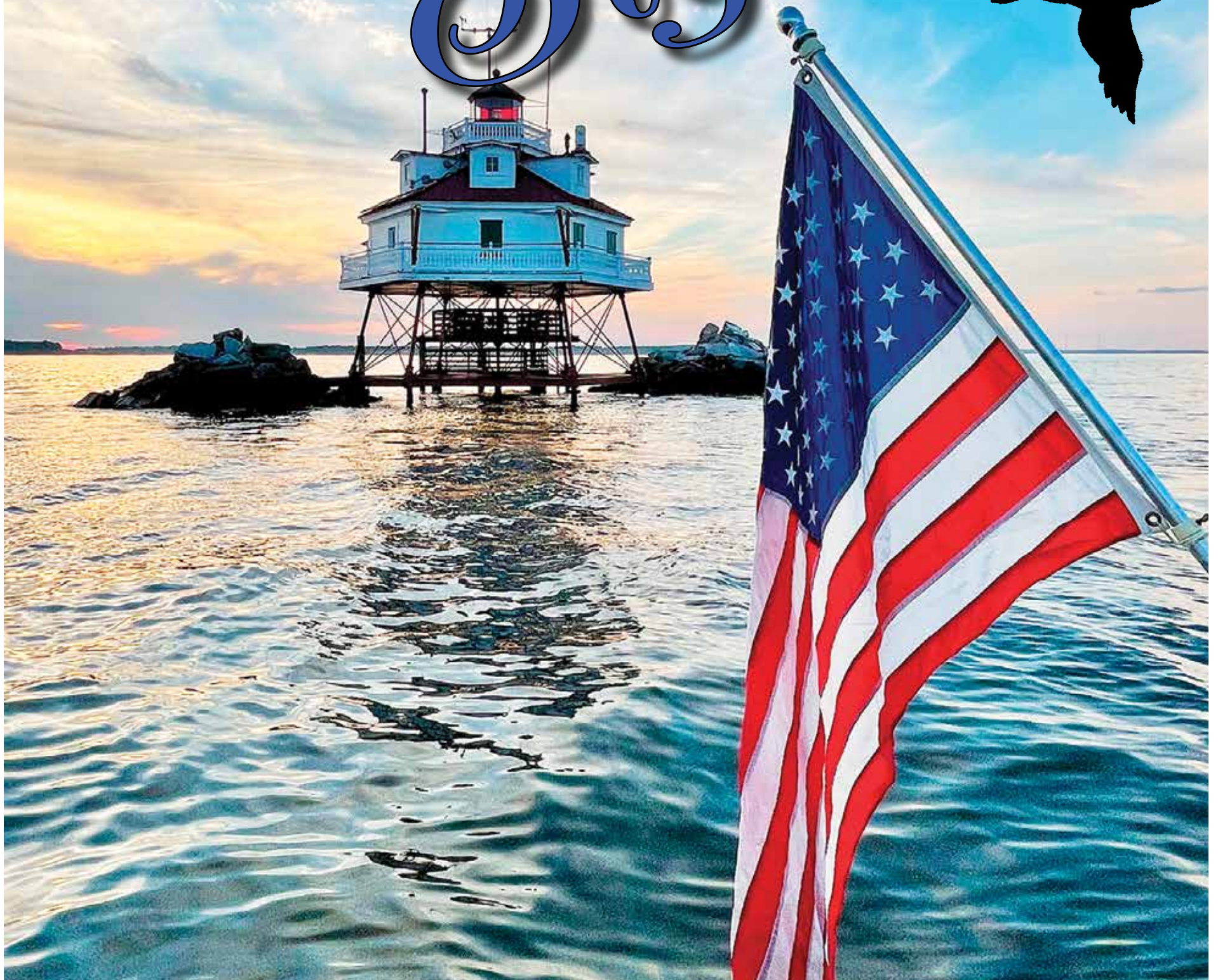


CHESAPEAKE *Style* PRICELESS

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

Fast Times on the Rivers

Several years ago, I asked my son to plan to visit me at least twice a year—he had started a new family, and I wanted to ensure I had a place in my grandchildren's lives.

When I was younger it was a wonderful pleasure to buy gifts, especially at Christmas, to sit on the floor and play with them. *There are five grands ages 41 to 11. Five great grands, 24 to eight months.*

Back to my son. I requested one visit between Mother's Day and my birthday, the end of June. The other time frame was between Thanksgiving and New Year. No specific dates. It became a tradition. The duration of the visits were usually two to three days, with no structure or expectations—but small traditions began to build. It worked well for us.

Then the virus and lockdown hit. Today, I realized that like many folks, I had compartmentalized my life, feelings and emotions. I named the compartments—*Suck it up, Buttercup, I'll Worry About it Tomorrow—like Scarlett, in GWTW, I'll let my Subconscious Mind Figure it out, Savor these Memories, Make Your Own Sunshine, Bloom Where You are Planted...*

Several days ago I asked my son to bring my grandson and come to help celebrate my birthday. Suddenly all of this Joy came flowing out of my compartments! I was thrilled! It became clear how much I have missed seeing and being with my family! I had no clue. By the time you read this they will have come and gone. And my compartments will resume doing their jobs.

Like many folks whose lives have circled the sun four score and several years, my body betrayed me. *That goes into the Suck it up, Buttercup file.*

More good memories for my *Savor my Memories* file!



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About the Cover~

Hi, my name is David Sites. I am a Plumbing Contractor but enjoy searching for cool photos in my spare time, mostly on the water from my boat. My house is on the water and I keep my boat on a lift on my pier. I take my boat out all year long and spend a lot of time on the Chesapeake Bay.

The Thomas Point Lighthouse—as seen in this photo—is one of my favorite subjects. This particular

photo was taken with the intent of posting online for Memorial Day. I enjoy sharing the things that I see on my outings on social media for everyone to enjoy.

You can follow me on Instagram (Motoxdms) to see some of the amazing things that I come across on my adventures. I hope you enjoy my photos as much as I enjoy taking them.

Fly Like the Wind



By Ann Eichenmuller

Every year on the Rappahannock just downriver from Farnham Creek, boaters and waterfront homeowners are treated to the sight of dozens of brightly colored sails dancing across the water. This annual event is the Rappahannock Rivah Regatta, and this year marked our first entrance into the races—and my second sail on a catamaran.

A beach launched, lightweight cat, the Hobie 16 is known for its lift and speed. My husband, a former windsurfing racer, got this one as a Father's Day gift more than two years ago, but a book tour, house projects, and visiting children and grandchildren at opposite ends of the country always seemed to coincide with windy days, and so our racing

plans took a backseat to life. 2021, we decided, would be our year.

After one particularly windless America's Cup, humorist Dave Barry once wrote that watching a sailboat race was about as exciting as watching continental drift. After race number one in the 2021 Rappahannock Rivah Regatta, I would have added this thought—you should try being on the boat.

It was a lovely, sunny day, but

light winds forced a postponement of the first race. When there was finally enough of a breeze to commence, we sailed out beyond the start line so I could get a feel for how the Hobie handled, tacking back when we heard the five minute warning horn—and the river around us turned to glass.

We were caught in dead air as we inched toward the committee boat, the last boat to claw our way out of the gate, and things didn't improve from there.

On our downwind run—a misnomer if ever there was one, because there was no wind and it was no run—we literally drifted thirty feet into the marker buoy because the outgoing tide was the only thing actually moving. At least we were far enough behind the rest of the fleet that no one else was subjected to our colorful language and display of marital discord.

One of my husband's favorite

adages is “No sailor ever committed suicide in a hurricane.” In other words, you can adjust for too much wind, but there is nothing you can do with too little except buy a powerboat. Given that wasn't an option at the moment, we finished out the day's races, went home, and prayed for wind.

If this were a work of fiction, we would come from behind on day two to take first place—but this is a true story, and that wasn't even a mathematical possibility. But we did have wind, and for a two person crew on a lightweight boat, that makes all the difference.

We had a couple of great starts due to my husband's tactical planning and even managed one second place finish. Best of all, we went fast—I mean, really fast, with one hull off the water and both of us hiking out on the edge. I was hooked.

So, Dave Barry, you were only half-right. Sailboat races can be wet, wild, and exhilarating—all you need is wind.

Ann Eichenmuller is a marine and travel journalist, and the author of the Sandi Beck nautical mystery series, available on Amazon and Barnes & Noble. Contact her at ann@anneichenmuller.org.

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Making a Difference on the Northern Neck, One Cat at a Time



By Ann Bedford

Dixie was surrendered to Garfields Rescue Inc (GRI) from a woman who was moving in with her grown children. They would not allow her to take

her pet cat of many years. The woman was in tears as she dropped Dixie off at a Garfield's volunteer's home. The volunteer cried right along with the owner.

In October of 2020 Dixie was sighted on Petfinder.com, an online site where rescues can upload pictures of adoptable cats with the adoption agency's contact information. A young woman was looking for a pet to keep her company since her retirement from the military. She contacted GRI about a few cats she saw on Petfinder.com.

She met GRI's foster mom virtually. The foster mom answered questions and provided support on preparing the house for the homecoming of a new pet. She went to the foster home to meet the foster and all of her foster cats. She immediately

knew she would adopt a cat.

Dixie was initially shy but she had fallen in love with her sweet face. She adopted Dixie and added Reese to her name. The new owner sent an update to GRI saying "Dixie Reese licks me and loves her cheeks

and chin rubbed. She loves any attention she can get from anyone and always wants to know what I'm eating.. She loves watching birds and playing mice games on YouTube". The new owner said that her life will never be the same after adopting her fur companion.

During the Spring season and continuing into summer, kitten season significantly increases the number of calls to GRI requesting rescue of homeless momma cats with litters of kittens.

A dedicated group of rescuers launched GRI to take action with the thousands of homeless cats in the 880 square miles in the counties of Lancaster, Northumberland, Richmond and Westmoreland.

No other rescue organization was addressing the issue.

GRI categorizes rescued cats as strays, owner surrenders, and kittens born while in foster care and can be social or unsocial. Homeless cats in the community suffer greatly from lack of food, shelter and medical care.

Homeless cats reside in colonies and many wonderful community

residents feed those colonies.

As the cats continue to breed, the numbers become overwhelming and residents request assistance. Two ways to prevent suffering of homeless cats is to spay/neuter the cats so they can't reproduce, and adoption. Strays have typically been left behind by residents who have moved away, have been dropped in an area because they are unwanted, or have been born in the wild.

Social homeless cats can be adopted. The unsocial cats, often referred to as feral or wild, are not suitable for adoption. The unsocial cats must be trapped, spayed/neutered by a veterinarian, then returned to the location where they were trapped but only if there is



someone who is responsible for the colony. This process is referred to as TNR and is a very humane way to deal with unsocial homeless cats.

To donate to feed, house and provide medical care for the foster cat—currently 104—go to our website, www.garfieldsrescue.org. Garfield's also accepts donations of household items for online auctions and yard sales and offers pick up of items by calling 804 480-2066 or emailing garfieldsrescue@gmail.com.

Dixie Reese and Emma photos courtesy GRI.

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How Low Can You Go?

By Grid Michal

Question: What's the most ignored item year 'round on 99% of boats?

The portapotty still in factory wrapping
A. The owner's manual
B.

The powerplant

C. The bilge pump

Did I hear you say "All"? Nope.

I can't count the number of times we've seen a portapotty that had been used, in a carefully opened and resealed box. Apparently there's a lack of communication in some families.

Owners' manuals are home on the workbench or kitchen island to be read when it's convenient. There's no reason for them to be on board when urgently needed.

Powerplant? Believe it or not, there are still some folks who realize that pulling to the side of the road when a car's engine quits is a lot easier than bobbing about in the rivah awaiting a tow. Hence, they routinely service their engines.

The poor, maligned bilge pump is the correct answer. Out of sight, out of mind. When do you think about it? After the boat is launched and water is gushing out the discharge port of the rapidly sinking boat. Or the pump is growling away but nothing's coming out. Of course not! The hose is rotten and broken/detached, or the impeller has cracked and broken, leaving the shaft to spin but since it can't spin the impeller, it's not working properly.

How did it get that way? It sat on a lift or trailer through a freezing season. The automatic float rose, the impeller was frozen in place, it snapped, the pump



spun until the battery was dead and the boat essentially sank where it sat. Water rose in the I/O's starter and bellhousing, turning the starter to a ball of rust.

Some boats require removing the engine to access the starter. Many wiring harnesses connect just above the battery, which, when submerged in the right conditions—those when you think nothing else bad can happen—will eat the connections away with electrolysis

Whose idea was it to mount the bilge pump under the I/O's oil pan, anyway? Or all the way at the stern with no access port? Or with the pump mounted higher than the float switch, meaning the pump runs continually.

One customer bought a used boat that had the wires connected with household wire nuts. Only a month in salt water before the boat, a leak around the drain plug, went to visit Davy Jones.

Another had a deadrise he bought from a fellow who used black and white wires for his connection. The seller was an

electrician, so he connected the pump's red 12V wire to the black from the battery's positive post, and the pump's negative to the connection's white—Household

wiring uses white for ground, while boats for years used black for ground. Pump shorted from reverse polarity, and we were lucky to have two high-volume pumps to keep the boat from going down until we figured out what was happening.

If your boat is on a trailer or lift for the winter, remove the hull drain plug, or add non-toxic antifreeze to the bilge. If you don't have water, nothing will happen. If you do have water, it shouldn't freeze.

Your priceless life and multi-million dollar boat are dependent on a \$39.95 bilge pump. It behooves you to introduce yourself to it and make certain it's accessible, and in good working order. *Grid Michal is the author of The Motor Doctor: solutions for troubled engines and owners...and other stories.*

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Style Spotlight~The Sweetest Secret in the Northern Neck

By Denise DeVries

The sweet story of this charming and unique White Stone spot begins in 1997 when Tim and Pam Sawyer were looking for a new venture. They had moved from Newport News to Mathews seeking better schools for their sons. Their route sales business took Tim past an antique store for rent in White Stone. Intending to run a landscaping business and gift shop, they planted the seeds for what became a retail gift and garden center a year later. Tim continued the route, and Pam devoted herself to the Country Cottage.

In 2001, the current building's owner decided to sell, and Pam transformed the former nursery and bait business to the oasis it is today. "The white house with green shutters blended into the woods," she says, "and while looking at a daffodil in my hand, I chose the new colors."

Pam's gift for design shows everywhere, starting from the charming exterior's bouquet of shades. Every corner offers a treat for the senses, from the jasmine bowers' scent to the soothing murmur of the fountain feeding the pond her son installed near the entrance. Inside, carnations perfume the air, thanks to the florist service started in 2005. "As a local business, we wanted to stand out from the big box stores." She began making fudge on the premises in 2007. To sweeten the selection, Pam began providing high-quality, naturally gluten free ice cream in 2008 and serves it year-round. Having been diagnosed with celiac disease herself, she knows the importance of food's gluten content. "Our ice cream was voted



best in the 'Rivah,' receiving second place in 2018 and first in 2019 and 2020," she says. "We bring in new flavors for people who like change, but still keep people's favorites." The hand-dipped delicacies can be eaten at one of the tables adorning the shady front garden.

A look inside shows Pam's love for the local area and its symbols in the Northern Neck ornaments, distinctive cards, one-of-a-kind glassware, and fun pins. The Country Cottage began producing gourmet chocolates in 2010. Virginia Living magazine readers voted them in the top two for "best chocolatier in Virginia" four years in a row. For the exclusive "Over the River" chocolate assortment, "I commissioned the bridge design," Pam explains. The iconic symbol of the Northern Neck's southern gateway is surrounded by fish, oysters and crabs in a variety of chocolates and filling types. This attention to detail is evident everywhere. The shop's shelves are also stocked with jars of ice

cream sauces, jellies and jams bearing the Country Cottage label. Pam says, "We try to get products that not everyone else has and also make sure they are made with high quality ingredients."

Pam's skill in designing flower arrangements may have come from her childhood experience helping her mother make corsages to sell for Easter and Mother's Day. "My mother made the wedding bouquets for me and my two sisters," she says. "I like light and airy looks, but we've also been able to use bright, cheery colors such as orange, yellow and red to keep people's spirits up." Her love of gardening is also evident in her familiarity with her nursery stock and the plants that decorate the exterior.

Pam, who is expecting her tenth grandchild soon, speaks warmly about her "work family" and the local customers who have become close friends. "This area truly supports local businesses." While Pam is the mainstay at Country

Cottage, she says she could not have gotten this far without the help of her husband Tim, her family, friends and wonderful employees. "People ask if our motto, 'The Sweetest Secret in the Northern Neck' comes from the candy," but it also describes the employees we've had here."

Even in 2020, the business stayed open seven days a week from April through December, with adaptations to keep customers healthy. "Besides sanitizing and keeping social distance by limiting the number of people inside to three, we offered curb-side pick-up and no contact flower delivery," says Pam. "Our customers responded with gratitude and support. I was thankful to them, but not surprised, because they've proven their loyalty over time."

As of Memorial Day, the shop will be open seven days a week until Labor Day, except Father's Day. "We always close Mother's Day, Father's Day, Easter, Christmas and Thanksgiving," Pam explains.

I had often admired the welcoming look of the Country Cottage. On today's visit, even after seeing the well-maintained website, I was surprised at the hidden treasures everywhere. I tried two flavors of fudge, and can now say from experience that this Northern Neck sweet spot deserves its great reputation.

Find them at, 795 Rappahannock Dr, White Stone, on Facebook, Country Cottage, call, 804-435-3812. *Denise DeVries photos.*

Bay Transit Celebrates 25 Years, 25 Million Miles of Service, Countless Innovations



By Michael B. Norvell

Bay Transit, the public transportation division of Bay Aging, has been in operation for nearly 25 years providing award-winning service to residents across the Northern Neck, Middle Peninsula, as well as Charles City and New Kent Counties.

Bay Transit's recent history has been characterized by innovations that are redefining the role a rural transit system has in the communities they serve. Last year, Bay Transit was recognized by the Virginia Transit Association (VTA) as the Outstanding Community Program Award winner. Bay

Transit's partnership with the Rappahannock Community College (RCC) Educational Foundation eliminated fares for all students riding to and from RCC's four campuses on Bay Transit. The initiative was hailed by students and administrators as a "godsend." Prior to the COVID-19 pandemic, RCC students were embracing the partnership and RCC was enjoying increased enrollment. After launching the program in mid-January of 2020, Bay Transit's RCC ridership increased 327% versus the same two-month period in 2019 (615 vs. 188).

"We were honored to be recognized by the VTA for outstanding community programs

like our innovative partnership with RCC," said Ken Pollock, Director of Bay Transit. "As it did for so many people, communities, and businesses in 2020, COVID-19 caused the curtailment of life as we knew it. Yet the pandemic also afforded Bay Transit many new ways to help the communities that we serve. Whether Bay Transit drivers were delivering groceries to area seniors, getting residents to their polling places on Election Day, or helping get essential workers to their jobs, we remained committed to doing everything we could in good times and in difficult times."

Bay Transit's latest innovation is one that has statewide implications for rural transit operators. On June 28, Bay Transit, in partnership with the Virginia Department of Rail and Public Transportation (DRPT), launched an initiative to bring on-demand transportation services to rural Virginians. Bay Transit has contracted with Via, a leading provider and developer of on-demand public mobility solutions, to deploy one of the first microtransit service in the Commonwealth.

"The Commonwealth is committed to finding multimodal solutions that diversify our transportation system, and work harder and smarter, to get people where they need to go," stated Shannon Valentine, Virginia Secretary of Transportation. "Microtransit offers flexibility and can help expand mobility options for Virginians."

Using Bay Transit's vehicles and drivers, Via's powerful microtransit platform will handle dispatch, pickup, and routing of the vehicles—much like other rideshare apps. The new service takes advantage of Via's advanced algorithm, enabling multiple riders to seamlessly share a single vehicle. The powerful technology directs passengers to a nearby corner—a virtual bus stop—or pick up and drop off, allowing for quick and efficient shared trips without lengthy detours or conventional fixed routes and schedules. The service zones were specifically targeted to provide affordable and efficient transportation for high-need and underserved communities—areas not served by other on demand transportation services like Uber and Lyft.



Style Spotlight~Coan River Marina Raised from the Dead



By Nan Harvey

Resurrection is usually associated with Easter and not marinas but it's totally appropriate when talking about the Coan River Marina. Six years ago, Guy Nolan and Matt Miller bought the dead marina and have brought it back to life in spite of unbelieving bankers, abandoned boats, labor shortages and, most recently, coronavirus. It's exciting to hear about dreams coming true.

Neither Guy nor Matt had owned a marina before though Guy,

having grown up playing on the Columbia River, had wanted a marina for 20 years. The two met at the Capital Yacht Club in Washington, D.C. and started looking. They found the Coan River Marina which was in foreclosure at the time and immediately loved the location and the deep water—seven to ten feet of it!—but couldn't convince the bankers. It took a year before they were able to buy it and they haven't looked back.

Matt's previous experience starting up companies helped them with their five-year plan. There was a lot to do initially: repair piers and the travel lift, build a sea wall and move the boats left behind. Resuscitating the business was more involved but with faithful previous slip holders coming back and word of mouth recommendations they've made that happen too.

It hasn't hurt that Matt is a former accountant and Guy is a now retired naval architect, each bringing their special skills. Modestly, Guy attributes a part of their success to word of mouth recommendations. But a quick walk around their extensive yard shows how far and wide their word of mouth reaches.

Hailing ports lettered on boat sterns include Massachusetts, Ohio, Pennsylvania, Florida, California, Oregon and Arizona! The parking lot too had out of state license tags. Guy, obviously very familiar with the clients he serves, said many slip holders drive two hours to get to this special destination.

And what exactly makes it

worth driving two hours to get to this marina down quiet Lake Road off of route 360? Deep water, quick access to the Potomac River which outside the Coan is seven miles wide, and the laid-back beauty of the Northern Neck.

What attracts Guy most? "The people of the Northern Neck," he responds without hesitation. That's even though he laughingly explains, "Boat owners are crazy people!"

Guy's involvement with his clients at the boatyard is apparent. He casually cites examples of daunting projects that would probably make most marina owners quake in their Wellies. A houseboat construction from flotation devices up, the flat location for the construction carefully marked off in anticipation, the pontoons stacked close by.

A blue water sailing vessel getting ready for a round the world race but the owner got stuck in Australia during lockdown. Replacement of a deteriorating mast post without even stepping the mast! These are marina owners who don't shrink from a challenge!

I couldn't help but notice signs of the care given to boat owners' boats. Plastic sleeves on the travel lift slings to protect boat bottoms from being damaged when the boats are being pulled. Of course, a non-ethanol gasoline pump with diesel offered on one of the piers.

A convenient pump out station. And care to the environment. A Virginia Clean Marina, each boat on the yard has filter fabric beneath it to collect the removed bottom paint and keep it from getting washed into our beloved waterways. Yes, it is a working boatyard and

care has been given to provide the kind of amenities that working boat owners need and want.

But with all their many successes, they still have challenges the biggest of which now is help. They currently have one full time worker and Guy says "We could probably use another full-time person."

They achieved their five-year goal expectations and with their attention to providing great service, the marina not only is growing but they also have room to grow more. This is the boatyard for do-it-yourselfers and for those who maybe need some assistance.

Guy admits "It's the interaction



with the people I like best!"

And it shows! Contact Guy or Matt at Coan River Marina, 804-529-6767 or info@CoanRiverMarina.com if you'd like more information, to make a reservation or want to work with this winning team! Also find them on Facebook, Coan River Marina and the website, www.coanrivermarina.com.

Nan Harvey photo of Guy Nolan showing upgrades to the travel lift. Sunrise from the Coan River Marina photo by Guy Nolan

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Kilmarnock Come-Back



By Denise DeVries

"No man ever steps in the same river twice, for it's not the same river and he's not the same man." – Heraclitus

In this case, the woman was stepping into a community after four years away. I felt like a different person, but I expected to come back to a place that had changed very little. During our short retirement inside a snarl of traffic circles in the Phoenix area, I only remembered Kilmarnock as the sleepy little town of the late 1990s when we arrived.

Before the brick crosswalks and fine streetlights with hanging plants, Main Street was crisscrossed with electric wires, the sidewalks were buckled from tree roots, and a constant puddle at one corner was fondly known as "Lee's Lake." In my mind, Lancaster Community Library was still back on School Street and the laundromat was painted bright pink.

We returned in March of 2020. The house where we'd lived for two decades was unchanged, but the trees and shrubs around it were much taller. Otherwise, it seemed as if time had stopped. People I

knew would say, "haven't seen you in a while," not realizing it had been four years. I stepped smoothly back into the slow stream of life here.

Behind the reassuring sameness though, there was an undercurrent of change.

We saw a procession of workers' trucks as recently sold waterfront houses underwent face lifts. New neighbors were driving past our house, but with the same friendly waves we'd learned to expect.

The kind postmistress behind the counter in Wicomico had been in Kilmarnock when we left, and her Wicomico counterpart had now moved to Main Street. It was a bit disorienting, like tripping over a crack in the sidewalk. One day, I stopped to talk to a water fitness teacher in the grocery store. She thought I had just missed a few classes, but meanwhile, a whole new aquatic center had been built.

The village I thought of as "the town where nothing ever happens" now boasted a new playground and amphitheater at Town Center Park. Construction of the new Boys and Girls Club and the Compass Entertainment Center had just begun. Imagine not having to cross a river to see a movie!

Still, under the surface, Kilmarnock was our safe, peaceful home, just slightly improved. So, how had I changed? Before we left for Arizona, if I saw someone I knew at the grocery store, I'd



slink into a different aisle in case my hair wasn't "looking right."

In Tempe, being the oldest and most awkward student in my exercise classes helped me lose some of my self consciousness. Once, the teacher reversed the flow, making everyone turn around so

the back row was in the front and we couldn't hide anymore. That day, as I faced all those fit, younger people, I told myself, "I have never looked

worse than this." So, if you see me around town, be sure to say hello; I'm probably not looking my worst. *Kilmarnock skyline photo from Town Center Park, by Delia Ibañez. Denise photo in front of Lancaster library, by Alvaro Ibañez.*



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Style Spotlight~Jewells Master the Art of the Casual



By Denise DeVries

I met Ron Jewell on the 38th anniversary of his marriage to Marjorie, his business partner since he started the first Sleep Center in 1998 at her flea market in Warsaw. The business later expanded to storefronts in Kilmarnock, Warsaw, King George and Tappahannock, operating for the last 18 years in Callao.

The couple lives just minutes away in his childhood home, located in what was once the village of Harryhogan and now part of Callao. The area is known as the home of the crab pot, which was patented by Benjamin Franklin Lewis in 1928. For those who haven't heard how Callao got its name, in 1893, the first Postmaster, Jacob Callaway, wanted the post office named after himself. The U.S. Postal service denied the request, since another town was already named Callaway. The second application with the name of Callao was approved.

Ron attended the former Callao

Elementary school, and when the county schools consolidated, he moved on to Northumberland High.

As I sat in a comfortable chair while rain drummed on the roof of the huge Callao store, Ron talked about his 55-year career journey. He was originally attracted by the challenge of blending colors and textures. He started work in Roanoke in 1968 at the Grand Piano and Furniture company. When he transferred to Richmond to become store manager for Phillip Levy's Nine Mile Road furniture store a decade later, he was able to commute from Callao.

The first Rivah Interiors store in Kilmarnock, once known as the Sleep Center, was the last of the locations outside of Callao to close. By confining operations to one store, Ron and Marjorie are able to keep staff costs down, passing the savings on to the customers. "We have two part-time delivery drivers who work on weekends, traveling as far as Richmond and Fredericksburg."

Rivah Interior's website and

reputation bring people into the store from all over looking for special items. "We have umbrellas that people can't find anywhere else." People who are familiar with the store sometimes make their orders by phone.

Noting that 75% of their business comes from outdoor furnishings, Ron talked about how demand has changed over the past year. "People who were usually just here for the weekends came down during the pandemic and stayed to take advantage of outdoor living." Besides offering sofas with removable pillows in bright, durable fabrics, the store has all kinds of dining sets, chairs, and fire tables. His years of experience have made Ron an expert in choosing high-quality materials. Industry changes and last year's increased business has made finding merchandise more challenging, as manufacturers experienced higher raw material costs and delivery delays.

The supply chain was one of the topics of the recent High Point Market in North Carolina. When I talked to Ron, he and Marjorie had just returned from one of their twice-yearly trips to the site of the world's largest home furnishing market. Besides designer receptions and show-rooms, there are all kinds of educational events and workshops, including furniture repair demonstrations. This year's agenda also included a book-signing and some celebrity

appearances. The Jewells walked an average of 5 to 8 miles a day through 180 buildings, browsing the wares of 2,000 exhibitors from more than 100 countries. It's the equivalent of New York's Armory Show for artists, where masters of the craft meet and exchange ideas and best practices. "We go for inspiration and to make sure we're up-to-date and meeting our customers' needs."

Attending the Market keeps Ron aware of design innovations. "Tastes change over time. You see combinations of colors and textures now that we might not have considered before. For example, wood and metal are often used together." Pointing to a wall display of assorted pillows, he explained how to change the look of a sofa by adding a nautical



pillow or a print. "It's an easy way to create a different look when seasons change." Some of the sofas are sold with extra slip-covers, another way to create variety.

After a relaxing and educational visit to Rivah Interiors, I felt that Ron has truly mastered the art of Northern Neck casual living.

Find them on Facebook, Rivah Interiors, website, www.rivahinteriors.com, phone 804-529-7770.

Denise DeVries photos.

Now is the Time

By Sandra C. Fykes

What is on your Top Ten list of favorite things to do? Travel, reading, singing, painting, gardening, cooking, or yes, even a good, long nap? Do you look forward to the time when you are able to begin these activities? Do you visualize or daydream about them, schedule them on your calendar, or repeatedly talk about them?

I have done them all and will continue to do so. I am also pretty sure that I am not alone. I recall someone telling me a few years ago, "I almost enjoy planning my vacation as much as being on vacation." This just goes to show that thinking about or planning the activity or event can also be fun, preparatory time. I include

this as bonus time preceding the highly awaited activity, especially when time goes by so quickly.

Whether your favorite things are hobbies, and/or spending time alone or with family, friends, pets, or nature, there is a sense of expectant joy related to the time and activities. Just as with expectant parents, there is a little, or a lot of excitement stirring about what is to come.

As a child, you may have experienced these feelings more intensely while waiting for your birthday, your first pet, summer break, or Christmas morning. You may have talked excitedly or non-stop about your plans with your family, friends, or teachers. I can remember many conversations as a child, and as a School Counselor, in the cafeteria, on the playground, and on the bus. There was a

shared sense of anticipation and excitement, and the students' stories, photos, and drawings about their long-awaited moment were detailed and entertaining.

They were also quick to point out there were a few hiccups along the way such as, "one day we got lost", "the ride we were waiting in line for hours broke down", and "our dog ate our snacks", yet they took it in stride, some laughed about the mishaps, and they still had a great time.

There are still many people dealing with more serious cares and concerns that are taking up all of their time and energy. If you are able, please consider extending a hand to help those who are still hurting. They could be your neighbor or the person sitting next to you at church. We have collectively dealt with a lot the last year or so, and it is important

to acknowledge that some people still need our help, even if it is just to listen to them. Whether we are still wiping tears, sighing relief, exhausted, putting on make-up, or wearing work clothes again, we are all trying to finally turn a corner.

This leads back to anticipation and joy of what is to come now, and in the days ahead. What are you looking forward to doing? What will make you smile and your heart sing? Are you making preparations now, or will you just dive in when the time is right? I wish that I could hear your plans and the excitement in your voice.

I also recommend spending time with God and inviting Him to join you on your adventures. Experience the everlasting expectation and joy that comes with His presence. This is truly my most favorite time!



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Style Spotlight~Riverview Inn~Home Away from Home



By Carol J. Bova

Kelly Woods Vaughn describes Colonial Beach as a beautiful little town that has reinvented itself and has the second largest sand beach in Virginia. Kelly and her husband Bob own the Riverview Inn there. She said, "When we first opened this inn, we wanted people to feel this is their home away from home. Each room has a different theme: ocean, water, beach, each one unique. We want guests to feel spoiled after a good night's sleep and feel happy to be here."

In her previous career, Kelly traveled a lot, but she discovered being on the other side of the desk is different. "The ins and outs of the

business can be challenging, but it's been really fun," she said. "I have met the most lovely people.

"We've heard how our guests used to come here as children and teens when their family used to vacation here. Some told how parents and

grandparents spent their wedding night here." Only 90 minutes from Richmond or Washington, D.C., visitors come to get away from the city and enjoy the beach and water activities on the Potomac.

She said, "We created the three Cs for our culture—customer service, cleanliness and communication, and we offer the ultimate in all three. My husband is our maintenance man and supporter in making sure we provide the best care to our guests. We have a great staff. I depend on them to do what they do so well."

Bob and Kelly have had property in Colonial Beach since 2003. Their involvement with the Riverview Inn began one wintry day when

Bob called Kelly after seeing an ad and asked, "How would you like to get that inn by the beach?" After deciding it would make a great retirement career for both of them, they went ahead and bought it. They got it opened in 2017, the third weekend before Bike Week. Kelly said, "It was perfect! We couldn't ask for a better group of people."

The Riverview Inn was built about 1949, and the Vaughns have kept the vintage retro feeling while refreshing the entire building inside and out. Only one room was changed from its original layout to make it ADA-



compliant, and that is now the Flamingo Room. The building's cheerful outside colors were chosen from those in old photos.

Each of the twenty-one rooms has its own theme. A Jellyfish Room has jars of actual jellyfish that glow at night, and it has jellyfish paintings on the wall. Two rooms are directly over the lobby in the rounded section of the building, and guests can see the water and the beach from them. One of these rooms has an ocean theme with waves and beach scenes. The other is the Riverview Inn's most popular, the Mermaid room. It has a big plate glass window where you can lay in bed and watch the sun rise over the Potomac River. Each one has its own unique charm.

Weekends are usually booked, but during the week is more open and the town is not as busy. Kelly said, "Colonial Beach is a hidden gem. We're one part of a growing town, and we're proud to be a part of it. We have a book in every room with the history of Colonial Beach back in the day, from the 1900s to the 1960s. Riverboats used to run down from D.C. There were a lot of casinos on piers that extended into the Potomac, across the state line to Maryland where gambling was legal. The boardwalk was really something! Its history is just fascinating. We are so lucky to

have one of the buildings that have survived from that time." There's just one casino now, with keno and off-track horse betting. Visitors can play the Virginia Lottery, and at the end

of the pier in Maryland, they can play their lottery too.

Guests at the Riverview Inn can visit the local vineyards, restaurants, shops, or the artists' centers in town. Nearby are the birthplaces of James Monroe and George Washington, and Robert E. Lee's home, Stratford Hall.

The inn has opened a kayak and paddle board rental at the Ferry Landing Pier <https://ferrylandingpier.com>. It's open Thursday - Sunday 10 to 6, can accommodate groups who want to come out during the week.

Contact Kelly and Bob at 24 Hawthorne St, call 804-224-4200, colonialbeachriverview.com or Facebook, Instagram or Twitter. *Photos courtesy of Riverview Inn.*

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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.

Museum Ships Weekend



By Gerhard Straub

On June 5 and 6, the Rappahannock Amateur Radio Association (“RARA”) teamed up with the Reedville Fishermen’s Museum’s skipjack, *Claud W. Somers*, to participate in the annual Museum Ships Weekend that is organized by the Battleship New Jersey Amateur Radio Station.

For this event, Amateur Radio operators, otherwise known as “ham operators,” operate on shortwave radio frequencies from various museum vessels and make radio contact using Morse code, voice, or digital methods, with any other Amateur Radio operators that want—and are able—to communicate with the vessel.

It is a great chance for the vessels to gain some worldwide publicity and to teach others about the vessel and the associated museum. The Battleship New Jersey organization provides a certificate to any ham operator that contacts at least 15 of the participating vessels and most vessels will provide a verification of the contact (a “QSL card”) if requested. All participating vessels must be the real thing, as no replicas are allowed.

While ham radio is probably one of the best activities for “social

distancing,” the rules of the event require that operators representing the vessel actually be on or within site of the vessel. As a result, the COVID-19 pandemic prevented the event from occurring

last year, and since COVID restrictions are still in place in many regions, fewer ships than normal participated this year.

In spite of that, 81 museum vessels representing 9 countries and 23 states participated. The vessels included battleships (*New Jersey*, *Wisconsin*, *North Carolina*, *Missouri*, *Iowa*, *Alabama*, *Texas*, and *Massachusetts*), aircraft carriers, submarines, minesweepers, *Queen Mary*, the tall ship *Elissa*, and even the Civil War era vessels *H. L. Hunley* and *CSS Neuse*. In addition to *Claud W. Somers* in Reedville and *USS Wisconsin* in Norfolk, the Chesapeake area was also represented by *SS John W. Brown* and *NSS Savannah* in Baltimore.

This was the first official in person event in over a year for RARA and a good time was had by all, and I’m sure more radio contacts would have been made if everyone wasn’t busy catching up with everyone else or eating the yummy food that showed up, but that is part of the fun!

Seventeen club members—including four who are also members of the *Somers* crew—participated in the event and a few potential members stopped by as well. Museum visitors were able to watch the operation in person and

learn more about the vessels and ham radio. In all, 197 other stations were contacted in 32 states and three Canadian provinces, as well as Panama, Hungary, Slovakia, and The Netherlands.

Official radio contact was also established with the vessels *USS Slater*, *Navy LST 325*, *USCGC Mackinaw*, *USCG Ingham*, and *USS Alabama*.

Amateur Radio is a great way to stay “social” with worldwide friends while “social distancing,” but it is a great in-person group activity as well. When not in lock down mode, RARA holds various in person events and monthly meetings throughout the year. You can find more info at www.qsl.net/raraonline.



raraonline. Maybe next year you will be banging out some Morse code and talking to some historic vessels just like the good old days!

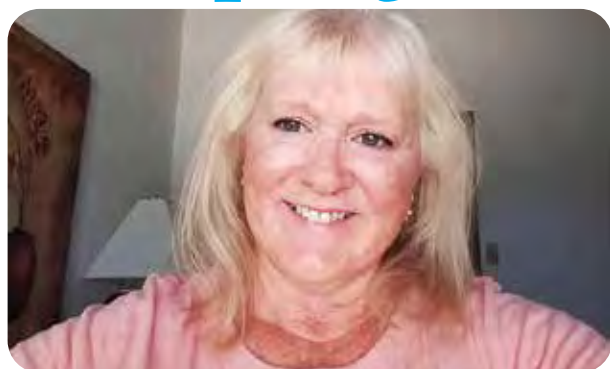
See you on the water—and for you hams out there...”73”
Gerhard Straub is master of the skipjack Claud W. Somers that is owned by the Reedville Fishermen’s Museum. Gerhard Straub photo of John Chichester and Dave Dustin working the air waves. QSL card sent to confirm contact.

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Style Spotlight~Preventative Maintenance on the Go



By Gloria J. Savage

RuthE Forrest, the owner of Spa 2 U, has been in Kilmarnock for 16 years. She calls Kilmarnock "Small Town America." Dr. Matt Schifflett, a local chiropractor, helped her get started and build her business. They periodically refer clients to each other. She sees interpersonal relationships as one of the best things about being in a small

town. RuthE has been a massage therapist since 2002. She has a BA in Movement Therapy, is BCTMB (Board Certified in Therapeutic Massage and Bodywork), and has worked in long-term care for 30 years with people with dementia.

Described as a "Life-Long Seeker of Truth,"

RuthE loves reading novels, writing, and working as a therapist. She says, "Touch therapy is so important, especially since the pandemic. We rub something that hurts because the rubbing helps it to feel better."

As a child, RuthE saw herself as "a nurse in charge of the MASH unit." She works tirelessly to help as many as she can to have healthy tissues. She says, "It doesn't hurt when you press healthy tissue,

but it does hurt when you press tissue that is not healthy."

Spa 2 U is a small business that opened in 2004, which had a smooth opening due to the outstanding help from Dr. Schifflett. In RuthE's words, she has "wonderful clients that are all amazing and beautiful." She says she "serves a lot of retired military members that took care of their bodies." She believes in certifications to help and keep qualified health care providers and is currently working on a local board, N2Health, to get a Federally Qualified Health Care Center on the Northern Neck.

RuthE serves clients for different reasons and at different intervals. She sees some clients every week, every two weeks, and every month. Others come for a quiet place to get a nice massage. RuthE does a thorough intake to ensure clients get the services they need. She serves a diverse group of clients from 14 (on swim teams and horse riding) to their 80s (many are gardeners).

She provides services, mainly in the Northern Neck, from her Kilmarnock and mobile offices. Some out-of-state clients schedule visits when they are in the area. Because Spa 2 U is small, clients sometimes have to wait for an appointment, but they are patient. Her mobile office does help with client visits. She makes "outcalls," where she takes her table, music, and oils and sets up at the client's home to make it convenient for them. Some clients have regularly scheduled "outcalls." If people don't drive, have difficulty getting around, or don't feel like driving after an appointment, RuthE will visit you.

The majority of RuthE's current clients are regular repeat clients

who have practiced preventative maintenance on their bodies their entire life. These people want to continue maintaining a healthy, active lifestyle. These clients continue to play golf, tennis, and other sports. Spa 2 U helps them continue the preventative maintenance they started, so their bodies will last.

Like other businesses, Spa 2 U had its dealings with the pandemic. RuthE was closed for three months and had to close her Warsaw office in the midst. It was "very hurtful" to both RuthE and the business. Hopefully, her clients remember the critical information she has continued to pass on during their visits. Much of that very vital information centers around "preventive maintenance." RuthE also tells her clients, "Your body hears every thought and every word you say about it or to it."

Preventative maintenance is RuthE's mantra. She dedicates herself to helping her clients maintain the highest condition of their bodies. RuthE says, "Your mind lies to you all the time, but your body never lies." It is true that when you try certain things, your body will remind you that there are things you can no longer do. We must learn to listen to our bodies.

People need time for their bodies to recover from things that traumatize them, like surgeries, injuries, and falls. Sometimes a nice massage to a healthy body is a nice thank you to your body for an extra caring touch. Manual therapy/massage therapy works for many different areas.

To work on recovery or add a caring touch, contact RuthE at Spa 2 U 804-453-5367. Her office is at 25 Augusta Street.

Photo courtesy of RuthE Forrest.

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Spread Kindness Like Confetti



By Cindy Balderson

Early June marked the 48th anniversary of Secretariat's Triple Crown win. The champion racehorse, affectionately known as "Big Red" was born at Meadow Stables in nearby Doswell, Virginia, now Meadow Event Park, home of the Virginia state fair. The little chestnut colt grew to over 16 hands and began racing at age two, going on to become the first horse to win the Triple Crown in 25 years, setting and still holding the fastest time record in all three races leading up to his victory. Today, Secretariat is still widely regarded as the greatest racehorse of all time.

Secretariat ran his race with abandon, literally leaving his competitors in the dust and winning by a record 31 lengths. A

record that still stands today. This spectacular creature did what he knew and ran his race, but he also ran it with his whole heart.

A little-known fact, Secretariat's heart was twice its normal size, giving him an edge that would make him a legend still talked about decades later. With that huge heart he not only

ran his race, but he also recognized what mattered to him. It was apparent in the gentle kindness in his eyes when he looked into the souls of those who cared for him.

We all know kindness and we all have the ability to let our hearts lead the way as we run our race in life. Imagine if every single person did what they know and spread kindness with the same abandon that this magnificent creature ran his race, without hesitation and the restraint of conforming to the negativity of today's society. Imagine what kind of world we would live in. The possibilities are endless.

One act of kindness, no matter how big or how small has the potential to create a ripple with no logical end. One simple act of kindness can have a huge impact

on a person's life and there are any number of acts each of us can do every single day. So, where do we begin? The beginning is in the understanding that we All struggle at some point in some way, but we can make a difference by just being Kind.

Kindness can be as simple as a smile across a crowded room or picking up the check for someone's dinner in a restaurant. It can be giving your time as a volunteer, a donation to your favorite cause

that matters. Leading with our hearts and spreading Kindness is the mark we leave on the world.
*Cindy Balderson, Vice President & Development Director
Healthy Harvest Food Bank
Photo Credits: Hands Across Middlesex and NN Christian Youth Group. Photo 1: Kindness is Dave Cryer and dedicated volunteers getting ready for the Clarksbury Mobile Pantry. Photo 2: Kindness is NN Christian Youth gleaning corn for those in need.*



or just being courteous to your fellow drivers while traveling.

You see, it isn't the size of your wallet that matters...it's the size of your heart. It's the possibility that your small act of kindness may have an astounding impact on someone because you came along just when they needed it most.

Imagine what this world has the potential to be if everyone threw kindness around like confetti!

Everyone comes into the world with nothing and leaves with nothing, it's what we do in between

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Style Spotlight~Boater Owned, Boater Friendly



By Carol J. Bova

Bill Bowman Sr. is a retired construction company owner who has been restoring old things most of his life. Restoring cars led to restoring boats almost 20 years ago. About eight years ago he acquired the Boathouse Marina from the Stanford family. It opened in 1946 as Stanford's Marine Railway, and Clarence Stanford built classic wooden boats there for many years. Bill said, "Now I'm focused on making the Boathouse Marina a destination for all boaters."

Bill is proud of his marina and how he has dramatically updated the Boathouse Marina to the most current of standards. Bill removed all the old buildings and piers to create a new modern marina. Floating slips were added and the

electric plant completely redone. He said, "We're more like marinas in larger places up and down the waterways."

Bill is friendly and knowledgeable. He described the Boathouse Marina as a family oriented marina, not just a social club. "Much of our business is from people who use their boats to travel up and down

the waterways. We try to be the best marina around, an educated marina with educated employees. We welcome everybody, and our family driven marina really truly means our statement: We're boater owned and boater friendly."

The staff at the Boathouse Marina try to help any way they can to make the boating experience a better thing for anyone on the Potomac River. Everything at their 2500 square foot retail store is fresh, and it is open year-round. They have a substantial boat lift that can lift any size boat.

Mechanics and boat service people at their 10,000 square feet of shops can provide repair and restoration services to put your boat into top shape and provide the maintenance to ensure you enjoy your next day on the water. The marina is also proud to serve

the many Watermen in the area and offer discounts in honor of their hard work in our community. Annual slip rentals are available and slip holders receive a 10% discount on parts and labor charges. Transient slips are available too.

While you're on land, the marina offers free Wi-Fi and a courtesy car or golf cart. You can relax in the Captain's Lounge with a large screen TV. The lounge is open 24/7 and showers are available. During business hours, you can use their free laundry facilities. There's an electric car charging station too.

A large courtyard has a grill for cookouts, picnic tables and a fire pit for bonfires.

The marina is located approximately 45 nautical miles up the Potomac River from the Chesapeake Bay. On the Virginia side of the river, you

Come into Monroe Bay keeping Red Markers 4 through 12 on your right. T Red 8 and Green 9, make a slight starboard turn, and you'll see Red 10 and the marina dead ahead. There is six-plus feet of water in Monroe Bay up to the Boathouse Marina at MLW.

You can contact Bill at the office at 804-224-7644 or on his cell phone at 804-761-6620, or call on Channel 16, VHF. His email is billbowmansrbhm@gmail.com and the website is at www.theboathousemarina-va.com. Office hours are Tuesday through Saturday, 8:00 a.m. to 4:00 p.m., closed on Sunday and Monday. The marina is located at 829 Grove Lane in Colonial Beach. Latitude: 38°14.393'N Longitude: 076°57.754'W. Like the Boathouse Marina and friend us on Facebook to receive occasional notes



enter Monroe Bay by passing marker #4. Further out in the River is an entrance marker #2 that guides you past a shoal area coming up to Monroe Bay.

about discounts and activities.
Photos courtesy of the Boathouse Marina.

Let's Talk About Sleep~Part 1

By Gloria J. Savage

There are times that I research and write about “matters and behaviors” on which I need to work. I often tackle such things with the mindsight of studying strategies and plans to make areas of my life incrementally better. I know I can’t do everything at once, but I feel better about myself if I can make small incremental changes.

As I share some of my ideas, I hope you will take an introspective look to see if you can use any of the knowledge or pass it along to someone else. All my findings will not work for you or me. My goal is to give you some information to think about and possibly try if you so desire. So, do you regularly get enough sleep? My answer to the question is probably “no.”

Sleep is essential, so I don’t want to rush the topic. Let’s talk about it in two parts. In this issue, I’d like to discuss what happens when we are asleep, the recommended amount of sleep, and the main two types of sleep.

Sleep can be considered the balm, relief, or particular time to quiet, restore, and soothe the body. *Psychology Today* says that unrest and distress in the sleep cycle are



disruptive to the functioning of body systems, and these disruptions affect learning, memory, stamina, general health, mood, and more. At some point in our lives, most of us experience difficulty falling asleep or staying asleep. Sadly, poor sleep can seriously affect our

health and well-being.

Because everyone is different, sleep needs vary. The American Association of Sleep Medicine recommends a guideline of seven-to-nine hours a night. Knowing what is best for you may require time and trial and error. Researchers mention behaviors that help the sleep process go smoothly, including not eating close to bedtime, going to bed at the same time each night, and keeping the bedroom temperature on the cooler side—between 60 and 68 degrees. Other concerns include using electronic devices, alcoholic beverages, and caffeine.

Let’s look at the two main types of sleep. They are non-rapid eye movement (NREM) and rapid eye movement (REM). In NREM sleep, you think but you don’t dream. There are three stages of NREM sleep. In the N1 stage, you go from being awake to asleep, but this stage doesn’t restore your body. Your eyes are closed, but it’s easy to wake up. The N2 stage is light

sleep, in which your heart rate slows, and your body temperature drops. N3 stage, called delta sleep, is a heavy sleep that helps your body restore and recover. The body repairs and regrows tissues, and builds bones and muscle, and strengthens the immune system. As you mature in age, you sleep more lightly and get less deep sleep.

You go through all three stages of NREM sleep before reaching REM sleep. In REM sleep, where dreams occur, your eyes move very fast, thus the name, “Rapid Eye Movement.” REM sleep happens about every 90 minutes throughout the night. Each of your later REM stages gets longer than the prior, and the final one may last up to an hour. You may or may not remember dreaming, but everyone dreams. Researchers reported that “For most people, the last dream of the night can last from 30 to 60 minutes.”

Some people say that sleep is like food. If you get the right amount, in the best ways for your body, you function better. Let’s consistently work toward improving our performance level. *Gloria J. Savage is a writer who lives in Hayes, with her husband, Wil. Photo Courtesy of Gloria J. Savage.*



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Trauma

By Kenny Park

Yesterday we witnessed a thin place in the veil. It involved a birthday celebration gone wrong, a night in jail, a towing company, and a longtime companion.

It didn't feel like a thin place at the time. It was more a "good thing to do to be able to help someone in need".

He works second shift at his company. He goes in at 4 and gets home at 3 or 4 the next morning. He has two young sons—6 and 8—whom he doesn't get to spend nearly enough time with, but whom he loves very, very much.

He fled his country four years ago, and still has trouble speaking about what he experienced before leaving and, on the trip, with his youngest son. All he will readily offer is "it was terrible". The story comes out when it is ready to be shared.

They were heading out to the beach for a birthday celebration.

Even amid the mirth and laughter, the relaxing in the sun and spending time with family, the memories and the trauma are very portable. In fact, they are always with him. When those memories are burned into you, it takes a lot of work to come to terms with them, and if you don't have someone helping you do that, you choose to cope in whatever way you can.

Frequently, that coping is found in the numbing effect of alcohol. In this case, too many for him to have chosen to drive.

He ended up detained and spent the night in jail. Our introduction to the situation came through a call from a dear friend and fellow minister in Fredericksburg

asking if we could pick him up—he was being released—and give him a ride back home.

We agreed, brought him home and let him take a shower and gave him some clothes to change into, get some lunch, and then we dealt with his car, which had been impounded.

Our son agreed to cover the cost of getting the car from the towing company, and we stopped on our way up and picked it up from a gruff but friendly elderly gentleman who didn't ask a lot of questions. I got the sense that this was a common thing for him. It only took a few minutes, and we were on our way.

I drove his car; he rode with Leslie in our van. We pulled into the parking lot of the place they were staying, and his companion was waiting for him, standing outside the building. Leslie said the look she gave him when they were pulling in was a combination of profound love, exasperation, and 'if you dare do that again...' He came and got the key to his car from me, thanked us, and immediately turned and headed inside the building to see his boys.

I am in no way excusing what he did, nor his choosing to drive. In truth, I don't even want to explain it. I want this to be more a simple description of what happened.

I don't know what he has been through. I feel confident in saying it was unimaginably horrible.

And that makes the next part easy. I chose to not add to that horror, but to hopefully move him and his family towards healing.

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.

Trauma

Por Kenny Park

Ayer fuimos testigos de un lugar delgado en el velo. Se trataba de una celebración de cumpleaños que salió mal, una noche en la cárcel, una compañía de remolque y una compañera.

En el momento, no se sentía como un "lugar delgado". Fue más "algo bueno que hacer para poder ayudar a alguien necesitado".

Su trabajo es de segundo turno en su empresa. Entra a las 4 y llega a casa a las 3 o 4 de la mañana siguiente. Tiene dos hijos pequeños, de 6 y 8 años, con quienes no pasa el tiempo suficiente, pero a quienes ama mucho, mucho. Huyó de su país hace cuatro años y todavía tiene problemas para hablar de lo que vivió antes de partir y, en el viaje, con su hijo menor. Todo lo que comenta es "fue terrible". La historia sale a la luz cuando está lista para ser compartida.

Se dirigían a la playa para celebrar un cumpleaños.

Incluso en medio de la alegría y la risa, relajarse bajo el sol y pasar tiempo con la familia, los recuerdos y el trauma son muy portátiles. De hecho, siempre están presentes. Cuando esos recuerdos se te quedan grabados, es muy trabajoso aceptar y resolverlos, y si no tienes quien te ayude a hacer eso, eliges sobrellevarlos de cualquier manera que puedas. Con frecuencia, el tratar con imágenes y recuerdos terribles se encuentra en el efecto adormecedor del alcohol. En su caso, demasiados para que él hubiera elegido conducir.

Terminó detenido y pasó la noche en la cárcel. Nuestra introducción a la situación vino a través de una llamada de una querida amiga y compañera ministra en Fredericksburg preguntando si podíamos recogerlo (estaba siendo soltado) y llevarlo de regreso a su casa. Dijimos que sí, lo trajimos a casa y lo dejamos tomar una ducha y le dimos algo de ropa limpia, le dimos de almorzar, y luego nos ocupamos de su auto,

que había sido confiscado.

Nuestro hijo cubrió el gasto de sacar el automóvil de la compañía de remolque, y nos detuvimos en camino y traté con un señor mayor, brusco, pero amigable que no hizo muchas preguntas. Me dio la impresión de que, para él, esto era algo común. Sólo tomó unos minutos, y seguimos en camino.

Yo conduje su coche; él viajó con Leslie en nuestra camioneta. Llegamos al estacionamiento del lugar donde se estaban hospedando, su compañera lo estaba esperando, parada afuera del edificio. Leslie dijo que la mirada que le dio cuando estaban entrando fue una combinación de profundo amor, exasperación y "si te atreves a hacer eso de nuevo ...". El se me acercó y le dí la llave de su coche, nos dio las gracias

e inmediatamente se volvió y se dirigió al interior del edificio para ver a sus muchachos.

De ninguna manera estoy excusando lo que hizo, ni su decisión de conducir. En verdad, ni siquiera quiero explicarlo. Quiero que esto sea más una simple descripción de lo que sucedió.

No sé por lo que ha pasado. Confiado digo que fue inimaginablemente horrible.

Y eso facilita la siguiente parte. Escogí no añadir a ese horror, pero espero haberle ayudado a que él y su familia se muevan en dirección al sanamiento.

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

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It's Not All In Your Head!

By RuthE Forrest BCTMB

Modern technology is accelerating at an incredible pace! New imaging technologies give us a glimpse into worlds of adventure ranging from the tiniest molecule to the most immense star systems in the known universe. Researchers investigating pain responses in the body have discovered an entirely *New Organ!* This is very exciting to me as a manual therapist.

Embedded within the skin are structures called Schwann cells. Scientists say these Glial cells are part of an organ system within the other organ systems. Their tiny hair-like projections read information from the skin, send it to your brain's Glial cells, and they're interpreted as pain.

Schwann cells have a role in myelin production, and are responsible for the high speed information processing of our nervous system.

It's speculated that Glial cells can also read signals from other systems within the body, as well as take in information from the outer environment. Similar to the Fascial system, the Glial system speaks to itself. Its network is braided throughout the body. Glial cells know what's going on with other Glial cells, wherever they're located. Science has known for years about Glial cells in the brain and their connection to neuron activation. Technology has increased understanding of the interaction of all cell types in the body.

Advancements in animal models for all the major neurological and psychiatric diseases enabled us to understand cellular responses

in a variety of pathological stages. Researchers created lab animals without Glial cells, and applied painful stimuli to them under specific conditions.

The mice didn't react to pain impulses! This is how the connection between these special cells in the skin and their buddies in the brain in signaling pain was discovered. Their research suggesting a new organ system designation is currently being published for peer review.

This explains why we instinctively rub a painful place! Research conducted by professional organizations in the Manual Therapies Industry repeatedly prove their effectiveness in mitigating pain across a wide variety of conditions.

As a body worker for almost two decades, I can attest to this truth. Of course, any Mom can tell you that lovingly rubbing a boo-boo always brings relief. The Modern Era demands proof, and we have plenty. Pain isn't in your head – it's in your skin!

I'm expecting more interesting developments to come from this

research. Possibilities exist for more effective pain drugs without the addictive qualities of opioids. Opportunities for improving topical pain relieving products are ripe.

Energetic devices that input pain-cancelling signals into the Glial system already exist, and are being used in the space industry. Astronauts need pain relief too. Since their recycled water is communal, and drugs cannot be removed from it, they needed creative solutions. D.O.V.E. devices invented by the Russian Space Agency are available in other countries for use on humans, but only allowed for veterinary use in the USA.

Similar T.E.N.S. devices are available here, but are not as effective. Far-infrared light is very helpful in reducing inflammation and healing pain, and these devices are available in many forms. My mind is reeling with the possibilities this discovery will bring to the healing arts! *To experience the benefits of a good massage on the Glial System call me at Spa 2 U 804-453-5367.*

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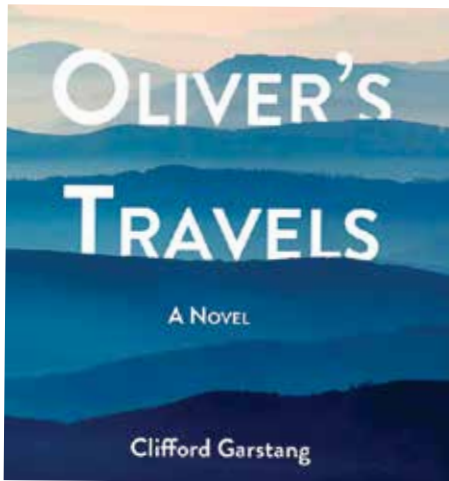
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Writers in *Style*-CBW Meets Cliff Garstang, Author of *Oliver's Travels*



By Carol J. Bova

The June program for the Chesapeake Bay Writers, "Becoming a Citizen of the (Literary) World," featured award winning author Clifford Garstang. The photography in Cliff's PowerPoint slides of some of the international locations he's visited was striking. For those who read his latest novel, *Oliver's Travels*, seeing those scenes will add an additional dimension to the story.

Cliff is indeed a citizen of the literary world. After receiving his BA, he was a Peace Corps volunteer in South Korea before completing his MA in English and a JD. Later he earned an MPA in International Development. His legal career took him many places around the globe, among them Singapore, China, Indonesia, Korea, Vietnam and Kazakhstan. In fact, he started his first novel in Kazakhstan before he left the world

of international law to begin writing full time and complete an MFA in Creative Writing in North Carolina.

He's published three short story collections, *House of the Ancients and Other Stories*, *What the Zhang Boys Know*, and *In an Uncharted Country*, and his first novel was *The Shaman of Turtle Valley*, set in South Korea and Virginia.

Oliver's Travels centers on Ollie Tucker, a young man who moves from Indiana to Virginia, trying to find out what happened to him as a young boy. Fragments of memory link the unremembered events to his long lost Uncle Scotty. Trying to find the truth of his past, he wrestles with philosophical questions of truth, knowledge, belief, and certainty, while his everyday life is a struggle to maintain relationships with his family and girlfriend.

Becoming a writer offers Ollie a socially acceptable way to cope, and his main character, Oliver, becomes his alter ego. For anyone who has followed a path of writing, watching Ollie develop as a writer is almost painful at first.

But as he recognizes the challenge of deciding how much of the truth one dares to confront, and reaches beyond personal experience to imagine a larger story, readers will want him to listen to the writing mentor who frequently tells him, "Be brave." Ollie himself says in the novel, "It's what I'm trying to do with the Oliver stories, telling tales that are important, not just entertaining."

Oliver's Travels is a coming-of-age story that takes readers along on Ollie's psychological

quests and international jobs in search of the elusive reality behind his unclear memories. The answers are as unexpected for the reader as they are for Ollie and are well worth the trip.

During his presentation, Cliff Garstang offered some great advice on what we can do for the writing community. Read books. Buy books. Review books. Promote fellow authors by attending public appearances. Subscribe to at least one literary magazine, more if you can. Learn more about Cliff Garstang at www.cliffordgarstang.com. *The next CBW meeting will be on Wednesday, September 15, at LeYaca in Williamsburg. See www.chesapeakebaywriters.org for details.* Photo courtesy of Clifford Garstang.

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Who Are Tom, Dick, and Harry, Anyway?

By Ellen Dugan

And what do they have in common with tortoises and farm workers? As an ordinary “set of nobodies” or “placeholders,” Tom, Dick, and Harry have been remarkably successful. Perhaps due to the friendly familiarity and commonness of their names, the three have been standing in as substitutes for the hoi polloi or public at large for hundreds of years. But no one is quite sure how this happened.

At one time the song, *Farewell, Tom, Dick, and Harry, Farewell, Moll, Nell, and Sue*, (circa 1734) was credited with their birth. But an English theologian named John Owen displaced this notion when he used the phrase—somewhat

derogatively—in an address to a governing body at Oxford University almost a hundred years earlier than the song. We can only guess how boring John’s talk must have been, but in subsequent years Tom, Dick, and Harry have flourished.

They are said to have been the chosen names for three Galapagos Islands giant tortoises captured and studied by Charles Darwin on board the famous HMS Beagle. Details of their voyage to England are a bit sketchy, but if the trio did complete the trip, it was a remarkable feat.

In addition to the perils of seasickness and boredom, as tortoises, Tom, Dick, and Harry would have had good reason to fear for their lives. Seamen and quartermasters hungrily viewed them as long term stores of meat. Several dozen

tortoises—some accounts say as many as 50—were eaten during the voyage by the Beagle’s crew, including by Darwin himself.

Little else is officially known of the trio, but a hundred years after the Beagle’s voyage, it was discovered that the tortoise named Harry was actually a female. We don’t know if he/she was traumatized by almost a century of gender misidentification, but we do know that she had to be renamed. “Harriet,” of course, was the natural choice.

Dining on cucumbers, squash, melons, celery, green beans, and for dessert, red hibiscus flowers—chocolate in the tortoise world—Harriet grew to 330 pounds, perhaps a bit dainty for a giant tortoise but certainly large enough to achieve star status in an Australian Zoo.

certified as one of the world’s oldest living creatures, Harriet died of a heart attack.

Some years later Tom, Dick, and Harry were the names chosen for three revolutionary farmbots created by The Small Robot Company in England. Tom, the smallest worker, is designed to trundle around farm fields taking two or three photos a second so the farmer can see his plants and has an accurate map for allocating resources.

Dick, about the size of a small car, is a weeder/feeder who will zap weeds electrically and apply food with precision. And Harry, as puncher, punches seeds into the ground to an exact depth and position.

These three farmworkers are supervised by a no-nonsense but friendly artificial intelligence Advise Engine named Wilma, which leaves us with the unanswered question of whatever happened to Tom, Dick and Harry’s Moll, Nell and Sue?

Sadly, in 2006, at the age of 175, after being



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Summer Birds at Washington's Birthplace

By Joanne Chewning

Spring migration 2021 is now behind us, but early summer is a good time to look for our beautiful seasonal residents of the bird world, many of which can be seen at George Washington Birthplace National Monument. Located in Westmoreland County, Washington's Birthplace is not only one of the Northern Neck's historic gems but is also an excellent place to enjoy nature, have a picnic, get some exercise and to hear and see the lovely birds of summer.

On a recent Friday, I arrived just after nine o'clock, hoping I wasn't too late since birds are most active during early morning hours but there were many good sightings. From the parking lot in the picnic area, a one mile nature trail loops through the tall trees forest, a mostly level and easy path, but I have found that strolling along the paved road is also fine for bird watching.

The woods are filled with poplars, oaks, beautiful beech trees and loblolly pines with hollies scattered

throughout the understory. As I was watching two white-breasted nuthatches darting up and down the trunks, a black and white warbler appeared in their company, looking like a little zebra in plain sight and feeding in the same way, on tree trunks and large branches.

The loud calls of an ovenbird echoed through the trees, so I adjusted my binoculars to scan below and soon saw this ground-loving warbler creeping in the dead leaves of the forest floor, stopping every few steps to sing. With its streaked breast and olive-brown back, it looks more like a thrush than a warbler. Look for the orange crown with black borders for a positive identification.

As the air grew warmer, there were swarms of insects in the sunlight shafting through the trees, and I soon caught sight of a red-eyed vireo feeding above, recognizable by the distinct white eyebrow bordered with black, gray head and of course red eyes.

Both scarlet and summer tanagers live in these woods and can be seen from the road.

The summer tanager has a call that sounds like a scold, and I spotted two males fussing at each other high in an oak tree, their brilliant rose-red feathers glowing against the green canopy.

Where the road emerges from the woods and into more open habitat, watch for bluebirds and indigo buntings, plentiful in this area. I saw a male blue grosbeak perched on a rail fence, his feathers a darker blue than the familiar eastern bluebird, with two chestnut wing bars and a stout bill.

Further along, the road travels between the 1700s ice pond and wetlands, and two great-crowned flycatchers were hawking from low branches over the marsh, their yellow bellies bright in the sunlight each time they fluttered out to catch an insect in midair.

From the 1896 Memorial Obelisk—a one-tenth replica of DC's Washington Monument—it's a short walk to the historic area. Its mostly-flat pathways wind from the Visitor Center to Burnt House Point and around the colonial garden and Memorial House to the footbridge that leads back to the nature trail and picnic tables.

Birds to be observed in this area include the familiar ospreys, mockingbirds and cardinals but there was also a pair of orchard orioles flying back and forth across the lawn overlooking Pope's Creek, and in a tall loblolly near the VC, a pine warbler foraged with its steady musical trill. This warbler is one of our winter residents but his bright yellow feathers in the warm sunlight proclaimed him a bird of summer.

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Expectations

By Jeanne Smith Johansen

Your book isn't going to change your life, make you rich, or find new friends. Basically, you will be the same person before and after your book is out there in the universe. So, what do you want to accomplish by writing a book and having it published? Are these things you can control? If not, why not? For example, if one of your expectations is to write the great American novel, how can you control that? You can't. It depends on reviews, advertising, and finding your readership. If it is to tell a story that is in your head because you believe in it, then that is a worthy expectation.

Write Time

You need self-discipline to sit for hours and write a manuscript. The first draft is usually garbage,

and you need the fortitude to scrub it clean. Writing is 20 percent creativity and 80 percent rewriting. "Write Time" is not something you find. You have to make it. Are you ready for the solitary experience? Can you tolerate time alone? Do you need blocks of time, or can you write for an hour or two without stopping? Are you a morning person or a night writer? Can you schedule that time and commit to it? That means no social media, looking at cute cat videos, or writing to your friends. This is your job—to write your book and rewrite it until it is finished. Set goals, be accountable to yourself, and you will find that this is a habit that takes time but is immensely worthwhile.

Take Care

Anytime you are developing a new habit, it is easy to take an "all or nothing" approach. If you

are stressed and exhausted when you sit down at the keyboard, you will find it hard to stick to your goal. I find meditation helps to clear the noise in my head.

You Can Do This

You have a lifetime of stories, events and characters. Maintaining self-confidence helps you finish the job. Your first draft will not be perfect, and neither will your second. It takes time and practice to get it right. These are new skills you are developing, and you will hit roadblocks. Working past them is part of the process. Learn as much as you can about the art or writing, the skills required, and what successful writers need to accomplish their goals.

Flying Solo

Writing is a solo endeavor. We get used to being alone. However, it's a good idea to find your writing

tribe out there. Join a critique group (see the Chesapeake Bay Writers website for groups and www.ChesapeakeBayWriters.org). Go where you will receive encouragement and feedback on your writing. Fresh eyes and perspective are key to developing your writing.

Last Thoughts

When you publish a book, you enter into a business relationship. Publishers expect you can prove you have the ambition to do all the things it takes to sell books. Show up and remember your age is an advantage. Above all, remember that you aren't stamped with an expiration date like a carton of cottage cheese.

Dogs in the Age of Covid-19

By Jackie Duda

They have locked up the
park near where I live,
A concept absurd to me,
prohibiting the outdoors.

My neighbor explains
this to her toddler,
They may go to the park, but
not play on the swingset.
Small wonder of a child,
she makes sense of this.

But then I begin to wonder
How do we explain this to the dogs?
Suddenly a zoom conference
of dogs enters my minds eye.

A black lab is in the center
Showing off his bright red ball
Willing others to play.

While a standard poodle
Off to the far right
Pants heavily in return.

Over there on the bottom

Twin beagles
Roll themselves around in the dirt.

And the dejected expression
Of the cocker spaniel
bottom right is clear
He has been left home alone again.

The sheepdog top center
Is trying to get the meeting to order
But nobody is paying any
attention to him.

Much of the audience

Seems focused on the Irish setter
The one over there licking
the camera clean.

But it is the hound at the bottom left
The one crooning a
sorrowful lament
That brings me out of my chair
and off to the window.

His doleful cries so melancholy
That it has even me
Wanting to suddenly
scratch behind my ears.

Key to the Evolution of L.M.N.T.L Art

"Imagination is more important than knowledge." ~Albert Einstein:

By Wendy Wells

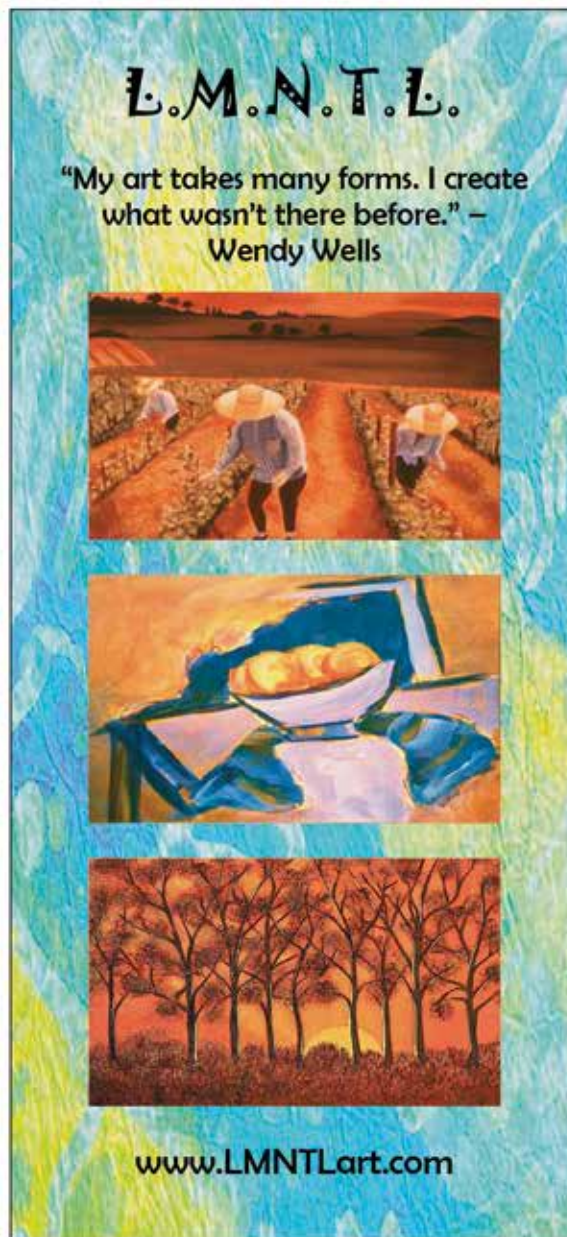
My name is Wendy and my husband and I moved to historic Tappahannock last September. I'm excited to be back in the area and to know some things haven't changed—*Chesapeake Style Magazine* still supports our communities with stories, pictures and events.

Years ago I started a small art school in Mathews County that became the Bay School Community Arts Center. How did this kernel of an idea take root? The support, dedication and hard work of the community; the belief that art transforms lives; and at the core of every venture—the willingness to fail!

After leaving Mathews I continued to work in the arts as a consultant and teacher and to pursue my personal creative endeavors. As a teacher I thought about the differences between being creative, being an artist or making things?

Am I an artist or do I make things? I've been "making" things all my life, functional and non-functional. Creating what wasn't there before; exploring different art forms, materials and mediums.

Today when I'm in my studio it doesn't matter. I go from art form to



art form, always creating, no matter what medium or format. And I work in series. What doesn't work in one piece might work on another one. A new idea or color or swatch might

inspire me; it's my job to discover where it belongs.

One of my favorite series is the "Flawed Dolls" project, a series of twelve handcrafted dolls and their storybooks. Each doll has a character flaw—a negative trait that causes problems in life. Their stories give insight into who they are, and what events or people shaped their lives. They acknowledge they have character flaws.

In spite of my flaws, I want you to love me.

The person inside not the one that you see.

I want to be able to lower my guard,

Show you all that I am, the soft and the hard

I want you to love me in spite of my flaws.

I want to be loved just because.

I make statements about life, dreams, and possibilities. My mind hops from idea to idea, inspiration to

inspiration. Each time the challenge is met, I move on. My studio is filled with projects waiting to be transformed. I've

had success and failure, a 'what a great idea' moment turn into a 'who thought of that dumb idea' moment. But without failures I'll never have the 'aha' moments.

Still it took years to refer to myself as an artist even after selling my work. I thought artists were somehow ordained. But I was wrong. Turning visions or ideas into reality takes practice, flexibility, humility and courage. Today I'm comfortable with the label "artist." But deep down I know I "make things"!

I'm still exploring how to teach creativity. The creative process is in every walk of life whether it's the art of baking, the art of making money, and the art of happiness.

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Brain Injury: Socializing in a Post-COVID World

By Martha M. Hall

One of the most debilitating side effects of a brain injury is a loss of confidence in the ability to meet and deal with others in a social setting. Many survivors complain that friends seem to evaporate, and outsiders either don't understand the communication difficulties faced by a person who has sustained a brain injury, or don't want to make the extra effort.

Brain injury itself is often an isolating event, and when that isolation is compounded by the year long restrictions of a pandemic, many survivors find that the anticipation of reentry into a social climate is an anxiety-producing, frightening prospect. A survivor may say, "Communicating with others was

hard enough before COVID, but I've spent a year without having to work on my interactive skills. How am I going to manage?"

Here are some tips for easing back into social settings and interacting effectively with others:

☑ Be easy on yourself. Remember that many people, brain injured or not, are facing the same fears and hesitancy that you are. Post-COVID jitters are normal! Being isolated, losing loved ones, and missing physical human contact are all things that many people faced. It is part of the human condition to need contact with others, and that was taken away from us for a long period of time. Getting back to a "normal" life is not something that will happen overnight for most of us.

☑ Go slowly. Be realistic about your limitations for social contact. Share your anxiety with others. Plan

interactions in a place and time that feels comfortable. Set limits for how much time you can spend in a social situation with others, and excuse yourself when you begin to feel tired or overwhelmed.

☑ Practice managing your anxiety. Deep breathing exercises, meditation, and positive affirmations—positive self-talk—can help you to become more in control of a particular situation and your reaction to that situation. Understand what triggers your social anxiety, and spend some time thinking about ways that you can combat those triggers. Do you have less patience with yourself or others when you are tired? Schedule regular rest periods to re-group and gather your thoughts.

☑ Journaling. Writing down your feelings each day is time well spent. Keeping a written journal can give you a base for examining

your experiences and analyzing your responses to interactions with others. Use these prompts to get started: "What do I expect to feel? What went well? Not so well? How could I have reacted differently?" Compare your thoughts from day to day, and chart your communication growth.

☑ Practice your listening skills. In conversations with others, ask open-ended questions, and listen proactively to what others are sharing. This approach makes others feel important and included, and it takes the pressure off of you to "perform." As we emerge from this difficult time, compassion for others and understanding your own needs can make the re-entry process easier.

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

Richmond County Fair Postponed, Again

By Thomas Brown

For the second year in a row, the Richmond County Fair has been canceled due to concerns about the ongoing coronavirus pandemic. The event was originally planned for August 4 through 10 at the fairground located at 315

Community Park Drive in Warsaw.

In mid May, the Richmond County Fair Association posted the cancellation on its Facebook page.

Fairs generally concentrate large numbers of people in small spaces, such as the line queues, the midway, food court

and entertainment areas. The Richmond County Fair Association are all volunteers, and they also rely on the assistance of local clubs and civic groups to help staff the many fair activities such as ticket sales, parking and bingo. Keeping everyone socially

distant makes it impractical for us to safely host the 2021 Fair.

Although the Richmond County Fair is canceled this year, the fair association is already looking forward to planning for 2022. Stay tuned for the 2022 dates. And as always, stay safe and be well.

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Tidewater and Timber~Exciting Time For Anglers



By Chelly Scala

July offers many opportunities on the water for anglers. These opportunities may produce success through chumming, drifting, jigging or trolling. Some of the species available include rockfish, bluefish, spot, croaker, white perch, flounder, cobia, red drum and gray or speckled trout. Check the wind direction, wind speed and tides to determine the most

valuable tactics to use.

When winds are calm, trolling widespread areas of the Chesapeake and its tributaries is a good option. We often troll the drop offs and channel edges with small bucktails and spoons. When trolling, we find planers helpful as when the fish hits, the pressure/weight is released, and the only weight is the "fish". We like to fish two deep lines close with #1 and #2 planers. The planers take the bait/lures down to about 10-12 and 15-18-foot depths.

We check often for frays or nicks in the lines, as sometimes bluefish damage the lines with sharp teeth. We prepare the rods with 30 to 40-pound monofilament leaders in lengths of about 25 feet. Some options include using tandem rigged bucktails, mid-size spoons and surgical hose (eel) lures in green, orange, red or chartreuse colors. Other good options include medium sized Tony Accettas or Crippled Alewives spoons in chrome, gold or white colors or Drone spoons with Red or

chartreuse green mirror backs.

Fishing long shallow lines with 4-6 ounces (oz.) inline weights also work well.

Watch for areas of bait on the surface, and also watch for pods of fish on the depth finder. When pods are seen, and waters are calm, particularly if trolling did not produce, anchoring and chumming, casting or jigging may be options.

Chumming can bring fish into your location. Create a menhaden slick out behind your anchored boat by spreading ground menhaden behind the boat. Use light spinning tackle. If blues bite through lighter monofilament, try a few feet of 20-30-pound test shock leader. No other terminal tackle should be used unless a pinch weight positioned a few feet above the hook. Next, cut large menhaden baits to cover the entire hook. Then drift baits into your slick behind the boat. Try not to anchor too close to other boats.

Casting or jigging can sometimes produce if other tactics have not. Try casting a small bucktail, spoon or jighead with twister tail. If that does not produce, try jigging your rig up and down at different depths. I have seen this produce when

trolling, bottom fish or drifting did not produce. Drift fishing also provides great opportunities for flounder catches. Preferred baits to drift include squid, minnows or strips of squid. Try drifting confluences of inlets with lots of tidal flow or sandy bottom drop offs with baits fished right off the bottom on a beaded spinner hook. Bright colored spinner baits also work well in deeper water.

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

Danielle Willing with a nice Flounder she caught.
Travis Scala photo.



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It's Kids Day July 17 at Heathsville Farmers Market

By **Corinne Anthony Becker**

There are always a lot of reasons to visit Heathsville, but Saturday, July 17 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.

This month's theme at the market is Kids Day, when the young 'uns can plan on a fun day of games and activities. This includes a scavenger hunt with prizes awarded. The Tavern Woodworkers Guild will have a table for kids to make their own wooden boat. Looms will be set up in the Tavern Spinners & Weavers studio for kids to weave on. Expect a few surprises, as well.

Musical entertainment will

be provided by the Kilmarnock and District Bagpipe Band. The bagpipers will give a half-hour performance starting at 11 a.m.

Located at historic Rice's Hotel/ Hughlett's Tavern, (RHHT) the Heathsville Farmers Market operates from 9 a.m. to 1 p.m., offering fresh Northern Neck produce, handcrafted soaps, flowers and nursery plants, bread and baked goods, gourmet peanuts, BBQ sauce, and other locally-made handcrafts. There are new vendors at every market.

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

Meanwhile, inside the historic

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

The Tavern Cafe' will be serving light luncheon fare, all homemade by the volunteers of the Tavern's Culinary Guild. Take-out, outside dining, and inside dining are available. Special on Market Day, the cafe' makes glazed donuts, hot out of the fryer. For on-the-go eating, visit the outside food concession stand in front of the Tavern Meeting Building.

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 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.

Make It a Heathsville Saturday takes place monthly on the third Saturday, April thru October. Each Farmers Market has a different theme. Primis BankI 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.

The Brown's Store Bullfrog Rider



By **Denise DeVries**

They tell me the old
guys still swap lies,
they sit and chaw, eat
stale moon pies
and spit and jaw on

Brown's Store's porch,
until the summer starts to scorch.

Methuselah's granddad
sits out there
moving checkers in a lazy square
while talking about his

long-gone pals
when men were men
and gals were gals.

He lassos swans and tackles turkeys,
eats fried chicken, chews on jerkies
(though he prefers it
made from deer)
he drinks some sweet
tea, maybe beer.

He calls to guys at the diesel pump
to tell of his bullfrog's highest jump.
Claims he raised it from a pollywog
found in a marsh by
his hunting dog.

He fed it skeeters and baby bats
and as it grew, it ate stray cats,
it climbed a tree to catch an eagle,
nearly swallowed his

poor old beagle.

He made a saddle and built a bit;
the danged old bullfrog had a fit.
That frog jumped halfway
to the moon,
it bucked and rolled like
a great typhoon,

still, he hung on and they got along
until that frog burst out in song.
It bellowed so loud it
popped his ears,
and that's why grandad
barely hears.

Folks call him crazy, say he's a bore,
and some steer clear of
old Brown's store
but no one dares to walk away
until he's said what he wants to say.

Ozone Ormolu or When Auto-Correct is Wrong



By Carol J. Bova

When I've stepped away from a writing project to work on something else, I reread the last section I'd written when I come back to it. Last week, when I looked at a biography I'm working on, I realized auto-correct had gotten its wires crossed. In the middle of a sentence, I found "ozone ormolu colleges."

I blinked a couple of times and tried to figure out how that happened. The section was about a land grant college in Kentucky in the 1870s. I knew there was no

reason to have written anything about ozone, and I'd never even heard of ormolu. What's worse, I had no idea what those two words had replaced.

Whenever I hit a dead end or a brick wall in writing, I back off and do something else for a while. In this case, I looked up what ormolu meant.

It turns out this is an ancient form of gilding bronze sculptural elements. Finely ground high carat gold is mixed with liquid mercury to form an amalgam, applied to the bronze, and heated until the mercury vaporizes—a very hazardous process.

In fact, this is where the phrase, "mad as a hatter" originated. Mercury was used to make the hair in animal pelts softer and more pliable so it could be felted to make the material for hats. Unfortunately for the hatters, mercury poisoning causes central nervous system damage and can lead to mental instability.

Ormolu then is fire gilded bronze has the appearance of

gold, but is more durable and less expensive than pure gold, but had nothing to do with colleges! Now it was time to get back to work and find my missing words.

Instead, I found a new problem. Not only was I missing the correct words, I forgot to record where I had found the college catalog with the quotation I used. One of Murphy's Laws must be whenever you make a careless mistake, look for another nearby.

At least I knew the catalog had to be from the University of Kentucky, and I had a partial quotation. With a few Google input permutations, I found the catalog from 1874 and recorded its location. I looked for the section on land grant colleges and read again how Congress in 1862 granted

each state "30,000 acres for each senator and representative then in Congress for the endowment of one or more colleges." My missing words were "one or more!" I must have hit a few stray letters that auto-correct had proceeded to transform into ozone ormolu.

Two easy ways to find an auto-correct error are to read the work out loud, and to look at the words in each sentence in reverse order so you concentrate on the individual words rather than the meaning of the entire sentence. Hope your auto-correct glitches are few and easily found!
Photo Credit: Ormolu mantel clock with Meissen figures courtesy of Cummer Museum of Art and Gardens, CC BY-SA 4.0, via Wikimedia Commons.

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By Lee Casazza

Pan-Fried Scallops

I don't know the reason but East Coast scallops are the sweetest scallops I have ever tasted. This is a simple and delicious way to pan fry them. 10 east coast sea scallops
Sea salt and freshly ground black pepper
4 T unsalted butter, divided
1 clove garlic, pressed or minced

3 T white wine or white vermouth
Zest and juice of 1/2 lemon
Snipped chives

Dry scallops with paper towels and season with salt and pepper.

In a large skillet, melt 2 tablespoons of the butter over medium high heat.

Add scallops and brown on one side, about 3 to 4 minutes.

Do not flip over until at least 3 minutes to get a nice brown color.

Flip over and brown on the other side.

Add the garlic and cook another minute.

Place scallops on two warm plates.

Add the wine, lemon zest, lemon juice, and the rest of the butter to the skillet.

Reduce the liquid for a couple more minutes.

Pour over scallops and garnish with snipped chives.

Serve with mashed potatoes or risotto.

Serves 2



Caprese Salad With Italian Olives—Insalata Caprese

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Gaeta)

Extra-virgin olive oil

Sea salt and freshly ground black pepper

Layer the tomatoes and mozzarella on two plates or one platter.

Add basil and olives.

Drizzle with extra-virgin olive oil and season to taste with salt and pepper.

Serves 2

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.

quality extra-virgin olive oil.

2 vine-ripened

tomatoes, sliced

1 chunk

whole milk

mozzarella

cheese, sliced

3 leaves basil,

sliced

Italian

black olives

(Ligurian or



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Wild *Style* Cuisine~Poached Turkey



By Wendy Hyde

Wild turkeys are interesting creatures. The Northern Neck is fortunate to have a healthy population, but this hasn't always been the case. Between 1880 and 1920 Virginia's Eastern turkey population had disappeared from two thirds of Virginia and had become rare in other areas. Several early restoration attempts failed, but in 1955 efforts began to trap native birds and transfer them to areas with appropriate habitat. Over a 38-year period nearly 900 wild turkeys were trapped and relocated, and the current estimated population statewide is 180,000. This restoration is a major success for Virginia's wildlife management program and for the citizens of the Commonwealth.

Turkeys are smart and have keen eyesight and hearing, which is likely the reason that only 2,092 birds were harvested during Virginia's 2020-2021 fall hunting season. Turkey hunting is a challenge and takes years of patience before success. Ask an avid turkey hunter

and they'll tell you they invest a lot of time learning about the birds. Turkeys have their own language, body signals, flock hierarchy, habitat, and food preferences. Knowing how to read the land and the birds is a key to success. Learn more through the Virginia DWR Turkey page <https://dwr.virginia.gov/wildlife/turkey/> or the National Wild Turkey Federation www.nwtf.org/hunt/category/all-about-wild-turkeys.

Poached Turkey with Lemon-Rosemary Dumplings

Serves 4

Total time: 1 1/2 hours

1 1/2 - 2 lbs. boneless, skinless wild turkey breast
6 - 6 1/2 c. chicken broth (plus extra for adjusting)
1 sprig fresh rosemary
3 - 4 sprigs fresh parsley
1 bay leaf
2 sprigs fresh thyme
1/4 tsp. black peppercorns
4 strips lemon peel, each 1" wide x 2-3" long, all pith removed
1/4 c. unsalted butter
3/4 c. onion, small dice
3/4 c. carrots, small dice
3/4 c. celery, small dice
1/3 c. all-purpose flour
1/2 c. whole milk
3 - 4 tsp. fresh lemon juice
Salt and freshly ground black pepper, to taste

Combine rosemary, parsley, bay leaf, thyme, peppercorns, and lemon peel in a cheesecloth bundle and tie closed with kitchen twine. Put the turkey breast in a medium Dutch oven and cover with enough room temperature broth to completely cover meat (about 6 - 6 1/2 cups depending on the pot.) Add herb bundle and bring to a gentle simmer over medium-low

heat, then reduce to a bare simmer (do not let it boil!) and cook 30-45 minutes or until meat reaches 155 degrees. Transfer meat to a bowl and cover with plastic wrap, punching a few holes in the wrap to allow steam to escape. When cool enough to handle, trim out the strip of cartilage running through the thickest part, slice across the grain into 1/2" slices, chop into



small pieces, cover and set aside.

While meat poaches heat a medium sauté pan over medium heat, add butter then the onion, celery, and carrots and cook until almost soft, about 10 minutes. Whisk in the 1/3 c. flour and cook, stirring constantly, until vegetables are completely coated and bubbly. Remove herb sachet from stock, whisk vegetable mixture and milk into stock and return to a simmer over medium-low heat, stirring occasionally. Add chopped meat then adjust

liquid level if necessary by adding more chicken broth. (You should have a medium-thick gravy with lots of room for the meat to float in, as the dumplings will absorb some of the liquid as they cook.) For a thicker broth make a slurry by adding 1 Tbsp. flour to a few tablespoons of cool broth and whisk into the hot mixture. Add lemon juice, salt, and pepper to taste and bring to a very gentle simmer.

Prepare dough for dumplings; drop by tablespoonfuls onto barely simmering mixture. Cook uncovered 10 minutes, cover and cook 15 minutes longer.

Dumplings

1 1/2 c. all-purpose flour
1 Tbsp. baking powder
1/4 tsp. baking soda
3/4 tsp. salt
2 tsp. fresh lemon zest
2 1/2 tsp. very finely minced fresh rosemary
3 Tbsp. unsalted butter, melted and cooled
3/4 c. buttermilk
1/4 c. + 2 Tbsp. heavy cream

Measure flour, baking powder, salt, lemon zest, and chopped rosemary into a medium bowl and rub between your fingers to combine, breaking up any clumps of zest. In a small bowl whisk together the buttermilk, cream, and melted butter. Stir wet mixture into dry mixture, stirring just until moistened. Do not overmix. *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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