

| WAY TO GO! |



## New administrator receives keys to county

Prince Edward County Board of Supervisors Chair Jerry Townsend, right, shakes hands with new County Administrator Doug Stanley during a recent reception in which Townsend presented Stanley with the keys to the county. Stanley's first day as county administrator was Nov. 16. He succeeds Wade Bartlett, who served in the role from 2007-20. (Send "Way to Go!" photos with a description and names to WayToGo@FarmvilleHerald.com.)

| YOUR VIEWS |

## Civil War should be remembered as a horrific time

**To The Editor:**

I don't know what a "white democracy" is and I don't know what an "interracial democracy" is. I do know what a democracy is and what an interracial society is. And in the U.S., we are fortunate to have both — so long as our democracy survives.

Our country exists in a relatively short span of time in history, and in that time we have worked and resolved many of our problems, and continue to do so, while other countries are still trying to figure it out. It is what makes us great, and why we are envied by others. We have warts in our history, and still do. But we work daily trying to fix them. There is no utopia. America is not perfect and never will be. But what makes us great is our willingness to recognize our flaws, and our ability to put them to rest peacefully.

As for being lucky that the North won a war

that has left scars on our heritage — I have no idea why anyone would laud such a travesty. That war pitted brother against brother and father against son, and while it was fought, did not involve anything that could even possibly resemble "luck." Instead, it should be remembered for what it was — a horrific time in our history that left sickness, death, and destruction, and quite frankly while one side surrendered, should have left both sides with a memory that would prevent anything like it from happening again.

**Peter Kapuscinski**  
Dillwyn

*Editor's Note — Mr. Kapuscinski is responding to a letter from Joe Grace headlined "Thank God the South lost the Civil War" in the Friday, Nov. 27, edition of The Farmville Herald.*

## Stick to the comprehensive plan

**To The Editor:**

My name is Debra Branch and I live on 737 Warminster Church Road in Buckingham County.

If a gold mine is allowed to come into the A-1 zone it would literally be in my front yard.

I came across a letter I wrote as an entry in a Buckingham Proud essay contest published in *The Buckingham Times* April 14, 1998. It won first prize.

It reads: "I am Buckingham Proud because no matter where I have traveled in my lifetime, Buckingham has always been home to me and holds a special place in my heart. I was brought here to live in Buckingham around 1960. Before, I had lived in a variety of places, but had no place to call home. I grew up in this county, graduated and went to college in South Carolina. But the rolling green hills and the colors of autumn called me back home to Virginia, to Buckingham County where I have worked as a teacher in the county for 20-plus years. I make my home here with my husband and four children.

"I am Buckingham Proud mostly however, of the closeness of the people who live in our community, and how much they care about you. I came to that realization in 1994, when our home was completely destroyed by fire. The neighbors, churches, organizations all came to our aid and I personally will never forget it as long as I live. The people in Buckingham County cannot be equaled anywhere when it comes to their giving, sharing and

caring.

"We, who live here in Buckingham, are extremely lucky people. When I listen to the news or read in the papers of other localities' tragedies and hardships, even with the problems our county faces, they seem so mild in comparison. I am grateful to live where my children can still play with the neighbor children and feel at ease, where so many healthy activities are provided for them to participate in, and where attending church on Sunday as well as getting a good education is still emphasized as a pathway to a truly 'wealthy' way of life. Yes, I am honestly Buckingham Proud."

Today is December 1, 22 years later. I'm typing this on my phone now while still looking out that same window. But today I'm writing with a heavy, burdened heart, wondering what the future holds for me, my children and grandchildren who have their own homes now and live on this same road. Are Buckingham people serving in positions representing the good people of Buckingham still as caring?

Our land, our homes, these are our places of safety where memories were made and where retiring and resting were anticipated. I am asking you to please adhere to the comprehensive plan for the A-1 zone. Vote to preserve what is good and right for the families and future generations who live not only in the A-1 zone, but in all of Buckingham County.

**Debra Branch**  
Buckingham

## Letting go may be healthier than holding on

Sometimes when I hop in bed to get some sleep, I go to pull the covers up only to find I've tucked them in so tight that they won't budge. I pull and pull with all my might until the blankets slip from my grip, and I accidentally punch myself in the face.

Now, you could say the moral of that quick and sad story is to avoid being a militant neat freak when making the bed. That's fine, I guess, but I'm telling you this embarrassing story because it reminds me of the pain that can be caused by refusing to let go.

Much like how we refuse to accept that the covers won't budge and we just keep pulling anyway, people are often so preoccupied with trying to hold on to something that they don't realize they're about to lose it all at once in an explosive display of self-destruction.

For instance, perhaps you know someone who has struggled with a family relationship for some time. They're estranged from a parent or grown child and are desperate to hold on to any connection they can despite that person's disinterest or mistreatment of them. They struggle and struggle to try to improve a relationship that won't budge until suddenly it all blows up in their face.

Perhaps somebody has said something extremely hurtful and insulting to you. You refuse to forgive or forget their sharp words and hold on to a grudge for weeks, months or even years. You spend so much time letting that anger marinate as you wait for an apology that never comes that it wounds you 10 times as deeply.

Or, God forbid, perhaps you or someone you know are experiencing a loss of someone you love. You want to hold on to that person for fear of losing them, but your ultimate inability to accept the loss means the pain will be so much deeper in the end.

Accepting something for what it is and letting go are hard things to do because they make you feel like you've given up and accepted defeat. You hold on to a volatile relationship for fear of someone stepping out of your life forever, hold a grudge against somebody because they



**ASKED AND ANSWERED**  
**| BY ALEXA |**

ALEXA MASSEY

never offered a true apology or even refuse to accept that someone you love deeply won't be in this world for very much longer, as it doesn't seem the world will keep spinning without them. You fight for all of these things because giving up is not an option.

The problem with this is that you know you're fighting a losing battle, and when you finally can't hold on any longer and lose your grip, the pain and the shock hits you like a self-inflicted sucker punch.

What we often don't realize is that we spare ourselves an awful lot of pain if we gently let go rather than pulling and pulling until our strength suddenly disappears. Just like it's important to accept that the blanket isn't going past your elbows, it's important to accept that maybe you won't be able to rekindle that connection, you won't get an apology out of that bully and you won't be able to keep somebody on this earth forever.

It is OK to let go. Letting go is part of the healing process. But you can't just hold on until you've got nothing left. Sometimes the pain you cause yourself by refusing to concede is far greater than the pain of accepting that something wasn't meant to be.

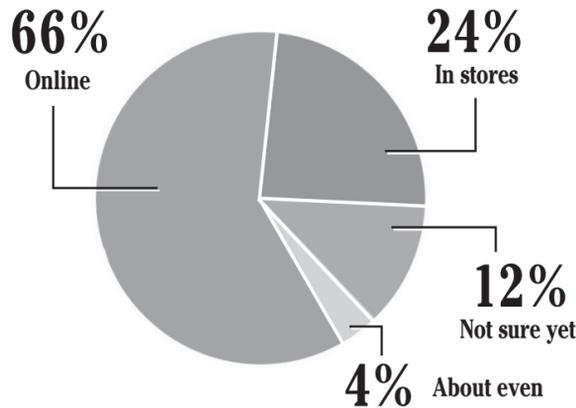
Is there something in your life that you are fruitlessly holding onto for fear of letting go? Are you trying to force something that just isn't meant to be? Take a deep breath and gently release your hold on what is causing you this distress. Cold shoulders are much more bearable than an uppercut.

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| YOUR PULSE |

**THE QUESTION:**

**Will you spend more in stores or online this holiday season?**



Check [www.FarmvilleHerald.com](http://www.FarmvilleHerald.com) for our latest question.

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