

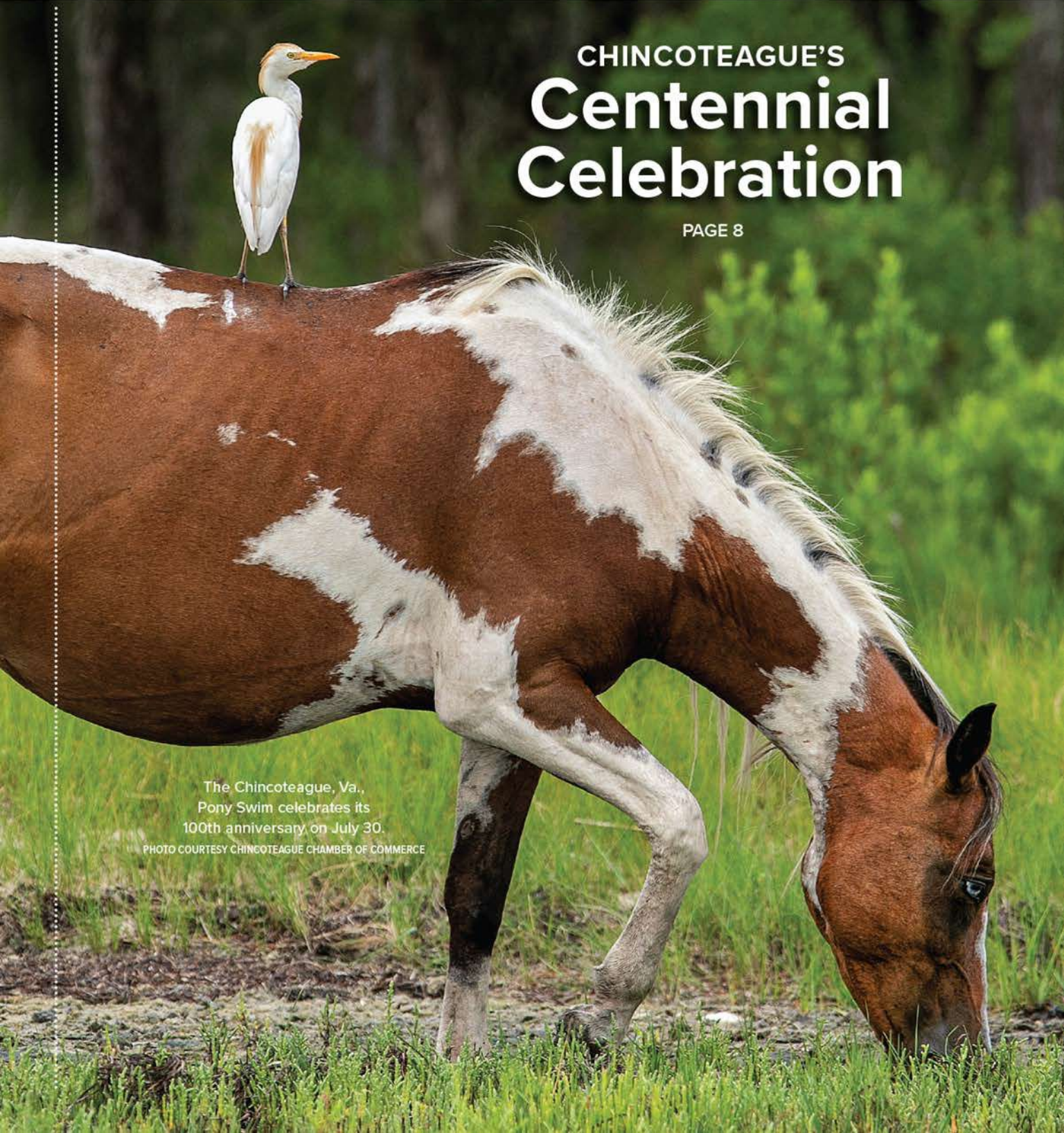
RAPPAHANNOCK ELECTRIC
Cooperative *Living*

CHINCOTEAGUE'S
**Centennial
Celebration**

PAGE 8

The Chincoteague, Va.,
Pony Swim celebrates its
100th anniversary on July 30.

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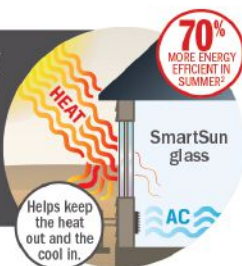
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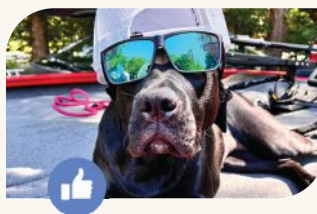
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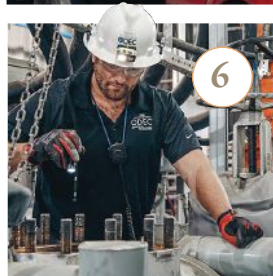
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America the Beautiful

July is a special month when we celebrate our country's independence. It represents the ratification of the

Declaration of Independence by the Second Continental Congress on July 4, 1776, establishing the United States of America. It gives us an opportunity to honor our great country and enjoy activities with our friends and family, which usually includes some good food and awesome fireworks displays.

One summer tradition of the Mosier family is to spend a week in Cape Charles, Va. We have fallen in love with the small town's charm and all the amenities it has to offer. The Our Communities column this month features the big Fourth of July celebration they hold each year.

Our Cooperative Focus story this month is also from



the Eastern Shore and focuses on the 100th anniversary of the world-famous Chincoteague Pony Swim. It is an amazing event and has a very interesting history. Of course, the 1947 children's book "Misty of Chincoteague" and the 1961 film "Misty" helped drive its popularity. If you plan to attend, please arrive early and emphasize safety, as they expect record numbers this year.

One of the annual highlights of our July issue is the *Cooperative Living* Youth Art Contest, which this year was themed: "What Makes America Beautiful." Once again, all our young artists were truly amazing, and it was certainly tough to choose this year's winners.

We hope you enjoy this issue of *Cooperative Living* and have the opportunity to celebrate the freedoms we are so blessed to have in this wonderful country. ●

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

Cooperative Living

VOL. 80, NO. 7 • 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.

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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.

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Please recycle.



The annual Fourth of July parade in Cape Charles, Va., is something residents look forward to all year.

PHOTO COURTESY SEA-EO.COM

Small Town Charm

Virginia's Cape Charles celebrates Independence Day

by Gregg MacDonald, Staff Writer

IN 1880, CAPE CHARLES, ON VIRGINIA'S EASTERN SHORE, CONSISTED MAINLY OF WETLANDS AND A FEW FARMS. BUT THAT SOON CHANGED.

According to the town's website, in 1882, U.S. Rep. William L. Scott and Pennsylvania Railroad engineer Alexander Cassatt conceived the idea to extend the railroad line 65 miles south from Pocomoke City, Md., to the Chesapeake Bay, allowing goods to then be transported by ship to Norfolk.

By 1885, the railroad extension was in place, and a series of passenger steamers and railroad freight barges were routinely making the 36-mile trip across the Chesapeake Bay. In 1886, the Municipal Corp. of Cape Charles was established.

Today, Cape Charles is a vibrant community that lives in the present but also celebrates its storied past. In 1991, the town's entire historic district was listed on the National Register of Historic Places.

At least three nationally known celebrities grew up in the small community of about 1,200 residents. Roxie Joynes Campanella, the third wife of baseball star Roy Campanella, was a nurse, a showgirl and a philanthropist who was born there in 1916. Singer and actress Conny Van Dyke, who died in 2023, was also from Cape Charles; as was Johnny Sample, former defensive back for the New York Jets who won three league championships in the 1960s.

This month, Cape Charles will host its much-anticipated annual Independence Day celebration. "As always, we promise a small town, family-friendly gathering that all will enjoy," says Pam Endlein, the town's event coordinator. "I personally attended my first Fourth of July event here in 2017, and that celebration was a deciding factor in [my family's] decision to live in this area. We bought [a home] here two years later."

This year's festivities will include a parade featuring golf carts, first responders' vehicles and tractors. After the parade, a street fair takes place on Bay Avenue with over 60 artisans and food vendors. There will be free face painting for children, a cornhole tournament, a water misting tent, and a basketball tournament for teens. The Historic Palace movie theatre will be showing a summer favorite, *The Sandlot*, at 2 p.m. Live music and a DJ will be featured at the Gazebo on Bay Avenue from 11:30 a.m. until 5:30 p.m., followed by fireworks over the Chesapeake Bay at sunset. ●

► For more information, visit baycreeklife.com/july_4_ultimate_guide.

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America the Beautiful

Seven-year-old Maryland girl wins annual art contest

by Laura Emery, Staff Writer



The 23rd annual *Cooperative Living* Youth Art Contest Best in Show winner is Kyleigh Wolf of Hurlock, Md.

For the 2025 contest, kindergarten through fifth grade students were asked to portray visual interpretations of the theme, “What Makes America Beautiful.” The winning entry was selected from a diverse range of submissions by young artists

in Virginia and Maryland. There were entries featuring Washington, D.C., landmarks, the American eagle, various depictions of religious freedom, scenes from different areas of the U.S., and more.

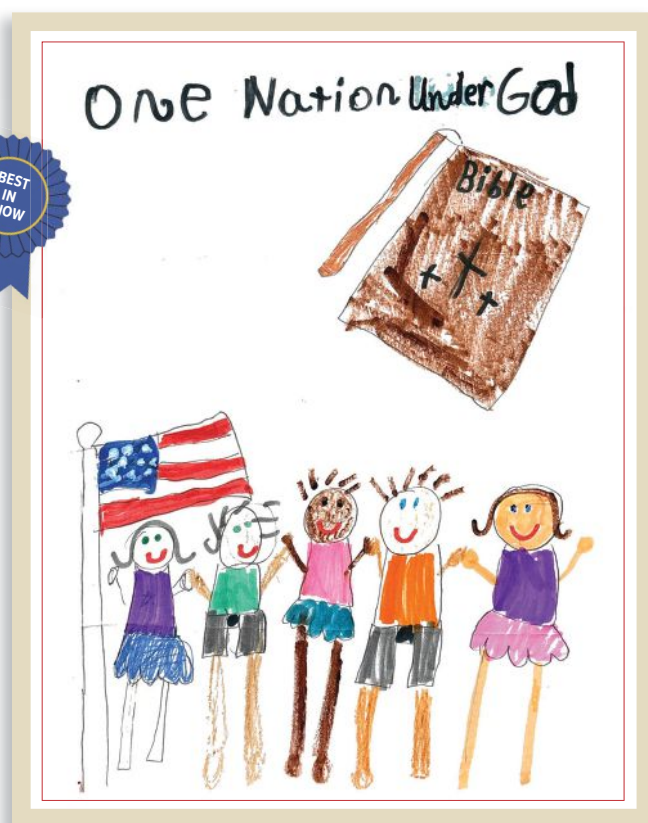
Kyleigh, 7, is a rising third-grade homeschooled student. Her parents, Landon and Brittney Wolf, are members of Choptank Electric Cooperative. Brittney says, “Kyleigh was very surprised and smiled big when we told her she had won the contest.”

The winning entry was an artistic depiction of the phrase: “One Nation Under God.” Kyleigh says she had to think about what to draw “for a while,” and then she worked on it for a few days. “I love Jesus, and America is a place where all people are free to love Jesus, and that’s what makes America beautiful,” she explains. When asked what part of the U.S. she’d most like to visit, Kyleigh chose Florida. “I’d like to go there and see what a beach looks like there,” she says.

The competition was blindly judged by staff members of the Virginia, Maryland & Delaware Association of Electric Cooperatives, publisher of *Cooperative Living* magazine. First place winners in each category receive a \$25 cash prize, while the Best in Show winner receives a \$100 prize. “I will have to pray about it, so I know the right thing to spend the gift card on. I may even share with my brothers,” she says.

Kyleigh’s parents say they are always very impressed with how their daughter takes the time to put thought into her work. “She loves the Lord and all people — and that’s what makes her special. We love how she portrays this through her art,” Brittney says. Compassionate, kind and courageous are the words used by Kyleigh’s parents to describe their daughter.

The Wolf family enjoys reading *Cooperative Living* and being members of an electric cooperative. “We appreciate



the hard work and dedication Choptank Electric Cooperative puts into providing affordable electric service to us,” Brittney explains. Says Choptank’s President and CEO Mike Malandro, “I continue to be amazed at the patriotism and talent of our youth. It makes me proud to be part of the Choptank community.”

Kyleigh loves gymnastics, coloring/art, reading and collecting rocks. “I like rocks that sparkle in the sun. I have a lot of geodes and rare rocks,” she says, explaining that she has “worked really hard” and amassed an impressive collection of nearly 1,000 rocks. “She’s always collecting, buying, painting and admiring rocks everywhere we go,” Brittney says. “Kyleigh is also a fantastic big sister and loves playing with her two younger brothers. She also loves farming and helping on our family farm.”

Ruby, Princess, Moonlight, Starlight and Luna are the names of Kyleigh’s adult chickens. Princess is her favorite. “I feed them and run around and chase them in the yard,” she says. She also loves helping her parents with the crops and tending to her strawberry patch.

“My favorite subjects are language arts, art and history. I love to read, and I love learning things about people in American history,” Kyleigh says.

“I’m proud to be an American because we live in a country where we have the freedom to love each other and love God.”

On behalf of the magazine staff, *Cooperative Living* Editor Gregg MacDonald says, “Thank you to all our 2025 Youth Art Contest contestants!” ●

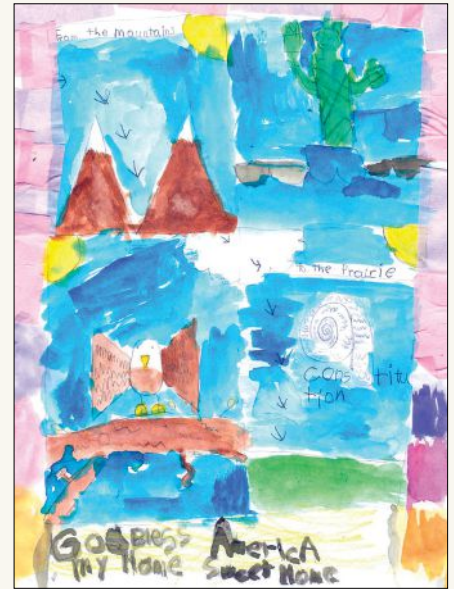
KINDERGARTEN — 2ND GRADE WINNERS:



1ST | Hope Wolfe, 2nd grade

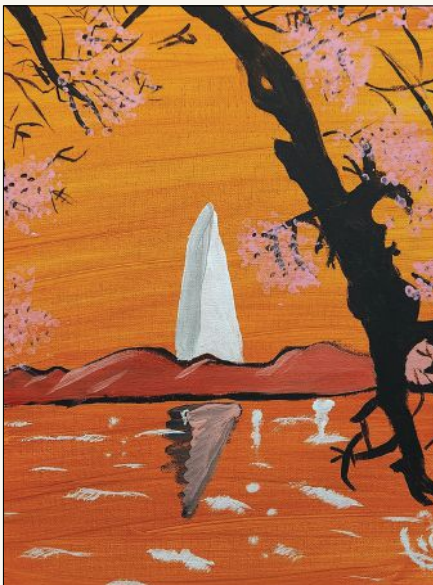


2ND | Warren Thomas, Kindergarten



3RD | Waverly Ohta, Kindergarten

3RD GRADE — 5TH GRADE WINNERS:



1ST | Amanda Knight, 5th Grade



2ND | Celina Park, 5th Grade



3RD | Harper Roberts, 5th Grade

HONORABLE MENTIONS:

Bethany Brun • Caleb Hrabak • Cody Ray Wolf • Daniel Morris • Decker Winn • Jack Garrett
 • Jack Kotula • Jersey Dunham • Jyotsna Navin • Kamila Ha • Kennedy Smith • Lydia Brashers
 • Mercy Showalter • Mya Trumble • Olivia Hrabak • Stella Gallimore • Walker Gallimore

Cooperative Living started the Youth Art Contest in 2003 to encourage youthful creativity and give young artists the opportunity to display their talents to the magazine's monthly readers.

Reliable Power

What's on the line?

by Kirby Jordan, Contributing Writer

Electricity not only powers our economy, but also powers our way of life.

When you power up, you expect electricity to be there. And it is there for homes, businesses, farms, schools and hospitals — every time, day and night, in every kind of weather. That's reliability. Now more than ever, reliability also means innovation and investing in the future in order to maintain our electric grid.



INCREASING DEMAND MAY LEAD TO INCREASED RISK

For decades, electricity demand followed a mostly predictable trajectory. Ongoing industry shifts and recent developments have created significant disruptions to the status quo, putting the reliability of the entire electrical grid at risk.

Demand for power is rapidly increasing, driven by economic development, the electrification of vehicles and appliances, and data centers that support artificial intelligence. Data centers are large warehouse-like buildings that house computers and servers that store and transmit data. They typically run nonstop, requiring more power for equipment heating and



PHOTOS COURTESY ODEC

Virginia hosts the largest data center market in the world.

cooling than most other commercial structures.

According to the Virginia Economic Development Partnership, Virginia hosts the largest data center market in the world and is home to approximately 35% (or nearly 150) of all known hyperscale data centers worldwide.

At the same time, many power plants across the nation have been retired or are forecasted to retire early, largely due to environmental concerns and related regulations. The fact that the power industry currently lacks adequate replacement resources exacerbates the problem, as retirements are outpacing the addition of new generation.

Multiple studies estimate electricity demand will far outstrip supply in the coming years, and they point to data centers as a significant factor in the equation. A report generated for the Virginia General Assembly in December 2024 predicts power demand in the commonwealth could double in a decade and rise by as much as 183% by 2040.

To put demand growth in perspective, a study by Virginia's Joint Legislative Audit and Review Commission says future electricity consumption will require more than 30,000 gigawatt-hours per month, driven largely by data centers. Just 1 gigawatt is 1 billion watts — equal

to nearly 2 million solar panels or 103 offshore wind turbines, according to the Department of Energy.

THE FUTURE REQUIRES A STRATEGIC RESPONSE

One thing is clear: Maintaining a reliable supply of electricity is more important than ever before.

Reliability means generating the electricity electric cooperative members need to power their lives and livelihoods.

Reliability means being prepared for the unexpected, like extreme weather when very hot and very cold temperatures cause electricity demand to spike.

Reliability means making smart, strategic decisions to guarantee baseload resources are maintained while simultaneously planning for the future.

That future includes ongoing developments in renewable energy. While renewable electricity generation may represent the new paradigm of power, it is not a reliable short-term solution by itself. Renewable energy presents real concerns, such as siting and permitting issues, rising material costs, construction timeframes, and its intermittent, weather-dependent nature. Today's challenges necessitate careful planning and a diverse portfolio of power solutions to ensure the reliable electricity that our economy and communities rely on. ●

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Leading Horses to Water

Unique Virginia event has been entertaining visitors for a century.

by Audrey T. Hingley, Contributing Writer

On July 30, the world-famous Chincoteague Pony Swim will celebrate its 100th anniversary.

Taking place in Accomack County on Virginia's Eastern Shore, the beloved annual event continues a yearly tradition. Assateague Island's wild ponies make a brief swim from their salt marsh grazing grounds across Assateague Channel at "slack calm" to the shores of Chincoteague as thousands of celebrants cheer them on in anticipation of the next day's Pony Auction. Officials are predicting record crowds for this summer's 100th anniversary event.

According to Chincoteague Chamber of Commerce Executive Director Joanne Moore, "We market coming to Chincoteague, but we don't specifically market the Pony Swim because it markets itself. We [usually] start getting calls in January about the Pony Swim, but [for 2025] calls started coming in 2024."

The venerable tradition thrives in a world of constant change. The allure of wild ponies swimming to temporary captivity, where some will be auctioned off to ensure a manageable herd, remains strong. Volunteers known as "Saltwater

Cowboys" help guide ponies across the channel. On land, they are examined by veterinarians and allowed to rest before the cowboys guide them through town to a Carnival Grounds corral where they remain until the auction.

A TALE OF TWO HERDS

Two separate herds of feral ponies roam Assateague Island, separated by a fence at the Virginia-Maryland line. The National Park Service oversees the ponies on the Maryland side of





PHOTOS COURTESY CHINCOTEAGUE CHAMBER OF COMMERCE

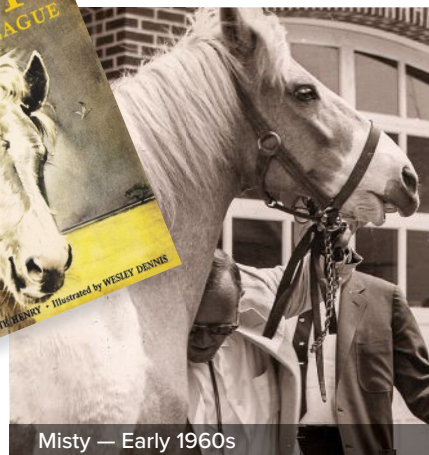
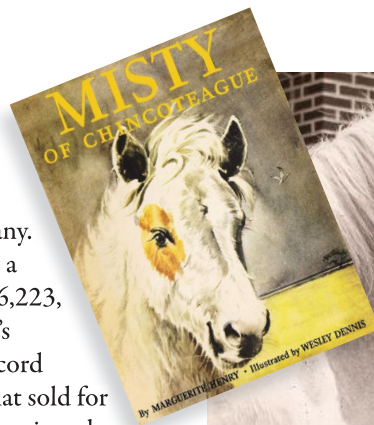
Assateague. The Virginia herd is owned by the Chincoteague Volunteer Fire Company, who cares for the ponies year-round, oversees pony management and purchases a grazing permit from the U.S. Fish & Wildlife Service. The permit allows the fire company to oversee a herd of about 150 ponies. The auction controls herd size, provides money for pony care and necessary veterinary

services, and helps fund the volunteer fire company.

The average price for a Chincoteague pony is \$6,223, but Moore says last year's auction included one record price "buyback" pony that sold for \$50,500. Buybacks are auctioned with the stipulation that they will be donated back to the fire company then returned to Assateague to help replenish the herd. Only foals born since last year's Pony Swim are auctioned each year, and one foal will be awarded to a raffle winner. Raffle tickets cost \$1 each and Chincoteague Mayor Denise Bowden says 12,000 tickets or so are usually sold. Last year, 88 foals were sold, with the lowest-priced auction pony fetching \$1,600.

HOW IT ALL STARTED

The celebrated Pony Swim and Pony Penning began in 1925 after a series of disastrous fires swept through Chincoteague, prompting the town to authorize the fire company to hold a carnival fundraiser to help purchase new fire equipment. Fifteen colts were sold, 15,000 visitors attended and a century-long tradition was born. However, it was the publication of the now-classic children's novel "Misty of Chincoteague" in 1947 (based on local residents Clarence and Ida Beebe and their family) and the subsequent 1961 film "Misty" (filmed on location on Chincoteague Island) that catapulted Chincoteague's tradition into the stratosphere. The July event now attracts over 40,000 people each year,



Misty — Early 1960s

PHOTO COURTESY ALTON BROOKS PARKER
BARNES PHOTOGRAPHY COLLECTION

and that figure may double this year for the event's centennial celebration.

In 2023, the Beebe Ranch was purchased for \$625,000 by the nonprofit Museum of Chincoteague after a successful fundraising effort saved the property from developers. That same year the Chincoteague ponies were designated the official state pony of Virginia by the General Assembly.

Originally started by women who lived on the island who wanted to celebrate the heritage of husbands, sons and grandfathers who worked as watermen, the museum has morphed into a museum dedicated to preserving the history of Chincoteague.

The Beebe Ranch, a few miles away from the museum, is now an extension of the museum's mission. Museum admission is \$8 per person, but \$15 will get you admission to both the museum and the Beebe Ranch, with a house tour included.

KEEPING THE LEGEND ALIVE

Once part of an over-140-acre ranch operation, the Beebe Ranch's remaining 10 acres include the house where the real Misty survived the devastating 1962 Ash Wednesday storm stowed in the home's kitchen. (Misty was foaled at the Beebe Ranch, not in the wild.) Three Chincoteague ponies, two of which are Misty's descendants, live on the property.

(continued on page 10)



Leading Horses to Water

(continued from page 9)

Both Misty, who died in her sleep at age 26 in 1972, and her last foal, Stormy, who died in 1993 at age 21, were preserved via taxidermy and can be seen at the museum. The museum will feature special anniversary exhibits this year, including a carnival exhibit featuring a carousel with carousel horses in the main foyer.

Regarding the fundraising campaign, Cindy Faith, assistant director of The Museum of Chincoteague, says, “Yes, we received a couple of substantial donations, but most people sent small donations of \$10 or less, with many enclosing a letter stating how important it was to save the ranch.”

Executive Director Kathy Martin notes, “One misconception is that our museum is tiny, but visitors often comment that it’s much bigger than they thought. They say they learn a lot.”

MISTY TO THE RESCUE

In a strange irony, the real Misty actually helped save the Chincoteague ponies. During the horrific 1962 Ash Wednesday nor’easter storm that hovered over the area in a three-day barrage, human residents were evacuated — but nearly half of the 300 ponies on

Assateague and Chincoteague died, with many swept out to sea. Misty made national headlines for surviving the storm and Twentieth Century Fox re-released its “Misty” film in theaters as a fundraiser. Proceeds helped restock the pony herds via buying back Chincoteague ponies sold in the past. Misty and her newborn colt, Stormy, even made personal appearances at theatres in Virginia and Maryland.

Chincoteague lore has long posited that the ponies are descendants of survivors of a Spanish galleon that wrecked off Assateague’s shores. Others believe the horses came from colonial-era settlers. About the conflicting theories, Faith notes, “There is no reason those two stories cannot be the same story. But DNA evidence [in 2022] showed they are from Spanish stock.”

A SALTWATER COWGIRL MAYOR

Chincoteague born-and-raised Mayor Bowden joined the fire company “fresh out of college” in 1992, wanting to follow in her late grandfather’s footsteps, who was a fire company volunteer. She was turned down initially, but submitted another application and was eventually approved as the first female fire company member. She became involved with the fire company’s pony committee about 15 years ago and became the first female fire company member to ride as a “saltwater cowgirl.” Bowden served on Chincoteague’s Town Council for eight years before winning the November 2024 mayoral election.

“Every time I have ridden, someone lets me use their pony because I don’t own a pony or a horse,” she explains.

“I would ride with friends, and you either take to it or you don’t — I was blessed to be accepted by the guys [in the fire company] and learned so much from them.”

Bowden estimates 45-50 Saltwater Cowboys participate in overseeing the wild ponies, including some who bring their own horses and travel from other localities. Although most visitors focus on the Pony Swim itself, related activities run from July 26 to August 2. Events include the Southern Herd Roundup on July 26; the Northern Herd Roundup on July 27; Beach Walk on July 28 (where Saltwater Cowboys walk the Northern Herd ponies along the Atlantic Ocean



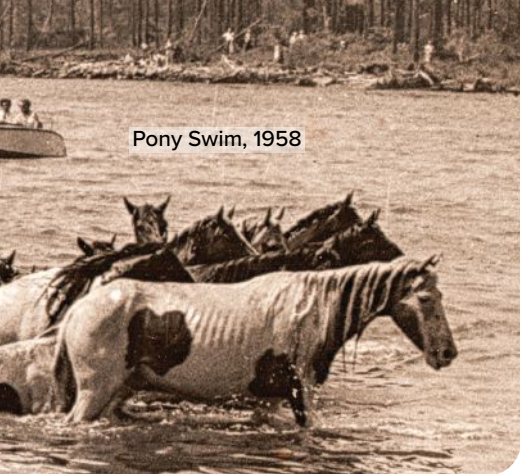
PHOTO COURTESY DENISE BOWDEN

Mayor Denise Bowden



Part of Pony Week in Chincoteague is the Pony Penning.

Pony Swim, 1958



coast to join them with the Southern Herd); Pony Swim on July 30; Pony Auction of foals at Carnival Grounds on July 31; the swimming back of Southern Herd ponies across the channel to their grazing grounds on August 1; and the Carnival with fireworks on August 2.

Saltwater Cowboys are involved with all these activities. Bowden says with 16 nights of the Fireman's Carnival also going on, including every night of Pony Week, 150 to 160 volunteers are required to staff the nightly events.

"Regarding Saltwater Cowboys, most of the time it's a generational thing. We have third-generation cowboys who have come up through the ranks to



"We market coming to Chincoteague, but we don't specifically market the Pony Swim because it markets itself."

— Joanne Moore, executive director,
Chincoteague Chamber of Commerce



participate. The Pony Committee itself usually is about 20 to 22 people," Bowden adds.

YEARLONG PREPARATION

In addition to Pony Week activities, the fire company also does spring and fall roundups that allow ponies to have vet checks and immunizations. Bowden says, "The fire company always has a set of eyes on the ponies. In the wintertime if their fresh water ponds are frozen over, we go over and break the ice [to provide drinking water]. All of this is done totally by volunteers."

An unapologetic cheerleader for Chincoteague and the wild ponies, Bowden is determined to be at this year's Pony Swim event — despite the

fact that she was seriously injured while working as a "saltwater cowgirl" in a corral during the April roundup, shattering her femur. She underwent surgery at R. Adams Cowley Shock Trauma Center at the University of Maryland in Baltimore and says it went well. Currently, she's undergoing physical therapy and jokes she'll be at the July anniversary even if she arrives in a wheelchair.

Bowden advises those who plan to come to the 100th anniversary event to "bring your patience before you bring anything else."

"If this is your first time here, plan and prepare, because there are so many people. Don't be in a hurry to get anywhere. Come early and make sure you have everything you need," she adds. "Some people come every year, and some will come once and say, 'I have seen it.' But as long as we have committed, dedicated volunteers, I think this event will go on." ●

THINGS TO KNOW FOR THE 100TH ANNIVERSARY

Due to safety concerns for this year's 100th anniversary event, the Town of Chincoteague has implemented enhanced security measures. New rules include:

- No coolers, umbrellas, glass containers, bags or backpacks.
- Bags/backpacks that are clear vinyl, plastic or PVC will be allowed, as will one-gallon clear plastic freezer bags.
- Small clutch bags are allowed, but should not exceed 4.5 inches by 6.5 inches. All items will be subject to search.
- Officials advise checking cvfc3.com for any news or last-minute changes.



► For more information, contact Chincoteague Chamber of Commerce at 757-336-6161 or cvfc3.com, or The Museum of Chincoteague Island at 757-336-6117 or chincoteaguemuseum.com.



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.



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2025 Director Elections Open

As a member-owner of Rappahannock Electric Cooperative (REC), you have a vital role in shaping the Cooperative's future. This year, members will elect three directors to serve on REC's Board of Directors.

The 2025 Annual Meeting will be held virtually on Aug. 20 beginning at 7 p.m., offering you the convenience of participating from anywhere. While pre-registration is required to vote during the live meeting, a livestream will be available for all members to watch.

In early July, all REC members will receive a Proxy Designation Form by U.S. Mail. If you have a valid email address on file with REC, you will also receive instructions by email on how to access and complete your proxy designation online.

CHOOSE HOW TO PARTICIPATE IN DIRECTOR ELECTIONS

OPTION 1: DESIGNATE YOUR PROXY ONLINE

If you have a valid email on file with REC, you will receive step-by-step instructions by email. You will be provided with a unique username and password to complete your proxy designation securely online.

Starting July 1, all members can log in or create a profile on MyREC SmartHub to participate in the proxy process.

OPTION 2: MAIL IN YOUR PROXY DESIGNATION FORM

Your Proxy Designation Form will arrive by U.S. Mail in early July. If you do not plan to attend the virtual Annual Meeting on Aug. 20, you can complete and return the form to designate your proxy.

Deadline: Completed forms must be received by 5 p.m. on Aug. 15.

WANT TO VOTE LIVE AT THE VIRTUAL ANNUAL MEETING? You must register between Aug. 11 at 7 a.m. and Aug. 15 at 5 p.m.

Only registered members will receive instructions to join the virtual meeting and vote in real time on Aug. 20 at 7 p.m.



Register at
myrec.coop/register

-OR-



Call
1-800-552-3904



Michael W. Lindsay —Incumbent

Mike Lindsay has been a Director since 2010, Treasurer from 2016-2018 and is currently Vice Chair. He has over 30 years of experience in finance: corporate governance, ethics and audit to the REC Board. He chairs the Finance Committee, serves on the HR Committee and is Board Chair of RECommunications, Inc., an REC subsidiary.

Lindsay previously served on the Virginia Board of the Action Committee for Rural Electrification, a national Political Action Committee focused on the needs of electric cooperatives and their members. Lindsay's career included over 25 years in senior finance positions with an international environmental, engineering and IT firm. He is also a real estate entrepreneur and investor.

His background includes work for the federal government and large professional service firms concentrating on IT and

cybersecurity. His prior experience includes engineering, solar, geothermal and environmental remediation projects. Lindsay's career carried him to Texas, Saudi Arabia, Okinawa and California before returning to his beloved, native Virginia. His numerous professional awards include commendations from the Army and Air Force Exchange Service for efforts on behalf of military members in Saudi Arabia and Kuwait during Operation Desert Shield/Storm.

Lindsay is a Credentialed Cooperative Director and a recipient of the Board Leadership Certificate. He holds a bachelor's from Emory & Henry University. Lindsay and his wife, Becky, reside in Frederick County, where both participate in local activities.

Lindsay served his community as a Director of the Families Reaching Out Group, an organization focused on needs of Foster Families, six years on the Board of the Winchester Youth Development Center (including two years as Chair) and served in county government as a representative on the Public Safety Committee. He's a member of the Frederick County Farm Bureau.



Linda R. Gray —Incumbent

Linda R. Gray is REC VI Director for Caroline County, serving since 1998. She has completed all Director and Board leadership certification courses of the National Rural Electric Cooperative Association.

Gray represents REC on the Educational Services and Scholarship Foundation Committees of the Virginia, Maryland

& Delaware Association of Electric Cooperatives. She has served on the Association's Board and held REC Board positions as Secretary and Treasurer.

She is a graduate of Virginia State College (University) with a bachelor's in sociology. She retired from the Federal Aviation Administration after 32 years of service in various government agencies. She resides in the Sparta community of Caroline County. She serves on the Caroline Foundation for Education, Recreation & Wellness Board in Bowling Green and on the Caroline Chapter 2112 National Association of Retired Federal Employees. She served as Caroline County's first Mentoring Coordinator for the Rappahannock Big Brothers Big Sisters organization.

Gray is a lifelong member of St. James Baptist Church in Milford where she has sang on various choirs, served for many years as president of the Women's Ministry and is currently Chair of the Trustee Ministry.



Mack A. Wright Jr.

Mack Wright was born and raised on his family farm in Caroline County. He continues to live on the farm that was one of the early recipients of cooperative electricity.

He is self-employed as a general contractor and a farmer and is a partner in several real estate endeavors. He is a graduate of Ladysmith High School and completed

business courses at the University of Mary Washington and Reynolds Community College. His education has continued with certifications in wastewater management.

Wright is a lifetime member and trustee of the Ladysmith Volunteer Rescue Squad of which he has been a member since age 17. He has served in all offices and has been president for the past eighteen years. He is a charter member of the Madison Ruritan Club for which he has served as a director and officer. His contributions to the community include serving on the following: member of the Caroline County School Board that included being Chairman for two years; member of the Caroline County Reassessment Equalization Board; Caroline County Redistricting Committee and member and president of the Caroline County Education Foundation.

For the past 23 years he has served as Manager of the Caroline County Agricultural Fair Association and for the past eight years he has served as Treasurer of the Virginia Association of Fairs.



J. Mark Wood —Incumbent

J. Mark Wood has resided in Louisa County for over 54 years. Wood recently retired from the Virginia Department of Transportation (VDOT) as the Area Land Use Engineer for Fluvanna, Louisa and Orange counties. After graduating high school, Wood worked full-time in the surveying and engineering fields while attending college. He earned an associate's degree in civil engineering technology from J. Sargeant Reynolds Community College and a B.S. in civil engineering technology from Old Dominion University.

Wood is licensed as both a Professional Engineer and a Land Surveyor in the commonwealth of Virginia. Wood oversaw land development and permitting activities for VDOT and served on the Fluvanna County Technical Review Committee and the Orange County Application Review Committee. Wood reviewed all land development submittals for potential impacts to VDOT's transportation system. Wood is a graduate of VDOT's Leadership Development Program.

Wood worked for the Virginia Department of Game and Inland Fisheries for 23 years and received national recognition from the States Organization for Boating Access and for his professionalism

in boat access design standards — some of which were adopted nationwide. He has worked extensively on environmental permitting for construction projects from the Department of Environmental Quality, Virginia Marine Resources Commission, Army Corps of Engineers and the U.S. Fish and Wildlife Service.

Wood is a lifetime member of the Louisa County Historical Society and the Greene County Historical Society. He has served as coach and manager for Louisa Little League and AAU Baseball, VDOT Adopt-a-Highway organizer, notary public, Louisa County Agriculture Fair Director, and AWANA worker. He is also an active member of his church, having served as Sunday school teacher, superintendent, treasurer, deacon, chairman of the deacons, and food pantry worker.

Since being elected to the REC Board, Wood has earnestly sought to be fully credentialed and informed of regulations and operations of electric cooperatives. Wood has earned and maintains the NRECA Director Gold Credential. Wood currently serves as the REC Board Secretary and is the Vice Chairman of RECommunications Inc.

Wood and his wife, Becky, reside in their 1880s home located in the Cuckoo area of Louisa County, where Wood has also managed their Tree Farm for the past 39 years.



REC Expects to Give Back about \$8.1 Million to Members

Because REC is a not-for-profit, when there is money left over after paying all expenses involved in providing safe and reliable electric service, your share of that money is assigned to you in the form of cash-back capital credits.

As financial conditions allow, these credits are retired and paid out to members over time.

Each Cooperative must balance the retirements of credits between margins earned decades ago with those earned more

recently. Each year, the REC Board determines the most appropriate balance between maintaining the Cooperative's financial health and returning funds to the membership.

This year, REC expects to give back approximately \$8.1 million in capital credits using a "first in, first out" method, which recognizes longer-term members whose equity in the Cooperative dates back to the late 1980s. As a result, some members may see a credit on their July electric bill.





5 Simple Tips to *Reduce Energy Use and Cut Costs This Summer*



With a few small changes, you can lower your energy use and save money this summer.



Use Fans Wisely

Ceiling fans and portable fans use significantly less energy than air conditioners. By using fans to circulate cool air, you can set your thermostat 4 to 5°F higher without a noticeable difference in comfort. Just remember to turn fans off when leaving the room — fans cool people, not rooms.



Block the Heat with Curtains or Blinds

Sunlight streaming through windows can quickly heat up your home. Close blinds, curtains or shades during the hottest parts of the day, especially on south- and west-facing windows. Blackout curtains or thermal drapes are inexpensive options that provide added insulation and reduce the need for cooling.



Adjust Your Thermostat

Set your thermostat to 78 degrees, or the highest comfortable setting, when you're home and raise it when you're away. If you have a programmable thermostat, take advantage of its scheduling features to automatically adjust the temperature throughout the day. Each degree of cooling you can avoid can save up to 3% on your cooling costs.



Avoid Using Heat-Producing Appliances Midday

Ovens, stoves and even dishwashers produce heat that can make your air conditioner work harder. Shift heavy cooking and laundry to early morning or evening hours when it's cooler. Better yet, grill outside or prepare no-cook meals when possible.



Focused on Keeping Costs Down

"REC's team showed me small changes I could make at home that really added up. Knowing they are looking out for our wallets, especially with everything going on in energy markets, really means a lot."

— Brielle Phillippe, Rappahannock County

Learn how REC works to keep power affordable — and find additional tips and resources YOU can use to keep your bill as low as possible.

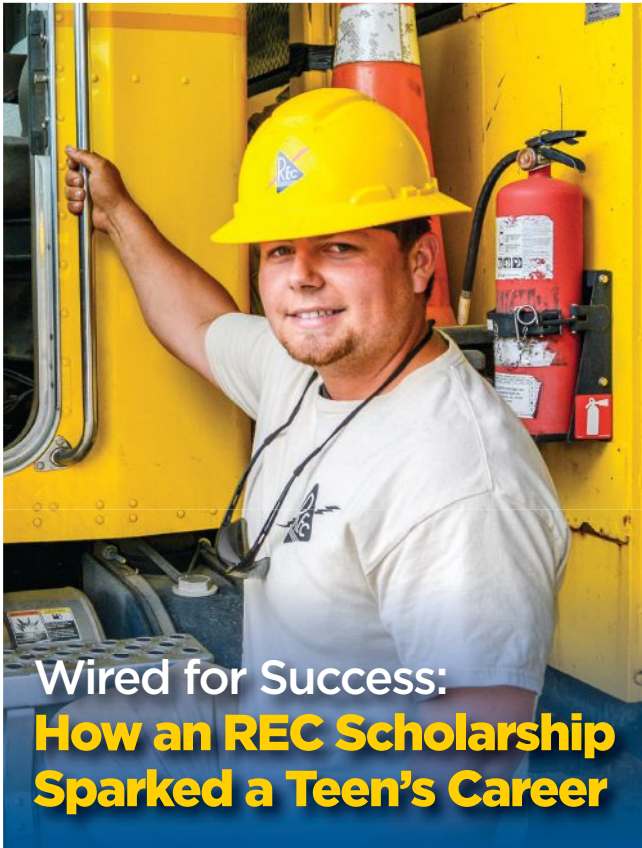
myrec.coop/2025annualreport

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Wired for Success: How an REC Scholarship Sparked a Teen's Career

At just 19 years old, Kemp Davis has already found his calling — climbing poles, restoring power and serving families in the same community he proudly calls home. A recent graduate of the Power Line Worker Program offered by Southside Virginia Community College, Davis now works as an apprentice lineman with REC, the company that helped make his journey possible.

His path to becoming a lineman wasn't always clear. His family runs a bricklaying business, and he worked alongside his father and two older brothers. Leaving the family trade to attend lineworker school was a leap of faith — but one **supported by REC, which awarded him a scholarship to help cover the costs of the 77-day program.**

“When I found out I got the scholarship, it gave me hope,” Davis said. “It helped me bear down on my work. I knew someone had my back.”

Lineworker school was no walk in the park.

“You show up and it's like an army base, barracks, a circle of poles — it can feel overwhelming,” he recalled.

But Davis dug in. Day after day, he focused on improving his skills, and his hard work paid off. He graduated at the top of his 27-person class and earned the Climbing Higher Award. Just days after graduating in April 2025, Davis reported to work at REC.

“I had a couple of days off, but then I was back at it,” he said. “The first day was hectic, but my crew took me under their wing.”



His foreman, Randy Wright, has been a mentor. “He's doing great,” Wright said after Davis' first few weeks on the job. “As far as him retaining information and learning, the REC scholarship and his schooling set him in the right direction to become a good lineman and a valuable employee.”

“I couldn't have done it without my crew,” Davis said. “There's a real brotherhood here. Everyone has each other's back.”

After growing up working shoulder-to-shoulder with his real brothers laying bricks, Davis said it feels natural to now have an additional set of brothers on the line crew, all looking out for one another.

“You're not just going to work. You're helping your community,” he said. “You're turning the lights back on.”

Davis hopes to keep climbing the ranks, one pole at a time.

“Right now, I'm an apprentice — the lowest spot. But one day, I want to be a lineman. That's the goal.”

For anyone considering a similar path, Davis has simple advice: “Go and do it. You might be nervous, but just try. Work hard. Listen. Learn. And love it — because you've got to love this job.”

“REC believed in me,” he says. “They didn't just give me a scholarship — they gave me a future.”



EMPOWERING LOCAL STUDENTS

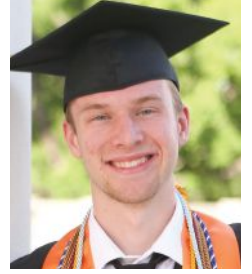
Scholarships Pave the Way to Success

REC is excited to announce this year's recipients

\$2,500 RECIPIENTS



Grace Lasher
Fauquier County
Liberty High School



Hunter Lutz
Culpeper County
University of Virginia

\$1,000 RECIPIENTS



Sarah Carter
Frederick County
Millbrook High School



Delaney Cruey
Madison County
University of Virginia



Kaden Evans
Clarke County
Clarke County High School



Joselyn Flores
Culpeper County
Eastern View High School



Shamari Garnett
Essex County
Virginia Commonwealth
University



Haley Gordon
Hanover County
Patrick Henry High School



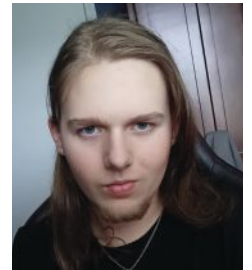
William Lillard
Madison County
Madison County High
School



Hailee Strom Mickle
Caroline County
Virginia Commonwealth
University



Olivia Nay
Greene County
William Monroe High
School



Damian Schafer
Warren County
Laurel Ridge
Community College



Glori Sell
Rappahannock County
Rappahannock County
High School



Isabel Vasbinder
Orange County
Liberty High School –
Bealton



Brandon Wallace
Louisa County
Louisa County High
School



Victoria Whitt
King William County
King William County
High School



Eden Wright
Spotsylvania County
Liberty University

REC Lineworkers Shine at Gaff-n-Go Rodeo

REC lineworkers delivered a strong showing at the 21st Annual Altec Gaff-n-Go Rodeo held May 16–17 at Meadow Event Park in Doswell.

The Gaff-n-Go competition is the only event of its type held in Virginia. The name Gaff-n-Go refers to the “gaff,” a metal spike that lineworkers attach to their boots to help in climbing wooden utility poles. Besides the competition, the gathering provides a variety of benefits for the linemen — and REC’s members.

“It’s an outstanding opportunity for our lineworkers and our crews to show off their skills in action, to demonstrate their commitment to safety and to show how they team up and partner to get the job done,” said John Hewa, REC’s President and CEO.

In the Equipment Operator’s category, the team of Thomas Bailey, Alister Pollard and Addison Spicer brought home first place overall with a perfect score. The trio also earned perfect scores in the Wire Transfer and Bucket Truck Hurtman Rescue events, and the Digger Derrick/Mini-Excavator Obstacle Course, where they secured a first-place finish.

The team of Chris Farmer, Chad Foster and Trey Roberts also earned perfect scores in

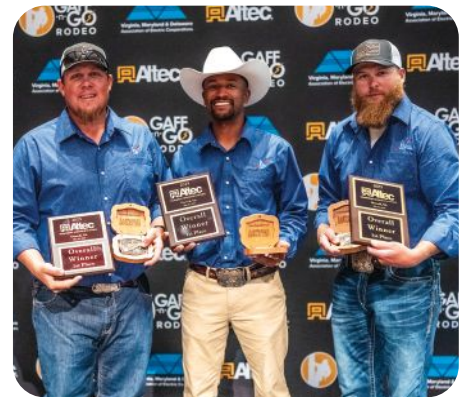
both the Wire Transfer and Bucket Truck Hurtman Rescue events. Additionally, Sean Davis, Cameron Lewis and Thomas Mullen received perfect scores in the same events.

In the Journeyman division, the team of Brandon Hudson, Devin Hudson, and Kory Settle placed seventh overall with a nearly perfect score of 494 out of 500. They also took third place in the Working Skills event with a perfect score and earned perfect scores in the Hurtman Rescue and 15-KV Fuse Coordination events.

Also earning perfect scores in the Journeyman Hurtman Rescue and 15-KV Fuse Coordination were Colby Monroe, Matt Murphy and Steven Savage; and in the 15KV Fuse Coordination event, Cameron Lewis, Foster Pearson and Randy Wright.

In the Apprentice division, Jordan Stevens placed fourth overall with 494 points out of 500, and Austin Lambert placed seventh with 492 points. Stevens also placed in the top 10 on the written test.

BONUS ONLINE CONTENT: View the full list of winners, bonus photos and a video from the competition: myrec.coop/2025gaffngo.

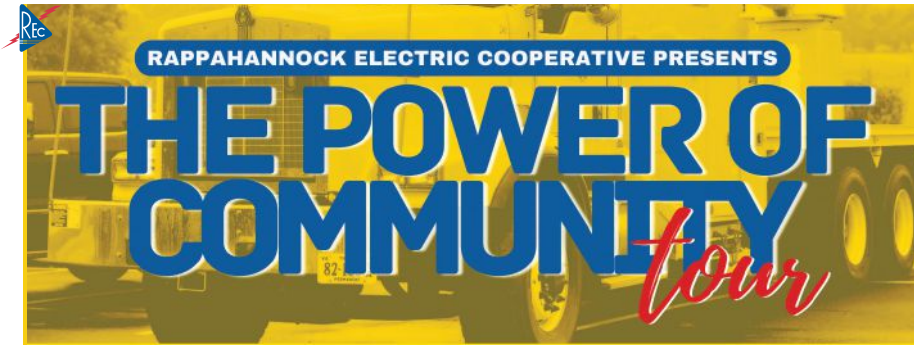


REC Teams Bring the Heat at Gaff-n-Grill BBQ Competition

While Gaff-n-Go competitors were climbing poles and tackling obstacle courses, REC’s barbecue teams were serving up smoky flavor at the Gaff-n-Grill competition.

Team Smokin’ and Smotherin’, made up of Allie Wilfong, William Wilfong and Kevin Ryan, placed seventh overall. They earned fourth place in the pork butt category and secured a top 10 finish in the sweets category. Second Hand Smoke, represented by Kristie Lockhart, Cody Lockhart and Matt Fauver, took eighth place overall. The team landed a top 10 finish in the pork belly category and claimed third place in the pork butt category.





JULY

Playin' in the Park
Orange, Va.

TBD

Beaverdam July 4th Parade
Hanover, Va.

JULY 4

Madison County Fair Parade
Madison, Va.

JULY 16

Madison County Fair
Madison, Va.

JULY 18

Caroline's Promise School Supply Drive
Caroline, Va.

JULY 26

Warren County Fair
Warren, Va.

JULY 30

Frederick County Fair
Frederick, Va.

JULY 31



John D. Hewa
President &
Chief Executive
Officer



Board of Directors
Michael W. Lindsay
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Christopher G. Shipe
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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

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Rappahannock Electric Cooperative is an
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Nonprofits: Apply for Funds from The Power of Change

If your nonprofit needs funding to support an initiative, applications are now open to apply for funds from The Power of Change. Each month, thousands of REC members give voluntarily to The Power of Change. Gifts can be a set monthly amount, a one-time donation, or members can round up their bill to the next whole dollar. The average monthly donation is just 51 cents.

Twice a year the donations from The Power of Change are made available to nonprofit, charitable organizations across our service territory. These funds are invested back into our communities to support low-income residents, senior citizens, veterans and others in need.

Apply online at
thepowerofchange.org
by Aug. 10.



Office Closing for Fourth of July

REC's offices will be closed for the Independence Day holiday on July 4. If you experience a power outage or power emergency during this time, our Dispatch Center is open 24 hours a day to take your call at 800-552-3904 and send repair crews. You also can report an outage in MyREC SmartHub, at myrec.coop/out or by texting Out to 63273.



Healthy on a Budget

Affordable and healthy meal ideas for your next grocery trip

by Vanessa LaFaso Stolarski, Contributing Columnist

These days, grocery store penny-pinching has become a necessity, but tasty flavors and quality nutrition can still be on your dinner menu. With a dash of old-fashioned know-how and a sprinkle of creativity, anyone can stretch their grocery budget and still eat well. Let's talk about how to make your dollar go further at the checkout line while still cooking healthy, delicious meals.

To start, try planning daily meals at the beginning of the week. Sit down with your calendar and jot down what you want to cook, considering how much time (and energy) you expect to have to prepare the meal. This simple habit prevents last-minute store runs and sneaky junk food impulse buys that wreak havoc on the budget and, ultimately, on your health. By using this technique, you can shop smarter and stick to your list, leaving less room for waste and more room for savings.

Next, do a quick scan of your pantry. Make a list of any items your family uses the most and tack it up inside or near your pantry door. The quick-reference sheet will help you narrow down what you need to avoid overspending and leave less room for waste. Consider buying in bulk staples such as rice, pasta and oats, or packaged goods like canned tomatoes. Most of these common items cost less when you buy them in bulk.

While fresh produce can be expensive, buying seasonal produce tends to be easier on the wallet. Fruits and vegetables that are in season also taste better and typically contain a higher nutrient content. Check with your local farmers market or produce stand for bargains, and while you're there, ask the vendor for cooking tips. If that's not possible, frozen vegetables are a cost-effective substitute and can also be bought in bulk.

Here are three cost-effective dinner ideas to feed your family:

Recipe:

HEARTY BEAN AND VEGGIE CHILI

Ingredients:

- 1 can black beans
- 1 can diced tomatoes
- 1 bell pepper
- 1 onion
- 1 cup corn

Dice onion and bell pepper. Spray a pan with cooking oil and sauté over medium heat until soft. Add remaining ingredients and simmer for 20 minutes. Mix with chili powder. Season with salt and pepper, to taste.



Recipe:

SIMPLE BAKED CHICKEN AND VEGGIES

Ingredients:

- 4 bone-in chicken thighs
- 4 carrots
- 1 head of broccoli
- 2 potatoes
- 2 tbsp olive oil

Preheat the oven to 400 degrees. Chop carrots, broccoli and potatoes. Toss the vegetables in olive oil. Place the ingredients on a baking sheet. Bake for 35-40 minutes. Season with salt and pepper, to taste.



Recipe:

PASTA WITH GROUND BEEF AND SPINACH

Ingredients:

- 1 lb ground beef
- 12 oz pasta
- 4 cups fresh spinach
- 4 cloves of garlic
- 2 tbsp olive oil

Cook pasta according to instructions. Sauté garlic in olive oil over medium heat. Add beef until browned. Add spinach until wilted. Toss in pasta. Season with salt and pepper, to taste.



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.

All the Dirt on Creating Good Soil

Prepping for a plant paradise

by Scott Burrell, Contributing Columnist

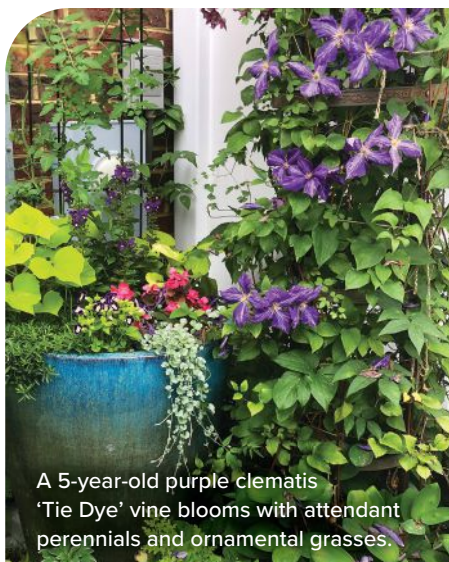
Many great plants are tough as nails, but even the most resilient may still fail the gardener or landscaper over time.

There are the usual suspects: disease, insects, water and sun issues, as well as humidity and temperature conundrums. For this gardener, soil is the foundational essential for the long life or quick death of plants. Build a great soil and you mitigate many of the other needs — from water to nutrients — that affect plant life.

What is soil? Put simply, it's a living entity — the web of minerals, organic matter, air, water, pore space, soil organisms and humus (a carbon-rich organic material) beneath your feet. When picked from its native environment and placed in your hand, it's called dirt. Hundreds of books on soil science exist, and all agree on a vital component: organic matter. Think composted leaves, manure or other decomposed natural items.

When these are added in adequate amounts to the soil, the benefits are immense: They bind mineral particles into larger aggregates, improving soil structure while enhancing drainage in heavy soils and water-holding capacity in sandy soils; they buffer soils against pH changes, minimizing soil compaction; and offer fungi, bacteria and other microorganisms for promoting healthy growing conditions.

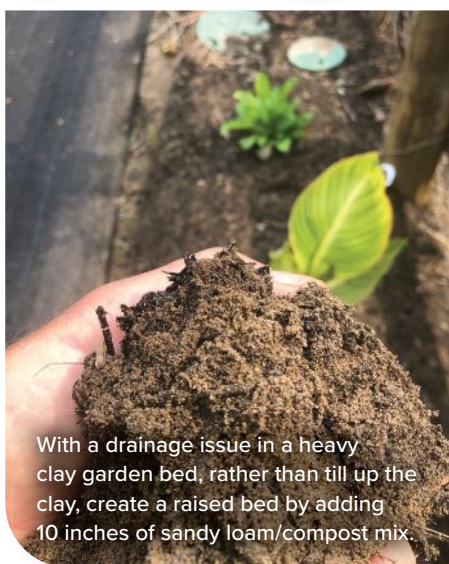
There are three main soil types — sand, silt and clay. Clay soils are notorious for poor drainage and oxygen-poor conditions that are bad news for plants. Silt is a bit coarser in texture and feels



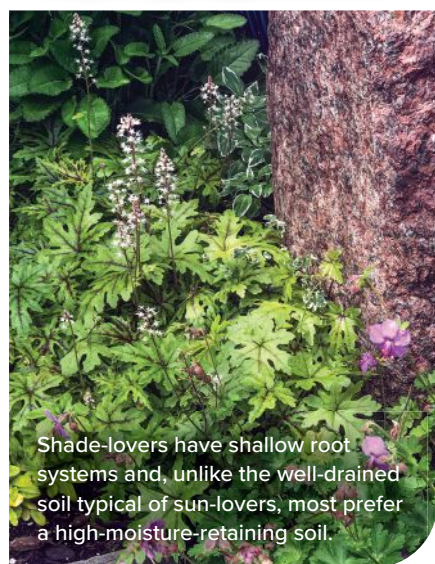
A 5-year-old purple clematis 'Tie Dye' vine blooms with attendant perennials and ornamental grasses.



A dwarf Japanese maple in its 12th year of growing in a container.



With a drainage issue in a heavy clay garden bed, rather than till up the clay, create a raised bed by adding 10 inches of sandy loam/compost mix.



Shade-lovers have shallow root systems and, unlike the well-drained soil typical of sun-lovers, most prefer a high-moisture-retaining soil.

like flour when rubbed between your fingers. Finally, sand is the coarsest of the three soil texture categories. When combined in various proportions, these three textures give rise to a range of soil types, from the coastal plains to the highlands.

My home garden soils are nearly right where I want them — a loam soil that combines all three of these types of particles — clay, sand and silt — in relatively equal amounts. Organic matter additions can correct many of the problems of less-than-ideal soils.

So, here's the practical solution: Virginia, Maryland and Delaware all have a Cooperative Extension network

that can analyze your soil samples. The results will provide you with a clear understanding of your soil's composition. Just getting your pH right (raising it with lime or lowering it with sulfur, for example) ensures that your plants have access to major nutrients — such as nitrogen, phosphorus and potassium — and micronutrients, while avoiding the potential toxicity of aluminum in low-pH soils.

I will have more to say about good soil — and what to plant in it — in the September issue of *Cooperative Living*. ●

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

PHOTOS COURTESY SCOTT BURRELL

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Where engineering excellence meets sleek design – a lightweight, safe, customizable, and stylish scooter for **UNLIMITED FREEDOM**.

Numerous scooters with various features and capabilities are on the market, making it crucial to select the one that best suits your requirements.

How did Anna start to enjoy life to the fullest?

At the age of 56, a back operation left me dependent on a cane, significantly impacting my daily life. Simple tasks like going to the store or meeting friends became challenging, and I even had to cancel a long-awaited anniversary trip to Italy.

My husband purchased a scooter for me, but it was cumbersome and uncomfortable for everyday use, leaving me feeling more constrained than liberated. However, everything changed when I came across the ATTO SPORT. This remarkable scooter proved to be a game changer. Not only is it robust and reliable, but it also conveniently splits into two pieces, allowing me to effortlessly lift it into my car trunk on my own. I was even able to stow it in the overhead compartment on the plane, enabling us to finally take that trip to Italy! I am now independent once more, able to go wherever I please and do so with a striking sense of style. In fact, I now find that my husband struggles to keep up with me!



CRUISES



ROAD TRIPS



FLIGHTS

What makes ATTO so unique?

- **Independence & Convenience:** Easy to use and conveniently folds into a compact suitcase size for simple storage. It easily separates into two parts in seconds, with the heaviest piece weighing just 37 pounds, making it easier to lift into your car trunk.
- **Go Anywhere:** Conquer any terrain with puncture-proof, shock-absorbing tires and a 4-inch ground clearance. Equipped with electronic stability control for added safety on descents and turns, it is also flight-approved, ideal for air travel and cruise ships. With a driving range of up to 12.5 miles (25 miles with the XL battery), a top speed of 6.2 MPH, and a maximum weight capacity of 300 pounds, this durable scooter is designed for longevity.
- **Top-Notch Engineering:** Guaranteeing both comfort and durability, this scooter offers ample legroom and a big comfortable seat. The ATTO is super portable and lightweight, and still rides like a heavy-duty scooter.
- **Unmatched Stylish Design:** You deserve a mobility solution that doesn't just get you from A to B but makes you feel great while doing so. ATTO stands out from the crowd with its stunning design.

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Ice Cream...

Ice cream is one of the best loved treats on planet earth

story and artwork by Anne M. Dellinger, Contributing Columnist

It appeals to all age groups from grandpas to toddlers for a lot of reasons — it comes in many flavors, it tastes great during any season, it can be eaten anywhere and it can turn a frown upside down!

Studies have shown that eating ice cream can chase away the blues by reducing anxiety and stress. With your first bite, this cure-all comfort food triggers the brain to recall a pleasing experience, like a birthday party with cake and ice cream, and transports you to your happy place.

Of course, you cannot rely on ice cream alone to make your life fulfilling and cheery. But it doesn't hurt to have some on hand for those bumper days when your spirits need a lift.

In fact, statistics show that 87% of Americans have ice cream in their freezers, at any given time, ready to serve up a smile when needed.

Ice cream's popularity has generated many sayings and quotes that express a love for this treat. How many of these expressions have you heard?

"Life is short, eat ice cream first."

"One scoop is never enough."

"I scream, you scream, we all scream for ice cream."

"Ice cream makes everything better."

On a hot, humid summer day, when all of these words about ice cream hold true, you might begin to wonder **when** ice cream was invented.

It is impossible to pinpoint a specific date but its origins can be traced back to ancient times.

Here are a few scoops of ice cream's long history.



(500 BC) — The Persians were making iced treats using snow, ice and grape juice.



(1700s) — Ice cream began appearing in the American colonies but it was a delicacy that was enjoyed mostly by the rich, upper class of society.

The first documented instance of ice cream being served in America happened in May 1744.



The Coolest Dessert of All

At a formal dinner, Maryland's colonial governor, Thomas Bladen, amazed his guests with a frozen dessert that could be eaten during the warm months!

George Washington and Thomas Jefferson loved ice cream so much that they had custom ice cream machinery and refrigeration units installed at their country estates. (Jefferson is even credited with writing down the first known ice cream recipe in American history!)



(1774-1776) — First ice cream parlor opens.

Ice cream was still a foreign curiosity to the common people, until a candymaker in New York City started serving the frozen treat in his sweet shop, making it available to all. (Quite coincidentally, this first ice cream shop emerged at the same time as the country itself!)



(1800s-1900s) — Ice cream's popularity grew as it became more available to the general public.

Thanks to the creative efforts of ice cream lovers, these were a few of the great things that happened:

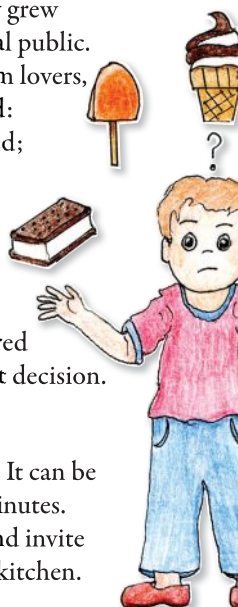
- a hand-cranked ice cream maker was invented;
- ice cream factories were established;
- new flavors were introduced; and
- the ice cream cone was created.



(2000s) — Today, in the 21st century, there are so many ways to savor this adored treat that choosing a favorite is a difficult decision.

So much ice cream ... so little time

Another way to enjoy ice cream is **IN A BAG**. It can be easily made in your home, ready to eat in a few minutes. Ask mom or dad to help gather the ingredients and invite some friends, with permission, to join you in the kitchen.





INGREDIENTS:

- One cup light cream or half-and-half
- One cup heavy cream
- ¼ cup sugar
- 1 teaspoon vanilla
- Ice cubes
- ½ cup kosher or rock salt
- 1 quart-size sealable plastic bag
- 1 gallon-size sealable plastic bag

DIRECTIONS:

Measure the creams, sugar and vanilla and pour into the quart-size bag, sealing **tightly**.

Fill the gallon-size bag ¾ full of ice and add salt. Put the sealed smaller bag inside and zip up the larger bag.

Shake ... shake ... shake! It will take about five to eight minutes of steady, rigorous shaking for the ice cream to harden.

Then, rinse off the small bag with cold water, grab a spoon and eat your ice cream right out of the bag! Sprinkles, fruit or nuts can be added for extra pizzazz.



As you chill out, quiz your family or friends with some ice cream trivia.

- What are the three most popular ice cream flavors in America, according to surveys?
- Approximately, how many licks does it take to finish a standard scoop of ice cream on a cone?
- Which U.S. state produces the most ice cream?
- What is the most popular ice cream topping?

Ice cream is much more than a cool dessert. Whether you eat it in a cone, on a stick or even in a bag, its magic lies in the memories it creates and the happiness it brings. ●

TRIVIA ANSWERS:
• VANILLA, CHOCOLATE AND STRAWBERRY
• 50 LICKS FOR AN ICE CREAM CONE
• CALIFORNIA
• CHOCOLATE SYRUP IS THE MOST
POPULAR TOPPING



CALLING ALL Super Sleuths

George Washington and Thomas Jefferson were not the only U.S. presidents who loved ice cream. A famous president in 1984 adored the cool dessert so much that he established July as National Ice Cream Month and the third Sunday in July as National Ice Cream Day.

Help Hay Seed and City Slicker discover the name of the 40th U.S. president who viewed ice cream as *"a nutritious and wholesome food ... the perfect dessert and snack food."*

- Find a July 1984 calendar page in this magazine.
- Give the name of the U.S. president found on the calendar.
- What is your favorite ice cream treat?
- How do you feel when you eat ice cream?

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.

MAY Super Sleuths

The **May Super Sleuths** was about nature's heroes — pollinators. For a chance to win a **\$25 Amazon email gift card**, kids were asked to find and name the insect hidden in the issue and give the page number. They were also asked to describe how large the insect is in real life, as well as name the parts of the world where the cacao tree and its pollinators are located. Lastly, they were asked to name their favorite chocolate candy.

The winning answers are:

- Chocolate midge fly, page 34
- 1 to 3 millimeters
- Tropical rainforests in Central America, South America, Africa and Asia
- Reese's

OUR WINNER IS MEMPHIS.

Congratulations, Memphis!



Sweet & Fruity

DESSERTS

Try your hand at one of these scrumptious treats!

Cherry Coffee Cake

recipe courtesy of Family Features/Culinary.net

Ingredients:

- 1 can (12.4 oz.) refrigerated cinnamon rolls with icing
- 1 ½ cups (21-oz. can) cherry pie filling
- ½ cup slivered almonds or pecans (optional)

Directions:

Heat oven to 375 degrees. Spray 9-inch round cake pan with nonstick cooking spray. Separate cinnamon roll dough into eight rolls; cut each roll into quarters. Place dough rounded side down in pan. Spoon pie filling over rolls. Sprinkle almond slivers or pecans over cherry filling, if desired. Bake 25-35 minutes, or until golden brown. Invert onto plate or cutting board. Invert again onto serving plate. Remove lid from icing. Microwave 3-10 seconds. Stir icing and drizzle over warm coffee cake. Serve warm.

Blueberry Lemon Bundt Cake

recipe courtesy of Family Features/Culinary.net

Ingredients:

- 1 pint fresh blueberries, rinsed
- 1 box lemon cake mix
- 1 stick butter, melted
- 4 eggs
- 1 cup milk

Glaze:

- 3 tablespoons melted butter
- 1 cup powdered sugar
- 3 tablespoons milk

Directions:

Heat oven to 350 degrees. Grease bundt pan and place rinsed blueberries in bottom. Mix cake mix, butter, eggs and milk; pour on top of blueberries. Bake 35 minutes. Let cool and remove from pan.

To make glaze: Mix butter, sugar and milk then pour over cake.



Frosted Banana Cake

recipe courtesy of Family Features/Culinary.net

Ingredients:

- 2 medium ripe bananas
- ½ cup butter, softened
- 1 ½ cups sugar
- 2 eggs
- 1 cup sour cream
- ¼ teaspoon vanilla extract
- 2 cups flour
- 1 teaspoon baking soda

- ¼ teaspoon salt
- Nonstick cooking spray

Frosting:

- 1 pkg. (8 oz.) cream cheese, softened
- ½ cup butter, softened
- 2 teaspoons vanilla extract
- 3 cups powdered sugar

Directions:

Heat oven to 350 degrees. Peel, slice and mash ripened bananas; set aside. In large bowl, beat butter and sugar until fluffy. Add eggs, sour cream and vanilla; blend well. Gradually add in flour. Stir in bananas. Add baking soda and salt; mix well. Prepare 9x13-inch baking pan with nonstick cooking spray. Pour batter into baking pan. Bake 20-25 minutes, or until toothpick inserted into center of cake comes out clean. Let cool.

To make frosting: In large bowl, beat cream cheese, butter and vanilla extract until fluffy. Gradually add powdered sugar. Mix until well combined. Frost cake. Store in refrigerator until ready to serve.



GOT A
TASTY TREAT
TO SHARE?

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

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

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Requiem for a Grilled Hot Dog

Memories of summer cookouts

by Margo Oxendine, Contributing Columnist



It's prime time for summer cookouts. I'm sure you've fired up the grill several times already. Hot dogs, hamburgers,

chicken — and steaks if you can afford them these days.

Perhaps you've also thrown some corn on the cob, potatoes and other veggies on the grill. Hey — less stove to clean!

I am longing for cookout food. I love it! But firing up a grill isn't something one usually does when there are no others in your household. I really wish someone would invite me for a cookout. I'd even bring the bratwurst!

I'd fudge and say that I don't even have a grill, but I do. It is the smallest thing made; I've had it for ages and haven't used it in about as long.

But my tiny grill sure came in handy one particular summer a few years ago when the derecho blew through and turned us all upside down. The power

went out for seven days, which is a long time to go without a hot shower, dishwashing, TV or the stove.

Every night, my buddy from down the street would walk up the driveway, and we'd fire up the grill. I used those little bags that you just set a match to; I'm sort of afraid of lighter fluid. I don't like much of anything to do with fire, truth be told. Anyway, we'd cook whatever was still left in the non-running freezer and hope it hadn't yet spoiled.

Hours before the derecho, I had just gone grocery shopping. I was expecting friends to come over for the Fourth of July and I wanted to treat them well. So, I bought filet mignon along with other expensive things. It seems I'd no sooner gotten everything packed into my freezer when the derecho came in and we lost power for a week.

At least my friend and I had that little grill. We used it every night and relished our filet mignon. Ironically, we were in dire straits



but were eating expensive steaks.

After the meat was cooked, we used the hot grill to wash silverware. We'd put a pan of water on the grill and wait until it warmed up enough to rinse off the utensils at least. Thank heavens for paper plates during that powerless time. I detest plastic utensils, so we used real silverware. No matter how tender a steak is, you can't cut it with a plastic knife. Luckily the silverware was about all we had to wash.

Now I sit on the porch each night, eating my stove-cooked dinner, and I can smell the neighborhood grills. It makes me hungry, even though I have food on my paper plate (a bad habit I've acquired). I wish I could just show up and be invited to join the fun.

I'm reminded of the biggest and best cookout I ever attended, and the last. There were just four of us. There were four or five meats, and a dozen side dishes of delectables on the overfull table. It was glorious!

Today, I'd be happy with grilled hot dogs, complete with dark grill marks. Yum! ●

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.

[SCENE IT!]



PHOTO BY CINDY BOWLER, MEC 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 **July 20**. The winner will receive a \$25 Amazon email gift card.

BUSINESS

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

REAL ESTATE

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

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

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

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

CL ADVERTISING INDEX

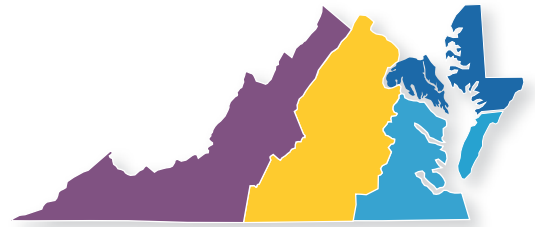
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County Line Materials	7
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Events Around the Area

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

JULY

18 ORKNEY SPRINGS. Shenandoah Valley Music Festival. 81 Shrine Mont Cir. Musicfest.org

28-Aug. 2 CLEAR BROOK. Frederick County Fair. Frederickcountyfair.com

AUGUST

1-2 BUCHANAN. Botetourt County Fair. Buchanan Town Park. Times vary. Blueridgecountry.com

PIEDMONT

JULY

16-19 MADISON. Madison County Fair. 1015 Fairground Rd. 540-948-7073. Madisoncountyfairva.com

18-19 CLARKSVILLE. Virginia Lake Festival. Clarksvilleva.com

19 WALKERTON. Christmas in July. Locust Grove Farm. 804-239-9409. Locustgrove1665.com

25 MANASSAS. High School Musical Jr. Grace E. Metz Middle School. 7-9 p.m. Info@virginiaartfactory.org Virginiaartfactory.org

AUGUST

2 MANASSAS. 32nd Manassas Annual African American Festival. Metz Middle School. 11 a.m.-6 p.m. 703-369-2475. Maahf.com

6-10 BRANDY STATION. Brandy Station Vol. Fire Dept. Annual Fair, Parade and Tractor Pull. 20057 Fleetwood Heights Rd. 540-825-0354. Bsvfd.com

TIDEWATER

JULY

18 CHINCOTEAGUE. Misty's Birthday Party. 6733 Maddox Blvd. 2-4 p.m. Events@chincoteaguechamber.com Chincoteaguechamber.com

24-26 CHINCOTEAGUE. Chincoteague Blueberry Festival. The Chincoteague Center. 757-894-2334. Chincoteagueblueberryfestival.com

26 STRATFORD. First Africans Day. Stratford Hall. 10 a.m.-6 p.m. Stratfordhall.org

AUGUST

2 PARKSLEY. Be Well Block Party. Downtown Parksley. 9 a.m.-12 p.m. 757-414-0400. Eshr.org

13 STRATFORD. Wind Down Wednesday: Open Air Concert Series. Stratford Hall. 5:30-8 p.m. Stratfordhall.org

MARYLAND

JULY

26 SNOW HILL. Summer Music Series: Margot Resto & Co. 3816 Old Furnace Rd. 5-8 p.m. Furnacetown.org

AUGUST

1-3 FEDERALSBURG. Eastern Shore Threshermen & Collectors Assoc. Inc. 65th Annual Wheat Threshing, Steam & Gas Engine Show. 5806 Federalsburg Hwy. 10 a.m. 410-673-2414.

2 SNOW HILL. 25th Anniversary Blessing of the Combines. Downtown Snow Hill. 10 a.m. Blessingofthecombines.org

2 OCEAN PINES. Ocean Pines Pine'er Craft Club 47th Annual Craft Fair. White Horse Park. 9 a.m.-3 p.m. Tld4848@yahoo.com

9 PRESTON. Peach Festival. 3680 Choptank Rd. 9 a.m.-2 p.m. 410-673-7538. Office@bethesdapreston.faith

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



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Sept. 1 for Oct. 15-Nov. 15

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

Avoid sweating your electric bill

this summer with these simple tips to save energy.



- ✓ **Close Your Blinds:** By blocking the sun's rays, you prevent heat from entering your home.
- ✓ **Adjust Your Ceiling Fans:** Switch your fans to run counterclockwise during the summer. This creates a cooling downdraft by producing a "wind chill effect."
- ✓ **Install a door sweep:** By sealing the gap between the bottom of your door, it prevents unconditioned air from coming in and conditioned air from escaping from your home.
- ✓ **Keep air ducts clear from obstructions:** Move furniture, drapes and anything else blocking air ducts and cold-air returns. Blocked vents reduce air flow and stress your furnace.

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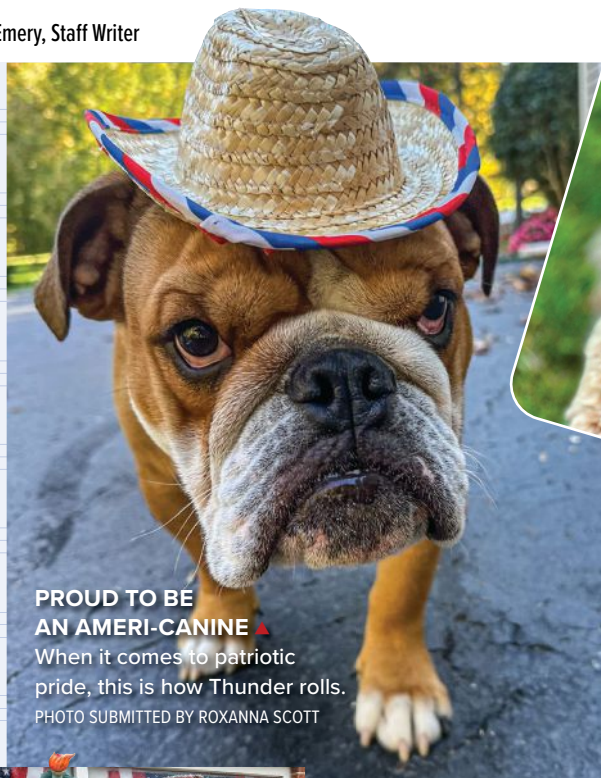
by Laura Emery, Staff Writer

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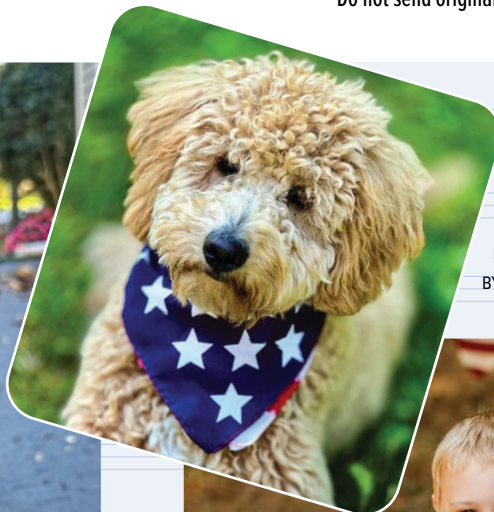
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You may also mail your photo(s) to: Say Cheese, 4201 Dominion Blvd., Suite 101, Glen Allen, VA 23060. Do not send originals; photos cannot be returned.



PROUD TO BE AN AMERI-CANINE ▶

When it comes to patriotic pride, this is how Thunder rolls. PHOTO SUBMITTED BY ROXANNA SCOTT



◀ OH MY STARS!

Clover is one patriotic pooch. PHOTO SUBMITTED BY LYNN PETERS



ALL-AMERICAN BOY ▶

Nicholas is proud to be an American. PHOTO SUBMITTED BY SARAH BRATTEN



◀ WHEELIE PATRIOTIC

This tire shop pumped up the patriotism with a fun display. PHOTO SUBMITTED BY LORA JENKINS



TWEET LAND OF LIBERTY ▼

A blue jay and a cardinal have a standoff over corn kernels. PHOTO SUBMITTED BY AERIS HAWKINS



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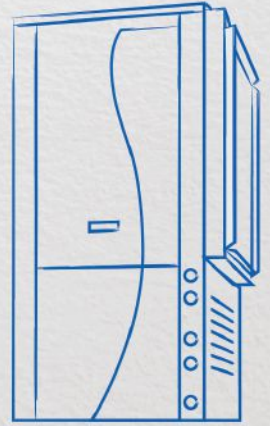
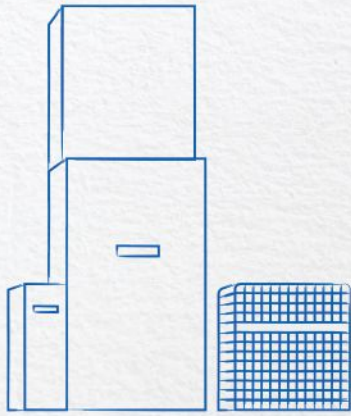

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