virginia; Lena Short, M. Brad Coppock, Powell Valley; Herbert R. Patrick, Sarat K. Yellepeddi, Prince George; Sanford Rogers Jr., John D. Hewa, Rappahannock; G. Todd Van Horn, Greg S. Rogers, Shenandoah Valley; Frank W. Bacon, Jason C. Loehr, Southside.

To advertise in *Cooperative Living*, contact:
advertising@co-opliving.com 804-297-3429

National Advertising Representative:
AMP, 611 South Congress Ave., Suite 504,
Austin, Texas 78704 • 800-626-1181



Member of AMP network of publications, reaching more than 9 million homes and businesses.

To change your subscription, contact your electric cooperative.

For editorial inquiries, contact editor@co-opliving.com.

COOPERATIVE LIVING MAGAZINE (USPS 473-300) is published 10 times a year, monthly except for combined January-February and November-December issues, by the Virginia, Maryland & Delaware Association of Electric Cooperatives. POSTMASTER, address changes should be sent to: *Cooperative Living*, 4201 Dominion Blvd., Ste. 101, Glen Allen, VA 23060, 804-346-3344. Periodicals postage is paid at Glen Allen, VA, and additional mailing offices. Subscription: \$6.09 per year for members of subscribing co-ops; \$10 per year for all others.

ADVERTISING PUBLISHED is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. Neither this magazine nor the electric cooperatives in Virginia, Maryland or Delaware endorse any products or services advertised herein. If any readers encounter noncompliance with these standards, they are asked to inform the Association.

Cooperative Living is a registered trademark of the Virginia, Maryland & Delaware Association of Electric Cooperatives.



Please recycle.



Alliance for Audited Media



PHOTOS BY GREGG MACDONALD AND JAY NORTH

Concern for Community

Luray's Hawksbill Trading Company is a local treasure

by Gregg MacDonald, Staff Writer

WHEN JAY NORTH WANTED TO START A CHARITABLE ORGANIZATION IN LURAY, VA., HE USED THE SEVEN COOPERATIVE PRINCIPLES AS HIS BLUEPRINT.

"I learned about them from the Shenandoah Valley Small Business Development Center," he says. "I was interested in addressing our community's needs, not just economic concerns, so the cooperative principles resonated with me."

For We The People, a 501(c)(3) nonprofit dedicated to community building and development, offers business training classes and retail space at the Hawksbill Trading Company. This retail store and business incubator program is designed to provide resources for small business development and a brick-and-mortar environment for entrepreneurs seeking to start a small business but who may need training before taking that crucial first step.

"We look forward to teaming up with the SBDC to host classes available to the public at large in the near future," says North, a member of Shenandoah Valley Electric Cooperative.

The store is situated in downtown Luray, in a building owned by the Page Cooperative Farm Bureau. The co-op was established in 1921 by a group of farmers who chose to pool their resources to competitively purchase farm supplies. The building currently housing Hawksbill Trading Company was built circa 1949 and was used for hardware, farm supplies and a grocery store. Page County Cooperative operated out of that building until 2003 when they relocated to a new building on Route 211.

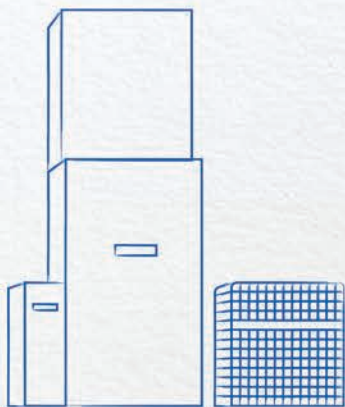
Since its inception nine years ago, the Hawksbill Trading Company business incubator program has served more than 100 entrepreneurs, ranging in age from 16 to 96. So far, they have added more than \$2 million to the local economy.

"Today, in addition to helping develop small businesses, Hawksbill Trading Company has merchants who sell antiques and collectibles, manufacture soaps, candles, jewelry and more," says North, "continuing the Shenandoah Valley tradition of creative innovation born of necessity." ●

► For more information, go to hawksbilltradingcompany.org.

WATERFURNACE UNITS QUALIFY FOR A 30% FEDERAL TAX CREDIT¹

Comparing is believing.



Scan to learn more!



When you compare our geothermal system to a traditional gas or electric HVAC unit, the winner is clear.

We've got the competition beat on every level. A WaterFurnace geothermal heat pump offers unmatched efficiencies, so your energy costs are much lower than with a conventional furnace or a/c. It doesn't rely on fossil fuels, so it's much better on the environment. And the consistent temperatures and low humidity allow you to dial in your ideal comfort. Try it out and you'll see—WaterFurnace wins.

Geothermal is the only renewable that provides reliable operation 24 hours a day, 7 days a week, 365 days a year.



visit us at waterfurnace.com/MainStreet

WaterFurnace is a registered trademark of WaterFurnace International, Inc. ©2025 WaterFurnace International Inc.

1. ENERGY STAR rated units qualify for 30% through 2032, 26% through 2033 and 22% through 2034

The Other Side of the Meter

Electrician changes paths following career camp

by Jim Robertson, Staff Writer

Chessa Trimble, a journeyman electrician well into her chosen career path had driven daily past the Electric Cooperative Training Center near her home in Palmyra, Va., and wondered if the utility industry would better suit her career goals.

Trimble was intrigued by a social media post about a one-day career camp for high school students. Although well past her high school years, Trimble contacted the Virginia, Maryland & Delaware Association of Electric Cooperatives to inquire about attending its second annual Girl Power Camp in Palmyra, Va., just up the road from her home.

Nervous and worried about standing out from the others who were much younger, Trimble embraced the opportunity. “I’ve always been somewhat of a risk-taker,” admits Trimble. “I’m usually the one willing to go first, so I feel like I may have also had a positive influence on some of the students at the camp.”

Two people left lasting impressions on Trimble during that cool December day. “I was so inspired by her energy and enthusiasm for her career,” says Trimble of Joy Yount, director of splicing services for S&N Communications.

Todd Butcher, then manager of safety training for VMDAEC, says, “Chessa immediately stood out from other attendees with her questions and the way she presented herself.”

Trimble made her move to the other side of the meter earlier this year and joined Butcher’s new team at S&N Communications as a job site superintendent.

“It takes men like Todd Butcher believing in women like me to enact lasting change in this industry,” says Trimble. “I’m super grateful.”

Previously, Trimble was working on the residential side of the meter. In her new role on the other side of the meter, she plays a critical role in overseeing electrical field services, ensuring projects are completed safely, efficiently and to the highest standards. With strong leadership and technical expertise, she coordinates crews, manages job sites, and upholds quality and safety protocols. Her dedication and skill set highlight the essential contributions of women in the construction industry. ●

Trimble served as a mentor at a recently held Girl Power camp in North Carolina.

**POWERFUL
CAREERS**



PHOTO BY JIM ROBERTSON

Pushing the Panic Button

Understanding anxiety and anxiety relief

by Vanessa LaFaso Stolarski, Contributing Columnist

Anxiety is a common response to repeat or chronic stress, but for many people, it can become an overwhelming problem that permeates daily life. Understanding the triggers of anxious thoughts and their physiological effects can be the first step in managing this common mental health challenge.

WHY IT HAPPENS

Believe it or not, anxiety is essential. Under appropriate circumstances, anxiety is our body's natural alarm system designed to protect us from potential threats. When we perceive danger, our brain triggers a cascade of physiological responses known as the "fight-or-flight" reaction. This response evolved to help our ancestors survive immediate physical threats, but in our modern world, it can be activated by a wide range of stressors from work deadlines to social interaction.

While occasional anxiety is normal, past experiences, especially childhood trauma or neglect, can shape our nervous system to be more reactive to stress than the situation demands. Current life situations, such as financial pressures, relationship difficulties or health concerns, can trigger anxiety. However, it's important to note that certain personality traits and genetic predispositions may make some individuals more susceptible to anxiety disorders. Chances are, if your mom was a nervous person while you were growing up, you are likely to model those same behavior patterns later on.

WHAT HAPPENS

Anxiety can significantly impact both mental and physical health. The constant activation

of the stress response takes a toll on the body over time. Your body and brain do not know the difference between a car accident and a bad day at work. Your physiological events will be the same — increased heart rate, elevated blood pressure, rapid breathing, glucose spikes, redirected blood flow to vital organs and digestion delays all occur when our bodies sense "danger," aka experience stress.

Physiologically, chronic stress keeps the body in a state of high alert. While this response is helpful in short-term danger situations, its prolonged or repeated activation can lead to a host of health problems, including cardiovascular disease, digestive distress and weakened immune function, including autoimmune disorders.

HOW TO MANAGE IT

Practice Deep Breathing: When anxiety strikes, focusing on your breath redirects the attention away from the brain's activity and toward the body, inviting it into a parasympathetic

nervous system state, or rest-and-digest.

Place your hand on your belly and take slow, deep breaths,

feeling your hand rise and fall with each exhalation.

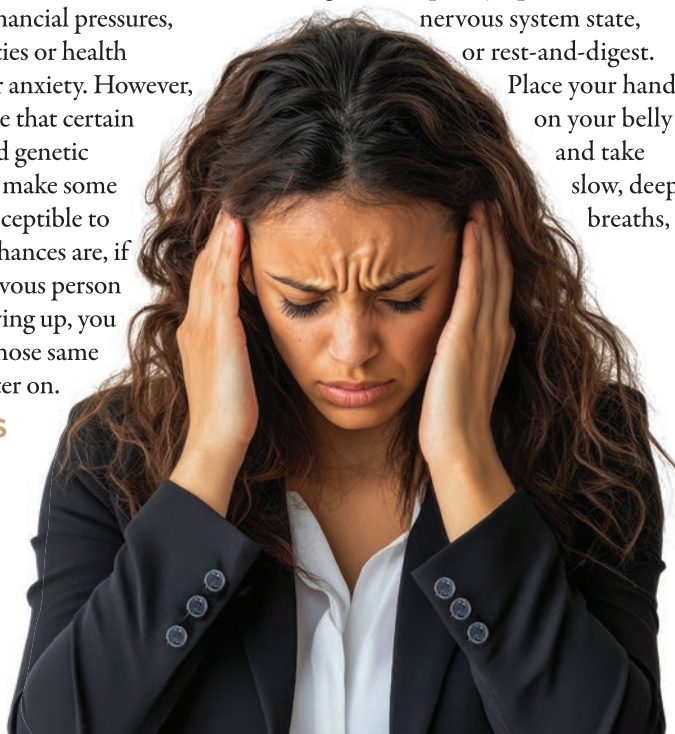
Use Grounding Techniques: If you're prone to anxiety attacks, carry a meaningful object around with you such as a worry stone or other trinket. Play with it and notice all the sensations you feel in your hands. Again, directing attention away from the narratives of your brain and centering yourself on the present moment.

Shaking, Tapping, Rubbing: Wake the body up by shaking your arms, hands and/or legs. You might even try standing and shaking everything at once if the situation is appropriate. Tapping on your pulse points while repeating a calming mantra can also help your body regulate. Rub your arms and legs in a soothing motion to offer comfort to your body when you feel stressed.

Keep in mind that anxiety is often triggered by worrying about the future. Conversely, depression often arises from thinking too much about the past. Staying present helps mitigate all the stories your brain likes to tell you. Your brain needs to feel like it's doing its primary job — keeping you alive. Breathe easy, focus on the here-and-now and try thanking your brain for being so helpful. Then tell it to take a break — because you're doing just fine. ●

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

All health-related content and media provided by Cooperative Living or its website(s) is created and published for informational purposes only. It is not a substitute for professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition.



AFFORDABLE LIFE INSURANCE

The Best Idea For ... Personal Insurance - Business Insurance - Mortgage Protection

10 - Year
Guaranteed
Level Rates

Copyright 2011 All Rights Reserved

MONTHLY RATES

NON-TOBACCO RATES

MONTHLY RATES

Issue Age	\$100,000		\$250,000		\$500,000*		\$1,000,000*		Issue Age	\$100,000		\$250,000		\$500,000*		\$1,000,000*	
	Male	Female	Male	Female	Male	Female	Male	Female		Male	Female	Male	Female	Male	Female	Male	Female
30	9.06	7.88	9.79	8.66	14	11	18	16	58	29.07	21.98	50.58	36.96	91	65	172	119
36	9.21	8.31	10.35	9.51	15	13	22	18	59	31.60	23.51	55.57	39.88	101	71	190	129
37	9.21	8.58	10.54	9.93	15	14	22	20	60	34.14	24.28	61.26	42.99	113	76	209	140
38	9.21	8.71	11.69	10.25	17	14	24	21	61	37.60	25.65	66.80	47.11	126	86	238	157
39	9.46	8.86	12.35	10.66	18	15	25	22	62	41.49	27.91	74.28	51.33	141	95	267	172
40	9.63	9.10	12.94	11.08	18	16	27	24	63	44.70	34.39	85.55	59.60	157	104	288	190
41	10.05	9.22	13.66	11.83	20	17	30	27	64	48.23	38.53	93.16	64.38	173	114	327	212
42	10.48	9.26	14.21	12.67	22	19	33	29	65	53.18	41.15	101.79	70.36	191	127	361	234
43	10.98	9.50	14.74	13.52	25	20	39	31	66	59.15	44.62	115.13	75.41	213	139	398	258
44	11.58	9.84	15.80	14.36	27	22	43	34	67	65.66	49.09	130.13	83.65	235	152	443	284
45	12.25	10.17	17.07	15.20	29	24	48	38	68	74.33	59.65	145.11	112.92	262	174	491	322
46	12.84	10.65	18.09	16.18	31	25	51	40	69	82.98	65.91	161.68	129.33	293	188	548	352
47	13.43	11.16	19.18	17.07	33	27	56	44	70	93.20	73.30	181.25	148.72	330	204	615	387
48	13.48	11.88	20.44	17.76	35	29	58	48	71	102.45	82.71	204.38	159.34	374	235	702	443
49	13.71	12.33	21.77	18.77	38	31	63	52	72	113.68	94.13	232.46	172.23	427	272	807	512
50	14.46	12.99	23.41	20.00	40	34	69	57	73	127.55	108.24	267.15	188.15	493	319	937	596
51	15.38	13.75	25.38	21.18	45	35	78	62	74	142.08	123.01	303.50	204.84	562	367	1074	685
52	16.37	14.87	28.02	22.76	50	38	88	67	75	159.25	140.48	346.45	224.56	644	424	1235	789
53	17.46	15.88	31.30	24.81	55	44	101	79	76	200.03	174.92	418.29	276.67	785	530	1489	982
54	18.69	16.72	34.39	26.21	61	47	114	85	77	249.54	216.74	505.52	339.94	956	658	1797	1215
55	20.70	17.51	37.60	27.86	67	50	127	92	78	310.70	268.40	613.27	418.11	1167	817	2179	1504
56	22.69	19.48	42.17	31.37	74	56	140	101	79	374.78	322.52	726.16	500.00	1389	983	2578	1807
57	24.69	20.63	46.07	33.65	82	60	156	110	80	450.51	386.48	859.57	596.78	1651	1180	3050	2164

* \$500,000 and \$1,000,000 monthly rates are rounded up to the nearest dollar. Therefore, actual monthly rates at \$500,000 and \$1,000,000 may be slightly less.

Call Wiley Maddox Today to Request an Application:

(203) 637-1544 or (800) 645-1544

Monday-Friday, 8 a.m. to 5 p.m. EST

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. \$100,000 - \$1,000,000 rates are Select-A-Term [policy form no. 07007] Preferred Plus Non-tobacco. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on Annual Renewable Term at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday. The underwriting risks, financial and contractual obligations and support functions associated with products issued by **American General Life Insurance Company (AGL)** Houston, TX are its responsibility. **AGL** does not solicit business in the state of New York. All terms, conditions and limitations of any policy issued shall govern. American General Life Companies is the marketing name for a group of domestic life insurers including American General Life Insurance Company and The United States Life Insurance Company in the City of New York. Policies and riders not available in all states. Premium rates current as of March 2025; rates may vary by state. Premiums available for other rate classes, ages and payment plans. Premium charges depend on evidence of insurability. Premiums increase at the end of the guaranteed term if policy is renewed. Death benefit remains level. The policy may be contested for two years from the date of issue for material misstatements or omissions on the application. Death benefit is limited to return of premium paid in the event of suicide within first two years. Rates subject to change. Standard Marketing Services represents AGL and other fine insurance companies.

All companies identified above are wholly owned subsidiaries of Corebridge Financial, Inc. Corebridge Financial and Corebridge are marketing names used by subsidiaries of Corebridge Financial, Inc.



Five of a Kind

Shenandoah Valley bluegrass band has been entertaining for 45 years

by Laura Emery, Staff Writer

When you've been in one of the Shenandoah Valley's most popular bluegrass bands — Five of a Kind — for 45 years, it's inevitable that people will approach you to ask things like, "Do you remember when you played at that party for me 30 years ago?"

Jimmy Drummond, the band's leader and a founding member, says with a laugh, "When people say those things, I usually think to myself, 'I can't even remember what I did yesterday!'"

The band started in 1980 when a group of friends started having "jam sessions" in a garage in Strasburg, Va. Drummond played guitar, Doug Arthur played bass, Charlie Nicholson played banjo, Gene Stokes played mandolin and Richard Kleese played resonator guitar.

"Word got out, and soon people were asking us to play at birthday parties, reunions and other small events," Drummond, the group's guitarist and

lead vocalist, explains. But, he notes, the group wasn't "official" until they were chosen to play during Winchester's Apple Blossom Parade.

"At that point, we didn't even have a name for the band," he says. The group decided to call themselves Five of a Kind. "It was the 80s," Drummond says. "The bluegrass bands were always dressed alike, so we made sure to do the same.

We were Five of a Kind — and we wanted to look the part!"

The band's popularity grew quickly. Drummond says, "I always say that we went from back doors to front porches. It snowballed quickly."

Spend five minutes talking to the other members of Five of a Kind — Steve Spence, Jamie Thomas and D.G. "Del" Purkey — and you'll soon discover that Drummond is the band's "anchor." "Our success and longevity is due, in large part, to Jimmy's perseverance," says Spence, the band's bass player since 2021.



1980

From left, D.G. "Del" Purkey, Steve Spence, Jimmy Drummond and Jamie Thomas

Drummond has forged on with the band as other members have come and gone, quite simply, because music runs in his blood. He picked up his first guitar at 7 years old after watching his father create beautiful music, singing and strumming rhythm on his guitar.

"I've always liked bluegrass music. My favorite band is The Country Gentlemen. They not only played music, but they entertained," Drummond says. "And that's what we try to do."

"When we get in front of a crowd, we try to entertain the crowd. It makes it fun for us when the crowd is smiling and singing along with us," says Purkey, the band's banjo player since 2022. Purkey lives in Alexandria, and has a second home in Woodstock, where he receives electric service from Shenandoah Valley Electric Cooperative. He says, "When I get the *Cooperative Living* magazine, I read it from cover to cover."

It was mere hours after he retired from a 45-year career as a pipe fitter when Purkey got the call. "It was Steve [Spence] and the first thing he said was, 'Wanna play the banjo? Our banjo player left and I told the rest of the band that I know a guy,'" Purkey recalls.

But Purkey is not just any player. He's followed in the footsteps of his father, Bob Purkey, who played on live radio with former Grand Ole Opry performers at the age of 15. In 1970, also at the age of 15, Purkey played the banjo in his first live radio show.

In addition to having "a leader as good as Jimmy," Purkey explains that

(continued on page 8)

Five of a Kind

(continued from page 7)

it's important to have dedicated band members.

The band plays at county fairs, bluegrass festivals, club dates, car shows, summer municipality events and more. Spence estimates that the band played 23 performances in 2024.

"We perform traditional bluegrass songs that people know, but we also do songs that are older and not a lot of people have done," explains Spence, a retired contractor.

Spence lives in Strasburg and is also a member of SVEC. He started playing the banjo at 12 years old as a part of his family's band, The Grass Reflection. The family quartet performed at bluegrass festivals all across the commonwealth.

The Five of a Kind players are "like extended family," according to Spence.



He describes rehearsals where the wives chat or prepare a meal, and the men practice their sets. "Then we all sit down and eat and socialize together," he says. "It's a lot of fun."

Jamie Thomas, the band's fiddler since 2016, says with a laugh, "I look at the guys I'm playing with and I'm still wondering how I got here." Thomas has always had an ear for music — he can actually play by ear — and an affinity for all kinds of musical instruments.

Thomas got an early start making music when he was a teenager and discovered an old fiddle that his aunt

had given him. After performing with a band from West Virginia during the summer of 1981, he stopped playing.

Thirty-five years later, in 2016, Thomas dusted off his fiddle and did a few on-the-spot performances. His talent caught the attention of Drummond. Thomas says, "Jimmy called me and said, 'You can consider yourself one of Five of a Kind.' And I've been with the band ever since!"

Drummond is proud this summer to be reaching the milestone of 45 years of entertaining audiences throughout the Shenandoah Valley. The band is grateful to have such a loyal fan base. He says, "We have people who have been following us for 20 or 30 years. It makes us feel good."

With a laugh, he adds, "And, hopefully, it means we're doing something right!" ●

► For more information, visit fiveofakindbluegrass.com.

DO MORE

WITH YOUR DR® FIELD & BRUSH MOWER

Every DR® Field & Brush Mower gives you **MORE**

POWER – to mow through anything with up to 2X more than the competition.

MANEUVERABILITY – thanks to power steering and hydrostatic drive options.

FEATURES – including easy to use controls and available attachments.

CHOICE – Commercial, Electric, Walk-and Tow-Behind models available.

DR® POWER EQUIPMENT

Scan the code to shop DRPower.com today or request a free catalog!

FREE SHIPPING options available

New Location
Coming Soon!

WE'RE ROLLING



Roll into spring with confidence! At County Line Materials, we provide high-quality 27-gauge metal that's rolled on-site and ready for delivery within 24 hours of your order. Don't wait — get the job done faster and with precision this season!



540-437-9360

4562 S VALLEY PIKE | ROCKINGHAM, VA



**Lifetime
METAL
ROOFING**

**SUPERIOR DURABILITY
ENERGY EFFICIENT ROOFING
NO MORE STAINED SHINGLES
40 YEAR FINISH WARRANTY**

WE FINANCE!
LOW MONTHLY PAYMENTS*
SENIOR CITIZENS DISCOUNT
*With Approved Credit

FREE QUOTE! **CALL NOW TO SAVE!**
800-767-1591



**MOBILE
HOME
ROOFING**

**METAL
BUILDINGS**



LifetimeMetalRoofing.net



FREE ESTIMATE!
HOUSES & MOBILE HOMES





The Little Pig That Could

Electric cooperative CFO's daughter, 9, writes debut book

by Mark Thomas, Contributing Writer



PHOTO BY JANET FLEY



When young Kaylee Lynn Bullock met Esme, a spirited black piglet with a soft pink snout, it was love at first sight.

Esme was born at the farm next to Kaylee's grandparents' home in Amelia County, Va. Captivated with Esme, Kaylee visited her often, holding her and feeding her milk through a bottle.

It was this special bond that inspired now-9-year-old Kaylee to author a children's book titled "Esme's Adventure on Dusty Hill Farm." Based on true events, it is a warm, tender story about a brave piglet who faces a big challenge and overcomes it, thanks to the loving care of Bethany Stranick, who, along with husband Joe, owns Dusty Hill Farm in Jetersville — the farm where the story is based in the book. There is also an educational aspect to the book, as it includes fun facts about pigs and a quiz at the end to test readers' recall of the story.

Kaylee is the daughter of Joe and Carly Bullock. "I am inspired by Kaylee's eagerness to learn and her confidence in navigating through book edits and conversations with her editor," says Carly, chief financial officer at Southside Electric Cooperative, headquartered in Crewe. "Watching her through this process has taught me that with enough grit and determination you can do whatever it is you set your mind to."

Kaylee has an older sister, Jazz, and an older brother, Carter. She also has

a chocolate labrador named Bitsy.

On a cloud-free, warm afternoon in mid-March, Kaylee, accompanied by her mother and grandmother, Janet Eley, visits Dusty Hill Farm, only 10 minutes from her home in Amelia. Kaylee, who has brown hair past her shoulders, is wearing a favorite pair of boots for her special day at the farm. She is there to see Bethany and Joe, and to talk about Esme and her first published book. Before relaying Esme's story, she tosses marshmallows to some of the pigs. The

carries the fragile piglet, who only weighs a couple of pounds, into her house for a warm bath and a bottle of milk. Using a dog crate, clean towels and straw, she makes Esme a comfortable place to sleep in her guest bathroom. Esme likes living in what is called the "Big House" in the book, grunting when Farmer Bethany talks to her and enjoying playing in her water bowl. However, Kaylee writes that Esme misses her family. Since her legs have not healed, she is unable to live with her family in the pigpen.

Knowing they cannot keep Esme, "Bethany and Joe decided she needed to go to a farm that rescues injured animals," Kaylee tells readers. They found a farm and, although sad, Bethany and Joe "knew it was the right thing to do."

The book then goes on to describe the next part of Esme's journey being about making new friends and discovering the joy of belonging. She joins "a new family of pigs that had also been injured." In the book, Kaylee explains that while Esme misses Bethany and Joe, she "knew she was

finally home." She closes the story by telling readers that "Esme lived happily ever after."

Now a third grader at Amelia Academy, Kaylee says she thought about writing a children's book while in kindergarten. "I love to read. One time in kindergarten, I thought it would be cool to write a book, but I never thought it would be published," Kaylee says.

The book was published by Prime Publishing Studio and became available on Amazon in November 2024. The 28-page book, which contains plenty of pictures of Esme, has so far sold about 400 copies, including many last Christmas.

(continued on page 12)



From left, Carly Bullock, Kaylee Bullock, Janet Eley, Farmers Bethany Stranick and Joe Stranick.

16-acre farm is also home to chickens, cows, turkeys, goats and dogs.

Esme, a cross between the Red Wattle and Hampshire breeds, was one of a litter of 10 piglets born in October 2023. In the book, Kaylee tells us that Esme "could walk and run like piglets should." But just a day or two later, Esme's mother, April, who weighed 800 pounds, accidentally rolled over on Esme, injuring her back legs and leaving her unable to walk or nurse. Unfortunately, Joe says, that is "part of farm life."

Farmer Bethany, as she is called in the book, loves all the animals on the farm and comes to Esme's rescue. After picking Esme up out of the mud, she

The Little Pig That Could

(continued from page 11)



Besides reading and writing, the new author lists art as her favorite subject at school and donuts as her favorite food. She plays softball, makes bracelets, camps with her family and likes hanging out with friends. She is also learning to crochet.

Her grandmother, Janet Eley, was Kaylee's coach for the book; however, she quickly says that she did not tell Kaylee what to write. "It was fun to watch Kaylee be creative," Eley says. According to Eley, Kaylee would get off the school bus with her notebook and look up pig facts and write a few sentences. The research and writing took less than a year.

"Grandma, can we write some more in the book?" Eley says Kaylee would ask.

It was a special time for grandmother and granddaughter. "My grandmother did a lot to create memories with me," Eley says. "That is what I am doing with Kaylee."



Farmer Bethany feeds Esme.

Kaylee says her friends tell her it is "cool" to have a published book. She figures she has autographed about 15 copies so far. The book is dedicated



Kaylee Lynn signing a copy of her book, "Esme's Adventure on Dusty Hill Farm."

to her classmates: Jackson, Owen, Levi, Luke and Turner; a friend, Avery; and her school librarian, Mrs. Berry. Some book signings are in the offing.

"I am really excited about her book. It has gotten me and some students excited about writing a book of our own. Kaylee is a good student, good reader and writer, and is usually always happy and positive," says Karen Berry, Amelia Academy librarian. Berry also points out that Kaylee was the school's Author of the Month in March.

Copies of the paperback book are available in the library at Amelia Academy, as well as at Amelia County's James L. Hamner Public Library.

Kaylee hopes readers will learn something from the book. "I want them to know they should always help animals," she says.

A couple of takeaways from the book that her mother, Carly, hopes will resonate with readers: "Kaylee is 9 years old. It shows that you can do anything you set your mind to," she says. Carly adds that everyone, even underdogs like Esme, need

a little lifting up in life.

"Esme's Adventure on Dusty Hill Farm" may well be the first of many books for Kaylee. Keeping to the same theme of helping and loving animals, she is already working on a second story about a group of friends who raise money for animals that were hurt during Hurricane Helene in North Carolina last year. And a third book, currently just in the idea stage, will feature a cow named Tiny Hermione who lives on Dusty Hill Farm.

Kaylee has already gotten some of an author's key equipment: a laptop and printer. She says, "I think it is fun to write books." ●

► For more information, search the book title, "Esme's Adventure on Dusty Hill Farm," on Amazon.

Mark Thomas is senior community relations coordinator for Southside Electric Cooperative, headquartered in Crewe, Va. SEC is a not-for-profit, member-owned electric distribution company with more than 59,000 active services across 18 counties in central and southern Virginia.



Grand Canyon

See the greatest national parks of America's Southwest!—Book now for choice dates: Caravan.com, 1-800-CARAVAN

Grand Canyon, Bryce & Zion

8-Day Tour \$2195

Welcome to a great vacation at an affordable price. These quality tours feature complete sightseeing, professional Tour Directors, and great itineraries. Discover for yourself why smart shoppers and experienced travelers have chosen Caravan Tours since 1952.

See the greatest national parks of America's Southwest! You'll enjoy 2 nights in national park lodges near the South Rim of the Grand Canyon, 2 nights at Lake Powell Resort, and 2 nights near Zion National Park.

The #1 in value. Your Grand Canyon, Bryce & Zion tour is fully guided with all hotels, activities, and some meals. You'll explore Grand Canyon, Bryce, Zion, Lake Powell, Monument Valley, Antelope Slot Canyon, Sedona, and more!—Book now for choice dates:

Enjoy complete sightseeing with more visits, extra features, and local guides. Caravan includes all activities listed in the tour itinerary. Caravan does not sell any optional activities which can add hundreds of dollars to your tour price. Your free time is scheduled in great settings where there is no need to buy additional expensive activities.

Our 73rd year of excellence. Caravan has operated fully guided tours of superb value under the same family management and ownership since 1952.

"Brilliant, Affordable Pricing"
Arthur Frommer, Travel Editor

Latin America Tours	Days	Price
Costa Rica	8	1195
Panama	8	1395
Guatemala	8	1195
Belize with Tikal	10	1795
Dominican Republic	7	1195
Colombia	10	1595
Mexico Copper Canyon Train	8	1695
Mexico Ancient Civilizations	9	1495
Mexico Colonial Cities	8	1195
Mexico Riviera Maya	8	1295

USA/Canada Tours

Grand Canyon, Bryce & Zion	8	2195
Mt. Rushmore & Yellowstone	9	2395
New England & Fall Colors	8	1995
Nova Scotia & Maritimes	9	1995
Canadian Rockies & Glacier	9	2195

THE #1 IN VALUE—FULLY GUIDED TOURS SINCE 1952

Caravan®

Available Only at Caravan.com or 1-800-CARAVAN



Scan for Grand Canyon,
Bryce & Zion
8-Day Tour \$2195



DISCOVER HOPEWELL

Discover Hopewell, Virginia, located just 20 minutes south of Richmond at the convergence of the James and Appomattox Rivers. Come take in a show at the historic Beacon Theatre. Explore the water on foot or kayak at the Hopewell Riverwalk. Browse the shops in historic downtown, then break for coffee or lunch at one of our cafés or restaurants. Visit historic Weston Manor and Appomattox Manor to walk in the footprints of the nation's founders. Enjoy drinks and dinner on the deck of the Boathouse at City Point overlooking the James River.



PLAN YOUR HOPEWELL TRIP

804-541-2270 | HOPEWELLVA.GOV



Breathe easy with a fresh filter this Spring

Time to check your HVAC system filters. A dirty filter slows down air flow due to the buildup of dust and dirt, and makes the system work harder - wasting energy. Build up can also lead to system failure and expensive maintenance. Replace filters monthly for more efficient heating and cooling.

Looking for more energy saving tips?
Visit ee.odec.com

EnergizeEfficiently

ODEC Old Dominion
Electric Cooperative

RELIABILITY NEVER RESTS



Investing in *Reliability,* *Powering Our Future*

Bright blue skies and 65-degree temperatures recently greeted an REC field team as it arrived for work in the Partlow area of Spotsylvania County.

No storms had rolled through and no serious damage had been reported. But, as they do every day, REC teams went into the field focused on how to improve reliability for members.

Our engineers and analytics experts work year-round to identify equipment that needs to be replaced or upgraded to prevent power outages.

In this case, our teams in the office noted a Spotsylvania circuit where critters were causing a high number of power outages.

First Class Serviceman Bradley Wheeler and Apprentice Lineman Cameron Knowles spent time on Partlow Road adding animal guards and tightening guy wire, which is used to secure power poles. The guards were some of the nearly 1,900 REC installed in the first quarter of 2025.

"We're trying to prevent outages from birds, squirrels, or anything like that to keep power on and take care of our members," Knowles said. "Sometimes something small like this can mean big improvements for our members' service."

Reliable Results: *First Quarter 2025*

**Estimated Projections*

By investing in system upgrades, we're strengthening reliability, adding long-term value for our members and protecting the affordable power you count on.



Warm Weather Tips to **SAVE** on Your Electric Bill

As temperatures rise, so can your energy use. To help stay cool this summer, while managing your energy use, we've put together a list of easy and effective tips that will keep you comfortable while keeping your electric bill in check. While we do our part to keep the cost of power affordable for you, here's your opportunity to take simple steps to reduce your energy use to save money.

Follow these simple low cost or no cost tips:

Reduce Cooling Costs

- Set your thermostat to 78 degrees or higher.
- Avoid placing lamps or other large electronics near your thermostat. That affects the sensor, causing your thermostat to think it's warmer than it is in the home. As a result, your unit will run more than needed.
- Run ceiling fans only in occupied rooms. Fans cool people, not rooms.

Seal Air Leaks

- Use caulk to seal cracks and gaps around doors and windows in your home.
- Check for leaks around your attic hatch.
- Check for leaks around ducts, your attic hatch, doors and windows.

Check Your Filters

- Check your air filters monthly and clean or replace them when dirty.
- Dirty filters make your AC system work harder.
- Don't block the supply or return air vents with furniture or other objects.



Duct Work or Insulation

- Check (and have a pro check) your AC system's duct work.
- There should be 13 inches of insulation in attics and 6 inches in crawl space floors.



Tools You Can Use

In MyREC SmartHub, take advantage of tools that can provide you with tailored energy-saving information that shows how you are using energy in your home. Learn more about these tools that are available for you: myrec.coop/myrecsmarthub



YOUR ACTION
YOUR SAVINGS
YOUR SUMMER

Want to **SAVE MORE** this summer?

Join REC's **Summer Savings Plan**—a free and voluntary program that rewards you for using less electricity when demand is high. It's a smart way to save energy, help control the rising cost of wholesale power, and **earn bill credits** along the way.

From June through September, on days when electricity use spikes, REC will call on participating members to reduce their energy use during key hours—typically between 3 and 6 p.m. By reducing demand during peak hours, we can:

- » Lower future energy costs for everyone
- » Keep rates more stable
- » And reward you with a rebate for the energy you save



**ENROLL
TODAY**

- » Log in to MyREC SmartHub.
- » Click Contact Us.
- » Select Report an Issue.
- » Select Summer Savings Plan - Sign Up.

Get started today: myrec.smarthub.coop

The more members who enroll and take action, the bigger the impact we can make—together.



Volunteering in the Community

Read Across America Day: Celebrating the Power of Books

REC employees shared the power of reading in local elementary classrooms, celebrating Read Across America with eager young listeners.

As Jeff Henry sat down to read to students at Rappahannock County Elementary School, he told the children that one of his favorite activities is relaxing outside in a hammock while reading a book. One of the books they read was "Go Dog Go," and one of the illustrations is of a dog in a hammock under a tree, reading a book. One of the kids pointed and shouted, "That's just like you!"

"I had a great time reading to the kids," explained Henry, Director of Member Services and Community Relations. "It was meaningful to me because I love reading and it's fun to share that joy with kids." Jason Skaggs, a Member Service Representative, also read to students at Rappahannock Elementary School.

Amelia Wright, Member Service Representative II and Team Lead, and Public Relations Specialist Lindsey Edwards read to students at Bowling Green Elementary School. Wright was joined by Member Service Representative Rebecca Sullivan and Member Service Field Representative Allyson Sharpe to read to students at Lawson Marriott Elementary School in King and Queen County.

Through the Rappahannock United Way, Kris Sieber, Managing Director — Member Services — read to students at Courtland Elementary School and Departmental Assistant Linette Kasper read to students at Cedar Forrest Elementary School, both in Spotsylvania County.

"Reading is such a vital part of a students' growth," Edwards said. "As REC employees, we were all excited to spend a few hours reading in our communities' classroom."



Fighting Hunger: One Can at a Time

In an effort to help families struggling with food insecurity, REC was a proud sponsor of Fredericksburg Regional Food Bank's Canstruction Fundraiser. Director of Member Services and Community Relations Joanie Griffith participated as a judge for the event, which allows groups to construct a design from nonperishable food items. They are then put on display at the Spotsylvania Towne Center.

All the food and funds raised are used to further the mission of the food bank to reduce hunger.



Meet the CARE Charity Board **Lindsey McClellan**

A full-time realtor, Lindsey McClellan helps clients find their perfect homes in Louisa County and the Lake Anna community. Finding the right match is fulfilling, she said.

In a similar manner, McClellan finds personal satisfaction in her role serving on the CARE Charity Board, where she helps match limited funds with nonprofits that serve veterans, low-income residents, the elderly and others in need.

Before joining the Board, she was unaware of The Power of Change program, which she now sees as a remarkable initiative by REC to give back to the community. For McClellan, it's an honor to be part of an organization that makes such a positive impact. She enjoys contributing to good causes and feels privileged to be able to give back.

"I feel like we just do a really good job of advocating for our communities," she said. "And that's good. We're a diverse blend of people, who have specific causes we support. It adds value to the overall collective."

Several causes are dear to McClellan, particularly those related to medical needs in the community. She highlights the importance of supporting efforts like those at Lake Anna, where funds have been used to purchase rescue boats and other essential equipment. Given the rural nature of her community, programs that enable CPR-certified neighbors to assist in emergencies are particularly meaningful to her. In addition to medical support, McClellan also

cares deeply about meeting basic needs, such as food security, especially for single mothers.

McClellan is proud of the collaborative nature of the CARE Charity Board. She appreciates the diverse perspectives each member brings, which leads to well-rounded discussions and decisions. She values the insights provided by board members who are closely connected to the local communities, which often reveal the true value of programs that may not have been communicated effectively on paper. This collective approach ensures that the board makes impactful contributions to the communities they serve.

For McClellan, being part of the CARE Charity Board is meaningful because it allows her to be generous and make a difference in her community. The role provides her with the opportunity to advocate for causes that matter and to be part of a team that works diligently to allocate funds where they are most needed.



When McClellan is not serving on the CARE Charity Board, she is actively involved in her church, The Point in Louisa, as the Production Director, handling audio-visual elements for Sunday services. Outside of her professional and community roles, she enjoys spending time with her family, engaging in outdoor activities, particularly on the lake, and playing golf.

McClellan believes that everyone should participate in the Power of Change program. She emphasizes that the cost is minimal—no more than 99 cents per month — yet the collective impact on the community is significant. McClellan is optimistic that increased participation would allow the board to support even more deserving charities.

"I think everybody should be in The Power of Change because it costs you almost nothing," she said. "And the impact that we can have for the community is exponentially greater."

The Power of Change

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



FREE & OPEN TO THE PUBLIC

GAFF N GO RODEO

YOU'RE INVITED MAY 16-17

Bring the whole family and cheer on REC's lineworkers as they compete in one of the largest lineman's rodeos on the East Coast! Watch them showcase their skills, speed, and safety as they go head-to-head with crews from across the country.



**FOOD, FUN, AND ACTION
AWAIT—DON'T MISS IT!**

GAFF-N-GO.COM

Is Your Name On This List?

If So, You May be Entitled to Unclaimed Capital Credits

REC recently added a list of members who are entitled to Unclaimed Capital Credits to the Cooperative's website. If you see your name or have information on how to locate someone on the list, call 800-552-3904 and speak with a member service representative. You also have the option to live chat online by clicking the "Need Help" link on our website, myrec.coop, or you can email us at office@myrec.coop.

Capital Credits represent each member-owner's investment in their Cooperative. Instead of profits sent to stockholders in faraway places, the Cooperative Business Model means those dollars stay with the members served by REC.

With your help, we can locate those listed and deliver their checks. If the member-owner or other person legally entitled to the Capital Credits does not claim his or her money within 120 days from publication of the listing on the REC website on May 1, this patronage capital becomes the sole property of Rappahannock Electric Cooperative.



Check the list! myrec.coop/capitalcredits



Spring Cleaning? Add a Sweep for Safety Hazards

May is a great time for spring cleaning, but it's also National Electrical Safety Month. So as you're clearing out closets and decluttering from winter, REC urges members to take a few extra minutes for some simple safety checks.

Here Are Some Places To Start:

Ground Fault Circuit Interrupters (GFCI)

Outdoor outlets or those in potentially damp locations in a kitchen, bathroom or laundry room often include ground fault circuit interrupters.

They are designed to sense abnormal current flows, breaking the circuit to prevent potential electric shocks from devices plugged into the outlets.

The average ground fault circuit interrupter outlet is designed to last about 10 years, but in areas prone to electrical storms or power surges, they can wear out in five years or less.

Check them frequently by pressing the red test button. Make sure you hit the black reset button when you are done. Contact a licensed electrician to replace any failing outlets.

Loose or Damaged Outlets or Switches

Unstable electrical outlets or wall switches with signs of heat damage or discoloration can offer early warnings of potential shock or electrical fire hazards. Loose connections can allow electrical current arcing. If you see these warning signs, contact an electrician.

Surge Protectors

Power strips with surge protectors help safeguard expensive equipment such as televisions, home entertainment systems and computer components from power spikes.

Some surge protectors include indicator lights that flicker to warn you when they've stopped working as designed, but many do not. If your electrical system takes a major hit, or if you don't remember when you bought your surge protector, replacement may be the best option.

Did you know REC offers a service that covers the costs of repairing or replacing electrically powered devices in your home that have been damaged by an electrical surge?

Learn more at myrec.coop/surgeassist

Extension Cords

With a growing number of electrical devices connecting your family to the electricity you get from REC, having enough outlets can be challenging. Remember, extension cords are designed for temporary, occasional or periodic use.

If an extension cord gets noticeably warm when in use, it could be undersized for the intended use. If it shows any signs of frayed, cracked or heat-damaged insulation, it should be replaced. If the grounding prong is missing, crimped or loose, a grounded cord will not provide the needed protection. And always make sure that extension cords used in outdoor or potentially damp locations are rated for exterior use.

"It's easy to overlook electrical hazards — especially ones we might have ignored for months or even longer," said John Medved, Director — Safety and Security Officer. "But please take time to address any potential hazards before they cause an accident or injury."



MAY

Apple Blossom Festival - Fire Truck Rodeo & Kids Fun Day <i>Winchester, Va.</i>	MAY 2
Town of Warrenton Touch a Truck <i>Warrenton, Va.</i>	MAY 2
Fredericksburg Area Junior Livestock Show & Sale <i>Doswell, Va.</i>	MAY 3
Madison Chamber Business Expo <i>Madison, Va.</i>	MAY 22
Culpeper Fireman's Parade <i>Culpeper, Va.</i>	MAY 22

JUNE

Culpeperfest <i>Culpeper, Va.</i>	JUNE 13
Juneteenth Celebrations <i>Service Territory Wide</i>	VARIES
King William Juneteenth Celebration <i>King William, Va.</i>	JUNE 14
Caroline County Agricultural Fair <i>Caroline, Va.</i>	JUNE 19

JULY

Playin in the Park <i>Orange, Va.</i>	TBD
Beaverdam July 4th Parade <i>Hanover, Va.</i>	JULY 4
Madison County Fair Parade <i>Madison, Va.</i>	JULY 16
Madison County Fair <i>Madison, Va.</i>	JULY 18
Caroline's Promise School Supply Drive <i>Caroline, Va.</i>	JULY 26
Warren County Fair <i>Warren, Va.</i>	JULY 30
Frederick County Fair <i>Frederick, Va.</i>	JULY 31



John D. Hewa
President &
Chief Executive
Officer

Board of Directors



Michael W. Lindsay
Region I



Christopher G. Shipe
Region II



Darlene H. Carpenter
Region III



Sanford Reaves, Jr.
Region IV



Randy Thomas
Region V



Linda R. Gray
Region VI



J. Mark Wood
Region VII



Eric Paulson
Region VIII



Eugene L. Campbell, Jr.
Region IX

Local Pages Editor – Casey M. Hollins, CCC
Staff Writer – Brian Baer
Designer – Justice Newkirk

Contact Information:
P.O. Box 7388
Fredericksburg, VA 22404
800.552.3904 | office@myrec.coop

Rappahannock Electric Cooperative is an
equal opportunity provider and employer.



MOORMAN'S 1530 SF

Our brand new craftsman model!



Double front doors for a grand entrance into this open floor plan. 3br, 2ba. 2 car garage includes a mudroom and covered front porch. This model can be built on a conditioned crawl space or basement. **Visit our website or give us a call to see if we build in your area.**



bethelbuilders-va.com

209 East Main Street | Louisa VA 23093

540-748-8810



*We want to see
your photos!*

To have your photo(s) considered for inclusion in our reader-photo column, please email image(s) to saycheese@co-opliving.com with caption info.

If your photo is published as part of the Say Cheese column in *Cooperative Living* magazine, we will send you a \$20 Amazon gift card!



2025 YOUTH ART CONTEST

AMERICA
★ THE ★
Beautiful



23rd Annual *Cooperative Living* Youth Art Contest

Through your artwork, show us what you think makes the United States of America beautiful.

The contest is open to all K-5 students. **The deadline for submission is Friday, May 9.**

The entry judged best in show from all categories will receive a \$100 Amazon gift card!

For rules and details, visit co-opliving.com/contests/youth-art.

Scan this code for more information.



Virginia is home to nearly 39,000 farms spanning 7.3 million acres.

Applauding Agriculture's Influence

Celebrating the daily impact of Virginia farmers

by Christina Amano Dolan,
Virginia Farm Bureau Federation

As spring harvests bring beauty and abundance to communities across the commonwealth, the far-reaching impact of Virginia agriculture shines.

When venturing to farmers markets for flowers, greens, strawberries and other seasonal favorites this month, take a moment to appreciate the vast selection — and the hardworking farmers who make it all happen.

Virginia is home to nearly 39,000 farms spanning 7.3 million acres, with a majority owned by families or individuals, according to the 2022 Census of Agriculture. As the state's largest private industry, agriculture touches the lives of all Virginians daily with an economic impact of \$82.3 billion annually, according to the Virginia Department of Agriculture and Consumer Services.

Combined with forestry, the two industries have an economic impact of over \$105 billion and provide more than 490,000 jobs. Every one job in agriculture and forestry also supports 1.6 additional jobs elsewhere in Virginia's economy, making up 9.3% of the state's total gross domestic product.

Whether it's beef cattle in Southwest Virginia, wine grapes in Northern Virginia, apples in the



Shenandoah Valley or potatoes on the Eastern Shore, the state's varying topography, soil and climate make up one of the most diverse agricultural landscapes in the country.

Many Virginia commodities and products rank in the top 10 among all U.S. states. In 2023, the commonwealth ranked third nationally for the production of tobacco and seafood landings, sixth for apples and turkey production, eighth for peanuts and tenth for broiler chicken production, according to the U.S. Department of National Agricultural Statistics Service.

Virginia agriculture's impact crosses international borders, with the state's agricultural and forestry exports reaching \$3.6 billion in 2023. According to Global Trade Information Services Inc., Virginia's top three export markets were China, Canada and the United Kingdom.

Agriculture also offers numerous intangible benefits, such as supporting



recreation, tourism, wildlife habitats, biodiversity, flood mitigation, improved water quality and soil stabilization. Virginia's wine grape sector alone contributed over \$6 billion to the state in 2022, considering wages, tourism dollars and other indirect impacts, according to an industry impact study.

Leading the way in sustainability, Virginia farmers have voluntarily enrolled over 416,000 acres across more than 2,500 farms in conservation easement programs, thereby protecting the land from development, according to the 2022 Census of Agriculture. Many farms also employ practices such as minimal-till and no-till planting, along with cover crops to prevent soil displacement and erosion while retaining nutrients.

Celebrate Virginia-grown products this spring by shopping local selections. Go to vdacs.virginia.gov/vagrown to find a farm store or farmers market near you. ●

**FARM
BUREAU**
VIRGINIA

MADE FOR VIRGINIANS

Virginia Farm Bureau has deep roots in your community, and we have been working hard to support your local Virginia agriculture for more than 90 years.

Virginia-grown winter wheat is planted in October or November and harvested in late May through June.

Get the Membership Advantage — enjoying valuable benefits and savings while helping Virginia farmers.



We advocate for Virginia farmers in the halls of government, which helps provide a reliable food supply.



Our county boards invest in future leaders through our Young Farmers programs and annual scholarships.



We help farmers attain grants for cutting-edge technology that helps create more sustainable farms.



We support worthy causes like local food banks and the Agriculture in the Classroom program.

Become a Friend of the Farm® today. Visit one of over 100 local offices or join online at vafb.com.



— THE POLLINATORS —

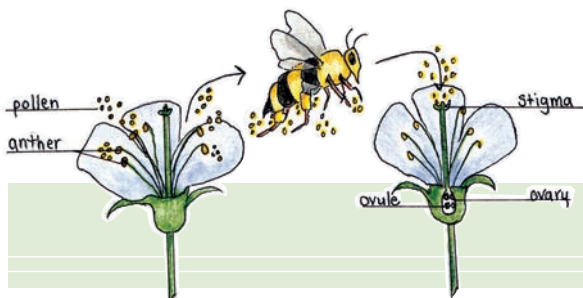
Nature's Heroes

story and artwork by Anne M. Dellinger, Contributing Columnist

The next time you enjoy an apple snack or a chocolate candy bar, you might want to take a moment to thank a pollinator. After all, some form of wildlife was helpful in producing that tasty treat you are chewing on.

It is very easy to take for granted the service these special agents provide because most pollinators are small, quiet and simply overlooked. Unless you have done some gardening, you probably have never noticed a pollinator going about the business of pollination.

As it pops in and out of flowering plants looking for food, its wiggles and jiggles cause bits of pollen to stick to its body. This hungry, pollen-coated critter will continue visiting many flowers and, unknowingly, transfer the special pollen grains needed for plant reproduction all along the way.



The flower visitor is totally unaware that by moving sticky pollen around, it is playing a vital part in food production.

Scientists estimate that one out of every three bites of food a person eats is made possible by these unwitting pollinators.

In other words, **pollinators help ensure the world eats!** And that makes them some of nature's best **heroes**, even though they are clueless about their celebrity status.

POLLINATOR SUPERSTARS

Bees usually come to mind first when thinking about pollinators.

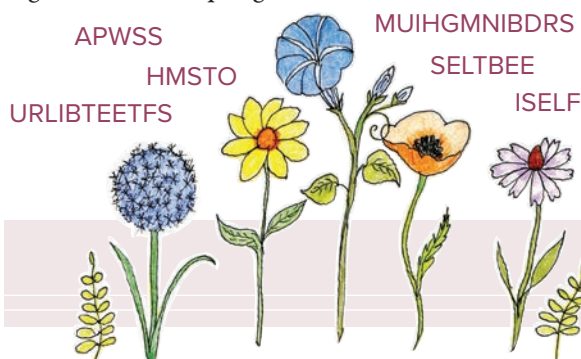
With approximately 20,000 species in the world, bees are the most abundant and most recognizable pollinators. The U.S. has the greatest number of native bees with over 4,000 species.

However, there are also other members of this diverse group of superstar pollinators that keep



food products and crops growing.

Unscramble their names and be on the lookout for these celebs as they stop by the flowering plants in your neighborhood this spring.



These food production heroes help keep everything from avocados to zucchini available in the grocery store. However, the modern world has created some serious challenges for this vital, elite group.

POLLINATORS ARE IN TROUBLE

There are several threats endangering pollinators.

HABITAT LOSS — housing development, new roadways and intensive agriculture are destroying the pollinators' homes.

PESTICIDES — the improper use of chemicals is deadly to pollinators.

CLIMATE CHANGE — rising temperatures, along with the mismatched timing of blooming plants and the arrival of pollinators looking for food, can lead to death.

Survival is not easy for pollinators. Faced with the danger of fewer places to feed/breed, hazardous substances and fickle weather patterns, they could use some help.

And while this is a challenging problem to tackle, there are some easy things you and your family can do to support these hardworking heroes.

MAKE A BEE BATH — Bees need a place to drink water and cool off. Put small stones in a shallow container, add water and place in an area where bee activity has been observed. Change water every few days to deter mosquitoes.





MAKE A BUTTERFLY MUD PUDDLE

— Butterflies require water, minerals and salts. Fill a shallow container with a mix of sand and soil. Add some flat rocks for perching. Pour enough water to moisten the soil and add a pinch of table salt on the surface. Place overripe fruit along the edge. Keep moist but no standing water ... remember, mosquitoes are not welcome!

SWITCH TO ORGANIC PESTICIDES — There are a variety of recipes online for homemade pesticides using household items such as vegetable oil, liquid soap, garlic and chili pepper.

PLANT A POLLINATOR GARDEN — Choose a variety of flowers in different shapes, sizes and colors that will bloom at different times throughout the season.



CREATE A MEADOW-LIKE LAWN — Dandelions are the first food for the bees emerging in the spring. Create a temporary no-mow zone in a portion of your yard that will allow dandelions, as well as clover, to grow. It may have a wild, messy look but the bees will love it!

After carrying out some of these suggestions, you will never take a pollinator for granted again. In fact, you may feel like a certified “pollinator protector!”

By taking an active role, you are helping keep a process in motion that is essential to human survival. Guess that makes you one of nature’s heroes, too! ●



ANSWERS TO SCRAMBLED POLLINATORS:
BUTTERFLIES, MOTHS, BEETLES, FLIES, WASPS, HUMMINGBIRDS



CALLING ALL Super Sleuths

Every bite of chocolate that you eat starts out as seeds in a pod on a tree called *Theobroma cacao*. Its name translates to “food of the gods.” The white flowers of the tree are small and complex. There is only one tiny pollinator that can work its way into the flowers and cause pollination.

Hay Seed and City Slicker are big chocolate fans. After seeing a picture of the intricate cacao flower, they want to learn more about the teeny pollinator responsible for making chocolate happen!

Help them by doing some research and answering the following questions:

- Find the insect responsible for pollinating the cacao tree hidden in this magazine, giving the page number. It is very tiny, so look carefully.
- Give the name of the insect.
- How large is this pollinator?
- In what parts of the world are the cacao trees and its pollinators found?
- What is your favorite chocolate candy?

For a chance to win a **\$25 Amazon email gift card**, enter online at co-opliving.com/super-sleuth or send answers with name, address and phone number to:

Cooperative Living Super Sleuths
4201 Dominion Blvd., Suite 101
Glen Allen, VA 23060

Kids Korner submissions are for children under the age of 16.

MARCH Super Sleuths

The **March Super Sleuths** was about the “moody” month of March. For a chance to win a **\$25 Amazon email gift card**, kids were asked to find and name the two constellations hidden in the issue and give the page number. They were also asked to observe and record March’s weather at the beginning of the month and at the end of the month, and then explain their findings using the lion and lamb analogy.

The winning answers are:

- Leo and Aries, page 35
- “The first part of March was very windy with roaring winds, such as a roaring lion. The second part of March was calm and gentle, like a lamb.”

OUR WINNER IS ROZLYN.

Congratulations, Rozlyn!



"Tomato, Tomahito"

Don't call the whole thing off!
Try these juicy tomato recipes!



Stuffed Cherry Tomatoes

recipe courtesy of Family Features/Culinary.net

Ingredients:

24-48 cherry tomatoes
1 package (8 oz.) cream cheese, softened
2 tablespoons mayonnaise
1 medium cucumber, peeled and diced
3 green onion stalks, diced
2 teaspoons minced dill
fresh dill, for garnish

Directions:

Cut thin slice off top of each tomato. Scoop out pulp. Invert tomatoes on paper towel to drain. In medium bowl, mix cream cheese and mayonnaise until smooth. Stir in cucumber, green onion and dill. Spoon mixture into tomatoes. Top with fresh dill. Refrigerate until ready to serve.



Delicious Tomato Pie

recipe courtesy of Cynthia Johnson

Ingredients:

1 ¼ lb. plum tomatoes (about 5 large),
cut in half-inch slices
9-inch pastry shell, baked
½ cup green onions, sliced thin
2 tablespoons fresh basil, minced
¼ teaspoon salt

¼ teaspoon pepper
½ cup reduced-fat mayonnaise
½ cup shredded reduced-fat cheddar cheese
2 bacon strips, cooked and crumbled
2 tablespoons Parmesan cheese, shredded

Directions:

Place half of the tomatoes in pastry shell. Top with onions and remaining tomatoes. Sprinkle with basil, salt and pepper. Mix mayonnaise and cheddar cheese; spread over tomatoes, leaving 1 ½ inches around the edge. Sprinkle with bacon and Parmesan cheese. Serves 8.



Tomato & Red Onion Salad

recipe courtesy of Wendy Lankford

Ingredients:

1 medium red onion, sliced
¼ cup sugar
½ cup cider vinegar
¾ teaspoon salt
¾ teaspoon pepper
8 cups tomatoes (about 3 lbs.), cut up

Directions:

In medium bowl, combine 4 cups ice cold water and 2 teaspoons salt. Stir to dissolve salt. Add onion slices and stir gently to separate rings. Let stand 20 minutes; drain. For dressing, in a small bowl whisk together, sugar, vinegar, salt and pepper. In extra bowl combine onions and tomatoes. Add dressing and gently toss to coat. Let stand about 5 minutes. Serves 6-8.

GOT A
TASTY TREAT
TO SHARE?

Email your favorite **side dish and quick dish 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.

Plug into safety

Prevent electrical hazards with these simple tips:



Using a higher wattage bulb than recommended in a light fixture can cause overheating and potentially lead to a fire. Always follow the manufacturer's guidelines for bulb wattage to ensure safety.



Avoid overloading outlets. If needed, have additional circuits or outlets added by a qualified electrician.



Only plug one heat-producing appliance into a receptacle outlet at a time, such as a coffee maker or toaster.



Major appliances like refrigerators, washers and dryers should be plugged directly into a wall receptacle outlet.



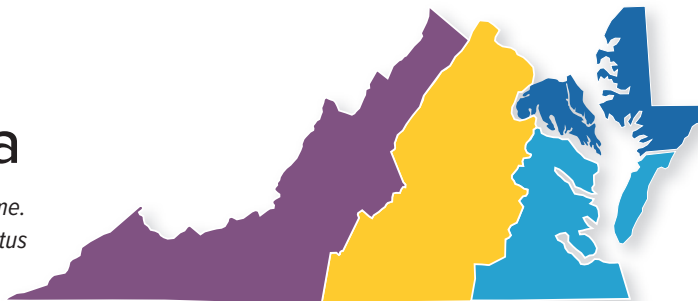
Use ground fault circuit interrupters (GFCIs) to reduce the risk of shock. They should be installed inside the home in bathrooms, kitchens, garages and basements.



For more electrical safety tips, visit esfi.org 

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

MAY

17 LURAY. Garden Lover's Day. Birdsong Pleasure Garden. 10 a.m.-4 p.m. 540-743-9389. Birdsongpleasuregarden.info.

17 CLIFTON FORGE. Alleghany Highlands Triathlon. 10 a.m. Starts at Sharon Community Center. Cliftonforgemainstreet.org.

17-18 WINCHESTER. Arts Chorale of Winchester Spring Concerts. Grace Lutheran Church and Shenandoah University. Artschoralewinchester.org.

23 FRONT ROYAL. Sherando Band Charity Golf Tournament. 134 Golf Club Circle. Golf.sherandoband.org.

26 MIDDLETOWN. Wreath Laying Ceremony. Middletown Veterans Memorial. 1 p.m. Middletownva.gov.

JUNE

7 MIDDLETOWN. Belle Grove Plantation Garden Fest. 8 a.m.-2 p.m. Bellegrove.org.

PIEDMONT

MAY

16-17 DOSWELL. Gaff-n-Go Rodeo. Meadow Event Park. Gaff-n-go.com.

24-25 UPPERVILLE. Hunt Country Stable Tour. Trinity Episcopal Church. 10 a.m.-4 p.m. 540-592-3343.

JUNE

13-14 MANASSAS. "Lend Me A Soprano." 9419 Battle St. 7:30 p.m. More dates online. 703-330-2787. Info@virginiaartfactory.org. Insidenovatix.com.

14 AMELIA. Juneteenth Festival. 8701 Otterburn Rd. 11 a.m.-5 p.m. Russellgrovenews.com.

14 CHESTERFIELD. Inaugural Flag Day Car Show. Southside Church. 9 a.m. Rick@vettrack.org. Vettrack.org.

TIDEWATER

MAY

17 CAROLINE CO. "Sweet Caroline" Historic Home Tour. 10 a.m.-4 p.m. Carolinehistory.org.

17 STRATFORD. Preservation Tour: Behind the Scenes at Stratford Hall. 483 Great House Rd. 10:30 a.m. Stratfordhall.org.

JUNE

13-15 CAPE CHARLES. ESVA UkeFest. The Oyster Farm Seafood Eatery. Times vary. Esvaukefest.com.

MARYLAND

MAY

31 SNOW HILL. Summer Music Series: The Folk Villains. 3816 Old Furnace Rd. 5-8 p.m. Furnacetown.org.

JUNE

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

More than 400 professionals from 12 states compete while showcasing skills of the trade!

In its 21st year, the Gaff-n-Go Rodeo provides a close look at the work performed by utility lineworkers. Enjoy a family area with interactive features, food trucks and more!

Altec
GAFF
n-GO
RODEO

May 16-17 | Meadow Event Park | Doswell, Va.
Beginning at 8 a.m. both days. Free admission.

Hosted by the Virginia, Maryland & Delaware Association of Electric Cooperatives.

gaff-n-go.com

PRINT DEADLINES: June 1 for July 15-Aug. 15
July 1 for Aug. 15-Sept. 15

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

Urgent: Special Summer Driving Notice

To some, sunglasses are a fashion accessory...

But When Driving, These Sunglasses May Save Your Life!

Drivers' Alert: Driving can expose you to more dangerous glare than any sunny day at the beach can... do you know how to protect yourself?

The sun rises and sets at peak travel periods, during the early morning and afternoon rush hours and many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle, the pavement, or even from waxed and oily windshields that can make matters worse. Early morning dew can exacerbate this situation. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

Not all sunglasses are created equal. Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

Sometimes it does take a rocket scientist. A NASA rocket scientist. Some ordinary sunglasses can obscure your vision by exposing your eyes to harmful UV rays, blue light, and reflective glare. They can also darken useful vision-enhancing light. But now, independent research conducted by scientists from NASA's Jet Propulsion Laboratory has brought forth ground-breaking technology to help protect human eyesight from the harmful effects of solar radiation light. This superior



Slip on a pair of Eagle Eyes® and everything instantly appears more vivid and sharp. You'll immediately notice that your eyes are more comfortable and relaxed and you'll feel no need to squint. The scientifically designed sunglasses are not just fashion accessories—they are necessary to protect your eyes from those harmful rays produced by the sun during peak driving times.

lens technology was first discovered when NASA scientists looked to nature for a means to superior eye protection—specifically, by studying the eyes of eagles, known for their extreme visual acuity. This discovery resulted in what is now known as Eagle Eyes®.

The Only Sunglass Technology Certified by the Space Foundation for UV and Blue-Light Eye Protection. Eagle Eyes® features the most advanced eye protection technology ever created. The TriLenium® Lens Technology offers triple-filter polarization to block 99.9% UVA and UVB—plus the added benefit of blue-light eye protection. Eagle Eyes® is the only optic technology that has earned official recognition from the Space Certification Program for this remarkable technology. Now, that's proven science-based protection.

The finest optics: And buy one, get one FREE! Eagle Eyes® has the highest customer satisfaction of any item in our 20 year history. We are so excited for you to try the Eagle Eyes® breakthrough technology that we will give you a **second pair of Eagle Eyes® Navigator™ Sunglasses FREE—a \$59.95 value!**

That's two pairs to protect your eyes with the best technology available for less than the price of one pair of traditional sunglasses. You get a pair of Navigators with stainless steel black frames and the other with stainless steel gold, plus one hard zipper case and one micro-fiber drawstring cleaning pouch are included. Keep one pair in your pocket and one in your car.

Your satisfaction is 100% guaranteed. If you are not astounded with the Eagle Eyes® technology, enjoying clearer, sharper and more glare-free vision, simply return one pair within 30 days for a full refund of the purchase price. The other pair is yours to keep. No one else has such confidence in their optic technology. Don't leave your eyes in the hands of fashion designers, entrust them to the best scientific minds on earth. Wear your Eagle Eyes® Navigators with absolute confidence, knowing your eyes are protected with technology that was born in space for the human race.



Studies by the National Highway Traffic Safety Administration (NHTSA) show that most (74%) of the crashes occurred on clear, sunny days



Navigator™
Black Stainless
Steel Sunglasses

Receive the Navigator™ Gold Sunglasses (a \$59.95 value) FREE! just for trying the Navigator™ Black



Navigator™ Gold
Stainless Steel Sunglasses



Certified EAGLE EYES® was developed from original NASA Optic technology and was recently inducted into the Space Foundation Technology Hall of Fame.

Fit-ons available for
\$39 + S&H
Black or Tortoise-Shell design



Two Pairs of Eagle Eyes® Navigator™ Sunglasses ~~\$119.90~~ Offer Code Price \$49 + S&P Save \$70.90

Offer includes one pair each Navigator™ Black and Navigator™ Gold Sunglasses

1-800-333-2045

Your Insider Offer Code: ENS252-01

You must use this insider offer code to get our special price.

Stauer®



14091 Southcross Drive W.,
Dept. ENS252-01, Burnsville,
Minnesota 55337 www.stauer.com

** Special price only for customers using the offer code versus the price on Stauer.com without your offer code.*

Making the Best of May

Watching things growing as I walk by is about my speed

by Margo Oxendine, Contributing Columnist



Isn't it amazing what a little warm spring weather can do to one's psyche?

There's an extra hour or two of daylight. The sun is finally shining, and you can get out and get your hands in the dirt, planting all sorts of pretty flowers, herbs and other plants. Many of you have already started, I'll bet.

I have not. And sadly, I will not. Unlike my mother and sister, I do not have a green thumb. Even perennials seem to wither under what might be called my "care."

I wasn't always this way. I used to plant flowers and herbs that actually grew. But then my knees began to give out, and it became simply too difficult. I remember the last time I tried to plant things. I spent the day getting all sweaty and getting my hands dirty (which I do not like, by the way). Then, I went up on the porch, looked out at all the plants, and shouted: "You're on your own!"

My dear, late mother had glorious gardens. My sister still does. She seems to be able to grow things even in the dead of winter. My mother kept roses, among other things. She could be seen outside every morning in a big sun hat, pumping something from a spray canister onto them. And boy, they thrived.

Mom even had what she called "the church's garden." It was in a raised bed and featured glorious gladiolas, purple flowers that may have been lupine (what do I know?) and lots of colorful zinnias. Every Saturday, she'd go out to the church's garden, make her selections, and then create at least two lovely bouquets for the altar. My sister does the same thing. I feel rather ashamed of my laziness and lack of skill when it comes to planting.

I am also somewhat afraid of the water hose. Yes, I used to have a hose on a reel that I would drag around the front, back and sides of the house to water the plants. It was always kinking, and I did not like using it.

I also discovered that hornets build nests underground to ambush those of us who are simply trying to make things grow.

There was once a fellow who showed up to help with the yard.

Right off the bat, he got stung. Do I need to mention that he hasn't been back?

Myself? I am happy to have warmer, sunnier weather, which makes my daily walk through the woods so pleasant. All sorts of flowers, trees and bushes appear like clockwork. I look forward to that.

May is my favorite time of year to walk because those danged gnats are not yet out in full force. The ticks are present, sure, and I detest them, but they're not quite as pesky in May as they are later in the season. I try to avoid walking on the grass, but I have a sneaky suspicion that ticks can also lurk in the trees and drop down on you.

For now, I will just continue to do what I hope you are all doing: enjoying the merry, merry month of May! ●

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.



PHOTOS BY KATHRYN SAUFLEY, SVEC 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 **May 20**. The winner will receive a **\$25 Amazon email gift card**.



*"Great Swiss quality
high tactical style"*

— Gene H.



*The LOWEST Price
You Will Ever Pay for
a Swiss Watch*



*Made in
Switzerland*



Tactical Meets Practical

Switzerland is synonymous with expensive, big-name luxury watches like Rolex®, Piaget® and Patek Philippe® that sell for thousands, but the Stauer Swiss Tactical Watch delivers Swiss precision for a fraction of the cost. Inspired by military timepieces like the American A-11, it combines rugged performance, simplicity, and legendary craftsmanship — built for action, not display cases.

Precision Takes Time

Swiss excellence demands patience. Each Stauer Swiss Tactical takes nearly nine months to complete, and this is a limited edition of 4,900. Crafted by master watchmakers, some of whom have worked with the other prestigious brands, this is your chance to own a rare, precision-engineered tactical watch without the inflated luxury price tag.

Why Pay for a Name?

Big brands charge more for status. Stauer delivers the same quality and precision with high-contrast markers for instant readability, a shock-resistant case to withstand hard knocks and Swiss-made movement for impeccable timing.

Limited Offer – Act Now

Don't miss this rare combination of Swiss craftsmanship and unbeatable value. Only 4,900 available — once they're gone, they're gone.

Why pay more when you can own precision, heritage, and adventure for less? Order now — time is running out.

Watch Specifications:

- Made in Switzerland with precision Swiss Ronda 515 movement. Stainless steel caseback. Brown leather band
- 44 mm diameter case. Date window at 3 o'clock
- Water-resistant to 3 ATM. Fits wrists up to 8 1/4"

Stauer Swiss Tactical Watch

~~\$399~~ \$59* + S & P Save \$340

*Special price only for customers using the offer code.

1-800-333-2045

Your Insider Offer Code: SST173-01

Stauer® 14091 Southcross Drive W., Dept. SST173-01
Burnsville, MN 55337 | www.stauer.com

Stauer® | AFFORD THE EXTRAORDINARY®

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.

FOR SALE

WATERFRONT — 35-foot sailboat on ½ ACRE lot (improved with electric). 175-foot bulkhead on deep water. \$185,000 for boat and lot. Call 302-436-2034.

WANTED

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

OLD ADVERTISING SIGNS. Gas, Soda, Auto, Farm and any others. 1 or many, Metal or Plastic, will travel. Call or text John at 571-238-3088.

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, non-sports and hockey. 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 parts cars, no matter how rough, old hot rod parts like aluminum intakes, posi rears, Holley carbs, what do you have? Call 804-943-2283.



Steel Mobile Home Roofing

PERMA-ROOF®
from Southern Builders

Eliminates Leaks, High Energy Bill, & Roof Rumble!

www.roofover.com
Contact us at 800.633.8969
sales@southernbuildersar.onmicrosoft.com

OLD HOT ROD CAR PARTS. 409 and 427 Chevy blocks, heads, intakes; aluminum intakes for any make, 4-speeds, Holley carbs, 3x2 intakes, 2x4 intakes, any old hot rod parts, old metal signs. Collector will pay cash. Call 804-943-2283 or send pictures to 66stingraycoupe@gmail.com.

FUNDRAISER

PLANTS, POTS AND THINGS WORKSHOP. Ruther Glen, Va. — Sat., May 3, 9 a.m. — 1 p.m. Explore and shop for beautiful plants, herbs, trees, and shrubs. Enjoy a garden auction, bake sale, live entertainment with music, unique flowerpots, crafters, and garden and yard supplies. Sit-down lunch available. 8063 Ladysmith Rd. Ruther Glen, Va. Call 302-436-2034.

AUCTIONS

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

FREE

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



Small Town TRANSPORT
CREWE VA

SPECIALIZING IN MOVING EQUIPMENT

DUMP TRAILER // GRAIN + GRAVEL
STEP DECK + LOWBOY // ANYTHING YOU CAN LOAD

ERIC MARTIN • 717-594-8680

SUBMIT: We accept classifieds by email (classifieds@co-oliving.com), telephone (804-297-3429) or mail to: Classifieds, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060. Please type or print your ad as you would like it to appear and how many months it should run. Include your name, street, email address and pre-payment. Checks should be made to *Cooperative Living*. Ads with incomplete information will be returned to the sender.

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

Statement of Nondiscrimination

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: 202-690-7442; or
- (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer and lender.



CL ADVERTISING INDEX

American Gold Reserves	Inside Front Cover
Bethel Builders	23
Caravan Tours	13
County Line Materials	9
Hopewell	14
Lifetime Building Supply	9
Moving Life	Inside Back Cover
ODEC	14
ODEC	29
Renewal by Andersen	Back Cover
Standard Marketing	6
Stauer	31
Stauer	33
Virginia Farm Bureau	25
Waterfurnace	3

A Time for Trees

Throwing positive shade onto summer gardens

by Scott Burrell, Contributing Columnist

I'm a pushover for great small trees. They create microclimates, providing cool shade where there was once only hot, blazing sun. They also serve as focal points, specimens and accents. Over 60 cultivars of our native redbud (*Cercis canadensis*) showcase traits often remarkably different from those observed in nature. These include cultivars with mango, purple, white-frosted or yellow heart-shaped leaves; others with a strong weeping habit; semi-dwarf varieties that reach only 12 feet instead of the typical 20 to 30 feet; and cultivars that outshine the species' magenta flowers with electric pink, soft pink or clear white blooms.

Although redbuds, like other small trees, are commonly found growing in the understory, overshadowed by mixed hardwoods, they thrive best in full sun. Redbuds are tolerant of various soils, ranging from sandy to clay-based, but they do not perform well in poorly drained or wet soils. While fungal

and insect issues — such as fungal canker and scale insects — are infrequent, loose, organically rich and well-drained soil can help maintain the health of your small tree. When planting, position the tree higher — 1 to 4 inches above ground level — to ensure proper drainage.

Now, let me suggest two wonderful gold-foliaged cultivars: 'Hearts of Gold' and 'Rising Sun' (with 'Golden Falls' as the weeping form). I've planted these many times, from college campuses to residential landscapes. 'Silver Cloud' redbud is one of the white and green variegated foliage cultivars I admire. It "pops," as my wife would say, and captures the eye — it's a natural focal point. Its "cousin," 'Floating Clouds,' features a weeping habit — making it a great



PHOTO BY BETH BURRELL

'Wolf Eyes' Chinese dogwood. Though slow growing, it achieves good structure with little pruning. Prefers morning sun and afternoon shade.

accent along a walkway or beside a bench or rock. Like the other "weepers," expect this redbud to reach a maximum height of 8 to 10 feet, and be ready to invest some time in training it.

Most people are familiar with Virginia's native dogwood, (*Cornus florida*). Additionally, we have four other species native to the Virginia-Maryland-Delaware area. Chinese dogwood (*Cornus kousa*), an Asian relative, produces edible fruit and is resistant to the dreaded dogwood anthracnose. With over 80 cultivars available, there's bound to be one for your garden. *C. kousa* 'Wolf Eyes,' a semi-dwarf variety that grows slowly to 12 feet, is a visual standout in the garden. Only our Asian evergreen dogwood (*C. angustata* 'Empress of China') receives more accolades.

The Ashe magnolia is the rarest of North American magnolias. Native to the Florida panhandle, it thrives as far north as Zone 6. Ours, now 15 years old, began producing large, 8-inch fragrant white flowers in late spring at the young age of 3 years and 24 inches tall. Endangered by development and habitat loss in its native areas, its bold 25-by-25-foot presence deserves a spot in larger gardens. All of these are small trees of extraordinary merit that will provide a fresh direction for those taking the road less traveled. ●

'Rising Sun' redbud. The soft lavender flowers appearing on bare branches in April give way to bright gold foliage in May.



PHOTO BY JOAN CACCIATORE MAZZA

Virginia Fringetree (Zones 3-9) is a relative unknown in home landscapes. Native and easy to grow, it accommodates itself to many soil types.



PHOTO COURTESY SCOTT BURRELL

Ashe magnolia begins blooming at 3 to 4 years old. It features incredible plate-sized, soft green leaves that reveal beautiful silver undersides.

Scott Burrell is a certified horticulturalist who served as the horticulture director for the Virginia Historical Society for nearly 30 years.

Hello, Yellow!

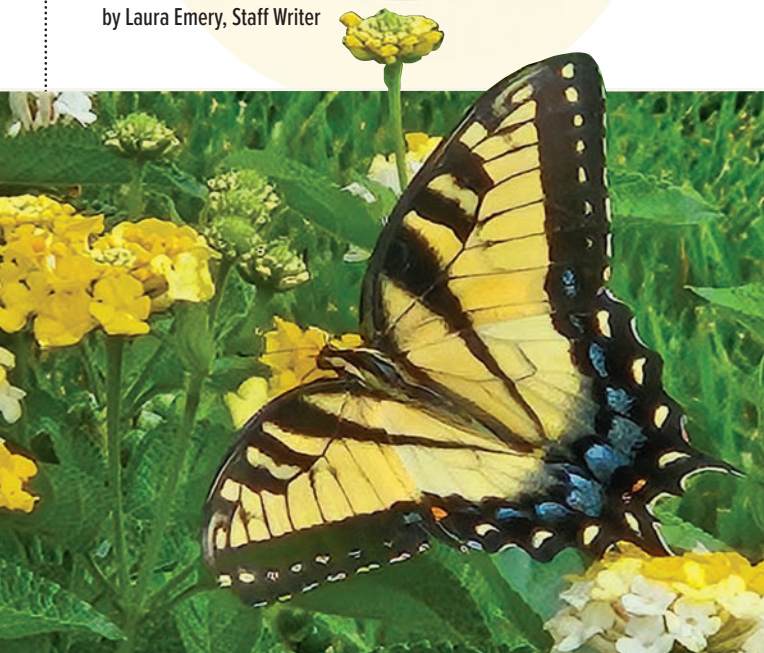
by Laura Emery, Staff Writer

WE WANT TO SEE YOUR PHOTOS!

Submit a photo
for a chance
to win a \$20
Amazon gift card!

If your photo is published in this column, we will send you a \$20 Amazon gift card credit via email. Send your high-resolution images to saycheese@co-opliving.com. Please include your first and last name, along with a description of the photo.

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.



YELLOW FELLOW ▶

A sunshine-yellow bird alights on a flower stem.

PHOTO SUBMITTED
BY MILLIE MARSH



▼ BEE HAPPY

So much yellow ... a bee-utiful sight.

PHOTO SUBMITTED BY JEAN BUSBY



▲ YOU GIVE ME BUTTERFLIES

Butterflies love the Lantana.

PHOTO SUBMITTED BY MARGARET DIERDORFF

‘ELLOW THERE! ▼

Oatmeal dons his new yellow bandana.

PHOTO SUBMITTED BY SALLY MOORE



MELLOW YELLOW ▼

This happy little guy is enjoying his great-great-grandfather's '79 Ford Ranger.

PHOTO SUBMITTED BY
SADIE LOCKWOOD



The most lightweight and stylish folding mobility scooter is redefining independence

Whether exploring abroad or handling your daily routine, the ATTO SPORT keeps you moving.

Everyday Freedom

Mobility scooters keep you independent, making daily life easier and more enjoyable. From errands to visiting friends, they help you stay active and connected. Mobility scooters open new opportunities and let you enjoy life your way.

Life Without Limits

Folding mobility scooters offer a lightweight, compact design that fits in car trunks, on planes, and cruises. They are easy to store and perfect for travel and everyday use. Whether exploring new places or handling errands, folding scooters provide convenience, independence, and the freedom to go anywhere.

The ATTO SPORT folding travel scooter delivers a perfect blend of style, innovation, and performance. It is designed for those who value independence and sophistication

Compact Convenience

The ATTO SPORT transforms effortlessly from a full-sized scooter to a compact trolley in seconds, making it perfect for travel, quick storage, and easy transport wherever life takes you.

Effortless Portability

The ATTO SPORT's innovative design separates into two lightweight parts, with the heaviest weighing only **37 lbs.** It's easy to lift, store, and transport in the trunk of a car.

Unmatched Comfort

The ATTO SPORT has an ergonomic and adjustable seat and handlebars, crafted to ensure a smooth ride every time, even on longer journeys.

Sleek and Stylish

The ATTO SPORT redefines mobility with a sporty, elegant design that looks as great as it feels. Its modern aesthetic and 3-wheel agility let you navigate tight spaces, and it is equipped with **electronic stability control for added safety on descents and turns.**

Airline Approved Battery

The ATTO SPORT is equipped with a TSA-approved battery. Its compact size and optional split mode make it the only mobility scooter that can fit in the aircraft's overhead compartment.

Reliable for Every Adventure

With a driving range of up to **12.5 miles** (extendable to **25 miles** with the XL battery), a **6.2 MPH top speed**, a **weight capacity of 300 lbs.**, flat-free, shock-absorbing tires, and **4-inch ground clearance**, it is ideal for air travel and outdoor exploration and built for longevity.

Front and Rear Lights

ATTO SPORT's powerful front and rear LED lights enable riding in dark conditions.

It's Never Too Soon

Time waits for no one, so why should you? There's no better time to reclaim your mobility and make the most of every moment.

Don't wait! Call now and buy your ATTO SPORT and receive a free front/rear basket and phone holder, a \$184 value.



Why Choose Movinglife?

- Free in-home demos
- Exceptional service
- Flexible payment plans
- Expert Technicians
- Multi-location service network
- Industry's most comprehensive warranty
- Personalized solutions
- Trusted by 60,000+ users
- Global showrooms & service in 62 countries



Folds in 3 seconds
rolls like a trolley suitcase



Splits into two
lightweight parts for easy lifting



Lightweight design
makes lifting effortless

FREE home demos & test drives available nationwide
Showrooms or Demos: AZ, CA, CO, CT, FL, IL, MD, NJ, NV, NY, OR, TX, VA, WA, GA

**VISIT OUR
SHOWROOM LOCATION**

RICHMOND, VA 23229
8003 Franklin Farms Drive Suite 100

CALL NOW: 1-888-614-0171

movinglife®
unlimited freedom

MOBILITY
EXPERTS
AT YOUR
DOORSTEP



SAVE ON WINDOWS AND DOORS!

\$400 OFF EACH WINDOW¹

MINIMUM PURCHASE OF 4

\$850 OFF EACH DOOR¹

MINIMUM PURCHASE OF 4

AND

NO Money Down | NO Monthly Payments | NO Interest for 12 months¹

MINIMUM PURCHASE OF 4 - INTEREST ACCRUES FROM THE DATE OF PURCHASE BUT IS WAIVED IF PAID IN FULL WITHIN 12 MONTHS

★★★★★ 4.7 OUT OF 5 BASED ON 95,000+ REVIEWS

"My overall experience was great. I love the window, and from sales to scheduling, the experience was very good. The installers are highly skilled professionals and I would recommend Renewal by Andersen to all my contacts."

LYNN F. | RENEWAL BY ANDERSEN CUSTOMER



KEEP THE COOL AIR IN AND THE HEAT OUT!

Solving your window problems and having a comfortable home is easy and enjoyable when you choose Renewal by Andersen. Take advantage of this great offer to save money on your window project - and help save on high energy bills for years to come!



Offer Ends June 30

Call for your **FREE** consultation.

888-901-0606

Visit findyourwindow.com



RENEWAL
by ANDERSEN
FULL-SERVICE WINDOW & DOOR REPLACEMENT



¹**DETAILS OF OFFER:** Offer expires 6/30/2025. Not valid with other offers or prior purchases. Get \$400 off each window and \$850 off each entry/patio door and 12 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or entry/patio doors between 5/1/2025 and 6/30/2025. Subject to credit approval. 12-month Promo Period: while no payments are due, interest accrues but is waived if the loan is paid in full before the Promo Period expires. Any unpaid balance owed after the Promo Period, plus accrued interest, will be paid in installments based on the terms disclosed in the customer's loan agreement. Financing is provided by various financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License numbers available at renewalbyandersen.com/license. Some Renewal by Andersen locations are independently owned and operated. *Values are based on comparison of Renewal by Andersen® double-hung window U-Factor to the U-Factor for clear dual-pane glass non-metal frame default values from the 2006, 2009, 2012, 2015, and 2018 International Energy Conservation Code "Glazed Fenestration" Default Tables. Military discount applies to all active duty, reserves, national guard, veterans, and retired military personnel. Eligibility will be verified through SheerID. Military discount equals \$300 off your entire purchase and applies after all other discounts, only valid on initial visit, no minimum purchase required. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. © 2025 Andersen Corporation. All rights reserved. RBA14201

*Using U.S. and imported parts.