

CHESAPEAKE *Style*

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

Fast Times on the Rivers

Back in the day, when I was married, my husband often commented that I could talk about two subjects, dogs and swimming. He had a PhD in nuclear Physics and described his occupation as cryogenic engineer. I had a BS degree in Education. I was a mom and taught swimming.

Dogs have been part of my life as far back as my memory serves. My first dog was a Boston Terrier, DB aka Daniel Boone Dawson. My next memory was my grandfather's dog, Dixie, also a Boston Terrier. During WWII when my father was in the Pacific I didn't have a dog. When he returned home, lived in one room in Richmond, my mother and I travelled by train—C&O RR—to visit on weekends. My mother and I talked and laughed about a dog, dachshunds, 1/2 dog high and dog and a 1/2 long. By the time I was in fifth grade, and we lived in GI housing in Richmond, Santa brought me Little Bit, a black and tan dachshund puppy. She lived 16 years and was my confidant and best friend.

Fast forward. After I was married and Little Bit had crossed the Rainbow Bridge, my husband, my 18 month old son, my one month old daughter, our five month old dachshund puppy, a turtle and 26 house plants travelled to Wisconsin to begin civilian life. More dachshunds followed, much to my husband's chagrin. I would buy a puppy and gift him with it. He never was particularly pleased.

I educated myself about pedigrees and began showing the dogs. One day my dog life changed forever. I met my first German Wirehaired Pointer, (GWP) at a dog show. He did the paw thing, raised his paw at me. "Aren't you the most homely dog I've ever met," I said. And I was in love. In time we added a GWP to our household. I educated myself about working the dogs in the field—I even had a frozen, dead pheasant in my freezer for training. The dog's name was Marchinkinder Rumblebuffin, aka Buffin, for the gentle giant in *The Lion, The Witch and The Wardrobe*.

Time passed, Buffin crossed the Rainbow Bridge, a divorce followed and another GWP was added, Buffrey, a birthday gift for my granddaughter. He was to live with her family and visit me. He spent almost all 14 years of his life with me. His 1/2 sister, Ch Navajo Unexpected aka Sarah, found her way into our life. After moving to Virginia, Sarah—who lived to be 16—had two litters. Some went to forever homes, others came back, more GWPs came into my life.

I enjoyed working with them in NAVHDA—North American Versatile Hunting Dog Association—watch them do what came naturally. Six years ago, two of my GWPs died within a three week period, and BB aka Brassy N Brazen, at age 14, didn't know how to be an only dog. Through a series of events, Brandy, a hound mix moved in and helped keep BB company. Two weeks after BB crossed the Rainbow Bridge, I adopted/rescued Onyx (see July 2018 and June 2019 issues of *Chesapeake Style*, page 2). She crossed the Rainbow Bridge in April, and now it's Brandy, now 10, and me. Until it's not. I don't want to jinx anything, so watch this space next month.

Oh, and my former husband, has a dog, a rescue, and—I'm told—he is totally smitten!



Athena says, "Give a furbaby a furever home." October is National Adopt a Dog Month.
Joy Brenda Burch photo

Style f

CHESAPEAKE *Style*

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Chesapeake Style

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About the cover~

Approximately 530,000 acres of corn was planted across the state of Virginia alone in 2019. On average the United States plants a total of 91.7 million acres of corn per year.

This picture shows corn coming from the shoot of a combine going into the grain cart which is pulled alongside the combine to decrease harvest time by approximately 25%. This photo was taken at Bleak House Farm a Century Farm in Lottsburg, Virginia, owned and operated by the Downing family.

The photo was taken by Images by Larry Jenkins Jr. Larry is an avid photographer who enjoys capturing the essence of the Northern Neck and her people.

A native Northern Neck who loves taking photos of local waterman, farmers, and wildlife. To see more photos by Images by Larry Jenkins Jr. visit his Facebook page

Welcome to Warsaw

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Edna and Claud



boaters can't live without, and the day culminated with a concert by Ron Moody and the Centaurs. However, the highlight of the show, at least for us sailors, was the

By Gerhard Straub

If you missed the Reedville Fishermen's Museum Antique and Classic Boat Show on September 7th, you missed a great time and a really unique opportunity. With Hurricane Dorian blasting up the coast, the show was touch and go for a while, but the weather couldn't have been more perfect. There were 40 boats of various shapes and sizes on display all over Reedville, and looking at all that varnish either

restored bug-eye *Edna Lockwood* and the skipjack *Claud W. Somers* berthed together at the Crazy Crab dock. It was like being transported back in time, seeing two pieces of Bay history sitting at the dock just as if it were the early 1900's.

Edna Lockwood is a classic Chesapeake "bug-eye" ketch that was originally built in 1889 on Tilghman Island by John Harrison. The origin of the term "bug-eye" is not well known. The Chesapeake Bay Maritime

Museum website says that the term may have come from "buckie" which they say is a Scottish word for oyster.

On the other hand, Wikipedia says it may come from the two anchor hawseholes—holes through which the anchor line passes—on either side of the bow sprit which can look like a set of eyes, but I think we can



motivates you to get into the action or makes you run back to your fiberglass baby and give her a big hug!

There was a nautical flea market with all sorts of goodies that we

probably agree that it has generally come to mean a two masted, ketch style rig, with well raked masts, a bow sprit, low freeboard, and shallow draft. *Edna's* hull was built

using nine pine logs as the basic structure, instead of planking as we are accustomed to today.

Bugeyes were originally used for dredging for oysters. The large sail area provided the power to pull dredges while the low freeboard allowed the dredges to easily be brought on deck. Eventually, watermen looked for a boat that was easier to handle and less expensive to build, and the skipjack began to take over the oyster dredging trade.

Being typically a little smaller with only one mast and a self-tending jib, the skipjack quickly became the vessel of choice for dredging for oysters. Even so, with the large sail area, raked mast, bowsprit, and low freeboard, the family resemblance to

by side was like looking at a living representation of the evolution of oyster dredging on the Bay.

The Chesapeake Bay Maritime Museum finished restoration of *Edna Lockwood* this spring and sent her on



a several months long Bay tour this summer which is coming to an end. However, if you missed seeing *Edna* and *Claud* together in Reedville, you have a second chance at the Urbanna Oyster Festival November 1 and 2, as both historic vessels are scheduled to be there. Don't miss it again!

See you on the water. *Gerhard Straub is master of the skipjack Claud W. Somers, which is owned and operated by the Reedville Fishermen's Museum. Photos by Gerhard Straub, Edna Lockwood, Claud W. Somers with Edna Lockwood, Claud W. Somers and Edna Lockwood. Photo by Jim Day, Bowsprit of Edna Lockwood with Claud W. Somers underway in background.*



the bug-eye is easy to see. Built in 1911 on the Virginia Eastern Shore, *Claud W. Somers* is a typical example of the ubiquitous Chesapeake skipjack. Seeing the two vessels berthed side

Imagination Becomes Reality

Style *f*



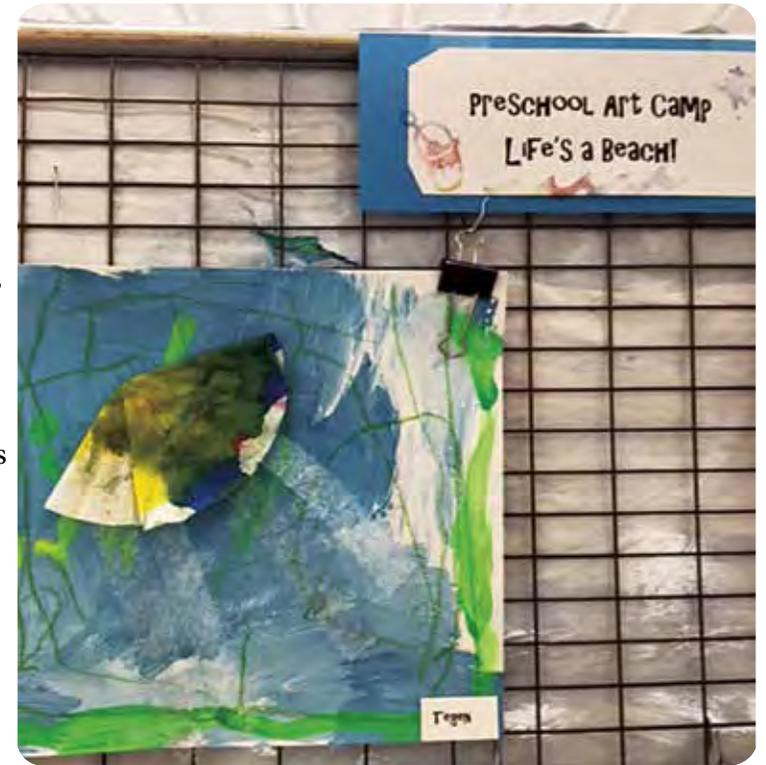
here it is!" They stand by their art and the first thing Mom does is photograph them next to it. They smile broadly, and like every other child that comes after them, they see their imaginations have become real.

The little boy created a Junkbot, a 3D object/scene made of various materials. This project was a special camp: funded by a grant, it drew parents and children together to develop a creative project. His mom tells me that it is a monster watching TV. He shyly explains, Here's the TV set, and the antenna and the plugs, too. His sister created a picture

A parent, whose kids routinely come here in the summer, tells me, I think they like the experience because it's not just about coloring in the lines. They use their imaginations here.

A well worn path flows from artwork to food table then to the craft table. The staff understands young artists; this is where kids collect eventually, doing what they always do when they come here—making art. Using watercolor pencils and making leaf templates, they create more art to take away while the instructor encourages them. That's the best coloring job I've

adults and children empowered everyone to do his or her best and to see the best in each other. Here we get a glimpse of how art impacted not only young artists,



By Deborah Butler

It is an afternoon in August as I get to the Bay School Community Arts Center where the sign reads Kids Art Show Reception. I am surrounded by color, texture and multi-dimensional art—paintings, drawings, pottery, and murals—the results of the Bay School's 14 artistic and creative camps offered every summer for kids ages four and up. I glimpse imagination become reality in these displays on show.

Preschoolers, elementary kids and young teens share their work from Life's a Beach, Artsy Animals, Fairy Camp, Creating with Clay, and Art Du Jour Mixed Media. Sessions were offered in the mornings and afternoons for a couple of hours, sometimes for two or three days.

At 3:30 the first parents and kids arrive. I watch what becomes a pattern for families trickling in over the afternoon. A boy and his sister run for their art works: "Mommy,

capturing the beach. She had so much fun, her mom smiled.

I look up and more fathers and mothers come in the door, the kids flying excitedly to their art displays. The flashbulbs light up the gallery. One dad tells me with pride, "He did way better than I can do."

The kids enthusiastically embrace and admire each other's work. Several parents and kids stand in front of glittering Mermaids.



seen so far, she tells a very focused boy. I am not surprised to see parents and staff join in. Working with art seems to have a way of connecting everyone.

So how does imagination become reality? The imagination unleashed

and fed by the support among, and the collaboration between, these

but their parents and the staff too.

For more on the Bay School Summer Camps and on-going Classes for Kids, go to www.bayschool-arts.com
Deborah Butler photos.

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Style Spotlight~“Ace Is The Place With The Helpful” Repair Service



bigger equipment, including our lawnmower lift.”

“We are proud to have a good following,” Nancy continued, “and many people in this area need servicing for their equipment. But so many of the folks doing those sorts of repairs have retired or moved away, while the need has only increased. So we decided to give customers the opportunity to find service in a timely manner in their local area.”

Lucille Huffman, marketing manager, added, “We’re working to fill a need, a void, in areas where we can do the services. We encourage people to bring equipment

who have been so good to us,” Nancy said. “Because we have a business and sell equipment, we want to be a one stop shop: we sell it, we service it. That’s why we’ll continue to add other lines to meet customer demand. And we have to be ready to service whatever we sell.”

Nancy encourages customers to call and ask about repairs. “If you know what you want or need, we can quote you a price.”



with the retail store on Saturdays.

The most recent addition to the Allison staff is Mike Zacchini, who has spent over 30 years in the glass business and now works on glazing and screening repairs. “As our

By Mari Bonomi

For almost 50 years, Allison’s Ace Hardware has been serving the Lottsburg area and the entire Northern Neck.

Most recently, however, Allison’s has added an expanded repair facility to service just about any piece of equipment that can be brought to their door.

Nancy Fisher, who started Allison’s with her late husband Ira in 1971, explained, “We’re more than just a hardware store doing retail sales. There is a demand in this area for a place to fix things, and we’re centrally located. That’s why we’ve just finished this larger space to accommodate

in for winterizing in autumn, to be ready for spring. It’s better for equipment to be put away clean, and we want our customers to think a season ahead: kerosene heaters in summer, lawn mower in winter.”

“Spring and the end of summer are our busiest time for repairs,” Nancy said. “So when our customers plan ahead for yearly service we can better assist them.”

Another good plan ahead move Nancy and Lucille suggest is having new cords put in lamps and fans.

Allison’s has expanded before. “We’ve added space to bring more product and to refresh the lines we carry to provide to our community

The repair genius is Bill McKenney, manager of the Service Center. Bill is a born here and a mechanic by trade. Bill said, “If you can describe what happened, we can diagnose it and tell you if we can fix it or if it’s beyond repair.”

The first thing Bill always checks, he said, is whether the device has gas in it. “A lot of times weed eaters and blowers have a problem because of using ethanol gas or because the gas was allowed to sit in it for too long.” Bill also recommended buying premixed gas oil blend as the easiest way to keep such equipment working.

He said he’s found all sorts of things, and critters, in some items, such as mouse nests in grills. And some of the kerosene heaters are actually dangerous because they’ve been allowed to get very dirty. “There is always something new to figure out,” he said.

Other tasks are simple, such as installing the ball that comes with the trailer hitch onto the hitch. Allison’s does that sort of work as well.

“The service department is open all business hours Monday through Friday, but customers can leave items

business grew,” Nancy said, we knew we needed to allow Bill to spend his full attention on small engine repair. We were fortunate enough to get someone already experienced in this part of the business.”

The Allison’s website, www.allisonsacehardware.com, has a complete list of the types of small engine repairs and other repair services available from kerosene heaters and power equipment to blade and chain sharpening to screen and storm windows and doors. “More than likely, if you’ve got some power equipment that you can bring in, Allison’s can fix it,” Nancy said. “If it has a motor we can get a part for, we can fix it.”

Allison’s Ace Hardware is open from 7:30 a.m. to 5 p.m. Monday through Friday and from 7:30 a.m. to 4 p.m. on Saturday. They are at 3010 Northumberland Highway (Route 360) in Lottsburg. Phone them at 804-529-7578 or email them at customerservice@allisonsace.com. They’re also on Facebook.

Mari Bonomi photos of Top, l, Bill McKenney, above, Mike Zacchini.



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Spike's Wildlife Almanac ~ The Common Snipe

By Spike Knuth

Despite what you may have heard of snipe as being a mythical bird, in reality it is one of the gamiest of game birds, although seldom hunted anymore. Most snipe are probably taken incidentally by duck hunters. The common snipe or Wilson's snipe is the smallest of our game birds. The name favored by most hunters is Jacksnipe. Other common names include marsh snipe, bog snipe, meadow snipe, or American snipe.

In spring, males preceded the females but when the females arrive one of the most captivating courtship rituals begin. The male will dart around in wide circles high in the sky in roller coaster fashion. As he dips down on one of circuits, his speed increases and air passing over his outer tail feathers regulated by its wings, causes the feathers to vibrate, producing a loud tremolo; a wavering

humming noise.

This is referred to as "winnowing." The elliptical or circular flight path may be repeated a number of times. In part, this is his way of claiming his territory, as well as attracting a female.

The Jacksnipe is a swift flier, flying with irregular wing beats. When it flushes, it utters a repetitious "scaip-scaip" which sounds like "escape," although at times it flushes silently. One curious habit of the snipe is its tendency to circle back over the very spot from where it was originally flushed a suicidal tendency if flushed



by a hunter.

Don't confuse the snipe with its cousin the woodcock, which is plumper with larger eyes and rounded wings. The similarity most

dominant is their long bill that is flexible at the tip, enabling them to probe for food, open the bill while inserted and pinch the prey and with its velcro-like long tongue pull out the food. This long, slender bill is perfectly suited for probing and feeding in the mud. Most of the snipe's diet consists of insect larvae, especially of the crane fly, along with worms, small snails and

small mollusks, leeches, as well as beetles and other terrestrial insects.

The snipe is about 10 to 12 inches long and weighs about 2.5 to five ounces. In flight its wings are long and pointed and its tail short. Its colors blend wonderfully with its surroundings, being mainly mottled brownish-black and chestnut above, while its underside and neck and breast are brownish-white to cream.

A band of rufous red on its tail is a good field mark in flight as is white lines on its back and striped head. They begin their southerly journeys as early as August, with large concentrations reaching the mid-Atlantic throughout September through October. There was a time when snipe were hunted more heavily but the old snipe hunting traditions have all but disappeared.

Original artwork by Carl Spike Knuth



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Style Spotlight~A Little Sunshine, A Little Rain



"Agriculture is a dangerous industry".

I made the mistake of asking Dana if she had ever considered any other career. Not even for a moment. She grew up on this farm run by her father, Edward

By Darleen R. Nichols

August in the Northern Neck, sunny then cloudy then sunny then cloudy and always

Humid. This was a typical August day when I dropped in at Garner's Produce on Route 3 West of Warsaw. I had to take a photo when I stepped out of the car. So many colors. And so many delicious smells wafting to me in the driveway.

My mission this day was to speak with Dana Garner about this business end of growing to learn more about it. Dana impressed me right away as an honest, straight forward young lady who would tell it like it is. One of my first questions to her involved the safety of agriculture and how you can protect workers from those hazards.

Without missing a beat, Dana explained that they have safety training each year for all employees even those who have been there the year before or even years. There is a total of 25 employees plus family members although some of the employees are parttime. Dana followed up this information with

Meade Garner and worked on it her entire life to date. She met her husband in college and he felt the same way about farming.

There are five family members all with different areas of responsibility. Edward and Bernard are the actual farmers, the girls handle the roadside market, the farmers' markets and the greenhouse work. I won't even mention giving birth to the next generation.

Most of you have certainly visited Garner's at least once. And if you've visited once, you most certainly went back. So, I

don't have to go on at length about the vegetables, fruits and canned goods but I will say that they are grateful for the early summer which lengthens the growing season.

That's good for business but involves additional work. No one really seems to mind that at all. The longer they have work, the longer they can keep all of their employees. Parttime is a good place to start for young people who are interested in agriculture for a career. Also, clubs and organizations such as Future Farmers of America and 4-H are a good source of learning about agriculture.

Now let's meet the Garner family. First is head of the clan, Edward Meade Garner. Dana Garner Boyle and Lora Garner are his daughters and Bernard Boyle his son-in-law. Jessica Pitts is a cousin. They are a team as well as a family and it works really well for them. There are two elder daughters who pursued other occupations.

Then of course there's the next generation of farmers on this approximately 100 acre spread. An adorable pair of six year olds: Cora Meade Boyle and Brayden Hackett. Dana does see a future for the small family farms—selling locally with stands and to local merchants who supply restaurants in the area where these small farms are located.

For those of you who don't reside in or near Warsaw, the Garners travel to other area Farmer's Markets. First Saturday of the month, Irvington, May-Nov; Second Saturday, Urbanna, May-Nov; Third Saturday, Heathsville, April-Oct; Third Saturday, Tappahannock, April-Nov and Fourth Saturday to Kilmarnock, May thru October.

"This year's CSA (Community Supported Agricultural) Box Program will be available for pickup from here, not delivered as in the past. This program starts in the fall with seasonable vegetables and fruits. Additional information is available on the website, www.garnersproduce.com." explained Dana. To recap, the boxes must be picked up from Garner's this year instead of being delivered as has been done.

Garner's Produce Farm Market is located at 22645 Kings Highway, Warsaw, They now accept EBT and gift certificates are available. In addition to home grown fruits and

vegetables, they offer a wide variety of other local products such as beef, pork, ice cream, canned items and much, more. The roadside market is open 7 days a week April until Thanksgiving. Check the website



or FaceBook, Garner's Produce, for hours or call 804-761-2412. One of the employees will cheerfully respond to your inquiries. At the moment, they open at 9 a.m.

Don't wait too much longer or you will be missing out of some of the very best of the Northern Neck—fresh vegetables and fruit right out of the garden and off the trees. Their relishes and salad dressings are a bargain also. *Darleen Nichols photos, Top, l-r, Dana Garner Boyle, Bernard Boyle, Jessica Pitts, Cora Meade Boyle, Brayden Hackett. above, l-r, Edward Meade Garner, Bernard Boyle, Jessica Pitts, Dana Garner Boyle, Lora Garner*



Brain Injury~Benefits of Meditation and Mindfulness

By Martha M. Hall

Brain injury is not called the “silent epidemic” for nothing. A brain injury can have life changing effect not only on physical abilities, but also on mental, cognitive, and emotional well being. In fact, even though the body may appear to return to a pre brain injury level of functioning, many brain injury victims suffer with long term physical and emotional effects.

These can drastically affect the ability to reconnect with the self they knew: persistent pain that interferes with the ability to achieve, loss of short term memory function, inability to control anxiety or depression, loss of social skills that results in isolation. Many brain injury survivors face daily what one victim calls “a residue of unworthiness,” and are confused, frustrated, and angry over the loss of who they used to be.

While physical and occupational therapy can help the recovery process, acceptance of one’s new self is a job for the survivor alone, and often that aloneness lends itself to counterproductive thoughts and behaviors, and negative mind games that seem never to stop.

For some brain injury survivors, meditation and mindfulness exercises can help. Taking time to deliberately and quietly focus on one’s self, to go inward for a defined period of contemplation can reap some unexpected benefits.

Meditation, whether independent or guided, can be a way of giving permission to the mind pause, clear out negative chatter and distracting surroundings. Letting go of unrealistic expectations and nagging doubts can be very therapeutic. Meditation allows a time to achieve a level of calm so that other, more positive thoughts can take over.

Here’s a short exercise from www.mindfulness-solution.com you can use to settle yourself into a calming awareness of the present moment:

1. Sit on a straight backed chair or cross legged on the floor.
2. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
3. Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and ideas.
4. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing. Then expand your awareness again.

Sound easy? It’s not, at least at first. Most people find that it takes at least 20 minutes for the mind to begin to settle. It takes practice to

train the mind to let go of anxiety, fear, and worries, but like any serious undertaking, the more you work at it, the better the benefits will be.

Many people who practice regular meditation have found that they think more clearly, have a noticeable reduction in pain, and their ability to tolerate external stimuli increases, making social interactions less difficult. (This exercise, and other information about meditation, can be found in *The Mindful Way Through Depression* (2007) by Williams, M., et al.) For more information on brain injury, contact the Brain Injury Association of Virginia at 800-444-6443 or at www.biaiv.net. The Northern Neck Brain Injury Support Group meets on the second Tuesday of each month at the Bay Transit building in Warsaw from 10:30-12:00. All are welcome!



Reedville Fishermen's Museum



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Style Spotlight~Love People, Like To Cook? Here is an Opportunity



By Tracy Graham Lanum

The Courthouse Restaurant on Main Street in Gloucester has been open to the public for nearly ten years.

The owners, Doug and Kim Hibbs, have sincerely opened their hearts to the Gloucester community. "How we take care of our community is the best thing we can do," said Doug.

Taking care of Gloucester and the

surrounding area is most certainly what they do. For instance, they will be serving a free Thanksgiving dinner with all the trimming from noon to 4 p.m. with thanks to Gloucester for all their support. The Hibbs have done this for many years. Further, they contribute two spaghetti dinner fund raising events each month for ten months per year for a variety of local organizations. The calendar for these events has filled up fast for 2020.

Doug and Kim are not the only Hibbs who run the restaurant. Their son, Josh, was instrumental in bringing to their attention in 2009 that a local restaurant on Main Street was for sale. The entire family "were walking by faith and believing without knowing." They opened their doors to the new Courthouse Restaurant at the end of November of that year.

Now Josh, who is a good chef himself, met a young lady who had been hired for kitchen duties. Dawn became the love of his life and on December 6, 2018 she bore him a son, who they named Aris Ashby Martin Hibbs. Kim and Doug were overwhelmed with joy.

Often Aris is brought to the diner, being held by many of the delighted patrons. You might notice that Aris has quite a long name for a little one. Well, it has a special meaning for both sides of the family. Ashby was the name of the Hibb's son who was electrocuted when a junior in high school along with his best friend, Chris Martin. Dawn's father also has the name Martin.

Doug and Kim have owned this eatery the longest of any other proprietors. They have had only one vacation, which was recently. They went on a well deserved cruise to Bermuda, where Doug had last been in 1978 through 1980 at the Naval Air Station on this beautiful island. They visited with one of Doug's friends who remained on the island for all these years. They loved the relaxed atmosphere they were able to experience after all these years of really hard work.

Returning to Gloucester Kim and Doug began experiencing PTVS—

Post Traumatic Vacation Syndrome. They made the decision to put the Courthouse Restaurant on the market for sale. Said Doug, "My heart's desire is to have someone step into my shoes, caring for the community and the staff." It was a bittersweet decision, as the Hibbs have grown so fond of many people. They have seen children grow up, been to weddings and funerals. "We want to be in God's will. Our faith will lead us in the right direction," said Kim.

Doug and Kim celebrated their 38th wedding anniversary on August 21. Doug mentioned that he and Kim have always wanted to "live their dash," meaning the dates between birth and death. They have lived their lives with joy, kindness and compassion.

Once the restaurant is sold the Hibbs want to travel. "To see and do." They envision purchasing a Class A Mobile Home, traveling to the many (61) wonderful State Parks in these United States of America. While traveling they will have a regularly updated website or web page to allow friends to know where they are, what they are doing and what eating places they have discovered during their travels.

Hogge Real Estate 804-693-2161 has the listing. "Courthouse Restaurant! Thriving Business on Main Street in Gloucester! 98 Seats! 2 Bedroom Residential Apartment Upstairs! Great opportunity for Owner to live and Work on Main Street! All Equipment to convey. There are several leased items, including the Ice Machine, The Dishwasher! Commercial Kitchen." *Doug and Kim photo by Tracy Lanum.*

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Faith Matters~All Creatures Great and Small



A teenage girl with a passion for horses, seeks a college that will admit her, but also her horse, while she nurtures her dream of becoming a large animal vet.

Be they wild or tame, we humans have need in some deep instinctual way to connect with living things beyond our own species. Children yearn for and respond to puppies, kittens, gerbils, a hermit crab to call their own, a tiny fish in a bowl in their room. The bond between a boy or man and his dog is a vision of devotion.

By Torrence Harmon

A flag draped coffin waits for burial. Those mourning the death of the soldier lying in it take turns saying goodbye, but most eyes are on the Shepherd dog lying on the floor beside the casket, a final faithful honor guard. A child cradles a kitten in her arms, rocking it as gently and lovingly as she will one day hold her first child.

An elderly man refuses to leave his house to live out his last days in a retirement home because the white muzzled dog that is his companion wouldn't be welcome there. A woman living alone befriends wild birds outside her window. Even naming the hummingbird that savors the sugar water filling the plastic feeder she fills religiously.



Hospitals and nursing homes realize the healing, calming power of four footed angels, serving as specially trained furry pastoral care providers. Here in river country we build X shaped platforms hoping for an osprey couple and babies.

We revel in the sight of a heron skimming the surface of the river at sunset, an eagle flying overhead, or a fox silently crossing a field as we take an evening walk. Whether we are religious or spiritual or claim to be neither, many of us place a statue in our gardens of St. Francis, the patron of "all creatures great and small" and

honor Francis' vision as our own.

In Creation's story line living creatures appear on the fifth and sixth days: creatures of the sea,

birds of the air, then wild animals, creeping things and domesticated animals. Finally, human beings. On the cusp of completion, the fullness of the world accomplished with the setting sun on that sixth day, to rise on the seventh when the Creator finally rests, savoring all brought into being. A world design that anticipates all creatures living interdependently. Humanity called to also savor the fullness of a created order designed to be abundant for the earth and all life that inhabits it.

Our family has welcomed a Basset puppy, Wally. While his human Mom and Dad are away during the day, Wally rests with a stuffed animal companion, waiting patiently for the return of his humans. Joanna Hyde at home in Lancaster County delights in her backyard family of donkeys, Ellie Mae, Banjo and Sissy. How obvious is the mutual caring of human and beasts.

Nestled beside St. Mary's Whitechapel Church's Labyrinth in the Woods is a St. Francis garden, a place of remembrance honoring the faithful animal companions who peopled their family's lives with loving presence.

This month in October many churches celebrate the feast of St. Francis with a Blessing of the Animals. A mutual three way thanksgiving for and

blessing of relationship: God, God's creatures and God's humans. At the two churches I serve I will number the human beings served that day. Also, the number of beasts, furry, feathered, finned. And, on that day I believe I will sense a Divine heart savoring it all and saying, "It is good." *Joanna Hyde with her donkeys, Ellie Mae, Banjo and Sissy, Ellie Hyde photo. Wally photo by David Brnedle. Torrence Harmon photo of St. Francis in St. Francis Garden, St. Mary's Whitechapel Episcopal Church. The Rev. Torrence Harman is the Priest in charge of Farnham Episcopal Church and St. John's Episcopal Church in Warsaw.*





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Style Spotlight~Fun Biz On 202



By Darleen Nichols

Saturday, August 24 was an extraordinary day. After so many days of a heat index over 100 degrees, I was thrilled to see bright sunshine with a temperature in the very low 70's. I had some errands to run so I took my MiniPinscher, Cassie, and off we went.

Drifting along Route 202 in Hague, I saw an interesting sign. It stated "Fun Biz for Sale" and another sign under that said "Still Open 4 Biz". The sign was at the Left Bank Gallery. I decided to drop in and see "Doc" Dugan whom I had known from

various organization functions since 2015 but had not spent much time in the shop. Cassie went in with me.

Cassie made friends with Doc immediately which surprised me. She doesn't take to strangers especially male strangers. I gazed around the gallery enjoying the beautiful works of art. One in particular caught my eye. A large painting of an Osprey. I learned that Doc had painted this beautiful scene. I was surprised. I thought he framed pictures I didn't know he painted them. At this point, I decided we needed to have a chat so we sat down and nosy me started asking questions. Here the

answers which will also give you the question.

Doc was born in Catonsville, Maryland just outside of Baltimore. He began to love the Chesapeake Bay and the tributaries as a youngster. A love that has lasted until this day. A graduate of the Naval Academy, he served his country for 26 1/2 years and following that retirement worked for about 12 more years in corporate business. He and wife, Bobbie, came to look at some land she owned near Heathsville, fell in love with the Northern Neck and stayed. That love is evident on his website

where he states that his gallery is on "Virginia's Pristine Northern Neck".

I realized at some point that I only knew this talented man by his nickname of Doc. When he told me his birth name, I didn't believe him. I truly thought he was pulling my leg. His legal name is Ferdinand C. Dugan, III. His father got tired of people referring to them as "big Ferdy and little Ferdy" so he suggested that Ferdy the III pick a name from the Seven Dwarfs and III chose Doc.

His wife Bobbie was a very brave lady to marry a man named Ferdinand C. Dugan III. She is a very brave woman who has fought hard to live and met all challenges head on.

Doc recently purchased the building which housed Left Bank Gallery. Up until this time he had been renting. And does he ever have plans. He intends to renovate the building and grounds to make the location more attractive. "I want the location to present itself as the viable professional business which it has always been," he stated. "You can see some progress now. I'm

shooting for late fall to have the renovations completed," he added.

Doc's intention is to stay in the business for the next two years even though it is still for sale. If the business is sold, Doc will stay with the new owner for at least a month to train him or her on all the aspects of custom framing that he learned from 24 years of experience and formal training by the premier moulding supplier Larson Juhl. Now one must travel to Tappahannock, Richmond or Fredericksburg .Doc isn't sure that the quality of framing in many locations will not meet the preservation standards to which he adheres rigidly.

The art in Doc's gallery includes originals by local artists, limited edition prints by nationally recognized and popular Virginia Artists and posters. The mouldings for framing are an exhibit in themselves. If you can't find something there to frame your artwork I would be shocked.

Although he didn't express this verbally, as Doc talked about renovating his building and grounds, I got the feel that what he really envisioned was a rebirth of Hague. Now that the economy is doing so well and the interest rate is so low I hope this will come to pass. Hague would be a perfect location for an antique shop, a book store and perhaps an old fashioned ice cream parlor.

Should you want to check out The Left Bank Gallery, you can find it at 8487 Cople Highway (Rte.202), Hague. The hours are Tuesday through Friday from 11-5 and on Saturday from 11-2. Since Doc is the only one in the Gallery the answering machine will indicate the information. The best number to contact the Left Bank Gallery is 804-450-6030. Stop in and visit soon. I'm sure you won't be disappointed. *Marie Stone photo.*

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and a variety of other agriculturally themed sweets — candy corn's perky tricolor technology was considered to be mind blowing.

Today, because its look, color, and design haven't changed, you might be tempted to think of candy corn as the fruitcake of Halloween. However, this isn't fair. Candy corn doesn't have

raisins, fruits, or nuts in it, and perhaps because it doesn't, Americans consume almost tons of it each year. Enough to "circle the earth 4.25 times" according to the back of a Brach's candy corn bag.

Now, that's not chicken feed. Even by inflated marketing standards.

But if candy corn isn't chicken feed, then what is? And if chickens could go trick or treating on Halloween, what treats would they bring home to their coop?

Unlike cats and spiders, chickens sit Halloween out, maybe by choice but more likely by temperament and tradition. They just aren't scary enough, and they don't seem at all interested in wearing witch hats or carrying a small broom to ride on. Also, they're not keen on cob webs.

At Halloween, health conscious chickens eat real chicken feed, a

mixture of soybean meal, canola meal, corn, wheat, other grains, and wheat midds—leftovers after wheat has been milled—washed down with a little water.

But if invited to a Halloween party and asked to fill their pecking bowl with special treats, they'd select



oatmeal, no matter what time of day. Add a little maple syrup, cinnamon, or bananas and you could say they were on their way to poultry heaven—perhaps prematurely?

Another treat high on a chicken's wish list for Halloween is cottage

cheese, straight up or mixed with vegetables. A pumpkin, hit with a mallet to break it open, is also a chicken favorite. And although it seems a bit cannibalistic, frozen scrambled egg pop—scrambled eggs and water frozen in a cupcake pan—are also winners. The egg

pops are put in a bowl that acts much like a chicken drive thru or take out window, and each coop customer can select her pop and then drop it on the ground to enjoy. But a chicken's pièce de résistance, it's candy corn skittles and M&M combo treat to die for is—you may have guessed by now—Mealworms! Yes, the larval stage of darkling beetles. Yum. Yum. Irresistible. And to think, these little menu favorites thrive on carrots and potatoes year round and have never tasted even one kernel of candy corn.

By Ellen Dugan

It's not Halloween without candy corn. We've been eating it for over a hundred years now. And we don't show any sign of stopping.

Ranked number six among Halloween treats (behind Skittles, M&Ms, Snickers, Reese's Cups, and Starburst, but ahead of Hot Tamales, Hershey's, Tootsie Pops, and Jolly Ranchers), candy corn was born near Philadelphia in the 1880s, but didn't come of age until the marketing savvy Goelitz Candy Makers out of Chicago saw its potential.

They advertised candy corn as "Chicken Feed" and sold it in a box featuring a red rooster proclaiming the pretend vegetable inside to be "something worth crowing for." And, indeed, having vanquished its earlier rivals—confectionery creations such as four leaf clovers, chestnuts, turnips,

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Style Spotlight~Best Kept Secret Behind Heathsville Courthouse



integral part of what we do. They help with the creative process, regardless of whether they buy anything," Gerri assured me.

Gerri Kowalski is a weaver, using a modern loom to produce useful items for the present and future. People often mistakenly think of weaving solely as a historical endeavor, however, the goods

she produces are significantly superior to cheaper machine made counterparts. For example, her dish towels actually dry the dishes! She weaves with both 100% cotton



and 100% bamboo threads, which she purchases directly from the producer, to ensure their quality.

She makes shawls, scarves, baby



blankets, golf towels, and other household items are used by families as far away as Los Angeles, Hong Kong, and New Zealand. She loves working with people to give them exactly what they want and does not charge extra for inventing or customizing products for them.

"The sound of Gerri's loom helps set the pace for the entire building," Barb Straub shared, sitting comfortably behind her sewing machine. She has a bag for everything and thinks everything needs a bag, jokingly referring to herself as "Barb the Bag Lady". She makes a number of other creative and useful products too and likes helping people solve problems. One person kept repeatedly

spilling things in or on her pocketbooks, ruining them, so Barb made her a new pocketbook out of outdoor fabric that could be cleaned.

Another client needed a wheel cover for an antique boat, which presented an interesting challenge. One of her more popular items is a colorful, padded cover for a seat belt, which prevents it from cutting painfully into one's neck. "I'm crazy about fabric!" she enthused. "I want it to tell me what it wants to be."

Janice Stewart, a decorative painter and artist, uses a similar process to breathe new life into used furniture and other household items. She started her adult life with a career in business, relying heavily on her analytical mind. She retired young, moved to the Northern Neck, and joined a theater group, where she began exploring her artistic side as a set designer.

While reading plays, she realized she could envision a set, make detailed architectural drawings, and then create it in real life, which was empowering. She paints furniture and other items to bring out their

character in unique ways. Janice enjoys bonding with her fellow artisans, explaining, "We all start with nothing, envision what we want it to be, and then make it. That's what we all have in common."

Pam Miller agreed as she worked to repair a necklace someone had brought her. She gathers beads and stones locally from a variety of sources, and instinctively seems to know which ones go together to create aesthetically pleasing jewelry. Items made from sea glass are



particularly popular, and all of the sea glass she uses was found here in the Northern Neck. Her exclusive handcrafted designs are surprisingly affordable. "I keep my prices low to sell quickly, so I can keep making more jewelry," she confided.

This sentiment was also expressed by the other passionate artisans, who came across as more interested in sharing their talents and obtaining more materials to keep creating new things than in turning a profit. All of them emphasized how much fun they had working there, their camaraderie creating a warm, welcoming atmosphere for visitors and volunteers alike.

RHHT is at 73 Monument Place, Heathsville.

Katie Bavuso photos. Top, l, Gerry Kowalski, Barb Straub, Janice Stewart (above), Pam Miller, l.

By Katie Bavuso

While Rice's Hotel/Hughlett's Tavern is locally famous for the fresh homemade

donuts they sell at the Heathsville Farmers Market, their Heritage Arts Center Gift Shoppe and Tavern Café are open every Thursday, Friday, and Saturday, 10 a.m.-2 p.m.

The cafe offers a different menu every week, staffed by volunteer kitchen artisans who make everything from scratch, using local produce and other local ingredients when possible. The menu usually includes soups, salads, sandwiches, quiches, and sweet treats. The homemade bread used for sandwiches is also available by the loaf.

Everything in the building has been made by local artists, including the pictures on the wall and the stained glass. The studio artists in residence craft their masterpieces on site, where customers can watch, and all enjoy interacting with the public. They appreciate feedback and most are open to creating custom pieces specifically suited to meet the needs of individual customers.

They delight in answering questions about how their items are made, as well as getting input and bouncing ideas off of others. "Our visitors are an



Gardening in *Style*~Drying Flowers

By Nancy Shelley

With Fall upon us and Winter looming, bright fresh flowers will be leaving us until spring. There is a way though to have beautiful flowers to brighten your days all winter long. Simply plan ahead and dry some of your favorites now while we still have some beautiful blooms left.

Harvest now and begin experimenting as some blooms dry much better than others. Pick blooms that are at their peak or that are just getting ready to open.

There are many ways to dry your blooms and I suggest a lot of trial and error. The old fashioned way was to harvest a bouquet, remove the leaves, tie them together and hang them upside down in a warm, dark and very dry place. About a month

later, they should be dry and ready to stick in a vase. This process is good for many kinds of blooms but really does not work that well for very delicate flowers.

The microwave method is good for those that want instant gratification. Place a paper towel in the microwave and then place each individual blossom on top of it without letting them touch or overlap. Place another paper towel on top of them and then a

microwavable plate to keep them flat. Microwave for a minute and a half

and check to see if they are crisp. If not continue to microwave in 30 second increments until crisp. Again, not all flowers dry well or dry on the same time schedule. Just keep practicing.

Other methods include using a food

dehydrator or a regular oven. If using a regular oven, set temperature at 200 degrees and check them every fifteen

minutes until they get dry and crisp.

Whatever method you choose, make sure flowers are completely cool before handling and it is a good idea to give them a light spray of hair spray to keep them from shedding.



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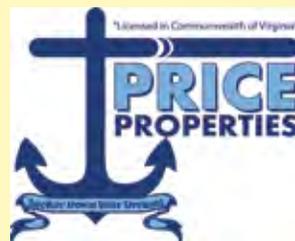
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Style Spotlight~Soft Environment For Hard Topics



many books. Being a dog lover, I particularly liked the little tea towel which noted that “My Therapist has a Wet Nose”. I didn’t really think that referred to Mary Sudduth who has more degrees and titles than I can list. Lovely, soft instrumental music played in the background while I waited for Mary. I’m sure this was intended to relax and comfort clients who were visiting. It certainly had that affect on me.

Mary Hunter Sudduth, BA, MSW, LCSW has practiced in the field of social work since 1993. Mary fits her surroundings to a T. She exudes warmth and caring as does the décor. She is an interesting and most informative

conversationalist. Our conversation interested me to the extent that the interview lasted two hours.

Mary’s Clients range in age from 13 to their 90’s. Quite a few are people

who have just retired and facing life’s first big transition. After the first euphoria of not having to get up and go to work each morning passes, the question arises “What now?” Travel? Part time job? This is made even more difficult if the job has defined the individual.

In addition to retirement, aging individuals often face other life changes such as the death of a spouse, dealing with the changes in technology, moves they may have to or chose to make as part of retirement or adapting to illnesses and the aging body. Many of these changes, even the good ones, can lead to symptoms of depression and anxiety.

The death of a spouse, or other loved one can bring forth multiple difficult changes—financial stressors, paperwork, moving—and could move the grieving process to the back burner. If retirement has also included a move to a different locale, this can be a stress inducer.

New home, new people, new church, new doctors and healthcare providers—everything to be learned over. The comfort zone is gone. Relationships may undergo a change during this stressful period.

Older people who are still working have the electronic age to face. It is imperative that one use computers, smart phones and all of



to give us a longer life span and with conditions that would have been fatal a few years ago. “When dialysis was first developed,” said Mary, “the purpose was to keep patients alive until their transplants were received. Now dialysis goes on until other organs shut down. Renal failure is now treated as a chronic condition”.

Grief counseling is done on an individual basis unless enough people who want a group are available “The longer we live”, offered Mary,” the more loved ones we lose. Help is needed to adapt to multiple losses”. We face the loss of parents, a spouse, a best friend or the worst of all a child. One or more such losses may also spell the end of a marriage especially if the loss is a child.

There is so much more to discuss about the aging process, death and grief that we don’t have time to discuss.

Pause to think on this for a moment. Depression, anxiety, PTSD, and many other like conditions do not signify that the person suffering one of these disorders is crazy—it

means only that life has handed them another type of pain. They are no different than someone who has suffered a stroke or a heart attack.

The only difference is that the stroke and heart attack patients have a physical therapist and the mentally/emotionally wounded have Mary Sudduth. They are truly blessed to have her.

Darleen Nichols photos.



the other paraphernalia associated with business and life in the 21st Century. They question their ability to learn new things, to keep up with the technology accompanied by worry about possible job loss.

Is that new home suitable for someone in a wheelchair, on a walker or bedridden. Is everything on one floor? Is there sufficient space to maneuver a wheelchair or walker around in the rooms and through the door frames. If there is an emergency, how far away is emergency medical help? Medical Science has been able

By Darleen R. Nichols

One enters Wellness Place into a homey, comfortable setting comprised of sofas, easy chairs, and

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Kohls Island Reserve



exiting the jetty off the Little Wicomico River, we spotted the mile long strand of beautiful white sand beach. "Let's pull up on the beach and take a swim" I

By **Bill Graves**

It was the summer of 2002, and my future wife Ruby and I were on holiday. We were staying in the Solomon's. We had taken our boat, and we were exploring the Chesapeake. We'd cruised over to Smith Island one day. On another day it was Tangier Island. Next it was over to Reedville, where we had lunch at the Crazy Crab.

We needed some fuel, so we cruised to Smith Point Marina, where we met the owner Dan Hickey. It was mid-day when we departed, and the temperature was in the 90's. After

suggested, and so we did. It was an awesome experience having such a beautiful spot all to ourselves.

Fast forward to 2004, and Ruby and I were on a mission to redefine our lives. We had just come off of a year long road trip around the country. We were looking for a new place to live. We considered San Diego California, Sedona Arizona, New Port Ritchie Florida, Santa Fe New Mexico, plus a few others. All these locations were a thousand miles away from family, and nowhere near the Chesapeake Bay.

Realizing just how important these

two factors were, we starting looking for property in Maryland. We visited St. Michaels, Easton, Cambridge and Pax River. But nothing seemed to click. My brother Alan and his wife Sue were in the process of building a home on Owens Pond in Reedville, so we decided to cross over the Potomac onto the Northern Neck. We agreed immediately that it was the perfect place to call home.

The beach we loved became our backyard. Since that first visit, it's been 17 years, and I'm guessing over 500 beach days and counting. The name of the beach is Kohls Island Reserve, but local folks just call it Smith Point Beach. The land is a conservation site operated by the Virginia Outdoors Foundation. It was officially donated to the foundation in October of 1977 by Vera O. Kohls.

It's a mile long spit of sand consisting of 80 acres, located at the mouth of the Potomac and Little

Wicomico Rivers. It is composed of a coastal beach, salt marsh, ponds, and a mixed pine and hardwood forest. The habitats on Kohls Island support over 200 species of birds. Mammals like the gray fox and river otters are also common visitors.

It's the people who really love this beach. Sometimes you can have it all to yourself, and sometimes on a holiday you will find 60 boats and a few hundred people. Everyone respects this valuable asset and its importance in the quality of our lives.

It's not unusual to see someone picking up trash that may have washed ashore. We all leave it spotless, just as Vera would've wanted. She left it in perpetuity to us and all future generations. We are eternally grateful to that kind lady. *Bill Graves Your Reverse Mortgage Expert 804-453-4141 or 866-936-4141 bgraves@va.metrocast.net*

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November is National Family Caregivers Month

By Jean M. Duggan

Family caregivers want their loved ones to have the best care possible—at the doctor's office, at the hospital, and at home. Bay Aging staff encourages family caregivers across the region to ask questions, explore options and share in the care decisions that affect the health and wellbeing of their loved ones.

This year's National Family Caregivers Month theme is Be Care Curious. Family caregiving is stressful, but the more you know, the more confident and capable you will be when providing care. This November begin learning more about your loved one's care. Knowledge is power!

Be Care Curious About –

Your loved one's goals. You know your loved one better and spend more time with them than anyone

else. Talk with them about their goals for treatment and care in general. It can be hard to talk about goals when facing a disease, but these discussions help make sure your loved one is getting the care he or she wants.

Treatment options. Is your loved one responding well to treatment? If not, ask the doctor if there are other options. Whether it is a different medication dosage, a new medication, or a new procedure, speak up. Ask the doctor if there are options you and your loved one should consider.

Research. The internet is a great research tool, but it can also be full of conflicting, and even dangerous, advice—so don't stop there. Be curious about the article you just read. Is it from a reliable source? Talk to friends, family and doctors to ask as many questions as possible to learn about your loved one's condition.

The Care Plan. If your loved one is in the hospital, be sure to ask what happens next. Will home care be needed after discharge? Are there new medications or procedures you will need to manage at home? Will you be trained on what to do and how to do it? A lot of care happens at home after discharge so you will need to be prepared to provide it.

Coverage. Don't be shy about asking questions about insurance coverage. Is your loved one's Medicare plan the best option or should you change plans during open enrollment? Was a medication switched for a medical reason, or because the insurance no longer covered it? If coverage was denied, what can you do about it and what are your options?

Bay Aging. Family caregivers often feel alone and don't know where to turn to find answers and help. Our

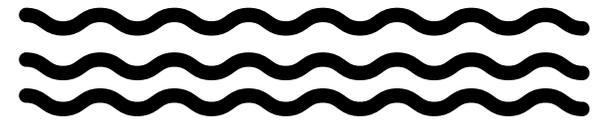
qualified staff will help you navigate your way through all these questions and deliver the services you and your loved one needs. Bay Aging staff will answer questions about setting goals, Medicare and other health insurance, home care assistance, transportation needs, transitional care from hospital to home, housing needs and more.

Taking care of people is what we do every day. As you embark on your Be Care Curious journey, remember that Bay Aging can assist you every step of the way. All you must do is call 800-493-0238!

Jean M. Duggan is Development Director of Bay Aging

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FALL FESTIVAL OF PRAISE



With Weather, A Little Paranoia Goes a Long Way

By Ann Eichenmuller

As Hurricane Dorian inched its way up the East Coast, we faced the typical boater quandary—what preparations should we make to protect our boat? Our area was under a tropical storm watch, which meant a possibility of prolonged winds of anywhere from 39 to 73 miles per hour. At the same time, most forecasts suggested the hurricane would head offshore at Hatteras. What to do?

We drove to the marina and found everyone there confident that Dorian would miss us altogether. In fact, a number of boats had come up from the York River to seek the safety of our creek. No one had removed canvas or doubled lines—our usual practice when a hurricane might arrive. We hemmed and hawed and finally settled on folding up the bimini top and headed home.

That night, some of the forecast models showed the storm might move slightly west. I tossed and turned, worried we might get a more direct hit. At 4 a.m. I checked the weather, and sure enough, we were under a tropical storm warning. By 7 a.m., we were headed back to the boat, where we took down the sails and doubled the lines. It took us less than a half hour, and it guaranteed peace of mind.

As luck would have it, the Northern Neck was spared. But there is one lesson we've learned in a lifetime of boating—it is easier to prepare than repair. Whether it is a hurricane or a nor'easter, we have seen what happens when folks wait till the last minute to secure their boat. The wind is blowing, it's starting to rain, and suddenly lines get tangled, tempers get frayed, and stuff gets broken. Shoving four hundred square feet of wet sailcloth down a hatch is hard on

the sail—and it doesn't do much to improve the appearance or smell of the cabin.

And then there are the boaters who don't prepare at all. They come in from a day on the water and step onto the dock without a backward glance, leaving sail covers off, canvas unzipped, lines untied, and the jib loosely furled. Not only is their boat not ready for a hurricane—it's not even ready for a thunderstorm. When we lived aboard our boat, we kept a bag of bungees on hand to secure our neighbors' sails and lines when the wind blew—not because we are good Samaritans, but because the sound of slapping sheets and ripping canvas kept us up all night.

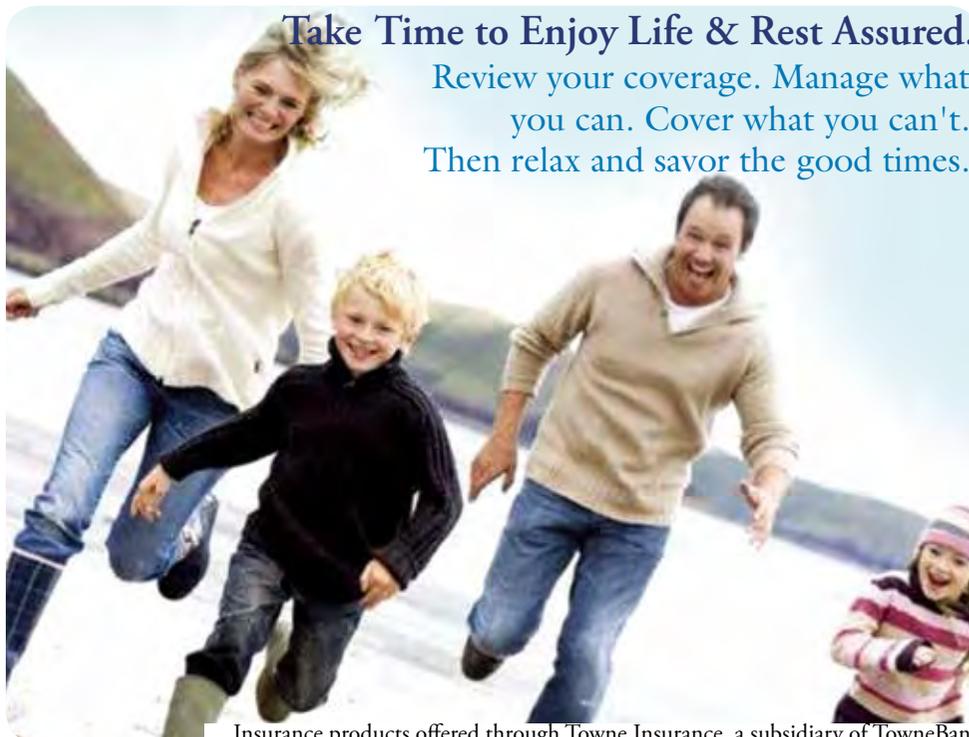
As we enjoy the beautiful days of fall, it is easy to forget we still



have two months of hurricane season remaining. So keep a weather eye—because a little paranoia goes a long way. *Ann Eichenmuller is the author of the three nautical murder mysteries, including her latest, The Lies Beneath, available on Amazon and Barnes & Noble. Follow her on Facebook and Twitter, or visit www.liesmurdermystery.com.*

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Prohibition on the Northern Neck~Part One



The ferry E.T. Sommers ran twice daily for 14 years from McQuires Wharf in Nomini VA to Leonardtown Wharf MD, and was locally called the Whiskey Ferry. Photo: Mariners Museum.

trying to dry up our Nation's river: they innocently returned every weekend to their affluent yacht clubs "loaded in the gunwhales" with Potomac distilled liquors. The author often worked as a lowly paid longshoreman in unloading the booze from these "high-class run-runners."
Municipal Fish Wharf

Alexandria Gazette newspapers noted weekly raids on the hundreds of wooden arks along the Virginia shore from Rosslyn to Quantico. The largest raid ever on the river shores was "on 19 June, 1923 at Hoadley near headwaters of Neabsco Creek... netted 30,000 gallons of whiskey and

By Randy Mardres

Prohibition on the Northern Neck? Well yes I can speak a few words on it. Everyone who knew it first hand are gone now but...well there are a few tellings. First, to settle into the mood I'll mix a rickey as it was before when Colonel Rickey concocted them up in Washington—with bourbon not gin.

That was before there was a prohibition: no making, no selling, or transporting or even drinking anything with more than a smidgen of alcohol after 1920 when the 18th amendment to our Constitution went into effect. In spite of the new

law people were living boisterous, good times; some said they were "roaring". This was the first more people in America lived in cities then in rural areas with jobs and new stuff to spend their money on.

But things were not as good here on the Northern Neck. In a few short years the oyster harvest on the Potomac went from more than a million bushels a year to 25,000. Farmers were practically giving, when they could, their potatoes away. A lot of hard work and hard luck.

But we on the Neck were already used to prohibition. Beginning in 1903 when Virginia passed the Mann Act; rural areas like here,

without enough police, were not allowed to have a tavern or bar serving alcohol thus ending a practice going back to before George Washington's grandfather's day.

The closest for anyone to go for a night out was Colonial Beach or West Point. Thirteen years later The Commonwealth went dry it passed its own prohibition then four years later with Virginia's help the nation went dry.

Hardworking men with increasingly harder means to feed their families then were confronted with the 18th amendment. As one said regarding bootlegging "Its more profitable and fun than running—transporting—fish or tomatoes to market". A waterman in his boat could carry to market either 12 bushels of grain, as harvested, in baskets, hoping for a sale or could ferment, distill then neatly package the results of 72 bushels for an almost guaranteed sale.

He might carry shipments under oysters or other produce to market. The small farmer with a wife and kids, with a small fifteen gallon still, could earn enough extra to get by. It has been estimated 50% of the local population was involved in the business—it has been estimated that 90% of the families were involved.

Moonshine did flow. Boats in Colonial Beach and Coan were built with false bottoms designed for the popular, stackable cases of the half gallon mason jars. Some

operations were larger. Steve "Cadillac" Murphy produced 500 gallons a day from a series of stills in St. Mary's County Maryland.

He would load a couple, specifically modified automobiles, generally a Cadillac and a Chrysler, on the *E. T. Sommers*—operating only during the years of national prohibition—the "whiskey ferry" as it is still known today, at Leonardtown, Maryland, to drive off on the Nomini River near Mt. Holly to serve needs locally on the Northern Neck and beyond in Richmond.

That's the short of it but with revenuers being pushed off docks, confiscated cases disappearing from lockups and stills being found everywhere including in the bow of a government patrol boat there is more to tell. Maybe another day.

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Style *f*

The Power of Community Volunteers



accomplish all that we do without the expertise each staff member brings to the table or without the dedication of our faithful volunteers.

I often think about the quote "Be a part of something bigger than yourself." These words resonate with me because I do this every day as part of the food bank team. Every staff member and volunteer plays an integral part in our daily operation. People helping people.

I had the opportunity

to join a mission team in Jamaica this year. Not the Jamaica you visit on a cruise but the poverty stricken neighborhoods that make up the rest of the island. A place where poverty is a way of life but happiness and joy still overflow.

By Cindy Balderson

At first glance, the words "this truck runs on community support" are clear and concise at the top of the food bank's refrigerated box trucks. In reality, our entire organization runs on community support. We could not



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As our group worked to help this community, they in return touched my heart in a way I never thought possible. I experienced so much joy and camaraderie. It was heartwarming to simply focus on the task at hand and the people I was helping.

Just recently the realization hit me that I do the same thing in my job every day, right here at home.

This led me to wonder how many of our volunteers giving their time and talent get that same sense of accomplishment and joy from helping those in need. I believe if you volunteer your time it should be doing something that you love.

If you love helping people, doesn't knowing that you have helped even just one child, struggling family or senior, make volunteering worthwhile?

It goes beyond just giving your time. It is creating and building a sense of community and camaraderie.

Sharing that joy with others, that sense of accomplishment and the knowledge that you're giving hope to someone who may only feel despair. Imagine how that can change the face of volunteering. Just imagine.



The simple act of stuffing envelopes, sorting non-perishable food items or picking fresh produce is giving hope to someone that you may never meet but you know that you are making a difference in their life. How amazing is that!

Gandhi once said "The

best way to find yourself, is to lose yourself in the service of others." It's really just that simple. Our team at the food bank is dedicated to being at the center of change for generations to come because we make a difference in someone's life every day and you can too! We welcome you to spend some time with us at the food bank where we have the heart for helping

people and can always do more for those who need us most.

To learn more visit hhfb.org or call (804) 577-0246.

Cindy Balderson is the Vice President & Development Director of Healthy Harvest Food Bank in Warsaw. Cindy Balderson



photos, Top, l-r, Lewis Kemp and Art Cox, Washington District Elementary School 5th Grade Safety Patrol delivering donations, Dream Fields Ball Team volunteers gleaning sweet corn at Holyoke (Forrester) Farms.

Which Witch?

By RuthE Forrest BCTMB

As a massage therapist, I'm frequently asked which type of massage is best. I understand the confusion. A proliferation of new research in the past few years has spawned an increase in techniques addressing specific injuries. And more people are willing to try less invasive treatment before enduring increasingly costly surgical interventions.

Increasing demand requires increase in supply. A whole new crop of bodywork practitioners are specializing in a variety of new and exciting modalities, and improving on traditional ones.

My first advice, no tricks, ensure your therapist is licensed. National Board Certification or other specific certifying licensure for their particular specialty is preferred. States vary in requirements for massage therapists.

In Virginia, we're licensed by the Nursing Board, which requires continuing education to maintain licensure. LMT is a licensed therapist, and CMT is the designation for Certified Massage Therapists. Virginia also recognizes national board certification designated as BCTMB, Board Certified in Therapeutic Massage and Bodywork. This is akin to the difference between an LPN and an RN; it requires passing a board exam, demanding a higher level

of continuing education and practice.

My next suggestion to the novice is to receive Swedish massage for their first experience. This standardized protocol uses 5 basic strokes that all flow towards the heart, and is beneficial for every body system. It's very relaxing, and will familiarize them with the "how to" of receiving professional bodywork; draping, proper pressure and such. If the stresses and strains of everyday living in a body have worn you ragged, then Swedish massage is a mighty healer. Like millions of others, I receive it regularly for health maintenance.

If your hurt's deeper than a few aches and overstress stiffness, then you need more specific work for your healing adventure. Deep Tissue Massage (DTM) and Neuro-Muscular Therapy (NMT) are two modalities that can help clean out restricted muscle fibers; allowing the body to rebuild healthy new

structures that improve functionality and ultimately reduce pain. This work is not relaxing, however. It takes commitment on the part of the client as well as the therapist, as do most healing events. I have seen the body totally restructured under the hands of a talented therapist. If you regularly push yourself past the limit, or need soft tissue rehabilitation, this is your path.

Sports enthusiast suffering from chronic pain? Consider receiving myofascial bodywork. It utilizes assisted stretching techniques to retrain fascial connective tissues, effectively healing chronic restrictions. Cancer survivor? You may require Lymphedema massage, a gentle stroking technique that helps move sluggish fluids to relieve swelling. There are many options to address specific needs.

The thought of getting undressed to receive abhorrent? Acupressure,

which utilizes finger pressure on Traditional Chinese Medicine meridians; Reiki energy balancing; Reflexology; or Chair Massage, where you sit backwards in a special chair as the therapist addresses the back, neck and shoulders are all received fully clothed.

Professional websites help if you don't have a friend to refer a therapist in your area. The Association of Bodywork and Massage Professionals ABMP at www.expectmore.com is an excellent resource, as are state licensing board sites such as www.va.dhp/nursingboard.gov.

Don't let vacation be the only time you treat yourself to bodywork. And don't let your life go by without receiving a nice full body relaxation Swedish massage either! We have several really great bodyworkers on the NNK! *Call me for more information at Spa 2 U 804-453-5367.*

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Summer Sanctuary

By Joe Phillips

Hear the owl back in the woods?
and Hear the small ones rustle
through the grass and leaves.
Ripples on the water laugh as they
play against the shore
Can you hear those breezes sigh
through the grandfather pines?
All of these speak of old, great
mysteries.
See the stars over head?
Arcturus Twinkling overhead, like an
old friend, he reminds us, he hasn't
changed, he's still around.
And look, Sagittarius lazing across
the southern sky. Antares tells us, "all
is well"
Jupiter with her moons, and Saturn,
overhead, bright as ever!

The Moon, Queen of the night with
her entourage,
the Milky Way. Her million stars,
each one created and known by the
Creator.
Each one He has counted, each one
He knows by name.
In this place, there is found room for
all of Yah's creatures. All Are welcome,
be they damaged or overwhelmed,
tired or worn down. Even so,
welcome friend, here find peace, here
rest and heal.
Listen for the Holy One, in this place
you can hear his voice.
He speaks through his creation.
Listen. He will speak to you.
See and observe his handiwork all
around us.

Earth, water and sky are ever
changing, never still, yet always they
remain.

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Joe Phillips photo.



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Ditches of Mathews County ~ Is There More To The Story?



By Carol J. Bova

In last month's article, I questioned why the Virginia Department of Transportation (VDOT) added 12 tons of patching on top of a roadway section that had a "significant sag." The patched area ran more than 130 feet, from shoulder to shoulder. The condition of the pipe under it had been previously rated as poor and was on an annual inspection schedule.

A year after the patching, just before the next inspection was due, the 84-inch galvanized storm pipe under the road failed. The roadway over the pipe collapsed into the stream below. This Northern Virginia (NoVa) VDOT District sinkhole incident on July 4, 2019, was dramatic and got a lot of news coverage.

The patch was clearly visible in images of the sinkhole as it engulfed a parked car. The VDOT managers I contacted about the pipe failure referred me to their Public Affairs office. The staff person there was responsive to my questions and helpful, but the answers raised additional questions. The public affairs officer said, "Had the depression been visible to the inspection team, it would have been noted and the severity of the culvert

identified. Had the inspectors been aware of the significance of the settlement, the General Condition Rating may have decreased from a 4 to a 3 and that would have triggered a different response (probably road closure) in advance of the failure."

The NoVa residency acted promptly on the citizen's August 6th report, and the patch was completed on August 9, 2018. But the inspection team wasn't alerted that a significant change occurred.

In October, 2018, the Fredericksburg District saw more than 150 roads affected by Tropical Storm Michael. Many were closed briefly due to downed trees and power lines.

But there were washouts and large pipe failures too. In King and Queen, VDOT replaced a triple line of 36-inch drainage pipes, and repaired a void underneath the road's drainage pipes and travel surface.

In Northumberland County, VDOT replaced a damaged set of four 96-inch drainage pipes with a triple set of concrete box culverts. Each one measured 12 feet by 10 feet. They replaced two 60-inch drainage pipes with two 72-inch reinforced concrete drainage pipes and installed pipe headwalls.

In Stafford County, crews repaired a void and replaced a damaged 72-

inch corrugated metal drainage pipe with a 6 foot by 6 foot concrete box culvert, and in Westmoreland County, repaired voids underneath two roads and replaced washed out sections.

VDOT repair crews are taking care of the pipe failures and repairing the roads. Why aren't inspection teams catching this number of pipe failures before the roads collapse? This isn't a local issue. It's happening throughout the Commonwealth. How many major pipes had been leaking and washing out support of the roadway and how many were beyond their useful life? When roads sag or shoulders slump, is there no procedure to trigger an inspection and investigation?

Or is there more to the story? Is there a financial motive where no one will challenge the restoration of a failed road, but planned maintenance would leave less for Smart Scale projects? Only those at the highest levels in VDOT know. *To learn more about the issues The Ditches of Mathews County addresses, read Drowning a County: When Urban Myths Destroy Rural Drainage. It's available at Amazon.com*

Photo Credit: Virginia Department of Transportation. Thank you to the



VDOT Public Affairs staff for their help and courtesy. Top, 1, Route 201, Northumberland, Above, Route 612 Antioch Road, Westmoreland County, Below, Route 3 Lancaster.



Style Spotlight~Rainbow Self Storage, Part of the Community



"I have four grandchildren, Haley and Hunter Newsome and Britney and Cassie Thomas. I enjoy doing things with them. I play with a card group once a week, and of course, I have my church family—that's all I have time for." She is proud of her company, Rainbow Self

By Carol J. Bova

Joyce Jean Hudson is glad to be part of her Northern Neck community. She said, "I was born and raised here, been here all my life. I used to know everybody, but there are a lot of new people now too. My family lives here, so there's always something going on.

Storage. "It's a good business. I made it work. I'm just so grateful to have this so I can make a living and live an ordinary country life."

Rainbow Self Storage is the company Joyce Jean's late husband, Benjamin "Bennie" Hudson Jr. started 31 years ago in Lottsburg.

Bennie began with ten units, added on to those, and in 1993, expanded to another facility in Colonial Beach. Joyce Jean married Bennie, a widower, in 1994, and they continued to expand, first to Montross and then to Warsaw.

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

Joyce Jean said, "He walked me through how to troubleshoot mechanical problems and take care of everything. There were some ups and downs, but it all worked out. It was a blessing to have this business so I could take care of him and still keep the business going. When Bennie died in 2007, it was hard to keep the business going, but I did."

Asked what helps her cope when times are difficult, Joyce Jean said, "The Good Lord. I pray a lot, and I have my family and friends. I'm very grateful and thankful." Joyce Jean has continued the business on her own and bought the auction house in Lottsburg in 2016 and converted it to 19 climate controlled and 15 regular units. She said, "We've grown from 10 to 500 units. Bennie had a good insight about what was needed and what to do. Crystal Thomas, my daughter, has been working with me in the office since 1997. Chuck Newsome, my son, now does most of the maintenance work. I used to do it all, but now he does the heavy lifting."

Her business meets the storage needs of a lot of people in her community. Rainbow Self Storage has all sizes of units from 5 x 5 to 10 x 30, regular and climate controlled, except in Montross. They have outdoor storage for RVs and motor

homes in Colonial Beach and Warsaw. All the locations have security with automatic gates, lights and fences all around. The next plan for the business is to add one more climate controlled building in Montross.

Call Monday-Friday, 9 to 5. 804-529-6200, 800-474-6060. The four current locations are Lottsburg, 2502 Northumberland Hwy, Montross, 17265 Kings Hwy, Colonial Beach, 2029 James Monroe Hwy, and Warsaw, 14218 History Lane Hwy. www.rainbowselfstorageva.com/

Marie Stone photo.

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What Did I Do?

By Kenny Park

On our way in to Richmond, we had been talking, first about food from her country (her state in particular) and as the conversation went on, she had mentioned that the baby was her second child, that she and her husband had a boy several years earlier, while they were still in their home country, and that he had died.

It was a fairly routine trip. A child was referred by his pediatrician to a specialist in Richmond for a concern that is not uncommon, especially if the pediatrician is as attentive as this one is. It was a “just making sure that everything *Is*, in fact, alright with the child” kind of

visit. He turned out to be fine.

As we pulled away from the doctor’s office, she asked me if I would like to take them to eat somewhere. Since I hadn’t yet eaten lunch—or breakfast, for that matter—I readily agreed, and we stopped at a restaurant less than a mile away.

After we were seated and our orders taken, we talked about the pluses and minuses of having children as younger adults or older adults, and eventually went back to the conversation we had begun in the car. She wondered aloud if there was something she had done, or maybe her husband, to cause them to lose their first baby. She wondered why bad things happen—specifically, to her. I asked her to tell me the story.

He was born healthy, as far as

she knew. When he was two weeks old, as she was breast feeding him, a student nurse came into her ward and told her that the baby needed to be given...some injection. As soon as she started to give it to him, he began to have a seizure. The nurse assured her that “this is normal”, but still yelled for help from other staff.

They moved some distance away from her and were talking in whispers, and then took the baby away. He lasted another week. The doctors told her that he died because ‘his heart had stopped for 30 seconds.’ She keeps a slightly blurry picture of him on her phone. He’s hooked up to a respirator and has several other lines and tubes coming out of him.

After he died, she asked for a copy of his chart.

They refused to give it to her.

She asked again, “What did I do to deserve that?” I quickly answered “nothing.”

Although there ARE things that happen as a consequence of our actions, there are other things that happen just because we live in a broken world. There may well have been a medical error that resulted in her first child’s death. From the way she described the response of the staff, that would seem to be the case, and while it does make it a little less mysterious to understand the event as the result of human error, it in no way diminishes her pain and her suffering. She vowed that she would never have another child in her country.

Lord have mercy.
Christ have mercy.

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¿Qué Hice?

Por Kenny Park

Camino a Richmond, habíamos estado hablando, primero sobre la comida de su país (su estado en particular) y continuando la conversación, menciono que el bebé era su segundo hijo, que ella y su esposo tuvieron un hijo varios años antes, cuando todavía estaban en su país de origen, y que había muerto.

Resultado ser un viaje bastante rutinario. Su pediatra refirió a un niño a un especialista en Richmond por una inquietud algo común, especialmente si la pediatra es tan atenta como esta. Fue una visita para "solo asegurarnos de que todo ESTÁ, de hecho, bien con el niño". Resultó ser el caso.

Cuando íbamos saliendo del

consultorio médico, me preguntó si me gustaría pasar a comer a algún lado. Como todavía no había almorzado (o desayunado), acepté, y nos detuvimos en un restaurante a menos de una milla de distancia.

Después de habernos sentado y tomado nuestras órdenes, conversamos sobre las ventajas y desventajas de tener hijos como adultos más jóvenes o adultos mayores, y finalmente volvimos a la conversación que habíamos comenzado en el automóvil. Se preguntó en voz alta si había hecho algo ella o tal vez su marido, para que perdieran a su primer bebé. Se preguntó por qué suceden cosas malas, específicamente a ella. Le pedí que me contara la historia.

Él nació sano, por lo que ella sabía. Cuando tenía dos semanas

de edad, mientras lo amamantaba, una estudiante de enfermería entró en su sala y le dijo que el bebé tenía que recibir ... una inyección. Tan pronto como ella comenzó a dárselo, él comenzó a tener una convulsión. La enfermera le aseguró que "esto es normal", pero aun así gritó pidiendo ayuda de otro personal. Se alejaron un poco de ella y hablaron en susurros, y luego se llevaron al bebé. Duró otra semana. Los médicos le dijeron que murió porque "su corazón se había detenido por 30 segundos". Ella mantiene una imagen ligeramente borrosa de él en su teléfono. Está conectado a un respirador y le salen varias líneas y tubos.

Después de su muerte, ella les pidió una copia de su expediente.

Se negaron a dárselo.

Ella volvió a preguntar: "¿Qué hice para merecer eso?" Respondí rápidamente "nada".

Aunque hay cosas que suceden como consecuencia de nuestras acciones, hay otras cosas que suceden solo porque vivimos en un mundo roto. Bien pudo haber habido un error médico que resultó en la muerte de su primer hijo. Por la forma en que describió la respuesta del personal, ese parece ser el caso, y si bien termina que sea un poco menos misterioso entender el evento como el resultado de un error humano, de ninguna manera disminuye su dolor y sufrimiento. Juró que nunca tendría otro hijo en su país.

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The Driftwood and Friends Cookbook



Author, Pam Standbridge

Review by Darleen R. Nichols

The word Driftwood to me was as the bell ringing was to Pavlov's dogs. I'd hear someone say let's go to the Driftwood or we just went to the

Driftwood and I'd begin salivating. When my husband and I moved to the Northern Neck in 2006, the first thing we learned were the names of the best restaurants in the area. The Driftwood was always number one and we soon learned why.

It was difficult to find a seat but the wait was well worth it. I went into mourning when I heard they had closed. Seafood is my ambrosia and theirs was the best. I spoke with Pam Standbridge a couple of days ago and asked if I could include a recipe from her cookbook in this article and she said yes. I told her that my favorite was the seafood platter and I couldn't remember eating anything else there. She could hardly believe I ate that huge platter myself but I did. I have a witness too. My cousin, Sissy Smith, was a waitress there and knows I could eat the whole thing.

I was so happy to hear that Pam had decided to write a cookbook

and include recipes from the Driftwood in it. Pam and her mother, Ruth, who preceded her as owner held their recipes very close. You would always get a friendly smile when asking for one but that was all you got. No recipe, ever.

For the newcomers who don't know the history, the Driftwood was started by Pam's mother, Ruth, and most people called it Ruth's. You'll learn from this book that "In the busiest season, we would use 100 pounds of crab meat over the weekend", said Pam. Pam's husband, Spencer, was the bartender and a better one I haven't met. I never



heard anyone complain about their drink being too weak. Spencer also worked a fulltime job as well so summer was a busy season for him. The restaurant was open from Easter to Thanksgiving. During the summer

months the parking lot overflowed and vehicles lined the streets.

One thing I heard often was from the staff and they spoke of what fun it was to work there. It appeared that they looked upon themselves as one big, happy family. I believe this is why the service was so great. They all pitched in to make sure the diners had what they needed even if they weren't assigned to that table. This kind of teamwork guarantees success in any business.

The Driftwood and Friends Cookbook debuted on August 31, 2019 at Murphy's Seed Service and what a crowd there was even before 10 a.m. when the signing of the book was

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to begin. I arrived at 10:45 and stood in line for an hour to get a book. It was painful because after you had your book signed, you visited a table with a delicious array of snacks.

Rebecca Gillions and Jan Ohrmundt-Demyen as well as many other friends contributed recipes to this book but the first segment is dedicated to the Driftwood Recipes. All of these friends worked together to make sure the cookbook had a wonderful selection of Northern Neck recipes included from yesteryear and from today. Who could ask for anything more.

I would highly recommend that anyone truly a devotee of seafood purchase this book and put it to good use in the kitchen not on the bookshelf. I have permission from Pam to print one recipe and I chose this one: Driftwood Crab Imperial
Driftwood Crab Imperial
Serves 4

Ingredients:

1 lb jumbo lump crab meat
2 tsp Worcestershire sauce
2 tsp capers
2 tsp dry sherry
1 tsp Old Bay Seasoning
1 C mayonnaise
2 dashes Tabasco Sauce

Directions:

Mix all ingredients together.

Place crab mixture in lightly greased casserole dish.

Bake at 350 degrees for 20 minutes to heat through

How could anything so delicious have so few ingredients. I'm no gourmet cook but I think with these directions I could make this. I certainly plan to try.

The day of the book signing the entire supply of cookbooks was sold rather quickly. 300 copies gone. 400 more copies have been ordered and

168 of the 400 have been spoken for already. "I had no idea that people would want it as badly as they did", stated a very surprised Pam.

I sincerely wish Pam and Spencer Standbridge the very best in their retirement. Is it too much to hope for that they might run a cooking school one or two evenings a week to teach someone else to run this amazing business? Think about it – please. Thank you two and all of the people who staffed The Driftwood during the years for some memorable moments in great dining. You are certainly remembered and missed.

As we go to press, all of the cookbooks have been sold but a second printing is being done and should be completed in a couple of weeks. You may reserve a copy now by calling Murphy Seed at 804-472-3712. When available again, the cookbook will be on sale at Murphy Seed in Mount Holly.
Darleen Nichols photos.



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Chef Andre's Fried Green Tomatoes

INGREDIENTS

- 4 large green tomatoes, sliced 1/2 inch thick
- 1 cup whole milk
- 4 whole eggs, beaten
- 1 cup House Autry chicken breader
- 1 cup cornmeal
- 1 cup panko bread crumbs
- 2 1/2 t salt
- **SECRET INGREDIENT**
- 1/2 t coarse black pepper
- 1/2 t granulated garlic
- 2 cups vegetable oil



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Wild Style Cuisine~German Venison Goulash



By Wendy Hyde

October marks the beginning of deer hunting season across Virginia and in many other parts of the country. Hunters using archery gear take to the woods, followed in early November by muzzleloader enthusiasts, and general firearms deer season begins on November 16. Responsible hunting begins months before the actual hunt with marksmanship practice and continues with proper field dressing and care of the meat before and during processing. Proper handling will ensure safe, flavorful meals for you and your family.

If you're new to hunting or have not had the benefit of a mentor to teach you these skills, processing your own meat can be an intimidating task. The best way to learn is with a coach beside you, talking you through the steps, helping when you have trouble, and answering questions as you go. If you don't have a friend or family member to call on, taking a class is a great option.

Recently the Virginia Department of Game and Inland Fisheries began offering hands on deer processing

workshops to teach hunters how to skin and butcher deer. Classes have been offered in Northern Virginia, King William and Virginia Beach, with more to come in other areas.

Participants learn about transporting deer, recommended tools and equipment, safe meat handling and storage, and cooking guidelines. They put that information to use by processing a deer harvested locally, taste a sample of venison cooked during the class, and take a little meat home to prepare for themselves. Check the VDGI class locator page to find an upcoming workshop (<https://register-ed.com/programs/virginia/67-other-hunter-education-opportunities/>) or contact a Regional Office to find out about getting one to come to your area (www.dgif.virginia.gov/about/offices/)

This month's featured recipe is a hearty family favorite that can be made with several cuts, including a roast or steaks. The homemade roasted red peppers add depth of flavor and produce a smoother texture than diced fresh peppers. This Goulash is even better the second or third day. Served with a chunk of warm pumpernickel bread, it's a satisfying start to the fall season.

German Venison Goulash

2 lb. sweet yellow onions, 1/4" dice
2 Tbsp. bacon fat or unsalted butter
2 lb. venison stew meat, diced into 1/2" cubes
2 Tbsp. tomato paste
2 cloves garlic
1 tsp. caraway seeds
1 tsp. dried marjoram
1/2 tsp. ground black pepper

1 1/2 Tbsp. sweet Hungarian paprika
1 Tbsp. smoked paprika
1 c. dry white wine
2 tsp. Worcestershire sauce
2 Tbsp. red wine vinegar
1 1/2 Tbsp. dark molasses
3 c. beef stock
2 large roasted red bell peppers, 1/4" dice (see recipe below or use jarred, store bought peppers)
2 bay leaves
Kosher salt
Ground black pepper
Sour cream
Chopped fresh parsley
Caraway seeds, lightly toasted

Peel and chop the garlic, add caraway seeds, mince together and set aside. In a Dutch oven over medium heat melt 2 Tbsp. bacon fat, add onions and a pinch of salt and cook, stirring frequently, until onions are golden brown, about 20 minutes. Add garlic mixture, marjoram, tomato

paste and both paprikas and cook for several minutes, stirring frequently, until paste begins to brown lightly. Stir in meat, wine,

Worcestershire, vinegar, molasses, beef stock, roasted peppers and bay leaves. Bring to a boil, reduce heat to a simmer, cover and cook, stirring occasionally for 1 hour. Remove lid and continue cooking for another 30-45 minutes until



meat is very tender and sauce is slightly thickened. Taste and adjust seasonings with salt and pepper.

Serve in soup bowls garnished with a dollop of sour cream, toasted caraway seeds and chopped fresh parsley. A small amount of horseradish can be added to the sour cream for a more robust topping.

Roasted Red Peppers

Preheat oven to 450°. Line a large baking sheet with aluminum foil then place a wire rack over the sheet. Distribute whole, clean, dry peppers evenly over the rack. Roast peppers in the center of oven, turning occasionally, until blackened in places, about 30-45 minutes. Transfer peppers to a large bowl, cover with plastic wrap and let stand for at least 10 minutes. Remove stems, skins and seeds using a paring knife. Store in an airtight container for 3-4 days or freeze on a parchment paper-lined sheet in a single layer. Store frozen peppers with a piece of parchment or plastic wrap between each.

Photos by Wendy Hyde. All recipes included are original by Wendy Hyde unless otherwise noted. She can be contacted at wildstylecuisine@gmail.com; follow her on Instagram as [girlgamechef](#).





Tidewater & Timber~Get Ready for Fall Fishing



plentiful and great fun to chase and catch. The Virginia Marine Resources Commission (VMRC) Chesapeake Bay fall Striped Bass season opens October 4 and has significant changes. There is a minimum size of 20 inches and a maximum size of 36 inches. Possession Limit

the below websites for changes and restrictions before fishing. Check out VMRC at <http://mrc.virginia.gov/index.shtm>; Maryland fishing at www.eregulations.com/maryland/fishing/striped-bass or Potomac River Fisheries Commission (PRFC) at www.prfc.us/fishing_potomac.html or contact them by phone at 800-266-3904 or 804-224-7148.

The Lower Potomac and Southern Maryland's Chesapeake Bay continue to be alive with bluefish and stripers. When trolling for blues, planers work great to keep baits at different depths. When trying to keep lines more shallow, #1 planers fished outboard work great. For deeper fish, #2 planners inside and deeper are also great tactics.

When trolling at slower speeds for stripers, In-line trolling weights in 4 to 6 ounce sizes should be used. Use 20 to 25 feet of 30 pound test monofilament leader with barrel-snap swivels at the connecting end to the sinker. Popular lure choices for trolling continue to include larger Clarks, buck tails with 4 inch sassy shads or twister tails attached; medium size drones and Crippled Alewives or Tony Acetta spoons. Stripers may be competing with

the blues for schools of baitfish, almost anywhere in Virginia's Middle Chesapeake, the Lower Potomac and Southern Maryland Bay waters.

Chumming is another great option and works when one creates a chum slick with ground menhaden oil. When a good slick is created, the fish are attracted to the bait, which is drifted back into the slick. Let your bait drift back into the slick with no terminal tackle. Always have your net ready to scoop up your catch.

If you catch your fish or it's too rough to fish and the decision is to head for the woods, there are also plenty of opportunities to enjoy. Archery season for Turkey and Deer starts October 5. Don't forget to check the Virginia Department of Game and Inland Fisheries (DGIF) website for any restrictions. Pay attention to travel and feeding patterns of the species being pursued. Make a checklist for your gear to include clothing, safety harness and the safety status of your tree stands. Checkout www.dgif.virginia.gov/hunting/regulations/deer.asp for regulations. Try to share your success with those in need and checkout the Hungry Feeding the Hungry at www.h4hungry.org/
Scala photo.

By Chelly Scala

As we get ready for fall, the Northern Neck area has so much to offer, whether you like the water or the woods. October is an exciting month to enjoy with family and friends and includes many opportunities. So wind down and get ready to put some good fish and game away for the winter. On the water, bluefish have been

is now 1 per person. These regulations cover the main stem of the Virginia Chesapeake Bay and Virginia Chesapeake Bay tributary rivers, except rivers emptying into the Potomac River. At press time, it was uncertain whether changes will exist in the Maryland Chesapeake Bay and its tributaries as well as the Potomac River regulations. Therefore, always double check

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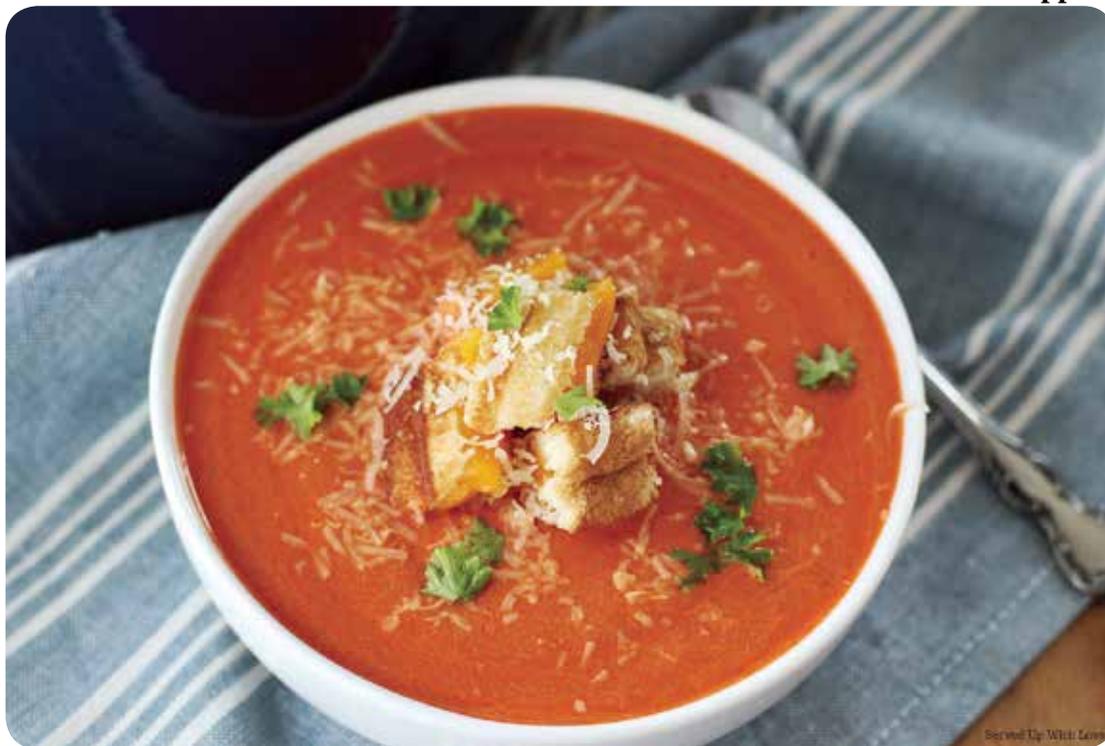


1 quart half and half salt and pepper to taste
Garnish; croutons, shredded Parmesan, or your favorite toppings

In a large saucepan, melt butter over medium heat. Add basil, saute for 2 minutes. Add crushed tomatoes and garlic. Reduce heat and simmer for 20 minutes. Remove from heat, let cool slightly. Working in batches, transfer tomato mixture to a blender and puree. Or use an immersion blender. Transfer back into saucepan and add half and half, mixing well. Reheat soup over medium low

By Melissa Haydon Creamy Tomato Soup

A thick, creamy, and super flavorful tomato soup that is so



easy to whip up, you will never miss your go-to canned soup. Of course, grilled cheese sandwiches are a must alongside this creamy soup. See my great tip below for the best grilled cheese sandwich.
1/2 cup butter
1 cup fresh basil chopped (can also used dried)
2-28 oz cans crushed tomatoes
2 cloves garlic, minced

heat, add salt and pepper to taste. Serve with your favorite toppings.
Grilled cheese tip: The key secret to make the best grilled cheese—Mayonnaise! Instead of slathering butter on the outside of your bread, slather on mayonnaise. It not only adds to the flavor but it makes the outside crispy and golden brown. I know it sounds crazy, but you must try it.



Apple Cobbler Dump Cake

Fall is my favorite time of year. This easy to make 4 ingredient Apple Cobbler Dump Cake is one of the best fall desserts! I tend to make this cake a lot and take to any family gatherings we have during the fall. This dessert warm out of the oven with a dollop or two of vanilla ice cream is like heaven.
2 cans of apple pie filling
1 box of yellow cake mix
1 1/2 sticks of butter, melted
1 teaspoon ground cinnamon

Pour the two cans of apple pie filling into the bottom of a 9 x 13 casserole dish, sprinkle with cinnamon, cover with dry cake mix, drizzle melted butter all over the top of the cake mix. Bake at 350 degrees for 45 minutes to an hour.
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.

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More Edna Lockwood



Above, Sue Mardres of Hyattsville, Maryland in Colonial Beach, with Captain Rosie DiMatteo, on the Edna Lockwood docked in Colonial Beach earlier this year. Randy Mardres photos.



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