

CHESAPEAKE

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Style

PRICELESS



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

Fast Times on the Rivers

While surfing TV channels prior to July 4, one program had an interview about the origin and history of hot dogs—it took place at Coney Island. It took me back to July 1, 1962, when my husband and I packed up our brand new green Rambler station wagon, and left the Army Chemical Center in Edgewood, Maryland. I had an 18 month old baby, a one month old baby, a five month old puppy, a turtle and 26 houseplants.

We were headed for Madison, Wisconsin. On July 4 we stopped for a day or two to visit my aunt in Indiana.

My husband had a job in Stoughton, just outside of Madison. During our seven years in Madison, we discovered there are two seasons, winter and springsummerfall. In winter everyone stayed indoors, with little or no socializing. Unlike the South, folks spent little time meeting and greeting neighbors. They weren't unfriendly, the climate didn't lend itself to socializing.

On warmer weather holidays, i.e. Memorial Day, July 4 and Labor Day, there were picnics with family. Our family was far away—his parents lived on the west coast and mine were on the east coast.

So we learned to create our own family traditions. In Wisconsin bratwurst is the primary meat, beer brats, specifically Johnsonville brats.

Time passed, decades passed, our lives changed. Children left the nest, a divorce happened, and I moved back to Virginia. I always thought I'd get married again but that didn't happen. I made a new life, reconnected with high school friends and made new friends. Holidays come and go. Sometimes there are places to go and folks to share them with. My son lives with his family in Pennsylvania, my daughter in Arizona.



Often I spend my summer holidays, Memorial Day, July 4 and Labor Day, alone. It is my habit to fix Johnsonville beer brats in my NuWave oven.

Back to the TV show. This guy was telling the history of the hot dog, specifically the oldest one, the Coney Island dog and how it was prepared and served. He stood beside a large outdoor grill as he extolled the virtues of the hot dog.

According to Charles Feltman, the originator of the hot dog, the only condiment that should go on a hot dog is mustard! Feltman's Deli Style Mustard is made with Apple Cider Vinegar and encompasses the quality and premium taste like all other.

At the end the interviewer asked what he was having. He turned to the grill, picked up the luscious morsel and said, proudly, Johnsonville beer brats!

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Editor, Publisher, Chief
Cook & Bottle Washer
Janet Abbott Fast

Writers & Photographers

Corinne Anthony, Cindy Balderson,
Mari Bonomi, Carol J. Bova,
Joy B. Burch, Ellen Dugan, Ann
Eichenmuller, Eric Eichenmuller,
Don Loop, RuthE Forrest, Sandra
Fykes, Roger Gosden, Bill Graves,
Martha M. Hall, Torrence Harman,
Dean Hinnant, Melissa Haydon,
Wendy Hyde, Spike Knuth, Tracy
G. Lanum, Sonja McGiboney,
Darleen Nichols, Kenny Park,
Chelly Scala, Gerhard Straub,

Ad Sales, Distribution

Carol J. Bova, Susan Christopher,
Willis Croxton, Bill Graves,
Florine Headley, Joanne Hunter,
Tracy Lanum, Tyler Sanders,
Nancy Shelley, Marie Stone

Proofreader

Marie Stone

Ad Composition, Graphics, Layout

Janet Abbott Fast, Julie
Stanley, graphics designer



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Chesapeake Style
P. O. Box 802
Warsaw, VA 22572
804-333-0628

chesapeakestyle@hughes.net
www.chesapeakestyle.com
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About the cover~

Photo by Dean Hinnant

"It was Independence Day last year with the whole family at the family cottage in Lancaster Country. The Irvington 4th of July parade is typically a family tradition, so I haven't always taken my camera with me. But this year, at the last minute, I grabbed it and brought it along—intuition perhaps.

The flag flying from the top of the ladder of a fire truck immediately

caught my eye as it stirred in a hot breeze. I tried to take a picture of it from a typical vantage point, but it was hard to capture the size of it. I got the crazy idea to lie flat on the ground and shoot directly up. This is what happened."

Dean Hinnant is a Richmond based photographer focusing on everyday life with an eye to capturing moments in any environment in which he remembers to bring his camera.

Flowers, Masks, Poetry in *Style*

By Dr. Jane Park Cutler



Whether it is a field of daffodils or a handsome bunch in a vase, who doesn't think of Wordsworth's I Wandered Lonely as a Cloud where he finds bliss in solitude? Perhaps we might find solace there too.

In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude,
And then my heart with pleasure fills,
And dances with the Daffodils.



How tender is the dear Lily of the Valley adorning our precious Cotton's gravesite to remind us not to be anxious, even in these days of staying at home & wearing masks when we venture out? Sure there is sadness but also such wonderful memories and hopes for the future, as Tchaikovsky wrote in December 1878:

"O lily of the valley, why do you so please the eye?
Other flowers there are more sumptuous and grand,
With brighter colours and livelier patterns,
Yet they have not your mysterious fascination.
Where lies the secret of your charms? What do you prophesy to the soul?
With what do you attract me, with what gladden my heart?
Is it that you revive the ghost of former pleasures,
Or is it future bliss that you promise us?
I know not. But your balmy fragrance,
Like flowing wine, warms and intoxicates me,
Like music, it takes my breath away,
And like a flame of love, it suffuses my burning cheeks.
And I am happy while you bloom, modest lily of the valley,
The tedium of winter days has passed without a trace,
And oppressive thoughts are gone, and in my heart in languid comfort
Welcomes, with you, forgetfulness of trouble and woe."

Faith Matters~Sheltering in Place

By Torrence Harman

Monday morning at the neighborhood dump. The last in my series of runs after a weekend of going through an accumulation of stuff that sheltering at home convinced me was long overdue. I was standing six feet from a couple of guys socially distanced on the other side of the dumpster as they unload a trunk bed full of items into its waiting mouth.

“Good time to do some cleaning up!” one shared when I made the comment that the dump seemed to be a popular spot during this staying home time. The dump manager standing by turned on the compactor. A deep belly growl emerged as what I and other neighbors had fed the dumpster beast that morning was shoved into the deeper regions of its digestive track.

Back home I planned for what I had set aside to pass forward to others through second hand shops when open again, but I already felt the change. As if my little home and toolshed were happier, pleased with their newly found space, joyful to welcome in more light and life among fewer things. I could almost feel decluttered cabinets and closets breathing easier. My spirit lightened as I breathed in my home’s new delight. Decluttering must be a spiritual practice.

Lunch time finishing a quickly assembled simple meal of salad greens, bread, nuts and berries.

may treasure in a nut somewhere nearby. As I spread local honey on my bread, thanking local busy

twilight feeding for soul and spirit.

So many lessons. About clearing out clutter, relishing what really feeds



Special finds gleaned from local farm stands I visit each week. Thinking of grace before meals by a favorite Celtic writer of beautiful blessings. Naming gratitude for what the earth and its creatures offer to nourish us.

I am reminded to eat slowly so I can taste sunlight and rain in leafy greens. Sensing, even if eating alone, that I am not. What I chose is like what a feathered friend may choose in a berry or a squirrely one

bees and still flowers for the deep sweetness they created from their working and being together.

Evening time choosing what to do as I shelter at home. TV? Internet? A book? Maybe the old Adirondack chair outside that seems to be calling my name? Outside, twilight seems to be waiting for me with the offer of a calming lullaby before nightfall. Accepting its invitation, settling into the arms of the old chair I wait for what may unfold.

Within moments two herons skim the surface of the river then light on separate pilings in the shallow water about thirty feet in front of me. Becoming stillness, eyes silently sweeping the water they simply wait for what it may offer.

Like them I sink into stillness, mesmerized, lullabied into a calm yet intense awareness of the gift of this moment. A silent teaching. How to live. Deeply connected with a timeless spacious simple “now.” A

us, sheltering open to the presence of others, making space, and taking time moment by moment to connect deeply with life. To live more simply to simply live this precious life that we have been given. May it be so in the shelter of each other.

About the photo: Stopping by the Nuttsville dump a few days later with yet more to cycle forward, I ran into an old clergy friend, Donald Conaway, pastor of Church of the Deliverance in Lively, also unloading stuff. Pastor Donald and Site Manager, Billy Scott to his right gave me some background on the site since Donald had been on the Board of Supervisors for Lancaster County when the site had been planned. Small world! The Rev. Torrence Harman is the Priest in charge of Farnham Episcopal Church and St. John’s Episcopal Church in Warsaw. Torrence Harman photo.

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Airedale Tried for Murdering 14 Cats

By Ellen Dugan

Yes, this is a true story. About a real dog, a real trial, and a real charge of murder. It happened about a hundred years ago in San Francisco.

The defendant, an aristocratic Airedale named Dormie, was accused of having “wantonly and maliciously” killed 14 cats, including Sunbeam, a Persian-Angora who was relaxing in her backyard and enjoying a much-needed catnap after tending her kittens.

According to the prosecution, on the day of the murder Dormie had slipped under a hedge fence, quickly dispatched Sunbeam’s three kittens, and then lunged for Sunbeam, seizing her by the furry scruff of her neck and violently shaking her to death.

Sunbeam’s owner, Mrs. Marjorie Ingals, had witnessed the tragic attack but had been powerless to stop it. She did press charges, however, believing that no cat would be safe as long as there was a homicidal hound, or in this case, a serial cat killer stalking the neighborhood.

With their client charged with multiple counts of murder and facing a death sentence, the defense went for broke and insisted on a jury trial. Their strategy was to discredit the testimony of the prosecution’s chief witness, Mrs. Ingals, by showing that she couldn’t possibly identify Dormie as Sunbeam’s



assailant when presented with a lineup of neighborhood dogs. The lineup included Dormie, three other Airedales, a water spaniel, a mastiff, a Russian wolfhound, and Dormie’s brother Rags.

But in spite of excited barking and general disruption, Mrs. Ingals did identify Dormie as the killer. At this point Judge Jacks, a stickler for law and order, stepped in to quiet things down. And because Dormie had been escorted into the courtroom by a police officer and the other canines had not, the judge told the jury to disregard the lineup entirely.

Dormie’s defense team

then implied that Sunbeam was responsible for her own demise by provoking the attack. This supposition was followed by the introduction of Dormie’s first character witness, an Airedale named Rowdy. It’s not clear if Rowdy actually knew Dormie on a personal level, but Rowdy’s credibility was said to be rock solid. He was the brother of Laddie, President Warren G. Harding’s dog. He was also the personal bodyguard of a cat named Mary Ann.

To show that Airedales did not harbor an instinctive grudge against cats, the defense pointed out that when Mary Ann died of “entirely natural causes,” Rowdy had grieved for the cat for eight days, refusing all food.

We’ll never know if Rowdy’s record swayed the jury or if it was perhaps an unfavorable ratio of dog to cat lovers,

but after careful deliberation, eleven jurors voted to set Dormie free. One held out for putting him to sleep.

This resulted in a hung jury. The defense quickly asked the court to dismiss the case. Judge Jacks readily agreed and went even further by striking down the law that demanded the death penalty for “vicious and dangerous” dogs. He went on to state that “dogs could go wherever they wanted, and cats simply needed to stay out of their way,” fueling rumors that he may have had an Airedale at home.

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Style Spotlight~A Valuable Part of Now and the Future



transporting food from donors and the Central Virginia Food Bank in Richmond—now Feed More. The organization developed, and the extent of the needs were identified. As of 2018, Northern Neck Food Bank became Healthy Harvest Food Bank. It works with

various agencies providing what is needed towards the vision to create healthy, self sufficient and thriving communities.

Operations have expanded as more food to health concerns were identified. For instance, some children do not get decent meals on weekends. There are health conditions that can be better managed, and some eliminated, with a healthy diet. Some of these conditions are obesity, diabetes, pre-diabetes and hypertension. Seniors on limited income and families having economic hardships can benefit from the programs.

These programs are the Core Feeding Program that delivers food to pantries in the areas. The Agricultural Program partners with local farmers to grow produce. Volunteers help glean and harvest the produce. You can make a difference by giving back to your community. Go to the website—www.hhfb.org—to see available gleaning dates. If the internet is not available to you, call 804-250-2277.

Healthy Harvest Food Bank has the highest percentage of fresh produce distributed in Virginia. Any produce harvested that is in excess of what is used locally is shared with Central, Western and Southeastern Virginia, including the Eastern Shore.

Another program is the Senior Program. Seniors who meet certain qualifications can receive healthful food in addition to their local and USDA programs. Fresh produce can supplement Meals on Wheels and Bay Aging. Children who are considered at risk due to the lack of food availability at home, receive six meals on Fridays in a

Cooperative Extension work together to make this program available.

A new program is developing and will reach out to everyone, Healthy Harvest Fresh. It is an aquaponics educational program and will partner with the schools and colleges in the area. It will encompass aquaculture—raising fish—and hydroponics—soilless growing of plants. Students will learn about plant science and biology and support of the fish. This is linked to healthy eating via sustainable production of healthy proteins and fresh produce.

It will be implemented through a 8,500 square foot state of the art aquaponics greenhouse with six 500 gallon fish tanks, four raft tanks and four living filter beds for growing a variety of healthy vegetables year round. All this started years ago out of the back of a pickup truck. With planning and foresight, they now have three refrigerated box trucks and partner agencies. They distribute enough fresh produce that they can share outside the six counties. Their education programs guide recipients to better, healthful choices.

Healthy Harvest Food Bank provides food to those that are in need, but their focus is also to educate for a better future. Visit their website www.hhfb.org to see what is making these areas better. Visit Healthy Harvest Food Bank on Facebook to see activities. Both sites have pictures of the programs and happenings. The address is 55 Commerce Parkway, Warsaw or snail mail is P. O. Box 735, Warsaw. Phone is 804-250-2277. Email is info@hhfb.org
Joy Brenda Burch photos.



program called Backpack Buddies.

The Healthy Food Pharmacy program offers fresh produce, nutrition education and cooking classes to teach healthy eating and living for those with chronic health conditions. This program has shown that participants benefited by cholesterol reduction and better management of diabetes. The Healthy Harvest Food Bank, along with Northern Neck-Middlesex Free Health Clinic and the Virginia

By Joy Brenda Burch

Healthy Harvest Food Bank reaches out to six counties in the Northern Neck and Upper Middle Peninsula to help those in need get food. Through partner agencies in each county they feed and educate in important and lasting ways. A total of 35 partner agencies are in the six counties. Healthy Harvest Food Bank's mission is to provide healthy nutritious foods for those in need in the communities we serve. This goal is met with programs that reach out to the counties' communities.

These are overseen and managed by Mark Kleinschmidt, president and CEO; Cynthia Balderson Vice President and Development Director; Paul Sciacchitano, Chairman, Board of Directors and Craig Hazzard, Director of Operations. In addition, are the many area wide volunteers and donors that help at every level.

In 2008, the Northern Neck Food Bank began its operations out of the back of a pickup truck. It assisted in



Spike's Wildlife Almanac ~ Eastern Painted Turtle



a home. I would spend a number of weeks each year there in summer. There were other kids from 12 to 16 years of age there and one summer we decided to have a turtle race.

Each of us would go out in a duck skiff or small row boat with a landing net and trap a turtle in the weedy bay of the lake. We'd bring them in and the oldest kids would make a big circle with anchor ropes on a level spot on shore. We'd place our turtles in the middle all at once and whichever turtle raced to the outside

painted turtle. They are of moderate size, usually measuring from 4-1/2 to 6 inches. Their smooth carapace is olive to olive-brown in color. Their best identifying marks are two bright yellow spots on each side of their head and red and black marginal shell markings. Its plain yellow plastron is marked with one or two spots.

Painted turtles inhabit mainly freshwater, but are occasionally found in brackish tidal waters. They prefer heavily vegetated shallow waters with soft muddy bottoms. Marshes, small lakes, lake bays or coves, ponds, back water sloughs and ditches are the places to see painted turtles.

Mating occurs March through June in the water. Female turtles climb out of water to look for a gravelly or sandy spot to lay her three to nine eggs from March through June. Some have two clutches annually others may skip a year. The only other time painted turtles come on to land

is to move to different waters.

Summer finds them spending most of their time basking in the sun, sitting on logs or rocks—often on top of each other, but in a spot they can quickly drop or scramble into the water if disturbed. When not basking, they are feeding on a variety of aquatic plants, algae, insects, insect larva, crayfish, mollusks and dead fish.

Turtles may spend time in the sun as late as October in the north or even into winter on warm days, but come cold weather they hibernate under logs or stumps, tree root systems, or even in muskrat and beaver lodges. In the south it is active year round but is sluggish during cold weather.

By Carl "Spike" Knuth

One of my fondest memories when I was a kid, was on a small lake where my aunt and uncle had

of the circle was the winner. The species that we usually captured was the eastern painted turtle. One of the most widely distributed of our freshwater turtles is the eastern



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Style Spotlight~Home Is Where The Shop Is



full time job as a rural mail carrier. The gift ware, clothing and décor items reflect the Northern Neck and the Rivah as well as Southern traditional style. “We try to have something for everyone: most ages, most tastes, for both home and wardrobe,”

By Mari Bonomi

Julie Christopher loves Warsaw, her birthplace and where she’s lived ever since. So establishing her shop, Colonial Collectibles, there was a natural decision.

Their first location in 1991 was on Main Street, in the building where Relish now is. After several expansions there, “We decided to buy land on Richmond Road and build our own place for even more space.” They have been at this location since 1999.

Why a gift shop? “My mother-in-law, Sandra Christopher, and I were on a church ski trip. We don’t ski, so we went shopping. We saw all the cute little shops and said, ‘We can do this, we can open a shop!’ so we did.” Sandra has since retired from the partnership.

The shop began with things the two women “absolutely loved”: furniture made by Sandra’s husband, J. A. Christopher, and local consignment items. “Then we expanded to outside sources of stock,” Julie said.

“Times change, of course,” Julie said. “So has our merchandise. We try to keep up with new styles.”

Dave Christopher, Julie’s husband, restores antique furniture for the shop when he’s not busy with his

Julie said.

“We work hard to maintain a balance between holding on to tradition and being fresh and new for customers,” Julie said.

Three times a year, spring, fall, and Christmas, Colonial Collectibles has open houses. “Our biggest is at Christmas,” Julie said. “We usually don’t bring out the seasonal merchandise until the week of the open house, so it’s always new things. People know we will have unusual items and ornaments, and they look forward to seeing what we have.”

Many of the shop’s customers are regulars, both locals and people from the River houses. “I love my customers,” Julie said. It’s really nice to get to know people, and people are happy when they get here, so it’s just a nice atmosphere. We’ve met so many people. Knowing them has been just great. Folks come in and they tell us stories. It’s more than just shopping.”

Julie’s Rappahannock High School classmates said Julie would be most likely to own a store. “I always knew I wanted to stay local,” Julie said. She married her high school sweetheart, and they later found their dream house, an old farmhouse Dave spent three years restoring, keeping it as original as possible. “Holding on to

tradition is important. My husband likes the old things,” Julie said.

“Warsaw feels like home not only because I’m from here, but also because I’m thrilled at the restoration of the town. It’s looking so much better. The town is really behind bringing in these new businesses, welcoming them and welcoming visitors. I’m welcoming these businesses, giving customers more to do,” Julie said.

Julie keeps her business reflective of the area—the traditional lifestyle of the Norther Neck. “We have a homey feel in here and that’s the way I feel about Warsaw,” Julie said.

Julie doesn’t work by herself. One

going and doing a lot of the work.”

And Julie’s family is involved as well. “My son Orrie is well known in the community. He enjoys handing out his inspirational devotions when he’s here. Customers look for them,” Julie said. Her daughter Ellie is beginning to work weekends and summers at the shop, doing whatever needs doing.

Asked to sum up her overall goal for her business, Julie said, “From our home to your home—we try to make CC a place where you feel at home and find things to make your home as welcoming as our own home.”

The shop is at 5757 Richmond Road (Rte 360) in Warsaw. It’s open



of her employees has been with her almost 20 years. Betty Miller has been our weekend employee for the past ten years,” Julie said, “but she’s been staying home since the virus began. She’s in her eighties.” There are ten other part time employees covering the many hours the business is open. “They’re a big part of the business, keeping us

Monday through Friday from 10 a.m. to 5 p.m., Saturday 10 to 4, and Sunday from 12 to 4, with extended hours during holiday season. The phone is 804-333-0581. You can find Colonial Collectibles on Facebook and at “shopcolcoll” on Instagram. A website is under development. *Marie Stone photo of Julie Christopher.*

Small Craft Advisory

By Gerhard Straub

The National Weather Service (“NWS”) has apparently spent a considerable amount of effort over the last few years and finally determined that their current system of issuing watches, warnings and advisories is too hard to understand. For a quick review, an “advisory” means that some event of minor significance is imminent or occurring. A “watch” means that there is the potential for a life threatening hazard.

A “warning,” well, that means stop what you are doing and pay attention because you are going to get walloped! As a result, they have introduced the “NWS Hazard Simplification” program. What this means, is that after several years of study, they are proposing the radical step of removing the word “advisory.”

So, instead of saying, for example, there is a winter weather advisory, they will now say something like “light snow accumulation expected.” Of course, this begs the question on why something simple that could be said in plain English needed a special term to begin with!

This is all fine and good, and if it increases understanding of the upcoming weather event, it is a great idea. Where I have a problem is when they get to the marine forecast, as this is the one exception to the new program. If you listen to the marine forecast, you have heard the term small craft advisory.

Now you would think that there



is a strict definition of what that is. Nope. Not only is “small craft” not defined, neither is what constitutes an “advisory,” although, in our area, it is typically sustained winds or frequent gust from 22 to 33 knots. Now NWS wants to change small craft advisory to small craft warning, but the ambiguity remains. What conditions constitute an advisory is dependent on where you are, so different NWS regions may have different criteria.

Then, what the heck is a small craft? The Coast Guard informally considers that a vessel less than 33 feet or something like that, but the NWS gives no definition. I used to have a 30 foot sailboat. I guess some would consider it a small craft, but standing there looking at it with a paint brush in my hand I would always wonder why I had to buy something the size of the Titanic!

Small craft advisory conditions for a boat like that, well handled—i.e. not me driving—are just exciting

sailing conditions. The advisory tells me that I need to be careful and take into account the abilities of my vessel, as well as my own capabilities.

When the word changes from advisory to warning, in my mind the meaning completely changes. An advisory gives a head’s up. A warning on the other hand, according to NWS, means a “life or property threatening event is happening or about to happen.” At least that is the definition for non-marine weather events, and that is clearly not necessarily the case with small craft advisory conditions.

What might the insurance company or investigators say if something happens while out in “advisory” conditions versus

“warning” conditions, even though as NWS proposes it, they are exactly the same? This proposed change makes the small craft advisory now an exception to how everything else is characterized. Yeah, that’s simpler!

NWS is gathering input on these changes from the public. Supposedly the survey about changing the small craft advisory closed on May 24, but the link seems to still work. The survey for the general weather statement changes is available until August 21. Just do a search on NWS Hazard Simplification Program to find out more and submit your comments.

See you on the water! Not sure if that is an advisory or warning, but you’ve been notified!

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

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Style Spotlight~Every Request is Special at Country Cottage



By Joy Brenda Burch

Few places have a professional local florist like Country Cottage in White Stone who is also known for their gourmet chocolates and fudge! Handmade in house at Country Cottage with only quality ingredients, the result is clear in every delicious bite of chocolate or fudge. In 2018 and 2019, Country Cottage was voted by *Virginia Living* readers, Best Chocolatier in Eastern Virginia.

Pam Sawyer says, "We care about our customers. We care about our products, and we strive to do our best." Pam and the staff at Country Cottage extend that care to getting their products to their customers too.

Brick and mortar stores were at a disadvantage during the shut down, but Country Cottage used take-outs, curb side delivery and no-contact deliveries in Lancaster, Middlesex, and Northumberland counties to stay open and serve their customers. They continue to offer

those services so that everyone can feel comfortable shopping there.

Have a craving for ice cream? Pam's got twenty-four flavors of premium Hershey's ice cream that you can get hand dipped in a cone or cup, or in a sundae, banana splits, smoothies, a malt, or a shake enhanced with syrups, chocolate, cream, nuts, or of course, a maraschino cherry on top! Country Cottage's ice cream won second place in 2018 and first place in 2019 Best of the Rivah too. They even carry sugar free and gluten free items for those on special diets.

They are just as special with their floral creations. Their online gallery of arrangements shows a striking collection of their artistry. Whether the colors of the flowers are bold and dramatic or peaceful

pastels, their designs combine and build on the natural shapes and forms for any occasion.

The patriotic collection is one to check out for your favorite veteran's special occasion. Flower holders can really add extra originality. For example, there are ten inch ceramic red Mustang convertibles that can hold arrangements.

Birthday arrangements range from traditional to modern. Sympathy arrangements come in a large range of styles that offer comfort and consolation. Whatever the occasion to remember or celebrate, Country Cottage has a floral solution. You can work with the designer on a custom arrangement too, one that will bring out either the giver's or the receiver's personality. Pam said, "We are always eager to discuss any special design or product requests."

You can add a stuffed animal, balloons, or chocolates to your



arrangement choice. Pam pointed out that while some designs are available for pick up and delivery anytime, more lead time is needed for some varieties of flowers, so it's best to call several days ahead on custom orders. At Country Cottage, every request

is as special as every recipient.

Gift baskets are another way to show someone you're thinking of them. You can get one full of Country Cottage's chocolates, or with jellies, jams, sauces, and pickles. Or choose natural soaps and lotions, beard balm and a variety of other items, all made in the USA, that will please the recipient for any special occasion or just because.

Other items available, for gifts or for yourself, are memory gardens for a table, garden flags, pins, key rings, mugs, cards, nautical, crabs, drinking glasses, rubber ducks, and lots of assorted Harry Potter items.

Both Pam and her assistant Peggy, say that a personal touch is always added in everything they do, whether it's making chocolates, fudge or a flower arrangement.

Country Cottage delivers to homes, hospitals, nursing homes and funeral homes in White Stone and surrounding areas and follow all procedures for social distancing, use of masks, and frequent and thorough cleaning of their facilities and trucks.

Drop by the Country Cottage to enjoy the variety and originality of the gifts and arrangements. Then treat yourself to a memorable ice cream and fudge delight!

Visit the Country Cottage at 795 Rappahannock Drive, White Stone. You can reach them by phone at 804-435-3812. Hours are Monday through Wednesday, 10 a.m. to 7 p.m., Thursday through Saturday, 10 a.m. to 8 p.m., and Sunday, 12 noon to 6 p.m. Their easy to use website is at www.countrycottagews.net/ and they are on Facebook and Instagram. Joy Brenda Burch photos.

Brain Injury: What is Survival?

By Martha M. Hall

We hear the word all the time. In the brain injury community especially, we use it a lot. We talk about survive, survivors, TBI survivors. We've all survived things—some big, some not so big. Failed relationships, lost job, loneliness, death of loved ones, disappointment, illness, embarrassment: how many of these things have you survived?

How we define "survival" is different for each of us. It depends on how we view what survival means, what our own definition is, and how our definition changes over time. Here's one approach to defining survival:

- I got stuck with...
- I ended up dealing with...
- I lost my...
- I can no longer...

- I don't have...
- I'm not...

How many times do you find yourself saying these things? Here's another approach:

- I transformed
- I blossomed
- I changed
- I reached
- I improved
- I emerged

What's different about this way of looking at survival?

Survival, and how we define it, is a personal thing. It's important for each of us to come to terms with what survival means to us personally. Our definition of survival changes over time. We have to look at where we were then, and where we are, in order to put our concept of survival in perspective. How we define survival plants the seeds for our recovery and sets the tone for how the rest of our lives will be.

How did you define "brain injury" at the beginning, when it first happened? What was it six months later? A year later? Five years later? What is it now? What does that tell us about "survival"?

Here's a definition of survival to think about: survival is an opportunity to live, and to live better. It's a chance to put time between us and the things we survive, to embrace the development of a different self. Survival presents us with an occasion to come through, to come out of, to emerge into a different self. Life changes, and we change with it, whether we want to or not. It's how we change, and how we define our survival that matters. It's worth asking these questions:

- What have you learned about yourself in the healing and recovery process?
- What has surviving your brain injury taught you?

- How can your definition of "survival" help others?

Definitions describe a particular moment in time. How we define things depends on where we are, at a particular point in our lives. How we define things is meant to change, because our life and our circumstances change, and we change. Definitions are able to change because we learn things. We learn that we can change the way we look at ourselves and the things that have happened to us. For the brain injured, definitions need to change. We need to look forward, not backward, and we need to take a positive approach to how brain injury has changed us and our life.

Adapted from Kara Swanson's Brain Injury Blog (March 25, 2013) Karaswanson.wordpress.com

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



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Style Spotlight~ Bigger and Better Than Ever~Next Year

By Darleen R. Nichols

Covid-19 has struck the tents, the lights, the games, the sheds—the entire Richmond County Fair for August 2020. After careful consideration, the committee decided to cancel the fair scheduled for this year because there were and are too many uncertainties. However, now is the perfect time to begin planning for five wonderful days in August 2021—Tuesday through Saturday.

One of my very best childhood memories, and yes I can remember that far back, is the Virginia State Fair held in Richmond at a place called Strawberry Hill. The rides, the animals, the food all blended together to raise the level of excitement to a fever pitch.

Back in those days, it was quite possible to load up on hot dogs, popcorn, ice cream and

then hop on the Tilt-a-Whirl and spin around in circles without so much as the glimmer of an upset stomach. Those days are gone forever! The fair, however, still brings an air of excitement with it.

I was pleased to read that Cole Shows Amusement Company, Inc. is providing the carnival aspect of the fair. They are a Virginia company located in Covington and do many events in D.C., West Virginia and North Carolina as well. One of their events is the U.S. Congressional Picnic on the White House Lawn. Need I say more? Many rides are available for the “big kids at heart” and the little kids in reality. I still love the Merry-Go-Round with its accompanying music.

The two main considerations other than money are space and people. Certainly a budget is necessary as is a space large enough to present the event that you want to hold and willing hands to do the gargantuan

tasks required for success. Nice weather is always a prayer.

Will there be a parking fee? Will merchants be willing to purchase advertising? How much should be charged for admission? Applying for a grant is always an excellent idea to pursue but does take time.

Emergency plans must be made although we hope they won't be needed. Police Department, Sheriff's Office, Fire and Rescue must be present each day and night of the event. Permits, insurance certificates from vendors, cleanup crews, water and electrical supplies are some of the less glamorous considerations.

Let's not forget one of the fair's biggest attractions—the animals.

The livestock alone is quite an undertaking. Do you have pets at your home? Know how much time is devoted to their care? Just imagine assembling corrals, watering stations, waste disposal and everything else that is required for many animals in one place.

Still not finished yet. Someone has to be available to receive and tag all the craft/food/agricultural entries that go into the exhibition hall. Oh, some of the judges and the ride inspector will need to have hotel rooms so they must be reserved in advance. Whew! I'm getting worn out just writing about everything that needs to be done.

The Richmond County Fair Association deserves a lot of

credit for all of the work they do. When one fair ends, the next one begins on paper and in planning. The Association elects officers each year: President, Treasurer, Secretary, Clerk and Chaplin.

There is a Board of Directors with six people who govern and support the organization's By Laws. A committee system is used to get all the work done. The committees are: Grounds, Entertainment, Publicity/Sponsorship, Opening Ceremony, Crafts/Exhibits, Safety, Signs, Budget/Finance and Volunteers.

All work hasn't ceased during this forced hiatus. The Barn Restoration Project is underway. Improvements are being made in the Memorial Hall with updated cabinetry and counter tops. A lot of thinking is underway for 2021 also. Would you like to be a part of this exciting event? How about your youngsters? Wonderful opportunity for young folks to learn about community and what that is all about. Checkout the website which lists a few of the valuable jobs performed by our volunteers. That website is www.richmondcountyfair.com

If you and/or your family are interested in volunteering for the Richmond County Fair in August of 2021, please contact us. You may call 804-333-9940, leave a message and someone will call you back. Or, you may email Charlie Spivey at cspivey77@gmail.com and indicate your interest. You are encouraged to visit the website and read about the many things with which your help would be welcome. You may volunteer as much time as you feel comfortable doing.



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The Filing Disaster of 2015



reach for the projects I'm in the middle of. Once the project is done, the items usually end up in more permanent places, like a space on a storage rack shelf, in labelled folders in a file drawer or in storage boxes by subject, but sometimes, a new project interferes with the process.

On that day in 2015, the risk of a visible filing system imploded when William the cat jumped from the top of a file cabinet onto a small folding table holding trays of silver rings, a revolving display of earring cards, a coil of silver wire, bags and containers of polished stone, tools, and two years' of stacks of research materials awaiting filing.

The table wobbled, and 15-pound William immediately leapt again to the floor. One of the table legs gave way, and the items on the table slid onto the floor. Two sets of stacking trays, each 5-high, slid to the edge, open side out before falling, and their contents joined the stew of papers, as a friend dubbed the mess.

I scrambled to retrieve the jewelry and future-jewelry parts to save them from a fate as cat toys. Beads escaped

from baggies and rolled to every corner of the room. It was months before they stopped turning up!

The revolving display got reassembled after a nut that held 10 little sections in place turned up in a corner under the baseboard radiator ten feet away.

I'd finished using the research materials, that's the good news of this story. All the papers on the table had been waiting to find their place in the file cabinet. Since they'd served their immediate purpose, they are still waiting in the hastily assembled banker's box I scooped them into, in case they're ever needed again. Now new materials are almost all inside computer folders, eliminating the need for physical filing and storage.

Many of the jewelry materials have new homes in containers with latches that can tip over and not release their contents, including the beads. Jewelry making tools have their own box.

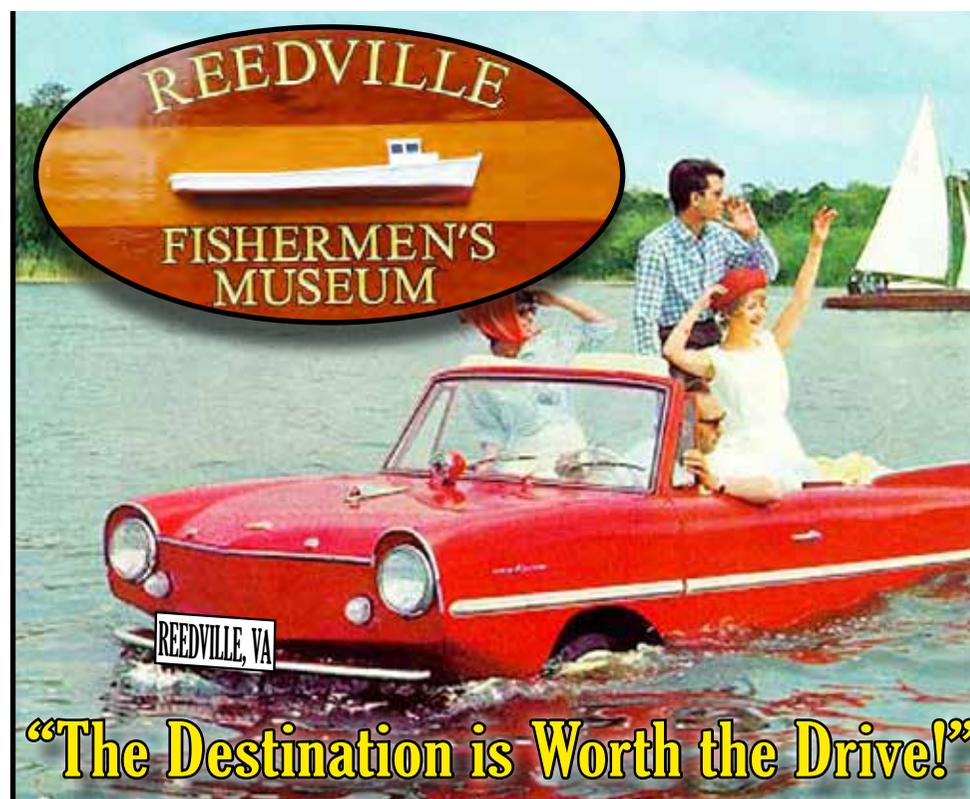
And what about the source of the problem – my quirky way of working? What isn't in the computer is still on the desk, in front of the computer screen, but William has a new place on the desk too. I got him a cat bed to sit on or relax and nap in that's placed on the side of the desk away from any papers. It's close enough for me to reach out and pet him and look into his eyes and let him know what a special cat he is. We're both happier this way.

Carol J. Bova is a writer and blogger who lives in Mathews and is working on genealogy projects and *Breaking the Eighth*, a sequel to her novel *Chestnut Springs*.
Carol Bova photo of William.

By Carol J. Bova

I opened an old genealogy file today and found a slice of polished agate in between the pages. For a moment, I wondered how it got there, and in the next, I remembered the filing disaster of 2015.

I can't recall the last time I was only working on one project, so I accumulate stacks and groups of unrelated items kept within easy



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Volume XIII • Issue 4 • Spring 2011

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Style 



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**Spring 2011
Camellias in the Snow, photo
by Kathey Brodtman**

Several years ago, I took this photo of my neighbor's camellia during the late winter. Since then, I have fallen in love with these stunning flowers.

In winter it is hard to find bright colors in the outdoor garden, but the camellia that blooms in January will bring pleasure to any garden. There are more than 3,000 registered camellias in the Japonica species. Other camellias are in the Sasanqua

and Reticulata species. We think this is "Professor Charles Sargent" and is a camellia japonica with the Anemone form of pedals. Camellias are named for the cultivator, originator or in honor of a person or place. They grow best in zones seven through ten

in part shade and like slightly acid soil. Mulch them with pine needles and oak leaves which helps to keep the soil moist and slightly acidic.

Continue Your Stroll Down Memory Lane

CHESAPEAKE *Style* **PRICELESS**

Volume XV • Issue 2 • October 2012

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Paula Shipman's cover photo, of Mama

Mama is not fond of running, in fact she shows her repugnance for exercise by hiding at the other end of the pasture. I asked my son Evan to take the lunge whip and

run Mama around so I could get an action shot for the cover. I had more fun watching Evan try to get her to run around. He ran from one end of the pasture to the other.

I love to see horses run. They are magnificent creatures. The

thundering of hooves, holding their heads high with their tails up in the air and their nostrils flared saying, "Look at me, I am gorgeous!"

I photograph my two horses quite frequently and I never fail to see something new. I think they are

beautiful and they know they are beautiful! I am truly blessed. *Read more about Mama in this issue. Paula's passion is horses and readers will find an article or two in every issue of Chesapeake Style, including many of her stunning photos.*
pshipman@chesapeakestyle.com

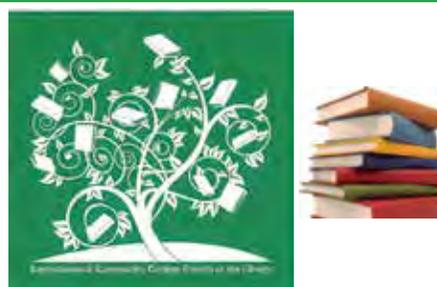
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Maybe it's Time?

By Bill Graves

The Coronavirus has been a bad trip and as of this writing is still with us. Whether we like it or not, it has changed our world forever. Will we ever be the same as pre-covid 19 remains to be seen?

Everybody has been affected in one way or the other—be it good or not so good. On the upside we have done a lot of great things. We have uncluttered. We have done all kinds of projects at home we've been putting off. We have baked more, read more and loved more. We have waxed the car, improved or started a garden, and a ton of other cool things.

The downside is some of us have been out of work, a real problem for many. We haven't been able to escape our spouses or kids, a serious

mental health situation. We haven't been able to connect with friends and relatives. Social distancing is really lousy. We haven't been able to travel, and vacation plans have all but gone down the drain. Restaurants, movie theaters and museums seem like a thing of the past.

The Coronavirus has been a wake up call for sure. To those over 62 years of age or those approaching that milestone there is a Federal Loan Program known as Home Equity Conversion Mortgage (HECM) commonly referred to as a Reverse Mortgage. Simply put you can borrow the equity in your home, have no mortgage payment, and your property pays it back should you chose to sell it or in the event you expire. Would no more mortgage payment be a good thing? Would a monthly check for hundreds or

even thousands of dollars for the rest of your life be a good thing? Would a credit line of thousands of dollars be a good thing? Now, if you want to leave your home to your heirs' debt free then the answer is probably not. Otherwise, what are you waiting for? You know what they say; you can't take it with you.

Think about what this Coronavirus has made us take a hard look at. The word is sustainability. An extra freezer full of food for starters sounds good. Maybe something more substantial would be worthwhile, like an addition to your home? A downstairs bed room might be the ticket. How about a new bath room,

kitchen, sauna, hot tub, deck, patio, garage, carpet, floor or roof? Maybe a whole house generator comes to mind? Maybe it's an extravagance like a new car, truck or boat would be make you happy? It's your money and maybe it's time to enjoy it?

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Style Spotlight~Thyme in A Basket is a Good Thyme

By Joy Brenda Burch

A quote from Melissa Foster's web page: "My store opened June 2014. We carry a wide selection of unique and quirky gifts, jewelry, home decor, handmade items by local artists, specialty foods and more. Our gifts will make you smile and laugh, others will speak to your heart. All are displayed on beautiful vintage furniture. Basket weaving classes are also available."

This is a gift shop that has a message. Many of the items focus on encouragement. There are messages on bracelets, necklaces, pocket tokens and pillows. A stuffed animal toy has this message on the front; However you are feeling I want you to know how important you are. Whenever you need a little comfort, a little sad, a little broke, just whisper in my ear and hold me tight. I'll be



there for you. What a comfort that would be for a child going through some difficulty. There are also hearts and crosses with sayings. There are a wide variety of gifts that are uplifting and encouraging.

Thyme in a Basket offers items with various themes. There are nautical, angels, natural earth friendly, jewelry,

dishes, wall art, vintage furniture, linens, food, tea, soap, lotions and clothing, to name a few. In every category there is a fascinating variety. Home dec? How about Yard dec? There are lawn decorations that will give your yard that special look. The items are made in the USA and many locally.

Special food items available include Crab Salsa and Bloody Mary Mix with Blue Crab made by a chef in Richmond, Gunther's Gourmet. Those are very popular. There are other flavors as well.

Some of the jewelry is made by Wanda Hollberg, who lives in Urbanna. She makes fused glass necklaces and earrings. She was one of the artists chosen to represent Virginia in the year 2000 at an exhibit in France. She teaches Fused Glass at the Bay School for the Arts in Mathews.

There is jewelry made locally and nationally. Another jeweler is Ann Koplak, from New York, who makes jewelry for Dancing with the Stars.

There are lotions and soaps made by a retired Marine veteran from the milk on his goat farm, The Bates Family Farm. The lotions come in different scents, or none, made with essential oils. The lotions are soothing without leaving an oily residue. She also has a lotion insect repellent that has natural ingredients, no deet, and works amazingly well.

Thyme in a Basket is a good place to shop if you feel you have run out

of ideas. Go there when you have to get something for a person who is difficult to please. Go there if you need a pick-me-up for yourself. There are such a wide number of categories and imaginative choices.

In the Northern Neck and Middle Peninsula, frequently people are attracted to crab theme items. How about crab dishes and a crab wall clock with a pendulum? Crab toys, pillows, cups, pictures?

Melissa has a special talent, making baskets. She has been making baskets for thirty-two years and offers classes. A gift idea would be a handmade basket full of food, trinkets, lotions and jewelry for that special someone or you.

During these trying times,



Thyme in a Basket is following CDC and Virginia's protocols.

For a shopping delight, go to Thyme in a Basket at 325 Queen Street, Tappahannock. Phone is 804-443-4626. Online: www.thymeinabasket.com. Facebook is Thyme in a Basket. You will find lots of pictures on both that will perk your ideas. Email is thymeinabasket@hotmail.com. Hours, Tues.- Fri. 10:30 am to 5:30 p.m., and Sat. 10 - 4. Closed Sun. - Mon. Put Thyme in a Basket on your Go-To List for a satisfying and happy shopping experience.
Joy Brenda Burch photos.

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Sea Nettle Explosion



By Ann Eichenmuller

I was floating in Morattico Creek behind our ski boat, *My Gold Watch*. I had just strapped into my wakeboard and given the signal for the tow rope handle to be pulled my way. I grabbed it when I felt a stinging pain. In what looked like a scene out of a horror movie, my left arm, from above the elbow to where I gripped the handle, was wrapped in a sea nettle.

As I was screaming and trying to shake it off, I felt another brush against my thighs. I frantically

motioned for my husband to get the boat moving. It wasn't till I was up on the board that I was finally able to pull the last long tentacles off my skin.

Needless to say, that was my only wakeboarding run of the day.

Whether you waterski, tube, paddleboard, or swim, you've probably had a similar encounter with *Chrysaora chesapeakei*, or the Chesapeake Bay sea nettle. It is most prevalent in the tributaries of the middle Bay, where salinities range from 10 to 20 parts per thousand. The sea nettle spawns in late summer

through early fall, at the end of its one-year life cycle.

Females release tiny larvae, called planulae, that float for a few days before attaching themselves to a hard surface. There the larvae grow into polyps. When conditions are right, during the warmer months of May to August, each polyp swells and buds off as many as 45 miniature jellies, smaller than the head of a pin. These baby jellies float around in smaller creeks or streams and move to bigger bodies of water as they mature.

Depending on where you live and how much rain you've had, your summer sea nettle explosion can last anywhere from a few weeks to a few months. And in case you're wondering what God was thinking when he created *Chrysaora chesapeakei*, marine

biologists say this pain inducing creature does have a purpose.

Non stinging comb jellies prey on larval oysters, and sea nettles eat comb jellies during the summer months when oyster larvae are most abundant, thus protecting our oyster harvest.

If you are hesitant to dip your toes in the water, a new experimental map by the National Weather Service could provide some peace of mind. It provides a day-to-day forecast of the probability of a close encounter with a sea nettle in the Chesapeake Bay and its tributaries. Go to <https://ocean.weather.gov/Loops/SeaN Nettles/prob/SeaN Nettles.php> for a look at the safest place to play. And if the worst happens and you do get a sea nettle wrapped around your arm, grab the vinegar. While it won't make the pain go away, it will keep unfired nematocysts from stinging. *Eric Eichenmuller photo.*

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Reflections from 2009

By Kenny Park

This afternoon I spent a while at the pediatrician's office here in Warsaw, interpreting for three families. It's not unusual to spend SOME time there, two or three or even more days a week. The running joke is that they are going to set up a cot for me in one of the offices. Today's appointments were mostly routine. A couple with their newborn son, in for his newborn appointment. His parents excited and more than a little apprehensive at the prospect of being parents, but they were both very attentive and very focused on taking care of their precious child. In the course of the visit, I discovered that, though he was

their first baby, this was their second pregnancy. There was a moment of quiet grief in the midst of the joy.

In the next room over, two families who are neighbors who live in Village. In one family there are two little ones, Cesar, who is four, has the distinction of being the first baby whose mother I got to the hospital for his delivery – we arrived at Mary Washington at 2:45 AM and he was born at 3:00 AM. Lucero, his sister, was born this past 4th of July. The other family has two sons, Victor and Carlos. Victor has apparently been exposed to Poison Ivy or something that has caused him to break out in a painful rash. Yesterday I sat with a woman in Callao who went in for a routine mammogram on Monday down at Rappahannock General in

Kilmarnock. They found a suspicious mass in one of her breasts, and from the size and shape of it there is a high probability that it will turn out to be a malignancy. She cried and I prayed with her. Over the next days and weeks we will be working on getting her the needed tests and appointments to determine what else needs to happen.

What I'd like to leave you with is the understanding that, even though we hear a lot of rhetoric in the public arena that would have us label and dehumanize huge groups of people, we are still talking about people.

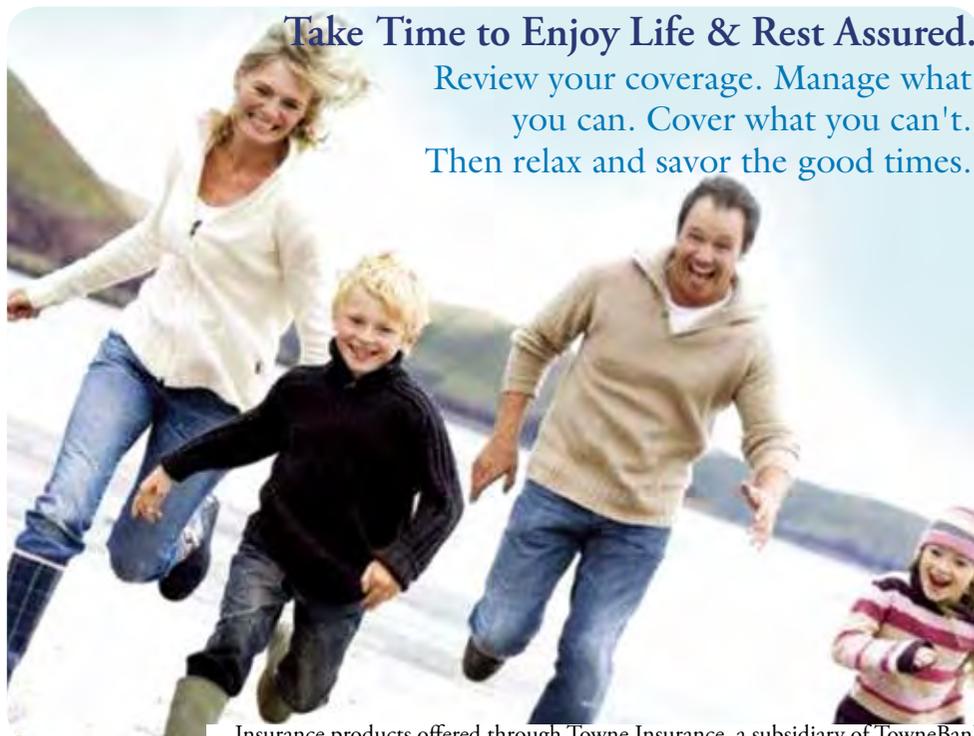
As followers of Christ, we are called to live in community – called to know each other, to share in each other's lives – care for each other, and that is hard to do if you stop thinking of that

family in the next aisle over at Wal-Mart as mothers, fathers, children with names, hopes, dreams – in many cases dreams that they may have had at one point for themselves but have had to put away, and are now hoping and dreaming for their children and grandchildren, and start thinking of them in faceless labels.

Please don't give in to that temptation, that easy option to set aside our responsibility to minister to each other in the name of Jesus.

Yes, it is hard, and yes, it is messy, but that's our calling. *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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Reflexión del 2009

Por Kenny Park

Esta tarde pasé un tiempo en la oficina del pediatra aquí en Warsaw, interpretando para tres familias. No es raro pasar tiempo allí, dos o tres o incluso más días a la semana. La broma es que me van a poner una camilla en una de las oficinas. Las citas de hoy fueron en su mayoría rutinarias. Una pareja con su hijo recién nacido, en su primera cita. Sus padres estaban entusiasmados y algo más que un poco ansiosos ante la perspectiva de ser padres, pero ambos estaban muy atentos y muy concentrados en cuidar de su precioso hijo. En el transcurso de la visita, descubrí que, aunque era su primer bebé, este era el segundo embarazo. Hubo un momento de

tristeza callada en medio del gozo.

En el siguiente cuarto, dos familias vecinas que viven en Village. En una familia hay dos pequeños: César, que tiene cuatro años, tiene la distinción de ser el primer bebé cuya madre llevé al hospital para su parto: llegamos a Mary Washington a las 2:45 de la madrugada y nació a las 3:00. Lucero, su hermana, nació este pasado 4 de julio. La otra familia tiene dos hijos, Víctor y Carlos. Aparentemente, Víctor se metió en Hiedra Venenosa o algo que le ha provocado una erupción dolorosa.

Ayer me senté con una mujer en el Callao que se hizo una mamografía de rutina el lunes en Rappahannock General en Kilmarnock. Encontraron una masa sospechosa en uno de sus senos, y por el tamaño y la forma del mismo, hay una alta

probabilidad de que resulte ser cancer. Lloró, y oré con ella. En los próximos días y semanas estaremos coordinando para conseguirle las pruebas y citas necesarias para determinar qué seguirá.

Con lo que me quisiera dejarles es con el entendimiento de que, a pesar de que oímos mucha retórica en el ámbito público que nos haría etiquetar y deshumanizar a grandes grupos de personas, todavía estamos hablando de personas.

Como seguidores de Cristo, somos llamados a vivir en comunidad, llamados a conocernos, a compartir nuestras vidas, a cuidarnos, y eso es difícil de hacer si deja de pensar en esa familia en el siguiente pasillo de Wal-Mart como madres, padres, hijos con nombres, esperanzas, sueños, en muchos casos sueños

que pudieron haber tenido en algún momento para sí mismos pero que tuvieron que dejar de lado, y ahora esperan y sueñan para SUS hijos y nietos, y empieza a pensar en ellos puramente en términos de etiquetas.

Por favor, no ceda ante esa tentación, esa opción fácil de dejar de lado nuestra responsabilidad de ministrarnos unos a otros en el nombre de Jesús.

Sí, es difícil, y sí, es desordenado, pero a eso hemos sido llamados. *Kenny ha servido a la comunidad inmigrante de nuestra área y como Pastor de la iglesia bautista Jerusalén en Warsaw desde el 2003. Su correo electrónico es Kenny.park@gmail.com.*

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Style Spotlight~Bayside Animal Hospital and Pet Emporium



to the Northern Neck to carry on her dad's practice. Erin, who manages the websites for both businesses, shares her time between Florida and working at the White Stone location. Dr. Heather Boden, who joined the staff in October of 2016, worked with Allison and Erin to update and expand the business. Their projects have added over 1,000 square feet to the facility with new runs and an expansion of the grooming department.

In 2019, Dr. Heather Casey joined the staff when Dr. Boden and her family moved to Idaho. Dr. Casey has been practicing for seventeen years and is known for

her excellent treatment of pets and her fine client doctor relationship.

The practice added sophisticated equipment to enable the veterinary practice to offer more extensive diagnostics, as well as more specialized surgeries. Having a veterinarian on staff allows pet care to be coordinated between the Bayside Animal Hospital and the Pet Emporium for vaccinations and checkups. Besides the veterinary services, they offer doggie day care,



grooming, boarding, and pet supplies.

With the recent expansion of the boarding facility, Bayside Pet Emporium can accommodate about 100 pets at any given time. Allison said, "Our boarders and day care dogs get plenty of exercise and fresh air when they go out and play in one of our six fenced-in areas several times daily. For dogs who are well socialized and have permission to play with others, there is group play as well."

Allison said that they have lots of regulars who they feel are like part of the family. "We have one who comes in the front door every day carrying his leash. He goes to a little basket of sample food packets, drops his leash, picks a bag up and heads to the day care door, where he is taken to his run and fed his breakfast. In the afternoon, he returns to the retail room and sits nicely with our manager, Kim Lux, and receives his afternoon cookies before picking up his leash and departing for the day."

There are many stories like this with regulars carrying their toys in and greeting everyone around. Allison said, "You can just tell they are excited for another day of playtimes with their buddies."

Allison feels very blessed to have such a great staff. Kim Lux has been with Bayside for over twenty years, and Pat Abante, one of the groomers, has been a mainstay for almost thirty

years. She said, "I could not have gotten through my own learning period and the expansion if it had not been for the support of our staff." As the businesses grew, so did the staff, with thirteen on the Pet Emporium side and six on the hospital side.

More renovations are in the works. The outside of the building is currently undergoing a face

lift, and new fencing will make it even safer for the pets.

The businesses have stayed very busy, and Allison said, "There's never a dull moment! Every day brings something different, but we welcome new clientele, and we are always excited to meet new dogs and cats and to be a bright spot in their lives. The last few years have been a true learning experience. I love the business, the pets and their owners, and I feel very blessed to be able to carry on my dad's dream of serving this community and the furry friends who live here."

Call The Bayside Animal Hospital and Pet Emporium 804-435-2896 to arrange an appointment or for other services. They are located at 78 Whisk Drive, White Stone. Their email is animalhospitalbayside@gmail.com. Bayside Pet Emporium veterinary hours are Monday through Friday 8:00 a.m. to 5:00 p.m.

To reach the Pet Emporium, call 804 435 3548. They are open Monday through Saturday, 7:30 a.m. to 5:00 p.m.

Photos courtesy Allison Joyce.

By Joy Brenda Burch

Thirty-two years ago, Dr. LaMance Joyce and his wife Elizabeth opened Bayside Animal Hospital and Pet Emporium in White Stone. Today, their daughters Allison and Erin continue their parent's vision and continue to show their love for animals and care for their needs.

After Dr. Joyce died in June of 2016, Allison, who was living and working in Florida, immediately relocated



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Skin Cravings

By RuthE Forrest BCTMB

After weeks staying home due to a viral pandemic, I'm looking forward to reopening my therapeutic massage business. Like other small business owners in our rural neighborhood, I've been relying on savings and a supportive spouse to see me through my business being shuttered. I've never been so grateful for my husband! Not only for financial, moral and spiritual support, but especially for someone to touch.

There's an old saying, 'the cobbler's kids have holes in their shoes' that rings true in my household. As much as I know he needs it, my husband is usually the last one to receive massage from my talented hands. So during lock down I made sure to build up some brownie points. It kept me in good practice shape, and helped to reduce his anxiety about the situation. He's now more comfortable in his old body after completing an extensive 'honey-do list' of spring yard chores than in previous years.

It also affirmed my own need for touch. I receive touch therapies regularly for basic preventative health maintenance. But during the shut down I wasn't able to get my usual bodywork fix. My skin craved this healing therapy, my soul missed the check-in time too. I found myself getting very short on patience, long on complaining, and downright angry at times for no good reason.

I began asking for more hugs. I held my husband's hand during our evening TV time on the couch to increase my touch exposure. I'm itching to get back on schedule giving and receiving bodywork!

We're counseled to be cautious, keeping social distancing of 3' - 6' apart in public spaces during our first attempts at regaining social integration. We must also be

mindful that humans have evolved as touch dependent beings that fail to thrive without contact. Isolation is considered punishment, even torture in certain situations. Touch restricted people have a higher incidence of depression and anxiety requiring medication than their more social counterparts.

Working in senior care facilities for many years made me aware of how important touch is for our physical and emotional health. Residents in these places often become 'touch-averse' because the only touch they receive is from caregivers helping with activities of daily living, or medical professionals poking and prodding them for tests and medications. After only a few days they begin to physically withdraw from an outstretched hand. I found that holding their hand for just a short while brought them much comfort.

Scientific study has been done on touch restriction. Babies who weren't touched failed to thrive and died during these experiments. We need connection to be healthy vibrant expressions of our Creator's vision. We're hard wired to need another's touch. To be instilled with fear of reaching out to touch another goes against everything we're made of, all that's holy within us. It takes a lot of negative programming to get us to comply with this tall social order. If this is going to be the 'new normal' then bodywork therapies are going to become more important than ever before.

Bodywork therapies provide a safe space to receive this vital component to well being. Therapists live by infection control procedures every day as a matter of course. Consider bodywork to offset the effects of social distancing requirements as part of your healthy lifestyle. Call Spa 2 U 804-453-5367 for more info.

Style f



I thought to myself,
“Never Again!”

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

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

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

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

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

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

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Style Spotlight~Visions Become Reality at Feather Your Nest



By Joy Brenda Burch

Shop owner and interior designer Cindy Lloyd started Feather Your Nest almost eight years ago following 26 years in design with Nunnally's Floors and Decorating. With over 35 years of design experience, she still looks forward to working with each of her clients.

Whether you're looking for a new accent piece or a major design renovation, Cindy Lloyd can help you find exactly what you need. She said, "I so enjoy helping transform what my clients are envisioning into reality. Seeing their satisfaction when I meet or exceed their expectations is so rewarding!"

Thirty five years of design experience have taught Cindy the first step in a new project is listening.

She said, "For me, the end result must be such that the home is a reflection of my client, not me! I do pride myself on listening—really listening to their needs and wants for their homes."

When Cindy does an in home consultation, she thinks of the design work as a puzzle to get that correct blend of scale and proportion to texture and interest. Altogether, her design goal is to create a well done, friendly, and inviting room that fits the customer's lifestyle and enhances their comfort. She said, "I approach all my design projects honoring design principles, but try to focus on what's workable for the client."

Feather Your Nest offers a full line of design and decorating services. This charming shop in Warsaw has a wonderful blend of new pieces and consignment items offering unique and affordable combinations that fit all manner of decorating styles and current design trends. Throughout the shop, there are delightful discoveries of furniture, lamps, area rugs and decorative items. It's refreshing to realize that



you won't find exactly the same items in another shop.

Cindy designs one of a kind draperies, swags, valances, roman shades and curtains. Her fabrics can also be used for reupholstery or to make custom slipcovers, duvet covers and decorative pillows too. For families with active lifestyles and pets, comfortable and durable fabrics like Crypton and Sunbrella resist soil and stains and are washable. Sunbrella fabric can be used outdoors too and

has built in UV protection and fade resistance.

Window treatments can make a huge impact in a room, and Cindy's knowledge guides her clients to choices they will appreciate every day. As a Hunter Douglas

dealer, Feather Your Nest offers custom blinds, shades, curtains, and motorized blinds and shades. Window shadings and sheers are another approach that can fill a room with light while maintaining privacy and providing UV protection for furniture and artwork. Cindy takes care of the measuring for blinds and shades, and her installers ensure a perfect fit for new window coverings.

Cindy approaches each project as a new opportunity. She said, "I am humbled and feel privileged when clients place their trust in my design sense and opinions."

In addition to the Warsaw location, Feather your Nest can also be seen in a miniature version in



a design space in the Kilmarnock Antique Gallery in Kilmarnock, Virginia. There you will be teased by a few of the items you can expect to find in the Warsaw location.

The main location of Feather Your Nest and Cindy Lloyd Design is located at 5011 Richmond Road, Warsaw. The phone number is 804-761-3715. The hours are Tuesday through Friday at 10:00 a.m. to 5:00 p.m., Saturday 10:00 a.m. to 2 p.m., and Monday by appointment. Online, go to www.featheryournestcindyloyddesign.com and on Facebook to Feather Your Nest and Cindy Lloyd Design.

Feather Your Nest and Cindy Lloyd Design at The Kilmarnock Antique Gallery is located at 144 School St, Kilmarnock. Open 10:00 a.m. to 5:00 p.m., 7 days each week. *Joy Brenda Burch photos.*



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Checking-In

By Sandra C. Fykes

Hi My Friends!
It's been awhile, and there's been so much going on in the world that I just wanted to check-in with you this time. Go grab a drink and snack, get comfortable, and let's chat.

Let's start with you. How are you doing these days? Really? You don't have to sugar coat it. Are you worn out, worried, angry, numb, or over it? Do you need a good cry, laugh, want to put your head in the sand, or throw something to smithereens? Are you feeling all of these emotions, one of these, or none of the above.

Are you trying your best to keep a positive attitude and wish that everyone else would at least try to do the same? Or, are you honestly just trying to keep your head above water? Are you patient, impatient, or restless? Has cabin fever kicked in? Are you hunkering down for the long haul or planning to leave for vacation as soon as you get the all clear? Are you hopeful, faithful, doubtful, or somewhere in between depending on the day? Have you felt the need to pray, question God, or read your Bible?

How are you spending your days? Recovering? Do you need anything? No longer working or working less hours and trying desperately to make ends meet? Again, how can I

help? Or, are you still getting out there everyday as a frontline or an essential worker? Please know that I appreciate you! Working from home? Parenting from home? Just finished home schooling? Taking care of your parents? Contemplating retirement? Retired and still working on never ending to do lists? Trying to keep the garden going? Cleaning out the garage? Watching the news all day long? Talking about the news all day long? Avoiding the news? Spending most of your time on social media? Reading a good book? Finally writing your novel? Baking sourdough bread?

As for your health, how are you doing? How is your family doing? Have you lost anyone? If so, please know that I am truly and deeply sorry for your loss. Please let me know whom to pray for?

Have you been going for walks, hikes, or riding your bike? Have you tried stretching, yoga, or meditation?

Are you drinking more water? Do you listen to the TV doctors? Can you find toilet paper, paper towels, and hand sanitizer? Do you have what you need in your car? Now that you've been home for awhile, are you in need of more lounging clothes, work out clothes, or elastic waist pants?

Since so much has been happening in this world, are you initiating or joining in conversations about what's going on or purposely avoiding them? Do you love, despise, or could care less about politics? Have you become an activist and supporter, or don't see the need? Did your kids or grandkids protest? Are they ok? Are you ok with their participation?

Let's get back to church, what is your Pastor saying? Are you surprised? What is the consensus? Are you planning to return as soon as they reopen or will you continue to watch the service online? Who is on the prayer list this month? Do you know of anyone that needs help with anything? Do you think this is a good time to call the Pastor? Do you want to finally look into starting that food pantry ministry, prayer shawl ministry, or book club discussion group? Just a thought.

Let's refresh our drinks and snacks and then I'll share my thoughts. As the song by Dionne Warwick goes, "That's What Friends Are For!"

Style f



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It's Kids Day on July 18th

Style f



shopping and things to do in conjunction with the Heathsville Farmers Market.

The market will have special precautions in place, as a result of COVID-19 health restrictions. Vendors will be spread out, and face masks will be worn. Hand sanitizer stations will be available. Customers should be prepared to social distance and wear face masks for safety sake.

This month's theme at the market is Kids Day, when the young-uns can plan on a fun day of games and activities. This includes a scavenger hunt with prizes awarded.

Located at historic Rice's Hotel/Hughlett's Tavern (RHHT), the Heathsville Farmers Market operates from 9 a.m. to

1 p.m., offering fresh Northern Neck produce, handcrafted soaps, flowers and nursery plants, bread and baked goods, gourmet peanuts, BBQ sauce, and other locally made handcrafts. There are new vendors at every market.

The Northumberland Public

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

Meanwhile, inside the historic Tavern itself, the Heritage Arts Center gift shoppe will be open for business. Shoppers will find artists working in their studios, and one-of-a-kind, locally made artisan wares for sale. Limits may be placed on how many people can enter at a time.

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

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

gather in their studio upstairs.

But elsewhere in the Heathsville community there are other big doings. You'll find interesting shops, attractions, eats and historical sites. Visit Ye Olde Book Shoppe, a used book store run by volunteers of the Northumberland Public Library. Browse classy church thrift shops run by St. Stephen's Episcopal and Light of Christ Anglican. Check out Kathy's Korner for unique treasures for the home. Pick up your Historic Heathsville Walking Map, and wander past homes and buildings from every century since the 1700's.

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

Make It a Heathsville Saturday takes place monthly on the third Saturday, April thru October. Each Farmers Market has a different theme. Sonabank is the major sponsor of this community-wide initiative.

For more information, visit www.RHHTFoundationinc.org, e-mail info@rhhtfoundationinc.org, or call 804-580-3377.

By Corinne Anthony

There are always a lot of reasons to visit Heathsville, but Saturday, July 18 is one of the best days to Make It a Heathsville Saturday. The entire community is coming together to offer a variety of fun

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Holding It All Together



By Ellen Dugan

It's not easy being a button. And it can be painful. Consider all the pulling, twisting, yanking, and tugging. Then there's the threat of being strangled by a button hole, attacked by a hot iron, or tossed on your head and roasted as you bang against the sides of a dryer.

But buttonhood was not always so risky. In the Bronze Age when buttons first appeared, life was easy. Basically, you didn't have to do anything, and there were no buttonholes to contend with. Like a piece of jewelry, buttons were purely ornamental. Fashioned from bone, horn, wood, metal, or seashells, their job was simply to look pretty. Clothing was loosely designed. Belts and pins did the heavy lifting when it came to holding things together.

For the snappy dresser this was less than ideal from either a comfort or a modesty standpoint. Your best tunic or drape could come apart easily, and with a little stress, its pin would then be free to stick you. Not good during a photo

op or senate speech.

Buttons took on a more robust role in Europe around the year 1200 when buttonholes and loops appeared. With the arrival of this new technology (courtesy of the Crusaders who reportedly borrowed the idea from the Turks and Mongols), idle ornamental buttons were fired from fashion

and replaced with hard-working fasteners. These fasteners then became a driving force in clothing design. Fashions became more fitted, needed more buttons. And more were used. Lots more.

In a quest to "outbutton" the King of England, the King of France once ordered 13,400 buttons for his black velveteen suit. Another French King, Louis XIV, spent \$600,000 on buttons

in one year and over \$5,000,000 on them during his lifetime.

The expanded use of buttons also led to a new position in wealthy households, that of "dresser." To button her mistress's clothes, the dresser stood in front of her. This meant that the buttons needed to be positioned on the left side, theoretically making the dresser's job easier. Men, because their shirts had fewer buttons, were expected to manage on their own from the right side. Hence the distinction in button placement which still persists.

In their long history of fashion service, buttons have not always been free from controversy. Like many other innocents, they were condemned as sinful by the Puritans and even denounced as "the devil's snare" when appearing on ladies' button-fronted dresses. To this day the Amish consider buttons to be too ornamental and use

metal hooks and eyes instead.

On a more noble and enlightened side, the Chinese have traditionally worn five buttons on their coat fronts as symbols of the five principle virtues: humanity, justice, order, prudence, and rectitude.

During Colonial times, generally considered to be their Golden Age, buttons became valuable works of art. Famous button designers included Cartier, Faberge, Tiffany, and Wedgwood. Jackie Kennedy Onassis collected rare French enamel buttons and Charles De Gaulle, army buttons.

Buttons have traditionally led law abiding lives and in fact, are on a first name basis with most "cops." The first uniformed police in New York City sported large copper buttons and were originally called "coppers," later shortened to the endearing term we use today.



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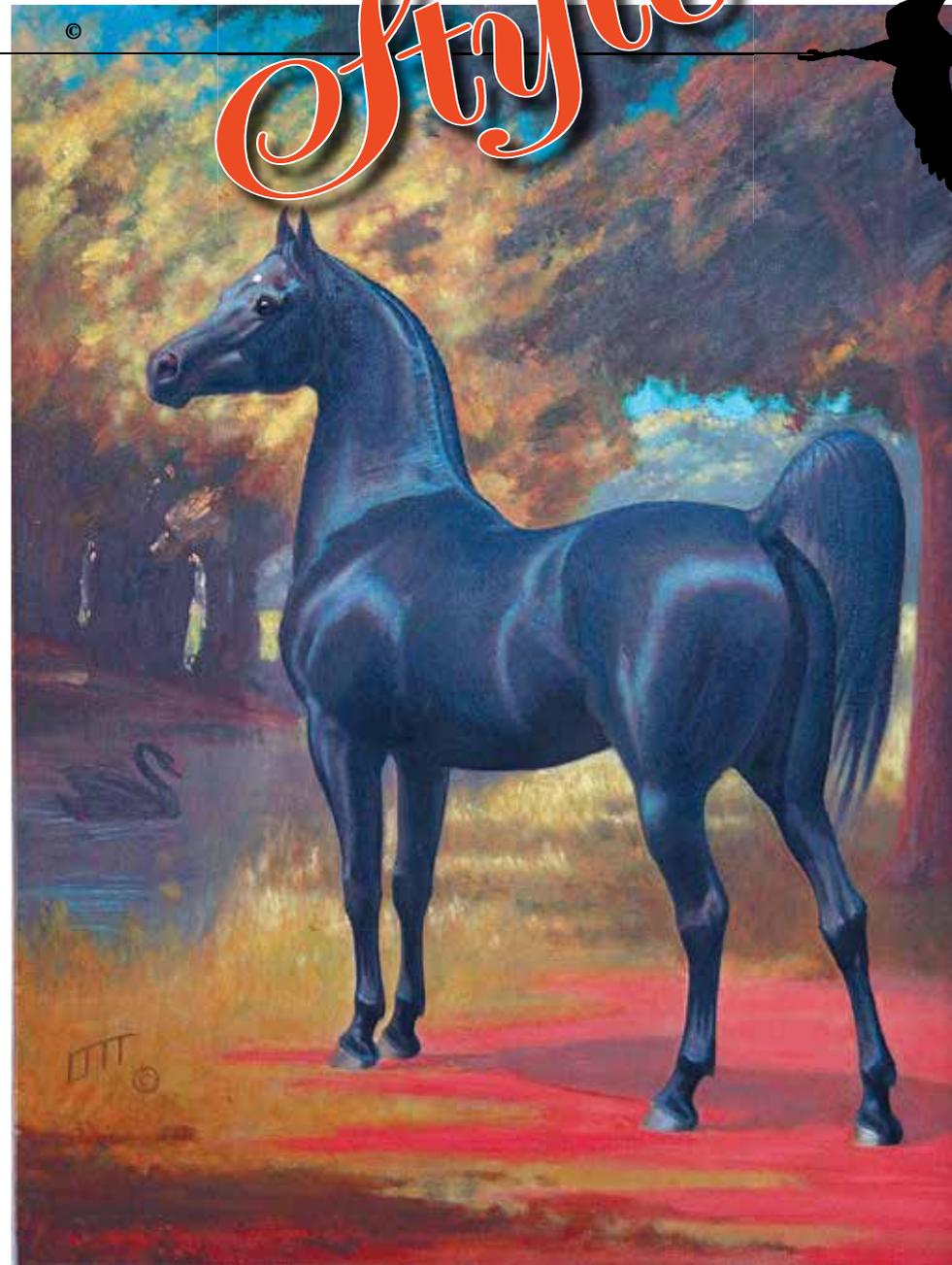
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CHESAPEAKE

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PRICELESS

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Oct 2013

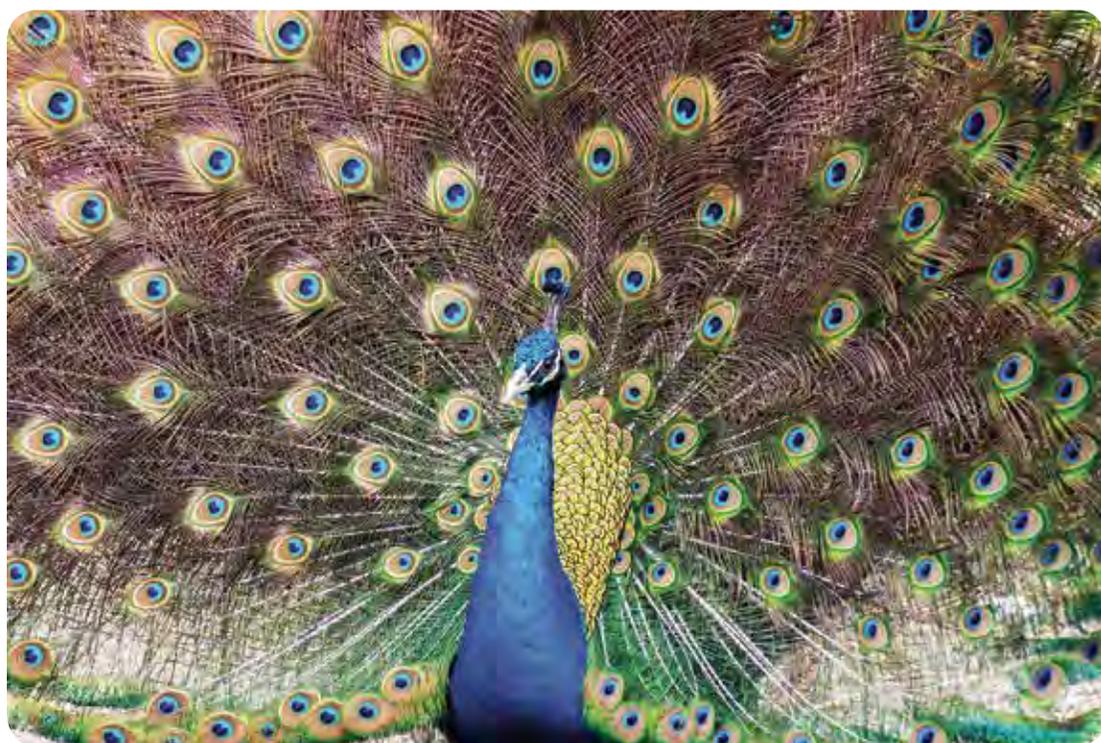
Champion, pure bred Arabian Stallion, Fa Serr, Bred and Owned by Babson Arabian Farm. Portrait by Jane Llewellyn Ott. Jane Llewellyn Ott, was born on October 4, 1927 in Chicago, Illinois. Her mother was Kathleen Llewellyn and her father John Ekern Ott. She left this life in the

early morning hours of April 24, 2013. She is pain free riding her beloved horses and reunited with her dogs and cats. In her early years in Chicago she studied art with Arnold E. Turtle (http://fineestateart.com/artists/arnold_turtle). A gifted artist, she chose to devote her time researching Arabian Horses. Comments by Ellen

Dugan: From an early age and even in her later years, Ms. Ott's passion in life centered around horses, either actively riding and caring for them, or researching their origins and committing them to canvas. In her younger days she and her mother, moved various herds—all over the U.S. including to Virginia—

for breeding as well as to ensure their survival when threatened. Her love for horses was also expressed in some of her writings, as were her keen observations and understanding of history, farm life and relationships between people. See more about Ms Ott on Page 35.

Puzzles



By **Sonja McGiboney**

Puzzles. I love to do puzzles. I find myself doing more puzzles now than ever before. Mostly, I do five hundred piece puzzles. Five hundred is just enough pieces to complete a puzzle in one or two afternoons, while enjoying time with the people who are also working on the puzzle.

A friend was giving away free puzzles so I chose three. One of them had one thousand pieces and featured a picture of a peacock—which looks remarkably like a photo that I took of a peacock from the Norfolk Zoo.

Dale, my husband, and I sat down to start it. The puzzle was hard. Each piece looked just like the other. They were all the same shape and had mostly the same colors. The only differences I could ascertain were how sharp or blurry each piece was and which squiggles looked similar.

Even the all blue part was hard.

I learned a few things in doing this puzzle.

Firstly, I learned that I do not like to give up. After picking up a piece, which I was convinced went “right there”, I would be disappointed to find it didn’t. But I wouldn’t put the piece down. I would sit for as long as it took to find a mate for it. Sometimes it was within the confines of the edge. Sometimes I linked it to a piece that was one of the many surrounding the edge, but I usually found its mate before leaving the table.

Secondly, I learned that I am committed. One night, when there were only about 70 pieces left. Around 10:00 p.m. I decided to finish it. At 1:00 a.m. I still had about 50 pieces to go and the only reason I stopped was because I couldn’t keep my eyes open.

Lastly, I learned that I should have listened to my dog. Jazzy is our pride

and joy. She is the star of my children’s books. If she could talk, she would have told me from the beginning that this was madness.

Why, because when I am doing a puzzle, Jazzy is always at my feet, patiently waiting for me to be done with this nonsense of finding what fits where. She lays her head on my feet as a gentle reminder that she is still waiting, waiting and waiting. This time, however, she pompously added acerbic glares and theatrical sighs to her protest.

If only I marketed my books with the same energy and commitment. But that’s another story.

We finished the puzzle. I saved the last piece for Dale to install. If

Jazzy had opposable thumbs I would have given her the honors. Enjoy the photos: both the puzzle and the one of a peacock that I took. *Sonja McGiboney, author of Jazzy’s Books, lives in Smithfield, Virginia with her husband Dale and her dog Jazzy. She combines beautiful photography with lyrical writing and rhyme to create engaging, educational books for children. Sonja is an active member in the following organizations: Society of Children’s Book Writers and Illustrators (SCBWI), Virginia Writers Club, Chesapeake Bay Writers (chapter of the Virginia Writers Club) and the Isle of Wight Writers Group Smithfield. Peacock Norfolk Zoo photo by Sonja McGiboney and peacock puzzle complete.*



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Planting Dreams and Harvesting Change



enough room to walk sideways to my office! We did not have adequate space in our facility at that time to hold the massive pallet-sized tri-walls of produce picked fresh from the fields by our dedicated volunteer groups.

The world of gleaning and harvesting was new to me at that time and much has changed since then but I learned that the magnitude of the program is astounding! It may surprise you to learn that one MAJOR area of food waste is in farmer's fields. Crops below top grade quality are left to rot or be plowed under and gleaning is the traditional biblical practice of gathering those crops. Deuteronomy 24:19 says "When you reap your harvest in your field, and forget a sheaf in the field, you shall not go back to get it; it shall be left for the stranger, the fatherless, and the widow, that the Lord your God may bless you in all the work of your hands."

Our signature Agricultural Program has grown by leaps and bounds since its inception in 2012 and proudly impacts over 60,000 individuals annually! The concept is simple, farmers donate access to fresh produce, volunteers pick the produce alongside food bank staff. The food bank delivers it to our partner pantries and from there it is distributed to those in need.

With a late start this year due to erratic weather conditions, we need all the help we can get to keep this program growing! Last year we distributed over 640,000 pounds

of the freshest produce available into the



hands of children, families and seniors who struggle with food insecurity.

July 2020 kicks off our 10th year of people helping people! What better way to help us celebrate and give back to the community than spending quality time outside picking fresh veggies for those in need! Children, families, and seniors in need dream of fresh fruits and veggies during the summer months and that is what this program is all about! The produce you glean and harvest in excess of what is sent out locally even reaches those in need across the state!

For more information on how to volunteer and the measures we have in place to keep you safe, give us a call 804-250-2277 or visit our website, www.hhfb.org

Cindy Balderson is the Vice President & Development Director of Healthy Harvest Food Bank in Warsaw. *Cindy Balderson photos, including board member and Bethany Baptist Church pantry leader, Jennifer English.*

By Cindy Balderson

The most eye-opening moment of my first year at the food bank was during peak gleaning season, the busiest time of year for our Agricultural program. I came in one morning to find wall to wall sweet corn and just

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CHESAPEAKE

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Style



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

June 2017

Captain Spencer Headley along with his First Mate Duane Jenkins onboard the Erinn Paige fishing crab pots on the Chesapeake Bay

in the early morning. Spencer is a second generation Waterman and lives in Reedville, with his wife Erinn, along with their five dogs and 26 chickens. Photo by Larry Jenkins,

Jr. Larry and his wife Mary live in Callao. Larry enjoys capturing his fellow Waterman in action along with beauty that surrounds us in the Chesapeake Bay Region. To see

more photos or to place your order for a print please visit Images By Larry Jenkins Jr's Facebook page

Insectageddon in Your Windshield



By Roger Gosden

At a writer's course in Middlebury College, I heard somebody say, "Funny that I saw more deer than bugs on my windshield." He had just driven 200 miles to Vermont. I wasn't surprised because my road trips in Virginia rarely end now by scraping off splattered insects. I presume Millennials have not been driving long enough to notice a difference, but this is a new normal for people with longer memories.

Surveys show insect populations have declined by three-quarters in Germany's nature preserves over the past thirty years. Not only are they disappearing there and here but wherever records exist in other countries. The trend might be

welcome if only stingers and biters were in retreat, but beneficial pollinators, colorful butterflies, magical fireflies, and acrobatic dragonflies are disappearing, too, and at alarming rates even in places supposed to be sanctuaries.

Pesticide sprays drift over fences from arable fields, well meaning visitors at preserves import invasive species and diseases on their boots, land covered with human artefacts and obsessive human tidiness purge space for wildlife, lawns are mown into green deserts, and the all embracing impacts of rapid global warming challenge an order in nature that is adapted for slow change. Our footprint on the planet gets ever heavier, and although we cherish charismatic fur and feather, few people care about bugs and creepy-

crawlies, or at least until lately.

Beekeepers were among the first to raise an alarm. In Virginia, we lose around half of all colonies every year, which I can confirm for hives in my backyard. I now put more effort into helping all pollinator friends in the area by cultivating plants like hyssop, clover, milkweed, lavender, and butterfly bush, a range of native and non-native species to spread the flowering season.

Mountain mint is one of my favorites because it has a perfume that pleases me and repels rabbits and deer while providing entertainment from poring over a wonderful variety of visitors. When I am tired of watching them, I check my hotel where solitary mason bees are guests nesting in tubes and stems when they aren't busy swapping pollen grains between flowers.

If my neighbors knew how hard I try to attract bugs they might hurry to aisles in big box stores to buy kill-alls, or call the county office to redouble spraying for mosquitoes in our street, as if we live in a tropical swamp. There is much more regret about the growing scarcity of garden birds, bats, and frogs, although we have only ourselves to blame as many of them depend on insects and ticks for which they have prodigious appetites. For myself, I can tolerate some discomfort for the sake of biodiversity, but, then, an occasional sting is nothing to a beekeeper.

We are mostly unaware of collapsing populations in the wild and the threat of extinction until it is late for action. We hardly care to understand what we barely notice, despite a loss that can impact human interests. Affirming John Muir's insight that everything in the universe is connected, America's celebrated ecologist, E.O. Wilson, wrote that, "If all mankind were to disappear, the world would regenerate back to the rich state of equilibrium that existed ten thousand years ago. If insects

were to vanish, the environment would collapse into chaos."

Politics and economics are sluggish partners in conservation efforts or for protecting the natural resources needed by future generations. Insectageddon is a prime example of careless stewardship of sustainable biomes, and honeybees are today's canaries in the coal mine. The data make bleak reading, yet we deny science at our peril, so where can we find that thing with feathers that perches in the soul, offering comfort from timid hope? I felt its soft brush one night in an unspoiled valley in the mountains.

Although in June, the view through my windshield was like driving through lightly falling snow. The air was alive with moths. I could not grumble about cleaning the car, as I did in the past. The episode became another of my cherished memories, although they are empty unless they steer behavior and always less trustworthy than data.

And, so, I started to record insect hits on my license plate in mph for moths per hour wherever I tour, wishing for the same abundance again, although my aim was to monitor population trends. Surely, there is hope where faith exists that even tiny efforts, like gardening and surveying insects, can benefit our natural heritage, besides the bonus of finding pleasure in understanding from deeper engagement.

Adapted from the author's blog (<https://rogergosden.com>). After a career in physiology and embryology spanning Cambridge to Cornell, he is now affiliated with William & Mary as a visiting scholar and volunteers for conservation with Virginia Master Naturalists. Roger Gosden photo of A 'hotel' for solitary wild bees.

Style f

Continue Your Stroll Down Memory Lane



June 2019

Bob Diller photo of a blue crab. All blue crabs are a genetic rarity, and I'm honored to have gotten to share his existence in our Bay area with you. Farm to table, or Bay to plate; there's

often something worth immortalizing in the travels of our favorite foods. Nothing just materializes at the market. It all led some life before, and our blue crabs are no different. The crab in the photo was summering

in the marshes of Northumberland County in 2018. Being in a nature preserve, it surely lived to see many more fine sunrises. Hopefully he met some beautiful ladies there, as he was a special fellow. Bon Appetit!

www.wm.edu/news/stories/2018/once-in-a-blue-moon-crabber-catches-rare-all-blue-blue-crab.php



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Served up with Love in *Style* by Melissa

By **Melissa Haydon**

This year has been quite the challenge in so many ways. One challenge for me as a mom has been keeping everyone happy at dinner time. I enjoy cooking but man it sure did feel like I was in the kitchen way more than any other part of my home most days. So I looked to easy recipes that I knew my family loved. Tacos are always requested in our house but sometimes I just need to change things up a bit. This Taco Pie recipe is one that is a favorite among my family as well as all my kids friends. It gets devoured every time I make it. If your family loves tacos like mine, make this recipe asap!

Easy Taco Pie

2 packages of crescent rolls (you can also purchase this in sheets now)
1 bag of corn chips (crushed)
16 oz sour cream

1 1/2 -2 pounds of hamburger (turkey or chicken)
2 packages of taco seasoning
4 cup package of Shredded cheese (your choice of type) if you prefer you could use less.

Brown hamburger with taco seasoning according to directions on taco seasoning. Line 9 x 13 pan with crescent rolls, crumble 1/2 bag of corn chips on top of crescent rolls. Put hamburger



tropical twist on dessert we have all been craving, and it is so easy to make. You must put this on your list of must make recipes

graham crackers across the bottom of the dish. Add 1/2 of cream cheese mixture. Repeat the process with another layer of crackers, followed by the rest of the cream cheese mixture. Finish with a layer of whipped topping and sprinkle with lime zest. Cover and refrigerate until serving. (Recommended overnight to soften the crackers.)



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mixture on top of corn chips and then cover with the sour cream. Place 3/4 of bag of cheese on top of sour cream and put other 1/2 bag of corn chips on top of sour cream. Top off with the remainder of cheese and bake at 375 for approx. 20 minutes or until crescent rolls are done.

This Key Lime Pie Éclair is a huge favorite with my family. It is that

this summer.

Key Lime Pie Eclair

1 (8 oz) pkg cream cheese, softened
1 (14 oz) can of sweetened condensed milk
1/3 cup key lime juice
2 (8 oz) containers whipped topping
1 box graham crackers
1 tsp. lime zest

In a large mixing bowl, combine cream cheese, condensed milk, and lime juice. Gently fold in one container of whipped topping. In a serving dish, place one layer of

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

Chesapeake Style
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Wild *Style* Cuisine~Confit, Pappardelle and More!



By Wendy Hyde

The philosophy of “whole animal butchery” has become prominent in social media and culinary circles in recent years, encouraging the use of as much of the animal as possible, including bones, internal organs (heart, liver, caul fat, etc.), and cuts uncommonly seen in a grocery store or big box store meat case. The concept is not new or trendy among the hunting, farming, and foraging communities. For centuries hunters, farmers, and the like have followed this practice. We exercise this type of butchery because we care about and respect the animals and support using as much of the animal as possible – whether farm-raised or hunted. It is a matter of ethics as well as economy.

Pheasant are small game birds, but there’s a lot to use if you practice whole animal butchery - sear the breasts, use the rib cage and back sections to make stock, confit the thighs and legs, and grill the hearts.

What’s confit? As chef, cookbook author, and huntress Georgia Pellegrini describes at the introduction to her recipe, “To

“confit” something, is to cure it in salt and then cook it slowly in fat. It makes the meat buttery and fall off the bone. Is there anything that sounds more glorious than that?” It’s a simple preparation that makes use of some otherwise unused, tougher parts of a bird. The technique is traditionally used for duck legs but works for goose, pheasant and other game birds. Properly cooked and stored, the meat will keep at least two months and is excellent on top of salads, crostini, and more. It requires very little hands-on effort, just patience.

And pappardelle? It’s a wide, flat pasta noodle (think a skinny lasagna noodle without

the ruffles). Making your own is easy, uses only a few inexpensive ingredients, and rolling it out by hand takes only about as long as it does for the cooking water to come to a boil. (If you want to try, here’s a good place to start: <https://www.youtube.com/watch?v=1HKHcNM2ZrE>)

Pheasant Confit

6 pheasant legs and thighs
1/2 cup Kosher Salt
Zest of 1 orange
5 whole cloves
5 sprigs of fresh thyme
1 Tbsp. freshly cracked black pepper
5 juniper berries crushed
4 c. Grapeseed oil or olive oil or duck fat

Place pheasant legs snugly in baking dish. Add salt evenly on top. Add the orange zest, cloves, thyme, juniper berries, and pepper. Rub seasoning evenly into every surface of pheasant legs. Cover dish with plastic wrap and refrigerate for at least 6 hours, the longer the legs are allowed to cure the saltier they will be, and the longer they will preserve. Once the cure is finished, rinse the legs and baking dish. Return rinsed legs to baking dish and cover with the grape seed oil. Preheat oven to

200 degrees. Cook for 4 to 6 hours, or until the meat falls off the bone. Strain and keep the oil. Remove meat from bones, place in an airtight container and add enough strained oil to completely cover all meat. Refrigerate meat and any remaining oil for future use. Serve legs warm or at room temperature or use in the following pasta recipe.

Pheasant Confit Pappardelle

Serves 4

This luxuriously rich dish comes together in one pan (except for cooking the pasta). As for the pasta, a chef once advised me, “The sauce and the pasta are like a man and a woman. The sauce always waits for the pasta.”

Note: Confit meat is slightly salty because of the cure that happens before it is cooked in the oil, so salt the recipe below sparingly until the preparation is finished.



The final tasting should tell you IF you need to add any salt.
1 lb. Pappardelle pasta, cooked
8 oz. white mushrooms, stemmed, cut into 6-8 wedges each
6 oz. fresh asparagus, cut into 1” lengths
1/3 c. chopped shallot
2 Tbsp. plus 1 tsp. grapeseed or canola oil
1 medium clove garlic, minced

2 1/4 c. pheasant or chicken stock
1 c. heavy cream
2 sprigs fresh tarragon
1/4 c. dry Marsala
1/2 fresh lemon
1 c. pheasant confit, medium chop
Salt and pepper to taste

Heat a 10” sauté pan over high heat, add 1 Tbsp. oil and cook mushrooms until moisture is gone, then reduce heat to medium. In a medium bowl, toss the asparagus with 2 tsp. oil, add to the mushrooms and cook, stirring frequently, until asparagus is tender-crisp. Remove mixture to a bowl; set aside. In the same pan over medium-low heat, heat the remaining 2 tsp. oil, add the shallots and a pinch of salt and cook until translucent. Add garlic and cook just until aromatic, about 30 seconds. Add the Marsala, stock and tarragon and gently simmer until reduced by half. Add cream and reduce again by half. Remove tarragon sprig, stir in the mushrooms, asparagus and confit, and gently stir to combine and heat through. Squeeze juice from lemon over the mixture and add salt and pepper to taste. Keep warm until pasta is ready.

Cook the pasta according to package instructions; drain, reserving 1/2 c. of the cooking liquid. Add cooked, drained pasta to pan and gently toss to combine evenly, adding some of the pasta liquid if necessary, to thin sauce. Taste again and adjust

seasonings before serving.
Photo by Wendy Hyde. Original Pheasant Confit recipe from <https://georgiapellegrini.com/2014/03/26/blog/cooking/pheasant-confit/>, with edits. 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](#).

Tidewater & Timber~Fast Pace On The Water

By Chelly Scala

July brings many exciting options on the water. These include, trolling, chumming, casting and bottom fishing. My family loves them all and uses them on different occasions. Small rockfish, cobia, red drum, Spanish mackerel, speckled trout, blues, spot, white perch and flounder are some of the fish which are available this time of year.

Check regulations in your area to find out the size and creel limits. For the Virginia Chesapeake Bay and tributary waters, the website is available at <https://mrc.virginia.gov/index.shtm> or <https://webapps.mrc.virginia.gov/public/reports/swrecfishingrules.php> For the tidal Potomac River waters, visit PRFC websites at <http://prfc.us/pdfs/BLUE-SHEET.pdf> or <http://prfc.us/index.html> for additional information. For Maryland Chesapeake Bay and its tributaries, check websites at <https://news.maryland.gov/dnr/2020/> or <https://dnr.maryland.gov/fisheries/Pages/default.aspx> for additional information.

Currently, when calm winds allow, we love to go



out into the bay and troll the drop offs and channel edges with small bucktails and spoons. We prefer to fish two long shallow lines with 4-6 ounce (oz.)

inline weights. Then two deep lines are fished close. The deep lines work well fished with #1 and #2 planers. The planers take the bait/lures down to about

10-12 and 15-18 feet depths. When the fish hits, the pressure/weight is released and all one fights is the "fish". Watch for areas of bait on the surface, as usually there are big ones under or chasing the bait. Some of my favorite times are watching for bait and sometimes seeing larger fish jump through the bait.

Seeing baitfish can be seen as pods of fish with your meter and can also provide an opportunity to anchor up and chum fish in. First, dribble over the back of the boat some ground up menhaden. This results in chum juices becoming a "slick." Watch closely for your line to become tight and moving off. Set the hook and enjoy the fight.

Yet, another opportunity as you mark or see bait fish is to stay outside of the movement and cast into the bait. We try little bucktails or Clark and Drone spoons, hoping to attract the bigger fish from below.

One of my ultimate favorites is bottom fishing. Even when the wind picks up, and the tide is right, one can almost always find a place comfortable to bottom fish. We love to drift, rather than anchor up, as this provides varying depths and opportunities. Try edges of drop offs or areas with obstructions. One of the easiest set ups is to use a top and bottom rig. Use #1 hooks and a 1-2 ounce weight. Only use the 2 oz. weight if the tide is really running or wind is blowing. For bait; bloodworms, fish bites, squid, shrimp, eel or cut strips of spot are great possibilities. Enjoy!
Danielle Willing with a speckled trout she caught and released in Virginia. Chelly Scala photo.

HORN HARBOUR RESTAURANT

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Fri. 4:00 p.m. to 8:30 p.m.
Sat. Fri. 4:00 p.m. to 8:30 p.m.
Sun 11:00 a.m. to 7:00 p.m.

LOWER LEVEL HAPPY LOUNGE
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804.453.3351

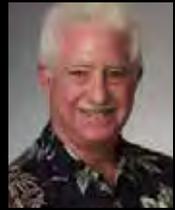
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Poetry in *Style*

Our Time

By Edgar Doleman

At the tiniest of scales
Time seems not to really exist
But at our much grander sizes
Time does everywhere persist

It flies, it crawls, it petrifies
A year that passes like a day
Or a moment that never dies
But lingers though it flows away

When it's past time can be counted
A fixed and measurable line
And the future stays unnumbered
But heart and mind
march not with time

Time has no hold on heart and mind
They like Love exist out of time
Time plays with them,
they play in kind
Which force is stronger, love or time?

Time began but ne'er will cease
Ever flowing, not mine or thine
Yet hearts and minds
go as they please
For Love's eternal, out of Time.

Style f

Spring Forfeit

By Don Loop

The sun comes north in springtime
Op'ning blossoms everywhere
And the sound of songbirds
Swooping, singing fills the air.

But joy this spring was daunted
With fear on every hand
As the threat of covid-nineteen
Like the devil stalks the land.

So, with social life deleted
We 'come hermits in our home
'Till the scourge has been defeated
And the pestilence is gone.



Please contact:

Clif Ames

RFM 804-453-6529

Reedville Fishermen's Museum is a 501(c)(3) corporation

**Please note I am conducting business as usual with some adjustment.*

BOATS FOR SALE

List is Subject to Change



1962 Classic 16' lap strake Grady White with 1961 Evinrude 75HP O/B and trailer. O/B runs well but issues with water pump and shifter. Asking \$4500.



1971 Bristol Corsair 24, fixed keel with 3000 pounds of ballast. Draft is 3.5'; length is 24.5'; beam is 8'. The boat is powered by a 8.5 HP Yamaha in a well. Asking \$3500.

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