

POCONO MOUNTAIN *Living*

SEPTEMBER 2020

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Lovely Luna

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Keffer, Kindess
and Efficiency

Virginia War
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...and More!

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*My Honey and Me:
Built to Last*
Meet Ray and Runda

MEET THE EXPERT CONTRIBUTORS



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"I'm grateful to the sponsors for supporting this publication. In this fast-paced digital society, it nice to cozy up on couch and read about Powhatan Living."
 - Ronda Harris

Dear Neighbors of Powhatan Living!

The last hot, humid (and rainy!) dog days of summer will just as quickly turn brisk and breezy before we know it. Another summer of memories will shortly be behind and then we will all find ourselves gliding into the change of season that most of us find so appealing about our area. There's nothing like the variety of four seasons.

Always in season is the generosity of our community and we are grateful to bring you a few stories of kindness as well as those we hope that will simply make you smile. We have a dose of both in these pages. And we look forward to more of our neighbors like Greg Hodges, of Spencerwood West, who will reach out to us like Greg did to share an observation, a story of a beloved pet, a whimsical tale, or anything else that touches your heart because it is sure to touch the hearts of your neighbors as well. Thank you Greg! You may Email your contributions to jyost@bestversionmedia.com for publishing in a future edition!

We have another sponsor to welcome! Jimmy and Judy Payne, owners of Jimmy's Carpet on Anderson Highway right in Powhatan have joined your Powhatan Living family. The Payne's have been proudly serving our community and beyond for more than 25 years. We are grateful for their sponsorship along with all of our amazing business partners that bring this magazine to your mailboxes each month. We invite you to learn more about one of them in particular this month; Mark Keffer, owner of Kefficient. It's a great opportunity to remind ourselves that each of our business sponsors are - beyond their logos and website addresses - individuals with families and stories of their own to tell, and we are so pleased to share this one with you.

And front and center rather than last but not least, we are so pleased to introduce you to Ray and Runda. Their story is a delight to tell and we're sure you'll squeeze out a few more smiles before you're finished reading about their happy life together.

All in all, there are ALWAYS reasons to smile and we hope this month's magazine reminds you of just how true that is, yesterday, today, and tomorrow.

All my best,

Lisa

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My Honey and Me: Built to Last

By Runda Harris and
Jason Yost

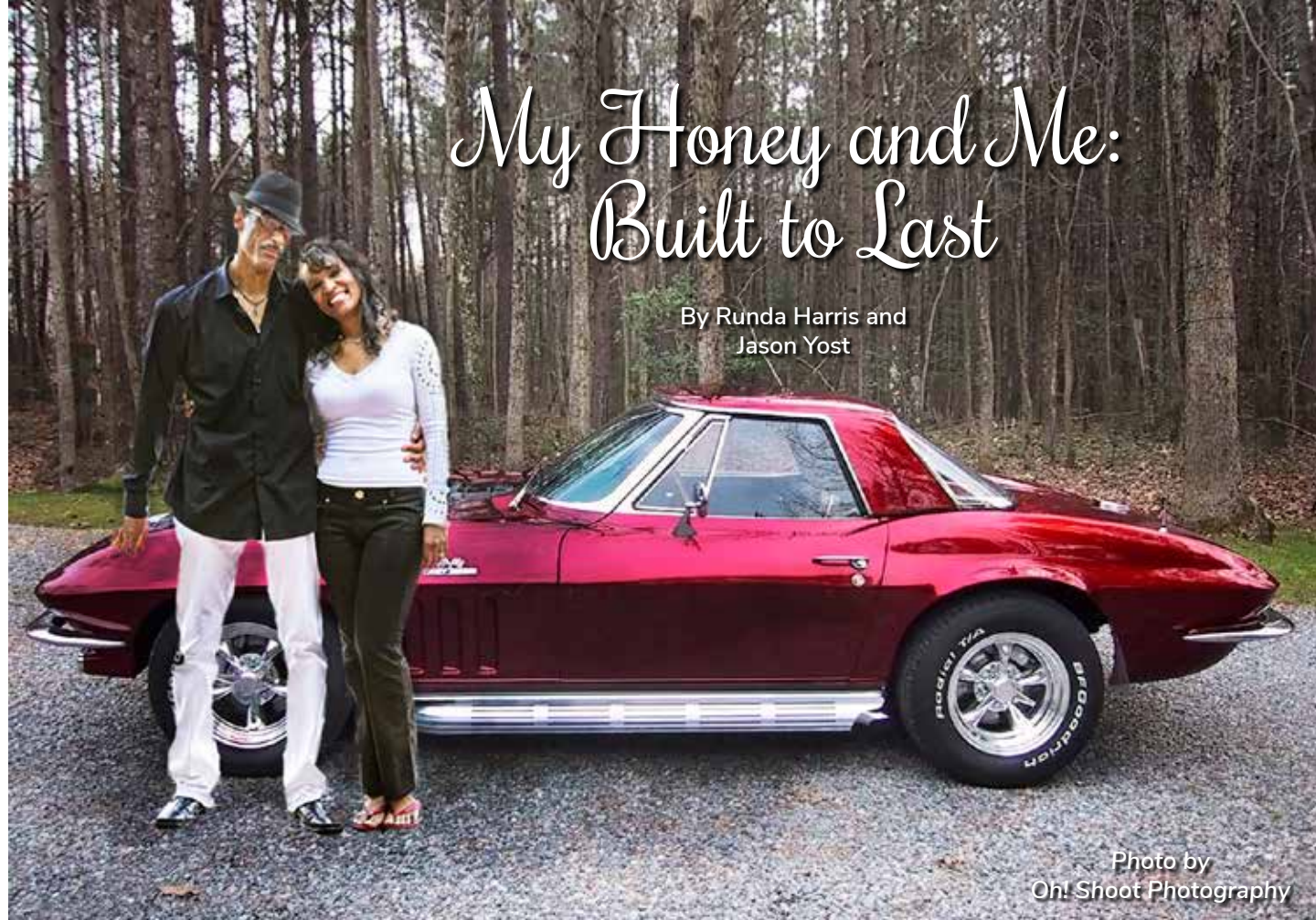


Photo by
Oh! Shoot Photography

Runda is a Powhatanian. Born and raised. Her husband Ray... not so much. It's interesting. She only refers to him as "My Honey" – never Ray or husband. Until now, few people will have known his first name. Typically, when others meet him, they say, "You must be Honey!" Then he'll smile and ask them to call him Ray. He was a military brat growing up who moved around a lot. He spent his formative years of high school and college in California. When his father retired from the Air Force in 1978, his parents decided to relocate to Richmond, Virginia to be closer to his grandparents where he and Runda would eventually meet.

People often ask Ray and Runda, "Where are the kids?" Apart from Runda's collection of stuffed animals – Rocky, Tulip, and Patches – which she jokingly refers to as her babies, the couple have chosen not to have children of their own. However, they are proud Godparents to Xavier Epps. Runda fondly calls the 6-foot-tall college freshman "baby boy," while her Honey shakes his head and reminds her, he's no longer a little kid.

While most couples are tied up with kids, sporting events, PTA, and the like, Ray and Runda instead have more time to enjoy family traditions. Their traditions include an annual trip to The Homestead in Hots Springs, VA where they relax in The Jefferson Pools as well as committing to learn a new

skill/hobby. Ray explains, "We like to take vacations where we learn something new." For example, a few years back they enrolled in 2-day photography and animation class at the Disney Institute in Florida. Their friends might call them "eccentric" because couples their age (don't dare ask what that is... according to Runda, she is "forever 13") rarely pick such unusual hobbies to pursue. Over the years they've tried fencing, skeet shooting, and archery to name a few. In his free time, Ray also works on his graphic novel. He says, "It keeps me extremely busy, along with tagging along with my wife, as she volunteers me whenever she agrees to help other people."

That's where Ray and Runda's true passion lies: in the arts and volunteerism. They find purpose in doing their part to make the world a better place. Over the years, Runda has served as Chairperson for Powhatan/Goochland Community Services Board, Powhatan County Parks and Recreation Advisory

Board, Special Olympics volunteer, navigator for Project Homeless, and mentor for Finance Literacy in Richmond Public Schools. For those that know her, it is no surprise that her labor of love is the non-profit Powhatan County Fairgrounds (501c3) that hosts the Annual County Fair. According to Runda, it's Powhatan's best kept secret and for a century has been a venue to educate youth, a place to feed the hungry, and a hub for fun activities. To her, it's a Powhatan legacy well worth preserving.



Ray and Runda on vacation in Florida at the Disney Institute.
Photo provided by Runda Harris.

On growing up in Powhatan, Runda said it was great because, "all the important people are here – my family. My parents, sisters, grandparent, aunts, uncles, and cousins are all within a mile of us." Runda is one of four children along with her sisters Pamela, Annette, and identical twin, Randa. She is quick to point out that she is the 'baby girl' because she is a whole 5 minutes younger than Randa, making her the youngest in the family.

Runda says that, "Randa and I were a surprise because they were expecting boys. However, the disappointment didn't last long for their father. As it turned out, the twins were more interested in shooting rifles and helping their father work on his classic car than learning to cook. Runda speaks proudly of her parents Abel and Patricia Harris, lifelong residents of Powhatan, who have been married for 57 years! She said, "As a child I didn't know how to describe it... but to me they are real-life superheroes. Whenever they are together, Dad dotes on Momma as if they are still high school sweethearts.

Momma, well... she makes the world go around, effortlessly. Watching them always in love made me pray for the same. They live a life of service for their friends and community with little to no recognition. But at 75 years old they still give 'til it hurts—trusting that God will provide as he always has for them." Runda added that, "Watching them live a sacrificial life, I guess, it was inevitable that I would become an enthusiastic volunteer."

Runda attributes her parent's unconditional love as what empowered her and her siblings to believe they can do anything they dream. So, growing up, the twins tried modeling and kept busy with gigs between Virginia and New York City. Runda jokes saying, "I can't claim fame, however, my twin [Randa] is in the history books." She recounts admiringly, "Our community was proud that a Powhatanain was crowned Miss Virginia Teen USA 1990. She was the first African-American to

represent Virginia and compete for the title of Miss Teen USA 1990 in Biloxi, Mississippi." Runda said she was often mistakenly stopped in the mall by little girls who wanted Randa's autograph. Coincidentally, it was that summer, Runda's freshman year of college, she started dating Ray.

A mutual friend had introduced them at a party about two year before, so they'd seen each other in passing, but there were no sparks. But fate had a way of bringing them together. On the twins' birthday weekend, Randa was out with her honey. Runda wanted to hang out



Runda at the Miss Teen USA Competition in Biloxi, Mississippi. Photo provided by Runda Harris.

and celebrate with a friend so she called, but Ray answered the phone. From there, the one-time acquaintance progressed further as they talked on the phone a couple times a week.

Runda recalls the first time Ray met her father. "When Ray arrived, I wasn't ready, so Momma sat him in the living room with Daddy who just so happened to have a shotgun resting in his lap cutting coupons for Momma." (Dating a Harris girl is interesting—to say the least.) "What are your intentions with my daughter?" Daddy asked. "Respectfully," my honey laughed then responded, "I'm going take her to dinner." "Over the next two months, I realized I really, really liked him. A few weeks later, we

cont. on page 6



Sunday dinner at Grapevine, Ray and Runda's favorite restaurant. Photo by Oh! Shoot Photography.

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Ray and Runda's 3rd time saying, "I do!" at St Paul's Catholic Church on Dec. 2, 2008. Photo provided by Runda Harris.

were watching movies at his place. He was relaxing on the sofa and I was sitting on the floor, and out of the blue I turned to him and said, "I think I love you! Yep, I love you!" He looked at me a little strange and responded, "I love you too." Then I told him he had to be my boyfriend – my Honey. That was December 2, 1989. He had no idea what he was getting into having a twin as a girlfriend. It's hard to find sisters who are closer than us and our Honey's quickly learned that, so they often coordinated buying things, including our engagement rings."

Runda never planned to live anywhere else, but apparently county living isn't alluring for everyone. Ray wanted a county girl, but nothing was drawing this California man to the rural life. The idea of living in Powhatan

with deer running into the road, the 40-minute drive to get anywhere "interesting," and, not to mention, the bugs splattered all over his car was frustrating and unappealing. But as time passed Ray found the Harris family traditions, especially the Sunday afternoon gatherings, more and more pleasing. Runda described how every Sunday afternoon before there was ever a movie called Soul Food, the Harris' would cherish

getting together with friends and family at her grandparents' house where friends would stop by for conversation. Runda's father would catch up with his brothers, talking about cars or what was going on around town, and Momma Harris and the other women prepared the food while all the cousins would be playing outside. Runda says, "It was like living in your own perfect bubble. Once dinner was ready, the 'grown folks,' as Nana would say, sat together at the dining table separate from the kids. When Nana noticed any of the kids eavesdropping, she'd say; 'This is grown folks' conversation. Go back in the other room.'"

Runda loved her grandparents Mahalie and Wilbur Harris dearly. She says, to this day, she has no idea how old Nana was because every year she was 68 years old. She says,

"Our grandfather, who we called 'Pop' was born in 1912 and we were lucky to have him until 2005. He was the quiet, reserved type... a lot like my Honey. Pop could build anything and told amazing stories. By far, he was the coolest man in Powhatan. Now that my grandparents are in heaven, we continue to gather on Sunday but it's at our favorite restaurants instead. Nowadays, the importance of shared family experience is underrated but we keep this tradition alive so our nieces and nephews can share it with their children."

In 1992, their happily-ever-after officially began. "My prayer for a man that dotes on me like my Daddy dotes on Momma was answered," said Runda. After the double wedding and honeymoon with Randa, the couple built their forever home on family owned land given to them by Runda's parents in District 1 off 288.

Runda said, "My Honey is my best friend. I'm not romantic, but I sure appreciate that he is. Every morning, no matter how I look, he rolls over, tells me I'm the most beautiful girl in the world, and kisses my cheek." Ray thought he would marry the girl of his dreams only once, but Runda is full of surprises and December 2, 2008 marked the third time the couple vowed to spend their lives together. Twenty-eight years later, she is still planning for the next time she'll say yes to the man of her dreams. Runda says, "Like Classic cars my Honey and I are built to last."

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Lovely LUNA

By Greg Hodges



One of the joys of country living is the plethora of wild creatures and critters that frequent our home here in Powhatan. From the large furry ones (even some with antlers!), to those that creep along the forest floor, they

all remind us of nature's bounty here on our little chunk of terra firma. How many of us (raising hand) have seen a group of deer or stopped along a rural roadside to rescue a lumbering turtle from the perils of speeding cars or big trucks?

One of the more fascinating creatures here in our neck of the woods is the gorgeous Luna Moth, with its large, lime-green wings that often reach up to four inches across. After emerging from its cocoon, it flutters off into the summer evening (they are nocturnal) in search of a mate, which the female attracts by releasing powerful pheromones that can be detected by males some distance away. After laying a cache of eggs on a nearby tree, the Luna only has only a short time to live...



usually no more than a week. Why? Because it doesn't have a mouth or digestive system! But even with such a short life cycle, the lovely Luna is just one of Powhatan's many natural treasures that we can all appreciate. If you have a lighted porch or deck/patio area, this warm weather visitor just might come calling on some enchanted evening. Be on the lookout for it.

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HELLO September events

Every Thursday Until the End of Summer Powhatan Village Farmers Market @Bienvenue

There is a weekly seasonal farmers market in the Village of Powhatan Courthouse on the grounds of beautiful Bienvenue. They feature locally produced fruits and vegetables, pastured meats, baked goods, fine artisan crafts and much more!
Time: 3:30-7pm | Cost: FREE

Sat., September 5 Powhatan Labor Day Festival @Powhatan Fairgrounds

Music, food, vendors, Cornhole tournament and more!
Time: 12-6pm | Cost: FREE

Fri., September 11
Live Music: Greg Ward
@Crazy Rooster Brewing Company
Come one, Come All! Welcome Greg Ward's return to Crazy Rooster to bring more Positive Reggae Music!
Time: 4:30-7:30pm | Cost: FREE

Sat., September 12
The Freedom Flag Foundation
@Three Crosses Distilling Company
Join Three Crosses Distilling and the Freedom Flag Foundation in honoring the amazing journey of the Freedom Flag. Learn about the 18 year journey of the Freedom Flag, including Powhatan County's role in helping it go from a sketch on a napkin to the Official Virginia Flag of Remembrance for Sept 11th, 2001. World Trade Center Steel artifacts from Tower 1 will be on display. Kid and pet friendly.
Time: 4-8pm | Cost: FREE

Sun., September 13
Financial Peace University
@Red Lane Baptist Church
Planning for the future is hard when you're still paying for the past! Listen—there's a better way! Join their Financial Peace University class, and you'll learn how to beat debt and make a plan for the future together! Interested? Join them each Sunday, starting Sunday, September 13 (9-week course). Childcare will be provided if needed. You can sign up for this class and start your 14-day free trial of Financial Peace at fpu.com/1121579.
Time: 4-5:30pm

Tue., September 15
HopeTree Foster Parent Info Session
@Online
There are thousands of children in foster care in Virginia. You can make a difference for one. Become a foster parent. The right time is right now. Attend their online information session. For more information or to RSVP, email AbigailS@HopeTreeFS.org
Time: 6:30-7:30pm | Cost: FREE
HopeTreeFosterCare.org

Thu., September 17
Village Block Party
@Three Crosses Distilling Company
Come join Village Concepts Realty Group to meet their agents and enjoy local spirits, music by Ruby & Jay and food and desserts by Vanilla & Bourbon at Three Crosses Distilling Company. They look forward to thanking past and current clients and introducing themselves to future clients! Proceeds from raffle baskets and donations will be going to Powhatan Sheriff's Office. They love our community!
Time: 4-8pm | Cost: FREE

Sat., September 19
Fall Music, Food, and Booze
@Three Crosses Distilling Company
The beginning of fall is almost here! Come celebrate with them and their new menu that will be premiering for the season. Of course, there will be some amazing food, drinks, desserts, and great live music to enjoy!
The Return of the Mac: 4-8pm / Vanilla & Bourbon: 4-8pm / Barkley and The HTs: 5-7pm
Cost: FREE

Sat., September 19
St. Francis de Sales Historical Tour
@Belmead on the James
Come walk these hallowed grounds to learn more about St. Francis and the Young Ladies that once walked it's halls. To accentuate your experience, Peggy Thurston (Class of '64) will be present to share her stories of old from her years as a student at SFDS. To learn more and purchase tickets, visit website.
Time: 3:30-6:30pm | Cost: \$55/person
eventbrite.com

Fri., September 25
27th Annual Tom Connelly Golf Tournament
@Mill Quarter Plantation Golf Club
Proceeds from the tournament directly benefit the students of Blessed Sacrament Huguenot. Visit <https://bshknights.org/event/27th-annual-tom-connelly-golf-tournament/> for registration, sponsorship, and donation information.

Sat., September 26
Live Music: LeeStreet with Bikini Panini and Vanilla & Bourbon
@Three Crosses Distilling Company
What is better than booze, food, music, and some good company? Not much! Come and hang out with all of them here!
Bikini Panini: 4pm - 8pm / Vanilla & Bourbon: 4pm - 8pm / LeeStreet: 5pm - 7pm
Cost: FREE

Thu., October 1
Apple Spiced Rum Release
@Three Crosses Distilling Company
It's been a year! Get yourself the 2nd batch of Eve's Rebellion Apple Spiced Rum. This year, the apples have will have been soaking in the rum for one full year. How about them apples?
Get your bottle while you can, will be a small limited release! Live music by Chris Pike: 5-7pm
Time: 1-8pm | Cost: FREE

Sat., October 3
Live Music: Tin Can Fish Band Trio
@Crazy Rooster Brewing Company
TCFB is playing their originals & select covers for their 1st visit to Crazy Rooster Brewing. Come join for some Americana Progressive Roots Rock and a feel good vibe.
Time: 4-7pm | Cost: FREE

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She completed her undergraduate training at Virginia Tech in 2009 with a dual degree in Chemistry and Biology. She then received her medical degree from the Edward Via College of Osteopathic Medicine - Virginia Campus, in Blacksburg, Virginia, in 2014. She completed three years of residency training at the Virginia Tech Carilion School of Medicine in Roanoke, Virginia, in 2017 where she served as Chief Resident in her final year. Her husband, Drew, is also a practicing physician, and will be joining MFP as well in September of 2020 at our Waterford location.



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VIRGINIA WAR MEMORIAL Announces Veterans Day Essay Contest

Contributed By Morgan Guyer

The Virginia War Memorial is now accepting entries for the 2020 Veterans Day Essay Contest. The contest is open to all Middle and High School students in Virginia, and a winner will be selected from each age group (grades 6-8 and 9-12). Winners and their teachers will receive a prize, and winning students will be asked to read their submissions aloud as part of the Commonwealth's Veterans Day Ceremony on Wednesday, November 11, 2020.

PROMPT: Write about an American who served during World War II who inspires you.

As we reach the 75th anniversary of the end of World War II, the Virginia War Memorial encourages students to reflect on the men and women who have served their country and find inspiration in their service. Subjects of student essays may be those who survived the war, or those who made the ultimate sacrifice. Students should consider the lessons they can learn from their subject, and what we can all take from their example. While



selecting subjects, students should consider family members, members of their communities, or others whose stories resonate personally. Subjects may have served in any branch of the military. Essays should focus on the subject's time in service, though students may also address his or her time before and after the war if relevant.

Responses should be developed through research, using interviews and/or primary sources when possible. Students are free to utilize newspaper articles, first person accounts, military records, letters, or more to tell us about the subject, and why he or she is inspirational.

Please visit <https://vawarmemorial.org/learn/contests-scholarships/essay/> for the full prompt and for submission information. The deadline to submit is SUNDAY, OCTOBER 11 at 11:59pm. If you have any questions, please contact Morgan Guyer at morgan.guyer@dvs.virginia.gov.



By Michael Stotler
Personal Chef

As a personal chef, I've had many opportunities to cook for people with varied dietary requirements including gluten free, low fat, low carb, high protein, high fiber, no nut, vegetarian, pescatarian, vegan, and the list goes on. I've worked with cancer patients going through chemotherapy, nutritionists that have clients with special needs. I've even worked with Sally Fallon Morrell, the president of the Weston A. Price Foundation and an advocate for pre-industrialized diets and raw milk foods. I'm telling you this, not because I want to give you my resumé, but because you would think that I would have my own family eating the healthiest and most nutritious meals possible. The reality is, as a parent of one teenage boy and one pre-teen boy, the challenge of providing healthy and nutritious meals seems almost insurmountable! And truth be told, I too love to prepare all the delicious, cheesy, greasy, high calorie foods, and thoroughly enjoy myself as I devour them. However, knowing how important food is to our bodies and minds, I continue to do my research on food, diets, how food is grown and brought to market and I know that eating local is good for my family and my community, that organic and local foods have more nutritional value, and that processed foods most always contain more sugar, salt, and chemicals, much of which our bodies cannot even process. One good way to get to know what is available locally is to check

Nutritious Turkey Mushroom Spinach Loaf with Homemade Ketchup

out the Virginia Farmers Market Association website for information on upcoming events at markets all over Virginia.

One of my favorite things to do is head out with the family and travel to a new town and experience a new market, shop at antique stores, and grab a bite to eat. We get to learn so much about our food and the area we live in.

Community Supported Agriculture (CSA) is another way to experience locally grown, healthy foods. You can purchase local, seasonal food directly from a farmer as they put your order together for delivery to your front door or pickup site, usually once a week. This not only gives you the opportunity to keep a farmer in the dirt, but will also allow you to have access to a new variety of extremely fresh foods, often not found in grocery stores. Fall Line Farms & Local Roots is a consortium, of Virginia farms with an astonishingly wide variety of fresh local food, from asparagus to shellfish. You can visit their website at www.fllr.luluslocalfood.com for more valuable information.

So, if you're like me and looking for a recipe that gets kids to eat their veggies, this recipe is for you. I love that I can take what I have learned about food, cooking, and technique and put it to good use. In this recipe, I simply "hide" some veggies in the main dish and offer another, usually something new, as a side. If they balk at the side dish, I secretly know that they are



getting what they need in the delicious main course.

Feel free to use what ingredients are easy for you to obtain. You certainly do not have to use organic or local, but it always makes me feel good when I can. Chicken, beef, or pork can be substituted for the turkey. Play with your favorite spices and make lots of homemade ketchup. Natural sweeteners such as honey and maple syrup are easy on our bodies and they can be found locally. You can also make burgers or meatballs with this recipe to, so enjoy getting creative!

FOR THE LOAF:

- 8 ounces slice organic baby bella mushrooms
- 2 cups organic baby spinach
- ¼ cup chopped sweet onion
- ¼ cup brown rice
- 2 garlic cloves
- 2 tablespoons liquid amino or soy sauce or tamari
- ½ teaspoon fresh thyme
- Salt and pepper
- 1-pound organic ground turkey
- ¾ cup panko
- 2 tablespoons chia seeds (optional)
- 2 tablespoons flax seeds (optional)
- 1 egg

- 8 ounces homemade ketchup (recipe below, makes 10 – 12 ounces)
- ¼ cup toasted pine nut, walnuts or both

FOR THE HOMEMADE KETCHUP:

- 1 cup water
- 6 ounce can of organic tomato paste
- ¼ cup organic or local honey
- 2 tablespoons fresh organic lemon juice
- 2 tablespoons red wine vinegar
- 1 teaspoon pink sea salt
- 1/8 teaspoon ground allspice
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon ground clove

MAKE THE LOAF:

Preheat oven with a rack set to the middle position to 375°F. In the bowl of a food processor, combine mushrooms, spinach, onion, rice, garlic, liquid amino, thyme, salt and pepper. Process on high for 1-2 minutes, until a smooth paste has formed. In a medium mixing bowl, combine the paste, turkey, panko, seeds, egg, salt and pepper mixing thoroughly. Let the mixture rest for 10 to 15 minutes to allow the panko and seeds to soak up some of the moisture. Place the mixture into a foil or paper disposable loaf pan and pack tightly. Place the loaf pan on a sheet pan and bake for 40 – 45 minutes. Remove and cover the top with half of the homemade ketchup and continue baking until an instant read thermometer reads 165°F, about 10 minutes more. Add the more of the homemade ketchup to the top and garnish with the nuts. Let rest for 10 minutes and remove from the pan by cutting the down at the corners of the disposable pan and place on a serving platter. Serve with steamed cauliflower and brown rice.



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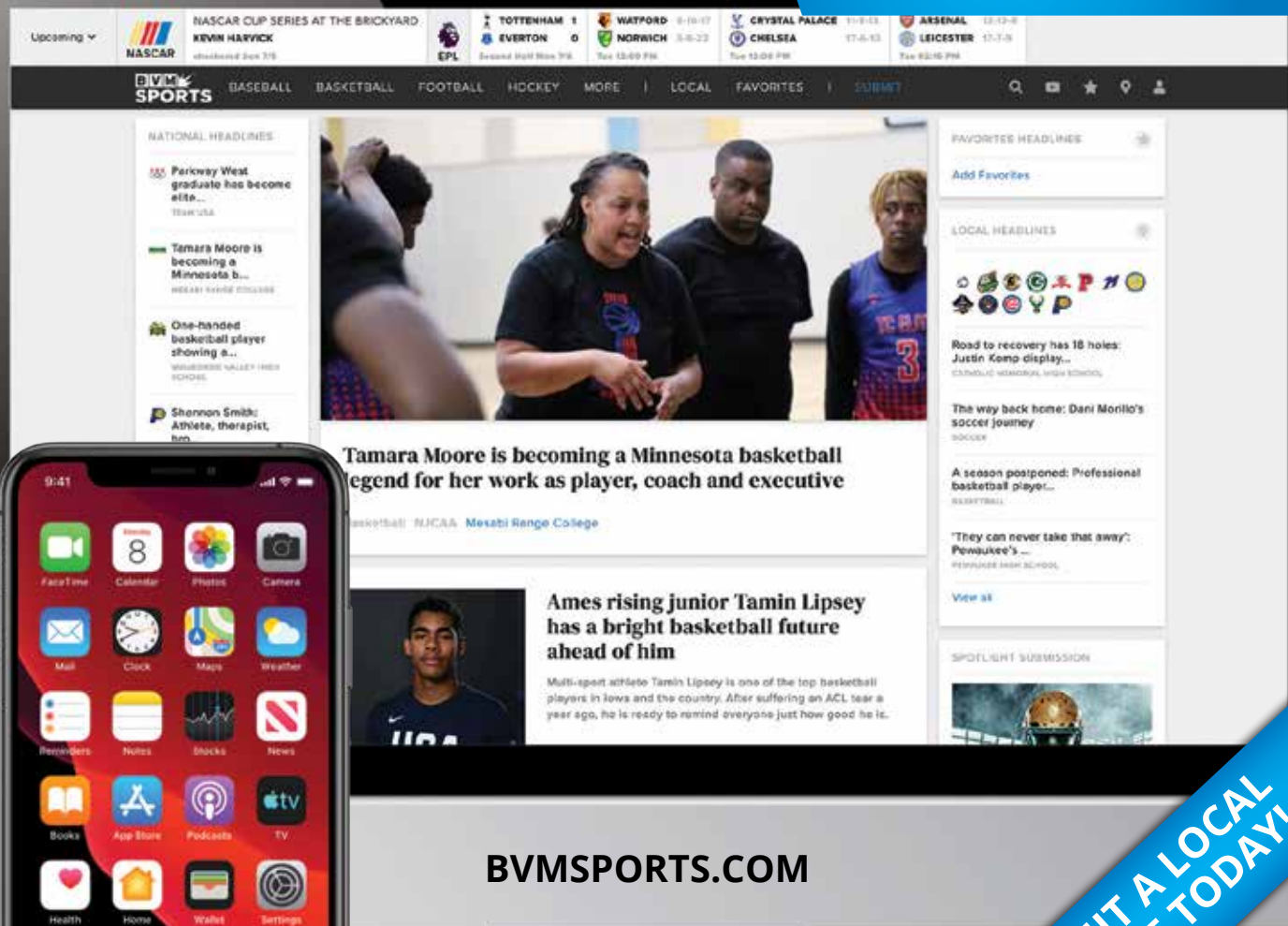
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Real Estate Spotlight In Your Neighborhood (HOMES SOLD)



SUBDIVISION	ADDRESS	SQ FT	BED	BATH	PRICE
Aston	3606 Walkers Creek	3,722	4	4	\$480,000
Bel Crest	2396 Bel Crest CIR	3,540	4	3.5	\$615,000
Branchway Forest	3535 Richards RUN	3,926	5	3.5	\$510,000
Burkwood Farms	3153 Pineview DR	2,093	4	2	\$385,000
Dalmore	905 Dalmore DR	4,205	4	3.5	\$700,000
Erin Hill	3690 John Latane LN	2,985	4	3.5	\$530,000
Fighting Creek	3887 Bent Arrow DR	1,868	3	2	\$390,500
Founders Bridge	2370 Founders Creek CT	2,627	3	3.5	\$543,000
Glenbrooke	2627 Glenridge TER	1,640	3	2	\$289,000
Graceland	940 Graceland CT	1,962	3	2.5	\$364,500
Huguenot Hundred	1931 Huguenot Hundred DR	2,802	4	2.5	\$410,000
King William Woods	1541 King William Woods RD	2,608	4	2.5	\$360,000
Lake Shawnee	2215 Overlook RD	1,144	3	2	\$212,000
Lake Shawnee	2205 Highland DR	2,276	4	2.5	\$300,000
Maywood Estates	1709 May Way DR	2,407	3	2.5	\$339,000
Norwood Creek	1888 Rock Point DR	1,988	4	2.5	\$337,000
Norwood Creek	1795 Finney's Mill TER	3,000	3	3	\$488,795
Old Mill Farms-Section B	2220 Brittany LN	2,344	4	2.5	\$475,000
Sherwood	3410 Sherwood Bluff WAY	1,931	3	2.5	\$340,000
Sherwood	3265 Sherwood Ridge WAY	2,716	4	3.5	\$342,000
St. Marys	3023 Sublett CIR	3,729	4	3.5	\$602,000
Three Bridge Estates	3951 Mosco CT	3,373	4	3.5	\$499,950
Tilmans Farm	3359 Riveryly DR	2,962	4	3.5	\$530,000
Westlake At Mill Mount	3845 Mill Mount DR	3,347	4	3.5	\$425,000
Westlake At Mill Mount	3471 Mill Mount TRL	3,504	4	3.5	\$599,000
Wood Dale Acres	2302 Morningview DR	1,425	3	1.5	\$249,950
Wood Dale Acres	2375 Mill RD	1,454	3	2	\$240,000

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COUNTY KINDNESS

By Rebecca Courtright



Powhatan is home to SO many wonderful non-profit organizations. We live in a rural area, but even with all the outstretched open space, there is still a sense of all of us working together to support those in need. The stories below are just a few examples of the generous charitable giving that is taking place across Powhatan. All have a common goal of

helping our residents. I hope reading about these charities and organizations inspires you to volunteer, donate, or spread word to those who may be in need of any of these important services. Our Rotary Club of Powhatan recently elevated one of our local programs to help Powhatan. We call it our 'Pay it Forward' program which was designed to create opportunities that facilitate random acts of kindness. It is hoped that the recipient will pass the kindness to others. Members of The Rotary Club of Powhatan fan out in the community and give away \$25 and \$50 gift cards. The program usually starts in December but was moved up because of the more trying circumstances so many are experiencing. Club members donated over \$2,000. The money came directly from the pockets of Rotary members, not from proceeds raised at an event. We care deeply for Powhatan and the generosity was straight from the hearts of each Rotarian. We then spent a Sunday afternoon handing out gift cards, sharing the following simple sentiment: "We are so pleased to be able to do something nice for you, if you are ever in a position to do something nice for someone else, please pass on the kindness, whether it be a gift card, carrying groceries to a car, opening a door, or any act of kindness you can imagine." We felt like our community needed some cheering up, so we pulled together to do our part. To learn more about the Powhatan Rotary Club, powhatanrotary.org.
— Steve Jenkins, Jeff Cochran, Chip Humphrey, and Robbie Urbine

"No one has ever become poor by giving." – Anne Frank

The Coalition of Powhatan Churches has continued to support the Powhatan Food Pantry which is available to residents of Powhatan County who are in need of extra help with feeding their families. The Food Pantry has been fortunate enough to receive an abundance of both fresh and pantry items from Powhatan residents and businesses. We are a member of 'Feed More' which is an organization that distributes food throughout Virginia. The Food Pantry is staffed by over 30 volunteers who help pick-up food, pack grocery bags, maintain the inventory, and welcome and assist our clients. We are totally dependent on the community for sustaining the pantry and are grateful for their generosity, most especially in recent months. For more information, email the food pantry at: powhatanvafoodpantry@gmail.com.
— Theresa Fields



Cradles of Love Ministry was formed in 2018 as a collaborative outreach ministry sponsored by Gospel Light Baptist Church. Our pastor, Travis Keith, was looking for ideas for outreach ministries that our church could form. I have always thought about the challenges a new mom faces and how hard it is for a new mom that has no support or who experiences poverty or homelessness. We started a support network and a place to form a safety-net for vulnerable pregnant and new moms. The beginning years of our ministry have been focused on building a pantry system for parents that may be in need of basic emergency essentials such as diapers, wipes, formula. We provide these services through fundraisers at our local Chick-fil-A, groups including American Heritage Girls, local ladies fellowship groups, the Rotary Club, and the Millquarter Women's Republican Group. When our pastor was contacted about a local family with an 18-month old baby who had lost all of their belongings due to a house fire, Cradles of Love was able to provide clothing, diapers, wipes, crib, crib sheets, and other baby essentials to the family. If you are interested in donating or are in need of help, please visit glbcpva.org/cradles-of-love.
— Kim Arnold



HAVE YOU EXPERIENCED AN ACT OF KINDNESS IN POWHATAN?
Send us your story and picture to PowhatanKindness@gmail.com and it may be featured in an upcoming issue!

Keffer, Kindness, and Efficiency = Kefficient

By Jason Yost

Kefficient Crawl Space & Waterproofing is owned by Mark Keffer. Kefficient is a family-owned waterproofing and crawl space repair business. If you have a damp and moldy crawl space, they have the solutions to protect the health of your family and your home all with kindness and efficiency.

Before bringing his business to life, Mark worked for another very large foundation and waterproofing company, performing inspections and managing installations. He became increasingly disappointed and bothered to see so many customers fall through the cracks. Kefficient was created in 2016 to bring a quality touch that he saw other companies lacking. Mark says, "I see to it that I am personally involved with every project, no matter how large or small. I offer face-to-face meetings to ensure every question or concern that comes up is answered by me personally. At Kefficient, you are more than just a number; here, we treat you like family." And so his business philosophy was also born: to be 100% customer centric. Mark continues, "My philosophy is to treat others the way I would want my own mother to be treated. We want to be the most trusted company in our industry, and to always do the right thing."

Mark's joy and work ethic is rooted in his deep Christian faith. He says, "My biggest inspiration in life is Jesus Christ, and I am very passionate about my church family and my noble

purpose is to serve my community with the highest integrity." Mark, along with his wife Trisha, find joy in assisting the elderly within a small group at their church. Mark also joined his church family security team when he saw the need to ensure the safety of his brothers, sisters, and children of the church during their services. He and his family also support their church missionaries overseas because they love to see the love of Christ shared far and wide. Every business owner has an experience that makes for a great story to tell and Mark has an extra unique one... "We once found what we thought were human remains in a crawl space. I took a picture of the bones and shared it with a physician to get his opinion. He suggested we call the police and let them make the determination. It turns out they were animal remains." I'm



sure there was some relief, but the story may have had a longer tale to tell had the results been any different. I guess you never know what a day's work will bring!

This year, Mark and his wife Trisha celebrated 32 years of marriage. They are the parents of four wonderful children, three of whom served proudly in our military. The Keffer's enjoy their six grandchildren and a large and close extended family. Mark considers his family life AND the work he gets to do and the people he gets to serve as a day-to-day blessing. And when the day is almost done, an evening car ride with his wife, the car, and the road offers a simple way to relax and spend time together. Just a few simple pleasures including the enjoyment of an occasional cigar is all that's needed when you spend your days pouring yourself out for your family, business, and community. Serving others makes for a very good life. Thank you for sharing a bit of your life with the Powhatan community Mark!



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