

# EDITORIAL

Westmoreland News

Letters to the Editor  
"Literary Corner"  
Weekly Cartoons  
"The Local Voice"  
& MORE!

## Guest Columns

### The pleasure of hating

Hate, ridicule, sarcasm, jealousy, belittling humor, and bullying are despicable, centuries-old characteristics of human behavior. Hate is the fountain from which the others flow; hate seems to be an indelible part of our nature. The Germans even have a word for wallowing in hate and enjoying the misfortunes of others—schadenfreude.

In 1826 American writer William Hazlitt wrote *The Pleasure of Hating*. He asserts:

"The pleasure of hating, like a poisonous mineral, eats into the heart of religion, and turns it to rankling spleen and bigotry; it makes patriotism an excuse for carrying fire, pestilence, and famine into other lands: it leaves to virtue nothing but the spirit of censoriousness, and a narrow, jealous, inquisitorial watchfulness over the actions and motives of others."

Hazlitt's words struck me deeply following the death of a close friend's daughter. In high school, that daughter was subjected to intense ridicule because of her appearance and because she was Jewish. Her classmates teased her, mocked her and gave her a name—The Frog.

It stuck.

A couple of years before her recent death at age 69, she asked her only grandchild to call her Nana Frog. A talented and tormented woman, she fought many demons and never recovered from the bullying and ridicule she endured.

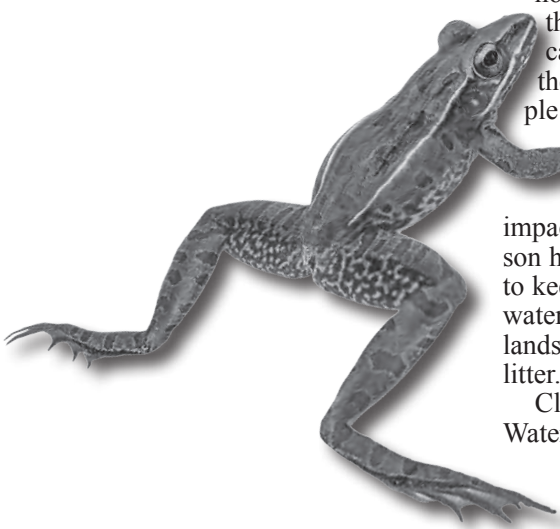
Her family gave me a copy of her poetry. In it I found:

#### Life As A Frog

Sometimes I dream  
Of being a frog –  
A Jewish frog in search  
Of kosher bugs.  
Other frogs  
Wouldn't call me names  
Or tell me that  
I killed their god.  
Even if I was  
A different shade of green  
I would be  
Another frog.

Rest in peace Nana frog. Frogs are beautiful; they are one of God's wondrous creatures.

Submitted by  
David Cariens,  
Kilmarnock



### Building a generation of responsible citizens

While looking for some Earth Day information the other day, I found a great quote that was attributed to Shakespeare, "One touch of nature makes the whole world kin." Shakespeare was certainly ahead of his time and his words resonate with me. Despite all of the differences in the world today we still have nature and that is a common bond of all mankind.

As a conservation educator, I am privileged to work with middle school students to give them meaningful educational experiences as they learn about natural resources and the importance of conserving them. I am always encouraged and impressed by how much they already know about the danger that litter poses to wildlife and aquatic life. They understand that plastic bags resemble jellyfish when afloat in the water and that a turtle swimming by cannot tell the difference, often resulting in the eventual death of the turtle. They also understand that plastic soda rings can strangle animals or render them immobile and vulnerable to predators. It gives me hope that today's students realize that we humans have the ability to make or break the future of the world as we know it. I am convinced that this is a generation that will not throw trash out of their car windows. I can only hope that these young people can respectfully remind the adults in their lives of the impact that each person has when it comes to keeping roadways, waterways and woodlands clean and clear of litter.

Clean Virginia Waterways has tracked

the types of trash collected during waterway cleanups over the past 20 years. Cigarette filters, plastic bottles, fast food containers and wrappers, fishing line and balloons are all items that show up in the top 20 list of items collected annually from waterways state-wide. From my own experience with waterway clean up events here in the Northern Neck, I have seen all of these items plus other more unusual items. Given our proximity to major rivers and the Chesapeake Bay, it is troubling that the Northern Neck has such a serious litter problem that has been documented in recent articles and letters in local publications. The sad thing is that this problem could be prevented if food wrappers, plastic and glass bottles, cans, and other things were never thrown out of car windows. If every person made an effort to throw trash in the proper receptacles and to secure their trash as they drive to the dump, there would be less to pick up during clean up events.

Let's remember that nature is mankind's common bond, and as members of the human race, we are all kin. As Shakespeare said, "One touch of nature makes the whole world kin." Always remember that actions have consequences; let's make it a priority to ensure that our actions improve the earth for all of our kin for years to come.

Submitted by Kathleen Watson is the Education and Outreach Specialist for the Northern Neck Soil and Water Conservation District located in Warsaw. For more information on the NNSWCD's programs, please visit [www.nnswcd.org](http://www.nnswcd.org)

## Letter to the Editor

### Enough of empty, political rants

I notice that every week now, this paper is running Burrell's political rants against the Democrats, liberals and anyone else not in Trump's base. Last year, the paper discontinued the opinion page, excepting readers' letters. I strongly supported that policy, noting that anything political published on Wednesday, but which was due on Monday morning, had the appeal of stale bread since it was old news by then. Any topic – especially the hot button issues of the day – was often covered from every conceivable angle by multiple media sources. Now, the paper is once again subjecting

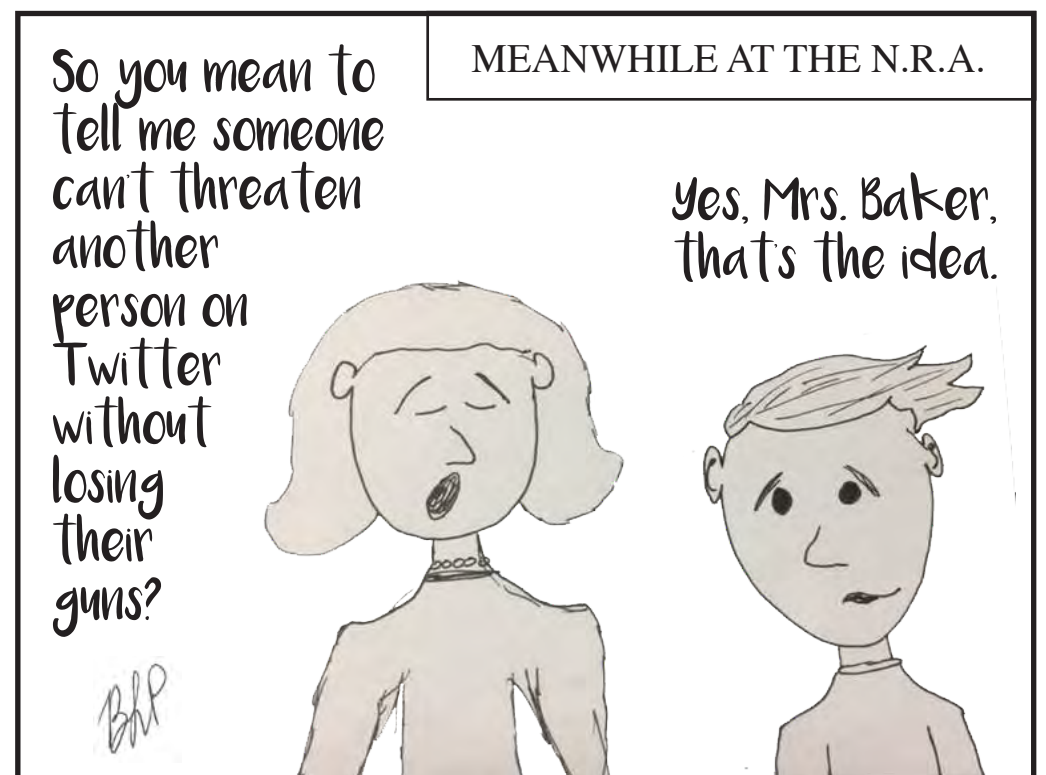
its readers to Burrell's single theme – he is a one-trick pony that cannot seem to write anything requiring more analysis, facts and depth than the spasmodic utterances of Trump. Last week's piece on shipping immigrants to sanctuary cities is a perfect example of a notion based on vindictiveness, revenge and emotion, rather than the logistics, cost, practicality and legality (or illegality) of such a move. This is typical of Trump's leadership style.

In the years the paper has been publishing Burrell's articles, I have seen zero letters or comments of support for them. Responses to his diatribes have always been

in opposition. Doesn't that tell the paper's management something? His stuff appeals to Trump's base, but there is a whole other population of society that wants fact-based moderate information. Perhaps the paper might think about publishing something for that segment.

In our local paper, I want to hear about community issues, school situations and progress, local government efforts to improve our quality of life and so on – not a weekly stream of Burrell's brand of oppositional politics.

Marion Dongieux,  
Montross



## Poke the Bear

Letters from the editor

BY BRITTLYNN POWELL

This nation, is failing gun violence victims; recent debates involving the Violence Against Women Act are proof of this.

Last month, Michigan Democratic Representative, Debbie Dingell proposed a provision to VAWA that would bar anyone convicted of violent actions against women (i.e. stalking, domestic or sexual abuse) of their right to bear arms. While it appears to be camouflaged in the liberal, anti-N.R.A. agenda, this bipartisan provision is beneficial to Democrats and Republicans alike. There is not a kind soul on earth who would argue that women don't deserve to experience safety in and outside of their homes. However, members of the N.R.A. are fighting to keep this provision from passing.

Currently, VAWA can only strip someone of their gun rights if they are or were married to, living with, or have a child with the woman they have been abusive towards. Presently, this criteria excludes former or current abusive boyfriends, stalkers, or dating partners. N.R.A. spokeswoman, Jennifer Baker stated that she believes the provision is "too broad."

Baker continues: "Like if you were sending harassing messages to somebody on Facebook, to somebody you never met or some-

body you dated five years ago. How it's written right now, you could be convicted for a misdemeanor stalking offense for a tweet that causes someone emotional distress and then you would be prohibited from owning a firearm."

David Keck, director of the National Resource Center on Domestic Violence and Firearms suggests Baker's views are far-fetched: "A single tweet or Facebook message, without significant other conduct, would ordinarily not be enough." That being said, if the message is of a threatening nature, I believe that yes, Mrs. Baker, you are exactly right. If you harass someone on Facebook, cause them emotional distress and they press charges, then you should be stripped of your right to own a firearm. A convicted abuser's Second Amendment right should not supersede a woman's freedom to have peace of mind and feel safe in the world. In fact, I believe it should extend further than that. If someone has committed a violent crime against anyone – not just women – I believe they should lose their Second Amendment right.

Just last week Lancaster High School shut down after a bomb threat. We take these threats seriously, and I feel like we need to take threats towards individuals seriously as well. While shutting down a school and taking a per-



son's gun rights away are not the same, they are both practical steps toward stopping a tragic attack from occurring.

According to the Washington Post, of the women who were murdered by intimate partners 18% were killed by blunt object, strangulation or no weapon; 22% were murdered with a sharp object; and 57% with a gun. We need to do more to protect women in this country.

Now I am not naive. People can still get guns and shoot their partners whether there is a law in place or not. However, we need to limit the perpetrators' access to firearms; even if it only saves a few lives, it's worth it.

This is not a partisan issue, it is a human one; as a nation, we have to learn the difference.

**Side note:** Before everyone gets all up in arms – see what I did there? – I want to say that I actually believe that responsible, law-abiding citizens should be allowed to practice their second amendment right. I actually like to go to gun ranges and shoot, but I have also not committed or threatened to commit a violent crime against another person.

#### LTE Policy

The Westmoreland News welcomes letters from area residents on issues that affect the community. Limit your remarks to 500 words or less. Letters must include a name and telephone number (for verification purposes only). Organizational leaders must identify themselves. Letters may be edited for space or content. Letters must be signed unless e-mailed. No unsigned letters will be published. Photocopies, letters addressed to third parties, and forwarded e-mails will not be considered.

#### FIRST AMENDMENT

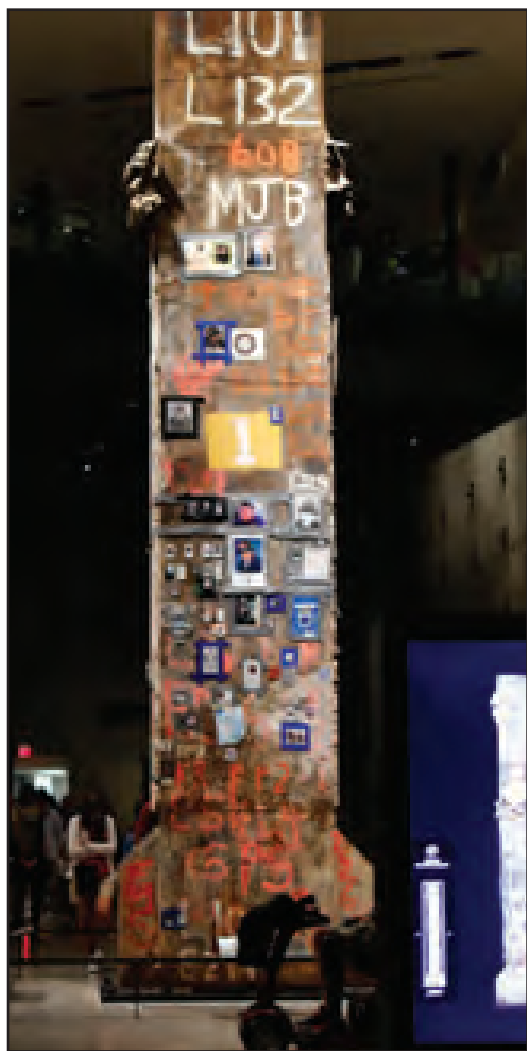
Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

## Got Opinions?

Send Letters to the Editor to [wmneditor@lcs.net](mailto:wmneditor@lcs.net), by fax to 333-6397 or by mail to P.O. Box 8, Warsaw, VA 22572 by 5 P.M. Friday



## SEPTEMBER 11 MUSEUM



"Last Column" is a component of the National September 11 Museum.

## How you can help veterans in need

Millions of men and women serve in the military and make the sacrifices that such service requires. Risking their lives to serve their countries, veterans sometimes endure mental and physical trauma, returning home to face uphill battles as they deal with their injuries.

Many veterans in need are not just in need of medical attention. Learning that their efforts and sacrifices are recognized and appreciated by the ordinary citizens they protect can make a world of difference to veterans as they recover from their injuries. Men, women and children who want to help veterans in need can do so in various ways.

- Visit a veterans hospital. Contact a local veterans' hospital to inquire about their volunteer programs. The U.S. Department of Veterans Affairs notes that each year more than 75,000 volunteers spend more than 11 million hours in service to America's veterans. Visiting veterans at the hospital to hear their stories can lift their spirits and aid in their recoveries. In addition, veterans' hospitals may have volunteer opportunities that make it easier for hospitals to operate at optimal capacity.

- Help a neighbor. Unfortunately, many veterans return home with injuries that affect their ability to make it through a typical day without assistance. Disabled veterans may be unable to do their own grocery shopping or maintain their homes. If a neighbor or nearby veteran is facing such hurdles, offer to do his or her shopping or mow his or her lawn. Such tasks won't take much time but can make a world of difference to veterans.

- Offer professional services free of charge. Professionals who want to help veterans can offer their services free of charge. Accountants can offer to prepare veterans' tax returns for free, while attorneys can provide legal advice to veterans who need it. Contractors can help disabled veterans by offering to make alterations to their homes for free or at cost.

- Employ social media to help local veterans. Many people who want to help local veterans might not be able to do so more than one day per week. But some veterans may require daily assistance. Men and women can start a locally-based Facebook group for fellow members of their community who want to pitch in to help local veterans. Such a group can make it easier to share information and arrange help for veterans in need.

Many veterans return home from serving overseas in need of help. Offering such help can improve veterans' lives while letting them know their efforts and sacrifices are appreciated.

# Honoring America on Patriot Day

September 11, 2001, was a tragic day in American history. On that day, nearly 3,000 innocent lives were lost due to the terrorist attacks in New York City and Washington, D.C. as well as in rural Pennsylvania, where another plane en route for more destruction crash-landed.

The indelible images of the World Trade Center collapsing in flames with crowds running for safety, as well as the ensuing visions of heroes and citizens working together, have created a lasting impression.

While buildings have been repaired and new sites erected in the wake of the attacks, there are many ways to continue to honor the fallen. Patriot Day, which takes place each year on September 11 to honor those who lost their lives in the 9-11 attacks, is one such example. The following are a handful of ways that people can honor 9-11 victims and their families.

- Celebrate local heroes by visiting or making donations of food or supplies to local firehouses and police stations.

- Commemorate the events of 9-11 by observing moments of silence at key times throughout the day: 8:46 a.m., 9:03 a.m., 9:37 a.m., 9:59 a.m., 10:03 a.m., and 10:28 a.m.

- Engage in service projects that can help your community,

including its underserved individuals, like veterans. National Day of Service, which is the same day as Patriot Day, asks people to do at least one good deed in honor of those who died on 9-11.

- Make a trip to New York City and visit the National September 11 Memorial & Museum.

- If you display a flag at your home or business, be sure to place it at half staff from sunrise to sunset to mourn the lives lost.

- Share stories of the heroism and bravery of first responders with young children who may not have been alive in 2001.

- Unite the country by promoting acceptance of and kindness to all people, regardless of religious or political beliefs.

- Attend a special service commemorating 9-11 at houses of worship.

- Visit memorials honoring the fallen in various communities in and around your home.

This Patriot Day, there are many ways individuals can honor those who lost their lives on 9-11.

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## A mosaic of thrifts and gifts

BY KAREN KAGEY

The Northern Neck is home to many thrift and gift shops. Some stock the basic “fixer uppers” and others are more refined with matching sets of this or that. A few of those shops go beyond the pale with their collections of wares for resale. Mosaic Consignments & Gifts, LLC in Callao is one such shop that goes beyond the expected and like a mosaic, the contents of this shop are a colorful collection of artisans’ wares arranged into beautiful patterns. Jane Pruitt Woodle, the owner and operator of Mosaic Consignments & Gifts LLC with her high set of standards has been a “self-starter” and entrepreneur for most of her adult life. From accounting to hair salons, Woodle said the consignment business suits her quest for daily delightful surprises. “I never know what will be brought in because there are so many artisans in the Northern Neck. It’s fun to come to work and be surrounded by beautiful things.”

Woodle displays her artistic talents by arranging her consignment store into a complex tapestry of one of a kind furniture pieces, pottery, painted furniture, sculpture, reconditioned and refinished furniture, paintings, glassware, home décor, clothing, jewelry and fashion accessories. Specializing in upscale items, it is no surprise that her inventory includes “Made in Virginia” products, Mick’s soups, Rivah Southern Seasonings and soaps along with a complete line of beeswax products.

Mosaic Consignments & Gifts, is not Woodles’ first store. “I’ve had other shops in the Northern Neck, but this place is a great location being close to both Richmond and Westmoreland counties,” Woodles said.

Mosaic Consignments & Gifts is located at 153 Northumberland Hwy, Callao. They are open Wednesdays – Saturdays. For more information, call 804-529-1030.



Mosaic Consignments & Gifts is owned and operated by self-starter Jane Pruitt Woodle.

# Women in business

## It's never too late to learn

BY SUZY PIETRAS-SMITH

Doctor Caryn Self-Sullivan is an amazing woman Colonial Beach is blessed to have. The owner of Ask Dr. Caryn and Cairns’ Cottages, she is a self-starter who can also be found volunteering for a number of organizations in town.

Self-Sullivan’s story started uniquely. Married at age 16, she quickly had three children, one after the other. Her then husband did not want her to finish high school, but she pushed through anyway.

She worked in real estate for many years until, at the same time as her youngest child, she started college. When filling out the financial aid paperwork she had to fill in that there were four in her household as well as four in college. The schools called her to make sure she had filled it out correctly.

Her Bachelor’s degree was followed by a PhD in Animal Behavior from Texas A&M in 2008.

Self-Sullivan now runs Ask Dr. Caryn, her dog behavior and training business, in which she helps pet owners learn to train their dogs to behave properly. She visits pets’ homes and works one-on-one with them and their owners through any behavioral needs.

She also owns three cottages in the town of Colonial Beach which she runs under the name Cairns’ Cottages. The three cozy, lovely homes are short-term and vacation rentals for tourists, or other visitors, to rent.



Caryn Self-Sullivan helps pet owners learn to train their furry family members.

Self-Sullivan not only runs those businesses, but also the Westmoreland Democratic Committee and Colonial Beach Rivah Dogs. She can be seen running from event to event or working booths at them throughout the year in Colonial Beach.

For more information on her businesses call her at (540) 287-8207 or see [www.askdr Caryn.com](http://www.askdr Caryn.com)

## Women in STEM

The number of women entering the professional fields of science, technology, engineering, and mathematics (STEM) is slowly growing around the world, but there is still a sizable gender gap in these professions. According to the College Board, which produces many standardized tests, only 27 percent of all students taking the AP Computer Science exam in the United States are women. Similarly, just 18 percent of American computer-science degrees

are attained by females. However, this is not the case elsewhere in the world. A paper by Gijbert Stoen and David Geary published in Psychological Science noted that women who live in countries with traditionally higher gender inequality tend to choose STEM professions more readily. Algeria, for example, has one of the highest ratios of women in STEM professions, at 41 percent. Stoen and Geary surmise that women in these countries may be choosing careers with the strongest

path to financial independence.

According to a U.S. Department of Education report, students studying science or math in college have a higher employment rate and salary than other majors after graduation. Engineering and engineering technology tends to pay the most. Women eager to secure competitive, stable and well-paying jobs should carefully consider the opportunities available to them in STEM fields.

## Nearly four decades of service

BY JACKIE NUNNERY

When the Sons of the American Revolution honored Warsaw Police Chief Joan Kent for her “dedication to the maintenance of law and order” during March’s town council meeting, it was just the latest of many she’s received in a career that has been both varied and distinguished.

Born and raised in Weems, Kent graduated from Lancaster High School and attended Rappahannock Community College before entering the Rappahannock Criminal Justice Academy. She began her law enforcement career in 1983 with the Lancaster County Sheriff’s Office, working as a correctional officer, dispatch, and eventually Deputy Sheriff. She was ultimately promoted to Master Deputy and began working narcotics investigations, often undercover, and serving on the Northern Neck Narcotics Task Force with multiple jurisdictions, including the FBI. When she left the Sheriff’s Office in 1998, she had been promoted to second in command of the task force.

Kent spent time as a town police officer in Kilmarnock, where she focused on day-to-day policing and traffic work as well as working with the community.

Returning to Lancaster County’s Sheriff’s Office in 2006, Kent continued to develop her investigation skills into serious crimes like homicide and sexual assault, as well as continuing with her narcotics work alongside the FBI and DEA. She remained there until 2016, when the Town of Warsaw came

calling, looking for an interim police chief. As much as the major crime investigations interested Kent, that kind of work “takes a toll on you,” she said.

As interim chief, Kent enjoyed the change of pace, getting to know people, and the fact that there “didn’t seem to be as much crime.”

So, when she was asked to stay on Town Council, she jumped at the chance.

After being in the role for almost four years now, Kent has nothing but positive things to say about her experience in a line of work that women are not usually part of, especially in leadership roles.

*This article first appeared in the March 20, 2019 edition of the Northern Neck News.*



Chief Kent with Charles Belfield from the Sons of the American Revolution at her ceremony.

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