

CHEESAPEAKE

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PRICELESS

Style



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

Fast Times on the Rivers

Change is the only constant. I first wrote that a number of years ago. I have seen it on other posts. I'd like to believe it originated with me.

Make New Friends, and keep the old. One is silver, the other gold.

For a number of years the *Virginian Pilot* has printed *Chesapeake Style*. Recently the *Tribune*, which owns the *Virginian Pilot* and the **Times Dispatch**, moved printing to the *Times Dispatch*. Starting with this August 2020 issue, *Chesapeake Style* will be printed in Richmond. There is a slight size difference, so we have updated all of our ad sizes.

This appears to be a smooth transition, and we are grateful that our printing costs and delivery options remain the same. We also have more flexibility about the number of pages i.e. We can downsize to either 32 or 36 pages and still have all color.

Meeting new people and still working with our old friends, is proving to be a positive experience. Not only have ad sizes changed, so have the methods of sending it to the printer.

Changes in the host, password to access the ftp window.

Of course it took time more time than I allotted, so I am grateful for everyone's patience. If you know/see members of our team, kindly tell them thank you!

Interestingly, in the early days *Chesapeake Style* was printed by the *Times Dispatch*. This was before pdfs and email. I would put it on an old fashioned floppy disk, take it to Richmond, and sometime several days later I would pick it up. At that time I was allowed to see it being printed. Once my rep approved it, they printed it, and by the time I got to my van, it was on the conveyor, bundled, and the guys were loading it.

Change is the only constant.

Encouraging Student Artists, Photographers, Writers
Students in
© *Style*



We're back!

Students in *Style*.

In this issue and several future issues, we will share work created by Lancaster High School students. We hope you enjoy them!

Thanks to Sandy Manning, art teacher at Lancaster High, for sharing students' work

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.

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Chesapeake Style

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About the cover~

Butterflies, sunflowers and blue skies ... these are a few of my favorite things, as Julie Andrews sang in the 1965 film "The Sound of Music". Greeted by sunflowers by the tens of thousands on acres of land, I snapped this photograph at Windsor Castle Park in Smithfield on a beautiful summer afternoon last year. Butterflies, Yellow and Red Finches, Blue Grosbeak birds and bumble bees were loving the acres of sunflowers as much as the folks around me! Young families with their children

and small groups of young ladies dawning dresses and floppy hats snapping photographs using the sunflowers as their backdrop. The atmosphere mirrored that of a county fair with everyone smiling and laughing! Was a perfect afternoon which I followed up with an ice cream cone in town upon leaving the acres of sunflowers. There is so much more to a picture than what the eye sees. A photograph locks away a memory! Thank you, DannyFigg.

The Day Rowdy Came to Visit *Style &*



By Nan Harvey

The day Rowdy came to visit started like any other: Rod Stewart, with a spikey 'doo that matches his namesake's, crowed the start of day. Technically, he crowed before the start of day because he assumed the sun couldn't rise without his help, generally true enough. But why does he have to crow so dang early? And since he roosts next to me at the front of the coop, it's right in my ear. No hope of sleep after that!

Truth be told, our schedule hadn't really gotten back to what it's supposed to be since the Brown Babies came. They came as day-olds but Management kept them inside The Glass Room the spring being so cold and wet. Aretha saw them first and alerted the rest of The Bigs. We could tell they could see us, them standing straight, making like they were big. We let them know they were the B Team, by strutting impressively by and they pretended to peck at something at their feet to acknowledge.

When the Brown Babies moved into The Annex, we could check them out. The first out of the crate, the Wyandottes, became Amelia and Beryl Markham. Right behind them were the quick-as-quails Welsummers who feathered out like quails too. Last, always, were the Buff Brahmas, great goofus birds more like the fluffy dogs the neighbor has. Once Management let The Babies out of the Annex Yard to roam with The Bigs, we noticed the



Calico Princesses were fearless squirrel chasers: Princess Leia and Princess Elsa.

The Day Rowdy Came to Visit we were going back and forth through the broken place in the netting. We were pretty sure Management didn't know of The Hole because always seemed surprised to see us in the dust bath under the cedars. Management had opened up the netting for The Loud Smelly Monster That Cuts Everything the Same Height but the Monster hadn't started roaring yet. There was also some speculation Rowdy had gotten stealthier.

Anyway, he was in the middle of us in an instant and, truth be told, I cannot tell you what happened then. I know I ran behind The Chicken Palace. I think the Welsummer tried to get through The Hole, got her leg caught just as Rowdy's hot breath was on her but got out and dived into the vines.

As soon as we started squawking, Management called The General Alert, loud and quick. We heard Management yelling that "No!" sound to Rowdy which made Rowdy run away. The Bigs of course knew to get into The Palace, even Rod who'd probably been waken from a Sleep Moment that he has more and more.

I couldn't see into The Tractor—The Tractor that, I just have to say, the Brown Babies confiscated!—but we could hear Management making the unhappy cooing sound. Management started walking the Garden calling the Come to Bed Song and Mama came in with Dolly, stragglers as always.

Then Management's tone changed and Aretha pecked at the Blues, Imso and DontBe, who were bickering. We could hear the soothing sound Management made sometimes. I for one have heard it when Management was looking at my mite-bitten legs. And fixed them! With goo that stopped the itching!

We didn't see the Welsummer for a couple of days, days the netting was put back securely and our Dog Patrol, Woody, was especially vigilant, showing Management, I guess, that it wasn't his fault. We were polishing off the last of a watermelon rind and Management

slid the crate from The Glass Room to The Annex Yard. We could see the Welsummer looking even more quail-like, smaller, shrunken, always sitting, silent, watchful.

Management made a big deal of every little thing she did from when she first started standing to those first few tentative hops, to eating the treats brought out. Treats like peanut butter, we could smell, and her own little bit of watermelon rind. I don't recall Management ever making such a fuss unless you count long time ago when the Hawk grabbed DoDo by the throat.

I gotta say, what a gamer! Management had started calling her Phoenix, whatever that means, but we could clearly understand

what she was saying to Management: first "My leg hurts!" then "Hey lookit me standing!" and "That makes my leg hurt again!" and then more and more "Get me outta here!"

When Management let her join us we couldn't help but peck her—what a target! But if Management was standing in the yard holding The Snake That Shoots Water Out, we'd get A Scolding, something completely incomprehensible to us, even The Bigs who've experienced A Scolding many times, like days Dolly lays in the potted plant.

I don't know nothing about Phoenix, she's Hoppy to the flock, Bigs and Brown Babies both. She doesn't get all that much attention from Management still but, what the heck, when're things going to get back to normal?

Nan Harvey photos of Rod Stewart and some of The Bigs, Aretha acting like a Super Model, The Brown Babies.

Nan Harvey is Management at Point Pleasant Farm. Eggs from The Bigs and Brown Babies can be purchased at Dug In Farm stand.



Style Spotlight~Espresso Bar Has Special Buzz



By Joy Brenda Burch

Having a good cup of coffee while you meet with friends and make new ones is a good way to start or take a break in your day. That is what Pamela Tolson and Donna Ryan thought a few years ago when they first came to Colonial Beach. They had both retired and had come to Colonial Beach to enjoy the relaxed area and nice people. Colonial Beach had been recommended to both of them by friends or family. They had not met each other until they came to

town. Sitting with some new friends, all agreed that it would be nice to be able to meet at a coffee shop and share friendships over a good cup of coffee. They wanted it to be a place where friends could get together, meet, socialize and catch-up with each other.

After

several months of discussion and idea sharing, the plans for the Colonial Buzz Espresso Bar started to become a reality. They found a company in Richmond, Blanchard's Coffee Roasting Company, that had very good coffee. The company was very helpful and gave them a thorough training about coffee, the various blends and how it should be prepared. This also included a wide range of equipment and its use. They serve espresso, a medium and dark roast, latte and cold brew coffee. Delicious sides are available to enjoy with the coffee. Some choices are cinnamon rolls,

chocolate croissants, cherry strudel and brownies. Coming soon will be puff pastry and sausage rolls. A description of their menu from their website describes it well. Colonial Buzz Espresso Bar serves hot, iced and frozen specialty coffee and tea drinks, along with other hot and cold beverages. Featuring locally roasted coffees served with an environmentally conscious attitude and small baked goods.

Donna and Pamela think about the welfare of all the people that could come to meet and greet while having a delicious coffee break.

There is a handicapped bathroom and they are planning a ramp for those with mobility issues.

The seating area is friendly, open and has the comforts of a room in one's home. The preparation area and the place where friends meet to enjoy a get together and coffee are visible to each other. So, Donna and Pamela are a part of the socializing.

They are both upbeat and with a good sense of humor. Check them out in Facebook for some examples that will make you grin.

They are also conscious of the environment. Everything that is not reusable, is compostable. All the tips go to local charities, which changes every month. They have a Loyalty Program. To be a part of it, you get a card which is punched every visit. After five visits, the sixth one is free.

Due to the Covid-19, coffee and sides are available as pick-up only. They are looking forward to being able to have their friends inside as soon as possible.

Colonial Buzz Espresso Bar was voted Business of the Year 2019 by the Colonial Beach Chamber

of Commerce. Donna and Pamela have certainly put their hearts into making it a place that would be like inviting the neighbors over for coffee. They had both retired but were drawn to starting this out of love of Colonial Beach. They said, It was a dream come true except we never dreamed it. We just wanted a coffee shop to come to. Donna and Pamela both agree that we couldn't have opened the shop if it weren't for the support and encouragement from our mothers!

In May 2019, they first opened the coffee shop on Washington Avenue. Their new location is 234 Colonial Avenue, which



they opened July 6. They are open Monday through Friday from 8 am to 2 pm. Their phone number is 804-410-2019. Email is colonialbuzz@gmail.com. Online their website is www.colonialbuzz.com and on Facebook it is Colonial Buzz Espresso Bar. When online, remember that some of the sites listed have the old Washington Avenue address. Ignore that, the correct location is Colonial Avenue.

Go by for some menu pickups until the Covid-19 restrictions change. Look forward to being able to share coffee and friendship. I had the pleasure of a cup of hot coffee and a glass of iced coffee. Wonderful. I will be back.
Joy Brenda Burch photos.

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Style f Spike's Wildlife Almanac~ Scarlet Snake~*Cemophora coccinea*

By Spike Knuth

The scarlet snake is found throughout the Coastal Plain and Piedmont Regions of southeastern United States from New Jersey, southward through the Carolinas to Florida and west through Tennessee and Kentucky to Louisiana, Oklahoma and east Texas.

It is similar to the poisonous coral snake, the scarlet king snake and the milk snake. The bands of the scarlet do not extend to the venter, leaving it white, gray, or pink on the underside. The red bands are wider than the black and whitish bands, and it has a pointed snout which is red. Scarlet snakes average 14-20 inches with a

maximum of 32 inches recorded.

They like soils that are loamy or sandy, suitable for burrowing, such as pine forests or scrub. Habitats favored are those where they can burrow or hide under logs, forest litter or other debris such as old boards. In June, 2 to 9 eggs elongated leathery eggs up to 1-3/8 inches are laid. They hatch in late summer and the young resemble the adults.

Being a burrower, scarlet snakes are seldom seen above ground except at night or after a heavy rain fall. They are normally encountered when accidentally unearthed. They feed mainly on mice, small snakes, snake eggs, and lizards and they kill by constriction.

Original art work by Spike Knuth.



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Style Spotlight~Needed, A Few Good Boats

By Ann Eichenmuller

The town of Reedville was born because of boats—fishing boats. When Elijah Reed transferred his menhaden fishing operation from Maine to the Chesapeake in 1874, the land he purchased on Cockrell's Creek grew into one of the major ports for the landing of commercial fish in the United States, second only to Kodiak, Alaska. From its Main Street National Historic District to the *Elva C* and the *Claude B. Somers* at its Museum dock, Reedville's story is a vital part of our local and national heritage. But just as boats created this town, they are needed again—this time to keep that history alive.

In addition to grants and sponsorships by individuals and

local businesses, the Reedville Fishermen's Museum relies on revenue generated by admissions, special events, and the sale of donated boats. With the closures and cancellations caused by Covid 19, RFM's boat sales must play an even bigger role in keeping the Museum afloat.

In the fourteen years Clif has been heading up the Boat Donation/Resale Program, it has grown to be the Museum's largest fundraiser. Total net income from boat sales last year exceeded \$30,000; but Clif notes they have made just over \$20,000 this year. While boats are often purchased in late summer and early fall, the Museum currently has just four boats for sale.

This is where you can help.

There's nothing sadder than a



boat that never leaves the dock or feels the water under her hull. Yet many of us have boats we don't use. Whether it's a Hobie Cat in your backyard, a canoe behind the garage, or a Boston Whaler on your lift, if you have a seaworthy vessel that hasn't been to sea in a while, consider donating it to RFM Boats.

A donation demands much less of your time and effort than brokering, and because the Museum is a fully certified not for profit organization under section 501 (c)(3) of the Internal Revenue Code, "in kind" contributions of boats may offer you the advantages of an income tax deduction for the vessel's market value. And most important of all, the Museum is able to continue its work thanks to your generosity.

"We prefer boats on trailers or capable of being trailered, whether they're manual, sail or power boats," Clif explains, noting that RFM has limited dock space on site.

He points out that rowing skiffs, small sailboats, and powerboats with outboard motors tend to be the most popular sellers, and while most of their donations date from the 80s and 90s, "newer is

better" in terms of finding a buyer.

That does not mean that in the water boats will not be considered, but Clif said that these must be in good condition. Unfortunately, some of the vessels offered to RFM need significant work, with engines that no longer run, missing sails, inoperable instruments, or hulls that are no longer seaworthy.

"If a boat's condition makes it worthless without expenditures, it cannot be accepted."

In addition to Clif, RFM's Boat Donation/Resale Program depends on Richard Brewer for advertising as well as boat handling. Gordon Burgess, Pete Kauneckas, Gerhard Straub, and Bill Small also assist with boat handling. They are always looking for volunteers with a passion for boats.

If you are interested in learning more about the Boat Donation/Resale Program or have a boat you can donate, you can contact Clif Ames at 804-453-3506 or via email at clif.ames@gmail.com. For more information about RFM's events, go to www.rfmuseum.org. *This classic 1962 Grady White is being offered by RFM Boats for \$4500. Photo courtesy RFM.*

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Sweat. Laugh. Pick. Sweat. Laugh. Pick



By Mary Beane

There's nothing like a Northern Neck summer in the vegetable garden with a group of good-humored gardeners. Sweat. Laugh. Pick. Tomatoes, squash, beets, beans, peas, even bok choy. Bok choy? A dedicated group of Northern Neck Master Gardeners spend the early hours of two mornings a week in the garden weeding, chatting, watering, and whatever else needs doing with a liberal dose of laughter. It beats the heat.

The Northern Neck Master Gardeners is a program of Virginia Cooperative Extension. Currently, the garden is closed to the public due to COVID-19.

This is no ordinary garden. Annually, the garden is created at Northern Neck Farm Museum to help youngsters and adults understand the basic principles

of vegetable gardening, encourage enthusiasm for gardening, and demonstrate environmentally friendly vegetable gardening.

In this year's garden, there is a special plot that spans the width of the garden dedicated as a memorial to a very special Master Gardener, friend and Northern Neck'er, Jinny Estell. Jinny was a driving force behind the vegetable garden. Her plot showcases the flowers from seeds many of the gardeners received at her Celebration of Life service. In addition, there are blueberry plants, irises, marigolds, herbs and lots of pollinators.

One of the most important reasons for being is to provide fresh vegetables and fruits to those in need through local food pantries. Since its inception in 2009, the garden has produced nearly 6,000 pounds of produce that has been delivered to local food banks. This year, Healthy Harvest Food Bank in Warsaw receives the weekly harvest for distribution. What else can you do with 50-60 pounds of cucumbers, 5 pounds of radishes, 10 pounds of English peas, 90 some pounds of blackberries, and loads of squash?

Planning starts in the cold months of January and February. The group meets to decide what plants to grow, a plant rotation and sequencing schedule, what experiments to conduct, and what seeds to purchase. Much debate around personal preferences happens until time calls a halt because seeds need to be planted. Seedlings are started in January

at Master Gardeners' homes and are ready for transplanting beginning in March.

The garden demonstrates varieties of vegetables and small fruits that grow well in the Northern Neck and how to get the most out of your garden through inter-planting, crop sequencing, crop rotation and the use of compost.

The garden showcases integrated pest management techniques to decrease reliance on pesticides, such as using buckwheat and a variety of herbs and flowers to attract beneficial insects. Water-wise techniques, such as collection of rainwater, mulching, and drip irrigation, are also employed. On site experiments validate best varieties and methods for growing particular crops. Agricultural and Natural Resources Extension Agent Trent Jones provides technical support, as well as

his garden tiller, to the effort.



Blackberries, here it's July and there's no end in sight! We've been picking forever! Next year, there's always a next year. Planning, planting, tending and harvesting. The garden teaches us new lessons every year. *Sweat. Laugh. Pick.*
Mary Beane photos.



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Style Spotlight~Rainbow Self Storage~Part of the Community

By Carol J. Bova

Joyce Jean Hudson is glad to be part of her Northern Neck community. She said, "I was born and raised here, been here all my life. I used to know everybody, but there are a lot of new people now too. My family lives here, so there's always something going on. I have four grandchildren, Haley and Hunter Newsome and Britney and Cassie Thomas. I enjoy doing things with them. I play with a card group once a week, and of course, I have my church family—that's all I have time for." She is proud of her company, Rainbow Self Storage. "It's a good business. I made it work. I'm just so grateful to have this so I can make a living and live an ordinary country life."

Rainbow Self Storage is the

company Joyce Jean's late husband, Benjamin "Bennie" Hudson Jr. started 31 years ago in Lottsburg. Bennie began with ten units, added on to those, and in 1993, expanded to another facility in Colonial Beach. Joyce Jean married Bennie, a widower, in 1994, and they continued to expand, first to Montross and then to Warsaw.

Joyce Jean and Bennie didn't let the stroke that paralyzed one side of his body stop them. Joyce Jean left her job at Allison's Ace Hardware to care for Bennie and they got a van with a lift. They worked together, and he taught her all she needed to know to run their storage company.

Joyce Jean said, "He walked me through how to troubleshoot mechanical problems and take care of everything. There were some ups and downs, but it all worked out. It

was a blessing to have this business so I could take care of him and still keep the business going. When Bennie died in 2007, It was hard to keep the business going, but I did."

Asked what helps her cope when times are difficult, Joyce Jean said, "The Good Lord. I pray a lot, and I have my family and friends. I'm very grateful and thankful."

Joyce Jean has continued the business on her own and bought the auction house in Lottsburg in 2016 and converted it to 19 climate controlled and 15 regular units.

She said, "We've grown from 10 to 500 units. Bennie had a good insight about what was needed and what to do. Crystal Thomas, my daughter, has been working with me in the office since 1997. Chuck Newsome, my son, now does most of maintenance

work. I used to do it all, but now he does the heavy lifting."

Her business meets the storage needs of a lot of people in her community. Rainbow Self Storage has all sizes of units from 5 x 5 to 10 x 30, regular and climate controlled. Montross now has a climate controlled building too. Colonial Beach and Warsaw have outdoor storage for RVs and motor homes. All the locations have security with automatic gates, lights and fences all around.

Call Monday-Friday, 9 to 5. 804-529-6200, 800-474-6060. The five Rainbow Storage locations are Lottsburg, 2502 Northumberland Hwy, Lottsburg at 8 Lake Road and the corner of 360, Montross, 17265 Kings Hwy, Colonial Beach, 2029 James Monroe Hwy, and Warsaw, 14218 History Lane Hwy. www.

rainbowselfstorageva.com/

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An Ounce of Prevention



By Ann Eichenmuller

If you've never experienced a storm surge, this photo from Isabel should be educational. That's my husband, standing knee-deep in water at the dock, Avalon's bow well over his head. Not sure how to get ready for a situation like this one? Based on industry research and the school of hard knocks, here are some things you should do as hurricane season heats up.

#1- Keep your boat in a state of preparedness. You can't move your boat with a dead battery, and your bilge pump won't have the juice to keep her afloat. If you're tied to a dock, dock lines should be in good condition and correctly sized for your boat. If your boat is on a lift, be sure your trailer is maintained so that you can move your boat onto land.

#2- If you're in the path of a named storm, haul your boat if you can. Researchers at MIT University found that boats stored ashore were sustained far less damage than those

kept in the water. If your vessel is ashore during a hurricane, store it well above the anticipated storm surge.

Since jackstands can shift, strap your boat securely to some sort of anchor point such as eyes set in concrete or helical anchors drilled into the ground. If your boat is on a trailer, strap it down and block the tires. For stern drives, pull the plug so your engine won't be flooded by heavy rain.

#3- If you're staying in the water, practice tying off your boat for heavy winds. For most boats, you'll want to point the bow toward the least protected direction to reduce windage. The best method of securing your boat will look like a large spider web with your boat in the middle. This web will allow the boat to rise on the surge while remaining in position.

#4- Don't get cheap with dock lines. Boat US estimates that 50% of the boats damaged at fixed docks during hurricanes could have been saved by using newer, longer, or heavier dock lines.

A boater we know tripled his lines during a tropical storm a few years ago. After a night of heavy wind, he was pleased to see his boat

still at the dock—but horrified when he got closer and realized only two lines remained. All the others had chafed through. Lesson learned? Don't depend on twenty-year-old rope in a blow.

#4- If you're tied to a floating dock, be sure your pilings are at least ten feet above the normal high tide. If they are only six or seven feet, the storm surge could lift the dock over the pilings, where it will float free—with your boat attached.

#5- Whether you haul out or stay in the water, remove everything you can to reduce wind resistance. That means biminis, canvas, antennas, deck-stowed anchors, sails, life rings, and dinghies. This also eliminates the possibility they will be damaged or blown away.

Don't wait until the next named storm is moving up the coast to prepare.

An ounce of prevention is worth thousands of dollars of repairs.

Ann Eichenmuller is a marine and travel journalist, author of the Lies mystery series. Check out her website at www.anneichenmuller.org.

Ann Eichenmuller photo.



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Style Spotlight~Building a Historical Masterpiece

By Gloria J. Savage

Wow! Don't miss the priceless, educational opportunity that awaits you, and your family and friends when visiting the Kinsale Museum.



I had my magnificent opportunity, and it was simply fabulous. It is one of those you just have to be there to experience. The two buildings I visited were rather small, but there is so much to see. Every little nook and cranny have a story about the people and history of Kinsale, Virginia. As the saying goes, Great things come in small packages. You are destined to find great things in Kinsale at the Kinsale Museum. I did.

Peering over my COVID-19 protective mask, I had the unique pleasure of meeting Kinsale Museum Director, Lynn Norris. My eyes wanted to gaze and roam around, but I restrained myself long enough to adequately meet the director. Before we started with the tour, I wanted to hear how she would describe Kinsale.

She encouraged me to look for the magic, and said that Kinsale is a mesmerizing place. In addition

to the Kinsale Museum, the Kinsale area is the home of historic sites like Stratford and Washington's birthplace, local wineries, and marinas. Her words echoed the statistic that many people have fallen in love with and move to the area after visiting, which speaks volumes about people's adoration of Kinsale.

The museum has about 1,700 visitors annually, with about one-quarter of those coming from places other than the Northern Neck. That's a lot of visitors to the small town of about 1,500 people. People come from Kinsale, Ireland, California, Canada, and Spain.

I'm totally impressed.

That lets me know that Kinsale is both magical and mesmerizing. It should also let you know that you should get there and experience the magic for yourself. The director did say that all the visitors are celebrities. Magical indeed.

Some of the happenings people ask about most include the death of James Butler Sigourney on July 14, 1813, as he attempted to defend Kinsale during the War of 1812 against a vastly greater force of British Marines, the 44 tomato canneries that stretch from Colonial Beach to Kinsale, and stories about other wars.

When asked if the museum had any distinguished unexpected celebrity visitors, I learned that everyone finds their own story in the Kinsale Museum. Visitors have included a Philippines Olympic Women's Gold medalist, descendants of heroic James Butler

Sigourney, and Washington DC Shadow Senator Paul Strauss.

If you have visited, you probably remember the numerous ship models and the countless books for sale and research in the extensive libraries through the museum and annex—the adjacent Old Ice Cream Parlor. There are books by past and present Kinsale residents about Kinsale, Westmoreland, various wars, steamboats, the Chesapeake Bay, and on and on. Books are everywhere.

Several new items donated since 2019 include a stunning walnut desk from the mid 19th century that was donated by Mel and Jackie Spruill. Stop by the desk, sign the guest book, and pick up some tourism information.

The pandemic caused Kinsale to cancel some special holiday events. The community missed seeing the joyful children running through the grassy lawns of town searching for Easter eggs, and the baked pound cakes and strawberry shortcakes during Mother's Day weekend. They also missed the hometown fireworks exhibition for the Fourth of July Bash, which usually brings hundreds of visitors.

As the Kinsale Museum prepares to celebrate upcoming, they are strategizing ways to carry them out events safely and deciding when to cancel if necessary. The upcoming 43rd Kinsale Day, September 19, 2020, includes two fundraisers instrumental in keeping the museum operating.

Visitors this summer can now bid on the ongoing Silent Auction of over 90 stunning items—valued at about \$22,000) and the 2nd Annual Joni Lawler

Memorial Rubber Duckie Derby.

As a celebrity in the Kinsale community's eyes, I would like to send a personal shout out of congratulation to two area members. First, to Kinsale's most senior resident, Eternally Young Helen Hinson, on her 100th Birthday—July 22, 2020)—Second, to Kinsale's retired teacher and historic reactor, Daisy Howard-Douglas, on her



new book *The Buffalo Soldiers of Westmoreland County, Virginia*.

Visit the Kinsale Museum on the Kinsale Creek and the central branch of the Yeocomico River. The museum is truly a historical masterpiece. Build your historical moment when you become a visitor. Experience the magical and mystical atmosphere, especially if you are outside of the Northern Neck. How else will you join me in becoming a celebrity? It is magical.

The Museum is located at 449 Kinsale Road. Call 804-472-2013. Open Fri- Sat., 10 a.m. to 5 p.m. FaceBook at The Kinsale Foundation, Inc., and online, <http://kinsalefoundation.org/>.
Gloria J. Savage photos.

Gift Of Love

By Don Loop

Before the hearth and fire they sat
 Father, mother, babe and cat.
 While wind and snow played tag without,
 The baby wailed at mother's drought,

Who frail and weak with paps near dry.
 She softly there began to cry.
 There was no cow nor nanny goat
 Whose milk would suave the baby's throat.

Three days ago the babe was born
 Too early from the womb was torn
 Which in fact, was due in late spring
 When 'twouldn't be so weathering.

Then mother breathed a silent prayer
 And gave the babe into God's care.
 Just then a noise at the front door,
 In stepped an Indian from the roar.

A maiden from down on the creek
 The frontier tribe with whom they speak.
 Motioning her unto the fire
 While she shook off the snowy mire.

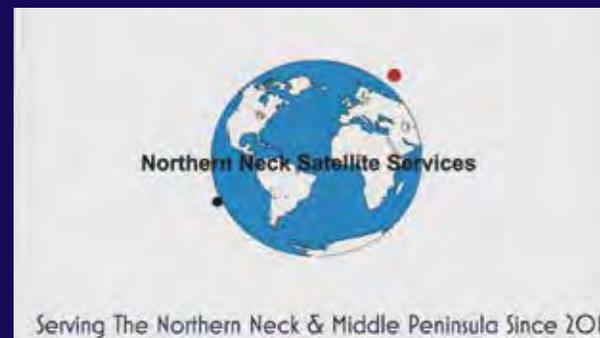
Lifting a wolf skin from her back
 A baby in the papoose rack
 Appeared. She opened up her vest
 Revealing two much swollen breasts.

She motioned to hand her the child,
 And handling both with care so mild
 She suckled them with mother love
 A loving gift that's from above.

When gestured to on how she knew,
 She pointed up, "Wakan Tanka"
 Her God as theirs loves children too
 And so advised her what to do.



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Style Spotlight~A Trip to the Museum



in Brooklin, Maine to join him in this new business venture. He brought his own family, these fishermen and their families back to Virginia. It was unfortunate that his own wife would pass away within days of arriving in what is now Northumberland County. As a result of this fishing industry, other entities such as butcher shops, bakeries, general and grocery stores opened up. These stores opened up because

By Tyler Sanders

For this interview, I had the privilege of sitting down with three dedicated workers at The Reedville Fishermen's Museum in historic Reedville, Virginia.

Ms. Lee Langston-Harrison is the Executive Director. Mr. Austin Schmidt is Chair of the Curatorial Committee and a reenactor on the crew of the 1608 John Smith Barge. Mrs. Dr. Kim Schmidt is President of the Board of Directors, a docent and Education Chair. The Executive Director and the museum's office manager are the only paid positions. Everyone else (over 615 members and 250 active volunteers) works on a volunteer basis. It is a real labor of love. At the time of this interview, the museum had only been re-opened to the public for three weeks due to since the start of the covid pandemic.

Once upon a time there was an adventurous seafaring man named Elijah Warren Reed (1827-1888), a sea captain and fisherman from Brooklin, Maine, who sailed to Virginia's own Northumberland County. He discovered that menhaden, an oily fish, were plentiful in the Chesapeake Bay. From 1868 to 1874, he would fish for menhaden, process render (cook) them to extract the oil, and ship the oil back to New England. It was discovered that menhaden produced an oil that could replace whales oil for fuel, lubricants and other industrial uses. This discovery was important because it was realized that the whale population had steeply declined due, in part, to the high demand for whale oil. Reed began to encourage his fellow fishermen

a population was established in Reedville, Virginia. This is how Elijah Warren Reed became known as the founder of Reedville, Virginia and the father of the menhaden business industry. [Reedville was actually named by Elijah's son, George, in honor of his father, when he [George] became the first postmaster.]

One might wonder how is the oil is extracted and processed from these fish. It is steamed from the fish.

Two of the museum's vessels, Claud W. Somers—a skipjack, built in 1911—and the Elva C. (a deadrise/buyboat, built in 1922) are on the National Register of Historic Places. These vessels are available for both private charters and public sails during sailing season. This usually occurs between the months of June and October. The Foggy River—a deadrise workboat—was restored for the purpose of acting as “an interpretive floating classroom”. School children are given the hands-on opportunity of fishing, catching oysters and crabbing. Some of these children may have never had the opportunity to touch a live fish, crab or oyster. The museum tries to match the Education Programs with whatever the children are currently learning in the traditional classroom.

According to Lee, museum exhibits change frequently. These exhibits are designed to tell the story of the Northern Neck, specifically the watermen of Cockrells Creek. Lee also wants us to know that when the term “watermen” is used, they are referring to “both men and women who make their living off of the waters

surrounding the Reedville area”. These waters include the lower Chesapeake Bay as well as the Atlantic Ocean. The museum believes that they are telling “an amazing story” through its many displays and exhibits. When COVID-19 is not part of the scenario, the museum offers wonderful hands-on activities for children. Lee describes the museum as an “an amazing place that changes often.” It is always accepting objects that have some type of relationship to Reedville proper. The museum wants everyone to remember that “we are here” and “cultural centers are important to our daily lives”

Although Lee has only been the Executive Director for three and a half years, she has been a museum professional for 42 years. Austin and Kim Schmidt have been associated with the museum for five and half years, since retiring to Reedville. Being a native of coastal New England, and having a Ph.D. in marine biology Kim found Reedville itself to be an attractive village. “Living on the water and having a fishermen's museum here was more than I could ask for more”.



The museum is located at 504 Main Street in historic Reedville, Virginia. During the pandemic the museum is open Thurs- thru Sat 11a.m. to 4 p.m. Admission is \$5.00 for adults and \$3.00 for senior citizens. Children ages 12 and under are admitted free. You can also visit the museum virtually via its Facebook page or its website at www.rfmuseum.org. For further inquiries, you can phone the museum at (804)453-6529.

Tyler Sanders photos of Claud W. Somers and Elva C.

Style *f* Faith Matters~Outdoor Church



By Torrence Harman

C OVID-19 has been a “game changer” in so many aspects of our lives. Sunday morning church, included. The rules and norms for our being together as the “faithful” has shifted dramatically during this pandemic, leaving us with the question: So now how do we worship? Sheltering in place may be the preferred way to stay healthy ourselves and protect the most vulnerable in the larger population around us, however this has not included sheltering in our homes of faith, our church sanctuaries.

Church is a big part of life in our rural river country. Churches cluster along main streets in our towns; they dot our country roadsides. However, this pandemic has emptied them. Church billboards offer words of hope and faith but they are just as likely to promote alternative church, virtual and live-streamed versions of Sunday services.

Virtual church is a novel and

interesting experience. One can attend by simply plopping down in an easy chair even still in “jamies” with a cup of coffee and be at church. Hymn singing becomes karaoke style. No worry if you can’t carry a tune; none of the other at home attendees can hear you anyway. Virtual church has reprised but certainly revamped the earliest, first century version of “home church.”

It seems though that folks have come to realize they are missing something essential about church: a basic human need to physically “gather together to ask the Lord’s blessing.” Just seeing a friend’s head in a box frame in a Zoom service does not fully meet our “gathering” needs after a while. A solution started taking shape: outdoors church.

Now if you are driving anywhere on a Sunday morning, you may see something new in our country landscape. “Drive-in-church” with services conducted in the church parking lot. The congregation not settled behind closed church

doors in pews but sitting in vehicles while the pastor leads worship and delivers the sermon standing in the back of a truck.

Churchyard church is another alternative you might spot as you are driving by. Face-masked folks bringing their own folding chairs and finding a pew spot where a little flag marker offers a six foot socially distanced location.

One of the churches I serve is “outdoors” challenged. The parking lot is small, the churchyard is our cemetery and the surrounding street noise deafening, even on Sunday morning. So, we took to an open field, gathering under hundred-year old shagbark hickory trees in a grassy space, bordered by growing crops on property offered by a parishioner family.

Bird song and the staccato sound of cicadas offer a musical accompaniment even as, last Sunday, a youth member played *Ode to Joy* on his saxophone and another *This Land Is Your Land, This Land Is My Land* on a keyboard hooked up umbilical cord like to electricity in a nearby outbuilding.

It was come-as-you-are worship in the outdoor sanctuary God’s creation offered. Several families included four-footed members who gathered in their own little cluster to meet and greet one another. Unlike us humans they did not have to wear face masks or maintain social distancing norms. Sunday gospel passages about wheat seeds and weeds, treasure hidden in a field, things growing in the earth, green pastures and fishermen hoping for an abundant catch have been the stuff of reflection. Last Sunday looking around the earthly pasture where we had gathered in dappled sunshine I imagined the

Good Shepherd with a smile on his face enjoying being with us as much as we loved being with Him. *Members and friends of Farnham and St. John’s Episcopal Churches gather for a Sunday morning service on the grounds of Sabine Hall. The four footed members of the Wellford, O’Hara and Barber family enjoy the service too. The Rev. Torrence Harman is the Priest in charge of Farnham Episcopal Church and St. John’s Episcopal Church in Warsaw.*

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Divina

By Kenny Park

As near as I can remember, my earliest memory is of her climbing out of the car, arriving home from the hospital in Antofagasta after delivering my brother Jimmy. I was four. All I have is a snapshot of the scene. Our home at the time had a tiny front yard, but enough for a walkway from the front door to the front gate.

From there, the rest of my memories involve various degrees of chastisement, exasperation, and frustration. I was, apparently, not a well-behaved little boy.

As I grew, she was...attentive. Not simply keeping tabs on me but paying attention to me. She was aware of what I was concerned with - who - and

what—was going on in my life.

She knew how to read me—I think all good mothers share that trait. She could tell when something was bothering me, or when I was worried about something. And she would ask about it.

I don't remember having any deep philosophical discussions as a teenager, but as I grew older, went to university and then post graduate studies at seminary, those conversations came. Then as I met and married Leslie, and when we had our children, they happened again, because that was what was occupying our lives at the time.

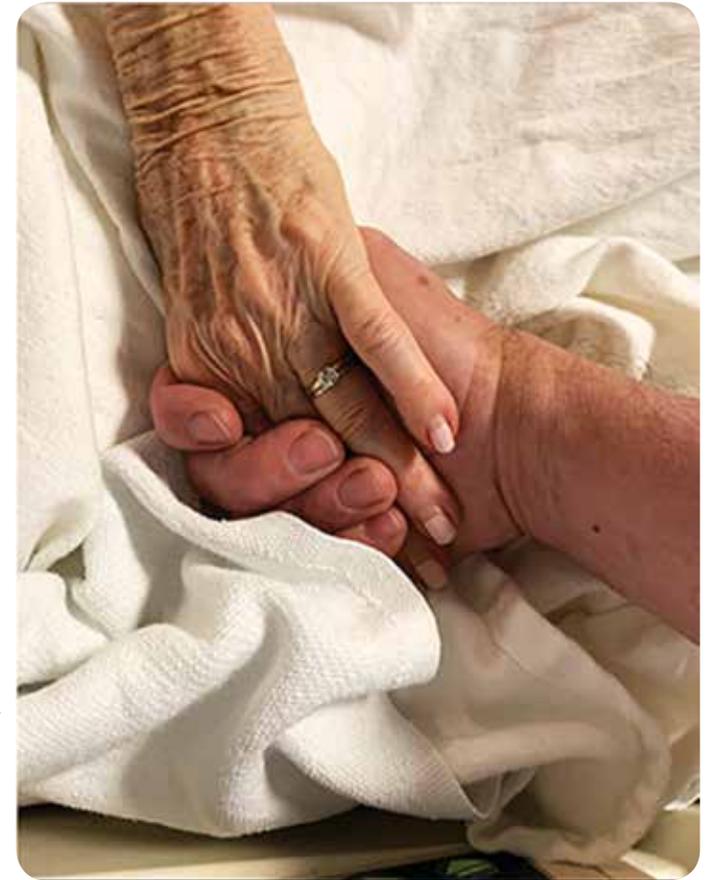
When we moved to Warsaw and I began the pastorate at Jerusalem, and worked with the Latino community in the area, her and Daddy's pride and encouragement were unailing. Always uplifting,

always at the ready to express their love for us and our work, always asking about how things were going and about individual members of the communities.

For most of the last ten years, if not longer, I could count on a phone call from her between 9 and 10 in the morning, weekdays. Rarely were they long calls. Most of the time it was a quick check-in to make sure everyone was doing ok and asking where I was and what I was doing.

Most often she would catch me on my way to or coming back from Richmond or somewhere else taking someone to an appointment or court or a consulate, and we would sometimes switch to speaking in Spanish with each other as I introduced her to whomever was riding with me, and there would be warm greetings exchanged.

I always counted those occasions as a point of pride for me—getting to introduce my families here to my mother and father, and let them hear and see how much love we shared between us, even



at a distance and not being able to see each other as often as we perhaps would have liked.

THAT part of our relationship changed on the morning of Saturday, July 18th, at 6 a.m. The one where we could talk to each other over the phone. I can still talk to her, but I hear her voice in my heart now. I feel her love there as well. I rest in knowing that that will never change. *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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Divina

Por Kenny Park

Por lo que acuerdo, mi primer recuerdo es de ella saliendo del auto, llegando a casa del hospital en Antofagasta después de dar a luz a mi hermano Jimmy. Yo tenía cuatro años. Todo lo que tengo es una instantánea de la escena. Nuestra casa en ese momento tenía un pequeño patio a la entrada, suficiente para una pasarela desde la puerta hasta el portón a la calle.

A partir de ahí, el resto de mis recuerdos son de grados variados de regaño, exasperación y frustración. Aparentemente, no era un niño que se portaba bien.

A medida que iba creciendo ella fue ... atenta. No solo vigilándome, sino que prestándome atención. Ella era consciente de lo que me preocupaba: quién y qué estaba pasando en mi vida.

Ella sabía cómo leerme (creo que todas las buenas madres comparten ese rasgo). Sabía cuándo algo

me estaba molestando o cuando estaba preocupada por algo. Y me preguntaría al respecto.

No recuerdo haber tenido profundas conversaciones filosóficas cuando era adolescente, pero a medida que iba madurando, yendo a la universidad y luego estudiando posgrado en el seminario, surgieron esas conversaciones. Luego, cuando conocí y me casé con Leslie, y cuando tuvimos a nuestros hijos, sucedieron nuevamente, porque eso era lo que ocupaba nuestras vidas en ese momento.

Cuando nos mudamos a Warsaw y comencé el pastorado en Jerusalén, también trabajando con la comunidad latina en el área, el orgullo y el aliento de ella y de mi padre fueron inagotables. Siempre edificantes, siempre dispuestos a expresar su amor por nosotros y nuestro trabajo, siempre preguntando cómo iban las cosas y sobre los miembros individuales de las comunidades.

Style f

Durante la mayor parte de los últimos diez años, si no más, podía contar con una llamada telefónica de ella entre las 9 y las 10 de la mañana, en semana. Raramente eran largas las llamadas. La mayoría de las veces fue una consulta rápida para asegurarse de que todos estábamos bien y preguntarme dónde estaba y qué estaba haciendo. La mayoría de las veces ella me pillaba camino a o camino de regreso de Richmond o de algún otro lugar llevando a alguien a una cita, a la corte o al consulado, y a veces nos pasábamos a hablar en español cuando le presenté a quien viajaba conmigo, y se intercambiarían saludos cordiales y cariñosos.

Siempre conté esas ocasiones como un motivo de orgullo para

mí: poder presentarles a mis familias aquí a mi madre y a mi padre, y dejar que escucharan y vieran cuánto amor compartíamos entre nosotros, incluso a distancia y sin poder vernos tan a menudo como nos hubiera gustado.

Esa parte de nuestra relación cambió la mañana del sábado 18 de julio a las 6 de la mañana. Ese momento donde podíamos hablar por teléfono. Todavía puedo hablar con ella, claro; pero ahora escucho su voz en mi corazón. Siento su amor allí también. Descanso sabiendo que eso nunca cambiará. *Kenny ha servido a la comunidad inmigrante de nuestra área y como Pastor de la iglesia bautista Jerusalén en Warsaw desde el 2003. Su correo electrónico es Kenny.park@gmail.com*

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How Do We Bear It?



By Dr. Jane Park Cutler

How troubling are these days: pandemic, riots, wilting heat and the trials

(rescue.) Then our media system died which is a big deal when that's our only source of entertainment during our stay-at-home pledge, with no appointment until mid-August to

resolve the problem. (We have come up with a temporary fix thanks to a persistent technician's phone call.) Oh, then there was the deer who leapt across our pool cover, leaving multiple gashes which snowballed into other problems. (Still waiting for that fix!) Granted only the privileged have to confront these issues, but they are, nonetheless, matters we must confront.

At one particular low point, I simply lay on my rug and allowed myself to think about the Bedouin women who gathered flowers, roots, fruits and other offerings from nature to dye the wool sheared

from the sheep they herded across Morocco and weave them into beauty as they roamed the lands.

I thought of these women who



have never felt air conditioning, nor watched movies streaming on a home media system, nor known



what it is like to have a swimming pool in their yard. Yet, I felt no pity for them. Au contraire! When I met one of these nomadic tribes,

I marveled at their contentment, at their loyalty to each other, at their love of life. I did not wish all our modern conveniences upon them. This evening I thanked them for weaving these flowers into a rug that I treasure.

I began to look around my house for other flowers created by family friends and my son Clark. There's Joan's still life of lilies and other beauties in a Waterford vase. Ric painted this meadow of wildflowers which we gifted my in-laws for an anniversary, now hanging in our living room.

As a senior in high school, our science/math wiz son asked to drop physics to take an art class. Now we have both his woodcut *Three-Cornered Flower* and a simple yellow rose ("Gather these while you may, my sweetheart") to remind us of those times, almost twenty years ago.

As I savor these flowers created by human hands, I forget about the dire state of the world for a little while. I enter a time portal and can wander in fields of flowers and memories unaffected by calamity. I smile. How can I be anything other than grateful? *Dr Jane Park Cutler is a retired social worker living in Deltaville with her husband Dr Gordon B Cutler, Jr. Throughout her career she was concerned about the well-being, physical and emotional, of her clients, students and society in general. She too struggles to find hope in times of difficult challenges.*



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DeLorean or Push Boat?



By Gerhard Straub

When the Reedville Fishermen's Museum completed the refurbishment of the newly donated skipjack *Claud W. Somers* in 2001, they realized they needed a new push boat too, since skipjacks are engineless of course.

When mechanical propulsion is required, the push boat is lowered into the water, its bow put in to a chock at the stern of the skipjack, and the engine engaged. It works just like a tug pushing a barge, except that in this case, the barge is doing most of the steering! To some folks, and in some parts of the country, that little pusher boat is called a "yawl boat," but that is a topic for another day, so we'll just call it a push boat for now!

So back in 2001, the museum's Boat Shop built a "temporary" push boat around a donated, used

Westerbeke 4-107 diesel engine. In 2019, that "temporary" push boat was still doing duty! (I know none of you have any similar "temporary" things in operation!) However, it had a couple of issues. First off, the



boat leaked like a sieve—from the bottom and top—and engines really don't like sitting in a saltwater bath! It's even worse if it is a 40 year old engine sitting in a salt water bath.

However, it did provide the full Chesapeake style skipjack

experience. I mean, I think there are two people in the world who could actually—most of the time—get it to do a cold start and that would require straddling the engine, both feet in the bilge water, aiming a heat gun at the air intake while trying to hit the start button and hoping the whole thing didn't blow up with you sitting on it!

Last year, with a grant from the River Counties Community Foundation, some fund raising, donations from individuals, and some pity from the museum board, approval to buy a new engine was received and the Boat Shop began building a new push boat. A couple of the crew even drove to North Carolina to pick up the engine from the US distributor.

The real stars of this new project are the guys in the museum boat shop led by Egbert Dees and Pete Kauneckas. They talked with other museums to see how

best to build the new push boat. Lacking any real good guidance, they struck out on their own, and the new push boat they came up with is nothing short of a work of art!

If you know Egbert, you know about his attention to detail. It was purposely designed to make sure no water gets in. Covers have channels to allow rainwater to drain off and there is a

dripleless shaft seal. The new engine is going to be living in luxury. The electrical system is top notch, and I would expect nothing less since it was designed by Wray Dudley, who is a retired TV broadcast engineer. I mean, the thing even has gull wing doors to access the interior, just like a DeLorean! There is only one problem with the new push boat. It is so nice and shiny, I'm afraid to get it wet!

See you on the water.

Gerhard Straub is master of the skipjack Claud W. Somers, which is owned and operated by the Reedville Fishermen's Museum
Photos by Gerhard Straub.

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Style f Safeguarding the Region's Most Vulnerable Residents



we've seen, we would love to recruit additional volunteers to help with meal deliveries."

Similarly, Bay Aging's Helping Neighbors initiative, which provides free, restaurant-prepared hot meals to eligible residents age 60+, has expanded.

By Michael Norvell

Throughout the COVID-19 crisis, Bay Aging has provided a myriad of essential services to many of the region's most vulnerable residents. Coronavirus-induced increases in food insecurity have spawned tremendous growth in Meals on Wheels participation, with enrollment swelling by more than 66 percent from April to June.

Over 26,000 meals were delivered in June and July's meal delivery count is expected to increase as well. Today, nearly 1,000 homebound residents age 60+ in the Northern Neck and Middle Peninsula receive Meals on Wheels deliveries from Bay Aging. "Beginning in early April, interest in our Meals on Wheels services started to surge," said Jennifer Beck, Bay Aging's Director of Community Living Programs. "We are fortunate that our volunteer network has been up to the challenge. However, with the magnitude of growth

Nearly 900 older residents across the area have been receiving 1,800 hot meals weekly from sixteen area restaurants.

The meals are delivered by

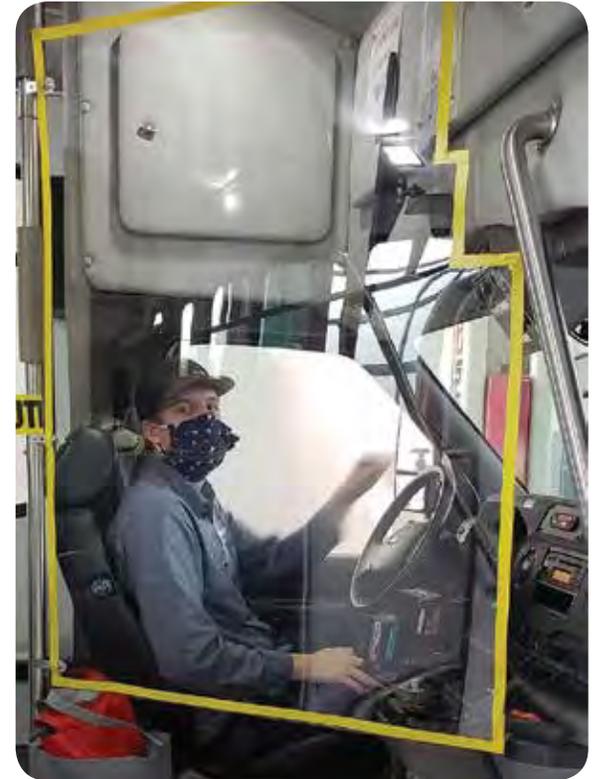


Bay Aging staff and volunteers on Mondays and Wednesdays in the Middle Peninsula and on Tuesdays and Thursdays in the Northern Neck. "We are always in need of additional volunteers and currently have volunteer opportunities available in King &

Queen, Northumberland and Westmoreland Counties," said Lauren Cobb, who is spearheading the initiative for Bay Aging. "The feedback we've received from volunteers and recipients has been so heartwarming. If you are interested in becoming a volunteer, please email me at lcobb@bayaging.org."

Bay Transit, a division of Bay Aging, has also been busy during the pandemic. While ridership fell significantly at the beginning of the crisis, Bay Transit did not see the precipitous drop that so many other public transit systems experienced. Ken Pollock, Bay Transit's Director, attributes the system's resiliency to several factors. "First, many of our customers depend on Bay Transit for transportation to dialysis, medical appointments, work, grocery stores and pharmacies so we needed to be there for them.

Additionally, we have always been a public transportation system that views customer service and safety as our top priority. We immediately began implementing best practices recommended by the Centers for Disease Control and Prevention and Federal Transit Administration to safeguard our riders and staff. We suspended fare collection, installed plexiglass partitions around the driver's seat of all buses, require drivers to wear face masks, partitioned seats to facilitate social distancing of riders, and regularly and vigorously clean and disinfect the buses," Pollock said.



Indeed, Bay Transit recently launched a campaign dubbed 'The Pledge' to inform the public about Bay Transit's commitment to safeguarding passengers and drivers. "When people get on the bus and see the steps we've taken to ensure their safety, they feel confident about riding with us," Pollock added. "Our ridership in June increased by 21 percent, so we feel 'The Pledge' campaign is beginning to resonate with our customers."

For more information about volunteering or donating, please visit Bay Aging's website at www.bayaging.org. For those without internet access, please call Bay Aging at 800-493-0238. *Michael Norvell photos of Aime Jenkins - Edward Baker, Bus with hand sanitizer and masks, Plastic shields to protect drivers.*

Let's Exercise



By Gloria J. Savage

People can encourage you to do almost anything, within reason. Some friends can even encourage you to workout. You know it's true. So, why not just workout on your own.

Exercise is essential to health and wellbeing. It is also an excellent stress reliever. If you are heading to a workout session with the thought that you are still walking funny for the last one, you are in for a rude awakening. To eliminate a disaster like that, make sure you have an established workout regimen.

It's important to remember to take it easy in the beginning. If your start is too aggressive, you will

quite shortly after starting. Don't let that happen to you. Start with a plan you can consistently complete on a routine base. Have a workable schedule that is not intrusive on an already busy schedule. You get the idea. Make exercise a significant part of your lifestyle.

If your goal is to run a marathon, even if you have completed that distance several times before, set some interim distance and time goals realistic for your current physical condition. You know what I mean. Just because you have completed a distance before doesn't mean you can do it now. Our

capacity to do certain activities we have done in the past changes over time. That might be a wakeup call for some of us, but it is reality.

I'll tell you what I do. I write things down. It helps me to know my plan and stay committed to it. You can always make changes after you have a routine established and have proven you can be committed to it. Sure, you can do it, but until you do it, you haven't done it. So

the idea is to get it done and to continue to get it done repeatedly. It might sound easy, and it certainly can be, but other things have a way of crowding our schedules until our new plan has become a habit.

So set a goal that is easier than what you are confident you can complete. Here are some practices or strategies that might be helpful. Consider the following.

1. Contact your doctor or primary care provider to make sure you are physically fit to exercise. That's just a precaution.
2. Brainstorm on a few exercises you want to consider.
3. Write out your exercise plan so you can see it and reflect on it.
4. Focus on one new goal at a time. (Do you prefer distance or time? Example walk one mile three times a week or walk 15 minutes three times a week.)
5. Make sure you can measure your progress.
6. Look at your goal every day until you can meet your goal at least two weeks straight.
7. Log your progress so that you know when you are meeting your established goal.

8. Keep a balanced schedule of events, and don't overdo it.

Okay. I'm not your conscience but think about exercising or adding something new to your current exercise routine. You might want to check your weight before you start to measure and monitor those changes as well as your workouts. Don't let COVID-19 stop you from reaching your goals, especially your exercise goals. They can be life-changing. Let's exercise!
Gloria J. Savage is a writer who lives in Hayes, with her husband Wil. Gloria J. Savage photo.

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Antique and Classic Car Show~Part of Make It a Heathsville Saturday

By Corinne Anthony Becker

There are always lots of reasons to visit Heathsville, but Saturday, August 15th 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 in to Rice's Hotel/Hughlett's Tavern for a Classic and Antique 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 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.

The market will have special safety precautions in place, as required at farmers

markets. Vendors will be spread out, and face masks will be worn. Hand sanitizer stations will be available. Customers should be prepared to social distance

and wear face masks for safety sake.

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. Dining is available for take-out, outside, and socially-distanced inside. 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, Rice's Hotel / Hughlett's Tavern 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. Browse classy church thrift shops run by St. Stephen's Episcopal and Light of Christ Anglican. Check out Kathy's Korner for unique treasures for the home. Pick up your Historic Heathsville Walking Map, and wander past homes and buildings from every century since the 1700's.

All sites are located on Route 360 in Heathsville. Historic Rice's Hotel /Hughlett's Tavern, a non-profit run entirely by volunteers, is found at 73 Monument Place, hidden just off Route 360 behind the old Northumberland Courthouse.

Make It a Heathsville Saturday will take place on the third Saturday of the month, April thru October. Each Farmers Market has a different theme. Sonabank is the major sponsor of this community-wide initiative. For more information, visit www.RHHTFoundationinc.org, e-mail info@rhhtfoundationinc.org, or call 804-580-3377.

Cutline: Members of the Northern Neck Chapter of the Antique Automobile Club of America and the Northern Neck Corvette Club will cruise in at the Heathsville Farmers Market on Saturday, August 15th, as part of Make It a Heathsville Saturday.

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Leonardo da Vinci, A Wedding Planner?



By Ellen Dugan

The year before Columbus set sail for America, Leonardo da Vinci was planning a wedding. And it wasn't his own.

It was a double ceremony, Leonardo's biggest gig to date. The groom was his patron, the future Duke of Milan, 39-year-old Ludovico Sforza. Ludovico was marrying 15-year-old Beatrice d'Este, his second choice, in an alliance arrangement.

The other couple was Beatrice's brother Alfonzo who was marrying Ludovico's niece Anna. Leonardo, who would never marry, was

planning their wedding because it was part of his job. And he did it well.

In his original "letter of employment" to Ludovico—what we would call a job application—Leonardo described his engineering projects, military apparatuses, hydraulic models, and architectural designs in great detail, adding that "My painting and my sculpture will stand comparison with that of any other artist." He also

advised Ludovico that he was "supreme at telling riddles and tying knots," and that he could "make cakes that are without compare."

Ludovico hired him immediately as a lute player and an afterdinner entertainer. From here Leonardo progressed to "Master of Feasts and Banquets" or "Master of Revels" for the Sforza court with additional responsibility as advisor to fortifications.

Under Leonardo's management Ludovico's dining rooms were transformed. They became theater settings for exquisite, sumptuous functions. Food was no longer a bit player in the ceremonial

drama. Imaginative cuisine took center stage, elevated from the rustic dullness of messy portions slopped in front of guests, to artistic, tastefully complex, visually elaborate presentations.



Carrots were carved into miniature sea horses then adorned with capers and a drop of anchovy paste on the side. Small, boiled onions sat atop thin slices of buffalo cheese topped with a black olive. Boiled broccoli was served with caviar and cream.

Jellied goat, hemp bread, white mosquito pudding, inedible turnips and eel balls, which Leonardo believed could cause madness—if eaten often—were banished.

In the wedding Leonardo orchestrated for Giovanni Galeazzo and Isabella of Aragon a few years before Ludovico's double

ceremony, Leonardo designed sets and costumes for a "Festa del Paradiso"—Heavenly Party—theme. Attendees were dressed as angels. Planets rotated, illuminated by hundreds of candles that, reflecting off a curved, golden surface, gave the illusion of starry skies. As the bride and groom made their way through the display, each planet opened to reveal a deity who recited a Bellincioni poem written especially for the newlyweds.

For Ludovico and Beatrice's double wedding in 1491, a celebration that had to outdo all others, Leonardo created the menu, provided entertainment, and supervised decorations. His most spectacular creation was a massively long,—some say 200 feet—edible altar complete with chairs made entirely of cake and polenta.

Leaving no artistic expression to chance, he also designed what each guest wore, including their hats. And his dining room layout, one long table with diners all sitting on the same side, was an idea he would later repeat when painting his masterpiece, *The Last Supper*.

It was also at this function that he is said to have invented napkins. But that is another story...



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Preventative Maintenance

By RuthE Forrest BCTMB

You know the importance of scheduling those magical preventative maintenance appointments for your automobile that void the warrantee if missed. You probably do routine checks on fluid and tire pressure levels in between if you're smart, just to ensure peak performance. If you're like me, you also try to maintain the cleanliness of your auto. You may immediately attend to its other needs as they arise before a small issue becomes a major repair. You do this because you know that it will extend the life of the machine.

How many of us practice preventative maintenance on the body we live in every day? It might take a global pandemic to help us wake up to the fact that if we

have been diligent at preventative maintenance of our body, we probably have less stress about being exposed to a contagion. We may be better equipped to survive a viral illness if we have cultured a strong immune system.

We will feel mentally strong enough to endure the experience, confidently going through it to the other side and recover gracefully. We may be exposed to a pathogen without having any symptoms at all. The awesome immune system does what it does naturally—creates antibodies and deals with the invader successfully, learning from the experience so that it's better prepared should we ever encounter it again. Much more impressive than a mere vehicle, wouldn't you say? If you change your oil in your automobile more than you schedule bodywork, you're

maintaining the wrong vehicle.

Why is it so hard to schedule preventative body maintenance? I'm in the preventative maintenance business, and even I fall short sometimes! It's my life mantra though, so I try hard to keep up routine tasks. My list seems to include more and more items as I age. But I guess that's to be expected.

If your vehicle is an older model like mine you know what I'm talking about. This pandemic has caused people to be fearful of attending routine activities and health promoting appointments from fear of exposure. Confidence levels have fallen for many of us seniors especially. We find ourselves putting things on hold until we feel stronger emotionally.

Fear is a real health downer though, I try to reign that one in as soon as it appears if at all possible. Fear of the unknown is the worst, that's when we become paralyzed. Our brains are hardwired with a flight-fight-freeze program.

When we experience toxic stress

our higher mind functioning is on hold—literally frozen until we have more information. The pandemic has extended this period. We find ourselves hunkered down indefinitely, adding additional stress. Stress kills us from the inside out. Many studies show that the cortisol cascade that ramps up with chronic stress will take us out sooner rather than later. What's the antidote?

Ironically, it's those routine tasks that contribute to a good preventative maintenance program for living a balanced life. Humans find comfort in routine. Everyday rituals that get us through the hard times also help us appreciate the good times.

That's if your routine is a healthy one that nourishes body mind and spirit. Everyone should occasionally re-evaluate and update their preventative maintenance practices. Don't forget to schedule in some fun—it's a great stress buster! *Call Spa 2 U at (804) 453-5367 to schedule your own preventative maintenance!*

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Storytime

By Sandra C. Fykes

Some things never change! As a child, I loved storytime, and as an adult, I still love storytime. I enjoy the whole gamut: Bible stories, sermons, testimonials, children's stories, family stories: including the 'grown folk' ones, office stories, romance stories, vacation stories, breaking news, court stories, eyewitness accounts, patient stories, Uber/cab/bus driver stories, biographies, documentaries, the list goes on and on.

As an only child, I discovered there is always something to learn from a story, and not only about the people or characters, but about myself as well. As the story began to unfold, I began to picture myself in the storyline, walking alongside the main characters, or imagining myself firmly planted in their shoes, the two of us talking, laughing, and crying as one.

Looking back, I believe that is one of the ways that I began to experience empathy early on in my life, and I also realized that everybody has a story.

Two of my favorite activities as a child were sitting at the kitchen table with adults—remember, I am only child—listening intently to family stories until I was asked to leave—and then I went to what I thought was my secret hiding spot to continue listening before I was detected and ushered out—and listening to bedtime stories.

If I was still awake after the first story, I would ask my mother to read another one until I fell asleep, because nothing was more exciting than letting the remainder of the story play out in my dreams. Thankfully, my mother was wise

enough to select books with happy endings, and to conclude the storytelling with my bedtime prayer before I drifted off into dream land.

As an adult, I look forward to starting my day with devotions and Bible stories, and I still enjoy kitchen table and bedtime stories. Now, I can finally stay put at the table for all of the grown folk talk, yet I confess that there are those rare moments when I wish that I could turn back the clock and be dismissed. I also continue to listen to a mosaic of stories throughout the day leading up to bedtime.

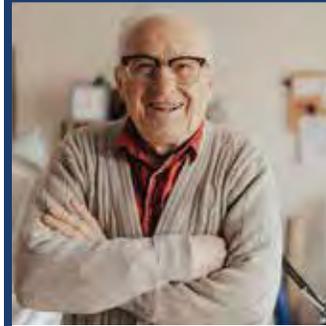
And when that time comes, thanks to my wise mother, I now know when it's time to close the book, turn off the TV, get off the phone, and say my prayers before I fall asleep.

When was the last time that you heard a good story? Our stories are in us, surround us, mold us, and weave us together. They leave impressions on us. Have you thought about your own stories and how you can share them? You don't need a degree, credentials, or certifications.

My friend, you are the expert, no one knows your story better than you. And before you ask, yes indeed, your story is valuable because it came from you! Someone may be waiting to listen at the kitchen table, or waiting for a bedtime story, or it could be someone on the phone, maybe your friend, neighbor, or pastor.

Maybe someone that you don't know will be blessed by your story, or you may just want to share it with God for now. God is always waiting and wants to hear from you. We all have stories to tell, we just have to find the time to listen to them and share them.

Style f



I thought to myself, “Never Again!”

At first, I didn't think it would be too bad. . . When the stay at home order began, I thought, “That's not a big deal. I don't go out too often anyhow.” I thought of it as a snow storm threat and loaded the cupboards with soup and pasta thinking it wouldn't last more than a few weeks.

But as the weeks dragged on, I watched the news and started getting scared. The housekeeper who I have come once a week canceled. My doctor said I shouldn't go out because of my heart condition, and so the only person I saw each week was the grocery deliveryman, and that was only through the window.

Every day was the same. I watched the news, read my book, and did crossword puzzles. I could hear the masked worry in my daughter's voice when she told me, “Everything will go back to normal soon.” I started losing track of the days and began questioning if I had taken my medication or eaten lunch.

- What if I did get sick? Would I be able to get help?
- How long will this last?
- When will I be able to get out to see church family again?

After 6 weeks, I'd had enough. I didn't survive the fight in Korea and work 40 years to spend my retirement alone and scared. I couldn't be isolated any longer. It was time to call Commonwealth Senior Living.

I moved in mid-May and no longer have to worry about a thing! The food is great. The place is spotless, and the truth is they treat me like a king. They even put my picture up on the Wall of Valor with the rest of the retired military guys. It's good to be part of a community again.

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Time Warp

By Carol J. Bova

Over the past few weeks, I've felt at times that I wandered into a time warp from one of my favorite science fiction shows. It feels just as strange to me as it is for the characters in the shows. I'm still self isolating because of my age and autoimmune conditions. For several years, I've gotten together with a group of friends for dinner every Tuesday, and often, met other friends for lunch on Friday. I miss the socializing of those shared meals, and I miss standing in the market and chatting with folks as we shop.

I've had plenty to keep me busy with downloading state and federal virus reports and sorting the information to pull out the parts that apply to Virginia. I use the information to fact check news articles, write blog posts to share information, explain the background on some situations, or follow up on earlier stories.

But I avoid constant news on the radio or television. Instead, there are a number of news sources online along with magazine articles to choose from. I look up medical



journal articles on PubMed, pubmed.ncbi.nlm.nih.gov, from the National Institutes of Health to see what the researchers said, instead of relying on media quotes.

The reading and writing help, but they don't fill all the gaps from the social events that used to highlight my weeks. One positive new highlight is a new

weekly opportunity for networking with the writers from the Rappatomac Writers group. We meet on Zoom and read and discuss our writing. Other groups are meeting online on a variety of topics.

The heat and thunderstorms have kept me from being out in my yard as often as I'd like. Being confined to the house chafes. Talking to others in the same or similar situation, I soon found I'm not alone in the experience!

Humans are social animals. We thrive on our connections to others. So if you find you're a little more forgetful, a little more anxious, or not feeling like your usual self, you can take some comfort in knowing others are having the same reactions. What to do about it?

First, follow up on your regular medical checkups. Take vitamins the doctor recommends and your prescribed medications. If you're diabetic, monitor and

watch your blood sugar levels. Plan and eat healthy meals. Get some exercise every day, even if it's only walking in the house. Chair exercises are posted on many sites online to keep up muscle tone without a lot of exertion.

The Centers for Disease Control has a website for coping with stress during the pandemic. The authors remind us that everyone reacts differently to stressful situations. They share healthy ways to cope with stress. Take a few minutes and go to the website and check it out:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Remember, as hard as this is sometimes, it's not permanent. You are not alone. We're all in this together as my cat William reminds me every day when he comes for his daily petting time. *Carol J. Bova writes for Chesapeake Style and baconsrebellion.com. She's working on Breaking the Eighth, the sequel to her novel, Chestnut Springs. Carol Bova photo of William.*

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A Mother's Blessed Rest

By Darleen R. Nichols

I have known Andrea Lynne Faris Roberts an entire lifetime, hers not mine. Andrea is the first born of my brother Lee and wife Julianne. She was the first grandchild in both families Andrea has always been a loving, caring person and she has grown into a remarkable young woman.

She married Rich Roberts on March 24, 2001. April 26, 2002 Reece Roberts, their first born child arrived amid much joy. Shortly, they learned that Reece had Down syndrome. None of the prenatal test had shown this as a possibility. Andrea left her job and dived into learning all she could about this condition while Rich took on the responsibility of providing totally for the family

Andrea learned she and Rich were far from the only parents dealing with this issue. The more she learned, the more she felt the need to do something. She started a nonprofit foundation called Reece's Rainbow to help others. This grew into a mission to find adoptive families for extra needs children in America from Eastern European countries where they were throw aways.

Andrea received much support and acclaim for this effort including a *People Magazine's* Hero of the Year in 2010 and receiving the Congressional "Angel in Adoption" Award. She realized that more needed to be done. She turned over Reece's Rainbow to her Board of Directors in February 2017

and started on a new phase.

This young woman whose eldest son, Reece, was approaching the age of 18 thought about all of the 24/7 care that these youngsters needed through the years and how many parents nationwide were going through identical days and nights. A Mother's Rest Charitable Respite Foundation was born. The mission statement reads "To improve the emotional and physical health of caregivers through proactive, Affordable, restorative, respite opportunities". It began with building a network of bed and breakfast partners across the country to host several weekend retreats each year. That worked nicely but Andrea believed that a flagship, year round respite inn was the next phase.

Somehow the Lord heard her prayers and a very generous benefactor donated the funds for her to purchase a house in New Market, Maryland. The tavern home was built in 1798 and needs a great deal of renovation and decoration. Many of the items used to decorate the building came from Murphy's Seed in Mt. Holly. Trades people in the surrounding area have donated time to do some of the restoration free of charge or only for the cost of materials. The entire organization leans on the volunteers who understand the need. They rely entirely on donations to support their most basic operational costs. Space doesn't allow much more information than this at one time. To learn more, please visit our website at www.amothersrest.org.

Not only does A Mother's Rest support parents who have children with disabilities but other eligible caregivers include individuals caring for injured or chronically ill spouses, special educators, all foster and adoptive parents, spouses of wounded veterans and those caring for their own aging parents A Mother's Rest hosts retreats for women, men and couples as well as two family trips each year.

What can a caregiver expect from a visit? "Free three nights of peace, sleep and friendship with other moms who already understand your challenges. Open kitchen: Meals are the responsibility of the guests collectively. Cook in or eat out, it's entirely up to you. Completely casual. Sleep as long as you want. Zero expectations of you. You don't even have to come

out or your room if you don't want to. In lieu of a registration fee, guests are encouraged to make a donation to our general fund.

Is there a caregiver in your life? If so, Christmas is the perfect time to give them a gift certificate for a respite weekend. A Mothers Rest is a certified 501c3 charity and all donations are tax deductible. If you are a caregiver and would like to visit us or one of the bed and breakfast in our network, visit our website at www.amothersrest.org to register.

A Mother's Rest is located at 32 West Main Street in New Market, Mdss 21774. You may mail your donation checks to this address. *Note: A second Mother's Rest is now open in Mt. Airy, Georgia.*

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Tidewater & Timber~August in the outdoors



By Chelly Scala

August is a month that provides lots of recreational excitement. As our son gets ready to leave for college, we really treasure our fishing time with him, even when he out fishes us. I sure will miss his fishing knowledge and great sportsmanship.

Anglers can enjoy the opportunity to catch flounder, spot, perch, trout, Spanish mackerel and bluefish. Enjoy these possibilities throughout the Chesapeake Bay and its tributaries including the Little and Great Wicomico Rivers, the Potomac, Rappahannock and York Rivers.

Areas that transition from the shallows to drop offs may be areas

where the fish are congregating and possibilities to try. We try to drift with the tide across the shallow sides of a deeper channel area or along the edges of grass beds. Shallow edges will invite bait fish and the bigger fish travel the edges to meet the bait. Our favorite bait for flounder is live minnows fished right off the bottom on a beaded spinner hook.

We have also had great luck with cut strips of squid or spot, dangling from the hook. Grass shrimp also work great for drift fishing.

Spinner hooks work as great tackle, particularly in deeper waters. A beetle spinner works great for speckled trout and white perch. We always keep fish bites or bloodworms on hand for spot. Fishing the last 2 hours of the incoming and first 2 of the outgoing tides is our favorite time to drift.

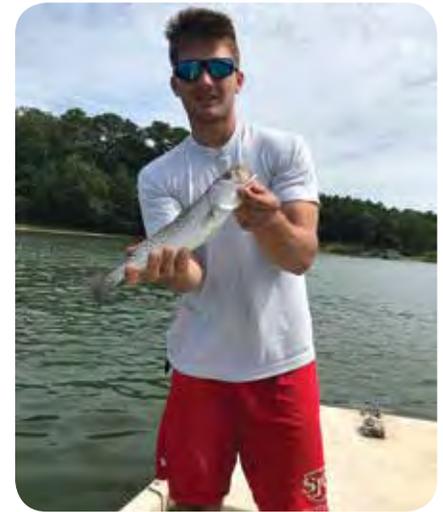
Trolling the drop offs and channel edges with small bucktails and spoons provide great opportunities to catch mackerel and blues. When mackerel are our priorities, we troll a little faster. We enjoy fishing two long shallow lines with 4-6 ounce (oz.) inline weights. Then two deep lines are fished close. The deep lines work well fished with #1 and #2 planers. We prefer to fish our deeper lines with

planers because when the fish hits, the pressure and weight is released.

Always check the regulations for the area you intend to fish and keep the net handy. See <http://www.eregulations.com/maryland/fishing/> for Maryland fishing information. Visit <http://www.prfc.us/> Potomac waters and for Virginia's Marine Waters of the Chesapeake Bay and Tributaries see <http://mrc.virginia.gov/index.shtm>

The 37th Annual Virginia Outdoor Show is scheduled for August 7 - 9, 2020 at the Richmond International Raceway Complex, 600 East Laburnum Avenue, Richmond. This year the Virginia Peninsula Sportsman's Association (VPSA) and the Virginia Outdoor Sportsman Show will collaborate together. This show combines the big game contest as well as learning experiences with the opportunity to shop and compare all in one setting. It gives one the opportunity to watch and talk with the pros.

For more information about the sportsman show, visit <https://www.sportsmanshow.com/> or call Showmasters, Inc. (540)951-1344 or (540)951-2344



Email: showmasters@uplink.net

The shows times are August 7th (1 p.m.-8 p.m.), 8th (10 a.m.-6 p.m.), and 9th (10 a.m.-5 p.m.) and includes Free parking. The website lists admission as cash only, \$5 for Friday after 5pm or \$10 for all day Friday, Saturday or Sunday. Youth 16 and under are admitted FREE! Sunday only:

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Chelly Scala photos of Travis Scala with Spot and Speckled Trout.



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Served up with Love in *Style* by Melissa

By Melissa Haydon

During the summer our family uses as many fresh ingredients as we can get our hands on. A pasta salad is always a hit for any meal. With just a few simple ingredients, it couldn't be any easier to whip one up. With eye catching color, this one is sure to disappear in no time at all.

Garden Pasta Salad

1 (16 oz) box rotini pasta
1 pint of cherry tomatoes (I used red and yellow) halved or quartered
1/4 cup green pepper, diced
1 cucumber, sliced and cut into quarters

1 cup of mozzarella cheese, diced into cubes

1/2 to 3/4 cup of Italian dressing

Cook the rotini pasta according to package directions. Drain and rinse under cold water. In a large bowl combine the pasta and remaining ingredients and stir until combined. As the salad sits it may require a little more dressing as the noodles soak up the dressing. Refrigerate until ready to serve. Switch up your dressing



for a new and different taste if you are not a fan of Italian dressing. I imagine just about any dressing would be good in a pasta salad.

No one wants to eat a meal that is too heavy when it feels like a thousand degrees outside. Lemon gives this a super light and refreshing taste without that heaviness. With the addition of fresh basil from the garden, it is soon to be a summer favorite. If you have any leftover grilled chicken

from the night before. Cut it up and toss it in and make this a filling

1 tablespoon lemon zest (from about 2 lemons)

In a large bowl, whisk the oil, Parmesan cheese, lemon juice and 3/4 teaspoon of salt and 1/2 teaspoon of pepper to blend. Set the lemon sauce aside.

Bring a large pot of salted water to a boil. Add the spaghetti and cook until tender but still firm to the bite, stirring occasionally, about 8 minutes. Drain, reserving 1 cup of the cooking liquid. Add the spaghetti to the lemon sauce, and toss with the basil and lemon zest. Toss the pasta with enough reserved cooking liquid, 1/4 cup at a time, to moisten. Season the pasta with more salt and pepper to taste. *If you enjoy these recipes, find many*



meal with a little bit of protein.

Lemon Spaghetti

2/3 Cup olive oil

2/3 Cup grated Parmesan cheese

1/2 cup fresh lemon juice (from about 2 lemons)

3/4 teaspoon salt, plus more to taste

1/2 teaspoon freshly ground black pepper, plus more to taste

1 pound spaghetti

1/3 Cup chopped fresh basil

more over on my website, Served Up With Love. Where I share easy, no-fuss meals to feed your family that satisfies the tightest of budgets. Please note, these recipes may not be 100% my own. I use many resources to make the recipes I share with you.

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Wild *Style* Cuisine~Grilled Goose Fajitas



By Wendy Hyde

Goose hunting conjures up different images for different hunters. Methods change greatly depending on where you hunt and the birds' behavior. Corn fields in the midwestern states demand completely different tactics from tidal marshes, flooded timber, or a pond frequented by resident geese. Add to the equation weather, the lay of the land, food and water sources, or flight patterns and each hunt becomes a one-of-a-kind, unpredictable experience.

Blinds are often used to camouflage a hunter's silhouette and take on many forms—portable pop-ups, lay-out blinds, boats, or simply a folding chair behind camouflage mesh. We hunt from a permanent stationary blind. These blinds are as unique as the “structural engineers” who build them and are usually framed walls of plywood and marsh grass with a hinged roof. Inside a blind,

hunters can talk, fidget, hide a retrieving dog, bring a space heater for extra-chilly days, and even cook.

Surprisingly, cooking breakfast in the blind is more common than you would think! We have a hunting buddy who brings a camp stove and whips up bacon and eggs with biscuits. Another has been known to prepare lobster bisque, home fries and sausage. (Beverage service is BYO thermos.) Goose hunting provides opportunities to spend time outdoors, enjoy the company of friends, and eat good food. Bringing home fresh

goose is a bonus to the experience of a morning in the blind.

Both our girls have fond memories of goose hunting with their father and uncle. One of their favorite dinners as children were fajitas. With grilling season in full swing this is an easy, flavorful recipe that lets your guests customize their meal with loads of toppings. And you get to spend more time outside!

Grilled Goose Fajitas

Serves: 4

Prep Time: 30 minutes (plus marinating time)

Cook Time: 30 minutes

Soy Marinade

1 / 2 c. fresh lemon juice

1 / 2 c. soy sauce

1 / 2 c. liquid vegetable oil

3 Tbsp. ketchup

3-4 cloves fresh garlic, chopped

1 / 2 tsp. pepper

3 Canada goose breasts

2 medium yellow onions, sliced 1 / 4” thick

1 each green and red pepper, sliced 1 / 4” thick

1 Tbsp. vegetable oil

1 c. sour cream

1 lb. sharp cheddar cheese, grated

8 8” flour tortillas

Cilantro-Lime Crema

1 / 2 c. sour cream

1 / 4 c. finely chopped fresh cilantro

Juice of 1 lime

Whole milk for thinning

Additional garnishes (optional):

Chopped fresh tomato

Diced fresh avocado

Fresh lime wedges

Chopped fresh cilantro

Clean and trim breasts of all silverskin and fat, checking carefully

refrigerated, at least 3 hours or overnight (stir occasionally if marinating overnight).

Combine all crema ingredients in a small bowl and add milk, a little at a time, until mixture is a drizzling consistency. Refrigerate until needed.

Combine onions and peppers in a microwave safe container with a lid. Cook in the microwave on high 3-4 minutes or just until they begin to soften. Coat lightly with vegetable oil.

Preheat a gas or charcoal grill to medium high. Using a grill wok or grill pan, cook onions and peppers until lightly browned and softened, or to taste. Set aside and keep warm. Using same wok or pan cook the meat in 2 batches, stirring frequently, just until cooked through (meat will toughen if overcooked). Heat tortillas (wrap in foil and warm in a 300° oven for 5-10 minutes, or place individual tortillas on the grill grate for 15-20 seconds on each side to create a light char, then wrap in a kitchen towel to keep warm).

Build each fajita by layering meat, vegetables and cheese, drizzle with crema (and any additional toppings), and roll up to enclose fillings. *Photos by Wendy Hyde. All recipes included in this column are original by Wendy Hyde unless otherwise noted. She can be contacted at wildstylecuisine@gmail.com; follow her on Instagram as [girlgamechef](#).*



for shot. Cut into pieces that will fit in the chute of a food processor and freeze until a knife can be inserted in the center with some resistance, about 2 hours. Using a thin slicing blade (2 mm) in a food processor, slice the partially frozen meat. (Alternately, slice partially frozen meat very thinly with a sharp knife.)

Combine all marinade ingredients, add sliced meat and toss well, separating the slices to coat all the meat. Marinade,

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