

N00109.AR.002876
NWS YORKTOWN
5090.3a

PUBLIC NOTICE REGARDING THE THE PROPOSED PLAN FOR GROUNDWATER,
SURFACE WATER, AND SEDIMENT AT SITE 3 GROUP 16 MAGAZINES LANDFILL NWS
YORKTOWN VA
05/11/2014
DAILY PRESS

Client Name: CH2M Hill-Virginia Beach
 Advertiser: Main/A022/ALL
 Section/Page/Zone: Public Notice 02 of 02
 Description:
 Ad Number: 2365089-1
 Insertion Number:
 Size: 3 x 7
 Color Type: 4 Colors

Publication Date: 05/11/2014
 This E-Sheet(R) is provided as conclusive evidence that the ad appeared in Daily Press on the date and page indicated. You may not create derivative works, or in any way exploit or repurpose any content.

An Equity Line this low? Really?

1.99%

Annual percentage rate. 12-month introductory offer.
PLUS, WE'LL PAY ALL CLOSING COSTS.*

Yes! We Do That.



*On new home equity lines of credit from \$25,000-\$150,000, TowneBank will pay all closing costs, including a desktop appraisal. If you close your account within 36 months of opening, we will add any closing costs we paid on your behalf to your outstanding balance for your reimbursement. Total closing costs generally range from \$525-\$1,500. For new home equity lines of credit with loan balances of \$25,000 or greater, the introductory rate will be in effect for the first twelve (12) months after your account is opened. Upon expiration of the introductory rate, all balances will accrue interest at the Prime Rate + .74% (currently 3.99% APR). The rate is variable and the maximum Annual Percentage Rate (APR) is 16% or as applicable by law. The Prime Rate is a variable rate based on the Prime Rate published from time to time in the Wall Street Journal. As of March 21, 2014, the Prime Rate was 3.25%. Normal credit approval criteria apply. Property insurance is required. This offer is available only on owner-occupied, single-family residential real property located in the Hampton Roads area of Virginia and Currituck and Dare Counties, North Carolina. TowneBank must obtain a valid first or second lien position on the collateral, and all owners of the collateral must sign the documents. Offer subject to change without notice, and exclusions and limitations apply. Please consult your tax advisor regarding the deductibility of interest.



Proposed Plan for Groundwater, Surface Water, and Sediment at Site 3 Group 16 Magazines Landfill Naval Weapons Station Yorktown

The Department of the Navy invites public comments on the Site 3 Group 16 Magazines Landfill Proposed Plan that presents information pertaining to the recommend final clean-up alternatives for groundwater, surface water, and sediment at this Environmental Restoration Program (ERP) site at Naval Weapons Station (WPNSTA) Yorktown located in Yorktown, Virginia. In accordance with the Code of Federal Regulation, 40 C.F.R. § 300.430(f)(2), this Proposed Plan presents an assessment of risk to human health and the environment, and the recommended final clean-up alternative was selected based the results of a comparative analysis of the nine evaluation criteria identified in the National Oil and Hazardous Substances Pollution Contingency Plan (NCP).

The main components of the recommended final clean-up alternative for groundwater includes in-situ treatment of trichloroethene (TCE), cis-1,2-dichloroethene (cis-1,2-DCE), and vinyl chloride (VC) using Enhanced In Situ Bioremediation (i.e., injection of emulsified vegetable oil to promote bioremediation), monitoring groundwater for TCE, cis-1,2-DCE, and VC following active treatment, and implementing and maintaining land use controls until cleanup goals have been met. The recommended final clean-up alternative for surface water and sediment is no action since these media do not pose unacceptable risks to human health or the environment.

This Proposed Plan is based on findings contained in documents that are part of the Administrative Record for Site 3 at WPNSTA Yorktown. The Administrative Record provides background information on this site and is available on the WPNSTA Yorktown public website at <http://go.usa.gov/DynG>. This Proposed Plan may be viewed at the following location from May 12, 2014 through June 26, 2014 during normal business hours:

York County Public Library - Yorktown
8500 George Washington Memorial Hwy,
Yorktown, VA 23692
(757) 890-3377

Written comments on the Site 3 Proposed Plan may be submitted during this review period and postmarked no later than June 26, 2014. Comments should be submitted to:

Mr. Jim Gravette
Commander, NAVFAC Mid-Atlantic
9742 Maryland Avenue
Bldg. N-26, Room 3208
Norfolk, Virginia 23511-3095

A public meeting, at which Navy representatives will report on the status of the Site 3 proposed clean-up alternatives, will be held at 3:00 p.m., Thursday, May 15, 2014 at the York County Public Library - Yorktown (address above):

For additional information regarding this Proposed Plan or the ERP at WPNSTA Yorktown, please contact:

Mr. Mark Piggott, Public Affairs Officer
Naval Weapons Station Yorktown
160 Main Road
Yorktown, VA 23691-0160
(757) 887-4939

Man facing trial pins hopes on federal medical pot law

He had card from doctor but arrested in marijuana case

By Rob Hotakainen
McClatchy Washington Bureau

WASHINGTON — Larry Harvey, 70, found a remedy for his gout and chronic knee pain.

"At night that thing just throbs," he said. "But my wife can make a marijuana cookie, just a small one. And I'll eat it and in five minutes, the pain is gone, man. I mean, the pain is gone."

Harvey stopped eating his cookies in August 2012, after federal authorities raided his farm near Kettle Falls, Wash., seizing 44 pot plants, his 2007 Saturn, his guns and \$700 in cash.

With his trial set to begin Monday in Spokane, Wash., the retired trucker and commercial fisherman faces at least 10 years in prison if convicted.

"That would be a life sentence for me," Harvey said Tuesday, munching on a salad in a House office building cafeteria. "You might as well take me out and execute me. The federal government is going to try to put me in prison for growing my own medicine."

Medical marijuana advocates brought Harvey to Washington, D.C., last week to make his case to members of Congress, saying it's time to legalize the drug for the more than 1 million Americans who use marijuana for medical reasons.

"I just want to make sure Congress knows what's happening so they can fix the law," he said.

While Washington state allows marijuana for both medical and recreational purposes, the state laws mean nothing in Harvey's case. Congress has classified the drug as a Schedule I substance, meaning it's deemed to have no medical



ROB HOTAKAINEN/MCT PHOTO
Larry Harvey, of Washington state, is lobbying for medical marijuana. He said he used home-grown pot to treat pain.

value. Harvey won't be allowed to use his ailments as a defense because of the federal prohibition.

"A lot of people in Washington don't believe this is happening, but you can't deny it anymore — that the policy is completely out of whack — when you have him sitting in front of you," said Kari Boiter, Washington state coordinator for Americans for Safe Access, a group that's lobbying to change the federal law.

Harvey said he didn't believe in using pharmaceutical drugs, dismissing them as chemicals. He said he avoided processed food in favor of the vegetables from his garden. And he said he was a hunter, providing venison, turkeys and grouse for the family. "We don't buy hardly anything from the store," he said.

Harvey said the charges

confused him because he had a medical marijuana card from his doctor and never tried to hide his operations. He said he didn't even smoke the pot, only consumed medicated cookies that were confiscated from his freezer.

Harvey faces six felony charges linked to his marijuana operation. His wife, son, daughter-in-law and a family friend also face charges.

"It has just ruined my life," Harvey said. "This last 18 months has been hell."

Derek Franklin, the Washington state coordinator of the anti-legalization group Project SAM, for Smart Approaches to Marijuana, said Congress shouldn't approve medical marijuana, calling it "sort of a gray-market recreational system" that would provide more unregulated access.

Health news Study: Veggies, fruit can ease stroke risk

Eating more fruits and vegetables may reduce stroke risk by almost a third, according to a fresh look at recent evidence.

The results support existing recommendations from organizations like the Centers for Disease Control and Prevention, which already call for a diet rich in fresh greens.

"The findings are consistent with the current knowledge that increasing consumption of fruits and vegetables should be encouraged to prevent stroke," Dr. Yan Qu wrote in an email.

Qu, of the Qingdao Municipal Hospital and the Medical College of Qingdao University in Qingdao, China, led the analysis.

A stroke occurs when blood flow to part of the brain is blocked by a clot or a burst blood vessel. Without emergency care, a stroke can lead to severe brain damage or death.

Stroke remains the fourth-leading cause of death in the U.S., according to the CDC.

To get a better understanding of the relationship between stroke risk and plants in the diet, the re-

"Increasing consumption of fruits and vegetables should be encouraged to prevent stroke."

— Dr. Yan Qu, study author

searchers searched for reports from recent decades that tracked the eating habits and health of men and women around the world.

Twenty studies examining 16,981 strokes among 760,629 participants were included in the analysis.

Overall, people who ate the most fruits and vegetables were 21 percent less likely to have a stroke, compared with those who ate the least amounts, the research found. The benefits rose with the amount of produce consumed. Stroke risk fell 32 percent for every 200 grams (about 7 ounces) per day of fruit people ate and 11 percent with every 200 grams per day of vegetables.

Recalls

Cost Plus World Market Aman wood-en storage trunk:

The surface coating paint on the interior metal chains contains excessive levels of lead, a violation of the federal standard. About 1,150 units were sold at Cost Plus World Market stores nationwide and online at worldmarket.com from August 2013 to November 2013 for about \$300. For more information, contact Cost Plus World Market at 877-967-5362 or go to worldmarket.com.

Magnetic color sorting board:

The magnet in the wand can detach and the backing can crack and release small metal balls, posing choking and internal injury risks. Also, the paint on the metal balls contains levels of lead that exceed the federal standard. About 3,700 units were sold at discount-schoolsupply.com from January 2013 to March 2014 for about \$36. For more information, go to discount-schoolsupply.com.

OTC medications may help relieve severe migraine pain

Over-the-counter medications ibuprofen and Excedrin both relieve the pain and symptoms of severe migraines better than a placebo, a study finds.

Researchers reanalyzed data from a clinical trial and found more than half of the people taking either of the nonprescription drugs reported some relief, though Excedrin containing caffeine performed best.

"This is not at all surprising," said lead author Dr. Jerome Goldstein. "Combination analgesics (like Excedrin) have been around

for a long, long time and have had a big impact on treating migraine."

Goldstein is director of the San Francisco Clinical Research Center and was paid by Novartis for his work on the trial. His two co-authors, Martin Hagen and Morris Gold, are employed by Novartis Consumer Health, which markets Excedrin.

That medication, a combination of acetaminophen, aspirin and caffeine, is currently recommended only for mild or moderate headaches, as is ibuprofen. Mi-

graine medications like Imitrex, for severe migraine, are available only by prescription.

For the analysis, the researchers looked at data from 660 severe migraine sufferers in a past study.

The subjects were assigned to three groups, two of which received Excedrin or ibuprofen as well as placebo tablets marked to look like one of the medications. Members of the third group received four placebo tablets.

— Reuters



Be an EYEWITNESS!

Capture and share pictures and news from your community with our new Daily Press mobile app and website.

IPHONE USERS

Scan the QR code below to get the free Daily Press app for your iPhone



ANDROID USERS

Scan the QR code below to get the free Daily Press app for your Android phone



For your iPhone or ANDROID

eyewitness.dailypress.com

Go to dailypress.com/eyewitness for more details.

Daily Press