

CHESAPEAKE

Style

PRICELESS

Volume XXV Issue 4 June 2021



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

Fast Times on the Rivers

Do these photos mean anything to you?

If yes, you read page two of the May 2021, issue.

If you're puzzled, find a copy, or go online to www.chesapeakestyle.com, archives.



Meanwhile, Mr Murphy, his band of lawmen and all the gremlins from near and far have been camping in my yard and partying at my home. ENJOY this issue!

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

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About the cover~

My Very Blue Heron, by Carol A Muratore. My yard has an abundance of waterfowl on our little creek thereby offering me plenty of watercolor painting subject matter. I painted this "Very Blue Heron" a while ago to match a bedspread I had at the time. This feathered creature is actually a softer shade of blue than depicted in my rendering. However, I decided to brighten him up in the painting so I could enjoy

having him hanging on my wall.

For me, painting is a treat; a spa day for my creative side. After decades of working in a stressful corporate job, I reinvented myself by opening a small gift shop called Plum Summer. This gave me time to explore my watercolor painting skills. Not to mention I get to take my dogs to work with me. I find painting both therapeutic and challenging at the same time. I'm lucky to be an artist in the NNK.

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Growing up in the Northern Neck~Part III



By Denise DeVries

Just as I was re-establishing myself as a Northumberland mom after a year in Richmond, everything changed. One year I was a chaperone at Middle School dances, and the next, our daughter Delia had the opportunity to attend Chatham Hall. Its small class sizes and reputation for excellence were ideal, but this meant boarding four hours away. We didn't know what to do with ourselves now that we weren't

driving her to school and activities every day. We stopped holding regular gallery open houses, while at Chatham Hall, Delia acted in several musicals and headed the audition-only dance troupe and acapella choir.

My part-time job at in a church office relieved some of my isolation, which I blamed on our rural life. Then Joni Carter

introduced me to the Wharton Films restoration project in 2017. She had discovered 20 hours of films made by James Wharton in the 1920s and 30s. They depicted everyday lives of ordinary people in the lower Northern Neck. As part of the project, I worked with young poets at Northumberland Middle School. Chesapeake Style published their poetry inspired by Wharton's film stills. Those images would also revive and influence my writing.

On a summer trip in 2017,

"we fell in love with Arizona," as Alvaro says. I liked the high altitude and dry climate, which reminded me of my Colorado childhood. We decided to retire in Tempe while Delia attended Arizona State University. I was so eager to leave that I started packing a year before our move.

Delia chose Performance and

for a place I couldn't wait to leave.

Alvaro and I enjoyed the Phoenix area, but we weren't ready for retirement. After a week at home in Kilmarnock in 2019, we decided to complete our work of promoting the arts in the Northern Neck. In March 2020, we moved back with new energy, leaving Delia in Tempe to complete her degree.



Movement as her major at ASU, combining dance, theater, and film. In Tempe, she was living with us again and we threw ourselves into her schedule. This time we also pursued our own interests. Alvaro showed his work in several galleries and created 38 paintings inspired by the Arizona landscape. I joined some writing groups, started a blog, and began writing a novel that, to my surprise, was set in rural Virginia. I was homesick

As Delia prepares for her future, she recognizes that her early teachers and mentors led her to where she is today. The influence of our rural home, where nature is the star, is clearly seen in her work. According to a saying attributed to various sources, "there are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings." Here, our daughter grew them both.

It took a move to Arizona for me to realize that the Northern Neck had become more than just a safe place to raise a child. This is where I grew as a parent, a writer, and a person, the place that formed my own roots and wings. Denise DeVries, Alvaro Ibañez and their daughter Delia continue to build their dreams at A-Ibañez Museum and gallery in the Balls Neck area outside of Kilmarnock. See www.facebook.com/AIMKilmarnock for information on events. Denise DeVries photos.

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Keeping Safe and Dry

By Ann Eichenmuller

One day earlier this spring my husband asked me to look at the weather radar before he began mowing. I checked and assured him it was all clear—not a cloud in the sky, as far back as the mountains. I became immersed in a book I am writing, and to be honest, I never even heard the thunder. However, I couldn't miss my husband when he stood before me, dripping on the hardwood floor.

"It can't be raining!" I declared. "There was nothing on radar."

(I admit now that was not the most diplomatic response, given the situation.)

I pulled up the last hour's Doppler loop, and sure enough, a blotch of scattered blue had appeared and blossomed into a red spot right over us. While it was little consolation to my bedraggled husband, at least we could both

agree that it wasn't my knowledge of meteorology that was at fault.

This incident came to mind when our area was hit by back-to-back storms in early May, accompanied by tornadoes and waterspouts. Both intensified rapidly when they reached the Northern Neck. It's a scenario that plays out frequently in Virginia's tidewater according to WRIC Richmond's chief meteorologist, Zach Daniels.

"I call the Middle Peninsula and Northern Neck my little Oklahoma," he laughs. "There is so little terrain, and plenty of moisture. When you see a strong weather system moving east/northeast from Richmond, you know there's a possibility for it to really turn into something."

A thunderstorm in the middle of mowing the lawn is an inconvenience, but a sudden squall while out on the water can be dangerous. Last year, after nearly a decade of declining numbers, boating accidents and fatalities


were on the rise in Virginia. There were 110 incidents involving 137 vessels, with 51 injuries and 21 deaths, the two most common types of accidents were capsizing and collisions with other vessels. The majority of accidents involved small vessels or paddle craft, and environmental conditions were a main factor in nearly a quarter of these incidents.

This issue comes out in June, one of the most beautiful months here on the Rivah. Sadly, June is also the month with the highest number of boating accidents in Virginia. While wind and wave conditions can change unexpectedly, there are steps you can take to make your time on the water safer regardless of the weather. One is wearing a life jacket. 95% of people who died in

boating accident in Virginia were not wearing life jackets. Another is being sure your vessel is equipped with all required safety gear—and that includes your kayak or paddleboard. you are operating a paddle craft, that means a whistle or other sound-making device, with the addition of a visual distress signal and lights if you are operating in coastal waters between sunset and sunrise. Taking these small precautions could save your life. *Ann Eichenmuller is a marine and travel journalist, winner of four Boating Writers International awards, and the author of the Sandi Beck nautical mystery novels, available on Amazon, Barnes & Noble and through your local bookseller.*

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Style Spotlight~Formula for Success: Highest Caliber Employees

By Nan Harvey

How can a new business double its volume during a pandemic? Ask Rawleigh Simmons, the managing partner of River Title and Escrow in Warsaw. Rawleigh, a partner in a White Stone law firm, saw a grim future in 2017 for real estate transactions within a law office because of overhead and a completely changed market since the 2009 financial crisis. So when Cheryl Pierson of Historyland Title and Escrow was elected Richmond County Clerk of the Circuit Court, he and his law partners saw an opportunity. They bought her business, he retired from the law practice to run it, moved into her old office in downtown Warsaw and they haven't looked back.

Rawleigh was born and raised in Irvington and with almost 30 years of law practice under his belt has been able to capitalize on those long-term connections to find the qualified employees that he says are the reason for his success. "With word-of-mouth references, I've been able to increase my staff to 11 employees at this time." He's tried on-line employment services but has found knowing the industry and the best people in it are key to filling the openings he's had.

Despite the coronavirus and lockdowns he's had lots of openings. Even when three people in the office tested positive last December—including himself!—the remaining staff who had tested negative stepped up to the plate and made do for the few days until the office closed as it traditionally has between Christmas and New Year's. When the office re-opened in January 2021 their own covid crisis was past them.

In a business that by its nature has a lot of client interaction, how have they managed? There have been settlements on car hoods in parking lots, a "settlement" picnic table has been set up outside their office, electronic signatures on DocuSign, emailed documents

property records completely on-line and most courthouses were (and some still are) closed except by appointment. Counties in Virginia's more urban areas allow e-recordings of real estate transactions but that's not an option on the Northern Neck.

settlement employee working in the office at 678 Rappahannock Drive in White Stone, they are cramped. Rawleigh would like to grow into the lower Northern Neck and since they're on track to exceed even the record year they had in 2020, that may be sooner rather than later.

Even so, the real estate transactions business is a graying industry overall. The Virginia Land Title Association has been reaching out to the community colleges to try to get younger people interested and involved and River Title is no different. "We have a couple of younger employees but to provide the high-quality service that distinguishes us, we need a core of experienced people."

My own experience with River Title primarily was during lockdown when I sold a property to be relinquished in a 1031 exchange, a type of transaction that has short time lines and excruciating tax penalties if they aren't met. There were six replacement properties with multiple settlements and not only did River Title make it happen but Karen Rock and Stacy Mundie made it feel like it was the most fun they'd ever had. Well maybe not the most fun, but close.

Interested in working with River Title & Escrow either with a real estate transaction or to join their team? Contact them at 219 Main Street, Warsaw, 804-333-0195.

Left to right: J. Rawleigh Simmons, Karen Rock, Judy Sydnor, Stacy Mundie, Bridget Moss, Charlene Booth, Jessalyn Nischan and Kayla Fletcher-Larkin. Not shown: Cheryl Sweet, Cathy Vandeloecht and Sharon Shepard.



and the trusty telephone.

On occasion, a client needs to come into the office because of inclement weather or their own frailty and the new protocol is to sanitize thoroughly before and afterwards. "We have to be especially careful because there is no good Plan B. Timing for closings are always schedule sensitive and meeting our clients' needs is a big part of what we do."

Still challenges abound. Some of the counties on the Northern Neck do not have all of their

"But despite the challenges, the people of the Northern Neck make the difference. The people we have to work with across the table we know are trustworthy, honest and look out for each other and that cannot always be said about the people outside our area."

Although they moved July 2020 into their new location at 219 Main Street in Warsaw, they already are feeling the space limitations. Even with two employees, a title examiner and underwriter, working outside the office and one part-time

Lambing Lessons



By Nan Harvey

As a new shepherd, I've earned a graduate degree in Sheep the past year and realize there's much much more to know. Having my first lambing spring under my belt, I've learned how lambing affects that belt. Most important:

One: Go-To-Town Clothes are different from Lambing Clothes. In fact, they are mutually exclusive groups. Further, if you are surprised

into lambing when you're wearing Go-To-Town Clothes, the clothes will automatically turn into Lambing Clothes never to return. This is because:

Two: lambing takes dirty clothes to a whole new level. Amniotic fluid is great stuff. It makes those lambkins slide right out. But once you're born it doesn't really have a place in polite society. Weighing the newborn, checking eyelids, and assisting even in a modest

way means wearing birth juices. Then the iodine dip of the lamb umbilical cord, done by pressing a jar of iodine to lamb belly, turning the lamb over to saturate the umbilical end and area around the future navel. Now imagine doing this to a squirming, slimy, hungry bundle of joy and you recognize you'll be wearing iodine. Plus the stall environment - if you're so lucky to be lambing in a stall - and being on the ewe's level with the poop and pee which both add to your

outfit. Or lambing in a field where there's poop, pee and mud. Don't forget stripping the ewe's teats and milking her to ensure the lamb gets that all-important colostrum and doing this with a single focused new mother, who, by the way, outweighs you, and is eager to reconnect with her infant who's struggling to stand minutes after birth. Right. You're wearing milk. 30% milkfat milk.

Three: that stall does create a more controlled environment for birth but the straw carefully spread in hopes of a lamb soft landing can stick around. Like when I bottle fed one lamb then, exhausted, trudged home and pulled off my fleece vest to find it effectively

had a bale of straw attached to the back like Velcro. My brother thought I had cleverly camouflaged to remain inconspicuous to mom and offspring. I'm still picking the straw bits out of the ill-considered fleece months later. Not a good Lambing Clothes choice.

Next lambing season I want a way to get my Lambing Clothes into the washer without having to actually wear them into the house. Understandably, I have many more Lambing Clothes now than I used to. *Nan Harvey is a new shepherd of Leicester Longwool sheep at Point Pleasapppnt Farm outside of Kilmarnock.*



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Serving the Northern Neck and Middle Peninsula

Style Spotlight~Java Jacks Cafe, Grateful for Local Support!



By Carol J. Bova

The past year has been a rough one, but Java Jacks Cafe not only survived, it thrived, even under all the limitations. Jeans and Derrick Owens want the community to know how grateful they are for the support that made it possible. A large number of their clients continued to come in for their usual favorite meals, taking advantage of the outdoor eating area or picked up their orders curbside.

But others who initially came because they wanted to support a local Tappahannock business have kept coming back to become new additions to the ranks of Java Jack regulars.

Derrick said, "It's the American dream to own your own business, and we wanted to teach our children we could be a producer and not just a consumer. We've

they found their interest in running a restaurant coincided with the McCombs' plans for retirement.



Java Jacks was well established with a good client base and staff, and it worked out well for both couples. Derrick said, "You have no idea what you're getting into until you get into it. It's hard work, but we're not afraid of hard work. Sometimes, it's a disaster a day. A freezer or dishwasher goes out, but you cope with it."

Jeans shared a story that before last year, they were used to doing platter catering. It takes a lot of work, but they had it worked out to handle an order for 25 easily. She said, "Early one Monday morning, we got a call that someone needed 40 boxed lunches—by 11:30 that morning.

"Derrick and I decided it would take some effort, but we could do it. Five minutes later, the customer called back and increased the order to 60. Everything is home made to order, but we turned it around and we did it."

To cope with the state's rules, the Owens expanded their outdoor seating area a little and moved a lot of tables out of the restaurant to allow for social distancing. Jeans said, "We changed to single-use condiments and menus. While we continue to use cloth table coverings, we changed them after each customer and wiped down the tables and chairs to make it as safe as we can." Derrick added, "It looks like we're getting back to normal, and we count our blessings that in spite of everything, we came through unscathed. So we thank our staff for being there every day and our customers and community for supporting us."

The Owens' son Tommy works in the kitchen when he's home from college. Daughter Lizzie is heavily involved every weekend as a barista and has designed the tee-shirts available for sale. She also painted the murals in the hallway and tea room. Lizzie's prints of Tappahannock themes are popular too.

There are some new additions to the Java Jacks menu, and it still has its signature breakfast and lunch selections, and of course, the Basket of Jacks. Jacks are a light Italian fried bread served with powdered sugar, well known as zepolli to Italian families.

Jeans said, "Everyone's very into comfort foods. We all need

that these days. Food wise, we have some specials with a pimento cheese made from my grandmother's recipe." They have a grilled pimento cheese over grilled chicken with bacon and a pimento cheese burger with bacon.

Coffee is a big thing that's taken off. Derrick described how they've developed a flight of coffees the way wineries have a flight of wines. A flight is four samplers of iced coffees. One flight in May was Iced Chai Latte, Dark Chocolate Macchiato, Iced Mocha Latte and Jamaican Me Crazy—with homemade hazelnut sweet cream, whipped cream, and hazelnut drizzle. Word has spread and visitors to the area are stopping in to try them too.

In addition to the scones and white chocolate macadamia nut cookies, there are now Reese's peanut butter and oatmeal raisin cookies. Blueberry bread



pudding is a popular item, along with homemade coconut cake, strawberry pie, lemon raspberry cake and apple brown sugar coffee cake.

The outdoor seating is dog friendly, and every dog gets a piece of bacon, which makes them happy too!

Java Jacks Cafe is at 504 Church Lane off Route 17 in Tappahannock. Hours are every day from 8 a.m. to 3 p.m.. The phone is 804-443-5225, and they are on Facebook. *Photos courtesy of Java Jacks Cafe.*

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Seeking Ground

By RuthE Forrest BCTMB

You live in a bio-electric vehicle! Your body daily regulates powerful electric currents that maintain your homeostasis, interpreting incoming signals and sending out corresponding signals into the field of energy in which you are surrounded. These signals are picked up and interpreted by other bodies with which you come into contact. Like other forces of energy, your bio-electric body also seeks 'grounding' to recalculate to the Earth's resonance field from which it is comprised.

In times past you ran barefoot in the grass, slogged through muddy fields and crunched along sandy riverbanks foraging for nourishment. Maybe that was your childhood, and maybe some of you still crave these experiences. I'd bet that for the better part of your day you're saddled in footwear that never seems fully satisfying. When was the last time you had your toes on the ground?

Young feet are soft and fleshy with lots of nice fat pads on the bottom, but as we age that changes. A client once retorted "When I reached forty my feet turned against me!" I giggled because I knew

that feet actually do change with age. I'd guess you usually don't pay attention to your feet unless they hurt or need grooming.

Your amazing feet are tasked with supporting hundreds of pounds on a grid work of tiny bones braided together with flexible sinew. They're also your connection to grounding. A plethora of acupressure points on the feet reflex energy through the body's nervous system, and stimulating them affects corresponding organ systems. Reflexology is a foot massage technique based on this dynamic. But by simply placing your bare feet on the Earth your body is plugged into vital primal resonances that have a healing effect almost instantaneously. I know that sounds "woo-woo" but there's plenty scientific evidence to back up the positive effects of grounding your body.

Modern lifestyles aren't conducive to grounding. Shoes materials have migrated from natural materials such as hemp and leather that easily conducted Earth's natural frequencies through them into your feet, to synthetic materials that actually insulate against becoming grounded. Concrete pavements and coal-tar based blacktops have replaced the natural

stone and straw materials that previously comprised walkways. Homes are carpeted with rugs or laminate planks made from synthetic materials. Unless you have one of those rare silk Persian rugs or real wood floors, your bare feet probably don't touch natural surfaces. You must intentionally ground yourself nowadays.

There are grounding mats, placed on the bottom of your bed touching your feet and plugged with only one prong into your home's ground wiring. Clients have reported that they feel much healthier and sleep better on them. I prefer to ground by doing things I love that are readily available on the Northern Neck—gardening, beaching, hiking and swimming. In cold months when I can't sit with my toes in the sand, I take a quick jaunt out my back door

in the morning, step my bare feet onto the icy muddy grass for as long as I can stand it and then run back in for a warm-up shower! Thankfully grounding is almost immediate. It's prime grounding season—so get your toes in the sand and enjoy this energy gift from Momma Gaia! For more info on reflexology call Spa 2 U 804-453-5367.

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Style Spotlight~You Won't Find Ordinary Here



By Mari Bonomi

Diana Jamison says the phrase "When Ordinary Won't Do" (WOWD) came into her

and made clothes for myself."

But Diana put that passion in abeyance as she grew older. "I thought in more practical ways," she said. She went to nursing school, then earned a BS in psychology and a master's degree in social work. For the past 42 years she's been a clinical social worker, and continues her private practice.

"I made a retirement plan," Diana said. "I would maintain a small practice and have fun in a shop. I would create beautiful clothes—along the way, I became an artist!"

Diana began embellishing clothes, repurposing items like jeans jackets and selling them at Pearl Boutique. This experience led to Diana and her partner, Vicki Kinsel becoming buying partners for Pearl.

They enjoyed the many challenges of being in the Boutique business.

WOWD is newly arrived in Kilmarnock, but it has been an area business. Several years ago, inspired by their work with Pearl, Diana and Vicki decided to strike out on their own, at first with a web version of WOWD. When

COVID came along, they took on the daunting challenge of opening their own shop in White Stone.

"Vicki and I have very similar choices in style in terms of merchandise and what to buy for the shop," Diana said. This compatibility has helped WOWD develop a unique flavor.

When the owner of Foxy retired, Diana and Vicki leased the space

and opened their Kilmarnock shop in February, 2021. "We were so welcomed and supported by the community. Everyone was so welcoming! People sent flowers, the shop was added to River Realm, we got into the newspaper—it was so heartening," Diana said.

The shop itself reflects its name. Diana's son Ben Schulte, a graphic designer, designed the simple but elegant WOWD logo. Every bit of the décor is recycled or repurposed. "Both Vicki and I hold the value of striving to be good stewards of the planet, which is rather challenging in the fashion industry," Diana said.

Some of the fashions in the shop, including those created by Diana, are repurposed. "And we are always aiming to buy products that are sustainable and eventually recyclable," Diana said. "We also want to buy from women artisans, family factories, and as much as we can ascertain from people who treat their employees well." And the shop has made it "an absolute goal to carry sizes XS to XL." During COVID the shop is making extra efforts to help customers feel more comfortable about shopping.

"Coming from service professions as we do," Diana said, "Vicki and I see the shop as providing a service to people, and we're hoping for a favorable outcome."

While Diana continues to see clients, Vicki serves the community by volunteering to give COVID shots, by serving on the board of Partners for Pets, and by feeding feral cats. She also has a little farm, with two horses, some goats, and one very big pig named Oink.

Vicki is planning to travel to Peru with her husband once it is safe. She hopes to make purchases directly from artisans there. Diana

did the same thing before COVID when she visited Guatemala.

The two women have split the responsibilities of WOWD. Diana's markets the boutique and creates displays. She's just started a course on how to use Facebook for marketing. "Facebook is a stretch and grow area for me," Diana said.

Vicki has taken on the nuts-and-bolts management including financing and following up on orders. "We get along really well," Diana said.

For the summer of 2021, WOWD will be celebrating First Saturdays by hosting local artisans, including a wine-tasting with Triple V farm. Later, it will host



head and stayed there, and when she asked her Facebook friends what name would be best for her women's boutique, they picked that name overwhelmingly.

Diana has always loved fashion. Growing up in small town Colorado, she says she "thought I was a fashion designer. I made clothes for paper dolls, then for Barbie dolls. Then I learned to sew



Jim Moseley, a clay artist whose work, Diana said, "is very organic, which fits the theme of our shop."

Visit WOWD at 12 S. Main St in Kilmarnock Tuesday through Saturday 10 a.m. to 5 p.m. Sunday 1. to 4 p.m., or on the web at whenordinarywontdo.com or WOWDBoutique.com on Facebook. Phone 804-577-4466. *Mari Bonomi photos.*

Make It a Heathsville Saturday, June 19 Farmers Market, Free Jazz Band Concert

By Corinne Anthony Becker

There are always lots of reasons to visit Heathsville, but Saturday, June 19 is one of the best days to Make It a Heathsville Saturday.

On this day, the entire Heathsville community will be coming together to offer a variety of shopping and fun things to do. It starts with the Heathsville Farmers Market, located at historic Rice's Hotel/Hughlett's Tavern (RHHT).

The Heathsville Farmers Market opens at 9 a.m., offering fresh Northern Neck produce and meat, flowers and nursery plants, baked goods, oyster spat and floats, gourmet peanuts and BBQ sauce, plus locally-made handcrafts. The Northumberland Library's Tech-Mobile will also



be on site and open for tours.

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.

But at 12 noon, music will waft through the air. The Capital Focus jazz band is offering a free concert on the Tavern Green. The performers will include members of the Youth Learning Program of the Potomac River Jazz Club.

The Farmers Market officially

ends at 1 p.m., but jazz concert will continue until 1:45 pm. Bring a chair and a sun hat. Get lunch first at the Tavern's outside food concession stand or in the Tavern Café.

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



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List is Subject to Change

Style Spotlight~The Heart of Art, The Gallery Experience



By Deborah Butler

I have to admit that when anyone said to me “art gallery” I had visions of my visits to the Smithsonian and the Chicago Art Institute, both of which I’ve been able to enjoy. Austere and filled with silent guests and landscapes I will never walk and people I will never see, these galleries inspire a reverence for art in anyone.

But my idea of art galleries has expanded in these past years after moving to the middle Peninsula and taking art classes at the Bay School. The School keeps a vibrant gallery of primarily regional artists’ works and produces shows ranging from the upcoming Artists’ Journey—student artists—to

featured local artists of the month. Art seeps everyday into our lives and never more than while visiting this gallery and other small lively galleries in Mathews County.

For example, my pleasure in visiting Put in Creek Gallery, The P. Buckley Moss Galleries, and Mathews Visitor Center and Information Center remains weeks after I visited them. A few key themes, they are highly welcoming, very multifaceted and interactive, and extraordinarily unique. Emily Allen, Executive Director of MCVIC notes that they “aim to be a welcoming place for both residents and visitors.” Rocking chairs out front prove that.

Their Chesapeake Museum Room invites people to reflect on the importance of the waterways to the area while the gallery items are made locally in Mathews by over 80 local artists and artisans, carefully crafted soaps, candles, paintings, woodworking, and textiles.

Across the street in another historic building sits Put in Creek Gallery, managed by Ben Richardson, who frequently can be found sitting in front of the gallery on the main street talking with visitors about the art inside, or working on his own art in the rear studio area.

The gallery showcases

woodwork—some his own—paintings by 10 or so local artists—Edmondson, Langley, Rundlett are a few— photography, and jewelry among other collectibles. The gallery opened in 1990, supported by the Mathews Art Group; Ben came about 1993 and has remained its director ever since the Art Group dissolved in 2013.

“It’s an eclectic mix of work but a lot of it captures the beauty of this countryside and the water.” He adds, “The serenity, beauty, and energy of the art infuses my own creativity.”

Down the street is a slightly different kind of gallery experience, the P. Buckley Moss Gallery in Mathews, the publishing and distributing facility for artist P. Buckley Moss. While the other two galleries and its managers have long roots in Mathews, Moss’s presence here grew out of her love of the county after visiting it.

The building housing her painting, prints, and other art pieces was designed to fit in the geography of Mathews and to blend in with the built environment. With the Moss Society and Moss Foundation seated there too, Mary Morgan, part of the close knit staff there, notes that it has become the “heartbeat of the company.” She continues, “We are delighted to be a part of the Mathews community and welcome visitors daily to our showroom.” Visitors come for viewing a particular art or theme and leave saying, “wow!” a comment about its diversity. Moss’s world, Mary says, “is a gentle, caring world which strives to make everyday life a positive experience.” Even as a new visitor, looking at her art and art prints surrounding me, I could see her philosophy of art as “the triumph

of beauty and truth over injustice.”



Clearly, in their own ways,



these galleries touch the local community, both drawing from it, and inspiring those who interact with each. While sometimes it’s demanding work operating these galleries, the spirit of the art Mary, Ben, and Emily deal with wells up and pours out in their lives. Perhaps Mary shares best how art can provide the needed rest in one’s life because art after all, “is part of the heart”—the visitors, the artists, and the gallery owners’ Deborah Butler photos.

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Located just off Route 360 in Heathsville behind the old Courthouse. For more information, visit www.RHHTFoundationinc.org, or call 804-580-3377.

A Smorgasbord of Choices

By Sandra C. Fykes

I have always been amazed with the number of choices and options that we have in this country. Whether shopping in a “brick and mortar” store, from a catalog, online, dining in a restaurant, or ordering a beverage at a coffee shop or bakery, whether you are looking for something simple or extravagant, chances are good you’ll have at least two or three choices to choose from, if not many more.

One of my favorite places to hear customized orders are coffee, donut, and ice cream shops. So many dietary types, sizes, flavors, blends, sweeteners, and toppings to choose from can make one pause for a moment just to process what is available. You can order a no frills

cup of regular, hot black coffee, or an unsweetened vanilla hazelnut ice coffee with two shots of espresso, oat milk, and no whip just as easily.

As a child, my parents would tell me if I was truly hungry, I would eat anything. Sometimes I would and sometimes I wouldn’t. I would have gladly offered my liver and onions to someone else, or even a dog if I had one at the time. However, regardless of what was on my plate, my parents and family instilled in me a spirit of gratitude and appreciation of food, whether or not it was prepared according to my tastebuds. They also taught me not to be wasteful, hence I frequently heard throughout my childhood “money doesn’t fall from trees”, but especially when it comes to food! We gave thanks to God and blessed

our food before we ate, a practice that I still carry out to this day.

As an adult, even with the multitude of choices, I still feel the same way I did as a child. I am so grateful to God for a peanut butter and jelly sandwich, as well as splurging on a seafood platter dinner. I know that far too many people in this world, including some of my neighbors, may not have those choices now or in the past.

When I worked in the school system, whenever it was appropriate, we offered our students choices throughout their day. We were mindful not to offer too many, because that came with the potential risk of being overwhelming. However, offering two or three choices,

even to our primary students, gave them the opportunity to feel empowered by making their own decisions. It was exciting to see and hear their selection process.

As adults, we also have a smorgasbord of choices to make during our day according to our budget and preferences. Some are routine, some require a little more thought, and some can also be overwhelming and may need to be narrowed down, just as with children. Let’s always remember how blessed we are to have options and to make choices based on our wants and desires. I will remember the next time I choose between hot coffee, iced coffee, or frozen coffee. Hmm, I think I’ll go with a double mocha banana frozen coffee with no whip.

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She Ain't Coming Back

style f



By Gerhard Straub

I'll probably be run out of the Northern Neck for admitting this, but a long, long time ago, in what seems like another lifetime, my wife and I lived in California. We did most of our sailing on San Francisco Bay and along the local coast. There was

an old wooden fishing boat in the marina where we kept our boat, and one day when we arrived to go sailing,

that old boat was sitting on the bottom.

We asked someone about it, and they said that it would sink a couple of times a year and the elderly owner, who didn't use the boat anymore, would just come and pump her out to refloat her. We asked why he didn't just sell her. The guy replied that the boat's

owner would never part with the boat because it had saved his life.

It seems the old guy went fishing by himself somewhere outside the Golden Gate one day, and somehow managed to fall overboard while trolling. Falling overboard off the coast of San Francisco with no one to quickly snatch you back out is

pretty much a death sentence. If you're lucky, the cold water will take care of you by hypothermia before one of the local Great White shark population decide you are the main course for dinner! The old fisherman watched as his boat continued on without him. Then the boat started a slow, lazy turn. It did a complete circle and came back to the guy so that he was able to grab hold and pull himself back aboard! Now we understood why he would never part with that boat, no matter how many times it sank.

The point of all this is that he was lucky. Your boat isn't likely to come back for you. She just doesn't love you that much!! That's why a law was recently passed by Congress mandating the use of engine cut-off switches (ECOS)...you know,

that little red cord that you hook to yourself and kills the engine if you leave the seat. The law went into effect on April 1 of this year and applies to all vessels less than 26' in length that have an engine capable of a static thrust of more than 115 lbs (about 3 hp) and that have an ECOS installed. Use of the



engine cut off switch is not required if the helm is in an enclosed cabin or if the vessel is operating at slow speeds. If the vessel was built before January 2020 and does not have an ECOS installed, the law does not require a retrofit, but if it is there, it must be used. These days you can even get wireless ECOS systems, so that you are free to move around. However, if you were to go overboard, the system detects that and shuts the engine down.

While the last thing any of us want is more regulation, this one can save lives. It maybe could have saved a local life just this past month. Use your ECOS. Your family will appreciate it.

See you on the water.

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

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Brain Injury~A Stroke Is A Brain Attack

By Martha M. Hall

Brain injuries are categorized by the way they occur. Traumatic brain injuries, or TBIs, are caused by a force external to the body, such as a blow to the head. Non-traumatic brain injuries are caused by a force internal to the body, such as a cardiovascular event, or any event that causes loss of oxygen to the brain.

A good example of a Non-traumatic brain injury is a stroke, a "brain attack" that has potentially long-term and devastating effects by cutting off vital blood and oxygen to the brain cells that control everything we do: speaking, walking, talking, breathing. Stroke is the third most common cause of death in the United States.

A stroke occurs every 40 seconds, and each year, almost 800,000 people suffer some kind of stroke, and over half of stroke deaths occur in women. Most strokes are caused by a build-up of fatty deposits that create blood clots, blocking the arteries carrying oxygen to the brain. Some are caused by a ruptured blood vessel that bleeds into the surrounding brain tissue.

The causes may be different,

but the results are frighteningly similar. Survivors are often left with life-altering physical and cognitive disabilities. The good news is that many strokes can be prevented through lifestyle changes, and new emergency treatments can help limit the brain damage and disability.

Here are 10 tips for reducing stroke risk:

1. Monitor your blood pressure. High blood pressure—having a consistent reading of over 140/90—is the leading cause of stroke.
2. Find out if you have atrial fibrillation. AF can cause blood to collect in the chambers of the heart, causing clots.
3. Stop smoking. Smoking doubles the risk for stroke.
4. Drink in moderation. Alcohol is harmful if taken in large doses and can interact with other drugs.
5. Check your cholesterol number. High cholesterol can be a risk indicator for stroke or heart disease.
6. Control your diabetes. Having diabetes puts you at increased risk for stroke.
7. Exercise. Walking, swimming or enjoying other kinds of exercise for as little as 30 minutes a day can improve your general health and

may lower your risk of stroke.

8. Lower your salt intake. High salt intake is linked to high blood pressure, one of the risk factors for stroke.

9. Ask your doctor to check for circulation problems. Fatty deposits can block the arteries that carry blood and oxygen from your heart to your brain, and this kind of blockage can cause stroke.

10. Know the symptoms of stroke and get help immediately: sudden numbness or weakness of the face, arm, or leg, especially on one side of the body; sudden confusion, trouble speaking or understanding; sudden trouble seeing out of one or both eyes; sudden trouble

walking, dizziness, loss of balance or coordination; sudden severe headache with no known cause.

Learning the symptoms of stroke---and acting fast by calling 9-1-1 when they occur---could save your life, and minimize long-term damage to your brain.

For more information about brain injury, contact the Brain Injury Association of Virginia, by phone (800-444-6443), or consult their website, www.biaav.net.

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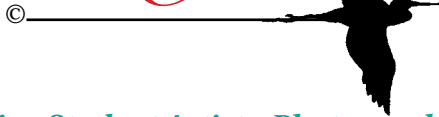


Anari Polk, 9, Brotherly Love



Belle Bean, 9, Softball Sunset

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Belle Bean, 9, Wedding on the Beach

**Chyra Boyd, 11.
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Timothy Booth, 12 Sunset at Willaby's



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To our customers, friends, neighbors, and associates,

As the COVID-19 pandemic begins to fade I want to take the opportunity to publicly thank our customers and our Allison's Ace associates for their support and hard work over the last year.

Allison's never closed during the pandemic and we greatly appreciate the support the community showed to us by purchasing their essential supplies locally. We worked hard to meet your needs.

And that brings me to our employees. I am so grateful to have such a staff of dedicated, hard working associates who showed up each day during the pandemic to serve you. Though we took extraordinary measures to clean and sanitize the store each day and maintained virus mitigation measures, working directly with the public before a vaccine was developed took courage and faith. Words simply can't express my gratitude.

The pandemic may be easing but it has left us with some problems. Manufacturing delays and supply chain bottlenecks mean we don't always have the item you may be looking for. Please know that we are making every effort to work through these issues and we ask for your patience and understanding.

In the days ahead I hope the pandemic becomes a distant memory and all of us can look forward to life here in the Northern Neck getting back to normal.

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For The Sake of Their Children

By Kenny Park

She was born prematurely, and her corneas were not developed completely. Her statement caused me to pause in our conversation. I refrained from sharing with her that I had also been a premature birth—at 24 weeks—at home, at a time when that combination of factors resulted in a 95% mortality rate, and here I was, nearly 58 years later, with some health issues, to be sure, but nothing nearly so drastic as her nine-year-old daughter.

The daughter of another family with whom she worked had directed her to the Ledwith-Lewis Free Clinic to see if there was anything they could do and had also given her my name as someone to call for help.

We were on our way to Richmond for an initial assessment and evaluation to see if there might be something that could be done to give her daughter at least partial sight.

As we drove, she shared that they had only been in the country a few months and had—thankfully—both found work she and her husband) and had finally managed to connect with resources and people who were willing to help them.

I asked her if the reason they had made the journey was for her daughter. She was quiet for a moment and then said “yes. It is very hard to get medical care back home unless one has a lot of money, and we don’t.”

That appointment went well, and she was referred to a different clinic in Richmond that is chartered to provide pediatric care as well

as general care for adults. We stopped by there and picked up an application for them to fill out and headed home. As we were coming into Tappahannock, she asked if I had another commitment that afternoon. I replied that I did not.

She asked if I would do her a favor and take her by the school where her daughter would be attending, to see what additional paperwork they needed to get her daughter enrolled. We stopped by and took care of that as well. I then took her to the home where she was staying and then made my way home.

This past Sunday evening I received a call from the county sheriff’s office, asking for my help with a woman who had called in upset but who could not speak any English beyond “police” and “yes”. I was patched in, and the voice on the other end was indeed a woman who was in crisis. After introducing myself, I asked her to please tell me where she was so I could relay that to the dispatcher.

She answered “Mr. Kenny, I’m at the address that I gave you the other day! That’s where I am!!” My brain

struggled to get up to speed, and she asked, “don’t you know who I am?” I paused, and she said, “it’s me, you took us to the appointment in Richmond!” My husband has our baby, and he won’t give her to me, he’s drunk and I’m afraid he’s going to hurt her—he tried to hurt me!”

Thankfully, the situation resolved quickly, with no injuries and no arrests, and the husband out of the house. But she had by then decided that she no longer wanted to stay here, she would rather go live with her mother in a state further south.

What parents are willing to go through for the sake of their children is astonishing. Of course, I get that in theory, but thanks to a whole bunch of factors over which I had absolutely no control, I have never—to date—been faced with the reality of having to choose to make such a sacrifice. I may yet. I pray I will be as brave and as selfless as she is.. *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.*

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Por El Bien De Sus

Hijos Por Kenny Park

Nació prematuramente y sus córneas no se desarrollaron por completo.

Su declaración hizo que hiciera pausa en nuestra conversación. Me abstuve de compartir con ella que yo también había nacido prematuro, a las 24 semanas, en casa, en tiempos en que esa combinación de factores resultó en una tasa de mortalidad del 95%, y aquí me encuentro, casi 58 años después, con algunos problemillas de salud, sin duda, pero nada tan drástico como su hija de 9 años.

La hija de otra familia con la que trabajaba la había dirigido a la Clínica Gratis de Ledwith-Lewis para ver si había algo que pudieran hacer ellos, y también le había dado mi nombre como alguien a quien llamar para pedir ayuda.

Íbamos camino a Richmond para una valoración inicial y una evaluación para ver si se podía hacer algo para darle a su hija al menos vista parcial.

Mientras viajábamos, compartió que solo habían estado en el país unos meses y, afortunadamente, ambos habían encontrado trabajo

(ella y su esposo) y finalmente habían logrado conectarse con recursos y personas que estaban dispuestas a ayudarlos.

Le pregunté si la razón por la que habían hecho el viaje era por su hija. Ella se quedó callada por un momento y luego dijo "sí. Es muy difícil obtener atención médica en nuestro país a menos que uno tenga mucho dinero, y nosotros no lo tenemos."

La cita salió bien y la remitieron a una clínica caritativa diferente en Richmond que está autorizada para brindar atención pediátrica y atención general para adultos. Pasamos a la oficina y recogimos una solicitud para que la llenaran y emprendimos el viaje de regreso a casa.

Cuando llegábamos a Tappahannock, me preguntó si tenía otro compromiso esa tarde. Respondí que no. Me preguntó si le haría un favor; si la llevaría a la escuela a la que asistiría su hija, para ver qué documentación adicional necesitaban para inscribir a su hija. Pasamos y nos encargamos de eso también. Luego la llevé a la casa donde se estaba quedando y de allí regrese a nuestra casa.



El domingo pasado por la noche recibí una llamada de la oficina del alguacil del condado, pidiendo mi ayuda con una mujer que había llamado en un pánico, que no podía hablar nada de inglés más allá de "policía" y "sí". Me conectaron la llamada, y la voz al otro lado de la línea era de hecho una mujer que estaba en crisis. Después de identificarme, le pedí que me dijera dónde estaba para poder transmitirle eso al despachador. Ella respondió "Don Kenny, estoy en la dirección que le di el otro día. ¡¡Ahí es donde estoy!!" Mi cerebro luchó por ponerse al día, y ella preguntó: "¿No sabe quién soy?" Hice una pausa y ella dijo: "Soy yo, ¡nos llevó a la cita en Richmond!" Mi esposo tiene a nuestra bebé y no me la da, está borracho y me temo que la va a lastimar, ¡traté de lastimarme a mí!"

Afortunadamente, la situación se

resolvió rápidamente, sin heridos ni arrestos, y el esposo fuera de la casa. Pero para entonces ella ya había decidido que ya no quería quedarse aquí, prefería irse a vivir con su madre en otro estado más al sur.

Lo que los padres están dispuestos a pasar por el bien de sus hijos es asombroso. Por supuesto, lo entiendo, en teoría, pero gracias a un montón de factores sobre los cuales yo nunca tuve ningún control, nunca, hasta la fecha, me he enfrentado a la realidad de tener que elegir hacer tal sacrificio.. Es posible que todavía me toque. Le pido a Dios ser tan valiente y desinteresado como ella.

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



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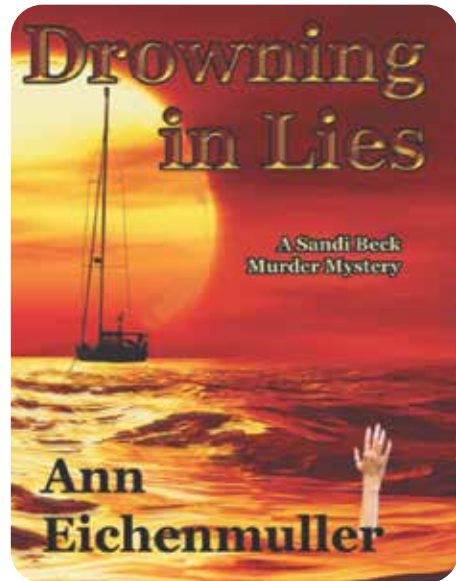
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Books in *Style*



By Carol J. Bova

Chesapeake Style offers Books in Style reviews that are a great opportunity to have an author's recently published book spotlighted in its distribution of 10,000 copies an issue, and 15,000 in its Winter issue.

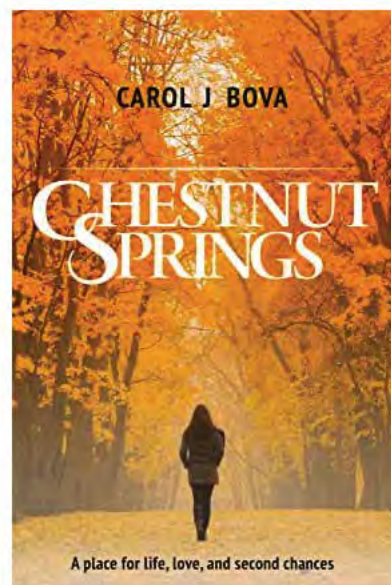
If you want to submit a book review, start by emailing Janet A Fast jafchesapeakestyle@gmail.com



for Guidelines and Deadlines. Then, ask someone to write a 500-word review according to the guidelines. Send the review with a high-resolution image of the cover to Chesapeake Style for publication.

Reviews must be original and not previously published, but once the review has appeared in Books in Style, it may be used elsewhere with a credit to Chesapeake Style. Preference is given to Virginia authors, but that is not a requirement. After publication, the review remains online in the Chesapeake Style archives.

I just went back into the archives and looked up some of the past reviews. Amazon just put one of my books on sale. So I reread one written by Lucinda Veeck Gosden in the Winter, 2014 issue

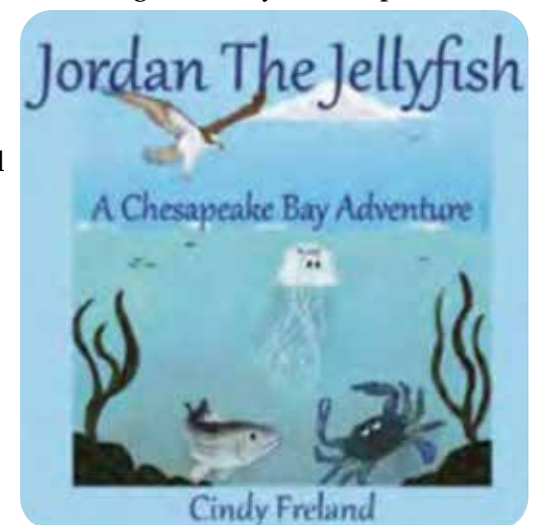


for my nonfiction book, *Drowning a County—When Urban Myths Destroy Rural Drainage*. I intend to go back and use this review on Amazon again because Lucinda's review reminded me why I had invested so much effort into that book.

She wrote, "We are informed, through historical records, letters and committee proceedings, of the response and culpability of the Virginia Department of Transportation (VDOT) in failing to provide essential services to residents of that county. The reader learns the workings of names and terms never fully understood before: outfall ditch, swale, aquifer, littoral drift, and eutrophication—to name a few. The addition of both glossary and index pulls these together for the novice. Perhaps most importantly, we are introduced to the



complete and utter inefficiency of team play within the framework of local, regional, and state politics. The myth of VDOT's ability to work with locals toward a common goal is busted." State politics being what they are, the problems



still exist, so maybe it's time to share this information again.

I saw reviews of books by authors I knew who are no longer with us, such as Catherine Brooks and Jerry Peill, whose works I want to pick up and read again. There are so many others by living authors that should



be read again, books of poetry by former state poet laureates



Carolyn Kreiter-Foronda and Sofia Starnes, and children's books, fiction, history—an absolute wealth of creations.

This rediscovery has inspired me to go back to an old project I started but never finished: to post the titles, authors, and the date of

the Chesapeake Style issues where the reviews were published. There's a lot to catch up on so this will be a



work in progress

for a while, but worth checking out now and coming back to again. The list will be on the Resources page of the CBW website at

chesapeakebaywriters.org.

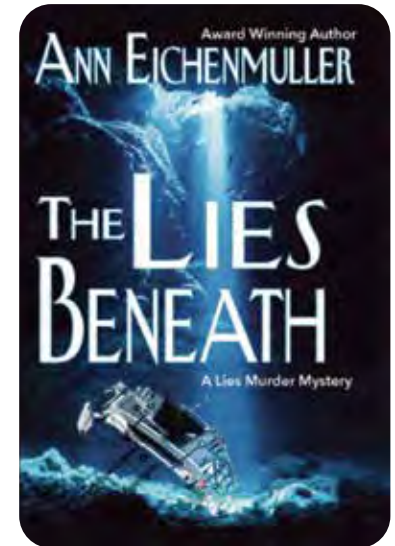
Before I close, I want to thank Janet Fast for offering this service



and support to the writing community. Now I'm off to work on the Books in Style list! Carol J. Bova is a writer living in Mathews County who has written for Chesapeake Style since 2012 and is a blogger with Bacon's Rebellion. In

addition to *Drowning a County*, she has published a novel, *Chestnut Springs*, and will publish another in the *Chestnut Springs* series, *Breaking the Eighth*, later this year. Carol is currently working on a biography

of Albert J. Davis, who joined the U.S. Army, 7th Cavalry in 1876, was in the Band, a telegrapher in the Signal Corps, and a weather observer at the first US Weather Bureau Station at Cape Hatteras.



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Literary Late Bloomers~It's Never Too Late to Write

By Jeanne Johansen

I publish books for the author over 50. Most are first time writers. I call them Literary Late Bloomers (LLBs). Today, as never before, LLBs have infinite possibilities. Money a consideration? Self-publishing on

the Amazon platform KDP costs you nothing as an eBook; print books cost the price of printing. New opportunities like blogs can introduce writers work to the world. There are no limits!

Here is what I LOVE about writers over fifty:

They have perspective: LLBs don't have to imagine what a life lived to the fullest, or one filled with regret, or the ever-popular "it seemed like a good idea at the time" scenarios we have all gone through.

They have some mileage, dents in their fenders, and perspective. They see their mistakes as learning opportunities, and many are amazed they lived this long. They don't have to imagine what giving birth feels like; they have experienced it.

They have loved and lost, lived all over the world, and know what it means to be knocked down and have courage to get up again. Every single one of them has a true understanding of the relative importance of things, and the ability to put them in perspective.

They are interesting: They don't have to make up characters—they have met them. The early years? They had teachers who made or broke them, friends who supported or deserted, and parents who were strict or lenient. Later? The boss who was a mentor or considered them competition; the office romances; working in a job they hated or loved.

They have the time: Writing is a solo experience. Discipline is a prerequisite and setting time

aside to write every day requires having the space to do so. They take advantage of writing classes and seminars, join writing or critique groups, and can apply what they learn. It forces them to stretch and learn new things, especially technology which can become a hindrance.

So, what does it take to succeed as an LLB? Stay tuned! Next time we'll discuss some of the particulars. *Jeanne Johansen started publishing books for LLBs in 2008. She owns High Tide Publications, Inc. and FireBellied Frog Graphic Design. She is on the Board of Directors for The Writers Guild of Virginia and Chesapeake Bay Writers.*



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What's the Dirt on Carrots?

By Ellen Dugan

As you seek out last year's garden gloves, your serious and not so serious thoughts may turn to carrots. Are they good for your eyesight, and do they love tomatoes? To find the answers you'll need to sift through the soil of urban legends, perhaps consult a carrot museum, and possibly tap into the mind of a master gardener.

I did all three and can confidently report the answer to the second question is: Yes, carrots do enjoy dating and even living among tomatoes. But when it comes to making a long-term commitment, their true love, the one they want to share their roots with, are leeks and chives. These two companions will defend a fledgling carrot from aphids, mites, and the dreaded carrot rust fly.

And unlike dill, coriander, celery, and other members of the aggressively amorous Parsley clan, leeks and chives do not harbor romantic inclinations toward carrots. They are not eager to cross

pollinate. Carrots are safe on this front. They can go about producing their beta carotene without fear of being molested.

Now, the eyesight question is a little trickier.

Basically, the beta carotene in carrots is good for your health, including your eyes. If you already have a vitamin A deficiency, eating carrots can help you. If you don't have the deficiency and your body has enough beta-carotene already, it won't make more vitamin A no matter how many carrots you eat.

To fully understand the aura around carrots and eyesight, it helps to go back to World War II and a British fighter pilot, John ("Cat Eyes") Cunningham. He was the first pilot to shoot down a German plane using radar, a technological breakthrough at the time. Using the new radar, John shot down at least 20 planes, 19 at night. He and his fellow pilots were so successful that the British Ministry of Food



informed newspapers it was because John and pilots like him were eating an "excess of carrots to increase their night vision." The Ministry hoped that this ruse of better eye sight through excessive

carrot consumption would cover up or at least distract German tacticians from the new radar.

In a parallel campaign to encourage the British people to eat more carrots (England had a large carrot surplus from home gardens during this time), ad campaigns stating that carrots kept you healthy and helped you "see in a blackout," were introduced. The star of the campaign, Doctor Carrot, made his cartoon debut

in 1941 (should be noted that he was wearing glasses at the time).

And although Dr. Carrot didn't make house calls, he was extremely successful. The British public believed that carrots would help them see during blackouts.

Later, carrots were the only vegetable to star in an espionage and French resistance message. At 9:15 a.m. on June 5, 1944, Radio London broadcast (in French) "The carrots are cooked, I repeat, the carrots are cooked." This is an old French saying. When making a stew, carrots are the last vegetables to be cooked. When they're ready, so is the stew. No additional action is needed. For the resistance fighters this meant "No turning back" the Normandy invasion is on. And it was, an epic and ultimately successful battle, the very next day.

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Your Local Farm To Food Bank Is Going Solar!

By Cindy Balderson

Poverty, desperate circumstances and a questionable future are prominent among many across the country and right here in our local region. The human population keeps growing when there are already so many that lack some or all of life's basic necessities like nutrition, clean water, sanitation and even electricity. Imagine what it must be like for someone living in these conditions in an otherwise productive and advanced environment where new technologies are constantly emerging and yet basic needs are not being met.

The food bank believes in offering cutting edge technology and forward thinking models

through its programs and services to ensure every person who struggles with food insecurity has enough healthy nutritious food to eat but we *Can* do more by taking it one step further. The food bank will soon install cost effective, clean, reliable energy!

Healthy Harvest Solar Energy Initiative is an innovative concept to bring clean energy to the forefront for nonprofits in the Northern Neck and Upper Middle Peninsula. The purpose of the project is to install solar panels at the food bank's facility to



provide a cost effective alternative technology resulting in a reliable, maintenance free, green solution that will reduce the organization's carbon footprint and provide access to clean and abundant resources for generations to come.

Converting to solar will reduce overall emissions generated by the facility over time and create cost savings and a long term free source of electricity, both of which provide creative fiscal oversight of donor funds. Reducing energy costs means those funds will be available for program expansion, going straight to the heart of our mission.

As part of the Chesapeake Bay region of Virginia, and the first community driven organization to pursue a conversion to solar energy, the hope is that this initiative will enable the food bank to become a catalyst for long term systemic change by providing a better understanding of green

technology and the importance of renewable energy that will protect the environment for years to come. Teaching future generations the importance of doing their part will instill a sense of belonging and a deeper understanding of the importance of taking care of their surroundings.

Mother Teresa once said, "I can do things you cannot, you can do things I cannot, **Together We Can Do Great Things!**" Together we can do our part to overcome the depletion of natural resources by creating a system of change that protects our environment and provides ample resources for generations to come.

Cindy Balderson is Vice President & Development Director of Healthy Harvest Food Bank

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Let's Talk About Water

By Gloria J. Savage

Years ago, people were encouraged to drink eight 8-ounce glasses of water a day and more if they exercise or perform strenuous work. People sometimes referred to the amount as the 8x8 rule. Today some say there is no scientific evidence to support the 8x8 rule. While that rule doesn't take a lot of our differences into account, I believe that rule is better than no rule, especially for some people. I hear people saying they don't drink eight ounces a day on most days. That is a bit disturbing, particularly when you think about days with high temperatures.

There are times that thirst or sudden dry mouth will force us to drink water, but I have heard people say they don't get thirsty. Maybe those people need to get a checkup or exercise a little more (Shhh). Anyway, more recent students encourage people to drink an amount of water that is half their body weight in ounces. For example, a person who weighs 150 pounds should drink at least 75 ounces of water a day. That is a half-ounce for every pound we weigh.

Water requirements increase depending on body size, body structure, activity level, climate, and more.

That daily minimum is the lowest amount, and every cell of your body uses water.

WHAT DOES WATER DO?

► Water travels throughout your body, carrying nutrients, oxygen, and wastes to and from your cells and organs.

► Water keeps your



body cool as part of your body's temperature-regulating system.

► Water cushions your joints and protects your tissues and organs from shock and damage.

► Water acts as a lubricant for your joints, mouth, and digestive system.

► Water aids in the digestion

and absorption of food and the removal of wastes from the body.

► Water helps you maintain a healthy weight.

How can people remember to put gas in their cars and not consider putting water in their precious bodies? I know some people don't like getting up often for extra trips to the bathroom, but even those shorts trips of a few intentional steps keep your body in motion. Many studies report clear findings that less

sitting and more standing or moving contribute to better health.

Is water that important for your body? Yes, it is vital! According to experts, water is ranked second only to oxygen

as essential for life. "With more than half of your body weight made of water, you couldn't survive for more than a few days without it." On the other hand, we often think we need food, which we survive without for weeks.

Whether you routinely exercise or not, drinking plenty of water is still a vital and healthy choice. It is a choice we can make daily. Go for a quick goal celebration by drinking half your body weight in ounces of water for three consecutive days. If you don't make it in three tries, go for two straight days.

Gloria J. Savage is a writer who lives in Hayes, Virginia, with her husband, Wil.

Gloria J. Savage photo

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Chesapeake Bay Writers Moving Back to Normal

By Carol J. Bova

To start off the way back to normal, the CBW Board of Directors was pleased to fill two vacancies on the Board. Our new

local authors. <https://www.facebook.com/AIMKilmarnock>. Denise is off to a fine start getting press releases out within days of accepting the position.

Sonja McGiboney says on her website that she began her writing

CBW Board also arranged for a Zoom meeting on June 16 with Cliff Garstang speaking on "Becoming a Citizen of the (Literary) World: Influences, Responsibilities, and Publishing Trends." Cliff is a former international lawyer and prize-winning author of two novels, *Oliver's Travels* and *The Shaman of Turtle Valley*, and three story collections, *In an Uncharted Country*, *What the Zhang Boys Know*, and *House of the Ancients and Other Stories*, as well as the editor of the anthology series, *Everywhere Stories: Short Fiction from a Small Planet*. (Learn more at: <https://cliffordgarstang.com/>) The public is welcome to attend and there is no charge for the event.

The next two meetings will be in person

luncheons in Williamsburg on September 15 and November 17. For more information about CBW, see their website at www.chesapeakebaywriters.org or email CBWreply@gmail.com. Photos courtesy of Denise Devries, Cliff Garstang and Sonja McGiboney.



directors are Denise Devries for Publicity and Sonja McGiboney for membership. The other CBW Board members are Ellen Dugan, Janet Fast, Jeanne Johansen, Ann Skelton and Carol J. Bova.

Denise Aileen DeVries is a translator and writer with a B.A. in French literature from the University of Colorado. She studied poetry at George Mason University in Fairfax Virginia.

Denise has a blog called *Bilocalalia* <https://bilocalalia.wordpress.com/>. In 2020, she edited *Measured Moments—the way we see it*, an illustrated poetry anthology. The anthology and her novels are available in print and e-book formats.

Her play, *A Two-Faced Spinster* was performed in 2020 by Tempe Readers Theater in Arizona. She has presented writing workshops at Lancaster Public Library and writes articles for **Chesapeake Style**. Denise and her husband, artist Alvaro Ibañez, along with their daughter Delia Ibañez, are developing a retreat center for the arts on their property outside Kilmarnock. They hold monthly events to promote

career late in life, but not so late that she won't make a splash. We have no doubt of that. Her Jazzy's Books are loved by children as far away as Essex UK and NSW Australia! She combines beautiful photography with lyrical writing and rhyme to create engaging, educational books for children. She provides a variety of children's activities for teachers to use in their classes or on social media. Sonja says her other stories are still works in progress, but she's working through the writing process to get them done and ready to read. She is an active member in CBW, the Society of Children's Book Writers and Illustrators, the Virginia Writers Club and Isle of Wight Writers Group. Sonja lives in Smithfield with her husband Dale and her dog Jazzy.

With the help of member Sally Honenberger, the



Tidewaer and Timber~Rockin' into June



By Chelly Scala

Our son has just completed his first year of college and now one of my fishing buddies is back! How does he still out fish me? I told him today that he got his love of fishing from his Mom and Dad.

June is an exciting time on the water. We were just talking today about the numerous types of fish that are available in the Northern

Neck Area. It's very exciting!

Some of the favorite angling species available in inshore waters include, bluefish, croaker, spot, white perch, flounder, rockfish (aka striped bass), Spanish Mackerel, speckled trout, gray trout, red drum and kingfish, also known as whiting. One of the most sought out fish species is the Striped Bass. Below are the season specifics that include the nearby waters of Virginia, Maryland and the Potomac River.

The first recreational striped bass season for 2021 in Virginia Chesapeake Bay waters and its tidal tributaries continues through June 15, 2021. During this season, anglers are allowed to pursue and catch striped bass in Virginia Chesapeake Bay waters with a minimum size of 20 inches and maximum size limit of 28 inches. The possession limit during this time is one fish per person.

Combining possession limits with other nearby jurisdictions, such as Maryland or Potomac River Fisheries Commission (PRFC) waters is not allowed. Always be familiar with regulations in the

areas you will be fishing.

Virginia's recreational striped bass seasons regulations are available on the Virginia Marine Resources Commission (VMRC) website at, www.mrc.virginia.gov/recreational.shtm or <https://webapps.mrc.virginia.gov/public/reports/swrecfishingrules.php>

The PRFC manages the fisheries in the tidal Potomac River from the Route 95 Woodrow Wilson Bridge to Smith Point Virginia. The current striper season for PRFC continues until July 6. The minimum size limit for striped bass in PRFC waters during this time is 20" with a 2 per person per day possession limit. For more information about the PRFC recreational fishing seasons, visit, www.prfc.us/fishing_potomac.html or www.prfc.us/pdfs/BLUE-SHEET.pdf.

Maryland's summer striper time is from June 1-July 15. All Maryland Chesapeake Bay waters and tributaries are open to fishing with a 1 fish per person per day possession and a minimum size of 19 inches. Anglers must use

non-offset circle hooks when live-lining or chumming;

Anglers must use non-offset circle hooks when using fish, crabs or worms as bait and targeting striped bass, or when using processed baits and targeting striped bass. The Maryland striper regulations are available at www.eregulations.com/maryland/fishing or www.eregulations.com/maryland/fishing/striped-bass/

Enjoy the many species and angling action that the Chesapeake Bay Region has to offer.

Chelly Scala photos.



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Gimme Shelter: Bay Transit Bus Shelters Proliferate Across Region

By Michael B. Norvell

Bay Transit, the public transportation division of Bay Aging, is celebrating 25 years of serving residents across the Northern Neck, Middle Peninsula, Charles City and New Kent Counties. Unlike traditional urban transit systems with fixed-routes and schedules, much of Bay Transit's service is "demand responsive."

Riders simply call the Bay Transit Ride Line at (877) 869-6046 at least 24 hours before they need a ride and make a reservation. Bay Transit picks up riders at their homes and transports them to their destinations. This door-to-door service is available Monday through Friday from 6 a.m. to 6 p.m.. Customers can even have standing reservations for regularly



occurring trips to work, health care services or shopping. As part of Bay Transit's response to COVID-19, all rides are free to eliminate the exchange of the bus fare between riders and the driver.

Transit bus shelters across the region during the last several years," observed Ken Pollock, Bay Transit's Director. "The shelters provide both marketing and customer service functions, helping raise awareness that this location is a transit hotspot and providing shelter from the elements to our riders."

The bus shelters are also tangible examples of strategic partnerships with community partners. There are now shelters at the Rappahannock Community College's Warsaw and Glenns campuses, Tappahannock Riverside Hospital, the Thomas Store in Farnham, Nino's Pizza in Callao, the Northern Neck Planning District Commission in Warsaw, and apartment complexes in Essex, Gloucester, Middlesex, and Lancaster Counties.

Bay Transit's newest bus shelter at the Warsaw Village Shopping Center is the latest example of this collaboration. Last year, the shopping center was acquired by Broad Reach Retail Partners which enthusiastically supported having a bus shelter to serve shoppers and employees of Food Lion, Walgreens,

Hardee's, and the other merchants there. "One of our goals at Broad Reach is to create value for the communities in which we own shopping centers," said Mike Castellitto, Chief Operating Officer of Broad Reach. "We enjoyed working with Bay Aging's Transit team to do just that by installing the new bus shelter at Warsaw Village Shopping Center, allowing more accessibility to everyday essentials such as

grocery and pharmacy needs." *The Town of Warsaw and Richmond County were also enthusiastic partners. At a ribbon cutting ceremony on April 28, Warsaw's Mayor, Randall Phelps, and Broad Reach Retail Partners' Director of Marketing Lindsay Moran did the ribbon cutting honors. The ceremony was also attended by Town of Warsaw Vice Mayor Paul Yackel, Bay Transit Director Ken Pollock, Broad Reach Retail Partners Property Manager Steve Ferciot, Warsaw Treasurer & Clerk Julie Blackley-Rice, Bay Transit Regional Supervisor Princess Wise, Warsaw Director of Planning & Community Development Missy Coates, Warsaw Town Manager Joseph Quesenberry, Bay Aging board director Cindy Talcott, Richmond County Administrator Morgan Quicke, Warsaw-Richmond County Chamber of Commerce President Sara Carroll, Warsaw Town Councilman Ralph Self and Warsaw Town Councilwoman Rebecca Hubert. Michael Norvell photo.*

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Books in *Style~Poems by the Fire*

Review by Katherine Talley

Our lives are spectacular and filled with grace! The book *Poems by the Fire* by Nancy Vickers is a romance with the diversity of ordinary lives through the stroke of her pen and the words of her heart. Often we wonder what all of this is about.

Nancy captures the love, the touches, and the moments we let go by and yet we want to hold on to. We put it away in our reservoir of thoughts as time moves us forward. A time capsule is created of anniversaries, babies, caregivers, generations of family, and friendships celebrated over and over.

It's a book of honoring first responders, teachers, and places/homes of great history to ne'er be forgotten. She turns back the clock in a class reunion of over 60 years past into a spirit which lifts weary bones in just minutes. To no longer see the matured faces but to see the youth and laughter as



once was, is a transforming event.

The delight found in her poetry gives us the solace to wallow in cherished love and that there is a central theme, a warm heart and all is good. In the book, Sydney's poem tells me she sees a purpose for everyone. The book is for you!

The tickle of seeing words to describe a special granddaughter as part of this world leaves me as her grandmother with assurance

everyone matters. Depicted in the poem, the *Sydney-spin* and happy gestures displayed on the page tells me how unique we are if we just take a look. Nancy allows her gifts to flow and is imprinted on our minds. They are simple words that unravel complexities. I am grateful for it.

She commemorates her life and love of family. Her son's devoted partner and one of her best friends were more than in their passing. Tributes belong to the secrets of the extraordinary in ordinary individuals. They are transcribed into a legacy in print and beauty comes alive in the dance of the young ballerina and the love of a partner which was unconditional. Her poetry puts endless love into place.

The Fire is year round. We pull up in a cozy spot and the fire inside

of us ignites a passion to be better people and to embrace what we had, what we have, and what we will have. Let it burn within us!

Nancy Vickers is a much loved member of the Westmoreland County and her roots encompass well beyond these boundaries from Midwest, North, and South. With her wide reach, she always looks to the welfare of her neighbors in proximity with baked goods, gifts, and comfort to those ailing or in distress.

Her most important principle is that she values each and every life whom she knows and casts a monument in their behalf. Not only is this a self-indulging experience in poetry but is a source to spread goodwill among others. It is perfect for gifts for special holidays or for friendships anytime.

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By Lee Casazza

Spaghetti with White Clam Sauce

This recipe has a lot of fresh middle neck clams (from the Chesapeake Bay) and the clam juice is infused with white wine, olive oil, and finished off with butter. Serve this with crusty bread for sopping up the juices. Grated cheese is optional, but most Italians say that's a "no-no", but we like it with grated Parmigiano-Reggiano. 2 dozen clams (middle neck clams to the smaller little neck).

2 T water
1/2 cup dry white wine
1/2 lb spaghetti
2 T olive oil
1 small shallot, finely diced
2 cloves garlic, thinly sliced
1/2 t red pepper flakes (optional)
1 t fresh oregano leaves
2 T unsalted butter
Juice and zest of 1/2 lemon
2 T finely chopped Italian parsley
Extra-virgin olive oil, for finishing
Freshly grated Parmigiano-Reggiano cheese, for serving (optional)

Fill a large bowl with cool water. Add 2 t of sea salt (not iodized salt) and let the clams sit in the cool water for 20 to 30 minutes, but no more. Gently spoon them into a

colander and rinse them a couple more minutes with cool tap water.

In a large pot that you will boil the pasta in, bring water and wine to a boil. Add the clams, cover, and cook for about 6 to 7 minutes, until clams open.

Discard any clams that failed to open.

Pour clams and juice from pot into a large mesh strainer, set over a large bowl to catch the juices. Remove all but about 8 to 10 clams from their shells and roughly chop. Place them in a smaller bowl. Leave the rest of the clams in their shells and place in a bowl, covered to keep warm. Set all three bowls aside.



Meanwhile, in the same large pot, cook the spaghetti 7 to 8 minutes in salted water until al dente. Before draining reserve one ladle of pasta water; pour one over the clams in their shells to keep them warm.

In a large skillet large enough to hold the pasta and sauce, heat the olive oil over medium heat and sauté the shallot for about 3 minutes. Add the garlic, red pepper flakes, oregano, and butter and sauté another minute.

Add the chopped clams and clam broth. Cook one more minute.

Season lightly with salt and pepper and add the lemon zest and juice.

Add the drained pasta to the pan along with the parsley. Heat for just a minute or two while tossing with a pair of tongs, until well combined.

Divide into 2 warm pasta bowls and garnish each bowl with the clams in the shells along with the juice in the bowl. Pour the rest of the hot clam broth from the skillet over each bowl.

Sprinkle with some of the parsley, drizzle with a little extra-virgin olive oil, and serve with grated cheese, if desired.

Serves 2

Classic Caesar Salad

The Caesar Salad was created in the 1920s by Caesar Cardini, an Italian immigrant, and restaurateur.

Lee's Kitchen Hints: To crisp up any limp lettuce, first soak the leaves in a bowl of lukewarm water for 5 minutes. This allows the cells (or pores) in the lettuce to soak up the water and become plump. Drain the lettuce and now soak in ice cold water for another 5 minutes. This allows the cells to close and the results will be crisp lettuce. Spin dry and place in a salad bowl. Any leftover lettuce can be refrigerated in a plastic baggie with a paper towel wrapped around the lettuce.

1 cup cubed (1/2 inch) crusty Italian bread
2 t olive oil
2 heads Romaine lettuce, torn or cut into bite-size pieces
Dressing
2 large egg yolks
6 to 8 anchovy fillets
2 cloves garlic
2 T champagne or white wine vinegar
2 T fresh lemon juice
1 t Dijon mustard
1 t Worcestershire sauce
1/4 cup extra-virgin olive oil
1/2 cup avocado oil
2 T grated Parmigiano-Reggiano cheese
Sea salt and freshly ground black

pepper

Coarsely grated Parmigiano-Reggiano cheese, for garnish
Lemon wedges, for serving (optional)

Preheat oven to 375 degrees F.

Place pieces of bread on a baking sheet. Drizzle with the olive oil.

Mix around on the baking sheet to coat cubes with some of the oil

Bake in the oven until golden brown, about 8 minutes.

Stir after 4 minutes.

Remove and transfer croutons to a plate and set aside.

Meanwhile, place the egg yolks, anchovy fillets, garlic, vinegar, lemon juice, Dijon, and Worcestershire sauce in a food processor or blender.

Process until smooth. Slowly



add the oils and place in a bowl in the refrigerator until ready to use.

Place Romaine in a large salad bowl.

Drizzle some of the dressing over lettuce and toss to combine.

Season to taste with salt and pepper.

Add the croutons, and toss again.

Divide between 2 to 4 salad plates and add some grated Parmigiano.

Serve with lemon wedges, if desired.

Serves 2 to 4

If you like my recipes and are interested in many more, please visit www.leecasazzacooking.com. There are links to two separate cooking blogs for you to enjoy Lee Casazza photos.

Wild *Style* Cuisine~Pheasant Bisque



By Wendy Hyde

Soup is undeniably a popular comfort food. Imagine a bowl of chicken noodle soup when you're feeling sick; a thick, hearty vegetable beef soup on a cold winter afternoon; or a rich, creamy bisque to indulge in for a special occasion. They offer an inviting, endless variety of flavors, garnishes and textures. Bisques are silky, pureed soups traditionally made with shellfish, thickened with rice, and finished with cream and brandy.

Medium- and thick-textured soups can be achieved in a variety of ways. Using a roux, a mixture of equal parts flour and butter by weight and cooked until the "pasty" flour flavor is gone, adds velvety richness to soups and sauces but also adds calories. To save on calories and fat substitute cooked, pureed cauliflower for heavy cream, keeping in mind the flavor will not be as neutral as cream. Adding cooked starchy vegetable purees of potatoes, lentils, butternut squash, sweet potatoes, parsnips, and carrots is a healthy way to add thickness and sneak in vegetables.

The cooked rice used in bisques is naturally gluten-free and fat-free like many other thickeners. One of my favorite quick-fix thickeners

is instant potato flakes. Using the flakes let you gradually adjust the thickness by stirring in small amounts, and their neutral flavor won't change the final taste of your dish. A whole, peeled baking potato can be added while a soup simmers then removed, mashed, and stirred back into the mix. Rice flour and cornstarch and their more expensive counterpart, arrowroot starch, all work well as neutral-flavored thickeners and won't make the end-result cloudy like the potato and roux methods. (For even more options, visit <https://www.swansonvitamins.com/blog/thickening-ingredients/>)

This variation of bisque features pheasant meat instead of shellfish and is garnished with shredded meat, an herbaceous celery oil, crunchy croutons, and fresh parsley.

Pheasant Bisque

Yield: 4 servings (1 c. each)

Total time: 1 hr. 45 min.

2 Tbsp. unsalted butter

2/3 c. onion, small dice

1/3 c. celery, small dice

1/2 c. carrot, small dice

2/3 c. fresh tomato, chopped (or canned diced)

1/2 tsp. finely minced garlic

2 sprigs fresh thyme

1 bay leaf

8 whole white peppercorns

2 sprigs fresh parsley

1/2 c. dry sherry

2 1/2 c. chicken stock

2 whole skinless pheasant, each cut into 4 pieces (2 legs, back section, and breast section with ribcage)

1/2 c. cooked white rice

1/2 c. heavy cream, warmed

2 pinches cayenne pepper

1/2 - 1 tsp. fresh lemon juice

Salt and white pepper to taste

Garnishes:

2 Tbsp. chopped fresh parsley

Croutons

Celery Oil (optional - recipe follows)

Melt butter over medium-low heat in a large pot, add onions, celery, carrot, and a pinch of salt and cook, stirring frequently, until vegetables soften and onions are almost transparent. Add garlic and tomato and cook 1-2 minutes until garlic is fragrant. Combine thyme, bay leaf, parsley, and peppercorns in a piece of cheesecloth and tie with kitchen twine to make a bundle. Add chicken stock, herb bundle and pheasant, adjusting meat to make sure everything is submerged in the liquid, cover and bring to a low simmer over medium-low heat. Reduce heat to



maintain barely a simmer, cover and cook about 20 minutes, until meat is just cooked through. Turn off heat and let stand, covered, just until meat is cool enough to handle. Transfer pheasant to a cutting board and remove all the meat from the bones. Reserve 2 breasts for later (shred and keep covered to keep moist). Return all remaining meat to the cooking liquid and add the cooked rice. Simmer, covered, over medium-low heat for another 20 minutes to tenderize the meat and let the rice get soft. Remove the herb bundle and puree the mixture in batches on high speed for 1-2 minutes each until completely smooth. (Use caution when blending hot liquids; do not fill the blender over halfway,

vent the lid, drape a dish towel over top to catch any splashes, and start on a low speed, gradually increasing as the mixture breaks down.)

Strain mixture through a fine mesh strainer, stirring and pressing to push the mixture through. Return strained mixture to the stove over medium heat, stir in the warm cream, cayenne, and lemon juice and heat through. Season with salt and pepper to taste. Shred the reserved breast meat. To serve, ladle into soup bowls, top with shredded breast meat, drizzle with celery oil, and garnish with parsley and croutons. Can be made 2-3 days ahead; store refrigerated and reheat over low heat, stirring frequently.

Celery Oil

1/2 c. vegetable or other neutral oil
3 large ribs of celery, cut into chunks

1 Tbsp. chopped onion

10-12 parsley stems

1 tsp. celery seed, lightly crushed

Pinch of salt

Combine oil, onion, celery and parsley in a blender and process until herbs are in fine pieces. Transfer to a small saucepan, add celery seed and salt, bring to a gentle simmer over low heat and cook 5-10 minutes or until herbs are soft (do not allow them to brown). Turn off heat and let stand 1 hour. Strain through cheesecloth, pressing gently on solids to extract as much oil as possible. Store refrigerated and bring to room temperature before serving. Can be made 3-4 days ahead.

Photo 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](#).



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