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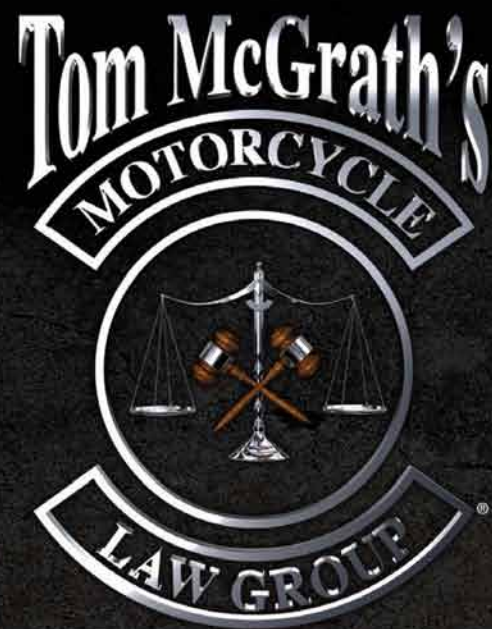


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SANTA
And His Elves

Saturday Dec. 14th

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from the editor's desk

Welcome friends! It's so great having you here with us for another edition of Virginia Rider. We can't believe that the year has flown by so quickly. Many people think that the riding season ends after Halloween but I have to say that more & more riders are saddling up during the late fall & winter months & loving it!

This time of year often brings thoughts of reflection & remembering things from throughout the year that we're thankful for. The year has been so busy since we launched Virginia Rider in March. The days turn into weeks. Weeks turn into months & here we are in the final weeks of 2019, wondering, where has all the time gone?

When Virginia Rider was born at the beginning of this year, it was very scary starting a brand new magazine even though I've been publishing for nearly 15 years. But I believed in what I was doing & most of all, I had a few people who believed in it as well.

I'm SO grateful for ALL of the rider-friendly businesses who have supported us with their advertising this year, especially my old friends from Tom McGrath's Motorcycle Law Group, Hampton Roads Harley-Davidson, Southside Harley-Davidson, Tidewater Motorcycles, Precision Motorcycles, Back of the Dragon & Renegade Classics, who have supported all of my magazines throughout the years since 2005.

THANK YOU to all of our readers - YOU are the reason that we do what we do & we enjoy every minute of it! We look forward to bringing you another year of fun & excitement on the road for 2020!

Enjoy your holiday feasts & eats with your family & friends. We can smell those pumpkin pies & Christmas cookies baking already!

Love is the reason for the season. We'll see you next time around!

Stay warm, stay safe & stay awesome,

Kelly

IN THIS ISSUE



The subject of kids and powersports is MAKING TRAX this month. The consensus among owners is that not only did most of them start riding before they could walk, their kids are carrying on the tradition. Thanks, mom and dad!



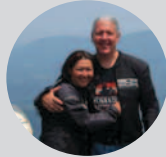
Our rrRuff Rider this month is Rusty, who inspired his owner, Cindy Groshko, to start a Facebook group called Motorcycling with Fido. Their mission is to help people teach their pets to ride with them. Who's a good boy?



What began in 1992 with a trailer load of wreaths, decorated by volunteers and laid at the graves of fallen soldiers at Arlington National Cemetery, has now become a national organization with over 1200 participating locations - all focused on the mission to Remember - Honor - and Teach.



In the back of every rider's mind is the possibility of an accident and the repercussions of that. TOM MCGRATH'S MOTORCYCLE LAW GROUP article this month covers reconstructing the accident and what to do (and not do).



She said yes! Or in Marc's words, "She didn't say yes, she said 'Of course I will' ". And other than those "shenanigans of a writer", GREAT PLACES TO RIDE takes us on more great routes that lead to...what else? Great hamburgers!



In SHOTZ, our monthly pictorial, we'll feature your pics of rides, bikes, friends and anything else relating to bikes that you'd like to share with us. Send 'em in!



The LIGHTHOUSE this month is about the need to be thankful in every situation, even though your circumstances may be very challenging and difficult. "In practicing gratitude, every day is a treasure hunt."



Eating season is upon us from now until the end of the year. GOOD FOR YOU reviews some of the popular food items you may be tempted by at this time of year.

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ON OUR COVER:
Indian Motorcycles of Fredericksburg graces our cover this month with the new Indian Challenger, and this: Challenge everything you know about American motorcycles.



WHAT TO DO WHEN YOUR MOTORCYCLE BREAKS DOWN WHILE RIDING

by Logan Reed

New rider? Here's what to do when you break down. It happens to the best of us and can be a pretty big buzz kill. You go from enjoying a leisurely, smooth ride, when all of the sudden, there's some clanking and thumping that can't amount to anything good. Your calm ride is now one that is full of anxiety.

Get to the right side of the road:

This may come as a surprise, but traffic can be a very, very dangerous thing, especially if you're riding on a highway or interstate. There's a reason that laws exist that prevent drivers from stopping for animals when they're driving on highways or interstates, and that's because a horrible pileup can happen in seconds.

Find your nearest exit:

Depending on where and what time of day you're driving, traffic might be too suffocating for you to get to the right side of the road. Even though your emotions will be in overdrive, you'll have to determine if it's safe for you to try to make it to the right side of the road.

Turn signals are everyone's best friend:

Especially in this case, turn signals are going to be something that you want to use. You should either put on your hazard lights or the turn signal aligned with whatever side you'll be turning on.

TECH KNOWLEDGE

Decide to fix or call for help:

So this one is going to depend on every individual rider, as every person will have different resources available, along with knowledge of what could be going on. Regardless if you have limited knowledge on how to fix a bike, it doesn't hurt to try and hunt for the cause or problem.

You might be stranded:

Okay, not "Lost" level stranded, where no one will ever find you again, but if you're riding on a removed road, it can sometimes take hours for you to flag someone down. Plus, if your cell phone is dead or can't find service to make a call or send a few texts, then you really are at the mercy of whatever driver happens to find you.

Thanks so much to our friends at Rumble On for sharing this article with us!
https://brainbucket.rumbleon.com/when-your-motorcycle-breaks-down



EVENTS

★ Nov 16 Thanksgiving Blood Drive – Virginia Beach

10 AM – 4 PM - The Red Cross is in critical need right now for certain types of blood. Come out and donate when the Bloodmobile visits Southside Harley-Davidson and we'll give you a \$20 gift card. Spaces fill up quickly, please visit www.redcrossblood.org and enter "SHD" to schedule an appointment. Southside Harley-Davidson, 385 N Witchduck Rd, Virginia Beach, Virginia 23462

Nov 23 Turkey Day Open House - Yorktown

9am to 6pm It's a party at Hampton Roads Harley-Davidson! We will have fun stuff going on, a food truck, raffles, and demo rides of course. Come join us! 6450 George Washington Memorial Hwy, Yorktown 23692 www.hrhd.com

★ Nov 23 10th Anniversary Bikes For Tykes Bike Build – Virginia Beach, VA

Hosted by Boneshakers Social Club BSSC C3. BoneShakers Family please come out and help assemble the bikes we will be giving away On Dec 7th. Bring hand tools and a good attitude. Ice House Restaurant, 604 Norfolk Ave, Virginia Beach, Virginia 23451.

★ Nov 24 Chapter Mayflower Ride – Yorktown

10am to 1pm - Meet at HRHD @ 10am, RB 10:15am KSU 10:30am and Corrina will lead us to to Kroger in Kiln Creek to drop off Turkeys and food. Stay for lunch at one of the restaurants.

★ Nov 29 Beware of the Malls – Yorktown

9am to 7pm - Beware of the malls, and come do your shopping with us here at HRHD. Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, Virginia 23692

★ Nov 29 Black Friday & Orange Saturday - Ashland

Nov 29 at 10 AM - Nov 30 at 5 PM - It's Black Friday + A DAY! Sleep late on Black Friday and join us at 10am when we open our doors. Can't make it - we're doing it again on Saturday! Offers valid at Richmond Harley-Davidson and Steel Horse Harley-Davidson. Door Busters 10am to 12pm each day! All Motor Clothes items are limited quantity so if you can, make sure you get here at 10am on Friday! Our HOG Chapter will be selling their Brunswick Stew on Friday morning and on Saturday we will have our Christmas Market with local vendors upstairs before our First Annual Christmas Light Ride at Illuminate Light Show! Richmond Harley-Davidson, 12200 Harley Club Dr, Ashland, Virginia 23005

★ Nov 30 First Annual Christmas Light Ride and Illuminate Light Show – Ashland

2pm to 7pm. Illuminate Light Show & Santa's Village is one of the nation's largest drive through Christmas light and music shows, comprised of over 2 million LED lights, displayed over a 2.5-mile route, synchronized to rocking Christmas music played through guests' own stereo. Join us Saturday November 30 at Richmond Harley-Davidson for an indoor Christmas Market and Black Friday weekend! We will have a Christmas Market upstairs in our Reagan Room 2:00 PM - 5:00 PM. Riders will meet at the dealership in Ashland at 5:00. Kick stands up at 5:30 to follow a police escorted ride up Route 1 to Illuminate Light Show in Meadow Event Park in Doswell. All participating motorcyclists will receive free admission to the park in exchange for an unwrapped toy donation which will benefit Mason's Toy Box. Mason's Toy Box is a nonprofit organization established in 2011 to honor Mason Clark Thomas. Mason fought a rare childhood cancer from age 5 to age 11 and lost his battle June 20th, 2011. Through gifting, Mason's Toy Box provides relief to families impacted by childhood illness, disease and injury. The donations collected are personally delivered by Mason's Toy Box elves and Santa Claus to hospitalized children and their siblings. Donations for teens and babies are the biggest need. Riders will have the opportunity to decorate their bikes before riding through the light show. At Santa's Village they can enjoy hot food, sweet treats, hot and cold beverages, games for kids, and purchase Christmas gifts including clothing, jewelry, bulk candy and fudge. Pictures with Santa are also available. At the end of the light show riders will return to Santa's Village where there will be a contest for the best decorated motorcycles! All riders must be aware that most of the light show route is on gravel. We are collecting toy donations for Mason's Toy Box at the dealership all month for anyone who cannot make the ride but would like to donate! Richmond Harley-Davidson, 12200 Harley Club Dr, Ashland, Virginia 23005

★ Dec 8 9th Annual Ride for the Children – Virginia Beach

8am to 11am - NO RIDE FEE FOR PARTICIPATION IN THIS EVENT. Select an angel from the tree at Southside Harley-Davidson (available in mid-November) and bring your gift the day of the ride. Your gift will help brighten the holidays for a child in need. Registration begins at 8:00AM at Southside Harley-Davidson (385 N Witchduck Rd in Virginia Beach). Departure at 9:00AM to Lake Taylor Transitional Care Hospital (1309 Kempsville Rd in Norfolk). A full breakfast will be served at the hospital upon arrival. All door prizes and the 50/50 raffle will be drawn at the hospital prior to 11AM. If you do not make it before the ride leaves SSHD, please join us at the hospital for the festivities. All festivities will end no later than 11AM. Ride pins for the first 200 participants! Please contact Jo Ann Emmons at 647-5844 or visit the Tidewater HOG website at www.tidewaterhog.com. Proudly supported by the Blue Knights VA V. Sponsored by Tidewater HOG and Southside Harley Davidson. Southside Harley-Davidson. Hosted by Southside Harley-Davidson and Tidewater HOG Chapter #5344

★ Dec 14th Wreaths Across America – Virginia

National Wreaths Across America. National Wreaths Across America Day is an event in December dedicated to remembering the sacrifices veterans have made in wars since the American Revolution. National Wreaths Across America will be on Saturday, December 14, 2019 and is observed on a Saturday in mid-December each year. www.wreathscrossamerica.org. Local Rides in Virginia info coming next month.

★ Dec 14 Santa and his Elves – Yorktown

10am to 2pm - Bring the kids on out to see the BIG Man himself, and get their pictures taken. We will have lots of stuff going on throughout the departments also. Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, Virginia 23692

★ Dec 14 Santa Sight at Richmond Harley! – Ashland

11am to 3pm It's a special time of year at Richmond Harley-Davidson! Santa and his elves are stopping by, and we invite you to bring your wish list and visit with the big guy! Mr. Claus will be available for pictures and/or selfies with you. And our HOG Chapter will be offering complimentary gift wrapping for all your holiday purchases!

To have your event listed in our event calendar here & online, send us an email with your event & your flyer if you have one. Events received by the 15th will be in the next month's magazine.

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From our friends at Southside Harley-Davidson:

Our November Employee of the Month, Jake, is such a slick guy. Cory was eyeballing the Employee of the Month parking spot, but Jake has his own plans for it. Check this out . . .





MY RIDE

Virginia Rider: PAM MATHIS



I moved to Virginia in 1999. My husband, Brian, and I have been married for 28 years and are the owners of Tidewater Motorcycles in Suffolk. I started riding on a Yamaha Virago in 2004 when I found myself at home alone while Brian and our son, Brandon, were out riding. My current, and favorite, bike is a 2006 CVO Fatboy that I found at Daytona Bike Week in 2013. Being from Connecticut, I love my Red Sox with hopes of a better season next year. My favorite places to ride are any Foothill Parkway that runs along a brook with little traffic and sweeping curves that allow you to enjoy the scenery and loosen your grip on the handlebars a bit.



Every state has their own statutes and laws regarding the operation and maintenance of motorcycles. Knowing these statutes not only allows you to avoid needless charges, it helps you to know when your rights have been violated.

In the spotlight for November: OFFICIAL SAFETY INSPECTION STATIONS; SAFETY INSPECTION APPROVAL STICKERS

Official inspection stations; safety inspection approval stickers; actions of Superintendent subject to the Administrative Process Act (§ 46.2-1163).

Comment: This statute allows for the placing of inspections stickers on a plate securely fastened to the motorcycle. While not included in the statute, the above designation powers have been used to require that the inspection plate be mounted on the left side of the motorcycle.

The Superintendent may designate, furnish instructions to, and supervise official inspection stations for the inspection of motor vehicles, trailers, and semitrailers and for adjusting and correcting equipment enumerated in this chapter in such a manner as to conform to specifications hereinbefore set forth. The Superintendent shall adopt and furnish to such official inspection stations regulations governing the making of inspections required by this chapter. The Superintendent may at any time, after five days' written notice, revoke the designation of any official inspection station designated by him.

If no defects are discovered or when the equipment has been corrected in accordance with this title, the official inspection station shall issue to the operator or owner of the vehicle, on forms furnished by the Department of State Police, a duplicate of which is retained by such station, a certificate showing the date of correction, registration number of the vehicle, and the official designation of such station. There also shall be placed on the windshield

of the vehicle at a place to be designated by the Superintendent an approval sticker furnished by the Department of State Police. If any vehicle is not equipped with a windshield, the approval sticker shall be placed on the vehicle in a location designated by the Superintendent. If the vehicle is a motorcycle, the approval sticker may be placed on a plate securely fastened to the motorcycle for the purpose of displaying the sticker or in any other location designated by the Superintendent. This sticker shall be displayed on the windshield of such vehicle or at such other designated place upon the vehicle at all times when it is operated or parked on the highways in the Commonwealth and until such time as a new inspection period shall be designated and a new inspection sticker issued. Common carriers, operating under certificate from the State Corporation Commission or the Department of Motor Vehicles, who desire to do so may use with the approval of the Superintendent private inspection stations for the inspection and correction of their equipment.

At The Motorcycle Law GroupSM they keep up with new and existing statutes affecting motorcyclists in Virginia. If you have a question about any specific motorcycle law or feel that your rights have been violated, call them at 1-800-321-8968 and speak with their attorneys who practice in Virginia and are familiar with current Virginia motorcycle laws.

Visit motorcyclegroup.com/motorcycle-statutes/virginia for links to all Virginia Motorcycle Statutes.



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Good For You HOLIDAY FEASTS

As you gather around the table with family & friends during the holidays most people tend to "pig out". It's good to know that if you have any of the following foods on your table this holiday season, you should feel good about the fact that you're also improving your health so give yourself a big pat on the back in the name of healthy eating. Seconds are officially approved!



Cranberry: Don't forget to include this superfruit at your holiday feast. Coming in at less than 50 calories a cup, this filling, fiber-rich side will fill you up without filling you out.



Pumpkin: No holiday table is complete until this humble gourd makes an appearance. A half-cup of canned pumpkin (easy enough to incorporate into soup or bread) contains only 42 calories but still offers 4 g of fiber to keep your digestive system healthy, 953 mg Vitamin A to protect eyesight, and over 250 mg of the electrolyte potassium, which is important for heart health and muscle function.



Beets: Beets are naturally rich in nitrates, which the body converts to nitrites (a precursor for nitric oxide). Nitric oxide is helpful for runners because it dilates blood vessels and therefore aids in the delivery of blood and oxygen to working muscles. Nitric oxide is also an important player in many intracellular processes such as muscle contraction. But enough about chemistry and biology—it's the holidays, after all!



Kale: With only 33 calories per cup, this nutrient-dense choice is chock-full of calcium (100 mg), iron (1 mg), potassium (329 mg), and antioxidant vitamins like vitamins A, C, and K. Kale is also a great source of eyesight-protecting lutein, which effectively protects the eyes against macular degeneration, oxidative damage, and the harmful blue light that tends to surround us in our daily lives. *Try it: Serve kale chips as an appetizer. Simply wash kale leaves, and toss in a mixture of olive oil and sea salt. Place in a 350 degree oven, and bake until crispy. Not into kale chips? Chopped kale mixes well with other salad greens.*



Sweet potatoes: Avoid adding lots of butter, sugar, and marshmallows to the traditional sweet potato casserole, and you'll feel a bit better about indulging in all of the antioxidants and other nutrients sweet potatoes have to offer.



Broccoli and Brussels Sprouts: Cruciferous vegetables like these green gems prevent oxidative stress; contain a host of valuable metabolites, which are effective in chemoprevention of cancer; contain disease-fighting and immune-boosting phytonutrients; and are rich in essential nutrients like vitamin A, vitamin C, and folic acid (while being low in calories, unless you coat them with butter and melted cheese). Broccoli is often served as a first-course soup, or you could roast some brussel sprouts and serve them alongside the bird. You might also include another cruciferous vegetable, cauliflower, mashed and mixed with potatoes (to bring down the calories of the dish while boosting the nutrient content).



Pomegranate: Rich in inflammation-fighting antioxidants, this fruit also boasts antibacterial and antiviral properties, which means that it just might help you fight off your next illness without the need for modern medicine. Studies have also found that the pomegranate contains unique antioxidant polyphenols, which may be beneficial to folks working to control Type 2 diabetes. This leads me to wonder: Can this super-fruit prevent those blood-sugar spikes and drops that plague all of us after a heavy meal?



Turkey: Along with being rich in protein, turkey provides essential nutrients like energizing B vitamins, bone-boosting phosphorus, and all-important zinc (it's hard to find a body process or body structure that isn't impacted in some way by zinc). You might be wondering whether dark meat or light meat is a better choice. Ounce for ounce, either is a good choice; just remember to shed the saturated-fat, calorie-laden skin!

HAPPY HOLIDAY EATING!

Hours:
Tues-Sat
10am to 6pm
Sunday
11am - 4pm

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GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

Hamburgers and Shenanigans

Continued from the October edition...

She didn't say "yes." She said, "Of course I will!" As tears glazed our cheeks, we kissed and hugged each other after she read the article in which I proposed: shenanigans of a writer. Our world had experienced joy once again, in what had been such a notably sad month. I now have a Fiance and a Bride to be, in addition to my Pillion. Keeping this under wraps for the last couple of weeks, until the magazine went live, was no small feat. Thank you Kelly Collins, not only for helping make this happen, but for your loyal, and heartfelt support. You're a true angel! And Rose and I are very fortunate to be a part of your wonderful magazine, in addition to being your friends. Oh yeah, or as James May would announce at his segway, "Right!,,, "Now!" This is, after all, supposed to be a motorcycle story. I had been saving some places from fb's "Only in Virginia" posts to my Google Maps library for consideration on future rides. A hamburger restaurant in Buchanan was one of the ones that caught my attention. Beth's posts have been a reliable online dowsing rod for finding great places to ride. Today's would be no exception.

Even though it was going to be 35F at departure, our good friend, Henry Jordan, arrived a few minutes before us at our White's Wayside rendezvous, warming up with a hot cup of coffee. Rose and Henry enjoyed the French toast on homemade bread, while I struggled to

finish a delicious plate of locally grown homefries, farm fresh eggs and bacon. It's a great destination, whether starting, continuing, or capping off a ride. I'd be willing to bet, Beth will be featuring them in a future post. Please visit www.whiteswayside.com for more info. Our day was getting even better. Jennifer at Wayne Cycle Shop in Waynesboro, VA was putting us on one of our favorite bikes: Goldie. "Why is this bike still here?", I thought to myself. Not that I was complaining. It's a pure joy to ride, especially two up. And fully loaded, it's right at home on the back roads and twistys. Throw in the heated seat and grips, linked brakes and 80 watt stereo, and it's going to make a future owner a very happy biker any time of year. Anyone thinking about stepping up to a truly exceptional touring bike, please visit www.waynecycle.com, or stop by in person for a test ride. As much as I hate to see it go, someone could be enjoying this as much as I do. First things first, I plugged my phone into the audio system's jack, located in the fairing's glove box, and hit the "AUX" button before gearing up and packing the bike. Opeth's "Reverie/Harlequin Forest" began the shuffled setlist. Or so I thought. I must have been really focused during our brief stint on I-64 and merge with I-81. It wasn't until our exit on Middlebrook Road that I asked myself, "How long is this frigging song??" It had been repeating a few times because some dumbass hit the repeat button instead of shuffle. Having recently watched Steve Martin in The Pink Panther, all I could think was, "I wuud like to biyy aaay hameboogeurr." Which, I would end up doing later. It's now a staple phrase whenever I encounter dumbassery: self or otherwise. Route 252, Middlebrook Road, is one of my favorites. Escaping the



city of Staunton, the traveler is immediately thrust into beautiful Virginia countryside at highway speeds. Passing through the small towns of Middlebrook (I remember!!), Newport and Brownsburg, is like a trip back in time with countless houses and buildings built long ago. There were also several covered canopies glowing green, gold and brown, on this peak fall day, revealing nature's shaded bar and scan codes on our man made paved canvass below.

The overlook at Goshen Pass provided a well deserved break on our fall foliage time travel tour. It's one of those places, most every rider in the area, has a picture taken with most of their friends who ride with them, and likely more than one. There's also a large possibility they've made a few cameos in their friend's productions. I can't remember not ever breaking out the tripod here. Pics taken and cameras stowed, soaking it all in, we enjoyed for a few minutes, what the Maury River took millions of years to create, in this beautiful place. We were obviously taking the long way. For the next hour, I think we saw maybe one post office and a country store. I'm surprised we didn't encounter any gravel, because the roads seldom had any paint on them and hadn't been repaved in quite some time. Goldie and her Dunlop Elites didn't seem to mind. Neither did we. Eventually our digital dominatrix of dictatorial directions (programmed with British accent) led us to civilization and our culinary destination. We had definitely gotten our leaf and backroad Jones sufficiently fixed.

"Old MacDonald, let the cows out. It's time to graze!!" What a menu!! With 19 different burgers, in addition to all of their wraps, sandwiches and dishes, The Foot of the Mountain Cafe's was quite impressive. There was even a page to build your own in case 19 wasn't enough. The food was truly a hit. Noone left hungry. Seats with a direct view of our bikes, classic rock playing through the speakers,

great roads to and from, it just may be the perfect destination for the next ride. You can check out their menu at www.fotmcafe.com/eat. You might even burp just browsing.

October has always been my favorite month to ride. The colors, cooler temps, and off the chain Halloween displays, make for a much looked forward to and anticipated time. Internal combustion engine driven machines like it as well. They say you can't get lost on a motorcycle. As hard as we tried, today was proof of that. Motorcycling has always made the unfamiliar world, a familiar and comfortable place. It's one of many couplers, that would remain disconnected without a bike, leaving would be travelers, forever lost in their comfort zones, eating ordinary hamburgers:)

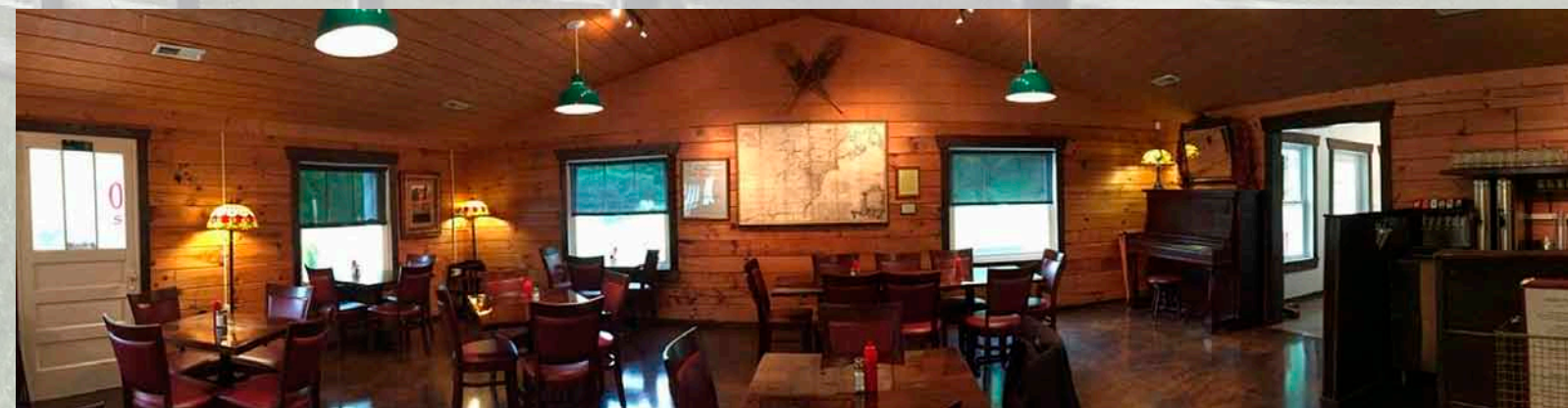


Cheers and thanks for reading!!

Marc Ritchie

Photos, Fiance, and Bride to be (I love you!!): Rose Grant

Correspondence: [facebook.com/brmtcva](https://www.facebook.com/brmtcva)





The Lighthouse

Give Thanks with a Grateful Heart. – 1 Thessalonians 18

A GRATEFUL HEART

It's almost unbelievable that Jesus heals 10 lepers in Luke 17 simultaneously. Without fanfare, He simply commands the motley crew, "Go, show yourselves to the priest." They exit stage-left and their skin is restored. Jesus certainly missed an opportunity there to make a big, impressive scene. The Lord was never concerned with aggrandizement. What was unbelievable to Him, however, was the lack of thankfulness from the former lepers. Only one makes a U-turn to thank Him for His tremendous miracle. Only one.

As the Bible records, "When he saw he was healed, he came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan" (v. 15-16). Jesus was shocked and asked, "Were not 10 cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" The unfortunate result was that 90 percent of the lepers missed the second, more important gift Jesus had planned for them. To the lone, grateful Samaritan He responded, "Rise and go your way; your faith has made you well." Even more important than physical health, this person's spiritual life had been restored. Scripture doesn't tell us why the other lepers failed to praise God. Yet it's clear from Jesus's response that thankfulness was the only proper response to the miracle.

GRATITUDE IS A PATHWAY TO GOD

Practiced as a spiritual discipline, gratitude realigns us to the Giver and increases His activity in our lives. How? Here's a theological sequence that is paramount to understanding this: gratitude begets humility, which begets God's grace.

Let's begin with gratitude. Gratitude has been called the "gateway" spiritual discipline. As Psalm 100:4 commands us, "Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name." In

gratitude, we thank God not just for the stuff that fills our storage spaces, but for Him. Gratitude begets humility because it reveals our God-given neediness. Humility is a heart condition that recognizes that all of our blessings have been received, not earned. It understands how utterly deprived we stand before a Holy God. We simply can't advance God's Kingdom, be saved, or even love God in return without His own love for us first.

Indeed, humility is the right posture when relating to God—it permits God's grace in our lives. As James states that "God opposes the proud but gives grace to the humble" (4:6). Since God's grace is God's power, the more thankful and needy we are before the Lord, the more power we receive. As we make this recursive pathway (of gratitude, humility and grace) a habitude, it allows us to experience more of God's presence and power.

WHAT ABOUT WHEN WE SUFFER?

Gratitude flows easily when we've landed our dream job or just fell head-over-heels for a potential mate. And it's easy to lift up some heavenly appreciation when we only receive a warning (instead of a ticket) for speeding. But what about when we don't get our way? Or what about when tragedy strikes? Can we still be thankful then? Indeed, life is not always a buffet of delicious circumstances where we get to pick and choose which items we put on our plate. Sometimes we get served a dish of lemons. Yuck.

Fortunately, Christian gratitude doesn't require us to "turn our lemons into lemonade"—a cliché that might be found in some cheesy self-help book. Certainly, painful events can shape us and build our character, but that doesn't mean we have to simply smile through the pain and pretend everything's fine. A theology of gratitude that doesn't allow for grief is at best misguided, if not downright egregious. Can you imagine a passerby saying to Jesus on Calvary "turn that frown upside-down"?

Ingesting life's difficulties and tragic events can be overwhelming. Having a heart of gratitude, therefore, is not about looking at the bright side of things. And it's not even acknowledging that things could be worse. Our thankfulness is never to be based on a set of circumstances. It's based on a Person.

The answer to our pain and suffering isn't new circumstances but God Himself. Jesus came, not only to suffer for us, but to suffer with us. Isaiah describes Christ as being: "Despised and rejected—a man of sorrows, acquainted with deepest grief" (53:3). Jesus understands our pain and empathizes with us.

Practicing gratitude rests soundly in the assuredness that God will ultimately redeem every horrible situation in this life or the next. "He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away" (Revelation 21:4). This promise allows us to "Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus" (1 Thessalonians 5:16-18).

Yet it's easy to miss God's current blessings when pain overwhelms us, however. I've shaken my fist toward heaven more than once in agony. Even so, God will never take away His gifts. He's that good. If I were in Jesus' shoes, on the other hand, I'd probably replace the nine leper's healings with nine nasty curses. Or, at bare minimum, I'd unheal them all. That'll show 'em to be thankful!

But it was love, not intimidation that drew one Samaritan to unwrap the gift of eternity. Saying "thank you" will always reveal unseen blessings. We can't control the Giver, but we can always expect one gift: the power to hope.

Then, we'll receive other common events like watching sunsets, eating dinner with a friend or sleeping in a comfortable bed as undeserved blessings. In practicing gratitude, every day is a treasure hunt.

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What began in 1992 with a trailer load of wreaths, decorated by volunteers and laid at the graves of fallen soldiers at Arlington National Cemetery (See: The Arlington Story - How the Arlington Wreath Project was born) has now become a national organization with over 1200 participating locations - all focused on the mission to Remember - Honor - and Teach.

Morrill Worcester, owner of Worcester Wreath Company of Harrington, Maine, was a 12 year old paper boy for the Bangor Daily News when he won a trip to Washington D.C. His first trip to our nation's capital was one he would never forget, and Arlington National Cemetery made an especially indelible impression on him. This experience followed him throughout his life and successful career, reminding him that his good fortune was due, in large part, to the values of this nation and the veterans who made the ultimate sacrifice for their country.

In 1992, Worcester Wreath found themselves with a surplus of wreaths nearing the end of the holiday season. Remembering his boyhood experience at Arlington, Worcester realized he had an opportunity to honor our country's veterans. With the aid of Maine Senator Olympia Snowe, arrangements were made for the wreaths to be placed at Arlington in one of the older sections of the cemetery that had been receiving fewer visitors with each passing year. As plans were underway, a number of other individuals and organizations stepped up to help. James Prout, owner of local trucking company Blue Bird Ranch, Inc., generously provided transportation all the way to Virginia. Volunteers from the local American Legion and VFW Posts gathered with members of the community to decorate each wreath with traditional red, hand-tied bows. Members of the Maine State Society of Washington, D.C. helped to organize the wreath-

laying, which included a special ceremony at the Tomb of the Unknown Soldier. The annual tribute went on quietly for several years, until 2005, when a photo of the stones at Arlington, adorned with wreaths and covered in snow, circulated around the internet. Suddenly, the project received national attention. Thousands of requests poured in from all over the country from people wanting to help with Arlington, to emulate the Arlington project at their National and State cemeteries, or to simply share their stories and thank Morrill Worcester for honoring our nation's heroes. Unable to donate thousands of wreaths to each state, Worcester began sending seven wreaths to every state, one for each branch of the military, and for POW/MIAs. In 2006, with the help of the Civil Air Patrol and other civic organizations, simultaneous wreath-laying ceremonies were held at over 150 locations around the country. The Patriot Guard Riders volunteered as escort for the wreaths going to Arlington. This began the annual "Veterans Honor Parade" that travels the east coast in early December. The annual trip to Arlington and the groups of volunteers eager to participate in Worcester's simple wreath-laying event grew each year until it became clear the desire to remember and honor our country's fallen heroes was bigger than Arlington, and bigger than this one company. In 2007, the Worcester family, along with veterans, and other groups and individuals who had helped with their annual veterans wreath ceremony in Arlington, formed Wreaths Across America, a non-profit 501-(c)(3) organization, to continue and expand this effort, and support other groups around the country who wanted to do the same. The mission of the group is simple: Remember. Honor. Teach.

In 2008, over 300 locations held wreath-laying ceremonies in every state, Puerto Rico and 24 overseas cemeteries. Over 100,000 wreaths were placed on veterans' graves. Over 60,000 volunteers participated. And that year, December 13, 2008 was unanimously voted by the US Congress as "Wreaths Across America Day". In 2014, Wreaths Across America and its national network of volunteers laid over 700,000 memorial wreaths at 1,000 locations in the United States and beyond, including ceremonies at the Pearl Harbor Memorial, as well as Bunker Hill, Valley Forge and the sites of the September 11 tragedies. This was accomplished with help from 2,047 fundraising groups, corporate contributions, and donations of trucking, shipping, and thousands of helping hands. The organization's goal of covering Arlington National Cemetery was met in 2014 with the placement of 226,525 wreaths. The wreath-laying is still held annually, on the second or third Saturday of December. WAA's annual pilgrimage from Harrington, Maine to Arlington National Cemetery has become known as the world's largest veterans' parade, stopping at schools, monuments, veterans' homes and communities all along the way to remind people how important it is to remember, honor and teach.

Wreaths Across America also conducts several programs to honor our veterans, including the popular "Thanks a Million" campaign which distributes cards to people all over the country to give veterans a simple "thank you" for their service. WAA participates in veterans' events throughout the year, and has a veteran liaison on staff to work with local veterans organizations. WAA is committed to teaching younger generations about the value of their freedoms, and the importance of honoring those who sacrificed so much to protect those freedoms. The organization offers learning tools, interactive media projects, and opportunities for youth groups to participate in the events. They also work to create opportunities to connect "the Greatest Generation" with the "Generation of Hope", passing on inspirational stories from World War II veterans to the leaders of the future. Wreaths Across America would not be successful without the help of volunteers, active organizations and the generosity of the trucking industry, which offer invaluable support to WAA's mission to remember the men and women who served our country, honor our military and their families, and teach our children about our freedom and those who protect it. To sponsor a veteran's wreath or to volunteer at or attend a wreath laying ceremony at a cemetery near you, please visit www.wreathsasscrossamerica.org.



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RRR Rusty Riders

RUSTY

I started riding as a passenger when I was 14 years old. Many years later I met the man of my dreams and with his help I purchased my 2014 Spyder RT LTD. For me this was a dream come true. I have been fighting with Fibromyalgia for over 20 years. I also have CFS and Osteoarthritis. I honestly thought that owning my own motorcycle was out of my reach until I learned of the CanAm Spyder. Finally, I didn't have to worry about dumping my ride or dealing with balancing my bike. What a rush being in control of my own ride. Only problem now was that I was constantly leaving my best buddy, Rusty, behind. Rusty is a rescue and I could see him at the window, looking very sad and voicing his disgust as I rode away. Within a month I bought a pet carrier, RexSpecs, and we hit the highway together. Nothing but good times, lots of thumbs up from other motorists and other riders and best of all, I have met such wonderful people on our journeys. I also joined Women In The Wind and, with the help of my friend Beth, started a Facebook group called Motorcycling With Fido, which helps people teach their pets to ride with them. I feel very blessed to be where I am in my life and I am constantly gracious at the amount of support the motorcycle community gives to one another.

Rusty's owner is Cindy Groshko. Enjoy the adventures of Rusty & Cindy along with all of the other fun dog loving members of the Motorcycling with Fido group!

SHOTZ

Got SHOTZ? Email us at virginiaridermagazine@yahoo.com



MSF MOTORCYCLE SAFETY FOUNDATION®

MSF's Guide to Group Riding: Hand Signals

<p>Stop - arm extended straight down, palm facing back</p> 	<p>Single File - arm and index finger extended straight up</p> 	<p>Torso Signal Off - open and close hand with fingers and thumb extended</p> 
<p>Show Down - arm extended straight out, palm facing down</p> 	<p>Double File - arm with index and middle finger extended straight up</p> 	<p>Pinet - arm out to side pointing to tank with finger extended</p> 
<p>Speed Up - arm extended straight out, palm facing up</p> 	<p>Hazard in Roadway - on the right, point with right foot; on the left, point with left hand</p> 	<p>Refreshment Stop - fingers closed, thumb to mouth</p> 
<p>You Lead/Come - arm extended upward 45 degrees, palm facing pointing with index finger, swing arm from back to front</p> 	<p>Highbeam - tap on top of helmet with open palm down</p> 	<p>Caution Stop - forearm extended, fist clenched with short up and down motion</p> 
<p>Follow Me - arm extended straight up from shoulder, palm forward</p> 	<p>Pull Off - arm positioned as for right turn, forearm swing toward shoulder</p> 	

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RIDING INTO LATE FALL

Fall is one of the most beautiful times of year to ride a motorcycle. The crisp, cool weather makes wearing your protective gear more comfortable, and the sights of changing leaves are like no other. Here are some things to remember to keep you safe and comfortable as you ride through the late fall season.

Beware of Falling Leaves

This is true on the road, but especially on the trails. Falling leaves create visual hazards, especially if they are wet. They can stick to your visor easily, or block a tree branch that's extending into your path of travel. Don't get distracted by leaves, regardless of how mesmerizing they are while falling.

Beware of Leaves on the Ground

Leaves on the ground present as equal of a hazard as falling ones. They cover up holes on the trails, rocks, or any other object protruding from the ground. On the road, also, they can cover up drain ditches and waterways. And remember that though leaves look dry, they ones on the ground are likely wet, which will quickly cause traction issues and a disaster on the trail.

Cooler Concrete, Less Traction

That says it all. Tires will come up to temperature with continuous riding, but it'll take much longer. And when stopping the tires cool down much faster, which naturally creates less traction on the road. The off-road will also be slicker due to cooler rocks and dirt.

Layer Up!

Layering is the only way to go during autumn riding. Start with good base layers and mid layers, and always pack along an extra fleece or something similar for added warmth. This allows you to easily adjust your comfort zone while out riding.

Don't Forget the Rain Gear

Fall is the most unpredictable time of the year. You can be riding in pure sunshine at 70 degrees (F), and then it can drop to 50 and start raining. Even the light mist can penetrate your gear, so make sure your outer layers are up to par in the waterproof department. If you're wearing gear that's not waterproof, don't forget the rain suit!

Wildlife: Extra Caution Needed

Wildlife is more active searching for food in fall, which has them scattered. Deer usually feed close to roads, and their most active feeding time is dusk and dawn. Fall is a time for hunting, also, which will further scatter animals like deer and turkey. Work on maximizing peripheral vision to proactively recognize a threat and react, such as covering your brakes while slowing down, and always keep your eyes moving.

Beware Frosty Roads

Regardless of how warm the day temperatures can get, the mornings can provide some frosty conditions. Even the thinnest layer of frost can result in a loss of traction. Try to stay in the middle of the road since more frost will collect around the edges, and preferably ride in car-tire tracks.

Camping? Make Sure You Have the Essentials

It can be 75 during the day and 40 at night. Plan accordingly if you're going to camp—something we highly recommend due to the beauty. Just be prepared with a warmer sleeping bag, and find the most optimal place for a tent that won't take on any water or morning fog.

Check Tires and Fluids

Now is not the time to question your tread depth. If the tread depth is less than 2/32 of inch deep, you need some new skins. The easiest way to find out is place a penny upside down in your tread groove. If you can see Lincoln's hair, it's time for a new set. As we said, concrete



is colder, and traction is less. Add some rain and you'll want to be channeling that water away from the surface of your tires. Also, check your fluids and top off if needed. You don't want dirty brake fluid to thicken up quickly while riding in the colder weather. And for those with liquid-cooled engines, make sure your coolant is fresh.

Check Weather Often

Weather conditions are very unpredictable in fall, and fronts moving in can drop temperatures in a hurry. Keep an even closer eye on your favorite weather app while riding, especially if you have some long distances to travel. This proactiveness is crucial to your riding comfort and safety, allowing you to plan a route around unstable skies, or find a hotel/campsite.

Most importantly...**ENJOY YOUR RIDE!**



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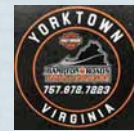
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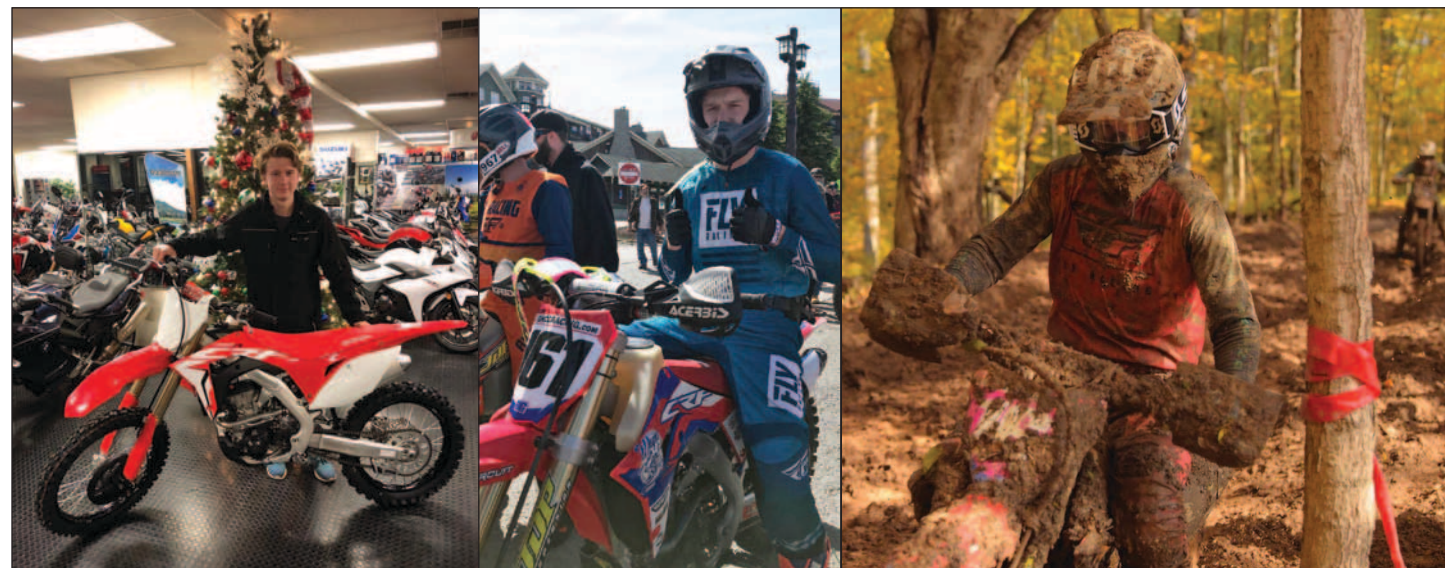
MAKING TRAX

With Jennifer Traxler

KIDS and POWERSPORTS

If you talk with powersports industry leaders, whether they own a dealership, work for a manufacturer, or are professional riders or mechanics, there seems to be a common thread... they usually all started riding as soon as they could walk. Many of the personnel here at Wayne Cycle Shop were on two wheels LONG before they got a driver's license. I wasn't among the lucky ones. So instead of riding dirt bikes as a child, I was riding the crosstown bus to the mall. You have no idea how

dealership, and they will spend every minute sitting on every bike that fits them, and a few that don't. In our showroom at Wayne Cycle Shop, my desk is right next to the youth bikes and ATVs and I get to see it every day. It really gives all of us a thrill when we sell a family what is meant to be a child's first bike. Sometimes we even get to be in on the surprise and it's a really special moment to behold. Bring your kid(s) to some motor sporting events. See if they get excited. See if they exclaim "I wish I could do that!". That's a great way to gauge their level of interest in motorcycles or ATV as a hobby, or even a future living. Show them kids who are succeeding in motor sports, and see if they develop any aspirations.



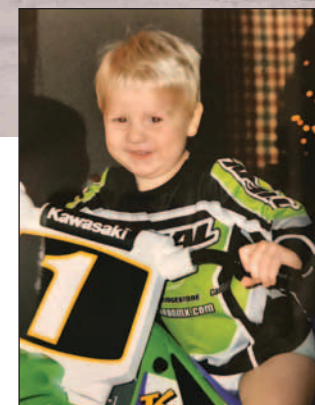
envious I am of people who have been riding their whole lives! There's a saying, if you get kids into motorcycles, they won't have money for drugs. There must be an element of truth to this, or someone wouldn't have said it. There is such a rush when pushing our limits, and being a kid is all about pushing limits. Kids and powersports are a perfect match. But truly, start them off slowly and safely so that they develop a lifelong love for all things motorized.

There are many different ways to get your kids into powersports as a hobby. I'll go over a few of them in this article. But please remember, no matter how you do it, follow the industry guidelines for appropriately educating and outfitting your child(ren). Sign them up for a class, get them a private instructor, and for the love of God, get them the best gear you can afford. Make them wear every piece of safety equipment every single time they ride.

But before you shell out anywhere from a couple to several thousand dollars for a bike and gear, be sure your child actually has at least a desire to ride. Sometimes they need a little push, though. They need to be pried away from the electronics and really shown how fun it is. If you're lucky, their little faces just light up when you walk them into your local motorcycle

So do you start them on a motorcycle or ATV? There are a couple things to consider when making this choice.

- On what kind of terrain will they be riding? If it will be steep, you may want to lean toward two wheels. ATVs can roll more easily on steep terrain. Especially if an unskilled operator is on the machine.
- Can your child ride a bicycle? If they can balance on two wheels, they are ready to get on a motorcycle! But even still, you can get training wheels for 50cc motorcycles! We must sell a dozen kits every December.
- How old are they? State and federal law prohibits children under six years of age from riding a gas powered ATV. From age six to 11, 50cc is the maximum power allowable. Any ATV up to 90cc requires the rider to have a minimum age of 12. To ride any model over 90cc, state law says the child must be 16 years old. Even on private property, these laws apply. So if your child is under 6, a 50cc dirt bike is definitely more appropriate than an ATV.



Once your kid(s) learn to ride, if they show a real desire to ride competitively, there are several motocross tracks here in Virginia on which they can train to compete. The best place to start your search is www.mxtrackguide.com. The folks at your local track will I'm sure be a wealth of knowledge and an excellent resource to help your budding motocross star!

Whether for pattering around the backyard or climbing mountains or competing on a track, kids LOVE powersports and definitely need our support and encouragement. And let's see more girls on bikes! I wish my parents would have sent me to dirt bike camp instead of horseback summer camp as a girl!

I'd like to take this opportunity to introduce one of the young riders that Wayne Cycle Shop sponsors, Adam Hollenkamp. Adam has been riding motorcycles since he was a small boy and is now

a budding star out on the motocross scene, competing at the national level. His parents, Laura and Rick, are so dedicated to his success they picked up and left Kentucky to relocate to Virginia so they would be more centrally located to all the GNCC (Grand National Cross Country) races in which Adam competes. He's an outstanding young man and we are behind him 1000%! This Christmas, if there is a child in your life that you want to see light up as bright as the tree, consider getting them their very own motorcycle or ATV. Let's unplug the kids from the electronics and get them outside enjoying nature and getting fresh air, sunshine and exercise! Powersports is the answer!

Jennifer is an avid Virginia rider and Sales Consultant at Wayne Cycle Shop in Waynesboro, VA



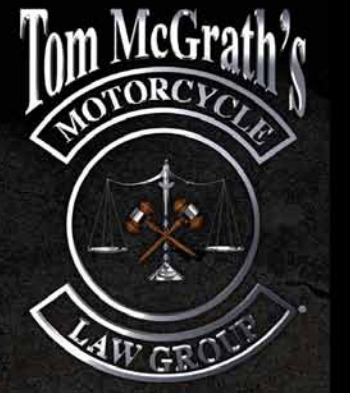


Last Night, My Neighbor Came Home Drunk & Banged On His Own Door For Like 5 Mins. Problem Is, He Lives Alone, So I Went Outside And Told Him He Wasn't There & He Left!!!

"You Rock"



WHEN LIFE BRINGS YOU DOWN
REMEMBER
 1 2 3 4 5 6
 IT'S ONLY ONE DOWN REST IS UP



MOTORCYCLE ACCIDENTS

Legal Defense For Motorcycle Accidents And Incidents

Many attorneys say they represent victims of motorcycle accidents. But ask them: Do they also ride? Every attorney at the Motorcycle Law Group does.

The motorcycle is unlike other four-wheeled vehicles, requiring skilled and vigilant rider coordination to operate – particularly in a crash scenario. Our success rate for favorable settlements and jury outcomes is thanks to our deep and broad knowledge of motorcycle physics, motorcycle and traffic laws, and an understanding of how bikes are operated with the hands, feet, and mind. Most importantly, we have a passion for the motorcycling lifestyle and can effectively and sincerely communicate to the jury, judge, and insurance companies the reasons we ride and the laws that guide our community.

RECONSTRUCTION

For your motorcycle case, our attorneys may work with accident reconstruction experts who specialize in motorcycle physics and are able to piece together how the accident unfolded based on evidence, vehicle damage, and witness testimony. Reconstruction is particularly critical for motorcycle cases in which downed riders are unable to speak for themselves due to being taken away from the scene in an ambulance – leaving less-injured car or truck drivers at the scene with their word of how events unfolded. Many of our clients are often cited with contributing to a collision, but in many instances, we are able to prove otherwise: the rider is innocent, not at fault, and did everything in his or her power to avoid the accident. Learn what to do if you are ever involved in a motorcycle accident. Rule No. 1: Do not talk to anyone at the crash scene!

The Motorcycle Law Group represents riders and motorcycle accident victims in Virginia, North Carolina, South Carolina, Georgia and West Virginia.

If you've been the victim of a motorcycle accident due to the negligence of others or had your rights violated by the government contact one of the motorcycle accident lawyers at The Motorcycle Law GroupSM today and let The Firm That Rides[®] fight for you.

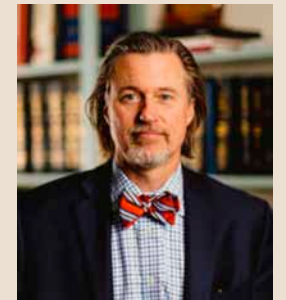
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Liz Sorrell



Katie Fuller



Chad Fuller



Tyler Stiles

CHEATING DEATH: A Story About Second Chances



Tech. Sgt. Mark Hopkins poses with his motorcycle. Hopkins has loved motorcycles his whole life, but on May 27, 2012, he was involved in a motorcycle accident that nearly ended his life. Blood tests showed Hopkins had a blood alcohol level about twice the legal limit when the accident occurred, and he was wearing a helmet not approved by the Department of Transportation. Hopkins is a member of the 319th Civil Engineer Squadron. (Courtesy photo)

May 27, 2012, is a day that Tech. Sgt. Mark Hopkins will never forget -- even though it's a day he can barely remember.

It was the day he made a choice that drastically altered his life forever, and almost ended it in the process. "All I remember is hopping on my motorcycle around noon on my way to hang out with some fellow bikers for a friend's birthday," he said. "I woke up a month later from what I thought had been a nap. Apparently, I'd had a pretty serious motorcycle accident."

The injuries he suffered from the accident should have been enough to kill him, he said. The wreck ruptured and shattered the left side of his skull, caused his brain to bleed, his eardrums to burst and fractured his left eye socket. He was left with a traumatic brain injury and almost totally deaf in his right ear.

According to the blood tests taken at the hospital, Hopkins had a blood alcohol level roughly twice the legal limit, and had been wearing a helmet that wasn't approved by the Department of Transportation.

He said his road to recovery has been a long and difficult one. Shortly after arriving at Altru Hospital in the city of Grand Forks, he was taken into surgery where the doctor induced a medical coma in order to prevent any further bleeding and swelling on his brain. He spent the next 13 days in a critical care unit.

His injuries were so severe that the Grand Forks AFB Honor Guard began preparing for a military funeral when news of the accident got back to the base.

Once Hopkins came out of the coma, he underwent intensive speech, mental and physical therapy. He relearned how to stand, walk, brush his teeth, and feed himself. A month into his stay at Altru, he

was finally able to recognize his family and friends, and speak their names.

"A staff sergeant from work who I was friends with was standing at my bedside, weeping and unable to stand up straight," Hopkins said. "Apparently after countless visits over the past month, I finally recognized him and spoke his name for the first time."

After spending 43 days in the hospital, Hopkins was released to go home, although he was far from finished with his recovery process.

"I continued therapy three days a week and had to be with someone at all times, both in and out of the hospital," he said. "My skull hadn't been repaired with titanium yet because my brain still had to heal a while longer."



It would be several months before he could have his head hardened with titanium while the healing process continued. During that time, he was forced to wear a black medical helmet to protect his brain from further injury, which his doctor said could very well have killed him.

"My days were short then," he said. "I would wake up in the morning and just be so miserable and exhausted, and I would have to lie down for a nap in the middle of the day, and wake up again around 5 p.m.," he said. "My wife, Melissa, worked, but would come home on her lunch break. My



three kids (14, 13 and 11) took turns staying with me throughout the days on summer break. They would take me for walks around the base, always making sure I had my black medical helmet on, and calling my wife if I refused to wear it."

Finally the day came in November 2012 when Hopkins had the portion of his scalp hardened with titanium where fragments of his skull had been removed immediately after the accident six months earlier. During his healing process, Hopkins endured the grueling ordeal of having staples applied to and removed from his scalp (more than once) and having the doctor insert a needle the size of a pencil into his head to drain the excess fluid that would build up.

Hopkins expressed his deep remorse over the choice he made and what it put his loved ones through.

"I have no one to blame except myself, for what happened," he said. "I failed to practice my own safety techniques that I'd learned throughout my years of riding, and I nearly lost my life for it. My wife, children, family, friends and co-workers nearly lost me because I was selfish and I chose to drink and wear improper safety equipment while operating my motorcycle."

Hopkins, or "Hopper," as he's known to his friends, had 14 distinguished years of service behind him when the accident happened, but he will be discharged soon and will lose his career.

Surprisingly to some, however, Hopkins still has an unwavering love for riding, and plans to work on motorcycles after he separates from the Air Force.

But, he said there are two things he will never ride without again:

"A DOT-approved helmet and sobriety," he said.

Hopkins has a firm grasp of the gravity of his situation, and said he is very thankful to have been able to come out on the other side.

"This is my second chance to continue to be a better father, a better husband, and a second chance to do something I love," he said. "I am the living example of what may happen to a biker who does not put safety first and respect his bike, and the trauma it can cause. If I can help save one life just by sharing my story, then that makes it worth it to me."

By Staff Sgt. Susan L. Davis, 319th Air Base Wing Public Affairs/Published June 06, 2013
GRAND FORKS AIR FORCE BASE, N.D. (AFNS)



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