

CHESAPEAKE *Style* PRICELESS

Volume XXV Issue 6 August 2021

©

Style



Serves and Celebrates the Chesapeake Bay Region and its People, Past, Present and Future

Fast Times on the Rivers

Chelly Scala has written the Tidewater and Timber column for *Chesapeake Style* for years—probably a couple of decades. If you want to know where to fish, what kind of bait or lures to use, and what are the rules and regulations in the Virginia and Maryland waters, it's in her column. During hunting season, again, Chelly will advise you, including information about Hunters for the Hungry. Of course we must include the wily turkey.

We have followed her and her husband, and their son and daughter as they have reached the time to prepare to leave the nest. One column was about their new rescue dog.

The Scalas work and live in Maryland during the week, spending their weekends at their Virginia home in Ophelia. With every column Chelly includes a photo, usually of someone who has caught fish or someone with the fruits of their labor. This month the photo fascinated me. I looked for information about the photo in her column, then suggested she add a line or two about it.

The photo kept calling to me. Chelly put me in touch with Kirsten Cockrell.

Everyone in the area knows what a Come Here and Born Here, Brought Here are—and who fits into which category. Kristen said she was a Come Here, from Ashland. She said her husband's family has been here since the 1600s. She and Miles have been married for 15 years. I have never met this family, but the photo Kristen took for her family album, says so much to me. What does it say to you? If you care to share your thoughts feel free to email me at chestyle@hughes.net.

I was born in Kentucky, grew up in Richmond, spent 31 years in Wisconsin and Illinois, before returning to Virginia in 1993. This is where I chose to live and I wouldn't change a thing.

My neighbor, Jane, said I am a Local. In my world, high praise!



Style f

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The mission of *Chesapeake Style* is to serve and celebrate the Chesapeake Bay Region and its people, past, present and future. Letters to the editor are welcome.

The editor reserves the right to edit all submissions for clarity, lousy spelling or any other reason that strikes her fancy.

Chesapeake Style is a priceless magazine published eight times a year by Chesapeake Bay Marketing. For delivery for one year, please send your name, mailing address and a check or money order, for \$24 for postage and handling, to the address below.

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About the Cover~

Mary Charles is a 35' Chesapeake deadrise built by Evans boat yard in Christfield, Md. She was built for Charles and Mary Martha Thedieck.

She ties up at Cockrell's Marine Railway on the little Wicomico river where the Cockrell family also owns and operates Little Wicomico Oyster Company. The Cockrell family has owned and operated this boatyard marina for five generations.

We serviced the boat for the Thediecks over the years until the family decided

to sell. We bought her last winter. We were fishing off Smith Point bar the day we caught the cobia. We used bunkers and eels for bait while chumming.

The fish was caught on an ebb tide in 15' of water. This was the second time we had taken the kids fishing on her, but the first time we landed a catch. Addison Cockrell(9), Mary (7), Eliza(6), Dandridge (3) and William (2), not pictured. Kristen Cockrell, the mom, and wife of Will, took the family photo.

From Birds to Butterflies



By Joanne Chewning

By the time August arrives, breeding season is over for many migrant songbirds, with some of these beginning the journey south before the start of September. Late nesters like goldfinches are still busy but generally it's a quiet time for bird watchers, who might be feeling bereft. Fortunately, late summer and early fall are excellent for butterfly watching.

These lovely members of the insect world are easier to spot than birds and found anywhere from manicured gardens to overgrown meadows to tangled roadsides. Who hasn't noticed the beautiful yellow and black eastern tiger swallowtails fluttering perilously into fast moving traffic?

Warm, sunny days bring out the butterflies, and Belle Isle State Park in Lancaster County is a reliable destination. A good place to start is the Mud Creek Trail, more specifically the section that heads northeast from the boat launch parking lot toward the primitive group camp. The trail

runs between field and forest edge, gets lots of sun and is a good place for buckeyes. Measuring about two inches, these butterflies have large eyespots on the upper side of both the hind and fore wings, along with shades of brown, gray-blue, orange and white and are often obliging about posing for photos.

At the corner of the field, continue on the Bluebird Trail for more of the same habitat. Watch for eastern tiger swallowtails and orange and brown fritillaries, both greater and lesser. It's a real treat to spot a great spangled fritillary and see the silver spots on the underside of the wings.

The Visitor Center at Belle Isle is surrounded by excellent butterfly habitat. Use the parking lot at the VC or hike the Deep Creek Trail that affords a good view of the Rappahannock River and the wetlands west of the building. Depending on the abundance of wildflowers, here can be seen spicebush swallowtails, monarchs, eastern tigers and tiny hairstreaks, including the bright green olive juniper.

On a few memorable occasions, I've stumbled across nothing less than butterfly heaven, and once I found one on the Deep Creek Trail. Clustered sunflowers, goldenrod,

yarrow and a mysterious bright yellow wildflower I still haven't identified drew dozens of bees and an amazing crowd of fluttering



swallowtails, monarchs and especially cloudless sulphurs. Whites and sulphurs form a worldwide family of several hundred species, nearly all yellow, orange or white. On this late summer afternoon, they ranged from palest yellow to lemon to a delicate shade of pale green in a fast-moving cloud of color.

One of the best known

butterflies, the iconic monarch, has experienced a steep decline in recent years. Gardeners have been encouraged to grow milkweed to help the situation since larvae feed on these plants. Noted for its annual late summer/autumn migration to Florida and Mexico, the easily recognizable orange, black and white monarch feeds on the nectar of many plants, including asters, coneflowers, goldenrod and tall ironweed.

The Rappahannock River Valley National Wildlife Refuge grasslands at Hutchinson Unit in Tappahannock and Wilna Unit near Warsaw are often butterfly magnets, filled with bright yellow sunflowers, blue lobelia and the rich purple of ironweed. Look there for monarchs and their mimics, the smaller viceroys that can be distinguished by the black line that runs across the veins of the hindwings. It is definitely an uplifting experience to be surrounded by wildflowers swaying in the breeze and butterflies continually in motion. *Joanne Chewning photos of Buckeye butterfly at Belle Isle SP and Viceroy butterfly and ironweed at Wilna Unit.*

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Style Spotlight~Rappahannock Concert Association

By Tracy Graham Lanum

The Rappahannock Concert Association (RCA) opened its 2021-2022 post pandemic concert season early this year on June 19 at the Heathsville Tavern by sponsoring a free concert by the Capital Focus Jazz Band. People brought their chairs and hats to enjoy the mid-day lively concert. The attendees tapped their feet and the band leader expressed the group's delight in being able to perform before a live audience for the first time in many months.

The RCA board's enthusiasm for again bringing live quality entertainment to the Northern Neck will continue this fall. All concerts are on Saturday evening at 7:30 p.m. at the Northumberland County School Performing Arts Center at 201 Academic Lane, Heathsville. The 2021-2022 concert series opens on September 25, when you will have the pleasure of listening to Nashville Legacy, the music of Floyd Cramer, Chet Atkins and the Nashville Sound featuring Jason Coleman, Floyd Cramer's grandson, and Meagan Taylor, Chet Atkin's niece.

On October 16, The Georgia Guitar Quartet, a pioneering ensemble in the American chamber music and classical guitar scenes, will take you on an exciting musical journey through an expansive array of time periods. On November 6, The Rainier Trio, playing the violin-viola-piano, will feature works written for movies, such as "Fiddler on the Roof" and Schindler's List." You will be captivated by gems from this trio's repertoire.

On March 19, 2022, you will enjoy Embraceable You, the music of

George Gershwin as presented by Dean and Lisa Ferguson Balkwill. They will present a scintillating show with flaming dance numbers, nostalgic ballads, and romantic comedy. You won't want to miss this duo. On April 9, the Alexandria Harmonizers, an international

342, Heathsville, VA 22473, or use your credit card with Pay Pal at www.rappahannockconcerts.org. In addition, keep in mind that students are always free and group rates are available. If you have questions, call 888-210-8006.

This 2021-2022 concert series



champion barbershop quartet, will amaze you with their four-part harmony, a cappella's most challenging form. They have won numerous medals within the past 47 years. Then, take a trip down memory lane as you listen to The Drifters on May 7. They link the fifties rhythm and blues with sixties soul music. During that time they had thirteen chart hits, including "Lucille," "Some Kind of Wonderful," and "Under the Boardwalk" to name just a few.

There are a number of choices to consider when ordering tickets for the 2021-2022 concert series. The ticket options are (1) reserved seats for five RCA concerts plus general seating for The Drifters Concert (\$125); (2) General seating for six RCA concerts (\$100); (3) choose three of the six RCA concerts (\$60); or (4) purchase a single ticket for any RCA concert (\$25). There are two ways to pay: Pay by check and mail the request to P.O. Box

continues RCA's 38 year tradition and mission of bringing live quality music to the Northern Neck. The other part of RCA's mission is to support music education for the region's students.

RCA's support for music education expanded in 2017 when it received a bequest of \$13,000 from Carolyn Crewe Gray, a former board member. As there was no string instruction in our public schools, an Advisory Board was formed which developed a three phase long range plan to fill that void: One - In September of 2018 free lessons and instruments began for children aged 6 - 12. Two instructors taught violin, viola and cello. It is called the Strings Crewe, named for its benefactor. Two - String students 'age out' after three years and 'age in' to a junior string orchestra, named the String Orchestra for Northern Neck Youth (SONNY). SONNY will have concerts in November 2021 and

May 2022. Three - In September 2024, SONNY will be prepared to serve as the string section of a youth orchestra, enrolling wind and brass students from the region's high school bands. In September 2021, four instructors will teach 27 students at four venues: Campbell Presbyterian Church in Weems, St. John's Episcopal in Warsaw, Northumberland Public Library in Heathsville, and the Boys and Girls Club in Kilmarnock.

Financial support is vital for RCA to continue this strings program. Here are the foundations and organizations who presently support the Strings Crewe and SONNY: Virginia Commission for the Arts/NEA, Campbell Memorial Presbyterian Church - Agape Fund, Gloucester Community Foundation, Mason and Lula Cole Charitable Trust, Northern Neck Orchestra, Rappahannock Music Study Club, River Counties Community Foundation, Servetus Endowment Fund, 'Strings without Borders' through the Mason Violin Shop, plus generous individual donors. *Strings Crewe: Students and Instructors: Back Row, left to right: Linwood Blizzard, III; Lucas McEntire; Monty Bates; Daniel Riddell; Lily Hughes; Daniel Hughes, Jack Nicholson; and cello instructor, Rebecca Young. Front row, Left to right: Instructors Sandra Byrd, violin and Christina Totton, viola and violin; Ashlin Kenyon; Arrybella Balderson; Ava Bowman; Dallas Barringer; Liam Pickett; Addie Mae Fillingame; Jenny Ricks, Tatianna Cockburn, and violin instructor Mei-Li Beane*

Writers in *Style*~It's All About Me, The Memoir

By Jeanne Johansen

Many new writers get their first experience in authorship by writing a memoir. A memoir is personal story writing and in the form of many short stories about the writer's life. It is often confused with autobiographies. Even Amazon is confused. They lump Autobiography and Memoir together as one giant classification. Of course, Amazon can do as it pleases when classifying books.

An autobiography is a nonfiction story of your life, written by you.

A memoir is less formal than an autobiography and tells the stories of a person's life. It takes the reader on an intimate journey to the author's memories, feelings, and emotions. Memories are not obsessed with factual events as an autobiography but are more concerned with emotional truth and what the author learned from the experience.

Memoirs come from the writer's memory and may contain known falsehoods. The writer may rewrite history by moving events around, merging several people into one, or changing the scene of an event to create a better emotional climax.

Memoirs can be told in any order. Flashback can be used to recollect how past events influence the current ones if it affected you. So, if great granddaddy was a drinker, and granddaddy was a drinker, and daddy was a drinker, and you were a drinker but overcame it, then it does have something to do with you.

So, if you're writing only about your service in Vietnam, you're crafting a memoir. If you're starting with your birth leading to the present day, you're writing an autobiography.

There are four different types of memoir:

- 1) Spiritual Guide
- 2) Family History
- 3) Path to Enlightenment
- 4) What I did and what

happened when I did it (it seemed like a good idea at the time.)

This month: The Spiritual Guide Model

If you think of your life as a journey without a road map or GPS; somehow you got lost along the way; about someone or something rescued you, then perhaps Spiritual Guide is for you. These stories are about how you were hopelessly lost; You had abandoned all hope, and; You believe someone or something—God, the Universe, Buddha, another person in the form

of a teacher or religious person, —helped you find your way.

Now, we are not referring to those of us who wandered around for a while because the path our parents—well-intentioned as they are—chose for us was to be a doctor, when all we really wanted to do was write books. Those of us on that path were really in danger of losing ourselves to some mindless career path we were unsuited to follow. We never were in danger of losing our way on a path to destruction.

A great example of this type of memoir is *Traveling Mercies: Some Thoughts on Faith* (Pantheon Books. 1999 ISBN 978-0-679-44340-0). Check it out! And while you're at it, she has another great book about writing *Bird by Bird: Some notes on writing and life* (Anchor.

1995 ISBN 9780385480017)

Hopefully, you'll write a few life stories. Even if you don't decide to publish them, they will make great reading for future generations.

Jeanne Johansen owns LLBs, High Tide Publications, Inc. and FireBellied Frog Graphic Design. She is on the Board of Directors of Chesapeake Bay Writers.

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Style Spotlight~Framing and Preserving Special Memorabilia



By Gloria J. Savage

Ferdinand Chatard Dugan III, also known as “Doc Dugan,” is in his 25th year as owner and operator of the Left Bank Gallery. His business, located in Westmoreland County, is in the town of Hague. He started in the old bank building, across the street from his current location on Cople Hwy, in March 1995. He was renting and then purchased the building at 8487 Cople Hwy in 2019.

Doc upgraded the structure and landscaping and renovated the property so that Hague would have something bright to look at - the building is bright yellow amid a small town.

The gallery sells art, including original prints from local artists and limited edition prints from nationally recognized artists. Artwork includes lighthouses, watermen, and water scenes, including historic structures, hunting, and crabbing scenes. The Gallery also sells bunting and flags of all types; Old Glory, state, historic, specialty, sports.

Another segment of the gallery handles custom framing. The sale of art has decreased, while the custom framing increased significantly and has become the leading service customer’s request.

Doc is expecting the sale of art to return as the economy recovers.

People like to preserve some memorabilia which will not fit in a frame. These pieces can be displayed in a shadow box, which is a deeper frame. Medals and ribbons present well in a shadow box.

Doc had not done framing before starting the business, but he took an extensive custom framing class given by Larson Juhl in Abingdon, Maryland. Larson is a manufacturer and distributor of premier frames. Doc “hit the ground running.” The building he purchased had an inventory of art, and the framing class was so thorough that he was able to start custom framing immediately. The former owner had an extensive customer base, which remains with him.

Framing can be intimidating, and some customers don’t know how they want their piece framed. Doc enjoys helping them work through the proper selections by making it “a happy experience.” Whether purchasing art or custom framing, he strives to create an enjoyable experience for his customers, ranging from 30 to 70 and scattered throughout the Northern Neck, Fredericksburg, Richmond, and even a customer who lives in California. When out-of-town customers place orders

and cannot pick them up at the Gallery, he delivers their finished product via UPS or FedEx.

Doc does preservation framing primarily, using acid-free materials and conservation glass. As the only one doing the work in the gallery, Doc is meticulous and particular about his work and will redo a frame even if it has a minor, unnoticeable discrepancy. “I redo it because I notice it,” he said. For example, Doc told me about a former Lottsburg artist, Bill Martz, the premier artist of the Northern Neck. Bill and his talented wife, Teresa, respected the quality of work and allowed him to frame many of Bill’s originals.

Business is picking up again now, but Doc lost many face-to-face customers due to COVID restrictions. His business office was closed for a short period. As a bridge to stay connected with his customers, he requested customers to call him if they had a need. He would meet them at the shop and take care of whatever they needed. COVID also affected the gallery financially, but Doc could generate enough capital to pay the bills.

Helping customers continue to preserve their art is essential to Doc. He encouraged them to hang their artwork where it is not in direct or reflected sunlight, which could cause damage. Also, he installs two hanging hooks on each and frame gives customers a template to assist in hanging their

piece. These two hanging points help keep the piece level, and reduces the stress on the frame. Customers are complementary and happy with the templates.

Doc is a retired Navy captain from Alexandria, Virginia, with 26 years of military service. I thank him dearly for his service. His wife, Bobbie, is his financial and business advisor and best friend. Bobbie is a certified wellness coach at the YMCA in Warsaw and will celebrate her tenth year in November.

Doc is interested in selling the business and helping the new owner get started. Finally, after twenty-five years, he is ready to retire again and continue painting for himself.



When you are ready to acquire additional artwork or have your unique memorabilia preserved, contact Doc at Left Bank Gallery, 804-472-4408 or email him at dugan246@verizon.net. You may also visit the gallery at 8487 Cople Hwy, Hague, Tuesday through Friday 11 - 5 and Saturday 11 - 2
Gloria J. Savage is a writer who lives in Hayes with her husband, Wil. Photos Courtesy of Doc Dugan..



Messy Situations

By Sandra C. Fykes

In the course of life, everyone will have to deal with messy situations. Whether it's cleaning up after toddlers, pets, accidents, home improvement projects, or life's challenges, messy situations are inevitable.

As a child, teen, and adult, I've heard, seen, and said countless times: "What a mess!", "This kitchen is a mess!", "My locker is a mess!", "My desk is a mess!", "My car is a mess!", "Stop making a mess!", "Look at that mess!", "I'm a hot mess!", or "I'm a blessed mess!" I have repeated some of these over and over again, year after year. So much so, that I can't even remember all of the messy situations that

I have dealt with so far in my life, and there will be more to come. With so much experience handling messy situations, if I had to offer a word of wisdom about it, I would say, "Be prepared as best you can to deal with the mess, expected or unexpected."

The next question is, after the mess happens, then what? How will you react? How will you deal with it? Will you be calm, patient, stressed, or angry? Are you comfortable with the mess? Some people don't mind it at all. If that's not you, will it have to wait for a minute, hour, day, year, or indefinitely? Maybe after a nap, meal, errand, workout, workday, big test, or medical recovery? Will it have an impact on your day? Will you laugh

about it, or think nothing of it?

I prefer to address messy situations immediately or as soon as I can. However, depending on the type, that is not always possible, especially when other people or factors are involved. I have learned that some messy situations take time to clean up or resolve. That's also when I have to learn or remember to be patient with the process.

I also have to remind myself that a mess, big or small, is not a once in a lifetime event in a person's life. Messy situations will be a constant part of life, and we can also help others with their messy situations, too. It could be a neighborly gesture, a job, community service, or ministry. We're all in this together!

I offered a word of wisdom about mess at the beginning, and so I'll close with one, too. I always find messy situations so much easier to deal with when I pray about them. God can handle anything, including messy situations! God can also help us deal with the mess in the best way possible. So pray about the mess, take a deep breath, and know that it is just a part of life. Also, think about how you can help others that could use a helping hand or offer resources for assistance. Some people may not be able to ask for help for many reasons, nor have the resources or strength to handle those situations. If we help one another along the way, those messy situations can turn into blessings.

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Style Spotlight~A Third-Generation Family Business



By Gloria J. Savage

NWP Energy is a local petroleum and propane company based in Kilmarnock owned by the Faulkner Family. Kilmarnock dates back to the 1600s and was served by the steamships that ran up and down the bay. NWP's corporate office is located right against the Chesapeake Bay on what was known as Wharf Road, where the steamships would come and bring in goods, and people would travel on them from Kilmarnock.

Although NWP has been serving the region for more than 37 years, NWP's origins can be traced to the Humble Oil Company, a trade name for Esso, founded over 75 years ago. Barges delivered fuel to Humble's facility along the same road NWP is on today.

NWP Energy has diversified to maximize opportunities associated with the industry. They sell gas logs, propane logs and appliances, fire pits, and other items. They also have a service department and service everything they sell.

In 1962, George Noblett

purchased the Humble Oil Company. He became an Esso distributor and renamed the business the George Noblett Oil Company. Noblett expanded to offer tires,

batteries, motor oils and lubes to country stores and service stations.

When Norman L. Faulkner purchased the George Noblett Oil Company in 1984, he transitioned his business from supplying automotive accessories to operating convenience stores with food service. Customers would often find Norman's wife, Lois Nagle Faulkner, behind the counter serving her homemade chicken salad, tuna salad, egg salad, and extra-large chocolate chip cookies.

Norm F. Faulkner, the son of Norman L. and Lois, joined the company in 1986 to run the retail part of the business. The Faulknors built their next store, Time Square Exxon, in Warsaw. In 1991, it was recognized as the "most beautiful new facility" by the Richmond Exxon Territory Manager.

Norm's older brother, Doug, joined the family business in 1992, overseeing fuel and propane delivery. After NWP acquired ten convenience stores, they began to replace the food service in some of their stores with Subway restaurants. They

also acquired two oil companies, Ware Oil in Dunnsville and Peoples Oil in Warsaw.

To simplify the company name from Noblett, Ware, Peoples Oil and Propane, the Faulknors decided to use the NWP acronym to acknowledge the leaders who served their local communities before them.

After struggling with health issues in the late '90s, Doug took a sabbatical from the day-to-day NWP operations. During that period, he developed an interest in biodiesel fuel. Doug was intrigued by the concept of making a premium diesel from soybeans. He believed the benefits to farmers and distributors would be a boon to rural agricultural regions. Farmers grow beans, crush and extract the oil from the beans, and sell that oil to a refinery. Then, when a local distributor sells that product back to area farmers, it creates a circular benefit that extends to all parties and their community.



Convinced that the non-toxic and biodegradable biodiesel was good for the region and would provide an excellent alternative to fossil fuels, Doug built the first biodiesel refinery east of the Mississippi in

West Point in 2004. This is one of only two biodiesel plants in the entire state of Virginia, and NWP is the only distributor in the area. The biodiesel fuels they manufacture and blend provide a cleaner, premium fuel, better for both the environment and equipment. Sadly, Doug passed away in 2006 at the age of 51 and did not witness the full impact of his visionary initiative.

After Doug's passing, NWP decided to sell the retail division of their company. They leased their stores and refocused on their core business, petroleum and propane distribution and service.

Norm's oldest son Ryan joined NWP in 2011 as a driver and service tech. Then, in 2014, Ryan began managing Virginia Biodiesel, making NWP a third-generation family business.

Norm Faulkner credits NWP's success to his employees' customer-centered approach. "Our team takes pride in serving our customers because they are not just customers, they are our neighbors."

Visit NWP Energy's headquarters and showroom at 1676 Waverly Avenue in Kilmarnock to see displays of the gas logs, fireplaces, propane heaters, and tankless water heaters NWP offers, installs, and services.

Contact NWP Energy at 804-435-1126 when you are ready for your next delivery or service

in the Northern Neck, Middle Peninsula, or beyond, or visit their website at <https://nwpenergy.com>. *Photos Courtesy of Norman Faulkner. Ryan with his father Norm. NWP driver Dewey Schools.*

Books in Style~Please...Tell Me More



Review By Laura W. Bailey

Ever wonder if other people's families are as dysfunctional as your own? Well, get ready to meet one that is. *Please...Tell Me More* is Patti Gaustad Procopi's debut novel, and you will be hooked immediately. The author allows you to become intimately acquainted with the Bane family. To say that relationships within the family are complicated is an unqualified understatement.

This relatable and engaging story will draw on your every emotion.

The story is told by Rose, one of Dahlia and William's four children. Rose, a middle-aged adult and successful therapist, cannot let go of her own regret, jealousy, guilt, pain, and alcohol dependency stemming from a family tragedy that occurred when she was only six years old. The tragedy? Her little sister drowned while at the pool under Rose's watch.

This horrible catastrophe leads to heartbreak for each of the Banes. Rather than pulling members of the family together to

support one another, the incident becomes a powerful force that seals feelings and unasked and unanswered questions inside, and drives wedges between siblings, spouses, and parents and their children. The family unit implodes.

Dahlia and William go their separate ways and into their own worlds, seemingly forgetting about their children. While Rose becomes a professional therapist who can help others—total strangers—

deal with their problems and move on to rebuild their lives, she cannot seem to help herself.

At the same time, she is totally exasperated by her much more attractive older sister, Ivy, who seeks Rose's advice on relationships but never really seems to listen or to follow the guidance offered by her frustrated sibling. While the two sisters have always been there for, and truly love, one another, they really don't understand each other. And then there's estranged baby brother William...who and where is he? And so it goes, until another misfortune becomes the catalyst that initiates the healing process.

But can such deeply seated wounds be healed? As the author reveals each character, this is the question that emerges in the reader's mind. Patti does

a wonderful job at building these very real, very relatable characters. And while not every reader will have experienced such a sad event as losing a child or sibling, each will be able to connect to the way relationships are broken or repaired.

A great book club option, *Please...Tell Me More* is a powerful story that will have its readers laughing at times, and crying a few pages later. They will nod their heads in I-totally-understand-that moments, and shake their heads in disbelief in others. They will be infuriated and reassured. Patti has woven a great story in her first novel, and I hope we can expect that she will please tell us more. *Please...Tell Me More* may be purchased through Amazon.com and BarnesandNoble.com.



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Style Spotlight~Trains, Boats, Planes, Lighthouses, Wheels And Reels



More than a museum, more than fishermen in Reedville

By Denise DeVries

I grew up in Colorado thinking that museums were dark and dusty and fishing was a hobby that involved standing by a lake being bored. The Reedville Fishermen's Museum tells a different story. It encompasses a whole campus in historic Reedville with several buildings, a garden, and a fleet of boats ranging from a log canoe to the skipjack *Claud W. Somers* and the oyster buy-boat *Elva C*, each with its own story.

Gerhard Straub, captain of *Claud W. Somers*, explains, "Sailing the skipjack is not like sailing a modern yacht. It has a Huge mainsail. Tacking, turning through the wind, is a slow process and requires a lot of speed. As a result, it is possible to capsize a skipjack.

The vessel is currently going through some Coast Guard inspections so is not currently in service, although we hope to be back in service in the next month or two. Normally, our season runs from June 1 through October 31, as authorized by the Coast Guard, and we try to do public sails every

other weekend. Guests are always welcome to help sail the boat."

The Museum also serves as a community cultural center. On July 3, families began a long day of celebration that would include an afternoon parade and fireworks after dark. First, the Firecracker

5K began at Festival Halle at 8 a.m. The former school building, built in 1908, was donated to the museum and the Greater Reedville Association in 2009. Now called Wendell G. Haynie Festival Halle, it is the Eastern Northern Neck's largest rental venue.

From 10 a.m. to noon, kids' activities in the Wendall G. Haynie Pavilion included a pie eating contest and crafts. Children made wooden boats with colorful paper sales and launched them in a wading pool.



Meanwhile, dog owners strolled with their pets while other groups bought a picnic lunch or tried the

egg toss. At noon, the Fairfields fire trucks set up behind Bethany United Methodist Church next door to spray the kids with water, a fun way to clean up missed eggs.

During the events, the gift shop was open in the Covington building, a 1995 addition to the campus. There, visitors could tour the permanent exhibits in the Reed and Frayne galleries. The hour I spent wasn't nearly enough to see the huge range and variety of displays. I had trouble choosing my favorites.

There was a model of the James Adams Floating Theatre of *Showboat Fame*. I enjoyed seeing the model Reedville Airport and learning about how biplanes were used to spot schools of Menhaden after World War II.

A model of Captain Morris's Queen Anne home also stands in the

period furnishings; the actual building has been closed to tours during the Covid pandemic.

The 1875 home was built on a plot of the 33 acres Captain Elijah



Reed bought after the Civil War. He had settled in Reedville to produce an alternative to the increasingly-scarce whale oil. His source was the Chesapeake menhaden—also called "bunker" or "pogy"—the same fish that the pilgrims learned to bury with their crops as fertilizer.

The advent of electricity didn't put a dent in menhaden processing, since the fish's bones and skin are a valuable source of bone meal and fertilizer. These days, it's best known as a source of Omega protein, and the facility of the same name is the last on the East Coast extracting menhaden oil.

William Walker's house is said to have been built in one day at a flat cost of \$75. It would become the first building to house the Museum's exhibits after its founding in 1986. In 1995, the house was refurbished and refurnished as a typical waterman's home of the late 1800s.

museum in all its miniature glory. The model of the Walker House and its kitchen shows its authentic



It's no wonder more buildings needed to be added. The Fishermen's Museum encompasses every aspect of maritime life and the menhaden industry, including the Northern Neck's "Railroad that never was."

The trains were running on July 3 through detailed recreations of the towns on the intended route of the Northern Neck Railroad and Power Company, including Reedville's main street, circa 1920s, all created by volunteers. The Model Shop is also responsible for maintaining and restoring the Museum's sailing vessel collection. (Read more in the next issue.)

Sales of donated boats support

the Museum's general operating fund. All types of boats are eligible and are sold through normal channels or at auction.

I spoke to Robin Hurst, Marketing Committee Chair, and Becky

Haynie, board President, about the Museum's current status and future plans.

Both are involved in the organization through family connections. Robin's husband, Kenneth McNeal Hurst, grew up in Reedville and his grandfather Kenneth McNeal was a fish factory owner. Says Robin, "The Museum developed a new purpose statement which succinctly identifies our focus: 'Honoring our legacy. Sharing our history. Connecting our community.' Everything we do includes one or all three of these missions."

Becky Haynie is a daughter

of Museum founder, Wendell G. Haynie (1931-2020). "Pop had a clear vision when he rallied the community to create this museum. He saw a need to preserve our local and regional watermen's heritage while the folks who could tell the stories first hand were still here to document it... I am passionate about building upon what he and many other community members started."

Becky said that Robin Reed, the recently hired interim director, "came to us after retiring from forty years of a very extensive and successful career in the museum world... He will be working with the board to implement our strategic priorities and will be a tremendous asset as we launch our search for our new Museum Director."

They emphasized that the Museum's number one goal is engaging and energizing the membership and the public through creative events on campus. They are expanding social media reach and inviting the community to get more involved as members, volunteers and/or attending events. These include the summer concert series, the next of which is in August. *The Foggy River* deadrise has just been

painted, and work is underway to create a hands on interactive exhibit of "life on the water."

An antique boat show will take place in September, there will be an oyster roast on the second Saturday in November, and plans are underway for a Christmas market and more. Museum members and their guests are also invited aboard the *Elva C* for a narrated tour of Cockrell's Creek at 4:30 every 2nd and 4th Friday of each month from May through September and will be back on the dock in time for cocktails on the creek. Becky says, "We do not see membership as just a donation to the museum, but as a meaningful way to be involved in the community and to learn about the significance of this important and precious 'working fishing village.'"

Reedville Fishermen's Museum, 504 Main St., Reedville 804-453-6529. Website: <https://rfmuseum.org>/Facebook: Reedville Fishermen's Museum, Instagram: <https://www.instagram.com/rfmuseum/>, Open Thursday, Friday and Saturday 11 a.m. - 4 p.m., ADMISSIONS: Adults \$5.00, Seniors \$3.00 (65 and above), Children 12 and under free, Veterans are free.s

Chesapeake Style
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Style Spotlight~A Labor Of Love In A Storied Village



By Denise DeVries

"It's not what you look at that matters, it's what you see."

Henry David Thoreau

The spirit of the Kinsale community can't be captured in a single visit, a group of photos, a website or an article. The central green offers classic village charm, with the museum on one corner, the post office on another, and the park and bandstand across the road. The foundation owns and maintains the property from the gazebo to the museum and co-hosts holiday activities there with the Cople District volunteer fire department. The Green provides a welcome and a history lesson with

signs describing important local events dating back to its days as a customs port, the oldest on this side of the Potomac. The area is a crossroads where community members greet each other from open car windows,

stop and chat, and exchange news. During a stroll over to the bandstand, Museum director Lynn Norris introduced me to a couple driving past, a mail carrier, and her husband Walter, on his way somewhere in a red pickup.

Walter Norris and his cousins Frank Bailey Jr. and Harry Lee Arnest led the creation of the Kinsale Foundation in 1977. Walter and Lynn had met in a writing class at the University of Virginia, and she embraced her new home in Kinsale and its heritage, as she embraces Museum visitors. In 1989, Arnest's widow gave the Museum building to the Foundation. Walter worked hands-on with volunteers to renovate the building, and

it opened its doors in 1993.

The Museum's high white plaster walls make it a great showcase for its antique photos, maps, memorabilia and ship models. A portrait of Beulah Adams, star of the Adams Floating Theater, holds court above them all. With a few words from Lynn, I could imagine the showboat arriving at the Yeocomico River dock down the hill.

As Steve Turnage wrote in a Local Guide review, "This museum is the crown jewel of the village of Kinsale. Museum Director Lynn Norris is the driving force, master of ceremonies, historian, storyteller, newsletter editor, genealogist, and curator that makes this place a must

The Kinsale Museum acts as a repository of memories and a community center. Lynn describes its success this way: "The key element in this is our members' deep love for our little town—folks as far off as California, Canada, Africa and the UK read and care about Kinsale and what we do to help others. I send out more than 700 emails each time and on the average 45% are opened, with many responses via email or contribution."

Lynn brings more than two decades of journalism experience to the Foundation publication, Waterways. It tells the stories behind the items on display in



see..." To call Lynn a storyteller is an understatement. After my husband and I listened to her vivid tale of James Butler Sigourney's defense of the flag in the War of 1812, we just had to pay our respects at his grave. The Great House Cemetery is on private property, but we'd been made to feel as if we were part of the family. Looking down at the memorial stone of a 23-year old who had been gone for more than two centuries, I regretted his loss and felt his presence.

the museum, bringing them to life. Full of good news and encouragement, history, baby pictures, and profiles of local businesses, it helped to keep up spirits during the Covid epidemic. As Lynn says, "Our double focus on collecting history and reaching out to the community has been blessedly fulfilled even during the pandemic, through our newsletters and twice-weekly emails that have linked our members almost as strongly as if we had had our

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'live' instead of virtual visitors at Christmas in Kinsale on Dec. 4, 2021 when the proceeds benefit area food banks, the Haven Shelter, and gifts for needy children and senior neighbors."

How does the Museum keep running after giving away all that money?

annual very special events."

One way the Museum adapted in 2020 was to hold a Rubber Duckie drawing instead of a Derby on the water. Lynn assures us that this year, "Yes, we will have our annual Rubber Duckie Derby on Sept. 18 and are hoping we can welcome

According to Lynn, "our Museum operations including book printing, are funded by dues, donations, legacies, and various other fund-raising endeavors, including sales of books and soaps, finger puppets and an ongoing silent auction

(through Sept. 18, Kinsale Day) with items valued at almost \$20,000."

We had a look at the 2021 auction items displayed in the old ice cream parlor. The wealth and range of items was impressive. My favorites were a Fiesta ware pitcher with cups, a wormy chestnut cabinet with perforated copper insets, a box of bee-related items ("Give Bees a Chance") and a wooden cabinet full of colored bottles. It was an impressive display of talent, generosity, and community spirit.

As Ann Eichenmuller said in a 2017 Chesapeake Style article about the Museum, "It is not just history—it is our story, and it is still unfolding."

Come to Kinsale Museum and become part of the story. *The Kinsale Museum is open Fridays and Saturdays 10 a.m.-5 p.m.*

447 Kinsale Road Kinsale, Learn more at www.kinsalefoundation.org/ or call 804-472-2013

Mark your calendar:

44th Kinsale Day: Sept. 18, 2021
Live music at noon: Muddy Boots
Vendors starting at 10 a.m. Silent Auction (ongoing since March) ends at 12:30 1 p.m. Joni Lawler Rubber Duckie Derby/Event Christmas in Kinsale: Dec. 5, 2021, Possible Cookie sale 11 a.m. Live music at 1, Parade 3:30, Silent Auction ends 3:30. Bike give-away, decorations prizes, Memorial Tree lighting at 4:00. Collecting gifts for area seniors. Event proceeds go to Haven Shelter, Christmas Wishes at Social Services, and food pantries at Ebenezer Methodist and Zion Baptist Churches.

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Style Spotlight~How to Give Your Old Boat New Life



By Nan Harvey

Clif Ames, Chair of the Boat Donations/Resale Committee for the Reedville Fishermen's

skills of Will Garvey who handles all the advertising." The funds are much appreciated providing for the care of the facilities including Festival Halle, the skipjack *Claud W. Somers* which is listed in the

Museum took the position in 2006 and since then has sold over 200 boats with a contribution to the Museum's support of over \$400,000 making



it one of their most successful fundraisers. By donating a boat to the Reedville Fishermen's Museum Boat Donation/Resale program, you get a tax deduction since the Museum is a 501(c)(3) organization, and the satisfaction knowing that your old friend is supporting a unique local destination!

Clif modestly states "It wouldn't be possible without the computer

National Register of Historic Places, the 55' buyboat *Elva C* and of course the Pavilion and Museum Buildings.

Clif cautions, "We sell 'as is where is.' We are not brokers and don't have the capability of making repairs or upgrades." Their ideal donation? A center console boat on a trailer with an outboard, about 17' long and less than 20 years old. "I could sell one of those

like that!" Clif says snapping his fingers.

If you're in the market for a boat, don't forget to check the Reedville Fisherman's Museum website, rfmuseum.org, Chesapeake Style or Craig's List to see what's available for sale.

Of course, all the boats are different. Clif recently got a high-quality antique boat, 15' 1955 Wagemaker Wolverine, a boat that had been in the owner's family since the 1960's and currently is garaged. This boat had been at the Reedville Fisherman's Museum Boat Show in 2016!

The Reedville Classic Boat Show has been an annual event the first Saturday after Labor Day since 2003 except for last year; this year it will be September 11. It is co-sponsored by the Tidewater Chapter of the Antique and Classic Boat Society. Clif says there are usually about 40 antique and classic boats at the Museum, the Crazy Crab, the Marine Railway and Reedville Market docks.

The visitor's entry charge is \$5 which will also allow a visit to the Museum. There's food and drink for purchase, a nautical flea market of items collected by the Museum throughout the year, in addition to the boats in the water and on trailers. The George Butler Marine Railway will be open. There's no charge for entering the no-judged boat show but registration is required so that



the placard for your boat can be created. In all, it sounds like a day of fun that takes over Reedville.

If you are interested, call Clif at his home (804-453-3506) or the Museum office (804-453-6529) to discuss your boat and see if a viewing by Clif is warranted. The boat, and trailer if there is one, should be titled so that Clif can transfer them to the Museum and the donor can get the tax credits.

Visit the Reedville Fisherman's Museum at 504 Main Street, Reedville now open Thursday through Saturday 11:00 a.m. to 4:00 p.m.
Clif Ames at the Reedville Fishermen's Museum. Photo by Nan Harvey. A perfect day for the Reedville Classic Boat Show in 2016! Photo by Jeanne Hickey. Classic boat Wagemaker Wolverine for sale by RFM Boat Sale. Photo by Clif Ames.

Ka-BOOM~Almost



By Gerhard Straub

I am not a “handyman.” In fact, I often have trouble driving in a nail without bending it over or hitting my hand with the hammer—just ask the folks at urgent care! The other day, I found that the inflatable dinghy that we use as a tender for our sailboat had an air leak. The proper procedure is to do a nice patch with appropriate adhesive and preparation. Of course, that means I have to figure out if the boat is made of PVC or Hypalon and determine the right glue to use. Yeah, right! I got a can of that liquid rubber stuff you see on late night TV. You know, the stuff in the ad where the guy coats a screen door with it and then uses it as the bottom of a boat. You may laugh, but our dinghy doesn’t have an air leak anymore, and I don’t have any stitches, although I do hope that stuff comes off my hands!

That’s why I am continually amazed at the resources and skills, and the heritage, of the Northern

Neck region. If you’ve been following the current trials and tribulations of the skipjack *Claud*



W. Somers, you know that she needs a new boom, that big pole that the bottom of the mainsail attaches to.

The boom needs to be of Norwegian Spruce so that it matches what is currently on the

vessel or the Coast Guard will require a bunch of additional calculations and test—due to any weight change if we use different wood. Luckily, the museum had a spare timber, but it is about 14 inches in diameter and the boom needs to be 6 inches. All we needed was a sawmill and a way to move this behemoth.

Although I laid awake in bed at night stressing how to do this, I should have remembered that this is the

stressing how to do this, I should have remembered that this is the

Northern Neck and everything is possible. Cockrell’s Marine Railway has a sawmill that can do the initial cuts, and it turns out the museum had a pole trailer donated

by Dominion about 20 years ago.

We pulled it out of storage and the tires even held air. As I’m sitting at home trying to figure out how to load the timber on the trailer, I get a phone call saying the timber is cut to length and loaded on the trailer. How’d they do that?! Again, I am in awe of the resourcefulness of some folks. Then, at a speed that makes any piece of farm machinery look like an Indy racer, we towed it over to the sawmill, which looks like it was brand new in the early 1800’s. With the help of a forklift, the timber is off the trailer and ready to be cut.

By the time you read this, hopefully, the timber will have been cut down to a reasonable diameter, and it will be back at the museum for final shaping and for adding hardware. Of course, I’ll stress about getting it back on the trailer, getting it shaped, and getting it back on the boat. Not sure why, though. This is the Northern Neck. We’ll find a solution in traditional methods or in a mail order can, whatever gets the job done.

See you on the water.

Gerhard Straub is master of the skipjack Claud W. Somers that is owned by the Reedville Fishermen’s Museum.

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Special Needs Cats are Truly Special



By Karen Peterson

Zur, a 7-year old, special needs cat was surrendered to a Northern Neck county animal shelter in December, 2020. He was thin, lethargic, drank lots of water and his once beautiful, long white and orange sherbet colored fur was unkempt. As is shelter protocol Zur was taken to a veterinarian for a general intake exam where blood work revealed that Zur was diabetic and required daily insulin injections. The shelter was unable to provide the care required by a diabetic cat. Reluctantly, the decision was made to euthanize Zur in January, 2021.

A shelter volunteer, who is also a Garfield's Rescue Inc. (GRI) member, reached out with information about Zur. GRI's Director of Fosters immediately

said, "we'll take him!" GRI works closely with local shelters and Animal Control Officers when needs such as Zur's arise. A plan was developed to work with a veterinarian to treat and stabilize Zur's diabetes. GRI saved Zur's life. After three months on insulin, Zur's thick healthy coat returned. He enjoyed interacting with his foster buddies and GRI volunteers. He strutted around comfortably and happily like he owned the place!

GRI has opportunities to community residents to foster cats or kittens in our care and/or to volunteer in one of our foster home facilities. "Terri" and her niece "Danielle" had recently joined the team of volunteers and during their orientation met Zur. He was laid back and sweet and reminded Terri of a cat she had at home who also has diabetes. Learning of Zur's heartbreaking story, Teri believed

she could help Zur flourish. Terri could not stop thinking about Zur and his potential to be healthy and loved. A few days later, her husband surprised her and said "We are going to go get Zur."

Zur's new family consisted of two teenage sons, a golden retriever and four other cats. This family/pet combination was perfect for Zur who was accustomed to enjoying the attention of many caregivers and mingling with other cats in our foster home.

Zur was renamed "Biscuit." Teri said "we have shown him

patience and know that with time he will know that he is family. He is still working on adjusting to our dog. While he isn't quite curled up with her like the other cats yet, he is making progress. He is extremely

affectionate and has gotten very used to his new routine and, thanks to diet and meal schedule, his insulin dosage has already been decreased."

Terri said, "Biscuit has already brought us so much joy. I cannot thank GRI enough for saving him and caring for him for so long. I

know they would have kept him as long as he needed a home. I would also like to reach out to the public and let everyone know that special needs pets can make amazingly wonderful companions. These animals see the effort of love and care people give them, and it makes their love even greater. I am blessed to now be a part of this great rescue organization."

Garfield's Rescue, Inc. is a home-based feline rescue foster to adopt organization, established as a nonprofit 501(c)(3) in March of 2020. GRI is 100% volunteer based and relies solely upon



donations and fundraising. Please visit our website at www.garfieldsrescue.org or our Facebook page. GRI also accepts donations. Call 804-480-2066, or email garfieldsrescue@gmail.com. *Karen Peterson is Fundraising Chair for Garfield's Rescue Inc. Photos courtesy GRI.*

Let's Talk About Sleep~Part II

By Gloria J. Savage

In last month's issue, I talked about sleep. Let's finish what I started. In this issue, I'd like to discuss getting enough sleep and sleep deprivation briefly. Now, let's take a closer look at varying amounts for different individuals. Most people usually fall asleep within about 20 minutes. So, think about that when planning hours of sleep time.

But first, we need to know the specific amount. You know I talk trial and error, so find your sweet spot. According to the National Sleep Foundation these are the recommended hours for different stages of life: Ages 1-12 months (14-15 hours), 1-3 years (12-14), 3-6 (10-12), 7-12 (10-11), 12-18 (8-9), 18-65 (7-9), and 65+ (7-8).

Now, a tidbit about sleep deprivation. The primary info you need to know is that sleep can lead to serious health problems like heart disease, heart attack, heart failure, irregular heartbeat, high blood pressure, stroke, and diabetes. So, get enough sleep. One of the main recommendations is to stick to a sleep schedule. I know, easier said than done.

I have been so interested in sleep lately that I am doing more extensive research on the subject. Additionally, I checked out some books on sleep from the local library. Two books, in particular, are *fast asleep* by Dr. Michael Mosely copyright 2020 and *When Brains Dream* by Antonio Zadra and Robert Strickgold copyright 2021. So let me tell you about these books.



On the cover of *fast asleep* were the words "Improve Brain Function, Lose Weight, Boost Your Mood, Reduce Stress, and Become a Better Sleeper." Yes, the "f" and "a" are lower case. Anyway, those terms caught my attention. I wanted to know more. I wanted the kind of sleep that will give me noticeable improvement in those areas. Who wouldn't want that? They were good sought-after ambitions. But how do you get all that out of lying there doing what seems like nothing? From last month's article, we know that a lot of needed repair takes place while we are asleep. We sometimes think of sleep as turning a switch off. One important thing is that a person connected to an

EEG—electroencephalography—may appear to have awakened—according to the brain activity recorded by the EEG. In actuality, the person could be noticeably profoundly asleep. There are so many examples of that in the movies, and you have probably seen your share.

Let's move on to the other book.

When Brains Dream had a sentence on the back flap that started with these words, "Making an eloquent and engaging case for why the human brain needs to dream." I was a daydreamer, especially in high school and "dream" was an intriguing word. What is interesting in chapter four is this, "We dream in all stages of sleep," and "we probably are dreaming most of the night." I wonder why I rarely remember my dreams if I am doing so much dreaming. Oh, and get this, "our dreams are different from one sleep stage to another," and "any mental experience that occurs during sleep—thoughts, feelings, or images—will count as a dream." Another sentence says that some researchers "suggest that dreaming may occur all night long." By now, I am beginning to understand that "mystery of sleep" notation. It started getting a bit complicated, and I was losing sleep, thinking about sleep.

I wanted to give you a glimpse of what I was finding. If you are thirsty for more, check some books out from your local library. I don't plan to do a Part 3-not this year anyway. I need to get caught up on my sleep, which some researchers say you can't do.



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The Waiting Place

By RuthE Forrest BCTMB

August is a waiting place. It's too hot to do anything else, and there's no holiday celebrations.

I liken it to February, the opposite end of the seasonal wheel. It also makes you wait because it's just too cold to do anything else but snuggle up with your Valentine until spring blows in again. Smart souls intuitively follow Mama Nature's seasonal guidance.

I've a garden brimming with green fruit, but there's nothing else I can do to make them ripen any faster, I've just got to wait. The hard work of early spring days and managing pests all summer will eventually pay off. I see the rewards heavy on the vines. Dang that

waiting place! I'm just not wired for it. My culture places value on doing. I've been programmed to keep my nose to the grindstone, and when that wears thin, to put on my big girl panties and buck-up. Nature whispers a different story in August.

I want to listen to her wisdom, kick back with an adult frosty beverage floating in the swimmy pool until cooler winds blow in the scents of autumn. Watch those tomatoes turn red in their time, not mine. Build up my energy for the harvesting. The wait is a skill I've honed throughout a lifetime. I have the patience of Job when it comes to really good things. I've taught myself how to relax into the waiting place where I can listen to my inner dialog assure me of the value of doing nothing. Even

if this goes against my strongest work-ethic software. Why did I teach myself these skills, and how did I do this bit of magic?

I've practiced receiving. It's a rarer skill than you'd imagine, especially for a female middle child. Many years ago I was fortunate enough to experience a head-butt to the windshield of my automobile at a speed unrecognizable to my brain. This gift taught me how to seek out the best body-workers and most talented healers in my area, wherever my gypsy soul may be at the time. As a consequence I've been able to keep my head on straight most days, and really enjoy living in my beautiful body. Gratitude and love for your vehicle will carry you a long way. Like ripening a delicious red tomato, you have to wait for it sometimes. Healing is a lot like the waiting place. Takes its own time.

But oh when the day comes you savor the rewards of the wait! You wake up feeling refreshed from

a really good sleep, lay there in your comfy bed appreciating the wakening, stretch into your body feeling really good about the day ahead. You rise, comfortable in your ripened skin, reveling in the harvest of a lifetime's preventative maintenance work. You look in the bathroom mirror after voiding the previous days' trash, and speak your truth "Good morning, I love you deeply, we're going to have an awesome day!" In your garden you finally pick that gorgeous red tomato, savoring its goodness in a giant BLT sammy for breakfast. Dang! Wait so worth it!

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Style f

Ode To A Flasher

By Grid Michal

If you can keep your hands steady when all about you
Are shaking and blaming it on you;
But make allowance for their ASA rating, too;
If you can focus and not be tired by the telephoto lens,
Or be envied and not deal in egos,
Or be zoomed and not give way to zooming,
And not look too good, nor talk too wise:
If you can think to aim and not aim to think;
If you can make Minolta your Master,
If you can meet with Pentax and Rikkor
And treat those two imposters
Just the same;
If you can bear to see your Canon broken,
Created by knaves to make a trap for fools,
Or watch the attachments you gave your life to, broken,
And stoop to build 'em up again
With worn-out tools;
If you can make one heap of all your pictures

And risk it all on one meeting of the Women's Club,
And lose. And start again at your beginning
And never breathe a word about your focal length;
If you can force your body aperture and lens
To serve your f-stop long after they're gone,
And so hold onto the will that says "Snap on!"
Even when there is no film with you;

If you can talk with dweebs and keep your cool,
Or walk with Ansel Adams and not lose your common touch,
If neither Polaroid nor Kodak can insult you,
If all "snappers" count with you—but none too much
If you can shoot the unforgiving instant
With sixty seconds of time-lapse,
Yours is the earth and everything that's in it,
And what's more, you'll be a photographer, my son!

(Apologies to J.Joyce 2/24/94)



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More Power, Boy!

By Grid Michal

Back when I was a kid, I had two cars: a “datin’ car”—a ’54 Caddy Coupe de Ville, and a “beater”—a ’56 Plymouth Savoy 2-door sedan, 6-cylinder flathead six. You can tell which car got the Saturday wash ‘n’ wax.

Anyway, there were four of us guys, tight as ticks, in our rural area. If we had been adults, we would have sensibly walked from house to house when we were purportedly studying for tests or exams. Being teens, we elected to drive the 3/4 mile between homes. Friend Chuck had a ’57 Ford. Friend Tommy’s dad had a ’57 Chrysler with the Hemi—the REAL Hemi.

Friend Jessie’s dad had a ’61 DeSoto with the 361 Firedome (I think). One night at Jessie’s we finished studying for one of my mother’s infamous English testslike I had an “in” or something. We could have walked to Tommy’s for a peanut butter milkshake, but it was easier to drive...all three cars. Remember, gas was a quarter a gallon for high test. Jessie was the first out of his driveway, left about 100 yards of wonderful-smelling Goodyears on the tarmac. Tommy’s Hemi put down rubber from Jessie’s driveway all the way to his driveway. Ever game, I floored the accelerator, dumped the clutch, and left about 6” of recap at the end of Jessie’s driveway.

Came the weekend, and Jessie’s

dad came home from being a fishboat captain off the New Jersey coast. Saturday he corralled us. “Jessie,” he said, working his pipe from one side of his mouth to the other, “did you do that?” “Yessir.” “You won’t drive this car for two weeks.” “Yessir.” “Tommy—is that long one yours?” “Yessir.” “I’ll be talkin’ to your daddy pren’ly.” “Yessir.” “Grid, that one yours?” “Yessir.” Silence. Then, “Boy, you need more power.” Can you fault me for making him my adopted father?

There are a bazillion boats being dumped on the market, from folks who can’t afford to keep them, or dealers who have gotten great deals from manufacturers going under. There are rigs being offered at prices unheard of before, but

many are basic, low-powered rigs. A quick rule of thumb is that a boat needs half of its rated power to be a marginally performing rig. With the four-strokes today, economy is the rule. More horsepower isn’t necessarily bad: it won’t cost much more in operational costs to up the ante to 3/4 or 100% of the rating, the trade off being the ability to carry more passengers efficiently, beat a storm back to port, or keep the kids happy tubing. Keep this in the back of your mind as you peruse the ads and boatyards: “Boy, you need more power.” Trust me, it’ll be worth it. *Grid Michal is the author of The Motor Doctor: solutions for troubled engines and owners...and other stories.*



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Cool Thoughts for a Hot Day

By Ellen Dugan

Coping with summer heat is a breeze if you have modern air conditioning, but we weren't always so cool.

Ancient Egyptians hung water-soaked reeds in their windows, our great-grandmothers fanned themselves, and various inventors experimented with a myriad of solutions, including connecting a balloon to a hose and fire hydrant to create a cooling personal rainstorm.

Engineers and an astronomer even employed six tons of ice and a fan to cool a dying President Garfield. While they were successful in reducing the temperature in his room from a sweltering 95 to 75, it was a less than practical solution. Also, as we know, President Garfield didn't live to enjoy it.

But what actually made the difference or turned up the heat in refrigeration research—thus making it possible for us to enjoy summer no matter how high the temperature—had nothing to do with personal comfort. In fact, according to a curator in the division of work and industry at the National Museum of American History, “There was this notion that trying to control the environment was going against God's will.” Apparently, it was okay with God to heat a home, but not to cool it.

In any case it took blurry cartoons and

misprinted text to get refrigeration research heated up and running again. The year was 1902. The month, July. The weather, sweltering. The management of the Sackett-Wilhelm Lithographing and Publishing Company in Brooklyn, NY had a magazine to get out. Deadlines loomed. Their color printing process looked like something a first grader would do. Because the air inside was so humid, their paper swelled as temperatures rose, then contracted when conditions changed. This caused colored inks to misalign. A nightmare.

Clearly, if the 100,000 readers of Judge magazine were to be entertained with 16 pages of beautifully illustrated, high quality political satire, something had to be done. But what?

For an answer we need only check the records of the largest employer in Buffalo, New York at the time, the Buffalo Forge Company. One of the “big three” blacksmith equipment makers in its day, Buffalo's expertise was in heating equipment, drilling machines, steam engines, and auxiliary items like shrinkers and blowers. One of their engineers, a 25-year-old earning \$10 a week, was brought in to solve Sackett's humidity problem.

This engineer, a practical man, had recently graduated from Cornell University. He was bright. Learned quickly. Had a knack for staying with a problem until it was solved. His family tree included a Welsh indentured servant named Thomas Carrier who had married a woman “independent of mind

and unsubmitive in character” named Martha Allen. Martha has the distinction of being the first person accused of witchcraft in the Salem Witch Trials and was subsequently hanged. When faced with her fate, she held fast to her innocence and was the only person who did not at some time or other make an admission or confession.

Perhaps the young engineer now faced with solving Sackett's printing problems was made of the same stuff? His name: Willis Haviland Carrier. Stay tuned to find out how he did.

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Quinceañera



By Kenny Park

She turned 15 at the end of 2019 and was going to have her party last summer. As we all know, 2020 didn't go as planned for any of us. We

extravagant than others, some relatively simple, but all with a single purpose in mind: to celebrate a daughter's coming of age. The scriptural reflection centers around

finally gathered to celebrate this past Saturday. I've been asked several times to officiate the devotional service that takes place earlier in the day, before the meal and party in the evening, and it is always a joy to join with the family for that time. Each time has been a little different. Some celebrations are more

the expectation of what is ahead and the understanding of what is being left behind. Adulthood is before you, childhood is behind you. With that, you are leaving behind childish things and are leaning into what it means to be an adult member of your community—responsibilities to self and the community, duties to family, and service to all. It is a message that I don't mind giving to the young women—but I would like to be able to extend that same message to the young men of the community as well. They need to hear it as much if not more than the young women.

As with most serious events, the service is attended by those closest to the quinceañera—the one who is fifteen years old—her immediate and sometimes extended family.

The bulk of the crowd shows up for

the food and the dancing

afterwards. Marking this rite of passage is a momentous occasion for any young woman in the community. And it really is a community effort. Extended family and family friends are involved in the celebration—they participate by providing different supplies for the service or for the party—some cover the flowers, or the drinks, or the balloons, the tableware, the music, the lights, different foods that are served, or even the venue. It is truly a joint effort. And that speaks to an aspect of Mexican—in this case—culture that permeates so much of what is done for occasions like these: sometimes you have one family doing the heavy lifting, but more often than not, the burden is shared—as is the celebration and the joy. These are not thrown-together events. The mother and the daughter usually start shopping for a dress at least a year in advance of the event, deciding on the color scheme, the menu, and the place and time—much like what happens in US culture in the lead-up and preparation for a wedding. It almost feels like a Quinceañera is the wedding between a young woman and her community.

Kenny has served the Northern Neck Immigrant community and as Pastor of Jerusalem Baptist Church in Warsaw since 2003. His email address is Kenny.park@gmail.com Kenny Park photo.



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Quinceañera

Quinceañera

Por Kenny Park

Cumplió 15 a fines de 2019 e iba a tener su fiesta el verano pasado. Como todos sabemos, el 2020 no salió como estaba planeado para ninguno de nosotros. Por fin nos reunimos el sábado pasado para celebrarla.

Me ha tocado varias veces servir de oficiante de el servicio devocional que se lleva a cabo más temprano en el día, antes de la comida y la fiesta por la tarde y noche, y siempre es un placer unirme con la familia en esos momentos. Cada vez ha sido un poco diferente. Algunas celebraciones son más extravagantes que otras, algunas relativamente simples, pero todas con un solo propósito: celebrar

la mayoría de edad de una hija.

La reflexión de las Escrituras se centra en la expectativa de lo que está por venir y el entendimiento de lo que queda atrás. La edad adulta está ante ti, la infancia está detrás. Con eso, está dejándose atrás las cosas infantiles y se está inclinando hacia lo que significa ser un miembro adulto de la comunidad: responsabilidades para con una misma y la comunidad, deberes para con la familia y servicio, para todos. Es un mensaje que no me importa dar a las mujeres jóvenes—pero me gustaría poder extender ese mismo mensaje a los hombres jóvenes de la comunidad también.

Necesitan oírlo tanto o más que las mujeres jóvenes.

Como ocurre con la mayoría de los eventos serios, al servicio asisten las personas más cercanas a la quinceañera, su familia

inmediata y, a veces, extendida. La mayoría de la multitud se presenta después para la comida y el baile.

Marcar este rito de iniciación es una ocasión importante para cualquier joven de la comunidad. Y realmente es un esfuerzo comunitario. La familia extendida y los amigos de la familia están involucrados en la celebración - participan entregando diferentes suministros para el servicio o para la fiesta - algunos proveen las flores, o las bebidas, o los globos, la vajilla, la música, las luces, diferentes comidas que se sirven, o incluso el lugar de la fiesta. Realmente es un esfuerzo compartido. Y eso habla de un aspecto de la cultura mexicana—en este caso—que impregna gran parte de lo que se hace en ocasiones como estas: a veces tienes una sola familia haciendo el

trabajo pesado, pero la mayoría de las veces, la carga se comparte al igual que la celebración y el gozo.

Estos no son eventos arreglados a la ligera. La madre y la hija generalmente comienzan a ir a ver vestidos al menos un año antes del evento, decidiendo el esquema de color, el menú, el lugar y la fecha, similarmente a lo que ocurre en la cultura estadounidense en el período previo y la preparación para una boda.

Casi se siente como una Quinceañera es la boda entre una joven y su comunidad.

Kenny ha servido a la comunidad de inmigrantes de Northern Neck y como pastor de la Iglesia Bautista de Jerusalén en Varsovia desde 2003. Su dirección de correo electrónico es Kenny.park@gmail.com
Kenny Park photo.

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Be a Part of Something Bigger



By Cindy Balderson

The Need resides here and Hunger does not discriminate. One in nine individuals struggle with enough food to eat in this rich agricultural area of the Northern Neck and Middle Peninsula. Right here in our own backyard where productivity plays a large part in providing fresh healthy food for American consumers, one in nine children, seniors or working parents don't have enough food to eat.

Isn't it time we all become a part of something bigger than ourselves? These words resonate with me because I do this every day as part of the food bank team. Every staff member and volunteer plays an integral part in our daily operation and it goes beyond just giving your time. It is creating and building a sense of

community and camaraderie. Sharing that joy with others, that sense of accomplishment and the knowledge that you're giving hope to someone who may only feel despair.

One of the biggest needs we have at the food bank is a volunteer base to assist us in getting fresh, healthy vegetables to over 7,600 individuals we serve every single month throughout the year. A few hours a day is all it takes to participate in our gleaning and

harvesting program.

The concept is simple, farmers donate access to fresh produce, volunteers work, the food bank collects and delivers the food, and our partner pantries distribute it to clients. We glean and harvest fresh vegetables from mid-June through mid-December each year. Vegetables that are normally distributed within 24-48 hours of harvest, giving families and children in need access to the freshest produce available at no cost.

Where did the idea begin? Well, in the Bible, of course! One Major area of food waste is in farmer's fields. Crops below top-grade quality are left to rot or be plowed under. Gleaning is the traditional biblical practice of gathering those crops. Deuteronomy 24:19 says "When you reap your harvest in your field, and forget a sheaf in the field, you shall not go back to get it; it shall be left for the stranger, the fatherless, and the widow, that I



the Lord your God may bless you in all the work of your hands."

The magnitude of this program is astounding. Not only do we provide over 7,600 LOCAL recipients an average of 45-51% fresh produce every month, our quiet, rural area is feeding those in need healthy, nutritious produce across the state of Virginia. How cool is that?

The best part? ANYONE can glean! We are simply people helping people and we welcome you to join us! *Cindy Balderson is Vice President & Development Director of Healthy Harvest Food Bank.*



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Lunar Tides~Go with the Flow



had three hours till absolute low tide, and a vicious spring tide no less, we wondered how that would work out for him. A few ports later, we found out. Another boat passed the same creek a day later, and their crew said the Coast Guard and a towboat were there,

for every rotation of the Earth, or 24 hours and 50 minutes. These semi-diurnal tides are cause—or try to anchor in one—you might need a little more information.

Spring tides have nothing to do with the season. They occur on the new moon and the full moon. In this case, the combined gravitational pull of the moon and the sun make these tides both higher and lower than usual. This variation can be made even larger if the prevailing winds are pushing water into or out of a river or creek.

Neap tides occur when the moon, Earth, and sun are at right angles. This causes the attractions to cancel each other out, so the difference between high and low tides is minimal.

The tidal range differs depending on where you are. Boaters from Maine are accustomed to a range of up to 20 feet, whereas Key West boaters expect a range of about a foot. So you can see where a southern sailor, without knowledge of spring and neap tides, might

find himself aground six hours and twelve minutes later if he anchored at high tide.

Fortunately, charts provide depths at MLW—mean low water—which is the average of all low water heights over a 19-year period. But it is important to keep in mind that an average is not the lowest possible point, so we keep our depth sounder alarm on and anchor where the chart promises water to spare. *Eric Eichenmuller photo. Ann Eichenmuller is a marine and travel journalist, boater, and author of the Sandi Beck Murder Mysteries, a nautical series available on Amazon, Barnes & Noble, and at select independent booksellers. To find out more or contact Ann, visit anneichenmuller.org.*

By Ann Eichenmuller

They say a rising tide lifts all ships, but I wouldn't rely on it as a navigational strategy.

On one of our trips down the Intracoastal Waterway, we were motoring by a creek and saw an unusual sight—a large sailboat anchored with part of its keel and rudder showing above the water. Clearly they were hard aground. Worried that the crew might have taken a nap and been unaware of their situation, we got on the VHF and hailed them. The captain got on the radio, seemingly unconcerned. “We’ll just wait till the tide comes up,” he said cheerily. Since we still

trying to stabilize the boat that was at that point precariously balanced on its keel, with the whole vessel six feet out of the water.

I'm the first to admit tides can be confusing. Most folks who live near the water know there are two high and two low tides

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Brain Injury~Diagnosis Can Be Difficult

By Martha M. Hall

Brain injury often affects people in ways that are not readily apparent. If we can't see it, how do we know it's there? In diagnosing a brain injury, there is no "one size fits all" method available. Brain injuries are diagnosed in different ways, depending on the cause, location, and severity of the injury, and a diagnosis can be difficult, considering the often elusive nature of the brain's response to trauma.

Sometimes there are physical signs, such as open wounds in the head, or damage to the skull. These brain injuries are categorized as moderate to severe and are usually accompanied by bleeding or other signs of obvious damage. In mild brain injuries, however, there are frequently minor or no physical

markers to raise suspicion.

A loss of consciousness is a good indicator, but many brain injuries occur without any loss of consciousness, or a blackout of such a short duration that the person and others around him may not even notice. Athletes may remark that they "got their bell rung," but dismiss the blow to the head because they never lost consciousness.

Often an immediate response to the suspicion of a brain injury is to have a CT scan or an MRI. Most brain injuries, however, are of the mild type, and unless there is active bleeding in the brain itself, a scan may not show any damage, even though a brain injury may be present.

Because the effects of a brain injury may take some time to become obvious, diagnosis is

often done by the observation over a period of time of behavioral or cognitive effects, some of which may not be apparent for days, weeks, months, or longer. Memory loss, changes in vision or coordination, uncharacteristic irritability, and an unexplained fatigue or inability to sleep are common effects or indications of a brain injury which often do not manifest themselves until sometime after the initial accident.

One way to predict the possible occurrence of a brain injury, whether at the time of the injury or months later, is by asking the person a series of screening questions:

Was your head hit? How long ago? How many times?

Was your head slammed into an object? Which part of your head was struck?

Were you choked, suffocated, shaken, or strangled?

Did you lose consciousness?

Did you feel dazed or confused?

Are you having trouble

concentrating, organizing, or remembering things?

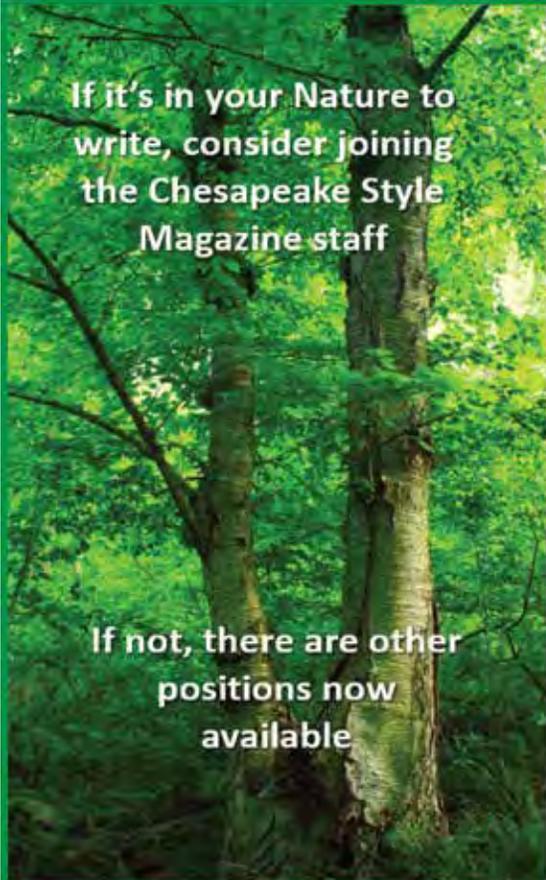
Are you experiencing emotional changes such as irritability, sadness, or lack of motivation?

Are you experiencing headaches, vision or hearing problems, or loss of balance?

Evaluating a person's responses to these kinds of questions often leads to a more in-depth assessment, including physical and cognitive examinations by a professional trained in the science of brain injury diagnosis.

Diagnosing and treating a brain injury is challenging, and most often involves a combination of medical tests, neurobehavioral evaluations, and trained observations. No two brains are alike, and no two brain injuries—and responses to brain injuries—are identical.

For more information about brain injury diagnosis, contact the Brain Injury Association of Virginia at 800-444-6443 or at www.biav.net.



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Tidewater and Timber~Angling Opportunities Are Hot

By Chelly Scala

August fishing opportunities are hot. Throughout the Northern Neck, we have had great luck drift fishing for flounder, spot, croaker and speckled trout. Sometimes the fishing competition between my husband and I remind us of when Brittany and Travis—our daughter and son—enjoyed their own angling competition. It has always been great times fishing together, whether it is just my husband and I or the kids and friends.

Most recently while drifting for flounder, I used my son's recommendation of gulp lures. I caught three speckled trout, one of which was 19 inches. We cooked it for dinner, stuffed with crabmeat and got great family reviews on that recipe. Gulps come in many versions, and I favor minnow and shrimp flavors.

Our son is a believer in using grass shrimp for bait. When we listen to his advice, we have caught flounder, spot, white perch and

croaker. Most of the time we prefer fish bites or cut strips of spot. Check the wind direction, speed and tides to determine the most valuable tactics to use. I continue to have great action on jig heads dressed in twister tails or gulps. Great areas to check for fishing are submerged rock piles, channel edges and shoreline structures. Try casting small spinner baits or beetle spinners along shoreline grasses or submerged trees. Fishing locales to consider in August include the 15-20-foot edges in the confluence of the Rappahannock and Great Wicomico Rivers with Chesapeake Bay, the mud leads above the Southern Maryland target ships, the middle grounds and around the Smith Point Light.

Cobia action has been great especially while chumming. Recently, the Cockrell family tried eels and then switched over to menhaden and got more action while cobia fishing. Live eels, spot and small bluefish can be productive live line baits for cobia however, sometimes using bait that matches the chum slick can

get better attention. Successful chumming will attract fish to your location by either creating a menhaden slick behind your anchored boat or using a chum bag. Cut menhaden baits so they cover the entire hook and drift the baits into your slick behind the boat. Try not to anchor too close to other boats. Cownose rays have been a nuisance while chumming during Cobia fishing. If the rays are in a dominant area you are fishing for cobia in, try trolling with red and green hose lures.

Large Red Drum continue to show on both the Eastern and Western sides of the Lower Bay. Practice safe catch and release and be aware of regulations for size and limits. Best baits to include soft crab or jigs. Also, try trolling with large silver spoons.

I recently had the opportunity to fish with my son. Flounder, spot and croaker were plentiful. We found the flounder along inshore waters at high tide near partially submerged grass beds. My son's tactics with jigs fitted with gulps worked for both of us. Even though

we had several throwback flounder less than the 16 ½ inch minimum, we did catch some keepers which made for great table fare.

Watch for areas with baitfish on the surface, and also look for pods of fish on the depth finder. When fish are seen, and waters are calm, casting or jigging may be options.

Always check regulations in your area to find out the size and creel limits of the fish species they are pursuing. For the Virginia Chesapeake Bay and tributary waters, websites are available at <https://mrc.virginia.gov/index.shtm> or <https://webapps.mrc.virginia.gov/public/reports/swrecfishingrules.php> For the tidal Potomac River waters, visit PRFC websites at <http://prfc.us/pdfs/BLUE-SHEET.pdf> or <http://prfc.us/index.html> for information. For Maryland Chesapeake Bay and its tributaries, check websites at

<https://dnr.maryland.gov/fisheries/Pages/default.aspx> for additional information.

Chelly Scala's photo for this article is on the cover.



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How To Deal With Wiring

By Grid Michal

In simplest terms, every electrical object on a boat, from the tiny bow light to the huge. 7.4 I/O needs a + and a - to perform its function. A bow light needs only one + and one - to work. A stern light in 99.9% of the cases uses the same. A stern light with two functions, as the one on the Parker, will have two + and one -. A bilge pump with no automatic function requires only one + and one -. With a self-contained float, it will take two +, one -.

1. Identify what isn't working. Sometimes in cases involving bilge pumps, the washdown pump sounds the same. You may think the bilge pump is working, when you've flipped the wrong switch and the washdown pump is the one you're hearing.

2. Start at one end, work to the other. Each time you answer NO to a question, that problem needs to be corrected before continuing, if necessary.

A. Is the power wire for the item attached to the battery directly, or fused at the battery, as a bilge pump float might be.

B. Is the battery well-charged?

C. Is there sufficient voltage at the dash's distribution panel?

D. Is there sufficient voltage at the switch?

E. Does the switch transfer voltage properly?

Reasons Things Don't Work

A. Dash panel power source not attached to battery

B. Dirty battery/engine/accessory terminals

C. Household wire nuts used to join wires

D. Non heat-shrink connectors exposed to salt water, rotted, and lost the wiring connection.

E. Loose wire at the console's distribution panel

1. Power wire from battery

2. Power for unit

F. Blown fuse

1. Every electrical component needs a fuse, from the 2A for the VHF to the 10A for the bilge pump, and the factory-supplied 30A for the powerplant.

2. If you replace the blown fuse for an electrical unit and the fuse blows again, replacing the fuse again is not the answer (unless you mistook a 2A fuse for a 20A)

G. Defective unit

1. Self-contained automatic bilge pump: if the top is bulged, it's dead. Problem most likely: tried to operate when ice had formed in the winter and shorted out.

2. Washdown pump: blows fuses.

Problem most likely: ball of rust inside & out

3. Starter: turns slowly, gets hot

Problems most likely:

a. Poorly charged battery(ies)

b. Dirty battery posts

c. Dirty engine

battery cable ends

d. Not using lock nuts or regular nuts with lock washers on the battery posts

e. Excessive engine resistance due to internal problems

4. Tilt and trim motor—electrical only

a. Won't tilt at all; separate end connection and apply + to one wire and - to the other. If the motor functions the tilt relay is suspect.

b. A two-wire T&T motor requires 12V + at one wire and - applied to the other (Separate the connection first). If it works, and works when the power sources are reversed (engine tilts up and down), the motor is okay.

c. Reconnect the tilt motor

wiring and try the up/down switch on the side of the cowl. If the engine tilts up and down, but tilts only one way when using the switch on the remote control handle, the handle switch is defective. Verify by plugging the handle blue wire into the harness green and handle green into harness blue. Push the handle button UP. Engine should go down. Push the handle button DN. Engine should go up. If one or neither UP or DN works, unplug the handle wiring from the harness. In the harness end, jump the red to blue and the engine should tilt up; then jump the red to green and the engine should tilt down. If it does, the tilt motor, relay and harness are fine, handle switch isn't. If it moves one direction but not the other, relay is probably the culprit. Some Yamaha relays go for about \$500, so make sure your diagnosis is right.

Electrical Starting Problems

All electric start engines have a neutral safety switch on the engine in case the one on the remote control doesn't exist or is disabled. This reduces stupidity by about 50%. Most spring-starting problems are owner-induced:

A. Batteries were removed, charged, reinstalled, main cables touched + to - and - to + for just long enough to see a spark before reinstalling them + to + and - to -. Generally all this does is blow the main engine fuse.

1. Look at your gauges when you turn the key on. A sure clue to the fuse is none of the gauges work, BUT, if the engine is equipped with a cowl tilt switch, it will work, because it's independent of the starting system.

2. Batteries removed and reinstalled, but negative battery cable from the engine to the battery was missed in reinstallation. Gauges

will still show good voltage, but starter will barely spin, prompting owner to unnecessarily replace the starter. The engine grounds itself through the accessories, but not to the pure extent of the cable being attached.

B. Shift not in neutral. Try holding key in START position and slowly moving the lever ahead or aft. Watch the voltmeter. If it moves, the engine should start cranking. If it doesn't, the starter won't spin—but the voltmeter is only an indicator of transference of current, not an integral part of the starting process.

1. If it moves, the starter spins, the engine starts, and all your company adores you.

2. Batteries removed, charged and reinstalled, failed to clean cables and terminals, company hates you

C. All kinds of "stuff" thrown in the console separates a remote control brown wire—one of two—and your no-start situation stays until wires are reconnected.

D. Still no start (won't spin over). Check for the engine-mounted neutral safety switch somewhere near the engine shift cable mount. The switches are plastic and break just looking at them. *Grid Michal is the author of The Motor Doctor: solutions for troubled engines and owners...and other stories.*

Antique and Classic Car Show at Heathsville Farmers Market



By Corinne Anthony Becker

There are always lots of reasons to visit Heathsville, but Saturday, August 21 is one of the best days to Make It a Heathsville Saturday. The entire community is coming together to offer a variety of fun shopping and things to do in conjunction with the Heathsville Farmers Market.

As part of this month's market theme, local members of the Antique Automobile Club of America and the Northern Neck Corvette Club will cruise to Rice's Hotel/Hughlett's Tavern (RHHT) for a Car Show. Private individuals are also welcome to display their

vehicle. The public is then invited to vote for their favorite car. The winner will receive the special People's Choice Award.

The Heathsville Farmers Market offers Northern Neck produce, bread and baked goods, gourmet peanuts, and locally made artisan handcrafts.

There are new vendors at every market. The Farmers Market operates from 9 a.m. to 1 p.m.; the car show runs until 11 a.m.

The Northumberland Public Library's Mobile-Library/Tech-Mobile will also be on site and open for tours. Big Blue, as the vehicle is affectionately called, is both an Internet hot spot with computers, as well as a place to browse the latest books.

Meanwhile, inside the historic Tavern itself, the Heritage Arts Center gift shoppe will be open for business. Shoppers will find artists working in their studios, and one-of-a-kind, locally-made artisan wares for sale.

The Tavern Cafe' will be

serving light luncheon fare, all homemade by the volunteers of the Tavern's Culinary Guild. Special on Market Day, the cafe' makes glazed donuts, hot out of the fryer. For on-the-go eating, visit the food concession stand in front of the Tavern Meeting Building.

A historic landmark since the late 1700's, RHHT is home to four active artisan guilds, all of which will be on-site that day, demonstrating and selling their wares. Follow the smoke to the Forge to see the Blacksmiths at work. The Woodworkers have both a modern and a colonial era workshop in the Carriage House, which also houses a collection of antique carriages. The Quilt Guild has their studio on the first floor of the Tavern, and the Spinners and Weavers gather in their studio upstairs.

But elsewhere in Heathsville, there are other big doings on a Heathsville Saturday. You'll find interesting shops, attractions, eats and historical sites. Visit Ye Olde Book Shoppe, a used book store run by volunteers of the Northumberland Public Library. Make It a Heathsville Saturday is the third Saturday of the month, thru October. Each Farmers Market has a different theme. For more information, visit www.RHHTFoundationinc.org, e-mail info@rhhtfoundationinc.org, or call 804-580-3377.

Members of the Northern Neck Chapter of the Antique Automobile Club of America and the Northern Neck Corvette Club will cruise Heathsville Farmers Market on Saturday, August 21st, as part of Make It a Heathsville Saturday.



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By Lee Casazza

Spaghetti, Pirate Style- Spaghetti alla Bucaniera

The Amalfi Coast is a stretch of coastline on the Sorrentine Peninsula in the Province of Salerno in southern Italy. Very ripe little tomatoes called pendolini—little hanging ones—are used in making fresh sauces. This pasta dish reminds me of the one I had in the small town of Praiano at the ristorante “Il Pirata” sitting above the emerald water of the Marina di Praia. This is very important: read through the recipe and have everything chopped and set aside, ready to add to the skillet. If you love seafood with pasta, this recipe is for you! You can choose any type of shellfish that you like...frutti di mare del giorno.

10 fresh mussels
1/2 lb small fresh clams
6 T extra-light olive oil or avocado oil, divided
1/2 lb medium or large shrimp, peeled and deveined, tails left on
1 large shallot, diced

2 cloves garlic, thinly sliced
1 to 2 t red pepper flakes
1/2 cup dry white wine
2 cups cherry tomatoes, cut in half
Sea salt and freshly ground black pepper
1/2 lb spaghetti or linguine
1/2 lb squid, cleaned and cut into 1/2-inch rings, including tentacles
1 bunch arugula, coarsely chopped

If using wild mussels, remove the beards with a pair of “kitchen only” needle-nose pliers.

Scrub the mussels and clams with a brush under cold running water.

In a large skillet big enough to hold the pasta and sauce, heat half of the oil over medium heat. Add the shrimp and sauté until the shrimp are pink about



3 to 4 minutes. Using a slotted spoon, transfer to a bowl and set aside. Add the remaining oil to the skillet and sauté the shallot for 3 minutes, or until soft.

Add the garlic and red pepper flakes and cook for another minute. Add the white wine and tomatoes and simmer for 3 more minutes. Season to taste with salt and pepper. Turn off heat and set aside. In a medium saucepan fitted with a lid, add 1-inch of water and bring to a boil. Add the mussels and clams, cover and cook over medium heat for 4 to 5 minutes, or until they open.

Scoop the mussels and clams out

of the pot with a large slotted spoon into a bowl—save the liquid—discarding any that failed to open. Cover with a plate to keep warm.

In the meantime, boil the pasta in salted water for about 7 to 8 minutes, until al dente.

Drain and set aside, saving about 1/2 cup of the pasta water to add to the sauce, if needed.

Add about 1/4 cup of the shellfish water to the sauce in the skillet and cook another minute. Add the squid and cook another 2 minutes and then add the arugula. Add the drained pasta to the sauce and mix, adding the pasta water. Divide between 2 warm pasta bowls, leaving a little sauce and juice in the skillet. Arrange the shrimp, mussels, and clams around each bowl and pour the sauce and juice on top.

Drizzle with a little extra-virgin olive oil and serve.

Serves 2

Fresh Strawberry Gelato - Gelato alla Fragola

Tis' the season to get strawberries at your local farm stand or market. Once you bring your berries home, the key to keeping them fresh is to kill any spores on the berries. Put them in a bowl of 4 cups of cold water and 1/2 cup white vinegar. Let them soak for about 5 minutes. Place in a colander and rinse with water. Let them dry on a paper towel. Do this in batches if you have a lot of berries. Ice cream contains 15 to 20% butterfat. Gelato contains anywhere from 5 to 7% butterfat. These strawberries were so sweet, I only added 1/2 cup of sugar. You can add a little more if you prefer your gelato sweeter. The optional addition of pomegranate juice, adds a little more intense flavor and color.

2 pints (4 cups) fresh strawberries

2 cups whole milk
1 T cornstarch
1/2 to 3/4 cup organic cane sugar or granulated sugar
3 T pomegranate juice (optional)

Remove the stems and leaves from the strawberries and discard. Cut the strawberries into two or three slices. Add the strawberries into a blender and blend for a few seconds to chop up the strawberries. Blend longer if you want a smoother gelato. Make a slurry by mixing 1/4 cup of the milk with the cornstarch. Mix until the cornstarch is dissolved. Heat the remaining milk in a saucepan with the sugar. Just when the milk starts to boil, stir in the cornstarch mixture. Lower heat and simmer very gently for 2 minutes, stirring constantly.

Remove from heat, let cool to room temperature. Stir in the strawberries and pomegranate juice, if using. Pour into a covered container and refrigerate until completely chilled.



Pour the mixture into an ice cream maker and freeze, according to the manufacturer's instructions. Transfer to a covered container and place in your freezer, until firm.

Makes about 3 cups.

If you like my recipes and are interested in more, visit www.leecasazzacooking.com.

Lee Casazza photos.

Wild Style Cuisine~Goose Roulade with Red Wine-Cranberry Sauce



By Wendy Hyde

Roulades are impressive on a plate and much easier to make than they appear. The technique originated in Europe and recipes for both sweet—Swiss Cake rolls or jelly rolls, for example—and savory versions abound. Savory ones can be made with both game and domestic meats like venison, pork, chicken, and turkey. They can be assembled ahead of time and refrigerated so they're ready to cook when you're ready.

In this recipe using Canada Goose breasts which are usually thick, each breast is cut in half horizontally to make a thin cutlet then pounded to tenderize and make even thinner. The prosciutto wrap adds a salty note and becomes a pleasant, crispy exterior around the goose. Season conservatively because both the prosciutto and the blue cheese add to the overall saltiness. The complex, fruity sauce has surprisingly few ingredients and complements goose as well as other dark meats, so try it with venison or beef for a change.

Goose Roulade with Red Wine-Cranberry Sauce

Serves: 2

Time: 1 hour

Red Wine-Cranberry Sauce

3/4 c. dry red wine

3/4 c. beef stock

1/4 c. jellied cranberry sauce

1/2 tsp. grated orange zest

1 1/2 tsp. balsamic vinegar

2 Tbsp. unsalted butter, cold

Roulade

2 boneless, skinless goose breasts

2 oz. fresh baby kale leaves

1 1/2 oz. blue cheese

4-6 slices prosciutto

2 Tbsp. vegetable oil

Salt and pepper

Couscous

2 tsp. vegetable oil

1/4c. diced shallot or onion

1 1/2 c. water

1 c. pearl couscous

1/2 tsp. salt

1/4 c. dried cranberries

1/4 c. pine nuts, toasted

2 Tbsp. chopped fresh parsley

Salt and pepper

In a small saucepan over medium heat, bring wine to a boil and simmer until reduced by half, about 10 minutes. Add beef broth, cranberry sauce, and orange zest and continue to simmer until reduced to 3/4 cup. Stir in balsamic vinegar and butter until completely incorporated. Remove from heat and cover to keep warm.

While sauce reduces, butterfly each goose breast along its long edge—without cutting all the way through—to form one large, thin cutlet. Pound cutlets to 1/4" thickness between plastic wrap and season lightly with salt and pepper. For each cutlet arrange 2-3 slices of prosciutto together, overlapping slightly to match the cutlet size.

Divide kale and blue cheese into two portions and top each cutlet with a layer of kale, then crumble the blue cheese evenly over the kale. Roll each bundle together to



form a tight roll, then tie together in several places with kitchen

frequently. Transfer skillet to oven and roast for 12-15 minutes, turning occasionally, until the center of the meat registers 140° on an instant read thermometer. Remove from

oven and transfer to a cutting board to rest 5-10 minutes.

While meat roasts, heat a small saucepan over medium heat, add vegetable oil then shallots and cook until transparent. Add water and bring to a boil, add the couscous and salt, reduce heat, cover, and cook 8-10 minutes or until couscous is tender and water has been absorbed.

Remove from heat and stir in cranberries, pine nuts, parsley, and

butter. Season to taste with salt and pepper. Cover until ready to serve.

To serve, remove string from roulades and slice into 1" thick rounds. Divide couscous between plates, arrange roulade beside and drizzle with red wine sauce.

Photos by Wendy Hyde. All recipes included in



twine—see photo. Preheat the oven to 375°. Heat a large oven-proof skillet over medium-high heat, add the vegetable oil, and brown the roulades on all sides, turning

this column are original by Wendy Hyde unless otherwise noted. She can be contacted at wildstylecuisine@gmail.com; follow her on Instagram as girlgamechef.

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