



**A FAMILY REINVENTED**  
LONG ROAD TO RECOVERY AFTER ATTACK  
D1

< HEALTH



**TOWN EVENT FOR THE BIRDS**  
C. BEACH SET TO CELEBRATE OSPREY, MORE  
C1

< REGION



**HEALERS FOR AREA ATHLETES**  
HIGH SCHOOL TRAINERS TAKE GROWING ROLE  
B1

< SPORTS



**COUPONS INSIDE**  
THIS WEEK, SAVE UP TO  
\$244

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WEATHER: HIGH 62, LOW 32. B6

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SUNDAY, MARCH 31, 2019

## THE LINK BETWEEN WELLNESS, INCOME



PHOTOS BY PETER CIHELKA / THE FREE LANCE-STAR AND ISTOCKPHOTO.COM

# Stafford's wealth may explain health ranking

BY CATHY DYSON  
THE FREE LANCE-STAR

The Beatles said money couldn't buy them love, but it certainly seems to be a key to better health and longer lives, according to the 2019 County Health Rankings Report.

Stafford County ranked 14th in Virginia—highest among its neighbors in the Fredericksburg region—in the study that looks at how long people live and how healthy they feel. Coincidentally, Stafford also has the highest median household income at \$111,200, and the highest life expectancy in the region with 80 years, five months.

Stafford is closest to the relative affluence of Northern Virginia, which has the top four finishers in the report, compiled by the Robert Wood Johnson

Foundation and the University of Wisconsin Population Health Institute.

Loudoun County ranked first, followed by Arlington County, Fairfax County and Falls Church City. Albemarle County, a suburb of Charlottesville, finished fifth.

Also finishing in the top third of state rankings are the counties of Spotsylvania (No. 26), King George (No. 32) and Culpeper (No. 41).

Orange County (No. 48), Fredericksburg (No. 72) and Caroline County (No.

77) finished in the middle third of the state rankings while Westmoreland County was in the bottom third, ranking 92nd out of 133 jurisdictions.

A look into the guts of the report offers some interesting tidbits on the Fredericksburg region and how people are faring in terms of keeping themselves healthy, wealthy and wise. The study used data from 2016 for its rankings.

As a result of Stafford having more

SEE RANKINGS, A8

# City man sought in wife's death dies

'PERSON OF INTEREST' APPEARS TO HAVE KILLED HIMSELF FOLLOWING A POLICE CHASE

BY KEITH EPPS  
THE FREE LANCE-STAR

A Fredericksburg man who was wanted for questioning in connection with his wife's homicide killed himself after a police chase that ended Friday in Albemarle County, police said.

Barry Nelson Sullivan, 45, had been labeled as a person of interest by police in the death of his wife, 44-year-old Karen Woodall. She was found dead in her home in the Crestview Apartment complex off Fall Hill Avenue on Thursday morning.



Sullivan

Fredericksburg police have not released Woodall's cause of death, though court records state she had a head wound when she was discovered.

According to a joint press release  
SEE SLAYING, A8

# Medicaid families advised to file appeals

WORKSHOP GIVES ADVICE TO PEOPLE WITH GRIEVANCES OVER WAIVER CUTS, PAYMENTS

BY CATHY DYSON  
THE FREE LANCE-STAR

State officials who look into complaints about Medicaid—including cuts that have been made and attendants who haven't been paid—encourage parents having problems to take action.

"Let your voice be heard," said Susan Johnson, an ombudsman with the Virginia Department for Aging and Rehabilitative Services.

She and fellow ombudsman Linda Hamrick were two of the speakers at a workshop presented Friday by the disAbility Resource Center in Fredericksburg. About 25 parents and caregivers heard the history of problems since the Virginia Department of

SEE MEDICAID, A8

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**Spring 5k FEVER**  
Stafford Hospital

8:30 am Sat. April 6  
Stafford Medical Pavilion

USATF certified course starting and finishing at Stafford Hospital A family-friendly Coldwell Banker Elite Grand Prix Run/Walk. Proceeds benefit Stafford Hospital Foundation.

For race details about online, in-person or mail-in registration and packet pick-up locations:  
[StaffordRaceSeries.com](http://StaffordRaceSeries.com)



Stafford's new race series includes 3 races. Sign up and run/walk all 3 races to receive a commemorative race series medal, t-shirt and gift on completion of the final race.

For details on all races:  
[StaffordRaceSeries.com](http://StaffordRaceSeries.com)







**OH, YOU CAN GRILL THAT**  
USE FLAMES TO MAKE BREAD, POLENTA, PIZZA  
**C1**

< **FOOD**



**LETTERS FROM OTTO FRANK**  
MAN DONATES NOTES FROM ANNE'S FATHER  
**A5**

< **NATION**



**STAFFORD'S YOUNG GUN**  
FRESHMAN JORDAN GIVES INDIANS SPARK  
**B1**

< **SPORTS**

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**WEDNESDAY, JUNE 12, 2019**

## REPUBLICANS TURN TO MILDE



MIKE MORONES / THE FREE LANCE-STAR

Former Stafford County Supervisor Paul Milde celebrates with supporters Tuesday night at Paradise Diner following his victory over Del. Bob Thomas in the Republican primary for the 28th District House seat.

BY JAMES SCOTT BARON  
THE FREE LANCE-STAR

Former Stafford County Supervisor Paul Milde edged incumbent Del. Bob Thomas in a rematch Tuesday to earn the Republican nomination for the 28th District House seat representing parts of Stafford County and Fredericksburg.

Complete but unofficial returns show Milde winning 2,974 to 2,831 over Thomas, who beat Milde in the 2017 primary to succeed retiring House Speaker Bill Howell.

"We're happy, of course, ecstatic, and proud of the hard work that our team put in. We knocked on really a record number of doors," Milde said Tuesday night. "I'd say, most importantly, I'm heartened that the voters of Fredericksburg rejected the politics of personal destruction and I'm looking forward to a clean campaign in Novem-

### HOUSE RESULTS

**28th House District**  
Republican  
51.4% Paul Milde ..... 2,974  
48.6% Bob Thomas Jr. .... 2,831

**88th House District**  
Democrat  
74.1% Jessica Foster ..... 2,003  
25.9% Kecia Evans ..... 699  
—Unofficial results from Virginia Department of Elections



Foster

nomination this year in the district representing parts of Stafford County and Fredericksburg.

"I can say I'm a little sur-

ber against Josh Cole."

Cole, who narrowly lost to Thomas in the 2017 general election, was unopposed for the Democratic

The 28th District is considered a key general election race in determining control of the General Assembly, where Republicans now hold a two-seat advantage.

### SENATE RESULTS

**17th Senate District**  
Republican  
82.3% Bryce Reeves ..... 6,287  
17.7% Rich Breeden ..... 1,351

**17th Senate District**  
Democrat  
78.6% Amy Laufer ..... 5,975  
21.4% S. Ben Hixon ..... 1,631

—Unofficial results from Virginia Department of Elections

**24th Senate District**  
Republican  
57.4% Emmett Hanger Jr. .... 11,122  
42.6% Tina Freitas ..... 8,268

**28th Senate District**  
Democrat  
60.1% Qasim Rashid ..... 3,302  
39.9% Laura Sellers ..... 2,196

—Unofficial results from Virginia Department of Elections

"With it being an off-year election, we are expecting numbers to be low—but we know this is a pivotal time for our commonwealth, so we're going to give it everything that we've got and we're going to keep fighting, fight him all the way to Nov. 5," Cole added.

In an interview from his victory party at Paradise

SEE HOUSE, A12

### REEVES, RASHID ROLL IN SENATE PRIMARIES

BY SCOTT SHENK  
THE FREE LANCE-STAR

The primary races for the 17th District Senate seat turned out to be runaways.

Two-term incumbent Republican Sen. Bryce Reeves romped over his challenger, Rich Breeden, to win the GOP nomination. In the race for the Democratic nod, Amy Laufer of Albemarle County cruised past Ben Hixon of Culpeper.

In the 28th District Senate, political newcomer Qasim Rashid, a Stafford County attorney, handily defeated former Stafford Supervisor Laura Sellers in the Democratic primary.

In the 24th District Republican primary, incumbent Sen. Emmett Hanger Jr. won easily over Culpeper's Tina Freitas. The district includes the cities of Staunton and Waynesboro, all of

SEE SENATE, A12



Reeves

Laufer



Hanger

Rashid



PHOTOS BY DAWN HAUN FOR THE FREE LANCE-STAR

Crews remove Port Royal's water tower, a landmark in the town since 1942.

## Town takes down landmark tower

BY DAWN HAUN  
FOR THE FREE LANCE-STAR

The buzzards flying around the Town of Port Royal's water tower were not happy. On Tuesday morning, their lofty nests on top of the tower were

torn down, along with the rusted steel frame and tank that has been a visual landmark in the town since 1942.

It took the town about five years to plan and build a new water supply system, but it took less than

one hour for the mechanics with Iseler Demolition of Port Hope, Mich., to take down the town's outdated 21,000-gallon, elevated storage tank.

"We have had three

SEE WATER, A12

## Council votes to move slave auction block to museum

BY CATHY JETT  
THE FREE LANCE-STAR

Fredericksburg's controversial slave auction block—a source of pain for some and shame for others—will be removed.

City Council voted 6-1 Tuesday to have it relocated from the corner of William and Charles streets to the nearby Fredericksburg Area Museum.

The sole no vote was cast by Matt Kelly, who had wanted his fellow council members to wait a few weeks until the vote on the block's fate could be better publicized.

"We did state that we'd come back to the community with a plan, and need to be able to tell the



FILE / THE FREE LANCE-STAR

The city has decided to relocate a slave auction block from a downtown street corner to a museum.

story in the context of all history, not just slavery," he said.

Council member Chuck Frye Jr. said he told coun-

cil that the issue would be coming back after the International Coalition of Sites of Slavery and

SEE SLAVE BLOCK, A3





**BEWARE OF THE BINGE?**  
TV TIME CAUSE FOR CONCERN, EXPERTS SAY  
D1

< HEALTH



**CELEBRATION AT FONES CLIFFS**  
252-ACRE TRACT ADDED TO REFUGE  
C1

< REGION



**AUSTIN HAS BIG PLANS**  
SHE AIMS TO BE BETTER AS A SOPHOMORE  
B1

< SPORTS

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THIS WEEK, SAVE UP TO \$118

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SUNDAY, JUNE 30, 2019

DROP IN DEMAND, PRICES PUTTING MANY OUT OF BUSINESS

## Dairy farmers see livelihood turning sour



PHOTOS BY PETER CIHELKA / THE FREE LANCE-STAR

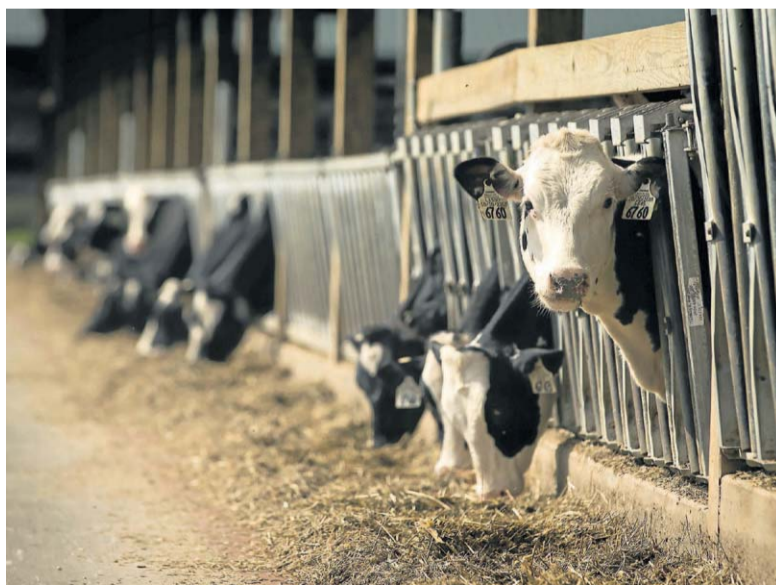
ABOVE: Ken Smith checks a sprayer before fertilizing the corn crop he'll feed to cows at his dairy farm in Remington. TOP: Smith programs a GPS on his tractor. He's the fourth generation in a family of dairy farmers dating back to 1909.

BY ADELE UPHAUS-CONNER  
THE FREE LANCE-STAR

When Ken Smith looks at his herd of 1,600 black-and-white Holsteins, he sees family. "I know this one's father is Wrench and this one's mother is number 6793," he said of the cow busily nosing at his hand on a recent Thursday morning. "I can trace them back to the 20 cows my father had in 1945."

Feeding time was approaching for the herd at Cool Lawn Farm, Smith's 1,200-acre dairy farm in Fauquier County. As the cow started licking his hand, Smith wondered if maybe she was extra hungry or just tasted something salty. Either way, he didn't mind. "I like everybody's natures," he said of his cows. Smith is a fourth-generation dairy farmer—his great-grandfather switched from selling machinery to dairy farming in Harford County, Md., in 1909—but he didn't intend to go into the business. "[A dairy farmer] was

the last thing I ever wanted to be," he said with a laugh. In college at the University of Maryland, he thought maybe he'd go into the restaurant industry. Then his uncle needed help milking the cows at his dairy farm and Smith found that he liked it. "I just liked being with cows," he said. The Smith family has now farmed at Cool Lawn since 1970—almost 50 years. But last year, "with the rain that wouldn't stop," Smith thought seriously about quitting for the first time. The miserable, wet weather combined with



Smith has 1,600 Holsteins at his Cool Lawn Farm, but a drop in demand for milk and lower prices are squeezing his operation.

SEE DAIRY, A12

## Will Spotsy use road bonds?

COUNTY HAS \$30 MILLION LEFT FROM 2014 VOTE, BUT BOARD SPLIT ON USING IT

BY SCOTT SHENK  
THE FREE LANCE-STAR

In 2014, Spotsylvania voters approved a referendum allowing the county to issue public bonds to help pay for transportation, schools and public safety projects.

The transportation bond totaled \$63.3 million. The referendum allowed for the money to be spent on a variety of projects to be chosen by county leaders, but also included a list of areas to focus on for improvements.

So far, \$6.2 million has been used, according to a staff presentation on the transportation bond during a Board of Supervisors meeting last week. Of that total, \$3.2 million of that has been used for work on one of the priority areas, the Interstate 95 Thornburg interchange project, which was completed last week.

The rest of the bond money has been spent on four smaller projects, which include the planned removal of bump-out curbing on State Route 3 so another through lane can be added and a planned roundabout at Chancellor and Old Plank roads. The county also plans to use

SEE BOND, A12

## U.S., China agree to a trade truce

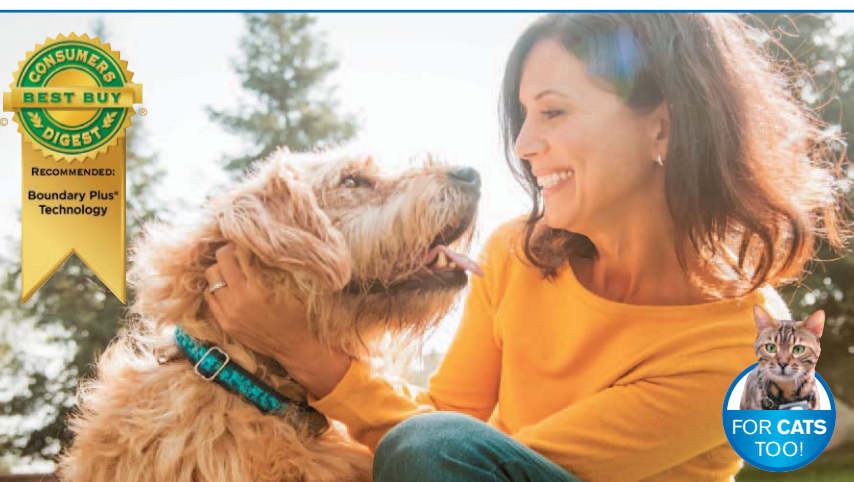
BY PAUL WISEMAN AND KELVIN CHAN  
AP BUSINESS WRITERS

WASHINGTON—Once again, Presidents Donald Trump and Xi Jinping have hit the reset button in trade talks between the world's two biggest economies, at least delaying an escalation in tension between the U.S. and China that had financial markets on edge and cast a cloud over the global economy.

But when U.S. and Chinese negotiators sit down to work out details, the same difficult task remains: Getting China to convince the United States that it will curb its aggressive push to challenge American technological dominance—and then

SEE U.S.-CHINA, A8

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