

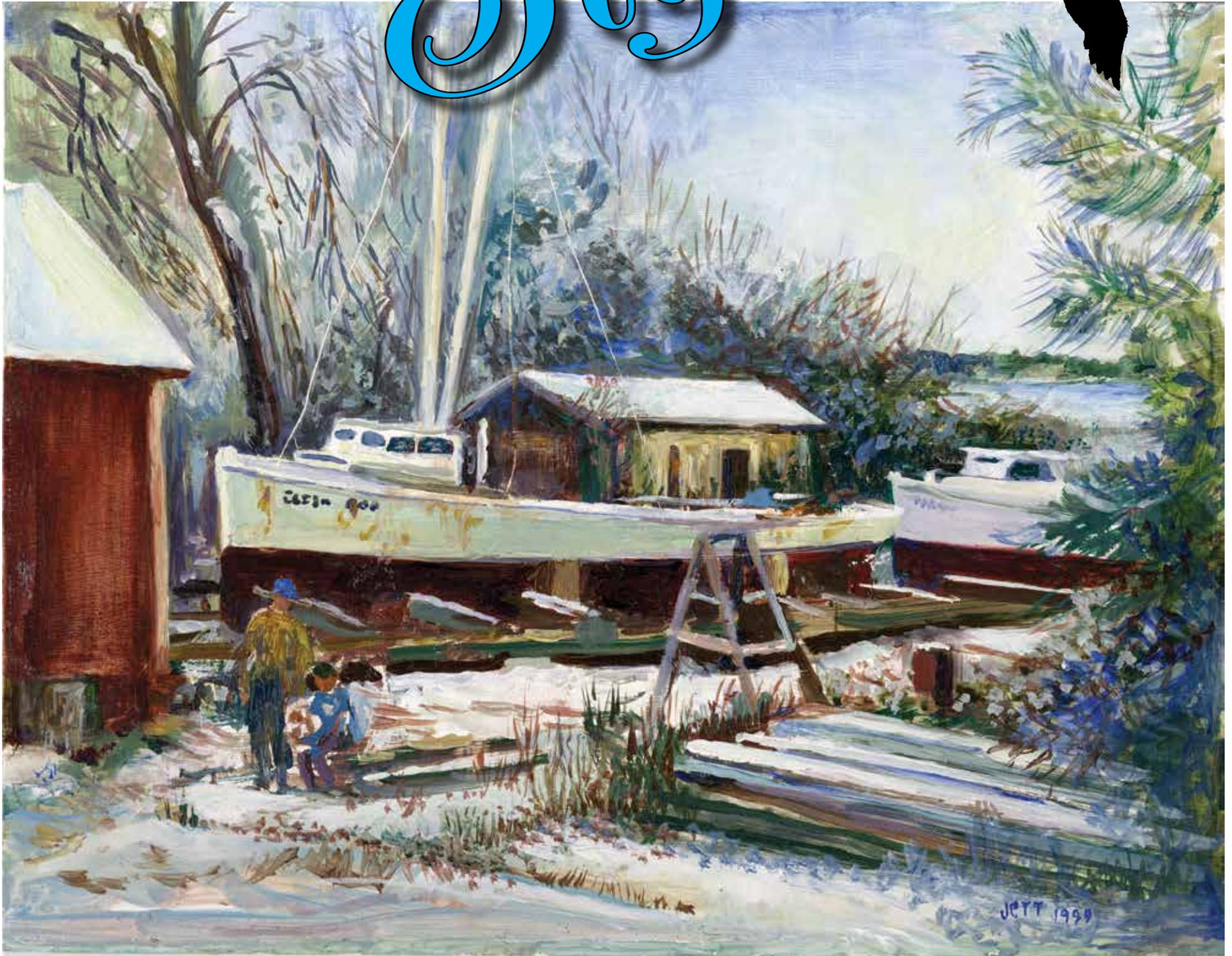
# CHESAPEAKE

# PRICELESS

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# Style

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

## Fast Times on the Rivers

I am guessing that everyone on the planet, in every country, every state, every city and town is more familiar than they would like to be, with the virus. I have made it a point to continue to call it *the virus*...lower case, no other name.

The media and the rest of the world insist...continue to insist..upon capitalizing its name and force feeding us with the other names, until it's become ingrained in our brains, in our subconscious minds.

That virus, and all of its accompanying baggage, has become the primary reason the year 2020 has been such a disaster for all of us.

In this issue of *Chesapeake Style*, I am pleased and proud that our writers have managed to turn lemons into lemonade! To accentuate the positive! Sing! Sing a Song! Make your own sunshine, Don't Worry, be happy! Bloom where you're planted. Dance is if no one is watching! I used to dance, loved it and never cared who was watching. Now I chair dance! Still fun! Yes, to be Thankful! How refreshing!

Other writers have written about their children's lives, articles I have found fascinating. I hope you will, too.

Many years ago I had a German Wirehaired Pointer. At age 12 he became a cancer survivor, and lived a wonderful life for two additional years. The time came when his legs failed him and it was necessary to help him across the Rainbow Bridge. As I waited in my car for my vet to come out, Buffrey sat and barked at everyone. When I mentioned this, through my tears, my vet said, "His mind is ok, but his body has failed him."

To add insult to injury, in addition to the challenges of every day living in an old tired body, it has not yet failed me, but it has added a nasty insult. About my diagnoses, as my mother would have said, "you won't die from it, you will die with it."

And so the world turns

*A Snowy Day at Butler's Boatyard, Reedville, Virginia,*  
Oil painting by David Jett.

Surrounded by Cockrells Creek on three sides, the town of Reedville has always relied on boats, essential to harvesting the abundant seafood of Chesapeake Bay and its tributaries. Maine native, Elijah Reed, established a fish factory here soon after the Civil War, netting and processing schools of the menhaden or

*Style f*

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The mission of *Chesapeake Style* is to serve and celebrate the Chesapeake Bay Region and its people, past, present and future. Letters to the editor are welcome.

The editor reserves the right to edit all submissions for clarity, lousy spelling or any other reason that strikes her fancy.

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Chesapeake Style

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## About the cover~

bunker for oil and fertilizer.

Sam Butler was engineer on the fishing steamer *E. Warren Reed*, before establishing his marine railway and boat building shop in Reedville about 1906. Still active today, the business has remained in the Butler family for over a century, boasting three generations of boat builders.

David Jett grew up nearby to the ring of hammers and saws and the smell of fresh lumber, wood

shavings and copper paint.

He is curator of collections and exhibit designer for Richmond County Museum in Warsaw and Essex County Museum and Historical Society in Tappahannock.

# Style Spotlight~Richmond County Museum



By Ann Eichenmuller

One glance at the Richmond County Museum's Facebook page and you can tell folks on the Northern Neck love their history. Every photograph historic preservationist Michele Brumfield posts there brings back a flood of memories—like the snapshot of Sam Vanlandingham's Barber Shop from 1937.

"I can remember that I was so small when I first started getting haircuts that I had to set on a board placed across the armrest of the chair," one resident reminisces.

"He sponsored me in a local beauty pageant when I was in high school!" another recalls.

Those community comments are a reminder of something Shakespeare once wrote: "There is a history in all men's lives." From Native Americans to farmers, shopkeepers to soldiers, the Richmond County Museum strives to capture the stories of all of the men and women who shaped this county from the prehistoric to the present.

It is a mission the Museum has been undertaking for nearly three decades, and in this time of COVID, sharing that history through

social media is especially important. Michele, who scours old newspapers for the unknown and unique, says the most popular posts are often those about buildings, especially those in Warsaw.

"I believe they invoke memories of a specific time, person, or event in their life. When these memories are shared, we add the information to the collective history of the county and town," she explains. "For those isolated at home, it is a safe way to connect with the community."



Her research is sometimes guided by community members' questions; on other occasions, she has appealed to the people of Richmond County for help in filling in gaps in local history, like her post about the Mulberry School in Emmerton.

"We enlisted the aid of the public to help identify the African American children photographed in front of their one room school. After several months, we were able to put names with faces. It was then I realized the power of using social media for the greater good," Michele says enthusiastically.

While social media has allowed the Richmond County Museum to continue its mission of preserving, protecting, and interpreting artifacts even during a pandemic, many of the Museum's other functions have been curtailed. Restrictions on indoor venues meant temporarily closing the door of the Museum's home in the 1872 Old Jail on the Courthouse Green; limits on public gatherings and health concerns also prompted changes to the Museum's two annual fundraisers: the Historic

House Party and the Tree of Love Program.

Usually scheduled in the fall, the Historic House Party includes a tour of the house and gardens, a catered meal, music, and exhibits to browse.

Unfortunately, this popular event had to be canceled for 2020. And while the Tree of Love will continue its twenty seven year tradition on the first Sunday in December, there will be no public event.

According to Museum Curator David Jett, community members

can still donate a light in memory of a loved one as in previous years, and those names will still be placed in the Museum Book of Memories. However, the program normally held in the Historic 1748 Courthouse, which includes a brief sermon by a local pastor, caroling, and the reading of the names of those memorialized, will not take place due to health concerns.

While 2020 has proven a challenging year for everyone, The Richmond County Museum included, Jett is optimistic.

The Museum did qualify for a COVID 19 Relief Grant of \$7,250, and it continues to receive support from Richmond County, the Town of Warsaw, and many devoted volunteers. And Michele is looking forward to the new year and the opportunities it presents. After all, she points out, "There is never a dull moment when learning and sharing something new with everyone!"

For anyone interested in supporting the Museum through the Tree of Love, you may choose a white light "in memory" or a red light "in honor" for a minimum donation of five dollars; a green "life memory" or "life honor" light is lit for a \$100 donation.

If you would prefer to give your time or talents to help the Richmond County Museum, you can become a Museum volunteer. To learn more, contact Curator David Jett at 804-333-3607 or email [museum@co.richmond.va.us](mailto:museum@co.richmond.va.us). The Museum is on the web at: <https://co.richmond.va.us/visitors/richmond-county-museum>, and you can check out their Facebook page [www.facebook.com/RichmondCountyMuseum](http://www.facebook.com/RichmondCountyMuseum). *Photos courtesy Richmond County Museum.*

## Style Spotlight~Cupid's Arrow Flew from Wausau to Warsaw



By Darleen R. Nichols

**L**ove can strike us like a lightning bolt in the strangest places. How about in graduate school when one changes their major and travels a long way from her home to attend this school? The other a native son of Virginia whose plans went awry when he was injured in high school. This was one of those romances that was just meant to be, wouldn't you say?

Matthew Jewell is the grandson of the Jewells who sell sheds and gazebos in Richmond County. He was born in King William County but moved to Richmond County at the age of 10. As a youngster, he dreamed of playing professional sports or doing something for a career that utilized the math he so dearly loved.

Fate, however, had something else in store for young Matt. He was injured participating in sports during high school. At the age of 16 he met Brian Belfield having his

injuries treated. As a result of this meeting, he became interested in the various aspects of therapy.

Matt received an under graduate degree from James Madison University where he studied exercise science and kinesiology — the study of movement. He went on to graduate school at Mary Baldwin University in Staunton, where he majored in physical therapy.

Meanwhile approximately 700 miles away in Michigan we find Miss Morgan Gosbee who also decides to attend Mary Baldwin University to pursue her graduate degree. Funny factoid: Morgan was born in Wausau, Wisconsin and is currently employed in Warsaw, Virginia. Ah, the hand of fate. Anyway, most of her life was actually spent in Canton, Michigan. Morgan has always been interested in moving her body. As a child, she loved climbing trees and she dreamed of becoming a gymnast.

Upon graduating high school, Morgan entered Michigan State University where she spent her freshman year pursuing a career goal of psychology. Following that first year she transitioned to studying physical therapy. She saw this as the perfect marriage between the anatomy and the mind.

Matt and Morgan met during the first semester of physical therapy school in 2014. After completing school, Matt worked in Northern Virginia as a Physical Therapist where he learned a procedure called dry needling. Sounds painful, doesn't it? Well, not really. As Matt explained, "dry needling is a technique using acupuncture needles that go into muscle tissue. The purpose of this is to change a stagnant environment by introducing a different stimulus

to get things going again."

Morgan worked in a hospital setting as a traveling physical therapist going from place to place as needed. She learned a lot from her peers moving around. "Working with different people, said Morgan, allows you to see various approaches to one problem. This gives you more tools in your tool box".

Matt asked himself an interesting question. "How do you elevate yourself to provide for the community something they have not had previously? An opportunity, so to speak, to give back to the area that helped raise me." The two love birds married in 2018. They do plan to have a family at some point but are perfectly happy working for Brian Belfield and have been working there together since August of 2020. When I have the opportunity to work with young people such as Matt and Morgan, I feel a lot better about the future of our country.

I interfered with the lunch break in order to interview these two delightful young people. By the time our discussions had concluded, both had clients to attend. I had no time to take photos then so I went back Friday, October 30 and Belfield Physical Therapy was celebrating Halloween.

Both the employees and the clients seemed to be thoroughly

enjoying themselves. How great is this? People are there because they're having problems. Many times pain comes along with these difficulties yet here they were laughing and kidding with the employees about their costumes.

I have been a client there a number of times and one thing that always impressed me was how well the employees seemed to interact with one another. It appears to me that Belfield Physical Therapy would be a very nice environment in which to work.

I would be remiss if I didn't point out the Wellness Center available there. It has various pieces of

exercise equipment such as tread mills, stationary bikes and balance exercises to name a few. Many insurance companies have a program called Silver Sneakers which include the gym or wellness centers as part of their coverage for seniors.

This is a wonderful benefit both for those recovering from

problems or attempting to avert problems by keeping physically fit. The Warsaw location also offers a SwimEX Pool which allows one to benefit from exercising in a warm water pool where the impact on bones and joints is eradicated.

Belfield Physical Therapy of Warsaw is located at 4562 Richmond Road. The telephone number is 804-333-8222. Also follow them on FaceBook, Belfield Physical Therapy. *Darleen Nichols Photos.*



# Growing up in the Northern Neck~Part I



By Denise Aileen DeVries

“This land raised me,” said Delia Ibañez in her introduction to a recent dance video. She choreographed her dance for Yvonne Montoya’s *Stories from Home* series in June, moving between a Northumberland County cornfield and the wetland forest. For those who live in the area, there’s no need to describe its beauty. For those who don’t, it would be impossible.

In many ways, my daughter Delia, the area, and I all grew up together. We arrived with my husband Alvaro Ibañez in 2001 when she was two.

It was before the Northumberland YMCA and the Kilmarnock Boys and Girls Club, back when birthday parties were held at the McDonald’s Playplace in Warsaw or the movie theater in Tappahannock. Accustomed to Northern Virginia, I often said “there’s nothing to do here.”

At home, Delia painted alongside her father. We spent so much time at the library that Delia said she wanted to be a librarian when she grew up. As predicted, she started

work at the Arizona State University Music Library in her freshman year.

Alvaro and I were telecommuting pioneers in the days of dial-up. He ran his patent design and drafting company, A-Ibañez Art Design, Inc.

from our Kilmarnock home. “We were fortunate to be independent. We could devote our time to Delia, our youngest child,” he says.

I worked remotely at my full time job in Washington DC until I was offered early retirement, then worked part time in Irvington and later in downtown Kilmarnock as coordinator of the Main Street renovation project.

Our childcare search led us to Kingdom Kids preschool in Burgess, a haven for all of us. It was worth the twelve mile drive to know that Delia was safe and happy, learning to sing before she talked. One day Valerie Deets handed Delia a microphone at a family event and asked her to introduce herself.

That image of a tiny girl with a microphone has never left me. Soon, my husband I had full calendars full of Delia’s activities. She acted with Missoula Children’s Theater every summer and attended every daytime Vacation Bible School. Suddenly, there were more things to do than hours in the day, and Delia wanted to try all of them.

While Delia was taking piano and guitar lessons with Celeste Gates at Great Expectations music school,

our family began hosting monthly open houses at our home and gallery. “Delia coordinated the children’s activities,” Alvaro remembers, “organizing performances and talent shows.” Music students and experienced adults played in the great room of what is now our B&B, surrounded by paintings from Alvaro’s “Kalevala” collection, based on Finnish mythology. Delia’s interest in myths as a basis for creativity began there.

I was beginning to feel like a real Northumberland mom, despite being the age of most of the grandmothers. Unfortunately, I became so caught up in schedules that I forgot to enjoy the morning mists on the fields and sunsets on the Wicomico bridge. And in a few years I would learn the pitfalls of limiting my social life to my child’s activities. *See Part II in April 2021 Chesapeake Style*

Note: This December, Delia will graduate from Arizona State University with a B.A. in Performance in Movement, a minor in Dance, and a certificate



in Social Practices. For her final project, she created a virtual showcase featuring work by students and professional artists in several fields. Delia says, “With my father’s Kalevala paintings as a guide, I established some creative prompts informed by creation myths from around the world.” The prompts are collected in Delia’s first solo published written work, *Rare Sea*, to be released in 2021. The first virtual showcase will be accessible through Zoom and livestreamed to Youtube on Sunday November 22, 2020 at 4 p.m.

Denise Aileen DeVries photos.

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# Style Spotlight~King William Alpacas



By Tracy Graham Lanum

**T**he father of Robert Hughes was in the Aerospace industry in Bronx, New York. Robert, however, was interested in forestry so attended Auburn University—School of Forestry and Wildlife Sciences, in Auburn. He graduated in 1978 and spent 30 years in the practice of planting, managing, and caring for forests in Alabama, Tennessee, Georgia, Mississippi, and Virginia. During that time he married Linda Benson, an engineer. Her engineering abilities took her to the Marine Corps in Fredericksburg. In December of 2003, just after

Hurricane Isabelle hit the area, they founded their farm, reclaiming forested farmland in King William. After a lot of research on alpacas, they decided to clear some of the land and put in an alpaca farm. The first alpacas they purchased were a few geldings, which were inexpensive animals to learn on. They then decided to invest in some breeding stock. The arrival of their first

girls was of course an eventful day and they haven't looked back since.

King William Alpacas is a medium sized farm between Colonial Williamsburg and Richmond. Their goal is to breed alpacas of sound validation with fleece of color, density, fineness, and crimp. Their underpinning herd was selected with these goals in mind and all their breeding's are carefully selected towards this end.

Today they are the proud owners of 30 alpacas, 12 of them male. A baby alpaca is known as a cria, from a Spanish word for baby. Newborn alpacas weigh 15 to 20 pounds—7 to 9 kilograms—and may be weaned

after 6 to 8 months. Robert and Linda's strategy is never to become so large that they don't know "each of our alpacas by name" and every animal leaving their farm is halter-broken and well behaved on a lead.

You may be interested to know alpacas come from the land of the Incas, high in the mountains of South America. Their fibers are one of the world's finest and rarest strands, being silky, very soft, and wonderfully warm.

Alpaca fiber is the strongest natural fiber, other than spider silk, known to man and has an insulating value from three to five times higher than sheep's wool, thus making alpaca one of the most valuable textile fibers in the world today. Alpacas may just be the cutest of all the Camelidae family, which also includes llamas, guanacos, and vicuñas from South America, and Bactrian and Dromedary camels from Asia and Africa. In fact, alpacas can interbreed with these camels.

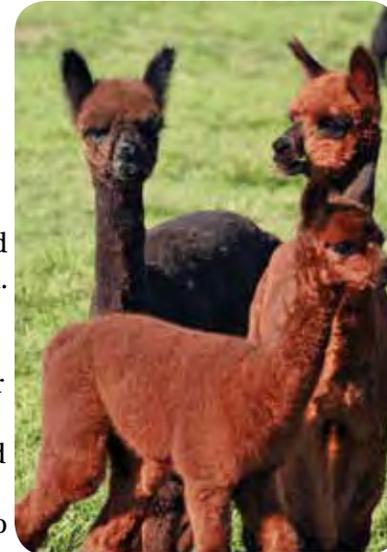
Alpacas do not shed their fleece thus shearing is important in order to keep them healthy and comfortable. However, shearing is a source of stress for the animals. Therefore these animals should be restrained on a mattress on the ground or on a tilt table. Conversely, some fall asleep during this procedure, according to Robert.

Mentoring clients is a key to King William Alpacas' success as well as theirs. They provide continuing support and assistance for cria

delivery, pasture management and farm layout. They further teach clients how to test for parasites on their own, shearing, and fiber.

Each month their farm is open to visitors for herd health day. Here they provide information on basic herd health care as well as giving hands on experience trimming nails, giving shots, and body scoring. They can offer clients access to a wide selection of desirable animals and bloodlines through their selective network of small and medium sized farms.

King William Alpacas is open for farm visits by appointment. The address is 22743 King William Rd, King William. The



Hughes' love to meet people just starting in the industry and have helped start up several new farms just this year. They enjoy showing off their animals, talking "paca", and answering questions. You are asked to feel free to schedule a visit by calling 804-366-6155.

Further, King William Alpacas carry a number of quality alpaca products made both here in the USA and in South America. They help support a number of mini mills in the USA and have enjoyed seeing the North American fiber industry grow over the years. Everything you see pictured on their web store is physically at hand.

Find them on FaceBook, King William Alpacas, and on the website, [www.kwalpacas.com](http://www.kwalpacas.com). *Robert Hughes photo of Robert, Sophia and yarn made from her fleece, and a few crias.*

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# The Journey Home



By Ann Eichenmuller

**M**y son Colin sent me a text the other day with a photo of an opened magazine. It was a *National Geographic* from 1970 that he had stumbled upon in a comic book shop, chronicling the last leg of Robin Graham's historic solo voyage.

It was his adventure that fueled my husband's childhood desire to set sail for islands unknown, and the impetus behind our decision as adults to buy a sailboat and sail her to the Bahamas. Graham's was an incredible tale—the five year odyssey of a sixteen year old boy, who wisely noted “At sea, I learned how little a person needs, not how much.” It is still a story worth reading, one he later detailed in his books *Dove*, *The Boy Who Sailed' Round the World Alone*, and *Home is the Sailor*.

When we bought *Misty Morn* in 1996 and less than a year

later cast off for the Caribbean, we did so with our three children in tow —sometimes literally—if anyone needed a time out, they spent it in the dinghy.

Colin was the one who stayed on deck with his father in the wildest storms, the kid who held a fishing pole offshore for hours to

land a four foot Spanish mackerel, the one who did the limbo with local ladies in a Bahamian port town until we finally dragged him back to the boat at midnight. He was thirteen at the time.

He comes by his wanderlust honestly.

Once, when he was fifteen, we had the opportunity to buy a seaworthy cruising sailboat for \$500. We considered purchasing it for Colin but didn't, because we knew he would follow in Robin Graham's footsteps and go to sea. But you can't change the tide, and at seventeen Colin joined the Marines, determined

to seek out adventure. I still remember the hollow feeling in my stomach when I signed the form.

Now, one of the most notable things about Robin Graham to me is the life that followed his epic sail. He married the girl he met on his journey, and they moved to Montana, where they

built a log cabin, joined a church, started a construction business, and raised their children.

Now the retired couple live on the north end of Flathead Lake and spend their time with grandchildren. After a 33,000-mile journey, the sailor came home—and stayed there, by



all accounts very happily.

Like Graham, Colin eventually

settled down, had four children, and finished both his Bachelor's and his Master's Degree. He also continued as a reservist. We recently learned that his unit is being called up and will be deployed somewhere in the Middle East in the new year. And so, our adventurer will be wandering again.

Perhaps that is what drew his attention to that old *National Geographic*—a new trial, a new challenge, awaits him. As for me, I look forward to the day he sails home. *Ann Eichenmuller is a marine and travel journalist and author of a nautical mystery series. To learn more, visit [www.anneichenmuller.org](http://www.anneichenmuller.org). Eric Eichenmuller photos of Colin at a lock in North Carolina and Colin and his wife Theresa aboard Avalon.*



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## Style Spotlight~Expansion And New Look For Allison's Ace



Fisher says the goal is to reorganize the existing store as well as add space, making it possible to expand inventory while also making it easier to navigate the store.

"About two years

By Mark Huffman

**A**s you drive through Lottsburg on Northumberland Highway, you'll see some big changes taking place at Allison's Ace Hardware. The store has embarked on a major expansion—one of the largest in its nearly 50-year history.

Construction crews are at work expanding the 12,500 square foot building into one with nearly 15,000 square feet, enlarging the building's footprint by around 16 percent. The project is expected to be completed by the end of February 2021.

The improvement was a long time in the making. Company president and co-founder Nancy

ago we decided we'd like to make some changes," Nancy said. "At first we thought we'd expand on the side but about a year and a half ago we decided it would be better to expand the front of the building because we thought we needed a better place to display gifts and provide a place for our growing inventory of power equipment."

Allison's was making final preparations to begin the renovation in early 2020 when the COVID-19 pandemic struck, creating widespread uncertainty and throwing everything up in the air. But in a way, the pandemic showed Nancy just how much people in the area depended on this hardware store, making a strong case that the expansion should move forward.

Bringing the front of the store forward will change the look of the store inside and out. Key departments will be larger and more spacious. Nancy says the difference will be stunning.

"When customers walk into the store it's going to be unlike anything they've seen before because immediately to the right there will be a large gift section,"

she said. Everything will be very open with stand alone displays. I'm really excited to set everything up so that it is very customer friendly."

Power equipment will get its own, larger section as well. Not long ago Allison's added battery powered equipment to its line up of gasoline and electric products. New additions to the line-up include EGO and STIHL chainsaws, blowers, trimmers, and accessories.

STIHL, one of the world's most trusted names in consumer power equipment, is not sold in big box home center stores, but is only sold through authorized local dealers like Allison's.

It will share space in the new section with other top brands.

With the power equipment moving out of its present location, space will free up for Allison's expanded lawn and garden center, which stays busy all year round. Nancy says the expansion will allow Allison's to increase the number and types of products it can sell.

In addition to grass seed, fertilizer, and other lawn products, Allison's plans to increase the number and variety of tools customers need to create and maintain their gardens, as well as keeping their lawns looking perfect.

The rest of the store will get a face lift as well. Once the renovation is complete, the center aisles will be replaced by an open floor plan, creating attractive displays and making it easier for customers to find what they're looking for. The flooring throughout the store will also be replaced with a bright, colorful vinyl.

"That's one of the things that really excites me about this renovation because the consistent flooring will just unite the entire store, creating a very pleasant shopping experience," Nancy said.

Nancy says Allison's is fortunate to have ACE Hardware as a partner as they undertake such a complex and ambitious expansion. ACE



has thousands of franchises around the country and has worked with many of them to make similar improvements.

"They have the experience, they've worked with many stores to make these kinds of changes," she said. "But we have the option, if we don't think what they've suggested will work for Lottsburg, we can modify their plan."

Construction will take place mostly after hours. Crews hired and supervised by ACE will handle the inside renovation. Allison's has contracted locally with Withers and Son to make the exterior modifications.

Like the community it serves, Allison's has grown over the years. Nancy says she is pleased to be able to give her customers more of what they want.

"I'm real excited about what it's going to be like when you walk into our store," she said.

*Mark Huffman photos.*

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# Writers in *Style*~Unmasking Beautiful Words

By **Ellen Dugan**

“Beauty is in the eyes of the beholder” according to Irish novelist Margaret Wolfe Hungerford who wrote these words in the late 1800s. But as readers and writers we know that the beauty of words also resides in our ears—how we actually hear them; and in our brains—what those words mean. So, unmasking a word’s beauty can be tricky. Especially when you have more than a million to choose from.

Do we go by how they look on screen or paper? How they sound? Or what they actually mean? Probably the best answer resides in some combination of all three. You can’t divorce a word’s beauty from sight, sound, and meaning. But you can go online and search for the most beautiful words in the English language, which is what I did. The results may surprise you.

For example, according to the British Council’s latest survey,

beautiful words are heavily weighted in favor of what they mean. Currently, there are about 170,000 active (English) words in circulation, and the average vocabulary ranges from 20 to 30 thousand words. The council’s top ten—in ascending order—are: mother, passion, smile, love, eternity, fantastic, destiny, freedom, liberty and tranquility. So, if you put these winners together you could come up with a technically beautiful sentence, as in:

“Destiny dictated that my mother’s smile reflected passion, love, and tranquility as well as the freedom to pursue a fantastic eternity of liberty.”

Somehow, this sophisticated hodgepodge of meaningful words has just lost the talent competition.

Maybe the *Reader’s Digest* list can help. Their top ten—in ascending order—include: sibilance, tranquility, loquacious, lagniappe, epiphany, plethora,

vellichor, aurora, sanguinolency, and petrichor. Yikes! Some of these sent my spell check over the edge.

We might do better with a less linguistically elite listing. Something more balanced and tranquil. Perhaps from *BestLife* Online Culture. Their top ten show that petrichor, sumptuous, angst, aesthete, nadir, miraculous, lassitude, gossamer, bungalow, and scintilla outperform second tier contenders, aurora, inure, mellifluous, euphoria, serendipity, cherish, demure, and elixir.

Okay, but no cigars. Or as my husband would say, “None of these blow up my skirt.”—Even if he’s not actually wearing a skirt.

Perhaps as writers there are really only seven beautiful words among the million or so vying for our attention. Seven fantastic

words that make all the angst of facing a blank page worth it; words that rival petrichor when it rains and vellichor when you’re entering an old bookshop. These words are: *your manuscript has been accepted for publication*. May you see, hear, and feel these beautiful words frequently!

And for non writing readers, may you enjoy a wide assortment of books, magazines, newspapers, and internet postings as well as personal letters, texts, and emails—as many as you can reasonably handle.

*Note: If you would like information on joining a great writing group in the Northern Neck, check out Chesapeake Bay Writers at [chesapeakebaywriters.org](http://chesapeakebaywriters.org). Even with masking and social distancing, we’ve got some great programs and events planned. Check it out!*



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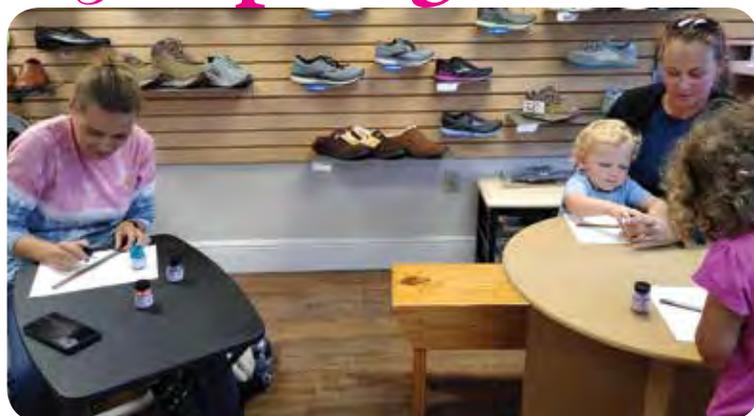
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# Style Spotlight~New Classes Coming!



By Carol J. Bova

**R**ob Akers of Virginia Shoe Clinic plans to offer something a little different as the weather gets colder. “We’re going to host basic leatherworking classes to teach about leatherworking. Initially, they’ll be held at our Tappahannock location. Projects could include bracelets, belts, holsters, wallets, or cross-body bags.” Rob will reach out to the public through social media to see what days and times are best and what kind of projects they’re interested in.

The length of class time to make an item will depend on its complexity. A simple bracelet or a belt might be done in one two hour class, while a holster would have to be two sessions. No class would be longer than four hours for one session.

Tables will be set up six feet apart for good social distancing. Some

will be for adults, and some for families with children. Rob said, “We had great feedback from our first class, so we’re looking forward to

more. We’ve had customers who wanted to have something engraved on a bag or holster. We have a laser engraving machine that can engrave sayings, logos, designs or any image on leather.” So classes will use the laser instead of traditional hand tooling in their classes.

Rob explained why Virginia Shoe Clinic is not like traditional shoe repair companies or shoe shops of the past. “We’re different because we integrate repairs and retail in one business. I see our business more as a solution to provide for people’s needs. If you have a need, we’re there to develop a suggestion about footcare and leather. We sit down with you and find out what you need, and fit your shoes according to that need. We’re into building relationships and making longtime customers, not just making sales.”

Virginia Shoe Clinic is all about comfort footwear, foot care and

custom shoe repairs. Their footwear is comfortable to wear all day, of good quality and support. They specialize in orthotics and special fitting, based on what the customer’s need is. They carry Brooks, Aetrex, Naot, Aravon, Thorogood, and SAS—San Antonio Shoes—and a full line of western wear as well.

Customers can go online and shop for products in stock and find fixed prices for basic repairs or request a quote for more specialized repairs. Intake for repairs is done at all three locations and the work is done at the new 2,050 square foot facility in Tappahannock.

Along with the special way they treat their customers, Rob and his employees take advantage of the most modern techniques too. “Rob said, “Technology has come a long way. We have a system to scan your entire foot and make measurements in every direction so we can modify over the counter orthotics to fit your specific need.”

Although they can still do casts, it’s a very small percentage of their work. One of the new techniques they take advantage of is getting orthotics made using a 3D printer based on the pressure points of your feet.

Rob grew up with his father’s shoe repair business, but went into



corporate work. When he got tired of corporate life, he decided to integrate shoe repair and orthotics to see if it would take. It did, and it’s going strong eight years later with six fulltime and three part time employees and seasonal help in the summer.

Rob’s tagline for his business is, “We’ll make you feel great on your feet!” Take advantage of a special offer and find out for yourself: until the end of 2020, if you mention *Chesapeake Style* when you visit Virginia Shoe Clinic, you’ll get ten percent off your retail purchases.

Virginia Shoe Clinic has three locations: Tappahannock: 1269 Tappahannock Blvd. Phone: 804-443-2373. Hours: Tuesday - Friday: 10 a.m. - 6 p.m., Saturday: 9 a.m. - 3 p.m., Sunday: Closed.

Kilmarnock: 453 E North Main Street. Phone: 804-577-4012. Hours: Tuesday - Friday: 10 a.m. - 6 p.m., Saturday: 9 a.m. - 3 p.m., Sunday: Closed.

Fredericksburg: 2374 Plank Road. Phone: 540-373-8652. Hours: Tuesday - Friday: 10 a.m. - 6 p.m., Saturday: 9 a.m. - 3 p.m., Sunday: Closed.

Their website is [www.vashoeclinic.com](http://www.vashoeclinic.com), and they’re on Facebook and Instagram.

*Photos courtesy Virginia Shoe Company. Rob Acres photos.*

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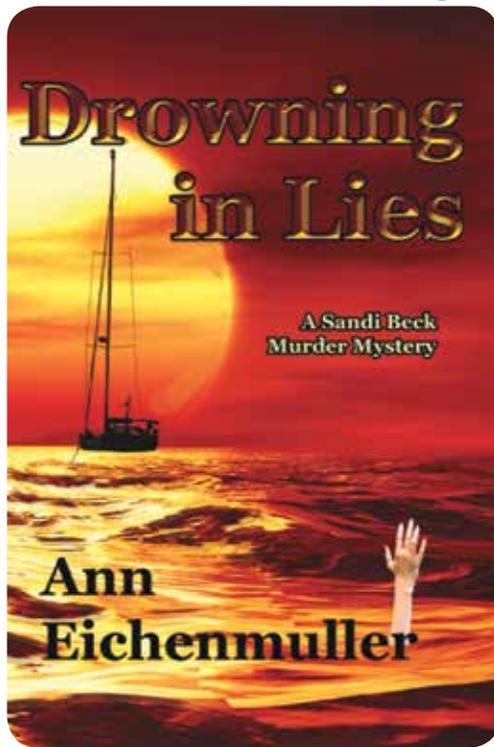
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## Books in *Style*—*Drowning in Lies*



Written by Ann Eichenmuller  
Review by Carol J. Bova

**D***rowning in Lies* is the fourth book in the Sandi Beck murder mystery series. It picks up the story of Sandi Beck and Josh Culliver after they've sailed down the Intracoastal Waterway from North Carolina to West Palm Beach, Florida in Josh's boat, *Andromeda*. They've stopped to restock before continuing on to sail

to the Islands. Josh is seriously injured in a heroic rescue attempt after an explosion and fire at a community center.

With Josh in the hospital, his parents make it clear that Sandi is still not their first choice for a daughter-in-law, complicating Sandi's attempts to come to a decision about her future with Josh as girlfriend or fiancée. She's got to juggle law enforcement demands for information about people involved with the center while she's in the middle of competing pleas for professional help from some of the same people.

Sandi Beck calls herself a personal advocacy consultant—she solves problems. As she says in *Drowning in Lies*.

"Private investigator, negotiator, counselor, and friend, I helped my clients by finding the lever that would push the guilty into following their better natures." Some of the situations that develop in the book follow that pattern, but this time, others will challenge, threaten, and haunt her.

Ann Eichenmuller draws on her knowledge of Florida, the Northern Neck, and boating to let readers feel they are on the scene

observers. Her skill in crafting stories puts her readers in the scene as well, reacting to and feeling what her characters experience.

*Drowning in Lies* is well written and a satisfying read that's hard to put down, with enough twists and turns to keep any mystery buff caught up in the story and make any reader new to Ann Eichenmuller's work a fan.

Ann is a former educator and began a second career as a writer in 2015. Her website at [anneichenmuller.org](http://anneichenmuller.org) says, "Her award winning marine articles have appeared in *All at Sea*, *Chesapeake Style*, and *Chesapeake Bay Magazine*, earning her three consecutive Boating Writers International Awards.

A camping enthusiast and lover of all things vintage, she is

also the creator of *Motorhome Magazine's* "Classic Ride" column. A scuba divemaster, avid sailor, and private pilot, she believes it is never too late to learn something new. She and husband Eric live on Virginia's Northern Neck in an 1886 farmhouse they restored, and sail their *Morgan, Avalon*, on the Rappahannock River and beyond." *Drowning in Lies* was published by *High Tide Publications, Inc.* Cindy L. Freeman was the editor and book design was by *Firebellied Frog Graphic Design*. The book is available at [Amazon.com](http://Amazon.com), [Barnes & Noble](http://Barnes & Noble), and [IndieBound.com](http://IndieBound.com) in print and Kindle. An audiobook is in preparation. Carol J. Bova, a Mathews County writer, is President of the *Chesapeake Bay Writers*, and on the staff of *Chesapeake Style*.

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# Style Spotlight~Know When to Ask for Help

By Gloria J. Savage

**M**ary Sudduth is the Owner/Operator of Wellness Place. I recently spoke with her for a telephone interview. We initially discussed her thoughts about Warsaw and Wellness Place. Mary sees Warsaw as a “friendly, quiet, caring community” and Wellness Place as “a homelike setting” where she “likes to help people find tools to help themselves along their life journey.”

Wellness Place opened in October 2009, and Mary has been the only owner. Her most significant challenges were health insurance, license, and business and tax policy. She worked hard to ensure that she accomplished everything correctly and professionally. She continues to ensure that none of her clients feel slighted. She is most impressed by people who take their healing seriously.

Mary has worked in Health Care/Social Work most of her career. She has helped people in many different walks of life, including those in the upper echelons of the federal

government and the homeless. Each person has a different contribution to society, and Mary says that “people who are down to earth are the ones who tend to make the most progress because they don’t have much to lose.”

She says, “Ebenezer Methodist Church in Oldham has helped many clients over the years, often assisting with utilities, clothing, Christmas, and much more.

Wellness Place purpose is to help with mental health care needs. When clients contact them, they want to know the availability of health care needs and whether their insurance will cover their visits. New clients want to know how things work because they have never had a therapist before.

The initial session introduces the client to Mary and the process and helps determine their primary mental health issue and decide what plan needs to put in place to help them face their current challenge.

The following session is where the actual work occurs, following through with their plan and course of action. The goal is to give them

tools to balance their mental health with their social, physical, spiritual, and psychological well being. Mary works with clients to bring them to a place of comfort according to their beliefs and values.

In past years, Mary and six contracted personnel staffed Wellness Place. Currently two individuals staff the establishment, Mary and her administrative assistant, her oldest daughter Kyla. Mary says Kyla is a lot like her.

She is thorough and helps extensively by keeping Mary’s schedule balanced, so she is not overbooked. Mary’s schedule includes about 20 face-to-face and 30 online appointments each week. Medicare and most insurances have approved telephone and video scheduling. There is some talk that they will approve these scheduling modalities indefinitely.

In addition to overseeing her private practice, Mary counsels via an online forum called Better Help. She has clients in Germany, the United Kingdom, and Canada and has had previous clients in Australia and Puerto Rico. Most of her clients are in the Northern Neck and the Middle Peninsula.

The most crucial information Mary has for any client is “to take care of yourself before you do

anything for anyone else.” She encourages others to remember that “self-care is not selfish,” and when making change, “start low and go slow.” Mary also reminds clients that “sometimes, you will feel worse before you feel better.”

One of the hardest parts of the pandemic for Wellness Place is accommodating people that do not do well with online counseling or technology. When they opened again in July, adapting to ensure they met the client’s needs was challenging.

Mental health needs have become more difficult for people, and the added anxiety of dealing with technology has compounded stress. Even people that were not stressed are experiencing it now. The Centers for Disease Control and Prevention says that mental health issues are rising among adults during COVID-19. While safety measures like social distancing are proven to reduce spreading the virus, CDC says “the potential for adverse outcomes on suicide risk is high.”

Be cognizant of the need for self-care. When life gets tough and you feel overwhelmed, reach out for help. Mary reminds us that there is no shame in asking for help. Wellness Place accommodates individuals ages 13 and older. If you need help, contact them at 804-472-3705. Wellness Place is located at 622 Main Street, Warsaw. Visit [www.wellnessplace1.com](http://www.wellnessplace1.com) or follow them on Facebook, Wellness Place. *Gloria J. Savage is a writer who lives in Hayes with her husband, Wil.*

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# Faith Matters...For A Time Such As This!

By Torrence Harman

**A** Letter to the Grandchildren. Another deeply cloudy morning. As I write this I can barely see the rip-rap shoreline in front of the cottage, much less the river or the shoreline on the other side. The horizon is shrouded in mist. Like so many days this year. It is a year not to be forgotten. It has stamped its mark on our times.

You, my grandchildren range in age from nine to twenty-nine. What will you remember of this year? Some of you live thousands of miles away, some of you camp out from time to time in the guest room a few feet away from where I sit writing this.

Some of you are on the East Coast; some of you on the West Coast. Some of you sheltered

in place where smoke from the California wildfires hung heavy; some of you weathered the thunderstorms and hurricane like winds that buffeted coastal Virginia.

But wherever you have been sheltering in place in this strange weathering time you are near and dear to my heart. Heart distance is not measured in miles but in seconds between the heartbeats.

Some of you are telecommuting for your jobs, some of you are keying in to virtual classrooms. You are defining your "tribe" of friends with whom you can gather physically very carefully yet venture out for a job that requires your masked presence on site or for a Lives Matter gathering where you believed your presence matters. Your potential tribe is unlimited in numbers and diversity due to the constantly expanding technology

that offers unlimited social access at the press of a key on the communication devices that have become essential to your life.

Five of you are eighteen years or older. Some of you voted red, some of you voted blue. For one of you it was your first election. You listened carefully and respectfully to the various positions of other family members and then silently gave voice to your decision when you marked it on one of approximately one hundred fifty million ballots nationwide. You did this with studied intention because you believed your vote would count, your vote could matter.

As a grandparent I have watched you all very intently this year. Watched you with the eyes of my mind and heart even though some of you I did not physically see. That is what grandparents do. But maybe

with greater intensity this year. Especially during critical times in your life, we watch and wonder.

This year which most say is The year of any lifetime wondering how you, the grandchildren, are being shaped and molded by such a time. Hoping with heart and soul you know that in our family you matter, your voice matters, what you do matters, your life matters.

Speaking to a group at the local community college a couple of years ago I was asked what one gift I would hope for my grandchildren for the future. I responded immediately: courage, a word whose origin offers heart strength. Dear ones, cultivate it. The world needs it. Then may it be so. *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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# To Work

By Kenny Park

**Y**ou come to work. You come to Earn your living. There is no expectation of a soft landing. You come with the understanding that, for the foreseeable future, your life will consist of working as hard, as long, and as diligently as you can, in order to live, to send money back to family, and maybe, just maybe, find a life. That's the deal. That's the main reason. Initially, it is the Only reason my friends came. It is why they leave their homes, their families, their familiar surroundings. It is a decision made after much consideration, weighing the pros and cons, evaluating and determining the risks over and against the benefits.

Those who are here determined at some point that coming was better than staying. Coming provided the opportunity to "make a better life". In some instances, that meant being able to put food on the table and keep a roof overhead. In others, it literally meant Life—as in, escaping death.

That is something that is difficult for us locals to grasp, because it is, for the most part, foreign to our existence. We are, to one degree or another, familiar with Challenges of one kind or another—difficulty finding employment, working at something you enjoy, having coworkers you get along with, sharing a living space with roommates to help make ends meet and have a little left over—nothing unusual or uncommon about those hurdles.

But to actually be in danger of being killed—whether due to gang violence, drug violence, or simple, outright lawlessness, that is not most of our experience. Ours is a relatively quiet existence. Obviously, there are incidents, there are areas, there are neighborhoods where that is not so, but by and large, the most risk to life we face is a traffic or farming accident or a health crisis.

Nor is our experience one of subsistence living, cultivating a small plot of land with barely enough crop to sustain us and our families on rice, or corn tortillas and beans. Our general economy is not one as of yet that is controlled by our politics.

We rarely have to worry about our political allegiances affecting an employer's decision of whether

or not to hire us, or keep us as employees. We don't usually have to worry that our party affiliation gets passed around by employers and we get blacklisted into working whatever menial job we can find just to survive.

There is much to boast about when it comes to our economy. It is, at least for now, the biggest engine of prosperity in the world. The output of our industries in terms of both products and profits is prodigious. Our food production is unparalleled. Our level of employment, pandemic notwithstanding, is exceptional.

That is what draws people here. The probability of Finding work, Steady work, and Pay that you can Live off of, is so much higher than where they come from, that it is worth the risks, worth the

heartache, worth the homesickness, worth losing family and not being able to be there for the funeral.

It is, in the truest, most brutal sense of the term, a trade off. *Kenny has served the Northern Neck immigrant community and as pastor of Jerusalem Baptist church in Warsaw since 2003. His email address is [Kenny.park@gmail.com](mailto:Kenny.park@gmail.com)*



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# A Trabajar

Por Kenny Park

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Ese es el acuerdo. Ésa es la razón principal. Inicialmente, es la Única razón por la que vinieron mis amigos. Es por eso que abandonan sus hogares, sus familias, su entorno familiar. Es una decisión que se toma después de mucha consideración, sopesando lo malo contra lo bueno, evaluando y determinando los riesgos contra los beneficios.

Los que están aquí decidieron en algún momento que venir era mejor que quedarse. El venir brindó la oportunidad de "hacer una vida mejor". En algunos casos, eso significó poder poner comida en la mesa y mantener un techo por encima. En otros, literalmente significó Vida, osea, escapar de la muerte.

Eso es algo que nos resulta difícil de entender para nosotros los locales, porque es, en su mayor parte, ajeno a nuestra existencia. En un grado u otro, estamos familiarizados con los Desafíos de un tipo u otro: dificultad para encontrar empleo, trabajar en algo que uno disfruta, tener compañeros de trabajo con los que se lleve bien, compartir un apartamento o casa con compañeros para ayudar a ahorrar dinero y tener un poco sobrante: nada inusual o poco común con esos obstáculos.

Pero estar realmente en peligro de ser asesinado, ya sea debido a la violencia de las pandillas, la violencia de las drogas o la simple y absoluta anarquía, esa no es la mayor parte de nuestra experiencia. La nuestra es una existencia relativamente tranquila. Obviamente, hay incidentes, hay zonas, hay barrios donde eso no es así, pero en general, el mayor riesgo de vida que enfrentamos es un accidente de tráfico o de maquinaria agrícola o una crisis de salud.

Nuestra experiencia tampoco es una vida de subsistencia, cultivando una pequeña parcela de tierra con una cosecha que

apenas alcanza para sostenernos a nosotros y a nuestras familias con arroz, tortillas de maíz y frijoles. Nuestra economía general todavía no está controlada por nuestra política. Rara vez tenemos que preocuparnos por nuestras lealtades políticas que afectan la decisión de un empleador de contratarnos o no, o mantenernos como empleados. Por lo general, no tenemos que preocuparnos de que nuestra afiliación a un partido sea comunicado de un empleador a otro y nos pongan en la lista negra, hasta que al final hacemos cualquier trabajo servil que podamos encontrar simplemente para poder sobrevivir.

Hay mucho de lo que presumir cuando se trata de nuestra economía. Es, al menos por ahora, el motor mas grande de prosperidad del mundo. La producción de nuestras industrias en términos de productos y beneficios es prodigiosa. Nuestra producción de alimentos es incomparable. Nuestro nivel de empleo, a pesar de la pandemia, es excepcional.

Eso es lo que atrae a la gente. La probabilidad de Encontrar trabajo,

un trabajo Fijo y un Pago de los que puedas VIVIR es mucho mayor que de donde vienen, que vale la pena los riesgos, el dolor, la nostalgia, el perder familiares y no poder estar presente para el funeral.

Es, en el sentido más puro y brutal del término, un trueque. *Kenny ha servido a la comunidad de inmigrantes en el area y como pastor de la iglesia bautista Jerusalén en Wasaw desde el 2003. Su dirección de correo electrónico es Kenny.park@gmail.com*

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# Get Prepared and Measure Your Progress



By Gloria J. Savage

**A** rainy day was still refreshing in August, but then September and October brought lower temperatures. When it rains

with cooler temperatures, I feel uncomfortably chilly or a bit too cool. The changing seasons give us something to look forward to other than reorganizing our closets. Let's make the best of it and continue to keep ourselves healthy.

We want to stay within a set size range, and we definitely don't want to buy a completely new wardrobe when the pandemic is over. We want to wear at least some of the things we already have. We might add a mask that matches our color scheme to have some extra privacy.

Let's just get prepared for the cold and rainy weather. So, put up the swim wear and light weight running attire, gather your heavier weight clothes, and layer yourself for protection from the cold. Dust off your exercise equipment and stop using it as a clothes hanger. You can still get your money's

worth out of those pricey items.

When running outside a hat, rain jacket, gloves, and layers will help you maintain body temperature. Some research shows that ideal running temperatures hover between 73.4 and 49.4 degrees. Know your body and what works for your comfort level. Remember, the longer you will be out, the colder you want it to be—within reason, of course.

Colder isn't necessarily better because if it is too cold, your muscles will have to work harder to produce energy, and you'll tire more easily. Depending on the humidity, our body temperature can feel 20 degrees warmer when we're running.

Think about your environment and prepare for the conditions you will run in. That process will help you to stay motivated to start and

complete your exercise goals. You might not always feel energized when you start, but generally, you feel invigorated with a sense of completion when you finish.

Now take a few moments to log your exercise time, calories burned, distance, and anything else you would like to track. Tracking will help you see and measure your progress and consistency over time.

Looking over your achievements gives you self-confidence and satisfaction. There is an inner joy that comes with completing your planned goals and activities. Sometimes we even surprise ourselves. So, get prepared and measure your progress. Don't let the pandemic get the best of you. You are better than that.

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

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# Empty Bowls at Bay School

By Deborah Butler

**B**ay School has participated yearly in a project widely known as Empty Bowls. For this event, potters created beautiful bowls for Sunday lunch in the Bay School galleries, the purpose being to bring hunger to the forefront of all our minds in a creative way in an artistic setting.

Participants from the community purchased \$15 tickets for a lunch of homemade soups, breads, and drinks. The fun part was that the guest chose their own bowl, made and donated by participating artists, and then ate their lunch in the crowded galleries.

The proceeds went to Hands Across Mathews to feed and help people in need who may otherwise



go hungry. Many of us have enjoyed this event for the past several years, and we will enjoy it again this year, just in a different way.

A little history is in order

because Empty Bowls is not just a local effort. Bay School Director Pam Doss recalled her early involvement: "I participated as a potter in San Antonio at the Southwest School of Art where I worked, and it was put on by the San Antonio Potters Guild."

The project made her to do list when she started at Bay School. She approached Hands Across Mathews about beginning the project locally and the first Empty Bowls event took place on a Sunday in December in 2014. Pam says: "I chose December for three reasons: the need is greater

potter Doris Hackworth, Pam helped form the Clay by the Bay Ceramics Guild, which took on the bowl making, with Doris managing this. Doris says: "About 30 artists contribute bowls, so many that there are dozens to select from as people arrive for lunch."

She continues: "I hold glazing parties for this event; it really is a big group effort." It is truly a solid effort from the artists whose time and artistry testify to their own care for community welfare, an effort for which we all remain thankful.

And finally, this year: Yes, Empty Bowls will go on even in this pandemic, but with some changes. There will be no gathering and soup in the traditional sense. Bowls will be displayed and sold on line for the \$15 donation beginning

November 25, and the Bay School gallery will house them for pick up, or buyers can come to the Bay School and select them.

At the same time, there will also be an online auction showcasing



in the colder months; people are in a giving spirit for Christmas; and people can start traditions of giving bowls as gifts every year."

Artist Maurine Frank, who agreed to manage the soups and set up along with Hands Across Mathews from the second year on, agrees with Pam that numbers have grown over the last three years: "Each year we have made more money to fight hunger in the area. And it's important to know that 100% goes to buy food and feed people."

The other piece was the bowls themselves. Along with Bay School

additional bowls. In all these years, 2020 is probably the one year that is the most important to fill others' empty bowls with our donations because the pandemic has rendered more hunger in more communities. Pam says of Empty Bowls "I am ridiculously proud of its success in raising awareness, bringing people together, and helping so many in need." And now even though donated bowls may be really empty this December, perhaps others in need will feast well.

*Deborah Butler photos.*

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# 2020~We Give Thanks Anyway!

By Jane Park Cutler, Ph. D.

**G**eez, what a year! None of us envisioned a year of a worldwide plague that caused our normal life to come to a standstill. We have struggled through spikes in illness/death, quarantines, businesses closing, job loss, and many unexpected restrictions. Racial tensions have heightened with anger, protests and riots.

We have plodded through a particularly contentious national election. Then there have been natural disasters: horrific fires, devastating hurricanes with flooding and tornadoes. All that is in addition to the ever present problems of poverty, hunger, abuse, physical and mental

health diseases on top of the trials and tribulations of daily life. Shudder. For many of us, Edvard Munch's *The Scream* aptly illustrates the anguish-filled 2020.

It occurs to me that we are in a collective state of mourning. Whether or not a loved one has died, we have each experienced some type of loss, probably multiple losses this year. We may find ourselves weeping at the least little thing; having trouble sleeping or sleeping too much; certainly our routines have drastically changed.

Our usual support systems may well be glaringly absent. Take some time to seek out sources of comfort, such as [www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm](http://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm)

Here in rural Virginia the last of the roses beside a white

picket fence overlooking a creek still give Joy. The ospreys have gone South for the winter but the herons still squawk, pileated woodpeckers remain quite vocal, and owls call to us in the evening.

Morning greets us with a chill in the air. The apple and pear trees are heavy laden with fruit just waiting to be picked, shared and enJOYed. Farmers still harvest the corn and plant Fall crops. Squirrels scurry about, gathering their fill from a bumper crop of black walnuts. Trees show off their seasonal colors before shedding their leaves. All Is Not Lost!

This year our family will not travel from afar, nor will friends feast with us on Thanksgiving. It's different this year. Still, our yard sculpture—named Giving Thanks by its maker and nicknamed Felix

by us—reminds us to be happy and in all things, give thanks. Scientific studies\* show that gratitude has many positive benefits: better health, greater happiness, and better relationships, to name but a few. Even if you have to dig deep, Thanksgiving 2020 may be the very best year to give thanks!

\*[www.psychologytoday.com/us/blog/compassion-matters/201511/the-healing-power-gratitude](http://www.psychologytoday.com/us/blog/compassion-matters/201511/the-healing-power-gratitude)  
*Dr Jane Park Cutler is a retired social worker living in Deltaville with her husband Dr Gordon Cutler. Throughout her career she was concerned about the physical and emotional well-being of her clients, students, and society in general. May you find some comfort here.*



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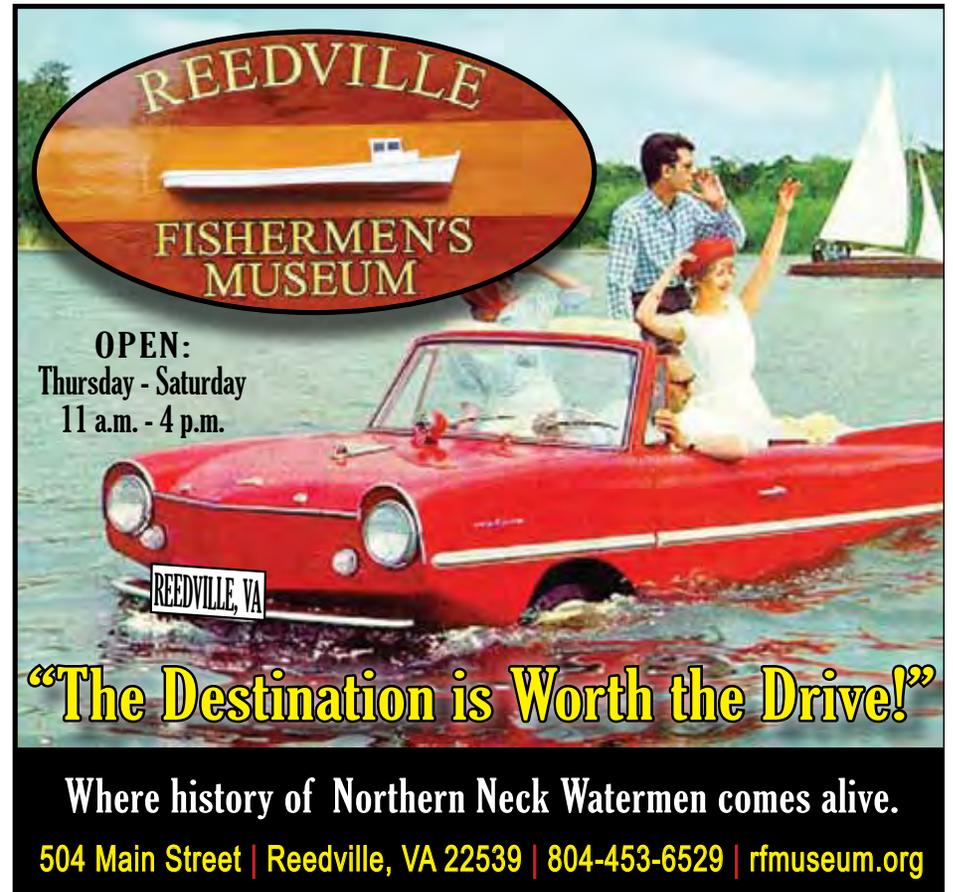
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# Thanks (For) Giving!

By Michael B. Norvell

**D**espite all the hardships so many people have endured in 2020, for most of us there is much to be grateful for this Thanksgiving. With COVID-19 ravaging the nation, those of us who were fortunate enough to not be impacted by the deadly virus are thankful for our health and the health of our loved ones.

For those of us who still have jobs, we are appreciative for continued employment. For those of us with school age children, we are beholden to the teachers and school administrators who are doing their best to provide a quality educational experience for our kids during unprecedented times.

Bay Aging also has much

to be thankful for. Bay Aging appreciates the business partners, civic organizations, churches, chambers of commerce, individual donors, Bay Aging and Bay Aging Foundation board members, and volunteers who have given so generously of their time and money this year.

Without their support, responding to the increased food insecurity, isolation and other hardships brought about by COVID-19 would have been much more challenging.

Despite the economic uncertainty they were contending with, many area businesses made generous donations to Bay Aging this year. Bay Aging's business partners take pride in helping the communities where they live and work. Organizations including Gilman Heating, Cooling and Plumbing, Bethpage Camp Resort, B.H. Baird Insurance, Sonabank's Urbanna Branch, Consociate Media, Atlantic Spray

Systems, Anthem Insurance Companies, Atlantic Union Bank, D. Mowry Construction,



Sonny Merryman, Davenport & Company, State Farm Insurance of Tappahannock, Food Lion, Colonial Buzz Coffee Shop, M & M Building Supply and Kelsick Specialty Market have all stepped up in support of Bay Aging.

Contributions from individuals, including many first time donors, have also increased. Direct mail campaigns have generated gifts from people whose lives have been touched by Bay Aging throughout the Northern Neck and Middle Peninsula and as far away as Florida and Wyoming. Bay Aging's website (<https://bayaging.org/support/>) has provided donors with convenient

24/7 giving opportunities.

Civic organizations, despite being unable to hold many of their own fundraising events, have once again come through for Bay Aging in 2020. The Northern Neck, Gloucester, Warsaw and Middlesex Rotary Clubs as well as the Richmond County, Upper King & Queen County, Abingdon and Gloucester Ruritan Clubs all donated what they could to Bay Aging. Churches, including the Bethany United Methodist Church and the Severn Church's Joyful Hands Ladies Circle,

also gave generously this year.

Not surprisingly, volunteers came through in a big way in 2020! As enrollment in Bay Aging's Helping Neighbors hot meals initiative and Meals on Wheels program grew, volunteers were there to help Bay Aging meet the challenge. Yes, Bay Aging has much to be thankful for.

Bay Aging is a section 501(C)3 non-profit charitable organization. If you would like to make a donation or volunteer in support of Bay Aging's programs and services, please visit the Bay Aging website at [www.BayAging.org](http://www.BayAging.org) or mail your tax-deductible check to: Bay Aging Foundation, P.O. Box 610, Urbanna, Va, 23175.

*Mike Norvell photos of Gilman Heating, Cooling and Plumbing's Vice President, Mr. Andrew Hancock, and Gilman's Sales Manager, Mr. Brian Dooley, presenting a donation to Bay Aging's Vice President of Marketing, Michael Norvell.*



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# Act Three of the Weeks Trial



By Ellen Dugan

The wheels of justice moved at lightning speed during the Weeks Murder Trial. Defendant Levi Weeks testified on March 31, 1800 and was found “Not Guilty” of Elma Sands’ murder on April 2. It took the jury five minutes to arrive at the verdict.

Fifty-five witnesses had testified—in person or by affidavit—and the Weeks Trial was the first in our history to be officially documented by a court reporter. The Court Clerk, William Coleman, used abstract shapes of Byrom’s New Universal Shorthand

in making notes to record the case—the same coding system that John and Charles Wesley, founders of Methodism, used in their coded diaries.

The inventor of this coding system, John Byrom, a poet and hymnwriter with a knack for abstractions, is said to have been a double agent for the Queen of England. He is also credited with coining “Tweedledum and Tweedledee” in reference to fictional characters.

During the Weeks Trial, there were no fictional characters. Levi’s dream team, Alexander Hamilton and Aaron Burr, were very real. Like the consummate salesmen they were, and in spite of a mutual hatred and distrust of each other, they did a masterful job in convincing the twelve man jury of Levi’s innocence.

The court of public opinion had reached a very different verdict—Guilty as Sin.

Unmoved by the dream team’s performance and certain that Levi was a cold blooded killer capable of murdering an innocent young girl, New Yorkers harassed and

shunned Levi. They knew “in their bones” that he was guilty, and they agreed with Catherine Ring, the innkeeper who testified “.. I shudder to think I ever indulged a favorable thought of thee.”

A pariah, Levi was forced to flee New York. He sought refuge in Deerfield, Massachusetts, then Cincinnati, Ohio. Each proved to be too close. His reputation needed more distance the task of rebuilding itself.

He chose to go south. Lexington, Kentucky. Perhaps enough time had elapsed to dim the public’s memory. Perhaps not. From Lexington he went to Natchez, Mississippi, where he was able to start over.

He married Ann Greenleaf, fathered four children, and became a successful, well respected citizen, architect, and builder—Auburn, the antebellum mansion he designed, is regarded as one of the most important houses in the South. It was declared a National Historic Landmark in 1974 and a Mississippi

Landmark in 1984. Its spiral staircase, said to be one of only three in the U.S., stands entirely unsupported, a feat unmatched even in modern buildings.

In addition to Auburn, Levi built The Briars in Natchez which is listed on the National Register of Historic Places. It was in this house that 18 year old Varina Howell married 37 year old widower Jefferson Davis and became the First Lady of the Confederacy.

The Briars has since gone through several owners and has been repurposed as a bed and breakfast and wedding venue. (Anyone interested in sleeping in the Davis bedroom?) And currently (as of October, 2020) it is for sale for “just under \$2 million.”

*Levi Weeks.*



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# Sailing Through 2020



On the skipjack *Claud W. Somers*, we have



There was no wind the day we moved the boat to Cockrell's Marine Railway in the Little Wicomico, but it was a lovely day otherwise and let us, for a little while anyway, forget



about everything else. The next day we removed all the sails. Let's just say that mainsail is Big and a bear to carry! We also removed most of the rigging and took down the boom.

Remember the part about

lemons? The mast decided it didn't want to come out and the Coast Guard was scheduled the next day which had a forecast of heavy rain. So, we did the hull inspection in pouring rain and left the mast for another day.

The museum Boat Shop came out and helped us pull out nails, which is always a painful process. We also reefed out a couple of seams to re-caulk. We started with a beautiful, sound vessel and sunshine and now have one with no rigging, ten holes in the bottom, and open seams with all of us looking like drowned rats. Yeah, that's appropriate for 2020, but at least we are getting all the hard work out of the way.

On a personal note, because I haven't been allowed to go back to my office, I have had more days on the water than any other year in a long time. That is certainly a big plus this year, and I have enjoyed it immensely. A big plus for social distancing!

Now, after reading all of this, if you start to get the idea that I am one of these Pollyannas that always finds the silver lining in every set back, you really don't know me very well. So, let me set the record straight. 2020 can "kiss my grits!" Bring on 2021!

See you on the water.  
*Gerhard Straub is master of the skipjack Claud W. Somers, owned and operated by the Reedville Fishermen's Museum. Gerhard photo of The BIG mainsail!*

*The BIG mainsail! Photo by Gerhard Straub. On the way to the boat yard, by Pamela D'Angelo. Stripped and on the rail, photo by Gerhard Straub.*

By Gerhard Straub

To say 2020 has been a difficult year is a huge understatement. Economic fallout is widespread. We are socially distanced, or more accurately, isolated. We have no idea of when "normal" life will return, or even what that will look like in the year or years to come. So, to quote a well worn cliché, "When life hands you lemons, make a whiskey sour..." or something like that. This, of course, assumes that you can find the whiskey, since those shelves seem to be well shopped these days, and there are apparently a lot of lemons being handed out!

been unable to sail with passengers all season. While this is a big hit to the revenue required to maintain the vessel, we decided to make it a productive season in other ways. Boats that carry passengers for hire need an annual Coast Guard inspection. Every two years, the boat must be hauled for an out of the water hull inspection. If you are a wooden boat, every five years the Coast Guard makes you pull fastenings out of the bottom to make sure none of those are corroding away.

Finally, if you are a sailboat, every ten years you are required to pull the mast out for inspection. All of those are due for *Somers* next year! Since we were not sailing with passengers this year, we decided to use the down time and some funding we had in reserve and move all of those inspections to this year. With a little luck, that will allow us to have a normal, uninterrupted season next year, assuming the virus cooperates.

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# Fall of the Leaf



By Susan Camp

“Why do leaves change color in autumn, and why do they fall? Why do we have two words for the third season of the year?” These questions from a friend triggered some half forgotten information in the back of my mind about leaf color change, but the memory was fuzzy, so I decided to look for answers to all three questions. Whether I call it autumn or fall, it is my favorite season.

The leaves of deciduous trees turn color in the fall because of chemical changes that occur to leaf pigments. The two most important pigments are chlorophyll and the carotenoids.

Chlorophyll is the chemical that gives leaves their green color. Chlorophyll is necessary for photosynthesis, the chemical process by which plants use sunlight to change water

and carbon dioxide into sugars to use as food.

Carotenoids, including carotene and xanthophyll, produce orange, yellow, and brown colors. The dominant chlorophyll masks the carotenoids' colors in leaves most of the year. A third pigment, anthocyanin, produces red shades in fruits, flowers, and other plant parts.

As the days grow shorter and nights grow longer and the temperature decreases, chlorophyll production slows down and gradually stops. Carotenoid pigments are unmasked, and leaves change to yellow, orange, and brown.

Warm, sunny days and cool nights above freezing cause the production of anthocyanin pigments, which help trees to recover and store the sugars they need to survive the cold winter months. Anthocyanins result in a spectacular fall color display of fiery reds and luscious purples in trees like maples, dogwoods, and black gums.

Soil moisture affects color, as do a late, cool spring and a period of summer drought both of which serve to delay the onset of fall color. The ideal weather for brilliant color includes a warm,

wet spring, a summer without temperature extremes, and sunny fall days and cool nights.

A tree's leaves aren't hardy enough to withstand freezing weather. The thin leaves are composed of watery, sap filled cells, so trees have evolved a means of sealing off and shedding the leaves.

As the days shorten, the leaf veins close and a layer of cells is produced at the leaf stem base to separate the leaf from the tree. Eventually, the leaf falls and the tree seals the wound. The leaves of some trees remain attached until spring.

Evergreen needles survive frigid temperatures because they are covered with a waxy coating and their cell fluid contains chemicals that help them resist freezing.

The first English term for the third season was haerfest or harvest.



The word autumn was adopted from the French in the late 14th century. Fall is derived from a Germanic word meaning “to fall from a great height” and eventually came to mean “fall of the leaf.” Fall became the term of choice in the United States and Canada in the 17th century, while Britain continues to favor the use of autumn as the name for the glorious third season. *Susan Camp photos of ginkgo tree and tupelo or black gum.*



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# Letting Go

By RuthE Forrest BCTMB

I'm in the business of helping people let go. It's been my life's work. For almost 30 years I worked with folks at the end of their life in Nursing Care Facilities; many with dementia, some in long term comas.

Some let go peacefully, joyously leaving with a satisfied sigh.

Others chose to go in fear and pain, holding on to old hurts. Holding their hands, and having experienced near death twice in this lifetime, I believe in the Christ Light.

I know that we are Eternal Beings, so I do not fear the death transition. I still struggle with letting go. As a crabby Cancer July baby, I tend to hold on once I have a grab on.

Twenty-Twenty has been a good year for practicing letting

go. It's estimated that more than a quarter of a million people have transitioned in the US from a novel virus that has the entire globe engulfed in letting go.

It's been quite a lesson. One that has us all feeling stressed out about social contact, voluntarily isolating and on guard about infection control procedures. We don't like to talk about letting go. We value history.

We talk about the past, building monuments to past deeds and people who performed them. We hold elaborate rituals around the death experience, grief is a tormenting emotion of inevitable accompaniment. Letting go is taboo.

Society encourages us to stay the course, onward and upward. We're discouraged from letting go and to

never say die. During a lockdown we've been told to continue to work from home by computer.

Some people didn't have that option. Many had to let go of their current situation. Stress is a killer, not only physically but mentally, emotionally and spiritually. Nothing can be 'on' forever in the physical world, even machines need a break from performance or they'll disintegrate. Down time is an essential element to health.

Learning to let go is a part of the Earth experience. It's imperative to let go sometimes! It could save your life to let go in some instances. Through letting go we open the door to new experiences and ideas. This year we've learned that too much down time is also stressful. Balance is a master lesson.

Letting go is a skill mastered

through practice. Those who spend a lifetime practicing it usually have an easier transition out of the body. Meditation is a great way to let go of the things circling your mind and connect with your higher power within. Bodywork is premium for learning how to let go of the stress in your body/mind, and practicing letting go on a regular basis.

Spending time in the natural outdoors, grounding your energy is a wonderful way to let go of anxiety. Whatever way you practice letting go, start now by letting go of 2020. Daily, let go of the little irritations and fears that create toxic stress. It'll help you when it comes time for the big letting go you'll eventually experience. I hope it's a joyous one, and wish that for 2021 also!

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## Spike's Wildlife Almanac~Hooded Merganser~*Lophodytes Cucullatus*



its common names; sawbill or “bec-sie” in Cajun French. Numerous other names include hairy head, water pheasant, cypress sawbill, and cottonhead.

The males are basically black above, white below with rufous-brown sides, while the females are basically gray with a shaggy, reddish-brown crest.

By Carl “Spike” Knuth

**T**he hooded merganser is the smallest of three species of mergansers that winter in Virginia.

It is characterized by its white crest edged in black, which can be opened and shut like a fan. It is a bird of timbered waters such as slow moving rivers, quiet swamps, calm ponds, marsh sloughs, and wooded lake coves.

They are wary and alert and are usually found in pairs or small flocks of five or so, rarely as many as a dozen. It is swift and its rapidly beating wings make a quiet whistling sound all of which makes the bird seem even faster. In flight, its crest is depressed and the male shows only a narrow white line. Its head is narrow, carried straight out or maybe held a little below body level.

As in all mergansers, they are characterized by a narrow, cylindrical bill with fine saw tooth or serrated edges, which enable them to catch and grasp fish, their main food. This leads to one of

Hoodeds are expert divers and are quick and active underwater. It swims buoyantly and has a habit of jerking its head from time to time. Most hoodeds breed in Canada, with some in northeastern states or upper Mississippi Valley. They nest in tree cavities much like wood ducks.

They begin their southward migrations in September and return to Virginia beginning in late-October, peaking in early November. They’ll remain until mid February when they move back north  
*Original artwork by Spike Knuth..*



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Shorter days and turning leaves bring memories of holidays past. Mom going all out with dinner. Dad bringing home the biggest tree. Kids running all over the house. These were festive (*if not chaotic*) times. But the kids are older now and our parents are too.

Given our current world, Mom and Dad have likely been isolated for months. While phone calls and distanced visits have been a good way to check in, are they really happy, and more importantly, are they safe at home? Is this how they should be spending their golden years - alone and afraid?

During the holidays we all deserve to be surrounded by family and friends: sharing stories, enjoying home-cooked meals, and having the peace of mind that comes with knowing you are loved. This is what Commonwealth Senior Living communities offer during the holidays and every day. Our families are relieved to know that their loved ones are safe, happy, and enjoying the lifestyle they deserve.

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# Tidewater & Timber~Switching Gears For Late Fall Activities



By Chelly Scala

**A**s late fall arrives, some may be switching gears to new activities, while others may hold on to what are their favorites. The leaves have been beautiful this fall and the fishing is great. Enjoy more of the fishing or switch over to hunting, as I will. There is so much excitement in the Northern Neck outdoors on the water and in the woods.

November is a great time to fish for big rockfish. All three jurisdictions are open for the fall rockfish “striper bass” seasons; in Maryland, the Potomac River and Virginia. Access to these angling opportunities remains within a short boat ride of much of the Northern Neck. For Maryland waters, information can be obtained by calling

877-620-8DNR (8367) or visiting the website at [www.eregulations.com/maryland/fishing/](http://www.eregulations.com/maryland/fishing/). For Potomac River Commission (PRFC) waters visit their website at [http://prfc.us/fishing\\_potomac.html](http://prfc.us/fishing_potomac.html) or contact them by phone at 800-266-3904 or 804-224-7148.

Information on Virginia’s Marine Waters of the Chesapeake Bay and Tributaries can be found at <http://mrc.virginia.gov/index.shtm> or by

calling 757-247-2200. Rockfish will feed heavily before heading out of the tributaries and out of the bay. Cooler waters encourage “striper” foraging and movement. Always be aware of and watch the weather. Remember to have your life jackets and layers of extra clothes.

Keep your eyes alert for baitfish locations, as when you see schools of menhaden, chances are you might also find rockfish. Try to troll with lures which match the size of bait in the area. Umbrella rigs, tandem rigged parachutes and #21 Tony Accettas or Crippled Alewife spoons are great options.

Chumming is an option that some prefer. For chumming, set up a chum slick, then fish a couple of the lines with strips of cut menhaden with some weight to keep the bait near the bottom. Try to keep your baits at different depths possibly with small in-line or pinch sinker weights. It is not unusual to catch 20 pound plus stripers in the Lower Chesapeake Bay this time of year. Larger trolling gear needs to be on board this time of year.

Some are ready to spend time in the woods rather than on the water, including hunting for deer, turkey, squirrel and rabbit. There are numerous seasons, technics and species available. Venison is one of my favorites and great to share, especially with those in need.

Check out Hunters for the Hungry and share some of your success. If you are looking for help to process your venison or to share with those in need, Northern Neck Meat Processing can be reached at 804-436-6588. Hunters for the Hungry also has a website at [www.h4hungry.org](http://www.h4hungry.org) for donations.

It has been a difficult year for all; make everyone feel better by sharing venison with those in need. Since there has been more rain this fall, hunting areas will be moister and sometimes more inviting to animals looking for water.

Whether on the water, or in the woods, share your outdoor experience with a youth. Teach them healthy activities, memories they’ll never forget and the chance to help those in need. I plan to take our son on the water and in the woods while he is home for college break. I love sharing my outdoor experiences with our son. It’s amazing how much he knows about the outdoors. Where did he learn all that?

Keep a well charged cell phone with you and let someone know of your schedule and location.

We are approaching the mating or “Rut” season. Therefore, be careful as this is the time when bucks are very possessive and lose their fear. Be especially alert and careful when driving pay attention, be alert and be safe, while traveling to and from your hunting locales.

Always check the Virginia Department of Wildlife Resources (DWR) website for regulations and quotas at, <https://dwr.virginia.gov/> Be safe, wear your blaze orange and always let your family know where you will be and when you will return. Always double check the security of your hunting stands and equipment. Commit to wearing a safety harness when climbing into, out of and staying in a tree stand. Think about areas you can hunt where water sources exist or hunt between bedding areas and water sources.

*Scala photo.*

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# Style Spotlight~They Never Tire Of Tires

By Mari Bonomi

**R**oger Hutt has been surrounded by tires since he was five years old and spent days with his father at what was then called Northern Neck Tire and Recap in Warsaw.

After he graduated from high school, Roger started working there full time. His father retired and leased the business to Big L Tires, who tasked Roger with managing the business. In the late 1980's, Roger bought into Big L Tires.

He's spent over 45 years now in the tire business. "I enjoy it," Roger said. "There's something different every day." He sells tires, changes tires, orders tires, and in the past has even done the mobile servicing runs. "My goal is to work till I'm 68—that will be 50 years here."

Roger is proud of this continuity. "I have some third generation customers," he said. And he's hoping to see a fourth. "There's this ten year old I'm looking forward to serving one day."

There were five boys in the Hutt family, but only Roger and his twin brother stayed with tires. William manages the Big L in Kilmarnock.

Unlike the other Big L locations around the state, Warsaw's Big L only deals in tires and rims, though the other locations do inspections, alignments, and other car services. Tires are enough for Roger, he says.

Roger sells passenger and light truck tires to tires for lawn and garden equipment, tractor-trailers, agricultural equipment, and OTR tires for earthmoving equipment. Big L in Warsaw offers mobile road service as well.

"We service loggers, farmers, local governments, as well as private vehicles. And we have a wholesale



arm that extends through Virginia and into southern Maryland.

Even during the COVID pandemic, Roger has kept at it. "It's certainly affected us," he said, "but we're holding on."

"It's a busy pace," Roger said. But he acknowledges that the tire industry has changed.

When Roger started at Big L, tires had nylon treads and wore out in ten to twelve thousand miles. "I could stock maybe twenty-five types of tires and have stock on hand for almost all needs. Now, radial tires last as much as eighty thousand miles, and I've seen some go beyond that. Tires today are bigger and wider, and there are so many types!" Once a sixteen inch tire was a light truck tire. Now tires up to nineteen and even twenty inches are passenger tires. Big L Warsaw has perhaps 8,000 square feet of tire storage filled with all sorts and sizes, but nowadays Roger usually has to order what the customer needs.

Roger offered advice for tire care. "The main things are to rotate your tires every five to six thousand miles and to check your tire pressure monthly." Underinflation leads to stress on the sidewalls and tire failure. Overinflation can cause

handling problems and leaves tires more prone to damage. "Proper pressure makes tires last longer," he said.

"You know you have a tire problem if you

have vibration or if you're seeing irregular wear on the treads. Vehicles since 2008 or so have tire pressure sensors, so pay attention to them," Roger said. He also noted that these sensors can go bad after seven to ten years and cannot be reset, but must be replaced by an auto shop.

When asked about what sort of tires folks in this part of Virginia should use, Roger said all-season tires are fine. "They're what new cars come with," he said. "Snow tires give better traction in winter conditions, but shouldn't be used all year round. In many states, all-season tires meet safety standards of snow conditions on the road." Then he pointed out with a chuckle that he used to sell studded winter tires.

As a proud local business, Big L Tires in Warsaw is involved with Relay for Life.

Roger's wife is a cancer survivor. He is proud that the Westmoreland County Relay, now part of the Northern Neck Relay, has raised hundreds of thousands of dollars over the years. Big L also assists the Food Bank and takes ads in local groups' programs.

Roger summarized his business philosophy. "I try to give fast accurate service to all my patrons who come through the door," he said, and added, "I have 3500 to 4000 names on my customer list. The customer is always right."

Big L Tire is located in Warsaw at 4982 Richmond Road (Rte 360). They are open from 8 a.m. to 5 p.m. Monday through Friday and 8 a.m. to noon Saturdays. Call them at 804-333-4635.

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# It's the Most Wonderful Time of Year

By Cindy Balderson

**I**n the midst of what can only be described as a crazy year at best, we have overcome hurdles and challenges, handling each crisis thrown at us with patience and grace. I am speaking on behalf of my family and my co-workers. This year has been anything but normal. I'm not sure what normal looks like anymore but we persevered, and we will continue to move forward, simply because there is still much work to be done. But also, so much to be thankful for.

You see, because you, our constituents, believe in what we do, 96% of all of our operating expenses go directly to feeding those in need locally, we distributed over 2.3 million pounds of food in the last fiscal year and we continue our

essential work during an unprecedented time in our country, meeting the increased need so that everyone affected by the pandemic has food to eat.

As we move forward to the end of the most challenging year most of us have ever experienced, let's try to remember what the season of giving is all about and where it all began.

One purpose and one pickup made the food bank a reality in 2010 and here we are ten years, two moves and an extraordinary level of growth later, thriving! But in some ways, just getting started! We are looking forward, exploring what's next and how we can be at the center of change for generations to come!



HUNGER is most often associated with poverty and the inability to put food on the table consistently. However, in today's changing environment, many individuals are working harder than ever and still suffering from the distress associated with lack of food. Seniors are the fastest growing food insecure population in the country and are too often overlooked. Forty-five percent of 2-year college students worry about where their next meal is coming from, skip meals or go without food for entire days. One in 4 Iraq and Afghanistan war veterans who selflessly fought for their country don't have enough food to eat.

Food is a basic need and yet

hunger has many faces. Together, we can do better. We can provide safe and nutritious food so those struggling can have an active and healthy life. We can provide hope for future generations by educating our children, instilling in them a sense of responsibility and the inspiration to see the possibilities for a bright future in their community and beyond.

The most wonderful time of year is here and this year we are not only celebrating 10 years of people helping people, but we are also celebrating YOU, our faithful community!

*Cindy Balderson is Vice President & Development Director of Healthy Harvest Food Bank. Cindy Balderson photo of Richard Abbott, Pastor, Morattico Baptist Church - Gleaning Corn.*



*I regret to announce that after 19 years in business, Foxy will be closing. We will miss our dear customers, many of whom have become friends over the years. June, Remy, Bobbie*

*and I thank you for your many kindnesses and for your support. We will be conducting our final close out sale of our Apparel, Jewelry and Accessories over the next 4 weeks. Our store displays, furniture, store supplies and fixtures will go on sale the third week of November. Please visit us—we would love to see you. Sincerely, Kathy Lukasewicz*

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# Brain Injury~The Danger of Second Impact Syndrome

By Martha M. Hall

**O**ne brain injury is bad enough; two, close together in time, can be potentially fatal. The brain is not like an arm or leg or other extremity. It is not the recipient of an action or a movement—it is the genesis of that activity. Understanding the workings of the brain can go a long way toward helping those at risk of a second impact to recognize their risk and to avoid possible long term or lifetime effects.

The brain is the body's motherboard; it controls everything we think, say, or do, even when we are not conscious of its activity. The different parts of the brain operate in a beautifully orchestrated symphony, each section responsible for a different function,

and each section dependent on the others to operate efficiently.

The fragile brain is protected by a thin bony skull, the inside of which is rough and craggy and sits about a quarter of an inch from the gelatinous mass we depend on for everything we are and do. A blow to the head or a series of rapid movements can thrust the brain against the craggy protuberances of the skull, potentially causing bruising, tearing, and stretching of the tissue that contributes to countless connections with other parts of the brain.

A traumatic brain injury—concussion—has as many causes as there are motions: a football tackle, a car accident, a fall—any way that the head comes in contact with a hard object or is subjected to a series of rapid movements.

Recovery from a concussion

is in large part dependent on the location of the blow, and the force with which the head or the body comes in contact with an immovable object, or sustains a whiplash effect.

Fortunately, most people recover from a mild concussion with prompt medical treatment, rest, and a gradual resumption of activity. However, sustaining any concussion can put a person at risk of a subsequent head injury, increasing the potential for second impact syndrome.

Second impact syndrome, or SIS, occurs when the already injured brain is subjected to a subsequent injury brought on by, for example, a return to sports play before an initial concussion is fully healed. This second blow may occur minutes, days, or weeks after an initial concussion.

The physiology of what causes SIS is debated, but most researchers believe that the inability of the brain's blood flow regulators to function properly causes the brain to swell rapidly and catastrophically. SIS is often fatal, and those who don't die are severely disabled.

Because brain development does not reach maturity until age 27 or 28, young people seem to be more susceptible to SIS, particularly those who participate in contact sports.

Prevention is the key to wellness, and closely monitored return to activity guidelines can go a long way toward ensuring health and safety, particularly youth involved in sports.

*For more information on brain injury, contact the Brain Injury Association of Virginia at 800-444-6443 or at [www.bia.vnet](http://www.bia.vnet).*

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



By Lee Casazza

## Baked Eggplant Parmigiana

**T**his recipe for eggplant Parmigiana resembles southern-style fried green tomatoes, with all the crunch, and they are not fried. You stack them together and bake a final time for about 10 minutes until the cheese melts. I was inspired to make it this way after I had—one stack only—for lunch at Ristorante Tre Sorelle—Three Sisters—in

Positano, Italy.

1 recipe for marinara or tomato sauce  
1 cup all-purpose flour  
Sea salt and freshly ground black pepper  
2 large eggs  
2 T water or milk  
1 cup freshly grated Parmigiano-Reggiano cheese, divided  
2 cups panko breadcrumbs  
1 1/2 cups dry plain breadcrumbs  
2 T chopped Italian parsley  
2 t freeze-dried or chopped fresh oregano  
2 t freeze-dried or chopped fresh basil  
Extra-light olive oil or avocado oil

2 large, heavy eggplants, peeled and sliced crosswise into 12 slices, 1/4-inch thick  
1 lb. mozzarella cheese, cut into 12 slices

Place flour into a shallow bowl and season generously with salt and pepper.

Whisk eggs in a medium bowl with the water and 1/4 cup of the Parmigiano cheese.

Combine the panko, dry breadcrumbs, parsley, oregano,



and basil in a shallow bowl.

Preheat oven to 375 degrees F.

Drizzle some oil on a large baking sheet and spread it around with a brush.

Dip eggplant slices in flour, shaking off excess, then dip

slice of mozzarella cheese.

Place another slice of eggplant on each and repeat one more time—each stack contains three slices—and place back in the oven for 10 minutes to melt the cheeses.

Garnish with a couple of basil leaves and serve.

Serves 2 to 4

## Lemon Sorbet with Prosecco - Sgroppino al Limone

Traditionally, sgroppino is a refreshing aperitif that is said to have originated in Venice, Italy and is served blended, but this is another way to serve it as a dessert. With the abundance of lemons on the Amalfi Coast, I think it could have been invented there. This is so refreshing on a warm summer or

autumn evening.

1 cup chilled Prosecco  
1/4 cup chilled limoncello  
1/4 cup chilled plain or lemon-flavored vodka  
Good-quality lemon sorbet  
Fresh mint leaves  
1/2 cup Prosecco into each champagne flute



in egg mixture and finally in breadcrumb mixture.

Place eggplant slices on the baking sheet and drizzle a little more oil on top.

Bake for 20 minutes, flip each one over and bake an additional 15 minutes.

On the same baking sheet, arrange four of the baked slices—not touching each other—in a row.

Add a spoonful of sauce, then some grated Parmigiano and a

or Irish coffee glass.

Equally, divide the limoncello and vodka into each flute or glass.

Add 2 to 3 scoops of lemon sorbet.

Top with mint and serve immediately.

Serves 2.

*If you like my recipes and are interested in many more, please visit [www.leecasazzacooking.com](http://www.leecasazzacooking.com).*

*There are links to two separate cooking blogs for you to enjoy Lee Casazza photos.*



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# The Tide Raises All Boats...



By Bill Graves

Life on the Northern Neck of Virginia is special because of the vastness of the Chesapeake Bay, and all its glorious rivers and tributaries. It's a boater's paradise and the reason my wife and I moved from landlocked Columbia, Md. to Reedville.

Let me tell you a little bit about my boat. She's a 16' tri-hull manufactured by the DUO Company in '69. It was my father's boat, and my first ride on her was when I came home on leave in 1970. He launched us down a ramp by National Airport so the family could watch the Fourth of July fireworks over the Potomac River.

I remember water skiing behind it in my 20's. The hull back then was

beige, the topside avocado green, and she held six adults at capacity. He gave her to me in 1976. I gave her a major restoration in 1995. I took it down to the hull,

and completely refitted her with the addition of heavier stringers, adding a couple hundred extra pounds.

For added safety, dual batteries were installed along with an extra propeller in the hold. Because I was the father of two young girls I also added a Porta Potti. GPS and VHF radio were installed. A reserve fuel tank was added to the 12 gallon in board tank. She always receives the Coastguard inspection safety sticker each year.

Now that she was rigged for running, we went cruising. First let me tell you where we've gone beyond the Chesapeake Bay. We visited the Thousand Islands on the St. Lawrence where I rented an Island home called Little Napoleon, and from there cruised to Kingston and Gananoque in Canada. The

Narragansett Bay in Rhode Island is on the list, as well as Marathon and Big Pine Keys, and the Inter Coastal Waterways from Ocean City to Chincoteague. Lake Seneca in Maryland was always a favorite.

The Chesapeake has been our primary home, and we usually averaged more than 1000 miles a year. In the 70's through the 90's we launched from the Hanover Street Bridge in Baltimore, and took the family out to Hart-Miller Island. We enjoyed evening cruises on the Patapsco and circling the Inner Harbor. She's been everywhere on the Bay and its rivers, from the Mobjack Bay through the C&D Canal.

My two most enjoyable cruises were from Kent Narrows to Chestertown, and Kent Narrows to Oxford through the Knapps

Narrows. We made these trips dozens of times. I even got to take my Dad from the Kent Narrows to the Chop Tank and down a back route into St. Michaels. He loved it! I'll never forget what he said, "Sure was a long way to go for a sandwich!"

In 2004 we moved to our new home in Reedville. Here she was graced with a name, the Ruby Rue after my sweet wife. With a new paint job of white over blue, she was repowered for the third time with a used 1987 Suzuki engine. Between the boat and the engine we're only talking 84 years and approximately 40,000 miles of exceptional service. If you see us on the Little Wicomico River or out at the jetty beach, give us a wave. Our home port is in a covered slip at Smith Point Marina.

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# Served up with Love in *Style* by Melissa



By Melissa Haydon

**T**oday is the day I am going to tease your sweet tooth. Both of these recipes are so easy to just pop in your mouth when the craving hits. Super easy to make and they are just scrumptious. Can you eat just one?

## Nutter Butter Truffles

1 16 oz package of Nutter Butter Cookies  
1 8 oz block of cream cheese, softened

1/2 lb White Almond Bark  
1/2 lb Chocolate Almond Bark  
Dump the Nutter Butter cookies into a food processor and blend until a fine crumb. Add a block of softened cream cheese and mix until combined. Roll into a ball in

your hands. Use a cookie scoop to make them even. Place on a wax paper lined pan. Chill in the freezer for about 20 minutes.

Prepare the almond bark according to directions on the package. Dip the peanut butter balls into the melted almond bark with a fork. Place on wax paper lined pan using another fork careful not to remove the almond bark. Allow to harden, drizzle opposite bark flavor over the top. Enjoy.



## Snowball Cookies

2 cups pecans  
2 cups all-purpose flour  
1 teaspoon salt  
1 cup unsalted butter, softened  
1 cup confectioners' sugar  
1 teaspoon almond extract

Preheat oven to 350 degrees F. Spread the pecans on a rimmed baking sheet and toast in oven, tossing occasionally, until fragrant, 6 to 8 minutes; let cool. In a food processor, process the pecans until finely ground. In a large bowl, whisk together the ground pecans, flour and salt; set aside.

Using an electric mixer, beat the butter and 1/3 cup of the sugar on medium-high until light and fluffy, 2 to 3 minutes. Beat in the almond extract. Reduce mixer speed to low and gradually add the flour mixture, mixing until just combined. Shape the

dough into balls—about 1 tablespoon each—and place 2 inches apart on baking sheets. Bake until just beginning to brown, 12 to 14 minutes. Let cool slightly on the baking sheets, then transfer to a wire rack to cool completely. Place the remaining sugar in a bowl. Roll the cookies in the sugar to coat. *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. I hope you enjoy!*



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# Wild *Style* Cuisine~Monster Cookies



cookies make them great energy food for hunting or hiking, and just one makes you feel full and satisfied when you need a boost.

I discovered this recipe almost 25 years ago in a Ducks Unlimited cookbook. The original version doubled the proportions provided here and took the help of my husband and both kids working in shifts to get the huge amount of batter mixed by hand, then took the better part of a day to bake them all. If you're planning ahead for hunting season, get the kids involved, double the recipe and make a

microwave for 15-20 seconds and pour yourself a big glass of cold milk. Either way, you'll be satisfied!

## Monster Cookies

Yield: About 5 dozen 3-inch cookies

Prep time: 30 minutes

Bake time: 15-18 minutes per sheet

1 c. all-purpose flour

4 tsp. baking soda

6 large eggs

2 tsp. vanilla extract

1/2 lb. (2 sticks) margarine, softened

1 lb. light brown sugar

2 c. granulated sugar

2 tsp. light corn syrup

1 1/2 lb. creamy peanut butter

8 c. old-fashioned oats

1/2 lb. semi-sweet chocolate chips

1/2 lb. M & M candies

Preheat oven to 325 degrees.

Line a large baking sheet with

parchment paper and set

aside. In a small bowl, combine flour and baking soda. In another small bowl, whisk eggs until yolks and whites are completely combined then whisk in the vanilla extract.

In the large bowl of a stand mixer on medium-low speed, combine margarine, brown sugar, granulated sugar, corn syrup, and peanut butter until completely

incorporated, scraping bowl as needed. Add eggs and vanilla and mix to combine. Reduce speed to low, add flour

mixture and half the oats and mix until combined. Transfer to a very large bowl and stir in the remaining 4 c. oats, chocolate chips and M & M candies. Using a large ice cream scoop drop 6-8 mounds of dough onto the prepared sheet leaving 2-3 inches between each and flatten slightly with a lightly damp hand. Bake for 15-18 minutes or until deep golden brown and set in the center. Allow cookies to cool for several minutes on the sheet then transfer to a cooling rack to cool completely. *Photo by Wendy Hyde. All recipes included in this column are original by Wendy Hyde unless otherwise noted. She can be contacted at [wildstylecuisine@gmail.com](mailto:wildstylecuisine@gmail.com); follow her on Instagram as [girlgamechef](#).*

## By Wendy Hyde

As much as I enjoy creating meals with game meat and experimenting with savory flavors, I also have a big sweet tooth. I crave peanut butter and chocolate. And cookies. And cake. And doughnuts. Instead of an after-the-hunt recipe, I am sharing one for before-and-during-the-hunt that also satisfies a craving for sweets. Having quick, packable snacks on hand is helpful at 4:00 in the morning when you and the crew are loading up packs for a day in the woods and everybody is half-awake, indecisive, and sometimes a little grumpy.

Ideal pack food is high in protein and carbohydrates to fuel your body for walking and staying warm. It should be easy to eat without utensils, not be too aromatic, feature quiet packaging, and it should taste good! The oatmeal and peanut butter in these oversized



huge batch for the freezer. They are sturdy enough to hold up to a rough ride in a backpack and taste great with a thermos of hot coffee. If you're home, pop one in the

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