

# Daily Press

SUNDAY, DECEMBER 17, 2023



Jay Richardson Grebe carries a basket full of fresh vegetables that were harvested from a garden on her grandmother's property in Caroline County. Grebe is the founder and director of Just Harvest, which teaches food sovereignty in the Northern Neck and Middle Peninsula. **KENDALL WARNER/STAFF PHOTOS**

## Returning to the land

Virginia Indigenous groups want healthier lives, communities by owning and producing own food

By **Rekaya Gibson** | Staff writer

Emily Richardson leaned on her cane in her garden in Caroline County, watching granddaughter Jay Richardson Grebe gather the “three sisters” — crops of corn, beans and squash. Richardson has lived on her lush land, about two hours north of Norfolk, for more than 60 years. She and Grebe are members of the Rappahannock Tribe and, for the past two years, Richardson has been teaching her granddaughter traditional Indigenous growing methods, such as how and why to plant the three sisters together.

Grebe is a director and founder of Just Harvest, a year-old nonprofit that teaches food sovereignty — controlling and producing what you eat — in the Northern Neck and Middle Peninsula. It's led by people of various ethnic groups with backgrounds from academia to agriculture to spiritual leadership. Through workshops, the group encourages creating healthier food systems in neighborhoods, as Indigenous tribes did for centuries.

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Grebe adds to a basket of freshly harvested vegetables. She is a member of the Rappahannock Tribe and farms Indigenous vegetables on the land where her grandmother, Emily Richardson, has lived for 70 years.

## Youngkin seeks more mental health funds

Governor's agenda includes social media restrictions for youth

By **Katie King**  
Staff writer

Gov. Glenn Youngkin will push for more efforts to improve mental health during the upcoming legislative session, including \$500 million for his “Right Help, Right Now” initiative and new social media restrictions.

“This might be the most important thing that we do,” said Youngkin, speaking Thursday at a news conference in Richmond.

The bulk of funding (\$307 million) would be used to expand

waivers for individuals with developmental disorders to receive support services without being in an institution. It would create 3,440 additional waivers, enough to eliminate the state's current waitlist of top priority applicants, according to a news release from the governor's office.

The release states \$46 million would go to community crisis receiving centers and mobile response teams to reduce reliance on emergency rooms for mental health emergencies. Another \$28 million would be used to help address the opioid crisis. A significant portion (\$23 million) would

also be used to expand school-based mental health services for children and teenagers.

“We know that our young people are struggling,” Youngkin said. “Too many young people face these challenges privately and usually without help or support.”

The funding plan more than doubles the \$230 million proposed for the first year of the “Right Help, Right Now” initiative, which is intended to overhaul the state's mental health care system. In the program's first year, Youngkin said the state saw the addition of 57 state-funded mobile crisis units. He said it



Youngkin

funded public and private education campaigns against opioid abuse, and developed educational pathways at schools to encourage students to pursue a career as mental health professionals.

The governor further discussed concerns that social media is negatively affecting youth.

“Pew Research reports that 80% of high school students use social media daily and another recent study suggests that more than a few hours per day on social media doubles the risk of poor mental health for adolescents,” he said. “... Our children are losing the chance to cultivate essential social skills and encour-

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### HAMPTON

## School board, delegate at odds

Cordoza argues law allows firearms to be brought to meetings

By **Josh Janney**  
Staff writer

The Hampton School Board warned Del. A.C. Cordoza to stop bypassing metal detectors as he entered school buildings — or he would be denied entry.

The written warning stemmed from what school board attorney Joi Brown described as Cordoza's refusal on more than one occasion to pass through a detector on his way into a school board meeting.

“We take the safety and well-being of our students, staff and community members very seriously, and such refusals are both alarming and unacceptable,” Brown wrote in the Sept. 5 letter.

Cordoza said he never brought a gun into a school building. But as for why the Republican delegate was bypassing the security measure, Cordoza said he shouldn't have to go through security. He believes rules that apply to General Assembly members would have exempted him from being searched and also argued that a state ban on carrying firearms into schools



Cordoza

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### INSIDE

## Reality behind reality shows

After her appearance on Netflix's “Squid Game: The Challenge,” a Hampton Roads resident has some insights. **Sunday Break**

## Upset rejected

Underdog Hampton leads by 10 before No. 20 JMU storms back for a 17-point win at the HU Convocation Center. **Sports**

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