

# CHESAPEAKE PRICELESS

Volume XXVI Issue 3 April/May 2022

# Style



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

## Fast Times on the Rivers

We are delighted that Historic Garden Week is back after the pandemic hiatus. Traditionally we feature Garden Week in the Northern Neck and Middle Peninsula, as we have in this issue.

*Chesapeake Style* is distributed the week before the event this year. The cover photo caught my eye as I looked through my granddaughter's photos for a different one. The sassy look on the daffodil's face, shouted humor and whimsy.

Later I learned the whole story so we have more than our usual 150 words About the Cover. Please note we are printing four issues this year—one for each season.

Enjoy and thank you for taking your time to read *Chesapeake Style*.

## About the Cover~

Photographer Amanda Cooper Preto. There's something extraordinarily magical about photography. Holding a single moment of time in hand, captured by a small box that with a tiny door that opens and closes faster than a blink of an eye; coupled with a circular opening that wields the power of light, depth of field and focus. Only to have that moment come to life again, right before our eyes using a mixture of a few chemicals and paper...Such a process is beyond fascinating...the way it works, the memories it triggers and the emotions it evokes has such a profound effect on me, it was only natural for me to explore photography as my career for the last 23 years.

Many things catch my attention especially when I hold my sassy Canon 7D. A heavy snowfall in the middle of April happened to be what drew me to the nearby park. I could practically hear the bloomed daffodils and budding blue bells mixed with fluffy sparkling snow letting me know that a couple of flakes wasn't going to ruin their season. As I continued to observe and capture them, I noticed each one having their own personality. Some shy and scared to open their petals in the unseasonably cold weather.



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Others telling each other secrets, smiling sideways or lazily napping. The one pictured here was a confident and beautiful mother...standing tall, posing for her portrait, leading the way for the others, despite the late snow fall, showing them, it was almost their time to shine.

And I was right... a few short weeks later, I captured the whole blossomed family in the light of the golden afternoon, socializing happily in the warmth of the spring sunny day.

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*Students in*  
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## Sundaes on Wednesday

Lancaster High School photography students recently did a Food Photography Unit with their instructor, Mrs. Manning. We called the event Sundaes on Wednesday. What a treat for all!

Lighting, composition, sequence and alignment were all explored as the photographers enjoyed the flavors of the ice cream and assorted fixings. Students will

edit their photos using Adobe Photoshop and create a slide show in correct sequence using Google Slides. These will become part of the upcoming Spring Art Show in May.

*Photographers From top l to r—Brian McCrillis, Madison Webster, Kaela Ball, Marissa Winget, Madison Webster, Brian McCrillis. Madison Webster, Kaela Ball*



# Style Spotlight~Dent Repair: The Secret's in the Details



and dings on automobiles using a painless process that he employs in your driveway or at your office. The convenience is terrific, and the craftsmanship is deceptive. "There's no voodoo or sorcery involved," Carl told me. "Repairing dents requires patience—a lot of patience—and attention to detail."

How did he come to this work? I asked. "After four years in the Marines, I knew I needed a college education if I was going to advance. I used my GI benefits and got my degree, majoring in International Studies. Job opportunities were not

very forthcoming at that time, and a friend of mine who does this kind of work encouraged me to try my hand at dent repair. He thought my precision and patience was suited to this kind of work, and he was right. I went to a trade school to learn the Painless Dent Repair business, and I started my own service.

"I specialize in repairing hail damage," he said, "so I travel a lot, following hail storms wherever they occur. Last year, I worked in North Carolina and Colorado during hail season, but I also work on dents caused by fallen tree branches, thrown objects, and parking lot incidents.

Many times the damage seems too small for the car owner to concern himself with—until he goes to sell the car, and then he takes a financial loss because of the damage. It's definitely worth it to call me to fix it, and because I come to you, there's no

loss of time from work or other inconvenience. And you can watch me work," he said. "I enjoy showing customers how repairs are made."

"I also work for local body shops" Carl told me. "Most body shops will hire a Painless Dent Repair technician to fix dents in a customer's car that don't require



painting, since I can do it less expensively and more quickly, and I can preserve the customer's original paint. Most body shops around here call me, so I maintain a good local base of work."

While we talked, Carl demonstrated two techniques that he uses to remove dents, and I learned a lot about how much precision is involved in what he does. Using a car owned by his friend, Michael, Carl showed me how he adapted his process to accommodate the repairs he needed to fix. "I use specialized tools to push the dent out from behind," he said, as he gently and methodically pressed the dent in the side of Michael's car door with a long, thin rod.

The process took a few minutes because Carl stopped periodically

to inspect his work and then returned to fine-tune what he had done. "I am good at what I do, but I am always pushing myself to do even better," he said. As he worked, the dent became less and less noticeable until Carl was satisfied that it was invisible, a conclusion validated by shining a special kind of light on the spot from several different angles.

"Looking at something from just one angle is not enough," he told me. "I can look at the repair from one perspective, and it looks fine, until I change my position and see that I have more to do. I go by the saying, 'You get what you INspect, not what you EXpect.'"

Michael's car had several small dents on the roof, a place where Carl could not use the tools that he had applied to the door dent. These roof dents required a different method, a glue pulling process that actually pulled the dents out.

Carl used a glue gun and several types of glue to remove the dents, buffing the spots between treatments until the dents were gone. Once again, Carl shone his specialized lamp on the dents from various angles to ensure that his work met his exacting requirements.

Patience, precision, and attention to detail make Coastal Dent Repair a valuable business, and the convenience of having the work done at your home is an added benefit. Carl Barber has found a unique solution to one of life's headaches.

For a free estimate, contact Carl at 804-761-2259, or at [mrcarlbarber@yahoo.com](mailto:mrcarlbarber@yahoo.com). *Martha Hall photos.*

By Martha M. Hall

**F**inding a career is not always easy; finding one that fills a need that most people don't even know they have is practically impossible. Enter Carl Barber, an engaging young man who has a unique approach to a problem that affects most people at some point.

Owner of Coastal Dent Repair, Carl specializes in repairing dents



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# The Spring Rush



to give them about a 50% success rate on raising new chicks.

They don't seem to get that if they would wait just a little longer, like the other ospreys on the creek, the likelihood of dealing with a snap of cold, rainy weather would decrease, and they might actually have better luck at a successful nesting season—and Martha

By Gerhard Straub

**A**s I write this, we have just passed the vernal equinox which marks the beginning of spring.

Milt and Martha, our resident osprey couple, returned early this year. Martha arrived first, which is unusual, and patiently waited for Milt to return to start working on the nest. Since then, they have been busy putting new sticks on the nest and arranging things to their liking, making sure everything is ready for the season.

They are even trying to build a weekend home on our neighbor's boat! They seem to be anxious to get started when they get here and always seem to be the first ones with eggs on the creek. That seems

wouldn't have to sit there in the cold getting drenched. Or maybe they do get it and just like getting an early start so they can finish their work early and enjoy the Bay a bit before heading south in the fall!

On the skipjack, *Claud W. Somers*, we seem to be imitating Milt and Martha. After being out of service for two years, first due to COVID restrictions and then to make some necessary repairs—please re-read a previous article on rot—it seems like there is a never-ending list of major items to address. Anxious to get started, we—read that as the captain—seem

to pick the worst weather days to try and get ready for the season.

On a particularly chilly day, the captain's wife said, "I'm having none of that!" She and the only other female on the work party that day then rearranged half the

museum to drag the huge sails indoors for repairs. I guess us guys know who'd be sitting on the nest in the cold rain if we were osprey!

What about you and your boat? Did you brave the early spring weather to make sure everything was in order before you head out on the water? Even if it's cold, might be a good idea to change the oil and fuel filters and check the impeller and belts. You may want to check your safety gear as well. If you have inflatable life vests, manually inflate them to make sure they hold air and weigh the CO2 cylinder to make sure it is full. Check those flares for an expiration date, and if you purchased one of those new electronic distress lights, make sure the batteries are fresh.

Does that air horn still work? There's also a new Coast Guard rule

on fire extinguishers. If you have the disposable type, look at the date on the bottom of the cylinder. If the unit is more than 12 years old, even if the needle is in the green, you'll need to replace it.

Unlike Milt and Martha, early preparation can get you on the water whenever the weather is great and help ensure that you have a good season on the water. On the other hand, putting it off might just result in an unplanned donation to Smith Point Sea Rescue!

See you on the water!  
*Gerhard Straub is master of the skipjack Claud W. Somers that is owned by the Reedville Fishermen's Museum. Spring sail repair—indoors! and Repairing the navigation lights by Gerhard Straub*



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# Nature in *Style* Warbler Watch



By Joanne Chewning

For many birders, spring is the high point of the birding year, and wood warblers are the stars of spring. Over fifty species of New World warblers breed in North America, most heading north from Central and South America during April and May.

Throughout the eastern half of the United States, most migrating birds fly at night, coming down to rest and feed at dawn...thus, "The early bird catches the worm!"

Warblers are generally bright colored, fast moving insect eaters, more often heard than seen, darting about the treetops. It can be a maddening experience to search for them, but just a glimpse of a male Blackburnian warbler's brilliant orange throat or the bright lemon of the yellow throated warbler is thrilling, worth a stiff neck.

In eastern Virginia, both pine and yellow rumped warblers are winter residents. Pine warblers visit suet feeders, and I've greatly enjoyed the lovely olive green and rich yellow of the solitary bird gobbling up peanut butter suet in our backyard.

While many species are passing through this area in spring, there are several that breed here and can be seen with a bit of patience and hiking.

One of these is the prothonotary warbler. The male is golden orange with blue gray wings and large white spots in the tail, while the female is similar with duller colors. These warblers prefer wooded swamps, waterside willows and streams with dead trees, and they nest in tree cavities.

Local birders can find these gorgeous birds at the Wilna Pond unit of the RRVNWR near Warsaw. Park at Wilna Lodge and stroll the Eagle Scout Trail, and there's a good chance



of spotting a prothonotary pair. Once on this trail, I was standing on the wooden bridge, keeping my eyes on trees across the pond, and I lowered my binoculars to see a male prothonotary perched on the railing a few feet away. Another time, I watched a pair busily feeding from the bench next to the fishing pier. Prothonotaries can also be found at nearby Menokin, near the kayak launch on Cat Point Creek.

Another summer resident easily found is the prairie warbler. The male is olive green above and bright yellow below with striking black streaks and spots along the sides and chestnut streaks on the back, while on the paler female, the streaks are fewer. They are not actually found on Midwest prairies... when these birds were named in 1810, the habitat now known as a barrens was called a prairie.

Their habitat includes second growth forests, stands of young pines and brush land, and I have found the parking lot and entrance road at Dameron's Marsh in Northumberland County a reliable place to see them. Their song is very distinctive, a buzzy zeezee on an ascending scale, and since they prefer foraging in low undergrowth, warbler's neck is not an issue. Listen to the distinctive voice of prairie warblers on [allaboutbirds.org](http://allaboutbirds.org) and you can also see these birds at Hughlett Point and the Hutchinson unit of



the RRVNWR in Tappahannock.

Possibly the easiest warbler to find in these parts is the common yellowthroat. These tiny birds have an endearing habit of perching in full view on a sturdy weed stalk in open marshy areas, seeming to be curious about—or annoyed with—the large human staring at them.

The black masked male is unmistakable with his olive brown back and bright yellow throat, with white below and a white streak bordering his dashing mask. Females lack the mask but also sport the yellow, brown and white. Their song is a loud, fast witchetywitchetywitch, and if alarmed will scold like wrens. I see these warblers every spring at Belle Isle State Park in Lancaster County, especially at the end of the Watch House Trail where it bisects a grassy meadow.

They also inhabit the grasslands at Wilna and Hutchinson. Non hikers can stop in one of the pullouts on the gravel road and spot common yellowthroats from the comfort of the car.

There are many parks and nature trails in the *Chesapeake Style* region to look for gorgeous warblers and other migrating birds. *Photos courtesy of the US Fish and Wildlife Service, Prothonotary Warbler, Prairie Warbler, Common Yellowthroat.*





# Daffodils and Afternoon Tea

By **Cindy Balderson**

**A**hh...Spring! The awakening...when all things are new! Even as March rolled in like a lion and the roller coaster of fluctuating temperatures and wind continued throughout the month, a few pretty days are all it takes to get spring fever...or in my case, hay fever! But even amid high pollen counts and seasonal allergies, I have had the opportunity to spend some great time with great people!

We have been cautious for so long; it is like music to my soul to get out and visit groups to talk about the great work we do at Healthy Harvest Food Bank (HHFB) and learn about what's happening in the community.



Amid a beautiful array of daffodils on exhibit at Rappahannock Garden Club's March meeting, I was met with many smiles, an engaging group of talented ladies and an amazing display of non perishables for those in need.

Later in the month, I was invited to afternoon tea with the ladies of

Henderson UMC in Callao where I enjoyed socializing while enjoying tea and cakes. This was a first for me and I hope to attend many more afternoon teas in the future! Both groups raised funds for Healthy Harvest Food Bank, and we are so grateful for their support!

As cold and desolate as this winter has been, good things have happened at HHFB. Our solar project is complete, and we are officially seeing the savings associated with the conversion while reducing our carbon footprint in the community!

Backpack Buddies, our weekend meals program for children expanded to include every school in our service area. Plans are in

motion to resume Healthy Food Pharmacy; our health and wellness program and preparations are being made for the upcoming glean and harvesting season!

The most exciting endeavor is of course, Healthy Harvest Fresh, our aquaponics production facility and educational center. After four years of research and planning, we are well on our way to turning this dream into reality!

I don't know what's next, but rest assured the wheels are always turning at the food bank! We are always looking ahead, and I can honestly say the future looks bright around here!

*Cindy Balderson is Vice President and Development Director of HHFB  
Cindy Balderson photos.*

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## Style Spotlight~Make Your Feet Happy, Fix Anything Broken



By Gloria J. Savage

It did not take me long to realize that Rob Akers is a knowledgeable gentleman who is concerned about his community and every one of his customers. Rob lives in Tappahannock and describes the town as a great community on the river with an abundance of resources, historical significance, and good friendly people. If you haven't been there, that should compel you to check it out.

Rob owns and operates Virginia Shoe Clinic, which has locations in Tappahannock—opened Jan 2013—Kilmarnock—opened Nov 2016—and Fredericksburg—opened at the beginning of 2020. The footwear and wellness clinic specializes in quality and comfortable footwear of shoes to custom orthotics. Shoe and repair shops are few and far between, and Rob's clinic is an upscale professional business establishment.

When Virginia Shoe Clinic opened in 2013, it had a few rough spots. One challenge they, and most new businesses face,

is making people aware of their presence. Word of mouth is often the best advertisement, but it still takes time to build up a solid customer base, even with word of mouth, dedication, and hard work. The clinic is a diversified business that helps all customers, some more than others.

On the repair side of the business, customers want to know if it is even possible to repair certain items. The clinic has a lot of repairs beyond those related to shoes. They also repair jackets, handbags, marine fabric and canvas, upholstery. There is a good chance they can fix anything broken. They have the equipment to fix many items that revolve around sewing and upholstery.

On the orthopedic side of the business, employees work with customers who have prosthetic limbs and need to be fitted correctly with a shoe. Orthotics are custom made to last longer and help relieve foot, heel, ankle, leg, and back pain.

The six full time and one part time professional employees at the clinic have fixed many items. They have over 700 transactions a month throughout the three locations and have made items ranging from costume character shoes at Bush Gardens to marine boat covers. So, the next time you are at Bush Gardens, you might want to look at the feet/shoes of some of the characters. You might see some repair work of Snoopy, Charlie Brown, or one of your Sesame Street friends.

Rob's customers, who are usually 50 and older, include Alaskans. His clinic is often the place to go

when people don't know where to go. A most unusual request occurred about seven years ago when a lady came with a lamp and said she needed help. Rob asked if it had a leather shade. She said no, she needed to have it rewired. Another business that could not help her sent her to the clinic.

The clinic gets new customers at each location every day. When



business slowed down during the pandemic, it allowed the company to focus on custom leather working products, like belts, holsters, wallets. Now they do full laser engraving. There is equipment at each location, but their repair hub is in Tappahannock and is over 2,000 square feet. A courier does the footwork to get items to each location for preferred pickup.

Virginia Shoe Clinic is a "total footwear, foot care, and shoe repair facility." Their Facebook page lists "a full range of quality shoes and boots including Naot, Lucchese, Brooks, Tony Lama, Aerte, Chippewa, Crocs, Dunham, and more and repair shoes, boots, handbags, saddles, and more."

Rob's prior experience in

nonprofit and as an engineer helps him with what he does now at the shoe clinic, find solutions for customer needs. They are solution providers, not just some retail or service shop.

If you are like most people, you have a beloved pair of shoes, a favorite jacket, or some other item with which you can't seem to part. Now, you know you don't have to. The Virginia Shoe Clinic will professionally refurbish your favorite footwear and other items. In addition, they have "products to keep your feet happy and healthy." So if you want happy feet, stop by and check them out. Because people seem to go there for anything, you can do that as well.

Visit Virginia Shoe Clinic at one of their three locations: Tappahannock, 1269 Tappahannock Blvd, 804-443-2373; Kilmarnock, 453 E North Main Street, 804-577-4012; and Fredericksburg,



2372 Plank Road, 540-373-8652. Hours of operation at all locations are Tuesday-Friday 10 a.m. – 6 p.m., Saturday 9 a.m. – 3 p.m., and closed Sunday and Monday. You can also reach them on their homepage at [www.vashoeclinic.com](http://www.vashoeclinic.com) or on their Facebook page.

*Photos courtesy of Virginia Shoe Clinic.*

# Health and Fitness in *Style* How Good is Your Hearing?



By Gloria J. Savage

**H**earing is the ability to perceive sounds through an organ, such as an ear. Activist and educator Helen Keller once said, “Blindness cuts us off from things, but deafness cuts us off from people.” Hearing enables us to connect with many people worldwide for different and essential reasons. Hearing enables a different communication than other senses. May we do our part to hold on to our connections with those many precious people in our individual lives.

Without good hearing, it would be difficult for two people who even speak the same language to understand each other. Of course, they could guess based on the process of elimination and facial expressions. Those help but do not necessarily yield clarity. People would still have to concentrate hard to understand even simple things. Misunderstanding can be frustrating for both the listener

and the speaker. Lack of clarity and understanding can be devastating and make socializing with family and friends a challenging and less pleasurable experience, even in quiet environments.

Hearing can make a difference in our quality of life, for better or worse. People enjoy the experience of hearing things like people talking, music playing, birds chirping, children singing, ducks quacking, carpenters hammering, dogs barking, the sounds of nature, and so much more. Hearing all the different sounds are part of enjoying life.

Hearing loss associated with aging is common among older people, yet many adults retain good hearing as they age. X.Z. Liu and D. Yan had this to say about aging and hearing loss in the Journal of Pathology: Only by better understanding the process of aging and its effect on the auditory function can we better accommodate older adults in our day-to-day interactions. Understanding can go a long way. But, education, along with understanding, can go further.

Many unfavorable circumstances can happen as people work to cope

with hearing loss. One shattering occurrence is that relationships can suffer and even end as people begin to avoid certain people, places, or situations. These give some insight into why many of the elderly are so lonely. People become isolated and withdrawn as they suffer from hearing loss and forgetfulness.

Some published scientific research connects hearing loss and mental health. For example, research findings published in The Lancet in 2017 stated that if people managed some lifestyle factors in their midlife—ages 40-65—, including hearing loss, that could prevent one in three cases of dementia. Consider implementing these preventive measures:

- Protect your ears by limiting the duration and intensity of exposure to loud noises.

- Get your hearing tested.
- When working around loud noise, wear hearing protectors, take breaks.

Communicating with people with hearing loss:

- Gain their attention by calling their name before you start speaking.
- Face the person and make good eye contact.
- Keep your hands away from your face produce clearer speech.
- Speak naturally, do not shout.

A few other tips are to take the person away from background noise, have good lighting, and use an app or text to translate.

Remember, patience and caring go a long way when dealing with people. So, try a little tenderness.

*Gloria J. Savage photo..*

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# A Place To Stay For The Winter

By Sue Mardres

**O**h! Did someone say the word S N O W? Is it that time of the year? I have been enjoying the lovely weather and haven't looked for a place to stay this winter. What will I do?

Going east won't be a good idea, because of the river. To the west, where I stayed years ago, is now new houses and the residents would give me a big push with their brooms. They don't like my kind living with them. Also, they have too many dogs. I could catch a train and head north. What am I saying, I want to get away from cold weather, and that is the wrong direction for this time of the year? What trains, there are none, everyone uses an automobile.

Going south would be a good idea, but again how do I get there. I guess I just better find a place in the area to stay for the winter.

I remember a place I had years ago and would like another like that. It was with M and S. Won't tell you their names because I might get a chance to stay there again. That year I was much younger and having fun while looking for food. It was already January, cold, and I needed a place immediately. I was happy to find their house.

To make myself at home I helped myself to some food from their open storage shelves. I started eating packages of Jell-O and instant oatmeal on the living room and dining room rugs, to me that was the proper place to eat! That made me thirsty, and I went to their kitchen sink for a drink under

their leaky faucet. I also washed my paws and decided their kitchen floor needed a design which I made with my wet paws.

Then I saw candles on the dining room table. They looked delicious, but they

had too much wax. That resulted in too much chewing, so I just dropped them on the table. They did look tasty to me and was on a table where food is eaten.

I then decided to have fun and investigate my surroundings when I found a box. Finally managed to get the top off. Inside was a stinky blanket, because of the moth balls also in the box. From there I walked on the furniture to test how much polish had been used to keep it shinny. Nibbled on a tissue box that was in my way. I was having so much fun, but S didn't think so when she saw where I was playing and investigating.

Still hungry I headed back to the shelves, but my misfortunate, I accidentally closed the door and could not return into that part of the house. That made me angry, and I started knocking the rest of the food off the shelves which included mustard, macaroni, rice, cooking oil, catsup, and other foods onto the floor. Smearred it all over the floor and the bathroom floor. It was then I decided the bathroom needed more color. I carried a bottle of silver polish and bubble bath into the tub, mixing it well.

Rather handsome looking since the tub was a beige color. With my dirty (colored) paw I pulled down the window and shower curtains and sat down to admire my handiwork.

I was tired after that handiwork, and I found my way to my bed in the attic taking some curtain rings to play with. However, when M and S came in the door you should have heard the remarks they made. They saw where I had eaten in the living room and the closed door. They asked the questions between themselves as to who, when, what made this mess. Since they sounded mad, I kept quiet in my bed.

What I thought was artistic wasn't in their minds. They had to use a putty knife before they could wash anything. Enough of my memories of a past year I need think about today. I will never be invited back to their house; I wore out my short lived welcome,

Maybe you have space for me at your house before very cold weather arrives, and I can stay with you. As to my behavior well!!!!!! If you have space my name is Brandy Bandit and I am available.



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## It's a Southern Thing

Welcome to the South...where we save napkins from a restaurant and stuff 'em in our glove box.

By Grid Michal

The last time I saw a car's glove box used as a glove box was in my grandparents' new 1954 Ford four-door sedan. In the glove box were a pair of social gloves for my grandmother and grandfather. There was also a pair of work gloves for my grandfather—just in case. In the trunk reposed a plaid lap blanket and a wicker picnic basket. To the right of the spare tire was a set of snow chains and two quarts of oil—just in case. Their best friends were the Bakemans of Hanover, and Mollie Bakeman was from Russia. The four of them would have the car loaded on the SS Rotterdam in June and drive all over Europe, take in the Passion Play in Oberammergau in Germany, then visit the Bakemans' relatives in Russia—this was before Putin—before returning to the US in time to use the snow chains from New York to Hanover and then to Irvington. Two days after their return, the Ford was as shiny as the day my grandfather had bought it from Bob Crowther, and everything was in its place as described above. A number of years later my grandmother gave

me the wicker picnic basket and thermoses, and some time after that I went to pour hot water in one and discovered it still had, aptly, some Old Grand Dad in it.

If you can picture his car, try visualizing our 2008 Highlander with essentially the same things. There are grocery bags in the far back—cloth for groceries, plastic for doggie poop. There are two blankets in the back seat that the dog has jammed between the seat back and the seat bottom. There is a strong probability we have two dogs—one naked—by the amount of hair wedged in every corner. Moving forward, there is a fresh box of Tic Tacs under the driver's seat, stuck between the cushion and the spring, perfectly content to stay there forever and ever, Amen. Under the passenger seat is Izzy's red ball and a very old Milk Bone. In the console is a box of Kleenex, my sunglasses, and our mileage recording booklet.

And that brings us to the 2008 Toyota Highlander glove box. My grandfather died in 1960. Had he not, this would have done him in. At the top of the glove box closure, a corner of a napkin juts out. If we

have McDonalds napkins fooling around with Wendy's napkins and end up with cocktail napkins in there it wouldn't surprise me in the least. When I open the glove box door, there are no gloves. There are perhaps one hundred fast-food napkins, plus straws. And spoons. Serrated plastic knives. And ketchup and mayo packets. There is a Swiss Army Knife that a friend bought me in the factory sales room in Geneva. Six hundred smackers and I can barely lift it. The owner's manual is 704 pages downloaded. I carry the page that shows how to reset the clock. There is a Garmin GPS with a terrible attitude if you make a wrong turn. I use a phone app and that sucker can stay between the seats and pout for all I care. The registration envelope is blood-red inside because two catsup packets

exploded when She Who Knows Everything pushed hard on the napkins so the door would close. The napkins pushed the fork, the fork speared a catsup packet, then a mayo packet, and the mixture oozed its way through the registration envelope, the town dump/recycling sticker, and at last look, into the Swiss Army Knife holster. The gloves? One of the kids needed oil, removed and lost the top, and jammed the glove's thumb into the top of the bottle, hoping the oil would stop sloshing out. It didn't. But the spare tire is so shiny now! *In the interest of honesty, this graphic was all over Facebook. Grid's comments were sufficiently humorous that I asked him to expand on them here. I hope you will find them as funny as I did!*

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# Being a Member of the Art Community



By Deborah Butler

**M**any of us are members of a variety of organizations, clubs, or interest groups, some national, state, or local. I know I value being a sustaining member of my regional radio station, and as well, the horse therapy group I volunteer with. Coming out of—hopefully—our two year pandemic, Bay School is growing this new facet of its strong community of artists and art lovers:

being part of the Bay School through being a member.

According to Executive Director, Pam Doss, the board has tossed around the idea of offering memberships in the art community before. Often staff is asked by intrigued visitors: How do I become a member? You could donate or volunteer, but not connect yourself to the group as a member until last fall when the membership offering became a reality.

It seems that one up side of the Covid pandemic was the increase in off-site outreach by Bay School to the community: free art kits became available for kids, and the on-line presence increased and engaged a broader group of people through artist profiles, virtual gallery visits, and other news of the arts. With a broader reach, the time was right.

Unlike other membership based groups, where the group is members only Bay School has always been a broad and open

community for all who seek out the arts. By developing a membership feature, the School can accomplish two aims. Obviously we can attain a

registration notifications and discount on classes/workshops, and lectures along with online previews of art exhibits and subscriptions to e-mail newsletters.

Depending on the level of support a member selects there are additional benefits. Staff is actively alerting its public to this new way of sharing in the community commitment to Bay School; you can find information flyers at the School itself, find out the details on the website—listed below—or don't be surprised to get a phone call if you've been an active participant all along. And if you are a member and sign up for an art class, don't be surprised that the website will now take 10% off your class!

My discussion with Pam about the membership



level of financial stability, Pam Doss says, but more important, we can further our community building. Bay School memberships are all family memberships and this gives a way for involved families to have closer access to our programs, and to have a say in what the Bay School offers. No matter the level of membership, members are assured an equal voice.

There are several membership levels at varying costs per year: Benefactor, Advocate, Patron, Partner, Friend, and Current Student or Teacher—Local Art Teachers can become members for free. The important thing is that all these annual levels and benefits are family memberships and they all include invitations to free, members only events, early

program made me think about the value of being a member of a group. I know I am a member of that local radio station because I value in-depth good news programming; I'm a member of the horse therapy ranch because I value those opportunities for at need students and want to be part of that. Likewise, becoming a member of Bay School Community Arts Center helps ensure that the art experiences that feed our souls' need for beauty in our lives will continue to be there when we need them.

For more information visit [\\_www.bayschool-arts.com](http://www.bayschool-arts.com) and click on the membership tab. *L, Lincoln and Jeannine Johnson, Sue Henshaw and Margaret Benton-Jones Bay School artists.*

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# Unanswerable Sheep Questions



By Nan Harvey

“What were you thinking?” Sometimes the Shepherd asks us questions we can’t possibly answer.

What exactly is thinking?

The Shepherd had come into the pasture and of course Zach, because he’s young, has too much energy and, it must be said, has to show off, ran over and showed the net fencing down at the back of the shelter.

Danced in and turned around to

make sure the Shepherd saw it, made it look like he’d done it by himself when really it was BossyPants, his mama, who really was the first who pushed through. Great idea! Next was Zach, a mamma’s boy if ever there was one. But the rest of us were close behind because we always act together. So, when he’s showing the Shepherd our handiwork, we were pretty indignant. We busted through too, not just Zach!

We gathered round and could tell the Shepherd saw the fence down

because stopped and looked at the fence then looked at all of us in a semi-circle around the Shepherd. That was when we knew, all of us, that the Shepherd was not as happy about this change as we were.

The Shepherd picked up one of the posts and stomped it into the ground, talking to us the while. “What if you’d been tangled in the fence, what then?” Stomp. “I know what you were doing.” Stomp. “You were going after the chicken feed.” Stomp. The fence was going

up with each post stomped into the ground, closing us off from the delicious prohibited feed.

We watched the Shepherd’s every move and listened intently to every word though, truth be told, we only knew the Shepherd was displaying that strange human thing anger.

But then, the Shepherd turned to us lined up watching this action and asked, “Are you sheep or are you pigs?” Then turned back to the fence posts. Stomp!

We looked at the Shepherd and at each other, perplexed. Why wasn’t the Shepherd making the happy baaing sounds like when we dance moving between pastures, exclaiming that we’re woolly Lipizzaner stallions?

And pigs? Really? We imagined we were being as smart as Woody,

the Guardian Dog, so why not ask if we were dogs? We learned that taking the fence down did not make the Shepherd happy. *Nan Harvey photos. But we never did figure out what thinking is.*

BossyPants and Zach pondering unanswerable questions.



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# Grocery Shopping for the Shy



By Denise DeVries

**M**y name is Denise, and I'm shy. Or should I say introverted? According to

the website [verywellmind.com](http://verywellmind.com), "shyness involves fear of a negative evaluation...introversion refers to...the need to be alone to gain energy." I have both.

Whichever the reason, when

I see people I know at the grocery store, I want to slink away and hide. I'm not shy in every situation. I just have trouble with anything that requires being seen or heard. This means that if I can't find something, I do without it. If I can't reach a product in the grocery aisle, I try to climb the shelves. You might assume that I would prefer to use the automatic check out to avoid human contact, but that's not true. I'm more afraid of computers than people. What if I make a mistake and have to ask for help?

Fortunately, I have learned some social

skills while living in the Northern Neck. Many things we take for granted as basic good manners here seem to be quite rare in the outside world. I carried these habits on a recent cross country trip to Arizona, causing quite a few surprised looks at gas stations and rest areas.

**Eye contact:** This behavior is so unusual that service industries have to include it in their personnel training. These days, people are usually more engaged with their telephones than with other human beings, but in general, eye contact is more common in rural areas than in cities.

I went to a grocery store in the 1990s where the staff was apparently directed to hold eye contact for a certain amount of time. That backfired when customers became uncomfortable. I thought the produce guy was flirting with me over the cabbages and had to change to a store where the workers were less polite.

**Greeting people:** Newcomers are surprised and charmed by our local habit of waving from cars. Driving down the barely two lane road, we wave at passing cars, hikers, bikers, dog walkers and people picking up their mail.

This is such an important part of our local culture that I was struck by a recent headline in the weekly *Rappahannock Record*: "Urban scowl cited, drivers not waving." An Irvington citizen addressing the town council was expressing a common concern about growth jeopardizing small town charm.

Although I haven't noticed traffic changes, the grocery store is no longer the social center it used to be. Before, people would greet each other in the aisles or stand and chat, creating cart gridlock.

Instead of attempting to pass the conversation clusters, I would go the long way around to avoid interaction. This was before the experiments with one way aisles and placing marks on the floor to keep people apart. I can't say I minded. I'd be happy if I had a six foot bubble around me all the time.

On the other hand, shy people have come out of the shadows with new ways of communicating. We can participate in online meetings with our cameras and microphones turned off. We can order our groceries online and pick them up in the parking lot, or in some places, from a locker inside.

I still shop in person, but I go with my husband, an outgoing extrovert. Watch for us next time you go to the grocery store. Just look for a man whose voice can be heard two aisles away as he greets the clerk by name. See the woman shrinking out of sight behind him? That's me.

*Denise DeVries is the author of the Hull Crossing Chronicles historical fiction series, in which a shy Baltimore teacher learns to make friends in a small rural town. Find out more at <https://denisedevriesauthor.wordpress.com/>.*

*She and her husband, artist Alvaro Ibañez, are developing a retreat center for the arts outside Kilmarnock with their youngest daughter, Delia Ibañez. See more at [www.facebook.com/AIMKilmarnock](http://www.facebook.com/AIMKilmarnock). Denise DeVries photo.*

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# Take it Easy!

By RuthE Forrest BCTMB

**E**ach individual constantly meets self. There are no coincidences, or accidents, that arise in the meeting of people or individuals. Edgar Cayce

Social craziness sparked a desire for a much needed break from the PPSD—post pandemic stress disorder—I’ve been experiencing. After planning all winter, sitting by the wood stove dreaming of gorgeous veggies, I’m the first one with my hands in the dirt come warmer weather.

Spring clean up chores soon remind me I’ve not done physical labor for months. Feeling my age, I’ve decided to rethink enthusiastic winter plans. There comes a time when a body has to remind a brain certain truths about the physical nature of life.

This sometimes shocks the mind inhabiting the physical brain! Mind constantly lies to me. I sometimes forget my age. I call it IMS, in my mind syndrome. In my mind I’m still 35, and can maintain an acre

yarden, including a large vegetable patch. My name’s Forrest!

My body never lies. The morning after spring chores it reminds me it’s carried me for six decades. It’s real grouchy when I forget that inconvenient truth. It whispers to me often “take it easy old gal, find comfort in little things and satisfy your Soul.”

Good advice, but do I listen? I’m always sorry when I don’t heed my body’s early warning system of little aches. Stop, stretch, take a swig of water and reevaluate before acting. When I don’t act on intuitive information, it demands attention with pain. Called sickness or injury in modern vernacular, it’s actually my body re reminding my brain about the necessity of creating balance between DOing and BEing.

Society convinced me I could be Super woman. That bigger, better, faster and more are honorable goals. If not DOing productive actions, I’m somehow not worthy of life’s good things. Be a good worker, contribute to society, pay taxes, and chalk up brownie points in the next realm if I’m lucky enough

to serve everyone else but me.

Mind says to ignore the joyful indwelling Divine Spark of Creation that’s creating and inhabiting my body. Religions paradoxically teach love, but also the beginning premise of BEing flawed from the start that needs the action of forgiveness to rate. Science hasn’t done any better, proposing life evolved from primordial soup and has no meaning other than what the action of quantifiable duplication can achieve. Quantum physics finally admits a small nod to intrinsic Creator powers in its Observer effect. I’m hopeful for the future!

Acknowledging the Divine Spark of Creator Love indwelling all BEings necessitates taking real response ability for our world and its many challenges. Many prefer staying hypnotized into

believing a system of healthcare or governance will take response ability for the health of their world.

Their minds convince them of safety although they’ve ignored their physical reality for decades. They’re shocked to finally realize their truth at the death transition.

The body knows we are Divine Sparks of the Creator’s LoveLight manifesting in physical reality every thought our mind conceives. That BEing is more than good enough to rate!

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## Historic Garden Week~Northumberland County's Mundy Point



Wednesday, April 27, 2022  
10 a.m. to 4 p.m.

By Sue Straughan

The Garden Club of the Northern Neck presents Northumberland County's Historic Mundy Point on Wednesday, April 27, 2022, as part of Virginia's Historic Garden Week. Visitors will tour five never before seen homes in historic Mundy Point where history, commerce and modern architecture are all perfectly blended. The architect designed homes present spectacular water views and a variety of architectural styles designed to maintain local character while adding interesting, and sometimes contemporary architectural features

*Willow Oak*, located just off the Potomac River, features a dramatic two story entryway with a floating wood staircase, polished concrete floors, and retracting glass door panels connecting the interior with picturesque water views on three sides. The infinity pool and screened porch further accentuate the home's connection to her natural surroundings. This contemporary home won Best of Rural Residential in the 2020

Best of LaCantina competition. Brenda and Jim Gianiny, owners

Situated on the west side of Mundy Point, *Patriot's Peace* is an architect designed coastal farmhouse with expanded views of Wilkins Creek. Constructed in 2011, this two story home offers a beautiful setting that showcases the owners' collection of American and English antiques, local and regional art, and Native American pieces.

The house orientation and four exterior porch areas, give all living areas stunning water views. Mary Jane and Scott Thompson, owners

*Warwick Banks* was a once larger farm as evidenced by its late nineteenth century two story farmhouse, red barn with attached woodshed and artist's studio. All structures were in a deteriorated state until renovated in 2005 by the current owner. The open floor plan of the main house, organized around a central fireplace, places an emphasis on natural stone, brick and wood, and showcases a collection of modern paintings, sculptures, prints and ceramics. Susan and Monte Lake, owners.

*The Point's* home, garden and entertainment spaces are beautifully defined by rose covered archways, cascading stone

walkways and multi level terraces. The original brick rambler was replaced in 2007 with a structure designed to appear as if it were built and added onto over time. A mix of historically appropriate materials and features define the home's additions that include a Spanish tiled roof, a mudroom floored with pre-Civil War forged bricks, a massive stone cooking fireplace in the heart of the brick

from heart of pine logs recovered from a river bottom near Pensacola, Florida, and the cherry kitchen cabinets were milled on site from trees on the property. Bill Wine, owner.

**Tour Headquarters:** Tours begin at Tour Headquarters, 1530 Mundy Point Rd., Callao. Shuttle buses run 10 a.m.-4 p.m. between headquarters and each of the five houses which may be visited



alcoved kitchen, and a glassed sun room leading to the upper level terrace, pool and raised garden areas. Cynthia S. Hudson, owner.

Woodlands inspired by Pennsylvania's Longwood Gardens and a profusion of spring flowers provide the approach to *In Arrears*

*Farm*. This New England style coastal home was designed by its Maine architect to provide water views from almost every room. Flooring throughout the house is taken

in any order. Complimentary refreshments available at Headquarters 11 a.m. 3 p.m.

**Advance Tickets Encouraged:** \$40 pp, sold online in advance at [vagardenweek.org](http://vagardenweek.org). Day of tour ticket sales available by credit card only.

**Parking and Restrooms:** Available





only at Tour Headquarters. Bus and Tour Group Contact: Dana Smith, [dysmith@va.metrocast.net](mailto:dysmith@va.metrocast.net)  
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options see: [ststephensheathsville.org](http://ststephensheathsville.org). Vegetarian lunches available. Online order and payment preferred through St. Stephen's website: [ststephensheathsville.org](http://ststephensheathsville.org). If ordering

by mail, make checks payable to St. Stephen's Episcopal Church. Mail to Ellen Kirby, P.O. Box 40, Heathsville, Virginia 22473. Pick up lunches the day of at Tour Headquarters

between 11 a.m. and 2 p.m. Picnic table seating at Tour Headquarters. General: Houses are not handicapped accessible. Please wear comfortable walking shoes.

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# Historic Garden Week~Rural History and Simple Pleasures



with a butler's pantry and bedrooms on the third floor. The basement includes

a circular staircase leads to the attic game room, creating an interesting round wall in the updated bathroom. A huge pecan tree shades the brick patio, and a pool overlooks the surrounding fields.

*Brookshire*, 380 Dudley Ferry Road, Mattaponi, is located on the Mattaponi River across from West Point, and is the site of

features beaded weatherboarding, a five window Dutch roof and connected end chimneys.

*The Wing*, 469 Dudley Ferry Road, Mattaponi, was originally built as a wing onto the back of the Main House of Brookshire to accommodate a growing family that included ten daughters. In the 1950s, it was removed from the

Main House and relocated to its current spot closer to the Mattaponi River to be used as a summer home. A 1989 expansion of the kitchen includes a beautiful Florida room with wonderful



By Cynthia Carter

**T**ake a drive across the river to lower King and Queen County for this year's tour hosted Garden Club of the Middle Peninsula on Friday, April 29. The five houses are in a setting of rural splendor, with open landscapes, winding roads, and towering shade trees. Three of the houses have sweeping river views of the York or Mattaponi rivers. One house is the site of Dudley's Ferry, which began operation in the 17th century and was used during Bacon's Rebellion, the Revolutionary War, and the Civil War. Dining options are conveniently located in West Point and along Route 33.

*Aspen Grove*, 1393 Lewis B. Puller Memorial Highway, Shacklefords, was built around 1780 and enlarged in the early 19th century by Absalom Bland, the current owner's third great-grandfather. Owners Hunter and Stacy Richardson, who purchased the property in 2008, have completed significant renovations while retaining the house's historic flavor. There is a formal living room and dining room

an office and a bedroom. A modern addition on the back has a large kitchen and family room combination.

*Garrett Anderson House*, 432 Bellevue Lane, Shacklefords, is a 19th century farmhouse built on family land that was part of historic Bellevue. The current house is located on a knoll above the York River. Visitors will find an open back porch with a sweeping view of the York River. Owners Elizabeth and Hopkins Guy placed the property under conservancy and have been stabilizing the shoreline to prevent it from eroding. Visitors may also drive to the river to see the conservation efforts.

*The Parsonage*, 3834 Buena Vista Road, Saluda, is an American four-square built in 1926 as the parsonage for Shacklefords Chapel, located across the road. Renovations have been ongoing since owners Helen and Jim Sutton purchased the property in 2008. The screened-in side porch was partially enclosed to form a sun room, balanced by a new three-room wing on the other side. A new

Dudley's Ferry, which began in the 17th century and existed for 200 years. The house was built before 1782 by the Dudleys, who operated the ferry for some of that time. Surrounded by huge shade trees, the large two story house

views of the river.

Poroporone Baptist Church, 30071 The Trail, Shacklefords, will serve as the tour headquarters and marketplace. The church has a rich 215-year history. Founded in 1807 as Pocorone, the





structure and the congregation have grown steadily through the years. In 1879, to have better member accessibility, the humble original frame church was moved three miles. The current brick

building was constructed nearby in 1951. It was enlarged in 1999. Tickets are \$35 by advance purchase only at [www.vagardenweek.org](http://www.vagardenweek.org) and will not be sold on the day of the tour.



Visitors may pick up wristbands (to be used in lieu of tickets) at Poroporone Baptist Church or be prepared to show a printed or

mobile version of your online ticket at the door of each house. Photos courtesy Garden Club of the Middle Peninsula.



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# Brain Injury~Anytime, Anywhere, Anyone

By Martha M. Hall

**A**lthough March was officially Brain Injury Awareness Month, any month is a good time to review what we know about the causes and effects of a brain injury. Brain injury is the global term for an injury that can result in memory loss, physical disability, emotional issues, cognitive problems, or a combination of these effects.

An injury to the brain can be caused by two kinds of forces: a force exterior to the brain, such as a blow to the head, a piercing of the skull, or a shock to any part of the body severe enough to cause the brain to move inside the skull, or a force interior to the brain, like a disease such as COVID19, a

stroke, an infection, or any other issue within the body that adversely affects the brain's normal function.

Just as no two brains are alike, no two brain injuries are identical. However, because the brain controls everything we do, think, feel, or say, different kinds of brain injuries can result in similar effects:

- **Memory loss.** Many brain injury survivors experience a reduced ability to remember names, dates, appointments, or even life events, and most use some kind of note pad or electronic device as an external memory.

- **Fatigue** or loss of stamina. A noninjured brain normally functions like a fuel efficient car, but an injured brain becomes a gas guzzling SUV, requiring more energy to accomplish the same

tasks. Brain injury survivors often find that they require more rest or experience changes in their sleep patterns that interfere with their ability to complete tasks promptly or effectively.

- **Behavioral issues.** Impatience, anxiety, depression, or anger management can create workplace or school problems or difficulties with family or social interactions. Sometimes survivors try to minimize these difficulties through unwise self medication choices, leading to addiction that exacerbates an already difficult diagnosis.

- **Physical deficits.** Peripheral weakness, partial paralysis, or a loss of balance add to functional difficulty, often requiring physical therapy or the use of assistive

devices like canes, walkers, or wheel chairs to maintain any degree of independence. Loss of speech or hearing can serve to further incapacitate someone with a brain injury.

- **Cognitive ability.** The ability to solve problems, learn new tasks or material, carry on a conversation, plan an event, or follow through on expectations can often create almost insurmountable barriers to meaningful daily life, and can strain even the most supportive relationship.

Depending on the location and the severity, a brain injury can cause varying degrees of incapacity, and any situation that can cause potential damage should be approached with extreme caution, whether it is a contact sport, chance of an accident, inclement weather conditions, or an illness-prone lifestyle. Brain injury is serious business, and the importance of taking steps to try to minimize risk is critical. Using your head to save your brain is something we should all try. For more information, contact the Brain Injury Association of Virginia at 8004446443 or at [www.biaav.net](http://www.biaav.net).

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# Art in Transit 2022 Contest



By Michael B. Norvell

**E**arlier this year, Bay Transit, the public transportation division of Bay Aging, and the RAL Art Center issued a Call for Entries to artists throughout the Northern Neck and Middle Peninsula to participate in the Art in Transit 2022 contest and judged exhibition.

The deadline for entries and art submissions to the RAL Art Center in Kilmarnock was April 18. This year's award winners will be recognized at the Art in Transit 2022 reception at the RAL Art Center in Kilmarnock on May 20. The culmination of the reception will occur when a copy of the first place entry is unveiled on the side of a Bay Transit bus.

"As a longtime resident and Bay Aging board director representing Lancaster County, I see what an impactful partnership Bay Transit and the RAL Art Center have forged through Art in Transit," said Vera Lee. "Thanks to the many generous sponsors who have pledged their support, Art in Transit will help public transportation and art communities throughout the region

continue to flourish. I'm looking forward to the reception and awards ceremony on May 20 to see the incredible artwork this judged exhibition inspired."

Art in Transit 2022 sponsors include Tri-River Investment

Group, Sonny Merryman Bus Company, B.H. Baird Insurance Agency, Gander Design, local State Farm Agents, BAY FM/WIGO Country, Chesapeake Bank and Chesapeake Wealth Management, the Northern Neck Rotary Club, and the Rappahannock Community College (RCC) Foundation.

Bay Transit is planning to earmark the donations generated by Art in Transit 2022 to help fund a continuing education scholarship that will allow front line employees at Bay Transit, such as bus drivers, mechanics, schedulers, and dispatchers, to take classes at Rappahannock Community College



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(RCC) or apply for the scholarship for a member of their family.

"We see how hard our bus drivers and other front line staff have to work," Bay Transit Director Ken Pollock said. "Hopefully, scholarship assistance will help an employee, or employee's family member, to pursue educational opportunities that may have otherwise been out of reach."

Some of the funds raised from Art in Transit 2022 will also be dedicated to support Bay Transit's New Freedom mobility management service. New Freedom is a transportation service providing seniors and individuals with disabilities the ability to attend medical appointments, shop, work and attend social and recreational events even for travel

outside of Bay Transit's service area and/or service hours.

Participants pay a nominal fee for each round trip. For round trips of fifty miles or less, there is a five dollar fare. For round trip journeys greater than fifty miles the fare is only ten dollars. "For example, New Freedom transports Veterans to doctors' appointments at the VA Medical Centers in Richmond and Hampton," Pollock said. "We would love to be able to do more New Freedom trips for people, so fund raising for this program is also a priority."

*To learn more about donating to Bay Transit, please call 800 493 0238.*

*Ken Pollock, Brenda M. Sylvia, her acrylic painting, Jumping for Joy displayed on the side of the bus, Doug Mock.*



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## Writers in *Style*~Book Parade in Williamsburg, a New Recipe

By Denise DeVries

Fill a room with writers and their books, add snacks, blend, and leave for four to six hours. Chesapeake Bay Writers President, Sonja McGiboney, tried this recipe for the first time on, March 26 in Williamsburg. Says Sonja, “This was an opportunity for members to showcase their books, network and get tips from other authors about the creative process, publishing, and writing.” The organization’s first Book Parade at Midtown Row Clubhouse brought together 16 authors of close to 80 titles in 17 genres.

I shared a table with book fair veteran Charity Ayres, author of *Mad Cap and the Mortal Gods* series. The contrast in our writing genres was clear through our book covers; Charity’s are bold and adventurous, and mine are cozy pastels. Still, we share an interest in mythology and in promoting young people’s creativity.

Another author whose work is based on legends is Ginny Brock, two of whose five novels, *When the South Wind Blows* and the *Writer’s Cottage* were inspired by the legendary *Phantom of the Carolina Coast*.

At the next table was self published author Patti Hornstra. Her professional looking display was the result of experience at past events. After a 12 week marketing class, Patti created a way for writers



to cross promote their Kindle editions on as many platforms as possible at no cost to them. Every 90 days, she produces a theme and invites new participants.

CBW Secretary, Jeff Price, pen name Davidson Lee Price, was next in the row, with his debut novel, *Whippoorwill Hollow*.

Another outstanding display featured the work of treasurer Carol Bova, CBW past president. *Breaking the Eighth*, Carol’s second book in the Chesnut Springs series was hot off the press.

Sonja McGiboney had the largest number of titles, with 19 *Jazzy* picture books. Nearby was Cindy Freeman, a regular at Williamsburg’s Second Sundays festival. She writes fiction and inspirational poetry.

Caterina Novelliere’s self published books show her interest in history, music, romance, old languages, legend, and travel. I also

talked to her about her handmade jewelry, the Italian language, and her work on intangible cultural heritage in San Antonio Texas.

Lynn Underwood is another Southwesterner, born in New Mexico. His books, *The First Stone* and *Highrise*, combine his spiritual readings and the construction expertise he gained in the United Arab Emirates (Abu Dhabi), Afghanistan, Libya and El Salvador.

Across the aisle was Mary Bush Shipko with her memoir, *Aviatrix*, telling of her struggles as the first woman pilot for Hughes Airwest.

Richard Easton also writes about a pioneer in a different field in *GPS Declassified: From Smart Bombs to Smartphones*. His father was among the creators of the Global Positioning System.

Jeff Schnader is the author of *The Serpent Papers*, a novel set in the Vietnam era.

Nearby, Susan Williamson’s

books tell of her love for horses, and include a children’s book, *The Riding Lesson*, a series of thrillers, and two non fiction books.

Patti Gaustad Procopi, who organizes the monthly CBW radio show, displayed *Please...Tell Me More*, a story of the bond between sisters.

Amy Voltaire shared the same table. Her book, *My Name is Erin*, and *My Mom’s an Addict*, is a contemporary novel for young adults.

Tim Holland, a past director of Chesapeake Bay Writers, is the author of *The Murder of Amos Dunn* the latest in the Sidney Lake Lowcountry Mystery Series. *In What the Mirror Doesn’t See*, Tim draws on his experience in international banking.

For more information about the books represented at the Book Parade, see the Bookstore tab at [chesapeakebaywriters.org](http://chesapeakebaywriters.org). The Chesapeake Bay Writers are a chapter of the Virginia Writers Club for published and aspiring writers. For additional information about CBW and its planned activities, visit the website or email [CBWreply@gmail.com](mailto:CBWreply@gmail.com). *L to r, Carol Bova, Richard Easton, Sonja McGiboney, Mary Shipko, Caterina Novelliere, Ginny Brock, Charity Ayres, Cindy Freeman, Tim Holland, Susan Williamson, (Mr.) Lynn Underwood, Patti Procopi, Amy Voltaire, Patti Hornstra, Davidson Lee Price, and Denise DeVries.*



# Heathsville Farmers Market 2022



By Corinne Anthony Becker

**T**he 2022 season of the Heathsville Farmers Market has begun!

This popular local market is held on the third Saturday of the month, April thru October, 9 a.m. to 1 p.m.

Each market has a theme. May's market will include a flower show put on by the Chesapeake Bay Garden Club. In June, the Tavern Quilt Guild will hold a quilt show and sale. A free bluegrass concert, courtesy of the Rappahannock Concert Association, will follow on the Tavern Green.

July is always Kids Day, which includes fun activities for children, like making a wooden boat with the Tavern Woodworkers Guild. An Antique and Classic Car show will

take place at the August market. In addition, the Tavern Quilt Guild will hold Bingo for Quilts, starting at 1:30 p.m.

There will be a Living History encampment and historical flag display at the September market. At the final market in October, St.

Stephen's Episcopal Church will hold a Blessing of the Animals.

The Heathsville Farmers Market typically includes 40 to 50 vendors, offering fresh Northern Neck produce, locally-raised meat, flowers and nursery plants, baked goods, eggs and canned goods, and locally made handcrafts. There are new vendors at every market.

RHHT, a 501 (3) c non-profit historic landmark, is the sponsor of the market. Dating back to the 1700's, the Tavern is home to four active artisan guilds, which will be on-site that day, demonstrating and selling their wares.

Follow the smoke to see the Blacksmiths working in the Tavern Forge. The Woodworkers have both a modern and a colonial era

workshop in the Carriage House, which also houses a collection of antique carriages. The Quilt Guild can be found on the first floor in the Tavern. The Tavern Spinners and Weavers gather in their studio on the second floor.

Inside the historic Tavern itself is the Heritage Arts Center gift shoppe. There shoppers will find artists working in their studios and one-of-a-kind, locally made artisan wares for sale.

The Tavern Café serves light luncheon fare, available to take-out or a leisurely sit down meal inside or outside on the veranda. All food is made by the volunteers of the Tavern's Culinary Guild in their commercial kitchen. Special on market day the café makes glazed donuts, hot from the fryer.

It is located just off Route 360,

behind the old Northumberland Courthouse in Heathsville, on the grounds of Historic Rice's Hotel/Hughlett's Tavern (RHHT). For more information, visit [www.RHHTFoundationinc.org](http://www.RHHTFoundationinc.org), e-mail [info@rhhtfoundationinc.org](mailto:info@rhhtfoundationinc.org), or call 804-580-3377.

*Photos courtesy RHHT.*

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# What is a Reverse Mortgage?

By Bill Graves

**D**oes it make sense for me? I get asked that question all the time and the answer is not a simple one. Many factors come into play when considering this type of loan.

A Reverse Mortgage as defined by the Federal Housing Authority (FHA) and the Housing Urban Development Fund (HUD) as a Federally Insured Loan. It is called a Home Equity Conversion Mortgage (HECM) or simply a Reverse Mortgage.

There are two types of Reverse Mortgages. One is a refinance, and the most typical, where you take equity out of your existing home. The other is a purchase loan, where individuals buying a new home

put 60% down, and borrow the balance. In either case there are no monthly payments forever. You will have three obligations with a Reverse Mortgage. You must keep the property insured, pay the taxes and keep the property up to code.

To qualify for a typical Reverse Mortgage, you must be 62 years of age, have reasonably good credit and at least 2/3 of your home paid off. The number one reason most folks do not qualify is too much debt on their property. A property that is owned outright is always the best scenario for qualifying.

Some reasons to consider before choosing a Reverse Mortgage: If you wish to hand the property down to relatives unencumbered. If you want to downsize later, and depending on the homes' value, there may be little to no equity to do

so. You plan to move and not stay in your home for the rest of your life.

A Reverse Mortgage might be a great idea for you if, on the other hand, you're tired of making monthly mortgage payments, and making them go away will significantly improve your quality of life. You want to invest in a nest egg that typically pays 2% or 3% above bank rates. You wish to have a monthly check deposited in your bank account for the rest of your life. You'd like a good way to supplement your social security and retirement funds.

Maybe you would like something that has been out of reach. It can happen with a Reverse Mortgage. I have seen Reverse Mortgages used for: RV's, travel, boats, cars and second homes. Maybe there is something more pressing like

education, home additions or renovations, a generator, in home care or just an emergency fund that's there if you need it. My clients typically receive anywhere from \$600 to \$3,000 on a monthly basis.

You only pay for what you use from your Reverse Mortgage funds. As an example, if you received \$100,000 and only needed \$20,000 to pay off your credit card debt, then you would only owe the \$20,000 plus any interest and closing costs. The balance would sit in a credit line earning whatever the rate is on your loan. It remains untouched equity in your home.

I have done hundreds of these loans, and feel I've changed peoples' lives for the better. Maybe I can do that for you? Call me, Bill Graves at 804-453-4141 for a free consultation.

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## Books in *Style*~Fix It!



Books in Style *Fix It!*

By Gwen Keane

Review by Carol J. Bova

There is no formula, no prescribed routine that will return a couple to the days they shared when accident or illness strikes, and one of them must become the other's caretaker for the rest of his life. In *Fix It!*, Gwen Keane shares her experiences with honesty, courage and sadness in the hope that her words will help others in similar roles.

Gwen says, "During the more than five years my husband suffered after a stroke that left him with cognitive dementia, some days were very difficult for me as the caregiver. I became consumed with my desire to fix it when, in reality, I couldn't. Learning to cope was my only option."

*Fix It!* provides assurance to caregivers that their feelings and fears are understood, and difficult as it may be, coping is possible. It is not a how-to book, but a mirror of how one caregiver survived her experiences. One chapter titled, *In Search of Fixes*, shares Gwen's "solutions to problems that helped me do a better job of caregiving." Among the helpful topics discussed are Equipment, Handicap-Accessible Bathrooms, Extra Help, Therapies, Organization and Learning New Skills, Coping Skills and Self-Care and Socialization. A "Checklist of Possible 'Fixes'" is a useful summary of the more detailed sections.

Memories of their life together take the reader on the many trips Gwen and Bill Keane shared throughout their marriage. She doesn't avoid the less pleasant aspects of being a caregiver, the many bed linen changes and resulting laundry, the cleaning up, the attempts to handle unreasonable reactions and

demands. The last few pages of the book are a reflection of Gwen's journey through the remembrances of her life together with her husband Bill as she adjusts to widowhood.

The book is a must-read for friends and family to help them understand the day to day difficulties of those in care giving situations and the aftermath when death releases the one being cared for.

*Fix It!* is available at Amazon in ebook and paperback.

In addition to *Fix It!*, Gwen is the author of *How Cowboy Found His Forever Home*, *Local Color* and *Swan Wait*. She is a native of the Northern Neck of Virginia, retired from the Naval Sea Systems Command as the Deputy Inspector

General. She holds a BA in human resources from Trinity University in Washington, DC. and graduated cum laude from Georgetown University, in Washington, DC, where she received her master's degree in public administration. Gwen, who has a passion for improving available health care for residents of the Northern Neck, serves as Chairperson on the board of the non-profit organization, N2Health. She is also an advocate for dogs and cats, and serves on the board of the Northern Neck Partners and Pets, a non-profit organization dedicated to building a no kill animal shelter that will support the entire Northern Neck. Gwen lives with her four dogs and one cat on Indian Creek in Kilmarnock, Virginia.

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# The Ragged Edge

By Kenny Park

In August of 1988 I began studies at Southern Baptist Theological Seminary in Louisville, Kentucky. I had been accepted to begin classes the previous year but postponed my entrance a year to take time to readjust to living in the United States after having lived in Spain for the previous two years. The year began with a convocation service—of course—and the sanctuary was completely full. Singing the opening hymn, *All Hail The Power Of Jesus' Name* was an experience I will never

forget. Two thousand voices joined in full-throated praise, knowing each word and note, with powerful accompaniment from the pipe organ both thrilled and moved me to tears.

There is only one other moment that has stuck in my memory of that service. Dr. Daniel Aleshire, one of the professors—he may have been Dean of Students, my memory is a little foggy—spoke introductory words to the incoming class. He told us that “choosing to live a life of ministry means choosing to dwell on the ragged edge of humanity.”

“You will be confronted with the

shadowside of humanity, with the brokenness, pain, and sorrow that we can inflict on each other and ourselves.” Be prepared for that.

My experience in Spain had already made that real, and over the following years I leaned into the call to minister, to heal, and to reconcile. Although my official entry into full time ministry did not happen until 2003, my dwelling place somehow always kept me on that ragged edge. So coming to minister to immigrant communities was a smooth shift from previous employment.

Almost from the beginning, we were plunged into situations and lives that were immersed in that brokenness, that pain, that sorrow. Miscarriages, abusive relationships, alcoholism, incarceration, deportation, family separation, and grieving the death of parents or grandparents—or other family members—and not being able to travel to be with family in the wake of that loss seemed to roll over us on a monthly if not weekly basis.

Usually, all we could do was to sit with our brothers and sisters in their pain, offer some words of comfort, or just a shoulder to cry on, or arms in which to shelter for a little while. Occasionally, we were able to do a little more. Help with travel or travel ourselves to gather with families in their loss, and those were holy opportunities, moments when we were welcomed into and trusted with that sorrow and pain and grief.

Of course, it hasn't been ALL sorrow and grief. There have been celebrations as well; welcoming babies into families, joining lives in matrimony, birthdays, anniversaries, accomplishments. So many good and happy moments as well. The stuff that life is made of, made all that much more precious in being shared. Thanks Be To God. *Kenny has served the Northern Neck Immigrant community and as Pastor of Jerusalem Baptist Church in Warsaw since 2003. His email address is Kenny.park@gmail.com*

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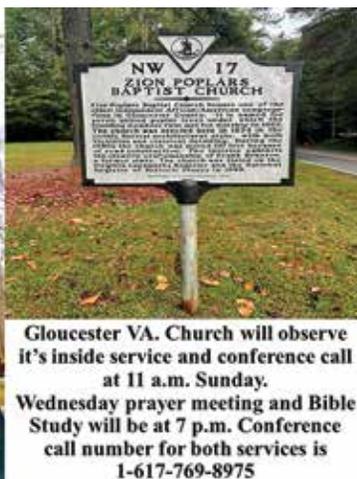
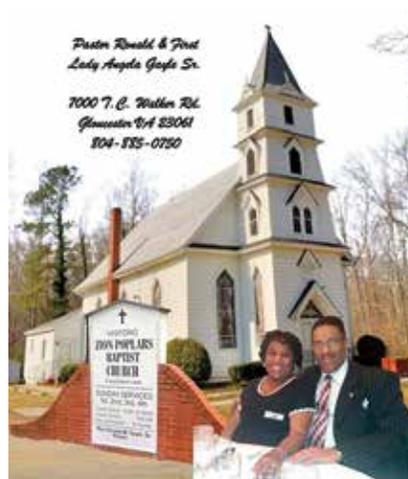


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## El Borde Irregular

Por Kenny Park

**E**n agosto de 1988 comencé mis estudios en el Seminario Teológico Bautista del Sur en Louisville, Kentucky. Había sido aceptado para comenzar clases el año anterior, pero pospuse mi ingreso un año para tener tiempo de readaptarme a vivir en los Estados Unidos después de haber vivido en España durante los dos años anteriores. El año comenzó con un servicio de convocación (claro), y el santuario estaba completamente lleno. Cantar el himno de apertura, *All Hail The Power Of Jesus' Name* fue una experiencia que nunca olvidaré. Dos mil voces se unieron en elogios a pleno pulmón, sabiendo cada palabra y nota, con un poderoso acompañamiento del órgano, me emocionó y me conmovió hasta las lágrimas.

Solo hay un momento adicional que se me ha quedado grabado en la memoria de ese servicio. El Dr. Daniel Aleshire, uno de los profesores (quizás haya sido Decano de Estudiantes, mi

memoria es un poco confusa), pronunció unas palabras de introducción a la clase entrante. Nos dijo que “elegir vivir una vida de ministerio significa elegir morar en el borde irregular de la humanidad”.

“Te enfrentarás al lado oscuro de la humanidad, con el quebrantamiento, el dolor y la tristeza que podemos infligirnos unos a otros y a nosotros mismos”. Prepárate para eso.

Mi experiencia en España ya lo había hecho real, y en los años siguientes me apoyé en el llamado a ministrar, sanar y reconciliar. Aunque mi ingreso “oficial” al ministerio de tiempo completo no sucedió hasta 2003, mi lugar de residencia de alguna manera siempre me mantuvo en ese borde irregular. Así que venir a ministrar a las comunidades de inmigrantes fue un cambio leve de mi empleo anterior.

Casi desde el principio, nos sumergimos en situaciones y vidas que estaban inmersas a su vez en ese quebrantamiento, ese dolor, esa tristeza. Los abortos

espontáneos, las relaciones abusivas, el alcoholismo, el encarcelamiento, la deportación, la separación familiar y el duelo por la muerte de padres o abuelos (u otros miembros de la familia) y el hecho de no poder viajar para estar con la familia a raíz de esa pérdida parecían abrumarnos, a base mensual si no semanal.

Por lo general, todo lo que podíamos hacer era sentarnos con nuestros hermanos y hermanas en su dolor, ofrecer algunas palabras de consuelo, o simplemente un hombro para llorar o brazos en los que refugiarse por un rato. De vez en cuando, pudimos hacer un poco más. Ayudar con el viaje o viajar nosotros mismos para reunirnos con las familias en su pérdida, y esas fueron oportunidades

sagradas, momentos en los que se nos dio la bienvenida y se nos confió esa tristeza, dolor y pena.

Por supuesto, no ha sido TODO tristeza y dolor. Ha habido celebraciones también; dando la bienvenida a los bebés a las familias, uniendo vidas en matrimonio, cumpleaños, aniversarios, logros. Tantos buenos y felices momentos también. La materia de la que está hecha la vida, y todo se ha hecho tanto más precioso por haberse compartido. Gracias a Dios. *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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# Time May Change Your Mind

By Sandra C. Fykes

**A**s I become older, I have noticed some immediate and gradual changes in my palate and food choices, daily clothing attire, and television and cable entertainment channels. When I was in my thirties and forties, I assumed that most of my preferences would be set in stone, so these changes have been somewhat surprising for me. I wonder if and when there will be more to come? Time will tell, but I suspect there will be more to come sooner than later.

Let's dive into food. I am not a picky eater, although it would be to my advantage to be a tad bit more selective. I am sure my doctors would second the motion! When I was younger, I tried a veggie muffin and several other items from a popular health food store and restaurant and found all of them to be on the bland side. From that point on, I mistakenly considered all healthy food to be in the bland

category. I have always enjoyed spicy and robust flavored foods, so that was my palate's baseline.

Now that I'm older, I still enjoy those foods, but I now add more organic, vegan, plant based, and Mediterranean foods to my diet. I also try to use healthy oils and a lot of spices to jazz things up. I recently had homemade vegan cheesecake and it was delicious.

I also picked up a package of plant based chorizo, and I look forward to trying that in my omelettes and other dishes. So now when I am grocery shopping or dining out, I consider the healthier options, and if selected, most have turned out to be quite good most of the time.

As for my daily clothing attire, it has changed drastically, especially around the house; and to be frank, not for the best. I am retired and do not go out much, not implying that is an acceptable excuse. I would describe my look as shabby comfy from head to toe most days. Since I am frugal and still wear some of

the same clothes that I had years ago, shabby is a literal assessment.

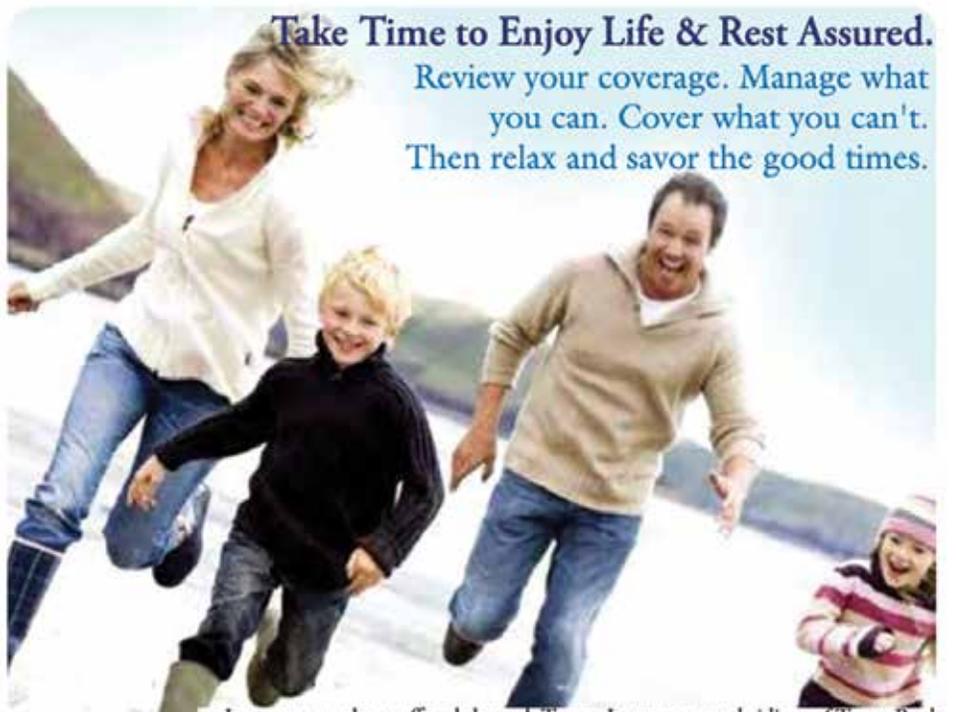
I do put a little more thought when I have company, run errands, and go to church. I know why my former students frequently tell me that I remind them of their grandmother or great grandmother, or that one of them has the same outfit. When I was younger, I loved fashion and dressing up, and comfort was never a requirement with clothing. Things have changed, and now adaptability and comfort are my main requirements. I do not see that changing in the years to come.

My entertainment choices have changed over the years, too. I really enjoy watching Christmas movies, which I admittedly binge watch at times, and family oriented

movies with yes, happy endings, classic sitcoms, educational programs, cooking shows, concerts, biographies, and documentaries. I no longer need a lot of suspense, crime, drama, and adventure to keep me engaged and on the edge of my seat. All of that excitement kept me entertained back then, but now I think that I will continue to mellow out in TV land.

With all of my changes over the years, and God willing, more years to come, I am thankful that I can hold on to my faith and reliance on God each day, regardless of circumstances. This daily gift is not just for me, but you, too, regardless of how often, or not, you change your mind.

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# Books in *Style* ~ Catena Poetica: An International Collaboration

## *Catena Poetica: An International Collaboration*

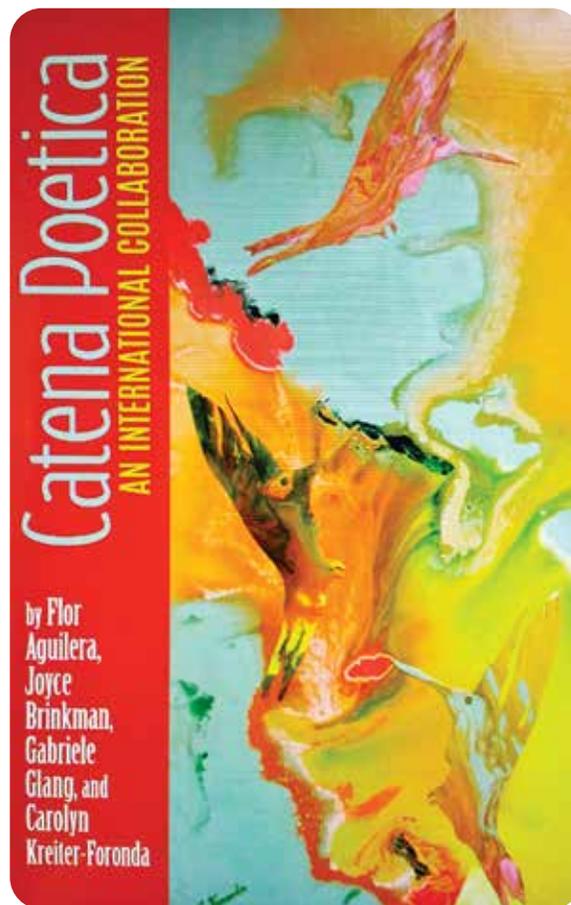
By Flor Aguilera, Joyce Brinkman, Gabriele Glang, and Carolyn Kreiter-Foronda

Review by Iona Duncan

**C***atena Poetica: An International Collaboration* is an exquisite chapbook of poetry.

Renowned American poets Joyce Brinkman and Carolyn Kreiter-Foronda, Mexican poet Flor Aguilera and German-American poet Gabriele Glang, have combined their extraordinary talents and multi-faceted cultures to compose five sets of poems titled *Color, Spice, Music, Water, and Clouds*. Each set introduces a mythological figure. There is the winged Iris, goddess of rainbows, Hercules, the Greek adventurer, Kokopelli, the Native American flute player, Mazu, the Chinese goddess of the sea, and Yahweh, the god of the Israelites.

*Color*, Glang suggests, derives from chaos, and might lead to Fernweh, the German painful longing for faraway places. *Color* brings sapphire waves, Alpine snowdrops, the American goldfinch. *Spice* leads to Tutankhamun's tomb, Spanish sunshine, and the heart of the Andes. *Music* creates Christmas Carols, the tango, and blackbirds' concerto grosso. *Water* means monsoon rains, a plunge down Acapulco's canyon, and surfing waves. *Clouds*,



destructive and lifesaving, rule over the earth.

*Catena Poetica: An International Collaboration* is a sublime poetry collection to be read over and again. Each poem speaks to the soul, touches on the divine, and

embraces nature's splendor. Read the poems slowly, take in their colors and flavors, feel the water, hear the music, uncover words.

Dr. Carolyn Kreiter-Foronda served as Poet Laureate of Virginia from 2006-2008. She has co edited three anthologies, coauthored a poem play, published three chapbooks and seven books of poetry, including *The Embrace: Diego Rivera and Frida Kahlo*, winner of the international Art in Literature: The Mary Lynn Kotz Award.

She is the recipient of five grants from the Virginia Commission for the Arts and has won the Ellen Anderson Award, a Virginia Cultural Laureate Award, multiple first place awards from the Chesapeake Bay Branch of the National League of American Pen Women, a resolution of appreciation from the Virginia Board of Education for her service as poet laureate, an Edgar Allan Poe Poetry Award, six Pushcart Prize nominations, as well as other awards.

Her poems, along with those of other Virginia poets laureate, are featured in two permanent art installations in Northern Virginia as part of the Washington Metropolitan Area Authority, Art in Transit. She currently serves as an adjunct faculty member for the Virginia Museum of Fine Arts Statewide Program.

*Catena Poetica: An International Collaboration* is available through Amazon, Barnes & Noble, and Finishing Line Press.

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# Old Too Fast

By Grid Michal

My grandmother looked at the back of my young,  
Empty, exceedingly round head  
And said,  
"You have double whorls. You'll travel far."  
Silly me: I thought she said "girls," not "whorls,"  
And "car," not "far.:"  
So I made it my mission to always have two girls  
(And not let one know of the other)  
Sharing my datin' car with my brother,  
Always with car, always with girls;  
And jumping up like Alfalfa's,  
Whorls.  
Sinatra crooned with me:  
"When I was twenty-one, it was a very good year,"  
Lord, yes it was~  
So many girls: hundreds---so many cars:  
Thousands! The life of a car rental manager  
On TUMS.  
I had a family by then but lost it to work.

I had another family next,  
But lost it to work, too.  
I traveled America teaching service so you  
Would be treated right, in big-box stores  
Or bars.

Sinatra sang again: "I'm in the autumn of my years,"  
And I am: girlfriend, children, grandkids, great-grands,  
But no bars.  
And one car.

We'll be moving soon so the kids can deal with our mess, our muss.  
And cuss.

We'll see little girls brought to our room on holidays..  
Guided by their parents, dutifully.  
The day soon over, gratefully.

The cars will have ramps to take us to doctors who "tsk-tsk"  
As Medicare forms are completed by nurses who once were girls.  
One room, always. Along with my hair, so went my whorls.

By Grid Michal  
8/5/21

## Cat Cafés

By Ann Bedford

In December 2021, Garfield's Rescue Inc. (GRI) was introduced to Kitty Kingdom Cat Café (KKCC) in Chesapeake. Cat Cafés are social enterprises, helping local rescues find homes for adoptable felines. By definition, a cat café has an eating establishment in the same building as the feline showrooms. For a fee visitors interact with the cats while enjoying a beverage and a bite to eat. KKCC is the only cat café in Hampton Roads fitting the definition of cat café. Cat cafés showcase foster cats seeking a match between a loving family and a homeless cat. All adoption fees go to the sponsoring rescue group such as GRI.

The GRI and KKCC partnership has created loving homes for many of our foster cats and kittens. The felines at KKCC are truly royalty in every sense. They have their own TV and sleep wherever they want. The kitties have access to food and water 24/7. Staff keep the litter boxes clean and sanitized. KKCC is truly a royal place for homeless cat to live as they wait for a loving family.

KKCC has facilitated over 420 adoptions working with GRI and other rural rescues. If you are in the Hampton Roads area, please visit KKCC and let them know that you heard about them through GRI. KKCC is the PURRFECT place to discover your inner cat personality, enjoy a beverage and find peace amongst the chaos of daily life. To learn more about KKCC visit their website, <https://kittykingdomcatcafe.wpcomstaging.com> or better yet, pay them a visit.

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# Tidewater & Timber~Spring Welcomes Opportunities

By Chelly Scala

**S**pringtime welcomes anglers and hunters to the waters and woodlands. Be ready to pass your experience on and share the memories with our future anglers and hunters. As we enjoy the memories and experiences we have shared, we hear our son sharing those lessons and experiences with others. He loves to fish and loves to hunt and thankfully shares those memories with us.

For those anxious to get in the woods, there may be turkeys to talk with and harvest. Youth and Apprentice Turkey Hunting Weekend was April 2 and 3, 2022. Hopefully, some had the opportunity to share that time with a youth. Spring turkey season has arrived and with it, the harvesting of gobblers. The daily bag limit is one bearded bird per day with a maximum of three bearded turkeys per license year, if no turkeys were harvested during the Virginia 2021 fall seasons.

Harvested gobblers must be reported when harvested and a way to do this is by calling 866-GOT-GAME (468-4263). The spring gobbler season runs in two sessions, first from April 9 through April 24, 2022, starting 1/2 hour before sunrise until noon every day. Then

the second session runs from April 25 through May 14, 2022, starting 1/2 hour before sunrise to sunset.

Allowable methods include modern firearms, archery tackle, air guns and muzzleloaders;



however, no shot larger than number 2 fine shot allowed during spring turkey season. Decoys and ground blinds are allowed during spring gobbler season. It is unlawful to use electronic calls or to use dogs, except when used to track wounded or dead turkeys.

Make sure to carry some blaze orange when traveling to and from your spot and specifically, when carrying a harvested

bird. For preparation, know feeding and roosting areas, be aware of scratchings and the direction of movement. On warmer days, wild turkeys may congregate in shade areas.

In the afternoon as the day begins to cool, they become active and forage more in preparation to going on roost for the coming night. Detailed information on the 2022 spring gobbler season in Virginia found at [www.dwr.virginia.gov/hunting/regulations/turkey](http://www.dwr.virginia.gov/hunting/regulations/turkey)

For those who also fish, there are options in both fresh water, tidal rivers, and salt water. Some Virginia and Maryland waters include the

benefit of stocked trout. Look for those areas on the below websites.

However, if you are angling in salt water, please note that all catch-and-release fishing of striped bass in all Maryland portions of the Bay closed April 1 through April 30, 2022. Tidal rivers closed to all striped bass catch-and-release fishing. The Tidal Potomac will remain open to catch-and-release fishing.

The first few months of Spring can be a fun time to catch white perch, which are either now spawning or have recently done so. They are great to catch as they leave their spawning stretches of the rivers and creeks. Try using small shad darts and small jigs laced with grass shrimp or minnows. In deeper open waters try a simple bottom rig with grass shrimp or blood worms.

Be sure to check the following websites for further

questions/information:

<https://dwr.virginia.gov/fishing/>  
[www.eregulations.com/maryland/fishing](http://www.eregulations.com/maryland/fishing)

[www.prfc.us/fishing\\_potomac.html](http://www.prfc.us/fishing_potomac.html) and <http://www.prfc.us/pdfs/BLUE-SHEET.pdf>  
[www.mrc.virginia.gov/recreational.shtm](http://www.mrc.virginia.gov/recreational.shtm) or

<https://webapps.mrc.virginia.gov/public/reports/swrecfishingrules.php>

# A Floating White House



By Ellen Dugan

**N**o matter how beautiful or expensive they are, few yachts achieve .Floating White

House status. And because a small boy may have remembered the horrifying sight of his aunt catching on fire, one presidential yacht was replaced by another one.

The boy in question was Franklin Roosevelt. He was just a toddler when his mother's

younger sister, Laura, accidentally knocked over an alcohol lamp while using curling irons on her hair. The burning alcohol set her robe on fire and before anyone could smother the flames, it was too late. Young Franklin's aunt was gone. No one is certain if Franklin actually saw the accident, but he was there when Laura ran out into the yard, and it was impossible not to hear her screams.

The memory must have lodged somewhere, because in later years, after his paralysis, Roosevelt sometimes practiced crawling out of

his bedroom to safety. He also told his son that fire was the only thing he ever truly feared.

But what does this have to do with presidential yachting?

Well, quite a lot. When Roosevelt took office, the existing presidential yacht was a luxurious, 104 foot, classic wooden fantail motor yacht named *USS Sequoia*. Great for fishing. However, because she was essentially a wooden boat, Roosevelt was concerned. Was she safe enough?



The answer was no. *Sequoia* was deemed a fire hazard. Her replacement was the former *USCG Cutter Electra*, whose main claim to fame at the time was a riveted steel hull. *Electra* was renamed *USS Potomac*,

and outfitted to be more wheelchair accessible and accommodating.

Also, with the addition of bulletproof glass and an anti aircraft machine gun, *Potomac* was more secure. Her aft smokestack was converted into a fake one that housed an elevator with a pulley system so that Roosevelt could transport himself to the boat deck.

At least one famous fireside chat, reminding the nation that "the time calls for courage and more courage" was broadcast from *Potomac's* radio room. And she was involved in the

world of subterfuge and intrigue in August of 1941. A secret service agent—approximating the president in size and mannerisms—was stationed onboard and pretended to be Roosevelt for 11 days while Roosevelt and Churchill met secretly in Newfoundland. They were developing the Atlantic Charter, laying out principles of Allied partnership during WWII.

Almost twenty years after *Potomac* was decommissioned by Harry Truman because she could not accommodate a grand piano, *Potomac* met Elvis Presley. The year was 1964.

Elvis purchased the aging yacht for \$55,000 and donated her to St. Jude's Children's Hospital for a charity event.

From here, *Potomac's* history is

a little murky, including plans to convert her into a floating disco. However, in 1980, you could say she hit rock bottom. Literally and figuratively. She was involved in a large scale drug bust in San Francisco, seized by U.S. Customs, and towed to Treasure Island where she promptly sank.

Miraculously, the U.S. Navy was able to refloat her. Right side up again she found a new home in the port of Oakland where she remains today, completed restored. And, as a treasured, culturally significant attraction, this grand old Floating White House is now open to the public for dockside tours and historical cruises in San Francisco Bay.

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# Simple & Delicious Favorites, Italian-American *Style*



By Lee Casazza

## Easy Casa Bolognese Sauce Over Pappardelle

**T**he first time I tasted Bolognese sauce was my first visit to Italy in 1969. I had it again in a restaurant located near Dupont Circle, Washington, D.C. It was only on their *Primi Piatti* (first dishes) menu. I always ordered it for my main course. I worked on duplicating this recipe for 20 years.

You can make Bolognese

sauce with just ground beef, if you prefer.

### Soffritto

2 medium carrots, peeled and cut into chunks  
1 large yellow onion, chopped  
2 stalks celery, chopped  
3 cloves garlic

### Ragù

2 T olive oil, divided  
2 lbs ground chuck  
4 links mild or spicy Italian sausages, removed from casings  
1/2 cup dry white wine  
4 cups beef broth  
2 (6-oz) cans tomato paste

1 cup water

1 1/2 t sea salt  
1/2 t finely ground black pepper  
4 T unsalted butter  
1 cup whole milk  
2 t dried oregano  
8 leaves fresh basil, torn or chiffonade  
1/2 cup freshly grated Parmigiano-Reggiano cheese  
Sea salt and freshly ground black pepper

Fresh basil, for garnish

In a food processor fitted with a steel blade, process the carrots, onion, celery, and garlic until finely minced; or you can finely mince them with a knife. In a Dutch oven or large pot, add the 1 tablespoon of the oil and cook the soffritto over medium heat for 10 minutes. Spoon mixture into a large bowl and set aside. In the same pot,

of beef, stirring up browned bits on the bottom of the pan and cook a couple of minutes.

Return the soffritto, Italian sausage, and ground beef to the pot.

Add the beef broth, tomato paste, water, salt, and pepper; mix in well.

Simmer very gently, partially covered, for 2 hours, stirring often.

Add the butter and rest of the ingredients and simmer



over medium heat, cook the Italian sausage until golden, breaking up chunks with a wooden spoon.

Remove to the bowl with the soffritto.

Add the rest of the olive oil and a third of the ground beef and brown until crumbly, about 10 minutes.

Spoon into the large bowl with the sausage and soffritto.

Repeat with half of the rest of the beef, then spoon into the bowl with the cooked vegetables.

Repeat with the last of the beef. Add the wine, to the 3rd batch

another 15 minutes.

Boil the pappardelle in salted water until al dente "to the tooth" (about 10-12 minutes).

Drain into a colander and then pour back into the pot.

Spoon in some of the Bolognese sauce and stir to combine.

Spoon into warm pasta bowls and add a little more sauce, if desired, and garnish with fresh basil.

Makes enough for 2-3 more meals.

Buon Appetito!



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# Wild *Style* Cuisine ~ Dick's Baked Beans



By Wendy Hyde

**M**y mother-in-law, like generations of Virginia born-and-bred women before her, was a gracious hostess. She showed true southern hospitality in the way she entertained, whether it was a casual family meal or a dinner party with polished silver chafing dishes and her best silver flatware. My knowledge of entertaining came gradually through spending countless hours planning menus, table decorations, and logistics. Every May my father-in-law and his business partners would invite

no less than 50 friends and associates to attend the prestigious Virginia Gold Cup Races. The steeplechase horse event held in Warrenton, was known for elaborate tailgate parties, and putting together something different every year was a challenge. Dick, one of his partners, made a version of baked beans that became famous among the regular attendees, and was one of the few constant dishes over the years.

I like beans with body, not a soupy mixture that runs into everything else on the plate, or that has so many other vegetables in it that it's hard to find the beans. Meat is acceptable, and bacon is a must. Dick's recipe checks off all those boxes. I've made a few minor changes over the years—swapping beef for venison

and adding bourbon—but have stayed true to the original flavors. These beans are on the sweet side, are better the second day, and travel and freeze well.

## Dick's Baked Beans

Prep Time: 30 minutes

Cook Time: 45 minutes to 1 1/2 hours

Serves: 8-10

3/4 lb. bacon, cut into 1/4 -inch pieces

1 lb. ground venison

1/4 c. onion, small dice

C c. dark brown molasses

1/3 c. pure maple syrup

2 Tbsp. pickle juice

c. brown sugar

1 Tbsp. dry mustard

3 (14.5 oz) cans plain Pork & Beans (Bush's or Campbell's), undrained  
1/4 c. bourbon  
Salt and pepper, to taste

Preheat oven to 350°. In a large oven-proof pot over medium heat, cook bacon until very brown and crisp. Remove to a paper-towel lined bowl and set aside. Remove all but 1-2 Tbsp. of bacon fat from the pan, add venison and onion and cook until browned. Add remaining ingredients and reserved bacon and stir to combine.

If necessary, add enough water to almost cover the beans. Bake uncovered 45 minutes or up to 1 1/2 hours, stirring occasionally, until some of the liquid evaporates and beans begin to brown around the edges. Remove from oven, cover, and let stand 10 minutes to soften the fond on the sides of the pot. Scrape the brown bits into the beans and season to taste

with salt and pepper. Beans will thicken as they cool, so add a little water if they become too thick.

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



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