

# FRIDAY FOOLIES

## August 2011



# DID YOU FEEL IT?

- » 5.8 earthquake was largest to rock Virginia since 1897
- » Rumbling felt from Georgia to Canada and west to Indiana, Kentucky
- » No deaths reported; only minor damage; aftershocks expected

### In Hampton Roads

**T**HE BIGGEST EARTHQUAKE IN VA Virginia in more than 100 years Saturday's tremor and earlier East Coast foreshocks in Canada in Tuesday shaking built up and sending people scurrying for the streets. Most were wondering: What was that? College service was temporarily paused as emergency rescuers - many of whom were already tracking Hurricane Irene - called families and friends or city emergency operations centers to ask what had happened.

While no major damage or injury was reported in Hampton Beach, Downtown Virginia Beach after about the two nuclear reactors at the South Anna Power Station near the station for an hour, though no heavy nuclear plant remained online. The North Anna plant

### If you felt it, let them know.

You can be a part of the U.S. Geological Service's effort of reports about the quake in Virginia. Go to <http://usgs.gov> for more info.

**more about the quake**  
See a map that shows the location of Virginia and where past quakes were detected.

### elsewhere

**A** TUESDAY'S EARTHQUAKE shook office workers who prepared for a 5.8 quake at 10:25 a.m. in the Washington area. The quake was felt in parts of California and other regions far from the epicenter. The United Park Service said the Washington Monument also sustained a crack near its top. The Washington Monument is the tallest of its kind. The Washington Monument is the tallest of its kind. The Washington Monument is the tallest of its kind.

**Defying illness**  
Half of women that survive will continue to search women's health at home despite being diagnosed with early-stage disease. [www...](#)

**SADAFI GONE AS REBELS OVERTURN HIS COMPUND.**  
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**MAN GETS LIFE SENTENCE IN KILLING OF SAILOR'S WIFE.**  
Hampton Roads

## Hurricane Irene | three days away

# OUR NEXT BIG WORRY



**Most powerful East Coast storm in seven years is heading our way**

**we can't help you get ready**  
Next 72 hours and a hurricane preparedness plan. Page 10

**we can't help you get ready**  
Next 72 hours and a hurricane preparedness plan. Page 10

Home ownership is the American dream. It's mine, too!

*Bank of Rusty*

**Rusty**  
Mortgage Loan Officer  
Call me about a 30-year fixed rate.

**KIRNE BANK**  
The Sun Belt's Most Award-Winning Bank

Hey!!

August 2011

Can you believe what is going on? Very, very, very odd past year... this past month, in particular.

Where were you when the Earth quaked? I was finally getting a day to relax at the pool. Several families had been there and left, so it was just me and across the length of the pool sat the lifeguard. Once the rocking motion started, I simply felt dizzy and looked over my book at my feet... shifting my weight in my chair. Then it became so pronounced that I actually turned around to see who was shaking my chair. I realized there was no one else there. For a split-second, I thought I was having a stroke or something... but it continued and got stronger. That is when I looked up and saw the water in the pool sloshing over the edge and the lifeguard clasp his chair and looking across at me. His umbrella was swaying, as well. What a strange feeling!

I have been through many Earthquakes, having lived in California, but I don't think I have ever been outside like that during one. It was weird because there was not the usual creaking you hear from the building and walls. It was also a beautiful day outside which tends to "throw you off" because the sun is shining, clouds are floating by, and everything appears to be perfect. Another thing that "threw me off," the rocking/swaying motion was almost like a rolling motion. In California, quakes were usually sharper and jerky. This was almost like being on a boat rocking and rolling back and forth. Later, I learned that is because the whole East Coast, basically, is connected on one plate, unlike California, which has numerous plates.

As soon as the motion stopped, I jumped up and yelled at the lifeguard to see if he felt it, too. He had jumped out of his chair and was starting over to my side of the pool. He was sooooo confused. I explained that it was an Earthquake and asked if he had a TV or radio in the storage room. He did not, so I immediately checked Twitter. Nothing. Then I went to Facebook and posted "Earthquake!" on my page. Within five seconds, it seemed, I had responses from friends in NYC, Baltimore, DC, and Canada! My son called from Newport News and asked if I was OK. My daughter texted that she was OK and had felt it, as well. That is when I got scared! I went back to Twitter, and by then, it was flooded with information. Pentagon and white house evacuated, nuclear power plants shut down, etc. Information was on Facebook and Twitter long before it was on any of the news channels. I kept reading off information to the lifeguard who did not have a smart phone. We knew we were fine, but what we did not know was if it was a fore shock... or if there would be aftershocks. At that point, I gathered myself up and went home to be near a TV. Just very shocking to experience that on this coast.

And, of course, in the back of our minds, everyone was already worried about Irene who was flirting with coming up the coast. Just a very stressful week, indeed.



Neighborhood pumping station getting ready and my front porch - NAKED!  
Ugh!



Then, of course, Irene did come to visit! Again, I have been through hurricanes having lived here and in Mississippi. My two adult children have not. Well, they have, but they were too young to really remember them.

It took two days to prep the house and buy supplies. Then the decisions were made about whether to go or stay. Jessica, Ricky, and Kai stayed at their home since they are in a townhouse. They did just fine. Jess and I texted throughout. She was concerned late that evening because she said they were feeling the brunt of the winds for the first time all day and the storm was gone. I explained that the storm was not gone, just the eye was past us, so the winds had shifted to another direction. They were probably just feeling them for the first time in 24 hours because they were sandwiched in between other houses which had blocked the wind all day.

Jeremy stayed here with me. His new place had water waste-high in the street outside, but he is on the second floor, so he was fine.

My house is surrounded by trees so that was the main concern. Just tons of branches and debris to clean up after. We lost power for several hours and cable for a day, but that was nothing compared to seven days without power after Isabelle. I just went out and sat in the car to hear the news on the radio. Not too smart I guess, but I was desperate to find out where Irene was. She was a long, long, long storm, and seemed to sit right over us forever! High winds and driving rain all day and way into the morning hours. Actually, some of the harshest wind was the back end. That is what flooded Hatteras and Norfolk.

There was also a tornado in the neighborhood a few miles away destroyed five houses, but luckily they had been evacuated. The worst was just north, across the water where Jeremy works. A tree fell on a second story apartment and killed an 11 year old boy as he slept.

We were very, very lucky. Hundreds of thousands in the state had no power, and we all saw what happened later in New England... Like I said, a very long, odd week... Everyone I know is just emotionally drained from the preparations, anxiety, and stress.

I will say, though, that I was extremely proud of myself! I had basically thought about everything and had enough food, water, and energy on hand that we could have lasted at least a week without power. I never even had to start up the generator!



Sadly, I had to raid my garden of everything that was growing. My eggplants were just babies!



Several of you wrote to say that you saw this "bloop" on The Weather Channel! Leave it to Virginia Beach!



Another thing I did not have to use was my "Solar Cooking" guide. After Isabelle and no power for 7 days, I put together a guide to "Solar Cooking" and posted it to my recipe page on my website. You would be amazed how many hits it has gotten from all over the world! Click on the thumbnail here on the left and it should take you there if you want to check it out and maybe print it for future use.

It was also interesting that with all the digital "stuff" we have now, the only thing that really worked was a *battery operated radio*... Hmmm.

OK. I will change the subject now... It was just such an unusual time, I thought I would write more in-depth about it. Hope I did not bore you.



On a much lighter note... My first "Just Judi's Products Tasting" at the Jewish Mother was a success! Thank you so much to Jessica for helping! The orchestra was great and it is something I will definitely do again at least once before Christmas. Thank you so much to those of you who came by! Hope you enjoyed it as much as we did! If you did not make it, My products are still for sale there in the deli. Thanks!



**COME JOIN ME!**  
**Just Judi's Tasting!**  
 Sunday, August 14  
 4 to 6 p.m.  
 The Jewish Mother, Hilltop!

Sample Just Judi's Products  
 While Enjoying the Sounds of the  
 Lynn Summerall's Roof Garden Orchestra  
 "Sweet & Low Shows Fun from the 20's & 30's"

Tasting is Free in Deli  
 Seating for Orchestra - \$10 cover

<http://www.judiwithani.com>  
**Just Judi's Products**  
 A subsidiary of JudiWithani.com  
 Home Grown - All Natural - Local Products

I will end this month with photos taken at my son-in-law, Ricky's, 30th surprise, family birthday party at a Japanese restaurant here in Virginia Beach. He and his parents celebrate his birthday there every year. This was his 20th year to have his birthday dinner there!!!! WOW!

Love to you all, and I will be in touch soon!

**BIG · SAM'S**  
**FUNKY · NATION**  
**ED. AUGUST 10**  
 SHOWTIME 9:30PM (FUNK/JAM)

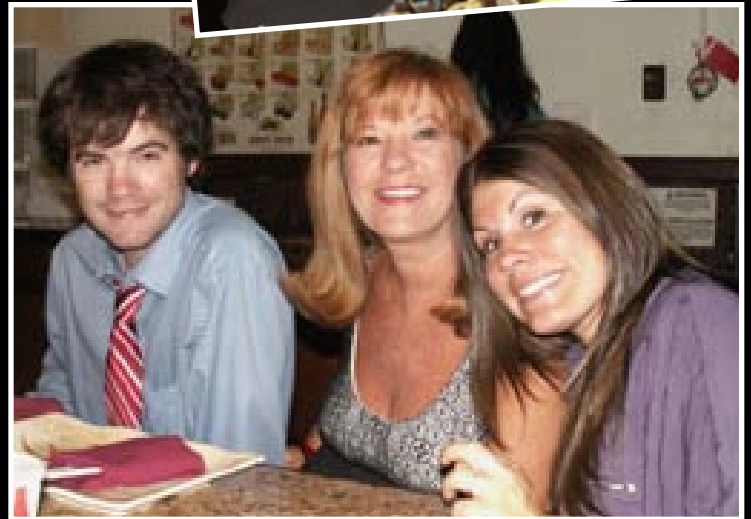
**Life Rolls On**  
**TWSA BENEFIT**  
**FRI. AUGUST 12**  
 SHOWTIME 7:30PM (CHARITY EVENT)

**PAPADOSIO**  
**SAT. AUGUST 13**  
 SHOWTIME 9PM (JAMTRONICA)

LYNN SUMMERALL'S ROOF GARDEN ORCHESTRA  
 & JUST JUDI'S TASTING...STARTING AT 4PM  
**SUNDAY, AUGUST 14**

**SWIMSUIT PAGEANT**  
**WED. AUGUST 17**









To all of you on my Friday Follies List, whether you are in Manila, Singapore, Kuwait, Bermuda, Virginia Beach, Mississippi, Los Angeles, San Francisco, Minnesota, Indiana, Colorado, Lake Tahoe, Philadelphia, Key West, New Jersey, North Carolina, Indonesia, Washington D.C., Iraq, Costa Rica, Poland, Maryland, West (By-God) Virginia, Nashville, Florida, Saudi Arabia, New Hampshire, Tampa, Chattanooga, France, Phoenix, New York, Oregon, Russia, Maine, Australia, Bangkok, or Yuma, have a wonderful, wonderful week!



**G**od bless.  
Remember, life is short!  
We need to make it a good one.  
Grow in peace and wisdom.  
Your Friday Friend,

**Judi Greenhaw Godsey**