

| WAY TO GO! |



Garden Club helps students prepare arrangements for fair

The Buckingham Dillwyn Garden Club worked with 4-H students in Buckingham preparing wonderful floral arrangements for the 5 County Fair held in Farmville the end of September. Many ribbons were won by the students and members of the club. Pictured are, from left, Irma Odgen, Agnes Cramer, Sharon Byrum, Winnie Brown, Tom Schwarz, Drake Schwarz, Jackie Fairbarns, Kelly Schwarz, Barbara Wheeler and Glenda Harris. We commend garden club members for sharing knowledge with these students. Congratulations to all on a job well done. (Send "Way to Go!" photos with a description and names to WayToGo@FarmvilleHerald.com.)

| YOUR VIEWS |

In support of Epps

Editor,

I am honored to be endorsing Tony Epps for the position of Sheriff for Prince Edward County. Tony is an honest, trustworthy and respectful man who has high standards which guide his life and actions. Having known Tony all my life, I have personally experienced his professionalism as an officer and his compassion for others.

When my home was broken into, Tony responded immediately, even though he was not officially on duty, and was successful in arresting the offenders and returning all of my possessions.

Countless times, I have witnessed his support to this community without ever

seeking personal recognition. His dedication to public service is unwavering and his desire to implement community policing programs is commendable and forward thinking.

I feel Tony's experience and education in law enforcement make him a qualified candidate; however, I strongly feel his sense of integrity make him an excellent citizen leader. Tony Epps will move the Sheriff's office forward, will protect and serve all citizens, and will be a fair, dependable, and attentive Sheriff for Prince Edward County.

**Willie Simpson
Rice**

Vote for Miles

Editor,

As a resident of the Maysville District in Buckingham I would like to urge fellow voters to vote for Thomas Jordan Miles III as the Supervisor of our district in the upcoming Nov. 5 election. Jordan is a conscientious person who understands the needs and issues of the district and the county and will work hard to address these. He will strive to make our government in Buckingham more efficient in serving its citizens through improved communications, supporting the education of our young people, promoting economic development, and upholding a

conservative fiscal approach to preserve lower tax rates.

Jordan is an active member within our community, serving in many leadership roles including his church and various organizations. He is a participant, not a bystander, willing to roll up his sleeves and be a part of the solution to whatever the issue may be.

Please turn out to vote on Nov. 5 to elect Thomas Jordan Miles III as our supervisor of Maysville District.

**Pattie Bailey
Buckingham**

| YOUR VIEWS |

Conserving water during drought

In light of the recent burn bans and concern about the drought we are experiencing, let's talk about an invaluable natural resource — water.

When you turn on the faucet and water rushes out, it may seem like water is an unending resource. However, water on Earth is limited, especially the amount of fresh water that can be used by humans. Of the total amount of water on Earth, 97% is in the oceans and is undrinkable without desalination. The remaining 3% of water is in the form of fresh water.

According to the U.S. Geological Survey, "(Of) the total freshwater, over 68% is locked up in ice and glaciers. Another 30% of freshwater is in the ground. Fresh surface-water sources, such as rivers and lakes, only constitute ... about 1/150th of 1% of total water. Yet, rivers and lakes are the sources of most of the water people use



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EMILY GIBBS

every day."

Surface water, such as lakes or reservoirs, that supply our households take time to recover from overuse. When it comes to groundwater, it can take up to hundreds of years for rainwater and snowmelt to travel through the pores in soil and rock before recharging the groundwater aquifers that supply our wells.

Because water supplies can be negatively affected by overuse as well as pollution, it is crucial to protect our water,

especially as the world's population grows and the need for water increases.

In your landscape, be water-friendly. Group plants according to their water needs — low, medium or high moisture — to avoid overwatering plants with lower moisture requirements. Use plants that are native to Virginia, as they require less water to thrive and have the added bonus of attracting pollinators such as butterflies. Visit the Virginia Native Plant Society website for a list of native plants, or contact the Piedmont Soil and Water Conservation District (SWCD) for resources. Water your garden early in the morning or late in evening to minimize evaporation by the hot afternoon sun, and check the soil moisture before watering — damp or moist soil does not need to be watered. Consider drip irrigation systems or soaker hoses, which are more efficient

as they target plants' roots directly instead of landing on leaves and evaporating, as in the case of traditional sprinkler irrigation or watering cans. Also, adding compost to soil increases its ability to hold water, and spreading mulch prevents water loss through evaporation. Use a rain barrel to collect water from your gutters for use in your landscape.

There are also ways to reduce outdoor water usage other than in your landscape. If you have a pool, using a pool cover when the pool is not in use cuts down on evaporation and helps to maintain the desired water level. When cleaning porches or sidewalks, use a broom rather than a water hose.

Regarding indoor water use, the average person uses 100 gallons of water each day, not including outdoor use such as watering gardens or washing cars. When you take into account the approximately 52,000 people living in Piedmont SWCD's service area — Amelia, Nottoway and Prince Edward counties — that totals an

average of 5.2 million gallons of indoor residential water use per day.

To reduce your household water usage, always wash a full load of clothes instead of a smaller load to maximize efficiency. If you're buying new appliances, shower heads or faucets, consider purchasing water-saving models, which use 2-3 times less water than conventional models. Also, check for leaky faucets or toilets that run when not in use. When brushing your teeth or shaving, turn off the faucet to prevent wasting water. While you are waiting for the water to warm up before washing dishes or taking a shower, place a container under the faucet, and use that water in your garden or store it in the refrigerator as drinking water.

To calculate your household water usage, visit the Water Footprint Calculator website at www.watercalculator.org.

EMILY GIBBS is the residential conservation and marketing coordinator at Piedmont Soil & Water Conservation. You can contact her at (434) 392-3782 ext. 131 or visit www.piedmontswcd.org.

A guide to candy trading

When I was a kid, Halloween was definitely my favorite holiday.

To me, there was nothing more exciting and satisfying than coming home after a successful night of trick-or-treating, dumping all of my candy onto the dinner table, and carefully trading candies with my sister and brother. The market was brutal and you had to be very careful not to get conned out of your favorite sweets.

With Halloween just around the corner and various Trunk or Treats scheduled, I've decided to distribute a few candy-trading tips to children and parents alike.

Your first priority when trading Halloween candy should be to establish the tastes of your trading partner. Do they like sugary, fruit-flavored candies? Are they a peanut butter addict like me? Do they have their sights set on only chocolates and caramels? Learning what your trading partner is after will help you to get better deals.

Secondly, you should make sure to lay all of your candy out in front of you and organize it properly. Items like lollipops should be sorted together. Chewy candies like Laffy Taffy, Starburst and Tootsie Rolls should be placed side by side and may often be included together in a trade. Make sure to establish a pile for items that you are unwilling to trade unless someone presents you with a really, really good deal.

Next, you should carefully and intelligently begin trading. Don't be tempted to take advantage of younger siblings that have not yet learned the value of a Twix, Kit Kat or Butterfinger. Go first for your favorite treats and candy bars. If your trading partner announces that they are after Milky Ways and 3 Musketeers, see if they're willing to exchange your supply for any of your favorites that they are in possession of.

After the big stuff has all been traded, move on to the



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| BY ALEXA |**
ALEXA MASSEY

small items. Don't feel discouraged if someone seems unwilling to trade a highly sought after item that you've got your heart set on; throwing in a miniature pack of M&Ms or Skittles may help sweeten the deal.

You may have to sacrifice your smaller candies in order to get what it is you truly want. However, don't underestimate their value. Four Jolly Ranchers may have the same value as one small Hershey's chocolate bar, depending on who you're dealing with. Two small Airheads are often equated to the value of a small pack of Sour Patch Kids. Candy corn, depending on who you are trading with, is worthless or akin to gold.

It is always wise to save a little candy for your parents or other family members as a way of saying thanks for taking you trick-or-treating. Always let your parents go through your candy stash before trading begins, and feel free to unload the lesser treats (i.e. Smarties, bubblegum, Bit-O-Honey and Good & Plenty) upon Mom and Dad. However, remember to throw in a few pieces of the good stuff.

Above all else, remember to stay safe when enjoying this spooky holiday and do your best to trade fairly.

I, however, will be hoarding all of my Reese's Cups.

Good luck and happy trading.

ALEXA MASSEY is a staff reporter for *The Farmville Herald* and Farmville Newsmedia LLC. Her email address is Alexa.Massey@Farmville-Herald.com.

Betty J. Ramsey Publisher	Staci Bridge Director of Operations	Jackie Newman Advertising Director	Debbie Evans Marketing Consultant	Katie Windlemeese Marketing Consultant	Titus Mohler Sports Editor	Crystal Vandegriff Staff Writer	Alexa Massey Staff Writer	Regina Caraway Receivables/Circulation	Wanda Fix Community News/Obits



Macado's outside area now open

After more than a year of work, the outside deck and seating area of the Farmville Macado's opened for business on Monday, Dec. 9. The new outdoor area seats 76 and provides much-needed space for the busy downtown business.



Play practice at Glenn Memorial

Glenn Memorial Baptist Church in Prospect will present "It All Happened in the Country" by Dennis and Nan Allen on Sunday, Dec. 15, at 7 p.m. The story surrounds a family of "city slickers" who are marooned in the country on Christmas Eve. Through the country family who helps them, they learn the true meaning of Christmas. The musical features adults, children and the choir. There is a touching Nativity scene at the end. Afterward, there will be a time of refreshment in the fellowship hall. The church is at 147 Harris Creek Road in Prospect. All are welcome. Pictured are cast members practicing for the upcoming performance. From left, Kathy Baldwin, Jim Schwerdfeger, Colton Bowlin, Cherrilyn Pollard and Denea O'Brien.

Opinion

| YOUR VIEWS |

Appreciation of young people

Editor:

I am a senior citizen who has taken a class at Longwood University this semester. I graduated from college in 1965 and then graduate school in the 70s. I taught in public schools in Henrico County and Virginia Beach for 35 years.

So often, we hear negative comments about the young people of today. However, I must say my experience with the students at Longwood University this semester has been so positive and heart warming. These students have been caring, kind, positive and considerate, and I never heard a foul word spoken by any student the entire semester. I am so delighted with the positive and warm atmo-

sphere of Longwood University.

Dr. David Geraghty taught the class I took—Frontiers in the early American Republic. Again, I can't say enough good things about the wonderful teacher he is — excels in all areas including knowledge and enthusiasm of the subject, willingness to help students in any way and especially rapport and interest in the students as individuals.

Longwood University can be proud of teachers, students and overall atmosphere of the school.

**Patricia Armstrong
Cumberland**

Gratitude

Editor:

My name is Barrett Motter, and I was a member of the PEFYA Majors baseball team that played in the Dixie Youth League World Series this summer. On behalf of my family and myself, I would like to express my sincere gratitude to the community members and local businesses who supported our team's travel to Ruston, Louisiana, as we represented Prince Edward County and the Town of Farmville.

Our team was the first Majors baseball team from Prince Edward County to qualify for the World Series in over 50 years! During our fundraising efforts I had many conversations with folks who knew someone

who played on that team, played on that team themselves, or just wanted to reminisce about their time with the great sport of baseball.

With your support, our team created our own memories, strengthened friendships, and took part in an event few baseball players from our area have had the opportunity to experience. It was an honor to represent this beautiful town as a member of the PEFYA Majors baseball team.

**Barrett Motter
Age 13
Prince Edward County Middle School**

Medicaid work requirement

Gov. Northam announced that his administration has suspended negotiations with the federal government on the Medicaid work requirement, citing that "it is unlikely Virginia will move forward with funding a program that could cause tens of thousands of Virginians to lose health care coverage." The work requirement was agreed upon in good faith and it appears the governor is now backing off his agreement.

When Republicans reached across the aisle to pass Medicaid Expansion, we did so with the good faith expectation that Gov. Northam would follow through and work to obtain a waiver from the federal government to implement the work requirement.

Gov. Northam announced recently that he was suspending negotiations with the federal government, broadly



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C. MATTHEW FARISS

hinting that he was running out the clock until Democrats take control and can formally rescind the requirement.

Speaker Cox and the governor made personal commitments to each other. Republicans who voted for this measure did so with the assurance that this was to be long-term public policy.

It is now clear that the governor's negotiations over the cost of implementation were nothing but a stalling tactic, hoping for Democratic control of the General Assembly.

The federal government granted Kentucky a

work requirement for its Medicaid population and issued lengthy guidance to other states, opening the door for Virginia to pursue a work requirement of its own.

Our legislative language mirrored Kentucky's proposal as approved by the federal government. The work requirement as agreed upon would not apply to children under 18 or in college, the elderly, or the disabled.

In counties across Virginia, residents are already sending a strong message to Richmond that they are deeply concerned with proposed and potential Democratic efforts to restrict their Second Amendment rights. As of this writing a total of 45 localities have passed resolutions.

Counties with passed resolutions include: Alleghany, Amherst, Appomattox, Augusta, Bland, Botetourt, Buchanan, Campbell, Carroll, Charlotte, Craig, Culpeper County, Dicken-

son, Dinwiddie, Town of Exmore, Giles, Gloucester, Goochland, Greensville, Halifax, Henry, King George, King William, Lee, Louisa, Madison, Middlesex, Norton, Nottoway, Orange, Page, Patrick, Pittsylvania, Powhatan, Rappahannock, Roanoke County, Rural Retreat, Russell, Scott, Southampton, Surry, Sussex, Tazewell County, Washington and Wythe.

The movement was started by Campbell County Supervisor Charlie Watts, and since then in the 59th District, Campbell County and Appomattox County passed resolutions. This resolution is on the agenda for meetings in Buckingham County and Nelson County as well. It has been discussed in Albemarle County but there are no plans to add it to the agenda.

DEL. C. MATTHEW FARISS represents Buckingham in the Virginia House of Delegates. His email address is DelMFariss@house.virginia.gov.

'Ain't ain't a word'

If you were ever in your life a young person growing up in the South then you undoubtedly have used the word "ain't" in a sentence only to have someone (perhaps an adult family member or aggravated English teacher) tell you that "Ain't ain't a word."

According to Dictionary.com, the colloquialism "ain't" is a nonstandard contraction of "am not," "are not," "is not," "have not," and "has not." While ain't ain't exactly a real word or "proper English" as your teacher might have told you, I think it's pretty ridiculous to limit such a word from a person's everyday vocabulary, especially if it's so obvious as to what they're trying to get across.



ASKED AND ANSWERED
| BY ALEXA |
ALEXA MASSEY

In fact, that's been a pet peeve of mine for some time. How often have you had to navigate your way through a tough sentence only to be told that something you said was not a real word?

I'm not talking about common mispronunciations such as saying "expresso" instead of "espresso" or calling that huge body of water that touches the west coast the "specific ocean." Haven't you ever accidentally mumbled out a new word like "flustrated" to describe yourself as both flustered and frustrated? Or perhaps in a moment of short-circuiting your brain forgot the word "aquarium" and you called it a "liquid zoo."

Whenever someone points out that something I said is not a word, I like to point them to good ol' William Shakespeare. We love to praise Shakespeare as one of the greatest literary minds to ever live, even though Shakespeare invented an unreal amount of words in his lifetime, including the word "unreal."

Litcharts.com cites that while it's impossible to determine all the words that Shakespeare invented, there are 422 bona fide terms that we are almost certain the old poet thought up himself. These include hundreds of words that we commonly use today, such as "amazement," "defeat," "flowery," "majestic," "shipwrecked," "gossip," and "unquestionable."

What's even more interesting is that Encyclopedia Americana suggests that there were only 50,000-60,000 words in the English language during Shakespeare's time. The Oxford English Dictionary cites that around 171,476 words are in (common) use today, although the number is closer to 700,000 if you count older and outdated terminology. Shakespeare, according to Litcharts.com, used a total of 31,534 different words in his collected writings, so he was really working with all that he had.

What do all of these numbers and quotation marks mean? It means that the next time someone tells you that you can't just go around making up words, point them to Shakespeare, hero of the English language. And while "ain't" is maybe not a good word to use in a college essay or in the presence of business partners, there ain't nothing wrong with using it at your own leisure. Now, let's talk about double negatives.

ALEXA MASSEY is a staff reporter for *The Farmville Herald* and Farmville Newsmedia LLC. Her email address is Alexa.Massey@FarmvilleHerald.com.

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| WAY TO GO! |



Farmville Lions Club donates to PECM

The Farmville Lions Club donated \$500 to the Prince Edward Christmas Mother (PECM). This \$500 will bring Christmas to five children in the community. The mission of the PECM is to serve children under 18 years old and 18 year old children still in high school or completing a high school curriculum through providing toys, books and other gift items during the winter holiday season. PECM is a 501(c)(3) nonprofit organization and was founded in 2016. Anyone interested in giving to, or volunteering, for Prince Edward Christmas Mother can visit www.pechristmas-mother.com. Pictured are, from left, Lions Club member and PECM Board member Jenn Kinne and Lions Club President Kim Boswell. We commend both the Lions Club and the PECM for their commitment to the community. (Send "Way to Go!" photos with a description and names to WayToGo@FarmvilleHerald.com.)

| YOUR VIEWS |

Clean up our highways

Editor,

It happens every year about this time. Deer are on the move and collisions with vehicles are inevitable. But whose responsibility is it to remove those unfortunate bodies off the highway? It is disturbing enough to see a newly hit deer on the side of the road, but when one must pass by it daily in worsening degrees of decomposition it becomes distasteful and a public nuisance. My observation has been that most animal carcasses are left to resolve and disappear on their own. Scavengers are drawn to the highways, further compounding the risk of

another accident. This is not acceptable to me. I have had to call VDOT in years past to request a removal, but I don't think we should have to request something so obvious. So, back to the question, who has the responsibility of cleaning up our highways? VDOT? County employees? Game wardens? Sheriff's Department? Animal control? This distasteful task needs to be within somebody's job description — if it is not already. Please clean up our highways.

**Beverly Speas
Cumberland**

The Thanksgiving nap

As Thanksgiving Day quickly approaches, I find myself preparing for one of my semiannual naps. I've always told people that I rarely nap, as when I shut my eyes to sleep, I shut them to sleep all night. My mom even says that she constantly struggled to get me to nap as a child, and frankly, who could blame her? Whenever I wake up from a nap I can hardly remember what day it is, and I feel groggy and perhaps even sleepier than when I started.

As a result, naps are saved for those two, maybe three times a year in which I just can't keep my eyes open. Thanksgiving is one of those times.

"Turkey Day" has always been one of my favorite holidays. It is so enjoyable to gather 'round the table with loved ones to say what we are thankful for, express gratitude for what life has given us, and of course eat mounds and mounds of delicious food. Thanksgiving dinner, which my family tends to have in the late afternoon because we just can't wait any longer, is something that I look forward to year-round. And don't even get me started on my passion for leftovers.

The family, the fun and being stuffed to the brim with good food never fails to send me off to sleep. However, if you've ever heard that widely-spread rumor that it's turkey that causes people to grow sleepy on Thanksgiving Day, you may be surprised to learn that it's the other dishes that may be doing you in.

According to livescience.com, the myth that turkey makes you sleepy was sparked by the fact that turkey contains tryptophan, an amino acid and a component of the brain chemical serotonin, which the



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ALEXA MASSEY

body converts into the sleep-inducing hormone melatonin.

Be that as it may, turkey contains no higher amounts of tryptophan than other forms of poultry. In fact, it's probably the carb-heavy side dishes and alcohols that holiday-goers consume that causes a rise in sleepiness. Cheddar cheese, which many of you may use in your mac n' cheese, contains more tryptophan gram for gram than that big bird.

Medical experts cite that high-carb foods like potatoes, stuffing (my favorite) and marshmallow-coated yams trigger a release of insulin in our bodies, which removes many amino acids from our blood, but not tryptophan. A lack of competing amino acids allows tryptophan to enter the brain easily to form serotonin and, eventually, melatonin.

So, there you have it. If you're like me and feel that you just have to nap after your Thanksgiving meal, blame the side dishes and not your turkey. A happy Thanksgiving and peaceful sleep to you all. Wake me up in 30 minutes so that I can reheat some leftovers.

ALEXA MASSEY is a staff reporter for The Farmville Herald and Farmville Newsmedia LLC. Her email address is Alexa.Massey@FarmvilleHerald.com.

| YOUR VIEWS |

For what should we be thankful

Over the last decade or so we have, as a nation, moved away from why Thanksgiving Day was established. Many now are planning that day around shopping on Thursday to get the best deals for the Black Friday shopping weekend. Others are planning the big family meal around football or other sports events. That is the right of each family and their priorities. It does, however, take the next generation one step further away from a tradition of reflecting on that for which we should be most thankful. Considering all the problems that we have as a society today, it seems to me that we should, during these times, make Thanksgiving more focused on prayer and hope rather than less.

Please consider planning now how your family can set aside at least some time Thursday to give your thanks in prayer to all that you have as well as pray for all our future.

COMMON SENSE

Include in that prayer a call for common sense in all our interactions with others, including those in our government. That common sense was what made this nation and state strong.



| YOUR TURN |

FRANK RUFF JR.

Recently, someone sent me an email that focused on some of the basic things that we grew up with that define common sense.

Certainly, being able understand that it is good to know when to come in out of the rain is one of those. Likewise, the same could be said about going ahead and getting a job done, often referred to as "the early bird gets the worm."

This phrase was often used when our parents were trying to get us going to get the job done; and the world will notice and reward you. Understanding that it is a positive to admit that sometimes things are your fault and that life is not always fair, so accept it. In your financial dealings, always watch what you are earning and don't spend more than that.

In recent years, we have watched as common sense has been eroded all around

us. The following are some examples of things that would never have been acceptable in earlier generations.

Parents attacking teachers for doing the job they themselves have failed to do by not disciplining their unruly children. Schools charging a six-year-old boy with sexual harassment for kissing a classmate. Teens being suspended from school for using mouthwash after lunch. Teachers being reprimanded and even fired for disciplining unruly students. Another example of not using common sense is when administrators must have permission from parents to allow a student to have an aspirin, much less take one, yet are barred from informing parents when a student is pregnant and wants and seeks to get an abortion.

Law enforcement, likewise, has been handcuffed to give criminals better treatment than victims and law-abiding citizens. Our judicial system sometimes provides options for criminals who can sue you for assault as you try to protect your family in your home.

Loss of common sense can be found in every other phase of our lives whether it be church, youth sports, healthcare, or food packaging. We see our lives tied up in miles of red tape rather than simply

getting along with each other and treating each other as friend rather than foe.

Likewise, it seems too many people are unwilling to live their lives responsibly and not blame others. Consider the lady who bought a cup of hot coffee from the McDonald's drive through and placed it between her legs on the seat. When she spilled the coffee, she sued McDonald's even though she was the one who chose to use the drive through; even though she was the one to not use a cupholder. It is you and I who pay the price for her lack of judgement. Other restaurants have had to adjust to avoid similar lawsuits whether it be cooler coffee or more expensive coffee to pay for higher insurance costs.

As the email was sent to me, it was the obituary of Common Sense. It went on to say that Common Sense was preceded in death by his parents - Truth and Trust, his wife - Discretion, his daughter - Responsibility, and his son - Reason.

He was survived by his 5 stepchildren: I Know My Rights, I Want It Now, Someone Else Is To Blame, I'm A Victim, and Pay Me For Doing Nothing.

Pray that common sense is not really dead but is simply in a coma. That working together we can revive it. Have a wonderful Thanksgiving!

FRANK RUFF JR. serves as the 15th District senator in Virginia. He can be reached at [Sen. Ruff@verizon.net](mailto:Ruff@verizon.net), (434) 374-5129 or P.O. Box 332, Clarksville, VA 23927.

To submit a letter to the editor please email

Editor@FarmvilleHerald.com

