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the Magazine

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A woot woot and a woof woof

A huge shout-out to Caleb Kimbrough on surpassing 100 wins in his coaching career and to Hampden-Sydney College for hiring him! Under his leadership the Tigers are now one of the Top Five in the nation when it comes to NCAA Division III Basketball. In fact, they have spent most of the season as the No. 1 team in the nation in their division — very impressive. Congratulations coach, we are glad you're here. It might surprise you to know that basketball wasn't this dynamic coach's first love. For more of this exciting story turn to Page 6.

Within these pages, contributor Sharon Johnson introduces Wrigley, aka Flea Flicker, a chihuahua miniature pinscher. Although tiny in stature, this 10-month-old has made a name for herself on the national stage after appearing during this year's 20th Puppy Bowl on Animal Planet. Abandoned months ago, this puppy of humble beginnings, was rescued by the Southside SPCA and ultimately adopted by the Miller



Betty Ramsey,
Publisher

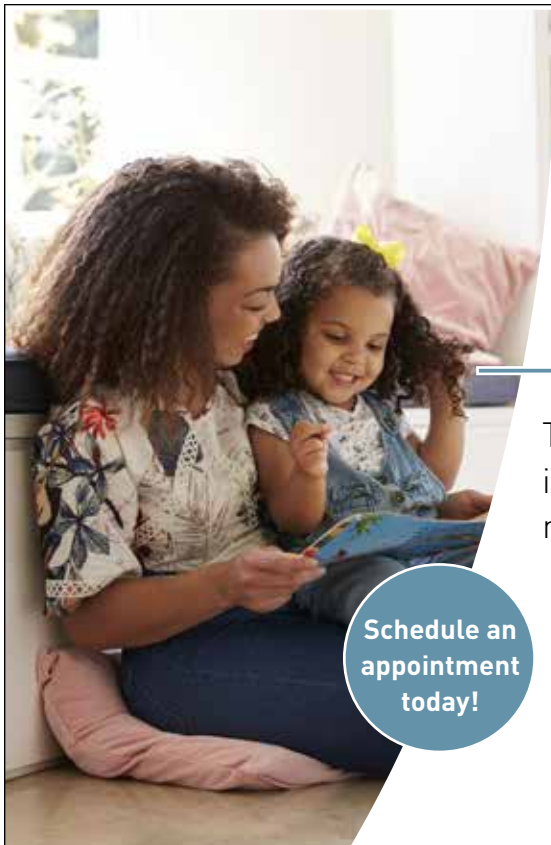
family. We commend The Southside SPCA for the great work they do rescuing pets, The Miller family for making Wrigley a part of their family and Wrigley for bringing attention to the needs of shelter dogs everywhere.

Farmville the Magazine strives to tell the story of our community. We are blessed and grateful to be a part of this community and are thankful that there are so many great stories to share.

Within these pages you will find more stories and we hope you will enjoy reading them as much as we enjoy bringing them to you. This is a magazine about and for you, we welcome your ideas and invite you to share with us what you would like to hear more about by sending us a note at P.O. Box 307, Farmville, VA, 23901, giving us a call at (434) 392-4151 or sending me an email at Betty.Ramsey@FarmvilletheMag.com.

We publish *Farmville the Magazine* in March, April, May, summer, September, October, November and December. We invite you to pick up a copy of the latest issue as there is sure to be someone you know inside — a neighbor, a family member, a friend or perhaps even you!

*Betty Ramsey is publisher of Farmville the Magazine.
He can be reached at Betty.Ramsey@FarmvilletheMag.com.*



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Congratulations
to our Impact Winner of the Year,
Ulanda Walker, LPN

Ulanda has been a nurse for over 30 years and specializes in wound care, as well as many other fields in nursing. Currently, she is a unit manager at our Farmville Health and Rehabilitation Center. Some of her hobbies include decorating, shopping, and spending quality time with her family. She has been married for 25 years and together they have 4 children.

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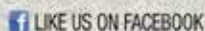


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COACH KIMBROUGH HITS 100

**Story by Brian Carlton
Photos submitted**

Nobody had told him the numbers were that high. When Hampden-Sydney College basketball coach Caleb Kimbrough came back to the locker room after a February win, Athletic Director Chad Eisele asked if he could say a few words.

“I thought he was just going to compliment the guys, tell them great job on the win,” Kimbrough said.

Instead, Eisele announced to the packed locker room that this win had been Kimbrough’s 100th in his coaching career, a milestone for the profession. A few days later, it was still something the coach was processing.

“I think it’s a special moment,” Kimbrough said. “There was no lead up for me, nobody was letting me know ‘hey, you’re this close’ or anything like that. But it’s a neat feeling. I’m also just fortunate to be with a great program like this, so that I can get 100 wins this fast.”

And Hampden-Sydney has been the place he’s recorded more than half





Hampden-Sydney Coach Caleb Kimbrough has now reached and passed 100 wins in his coaching career, a path that's brought him to a Tigers team that's now one of the Top Five in the nation for NCAA Division III Basketball.



Hampden-Sydney College senior Alex Elliott has seen the highs and lows. Now he's focused on finishing the season, and his college career, strong.

of those 100 wins. Starting out at Huntingdon (AL) College from 2016-19, Kimbrough has been with Hampden-Sydney as the 19th coach in the program since the 2019-20 season. And it's a program he takes pride in, highlighting the work both coaching staff and players have put in. The two years before he arrived, the Tigers had 10 total wins combined. They collected 14 in his first season alone and have continued to build from there. Last season was Hampden-Sydney's first 20-win campaign in a decade, capping off with the program's return to the NCAA Tournament for the first time in nearly as long. Now they're on track to do the same in 2023-24, with a 23-2 record in the regular season and nine weeks spent as either No. 1, No. 2 or No. 3 in the nation.

It's not a bad progression for a coach whose first love wasn't even basketball.

CLASSIC RIVALRY PULLS KIMBROUGH IN

Kimbrough actually grew up playing tennis. There are more photos of him as a child with a racket in his hand than a basketball. But when you grow up in Chapel Hill, North Carolina, it doesn't stay that way for long.

"There was the Duke-Carolina rivalry," Kimbrough said. "My mom worked at Duke



Kimbrough continues to add to his resume, taking the Tigers to their first NCAA Tournament in a decade and their first ODAC Tournament win since 2007.



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Hospital. Both she and my dad went to Duke. I think just being around that rivalry gets you interested in basketball, at least in watching basketball.”

By middle school, he had a coach that helped encourage his interest in the sport. And Kimbrough also had a stubborn streak that helped as well.

“I was short,” Kimbrough said. “I had decent quickness, but no jumping ability. And most everybody said ‘well, this is probably the last sport you should play,’ so naturally that was the one I wanted to play.”

Kimbrough was starting games on a regular basis by the time he got to Guilford College. Over the course of his own college career, he would start a school record 108 games, helping the team to a four-year record of 75-36, including 48-10 over his final two years, when the Quakers made it to back-to-back NCAA Tournaments. He would finish with 356 assists, fourth all-time at the school; 130 steals, sixth all-time at Guilford and with 97 three-pointers,

good enough for 14th all time.

After graduation, he played a year for the Washington Generals, competing against the Harlem Globetrotters in exhibitions across the United States and the world. To be honest, he hadn’t given coaching much thought, but when the Washington and Lee coach called and offered an assistant position, he took it.

“I really fell in love with it,” Kimbrough said.

That season, Washington and Lee went 17-10, their best record in more than 20 years. He worked his way up to becoming associate head coach at Guilford, before leaving to take over his own program at Huntingdon.

“It has been very rewarding,” Kimbrough said of coaching. “I was lucky enough to be around some great mentors and be in some great basketball communities. There’s just something about college basketball. Every year, really every day as a coach is a new challenge.”

LOOKING AHEAD

It was that challenge he agreed to take on in

2019, when he joined a Hampden-Sydney program that had been struggling. Seeing the effort the players put in, seeing their hard work pay off has been worth every step, Kimbrough said.

“Having the guys believe in us, believe in this college and continuously commit to this work and now to be where we are, it’s great,” Kimbrough said.

And he sees a bright future for his program.

“Hampden-Sydney really allows you to recruit a wide range of student athletes,” Kimbrough said. “It really is an attractive place that provides resources where you can compete at a high level. Obviously we want to win and we want to win championships. We have that opportunity here.”

But for Kimbrough, beyond talk of titles, the biggest reward is the work itself.

“Just to inherit a group of guys and recruit a group of guys, putting in the work to help them improve, to help them win is rewarding,” Kimbrough said. “I think finding joy in that process is what we aim to do all the time.”



Coach Kimbrough says he looks at Hampden-Sydney as being in a strong place to keep this culture going, with everything needed for teams to succeed.



The team has gone from barely winning 10 games before Kimbrough arrived to spending most of this season as the No. 1 team in the nation.



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'IT WAS LOVE AT FIRST BARK'

Puppy Bowl competitor returns to Farmville

Story by Sharon Johnson
Photos submitted

The Southside SPCA puppy known as 'Flea Flicker' is now somewhat of a local sensation. The 10-month old chihuahua miniature pinscher, who's been renamed 'Wrigley', made an appearance during this year's 20th Puppy Bowl on Animal Planet.

But a month before Ireland Miller discovered Wrigley's superstar alias, she and her mother fell in love with the puppy's friendly disposition and adorable cuddles. The Millers adopted Wrigley aka Flea Flicker last October, before they found out she was a Puppy Bowl athlete.

Ireland Miller first laid eyes on the pup at a sporting event. Francee Schuma, the Assistant Director of Southside SPCA, brought Wrigley to a game in early September.

"Francee sometimes brings rescue dogs just to come meet people to see if anyone's interested. It's been 10 years since we had a dog and we weren't

necessarily looking for a dog, but we weren't opposed to having a dog," said Miller.

Wrigley was a rescue dog from the Southside SPCA, a small, no-kill animal welfare organization. The organization found Wrigley among a litter of other abandoned puppies several months ago. By the time Miller met Wrigley, the dog had a secret: she was selected to represent the Southside SPCA at the Puppy Bowl.

Miller said Wrigley seemed comfortable being carried by everyone, and was a "people-person type of dog." At the time, Miller observed that Wrigley was chill and laid back - "the complete opposite of the dog that she is."

"She was just the cutest little thing ever, and she curled up in my mom's arms immediately. After that, we were like, 'OK, so it's not a question of are we going to adopt this dog, it's when are we going to adopt this dog?'"

PREPARING FOR THE 'BIG GAME'

What Miller didn't know was that Schuma brought Wrigley to the game as a way to socialize her before the Puppy Bowl.

"I just said, 'You're getting one special dog, and you'll learn more later,'" said Schuma.

"We were like, 'Oh, I'm sure that she's perfect.' Didn't really think much of it," said Miller.

The Millers adopted Wrigley shortly after the Puppy Bowl was filmed.

The Miller family is passionate about sports. Ireland Miller played field hockey for William and Mary University, and her parents both played hockey as well. The family has had a tradition of naming their dogs after sports figures. Their last dog's name was Messier, named after the Canadian former ice hockey player Mark Messier. After visiting Chicago last summer, Miller was inspired to name her new puppy "Wrigley" after Wrigley Field Stadium.

"She loves her name. She loves hearing her name. She responded to it really quickly," said Miller.

Learning that Wrigley was a Puppy Bowl dog was just a bonus for the athletic family.

"We didn't really know-how much it meant for a dog to be selected and how much it means for Southside to really have a dog represent everything they do," said Miller. "To have the fact that this dog is also just as athletic and competitive; we're just continuing the sports storyline with everyone."

ALL EYES ON WRIGLEY

On Super Bowl Sunday, all eyes in Farmville were on Wrigley, who competed with the name Flea Flicker in the Puppy Bowl. Even Congresswoman Jennifer McClellan was excited for the matchup, tweeting hours before the game, "Today, Flea Flicker is going for an all-out blitz on our hearts (and the occasional treat)."

The Millers drove from Virginia Beach to attend Puppy Bowl watch parties at O'Toole's restaurant in Midlothian and The Old Pig in Farmville. They were excited to see the superstar in action, but even puppies get game day jitters.

"We were nervous because she didn't sleep at all on the way up or on the way back," said Miller. "I think she had some pregame nerves and some postgame nerves."

Dozens of people were waiting at both venues to cheer on the pup, and the energy was electric. Wrigley reunited with her Southside SPCA trainers and her former foster families who raised her when she was just a few weeks old. Miller said Wrigley "100% remembered all of them." Her adoring fans took photos and videos with her throughout the afternoon.

With 131 dogs participating in this year's



Wrigley got her name from her new family's visit to Chicago last year.



Although Wrigley and Team Fluff lost the 20th Puppy Bowl, she helped her former team at Southside SPCA win big, with adoptions increasing.

Puppy Bowl from 73 shelters and rescues, Wrigley still stood out.

“She had plenty of air time,” said Schuma, who described the pup as a “team player.” “Every time we saw her on the TV, the crowd at the Midlothian Watch Party would scream in unison, ‘Flea Flicker!’”

Although Wrigley was a part of a few plays, her shining moment was when a puppy “streaker” entered the field without a bandana.

“Wrigley was edited into the clip to make it seem like she was reacting to the streak. I don’t think she appreciated the interruption of the game, but she was very energetic during the game,” said Miller.

Unfortunately, Wrigley’s Team Fluff lost to Team Ruff in the final seconds of the game. The game was a nailbiter, with Team Ruff bringing home the Lombarky Trophy by just three points. The final score was 72-69 after Cookie, a Siberian Husky and Pitbull Terrier-mix, scored the final touchdown with two seconds left on the clock. Despite the loss, Wrigley was still Farmville’s Most Valuable Puppy, receiving plenty of love, attention, and treats for a job well-done.

“At the end of the day, Wrigley had a great

time and that’s all we can ask for,” said Miller.

LIFE AFTER PUPPY BOWL

These days, the local rookie loves stealing socks, hanging out on the couch at night, and taking naps with her humans.

“She fits into our family. She is just so funny, quirky. She’s energetic and bold, but is such a sweetheart,” said Miller.

Miller recently tried playing an indoor game of hockey with the furball player using tennis balls. The athlete may be sticking to football for now.

“She wasn’t as reactive as I hoped. Tennis balls aren’t her toy of choice,” said Miller.

Although Wrigley and Team Fluff lost the 20th Puppy Bowl, she helped her former team at Southside SPCA win big. A few days before the Puppy Bowl aired on Animal Planet, the organization had seen an increase in adoptions. Schuma said immediately after the Puppy Bowl, they saw another uptick in applications coming in.

“We are hopeful and excited that this will continue to bring much needed attention to the animals waiting for their forever homes at Southside SPCA,” said Schuma.

Now, the field lights are off. The cameras are



Now that the game’s over, Wrigley is settling into life with her new family.

down. The screaming, adoring fans have gone home, but so has Wrigley. Miller said her family is grateful for the experience, but she’s even more grateful for her new furry family member.

“We wouldn’t have this amazing dog and she wouldn’t be in our lives without the Southside SPCA and all the work that they do, tirelessly helping the communities that they serve,” said Miller.

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Downsizing The Garden

Photos and article by Dr. Cynthia Wood

Sooner or later every gardener is faced with the need to downsize the garden. An aching back and wonky knees mean that even the most dedicated gardener needs to reduce the workload. A move to a new location with a smaller garden brings new challenges and difficult choices too. Sometimes there's just a nagging feeling that there're too many plants and too much to do. No matter the reason, downsizing can be an emotionally tough decision. Farmville resident, Ann Fowler, knows all about

the trauma and relief of downsizing her garden. In 2021, she and her husband decided to move from Mechanicsville to Farmville to be closer to their children. In Mechanicsville, they had about 2.5 acres of garden, lots of space for her 400 daylilies, peonies, Japanese maples, and huge vegetable garden. Their new home in Farmville only has half an acre of gardening space.

Ann approached the problem methodically. She knew that she and her husband needed to be more

Daylilies are easy to grow in compact spaces in containers.

selective about the plants in their garden and that they needed to reduce the amount of labor required to maintain their plants. Their most important plants needed to be in a compact space.

Ann's first decision, and perhaps the most important, was to limit plantings at her new home to the area immediately surrounding her carport, which she converted into a fenced sitting area. She also decided to grow everything in large containers with just enough space between them for weeding, watering, and harvesting. The result: A beautiful view from the new patio and much less work for her.

Selecting ornamental plants, especially daylilies, to bring to Farmville from her old home was more complicated. It's difficult and a bit heart wrenching to select only 50 of 400 beloved daylilies. The result is a mix of old favorites, as well as some other perennials to extend the bloom season. Ann's new, compact garden includes 'Fried Green Tomatoes,' an older, reblooming cultivar that grows over 3 feet tall and has large tomato red blooms with olive green throats. It's stunning. She also included 'Topguns Pistol Firing,' another rebloomer with 6-inch double flowers that are bright yellow and orange. And because she loves them, Ann kept some herbaceous and Itoh peonies, which are a cross between herbaceous and tree peonies. Peony blooms are perfect for early



Ann has selected many reblooming daylilies for her new, smaller garden. They extend the bloom season into late summer.



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spring floral arrangements and add intense fragrance to the garden.

The new vegetable garden is a narrow, tightly packed space designed to make weeding, watering, and harvesting relatively easy. Choosing what to grow in the new, smaller vegetable garden was not as emotionally charged as selecting the daylilies. Ann knew that she could get many vegetables and some fruit from her children. Even guavas! Her son grows citrus and other tropical fruit in a huge greenhouse. Her daughter grows a variety of vegetables, so Ann decided to eliminate everything except tomatoes, cucumbers, onions, beets, asparagus, blueberries, spinach, kale, broccoli, and some herbs. Tomatoes growing by the back door aren't a luxury; they're a necessity.

After several years of work, the new, smaller garden has met all of Ann's expectations. Maintenance is easy, and she says that she can't wait to sit in her patio swing and just absorb all the beauty. With careful planning, downsizing the garden can be a positive experience.



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Spinnaker is a spider form daylily that blooms very early.



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GOULD WANTS TO START A DOMINO EFFECT



Photos and article by Brian Carlton

The idea is to start a domino effect of sorts. That's how Louis Gould III views life.

"The thing about living is to be able to, by the time you leave Earth, have an impact on people," Gould said. "If you had an impact on 10 people, then you've had a solid impact. Then they can be able to

man up at your funeral, give a message of support to your family and go out and try to impact 10 people themselves."

No one can accuse Gould of not having an impact. When you consider the number of jobs he does, often for free, the groups he works with and his overall outreach, there's an argument he might be one

A look at Gould at one of the Fresh Boyz Club's Back2School Giveaway, sponsored by community groups all-around Farmville.

of the busiest people in Farmville. He doesn't do it for applause. And he doesn't do it for awards, even though Gould does get recognized. He earned *The Farmville Herald's* Readers Choice "BEST OF THE BEST Award" in 2021, The Farmville Herald's "Best K-12 Teacher" and the Farmville Rotary Club's Middle School Teacher of the Year Award in 2023. Earlier this year, the local chapter of the Alpha Kappa Alpha Sorority named him their 2024 Citizen of the Year. But that's not why he does it. He does it simply because he can.

"If I'm gonna be here in Prince Edward, if I'm gonna be here in my hometown of Farmville, then while I'm here, I'm gonna do my best to give back," Gould said. "Not just to leave my community better, but to leave the people better."

'PART OF MY PURPOSE'

Gould is a history teacher at Prince Edward Middle School, but that's just one of several hats he wears at the facility. He's also the school's boys basketball coach and runs their track and field program too.

"Coaching isn't a job to me," Gould said. "I mean, it is a job, but it's like part of my purpose. I'm around my kids, I'm pushing my kids to do better in school. It's like I'm supposed to be here. My purpose is to be here at Prince Edward Middle School. If it means coaching them, then I'm going to coach. Whatever it takes to help them be motivated to get good grades and be positive, that's what I'm gonna do until God calls me to go somewhere else."

And this year has been a successful one in that calling, both on and off the court. Gould's rules caused his basketball players to improve in the classroom, while they also worked to earn a second straight conference championship on the court. As Gould said, kids worked to be a part of his team.

"All of them, they knew they couldn't play with bad grades, that's not how we do," Gould said. "We had kids scrambling, working to get those grades up. They definitely showed they wanted to be part of the program, by the effort they put in."

FINDING AND SHARING A LOVE OF HISTORY

Specifically, Gould is a seventh grade U.S. history teacher at Prince Edward Middle. But he has a passion for all history, one sparked by two of his college professors.



Gould and his players celebrate winning the 2023 conference championship, the first of two back-to-back titles earned by the team.

"For that, we've got to go back to Southside Community College," Gould said. "My professor, he made history so much fun. Then when I got to Longwood, I had Dr. Cantrell. Dr. Cantrell is the most awesome teacher in the world. I tried to take every one of his classes. He would put a word on the board and he could tell you a story about everything he put up there. It was there I learned history is not boring."

Instead, he learned how the past connects with the present, how decisions made decades or even centuries ago help influence things now. And that's what he wants to pass on to his students.

"That's what the kids are seeing," Gould said. "Especially with what I'm teaching now, U.S. History. The kids are seeing how we got Social Security. They're seeing how we got roads like the interstates. They see that this happened back then, which caused something else to happen. They're understanding how history connects everything."

But teaching and coaching isn't all that Gould's involved in. He is the president and founder of the Fresh Boyz Club, a nonprofit youth mentorship program that connects young boys and men. The idea is to, in Gould's words, give young men a chance to "develop leadership skills, participate in service to others, achieve academic excellence, and practice personal integrity."

"At first, it was just an entertainment based thing, you know, trying to make kids excited about stuff," Gould said. "But as the years trans-

pired, I started looking to make it bigger and take it to the point that not only are we gonna help each other, but we're gonna show our community not only can we can be successful, but we're gonna push our community to do the same, to boost as many people as possible."

That was 15 years ago and now the club volunteers at the FACES Food Bank, the PEFYA Basketball program, participates in community activism, sponsors Thanksgiving events, Mothers' Day activities and the Back2School Supply Giveaway Program.

"All of the members, even some who started when they were 10, they're still involved," Gould said. "Being genuine in what you can do can reap a lot. You don't have to fake anything. All of our actions are pure from the heart and people can see that."

GOING TO KEEP GOING

Gould said that seeing people come back and contribute, to Fresh Boyz Club, to any of his other work, it makes him feel like he has started his own domino effect.

"It does feel good and it makes me feel that the time I've spent helping people has had an impact," Gould said. "That I've had a small impact on their lives. It's motivation to keep going."

Motivation to keep teaching, to keep helping, however he can. That's something Gould said he'll never stop doing.

"If I see something good I can do, then I'm gonna do it," he said.

Recipe

A MUSTARD HAM FOR YOUR EASTER DINNER

Story by Brian Carlton



As we head into spring, Easter is right around the corner. That's literally the case this year, as it's on March 31. So with that in mind, I thought it would be a good idea to share a recipe you can use for that big Easter dinner with the family.

One word of caution. This one needs to be for dinner, not lunch, because it takes some time to cook. You'll be spending just over one and a half hours to put it together. I love doing it this way so I can get the meat cooking, but then also step outside while it's going and not miss any of the annual family Easter Egg hunt. I'm not sure how it happens, but there's always one or two eggs that don't get found . . . until three to four weeks later when I run across them in the most random places. So this recipe is also for everyone who has to monitor egg distributors, to make sure nothing ends up "hidden" in a birdhouse, dog bed or in that old car you're restoring.

WHAT DO I NEED?

First off, here's what you need to gather when you're assembling ingredients.

- 1 (6-to-8 pound) bone-in ham
- 1 cup pure maple syrup
- ½ cup dark molasses
- 2 tablespoons whole-grain mustard
- ½ cup apple cider
- 1 teaspoon red curry paste
- 1 garlic clove, peeled and smashed

WHICH HAM TO PICK?

I know this may seem confusing, but trust me, which type of ham you buy makes a difference. Your first option is the city ham. City hams are wet-cured, usually smoked and already cooked. This is the type you'll most likely find in a grocery store. Your options here are bone-in or boneless. If you're just going for something simple, boneless would be a good choice. But bone-in ham will be more flavorful and, once Easter dinner is over, you can use the bones to make ham and bean soup, if you're so inclined.

Option two is my favorite, country ham. Now country hams are dry-cured, meaning they've been rubbed with salt and spices. Sometimes they've already been smoked and have been aged for at least a few months before being sold. These aren't fully cooked. Now if you choose country ham, before grilling you'll need to soak it to remove some of the salt, so there is more time involved.

Or you could go with a fresh ham. For this,



you'd have to visit a butcher in the area. Fresh ham hasn't been cured or smoked and is just raw. It's going to take much longer to cook, so be prepared if this is your choice.

GETTING STARTED

Ok, so before you do any actual cooking, preheat the oven to 300 degrees. You want that warming up while you score the outer surface of the ham, creating a diamond pattern. Why score the ham? It helps the fat baste the ham as it cooks. And when you have a glaze, as we're using here, it helps that flavor seep into the meat. Just one word of caution. Be careful not to cut deep down into the meat while you're doing this. We just need a simple scoring of the skin.

Then put the ham on a foil-lined sheet tray and cover tightly. Warm it in the oven until the ham's internal temperature reaches 120 degrees. This usually takes about one and a half hours. And while that's warming up, it's time to go to work.

Combine the maple syrup, molasses, mustard, apple cider, curry paste and garlic. Put all that together in a saucepan over medium-low heat. Don't get it too hot, you want this to simmer for about six to eight minutes.

A SECOND ROUND

Ok, the ham's temperature has reached 120 degrees. Now it's time to pull it out of the oven and toss the top layer of foil. At this point, turn the oven temperature up to 400 degrees. While the oven is warming up, take that glaze mix and brush on a thick layer. Now put the ham back in the oven and roast it, uncovered, for 10 minutes.

After your 10 minute buzzer goes off, pull it out and apply another layer of glaze. Then put it back in the oven for five to seven minutes more. The goal here is to get the glaze to darken and get sticky. Once that final seven minute timer goes off, pull the ham out and let it cool before serving.

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