

New foundation to help cover YMCA expenses

By Christina Lopes
Reporter

MILFORD—With so much concern about the funds needed for the Caroline County YMCA, members of the community have stepped up and formed a new organization with a main focus on alleviating that burden, and raising money.

This new organization is the Caroline County Education, Recreation, and Wellness Foundation and its members introduced themselves at the Board of Supervisors Sept. 10 meeting.

Bowling Green Mayor David Storke spoke as their representative at the meeting, though he made it clear that in the foundation he is a citizen of Caroline, and not a mayor.

Stork described the intention of the foundation as “promoting and securing funding initiative for the County.” The primary goal

for the organization for the moment is securing funds for the YMCA, which Storke said is a “wonderful addition to any county.” He noted that he is “pleased to see that it is nearly completed.”

Storke acknowledged that securing funds and fund-raising is “a difficult thing,” but he went on to tell the board that the foundation is excited to do so for the Y, and for other future projects as well. The foundation believes this provides a unique opportunity for them to be able to reach out to the community and secure funds for projects in the county, such as the Y.

In 2011, the Caroline Board of Supervisors signed a deal with the Rappahannock Area YMCA to “grant” to them \$5 million to build the Caroline YMCA.

At the August 2011 board meeting, Supervisor Wayne Acors said no taxpayers dollars would ever be used to

fund the Y. He indicated to both board members and the public that a committee had been formed to raise funds and retire the capital cost of the Y.

Supervisor Jeff Black said he believes the YMCA is a “wonderful thing” for the community. He asked Storke where the money to be raised would be coming from, capital or corporation. Storke answered that the goal of the foundation is to raise the money needed for the Y through fund-raising efforts so that the burden “does not

fall on the taxpayers,” and that they intend to move forward once they are able to get a tax benefit for the foundation.

Black asked whether the foundation intends to raise money for the parks and recreation organization or similar organizations, as the name implies. Storke responded, “Don’t let the name fool you,” saying also that the members had tried to be all-inclusive when coming up with a name. Storke went on to say, and was backed by other foundation members

present at the meeting, that the foundation had not “discussed a particular goal at this time”.

Supervisor Reginald Underwood stated that he fully supports the foundation, and the efforts for YMCA funding. “This is what I voted on,” he said, referring to the hope that no taxpayer dollars will go into the construction of the YMCA.

Acors commented that this foundation is “the first foundation that I know of, of this magnitude in this county.” He said he knows of

other such foundations in surrounding counties, and that they have been successful. “I certainly appreciate what you are doing,” Acors told Storke and the other members of the foundation.

Supervisor Calvin Taylor congratulated the group and pointed out that “this is the first time we’ve had the pleasure of a group asking to raise money” as opposed to asking for funds to be given to them. Taylor told the members, “If I can assist you in any way, I would be glad to.”

Fall Poker Run and car show

BOWLING GREEN—The Caroline County Sheriff’s Office and the NKMC Grey Ghost Chapter are co-hosting the Fall Poker Run and Car Show on Saturday in Bowling Green.

This is a charity event to benefit Project Lifesaver. Project Lifesaver is a national program in which citizens who are enrolled wear a small transmitter on the ankle or wrist that emits a unique tracking signal. The purpose of the transmitter is to provide a location for the local project lifesaver team, as well as a trained emergency team, in case an enrolled citizen is missing.

Nearly 2,300 participants have been rescued through the Project Lifesaver program. Wanderers are found within an average of 30 minutes, as opposed to hours or days. This can be, and is, a significant resource to families that need assistance in dealing with autism, Alzheimer’s and similar conditions.

The event will be held “rain or shine” and all cars are welcome to participate. In addition to the Poker Run and Car show, there will be food, musical entertainment, various vendors, and exciting demonstrations.

NKMC is a motorcycle club and riders will make a 77 mile (1 hour, 50 minute) ride from Bowling Green to Walkerton in King William County and back to Bowling Green.

Registration, first card and last card drawing will be done at the Old Courthouse on Main Street in Bowling Green. There will be cash prizes for best and worst hands. Registration begins at 9 a.m. There is a \$15 donation per driver, and \$10 donation per passenger. Additional donations are accepted and welcome.

More information is available at www.carolinesheriff.org and <http://www.nkmc-va.org>.

Author from page 3

that she thought if her children could learn to have fun with it, then “other children could as well.”

“Thrifty Thelma And The Ten Cent Tiara” is the first book that Long has written. She plans for it to be the first book in a series geared toward teaching the fun of creativity and smart shopping to children. She began the book three years ago, looking to her own family for inspiration.

Long’s book reflects her family life concerning their love of bargain-hunting and re-purposing old items into new, exciting creations. “I do quite a bit of re-purposing,” Long said. “Recently I turned an old chicken cage into a coffee table!”

When asked for any advice she may have for those who are not as bargain-savvy, Long said make sure you hit the sales racks, and check out Goodwill, as well as other thrift shops and discount retailers.

“Pay attention to sales, especially Goodwill’s colored tag sales,” she notes. “And look for coupons!” Long said she is a big believer in couponing to save money.

When she is not writing charming and thought-provoking children’s stories, visiting libraries for book signings, or being a smart shopper with her daughters, Long makes and sells organic soaps, eye serums, and laundry soaps. Look for “Hog-wash soaps” on www.rural-revolutionsllc.com.

For more information on Long’s new book and the anticipated series, please visit her Facebook page www.facebook.com/ThriftyThelma. Interested readers can look up her book and full biosketch on www.createspace.com.

Self Realized vs. Actualized

There is a difference between self-realization and self-actualization. Our culture places a great deal of emphasis on self-realization or realizing the full potential of yourself. The focus of our energy is on self and discovering the abilities that lie hidden within. We concentrate on personal growth and development. Education becomes a process of developing personal skills to achieve our fullest potential. The dictionary defines self-realizations as: fulfillment by oneself of the possibilities of one’s character or personality. We study human development as a means of achieving this potential state of personal fulfillment.

We spend fortunes on yoga classes, counselors, self-help books, and meditation gurus in an effort to get in touch with our inner self and discover who we are. We believe that the power to live is within us and all we have to do is connect to our inner strength. We are convinced that life will be great if we can just realize the full potential of our true self. This philosophy has given rise to the New Age movement and is part of the Eastern religions. While knowing yourself has great value,

it can lead to a narcissistic lifestyle and a self-centered approach to life. We live in the “me” generation where this philosophy has many followers.

Self-actualization is a term used in psychology to describe the motive for a person to reach his or her full potential. This potential includes religious and creative expression outside of the individual. The search for significance and meaning in life is part of the self-actualized person. The focus is not so much on the individual but the interaction of the person with reality. I am no longer the center of my universe but I am on a journey that builds on the wisdom of those in the past to discover the mystery of life around me. And I can only discover my true self when I am a part of community. A person is not self-actualized in isolation but in

the context or relationships.

An illustration of the difference between self-realization and self-actualization is how we approach education. Many young people see education as a means to get ahead in life so that they can make more money. Education becomes a tool to allow the individual to achieve as much as he or she can. Our educational system perpetuates this philosophy by establishing standards of learning that promote acquiring basic levels of knowledge to succeed in life.

Self-actualization approaches education as an opportunity to discover the world in which we live. Learning becomes a search for truth and knowledge to fulfill the individual’s desire to become the person he or she was created to be. The joy of learning is found in the search for self-fulfill-

COLUMN



Speaking Truths
by Pastor
David Upshaw

ment and not in the memorizing of facts to pass a test. The self-actualized person is not only at peace within but is also at peace with the world.

The self-actualized person has a more holistic view of the world and searches for answers beyond self. Life is full of mystery and wonder that we can never find within. The scriptures tell us “to be still and know that I am God” (Psalm 46:10). In other words we need to shut up and let God be God and not try to be god ourselves.

Words of Encouragement

Beneficial Power

By Joe Stowell

Boxing and strong-man competitions have a unique aspect to them. In the events, the athletes compete individually for the purpose of demonstrating their superior strength. It’s like arm wrestling—you do it to prove that you are the strongest person in the room.

One aspect of God’s glory is His almighty power. But how does He show His strength? He doesn’t do it by rearranging the galaxies before our very eyes, changing the color of the sun at a whim, or freezing a lightning bolt as a trophy to His strength. Instead, in His love and compassion for needy people like ourselves, God has chosen to “show Himself strong on behalf of those whose heart is loyal to Him” (2 Chron. 16:9).

The pattern is consistent throughout Scripture. From the dividing of the Red Sea, to the marvel of manna in the wilderness, to the miraculous virgin birth, and ultimately to the power of the resurrection, our Almighty God has chosen to demonstrate His strength to bless, preserve, and protect His people.

Be assured that He delights in showing Himself strong in the challenges of our life. And when He proves His power on our behalf, let’s remember to give Him the glory!

Lord, thank You for choosing to expend Your divine power on the needs of my life. When my strength is weak, teach me to trust that Your mighty arm is able to guard, protect, and deliver!

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Father Jay Biber, Pastor
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Dr. Fred R. Skaggs, Pastor
Email-countylinechurch@wildblue.net



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