

CHESAPEAKE *Style*

PRICELESS

Volume XXIII Issue 4 April 2020

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

Fast Times on the Rivers

Back in the day, way back, I worked for Fireman's Fund, selling health insurance.

For about a decade, prior to selling insurance, I sold cosmetics...hope in a jar, something you could smell, feel. I convinced myself that I was teaching women to care for their skin...I was Not selling! The company was founded in 1934 in Grosse Point, Michigan. It was the finest product I ever put on my skin. Sadly, because their standards were so high and formulas so precise, they ultimately went out of business. I was a wholesale distributor, held weekly meetings, wrote a weekly newsletter, and I learned a lot about selling. I decided to get into the real world. After IBM turned me down, because they didn't think I could sell, I tried insurance—a piece of paper you don't need until you can't get it. I digress.

One day the big boss, Ed Wolf III, came to our Chicago office from California. He said he wanted me to be an Area Sales Manager, for the Chicago and Northern Illinois area.

It was the beginning of women cracking the Glass Ceiling—for the record, I didn't break it, but I did crack it.

This was in the early part of the decade of the 80s.

At some point in the conversation he told me the reason he wanted me to take the job. He said something like, "You are like water running downhill. If there is an obstacle, rocks, trees in the path, you will find a way around it."

As I look back I realize how true that statement was and is. If there is a problem, or an obstacle, I usually find a workaround.

Getting this issue out is a fine example. Obstacle after obstacle kept jumping in front of me. I won't go into details. At some point I recalled what Ed Wolf III said...and he was right. I would find a way.

When all of the current restrictions came about, we were too far into production to stop.

As we go to press, if all goes well, we will begin distribution of the April issue on Tuesday, March 31. It may be a limited distribution, until this is over...at which point we will deliver the remainder of magazines, when businesses are open again.

We trust that all of this will pass, and when it does we will print again, perhaps a May/June issue, or May/June/July issue.

Whenever it happens, we will find a way to it done.

Thanks to everyone who helped us get around the obstacles—Finding college students to help out, suggesting a new look for ads, for keeping the faith baby!

And **Special Thanks** to our loyal advertisers for staying the course!

Please note. On page 38 we have reprinted a July 2014 page of recipes. Our dear friend, Betty Bridgeman, left this earth this past winter. Everyone loved her recipes.

One of our current cook/writers, Melissa Haydon, Served up with Love, has been overwhelmed with family emergencies, so we are reprinting her column for the same issue. Enjoy!



Style f

CHESAPEAKE *Style*

Editor, Publisher, Chief

Cook & Bottle Washer

Janet Abbott Fast

Writers & Photographers

Cindy Balderson, Carol J. Bova, Deborah Butler, Susan Camp, Stephanie Caruso, Ellen Dugan, Ann Eichenmuller, RuthE Forrest, Bill Graves, Martha M. Hall, Torrence Harman, Melissa Haydon, Wendy Hyde, Gail Kenna, Spike Knuth, Tracy G. Lanum, Amy E. Lilly, Darleen Nichols, Kenny Park, Chelly Scala, Paula Shipman, Ann Skelton, Dana Smith, Gerhard Straub, Marie Stone, Susan Williamson

Ad Sales, Distribution

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

Proofreader

Marie Stone

Ad Composition, Graphics, Layout

Janet Abbott Fast, Deborah Figg, Julie Stanley



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

chesapeakestyle@hughes.net

www.chesapeakestyle.com

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Chesapeake Style

Chesapeake Bay Marketing.

About the cover~

Cover photo by Paula Shipman. Photos of Richmond County Animal Shelter and folks who are responsible for caring for the animals.

From left to right, Nancy holding Chance, Tanya, Emma Wade Davis, Deputy Dog John the dog is in the car, Sheriff Steve Smith, Deputy D. Richards and Captain J.T. Johnson.

See more photos on page 2. Photo of RCAS sign by Darleen Nichols.



John, aka Deputy Dog, on the cover.

Richmond County Animal Shelter Animals Looking for Homes



Back row left to right, Sheriff Steve Smith, Captain J.T. Johnson, Seated, Tanya, Emma, Nancy, Dogs, Sadie, Chance, Roscaeux adopted Below, Chance and Emma, Sheriff Smith with Sadie.

*Shelter hours, Tuesday thru Friday 11 a.m. - 5 p.m.
Saturday 10 a.m. - 2 p.m.
Call 804-333-5637.
Photos courtesy Paula Shipman.*



Top, Emma holding Sugar, Nancy with John,



Style Spotlight~Mosaic Consignment Shop, Art and More!



Owned by Jane Woodle and housed in the former Wardley Movie Theater in Callao, Mosaic is an art lover's dream, filled with paintings, pottery, and woodwork from local artisans, and arranged to highlight the talents of Northern Neck creators.

"This is an art gallery!" I exclaimed to Jane, as I took in the hand crafted metal mobiles dangling from the ceiling, swaying gently in the soft breeze. "Those came from a local artist whose work has been displayed in the Smithsonian," Jane told me.

"When he and his wife sold their Northern Neck house and moved back up north, he consigned those to me, and I think they add something to the shop." Indeed, the mobiles, colorful, simple, and spare, add a playful vibe to an already upbeat store, which is welcoming and accessible, thanks to Jane's artistic ability and vision.

"Have you always been 'artsy'?" I asked. In her typical, self effacing way, she shrugged and said "I've always just done it. I just look at things, and I sort of know how they need to be displayed." Jane's eye for arranging extends effortlessly—or so it seems—to all of the items in her shop, whether created, or consigned because they need a new home.

In Jane's skillful hands, ordinary items become works of art, like the bunk bed set consigned to her by the local Interfaith Council with which she has worked for the past 14 years.

The bed was set up in the middle of the store, made up with a bright bedspread, and highlighted with two cheerful, beach themed pillow covers, reviving what Jane calls "ugly pillows."

The bed is solid wood and painted white and was donated to Interfaith. When Jane saw it on one of her many trips to the Interfaith warehouse, she decided that Interfaith needed to consign it to Mosaic, so she brought it to Callao, and it fits right in with the hand made wooden bowls, the Made in Virginia canned goods, and the stained glass window art. "I do a lot of work with Interfaith—it's a wonderful organization, and it receives many nice donated items. If I can showcase some

of them in my shop, it helps spread the word about their work, and increases their financial base a little."

Jane has worked for herself most of her life. Born and raised in Spartanburg, SC, her first shop was her own beauty salon in Greenville, and hairdressing was a skill that she brought with her when she moved to Richmond, where she opened a salon. Life brought her, as it does many people, to the Northern Neck, where she opened a consignment shop

in White Stone. "I was there for 14 years," she told me. "Then I moved the business here to Callao, and I've been in this location going on five years. I love working for myself, and Mosaic gives me the opportunity to collect and arrange and rearrange beautiful things to my heart's content."

While we were doing our interview, Lynn Norris, director of the Kinsale Museum, stopped in to see what new



things Jane had acquired. We talked about the uniqueness of the shop and of Jane's skill, and Lynn said "You know how you sometimes have a need for something special to go in a particular place in your home, but you don't know what exactly you want?"

"Jane can always find just the right thing for you, and so every time you look at it, you think of Jane, and she becomes a part of what you have." High praise, indeed! While we were discussing her talent, Jane had slipped away to busy herself with some other display, arranging the things, just so, always making certain that she was the background, and not the main event.

"This place is a little slice of heaven, don't you think?" Lynn said to me as she headed out the door. I had to agree with her.

Visit Mosaic Consignment and Gifts at 153 Northumberland Hwy, Callao, call Jane at 804-529-1030, or follow her on Facebook.

Martha Hall photos.

By Martha M. Hall

Every consignment shop has its own personality, and each seems to have a focus that sets it apart from its competitors.

Some are a collection of whatever has been consigned at some point, so that the thrill is in the exploration and the sorting through; some are specifically designed to attract a particular kind of buyer looking for a particular kind of purchase. The really unique shops are a combination, with a distinct stamp of the owner's view of the world. Mosaic is one of those.

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Art from Three to 93



seven adult teachers, volunteers, and student teachers in the room. My second and third trips were in the opposite direction age wise: we visited an older adult lifestyle center where nine students continued a mixed media project they had begun two weeks before. The older adults needed some help and guidance with scissors, tracing, and arranging their art pieces on canvas, but for the most part, they focused and worked on their creations at their tables. The final

choices. Art so clearly relaxes and engages; eventually the sharing and the pride in an accomplishment stole through an initially solemn room. The Adult Center Director said, "I think doing art has given them confidence and it certainly helps with other things like mobility. They have a purpose to accomplish in these sessions and they welcome them as part of the culture here and look forward to it."



By Deborah Butler

Sometimes I call the Bay School Community Arts Center just Bay School of the Arts. I forget that important idea that it is a community arts center, a physical space that exists not only for regional artists to learn, work, and show in, but one that carries the term community into other realms, developing other kinds of communities for art. The next few columns about Bay School will explore the ways the Bay School created and is creating communities of art.

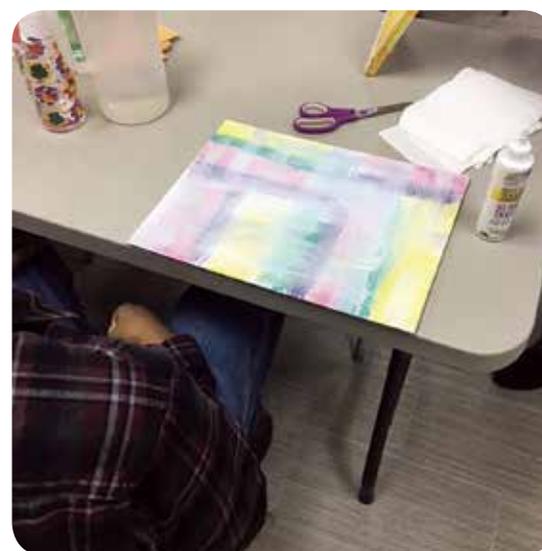
Today I experienced the most obvious sense of communities of art by visiting in three different groups based around artistic endeavors. Beginning early in the morning, Virginia Coyle, who leads many outreach programs for Bay School in the Mathews and Gloucester areas, picked me up and took me to Mathews High School for her twice monthly sessions in art with about 18 young preschoolers in Head Start. The classroom is run in a very hands on fashion, with students moving from station to station with only a little guidance from the

group of the day, adults also, but younger and from Gloucester's Puller Center, a work center for disabled adults, arrived in vans at Bay School. There was a similar multimedia project. Everyone listened to Virginia's explanation for the project and began to work immediately, a few calling for help but most focused on creating their pieces.

I watched three incredibly diverse groups of people settle into a kind of zone as they worked on their art. It was as if no one else was around sometimes, just a person and his or her creation. In the children's group it sometimes took a helper to prod a child past reticence to begin the creative play that so defines art.

I watched an anxious child begin to take over the wood and glue and make shapes that slowly changed her tension into a serene little smile. Within one hour every child had visited Virginia's table and had created a mixed media piece. It was not so very different with the older adults.

Helpers talked about what colors might match a canvas background previously painted, and offered reassurances when asked about



Today I glimpsed at the power of art to both create communities as these children and adults worked, and as they look forward to sharing their art both at Bay School and beyond.
Deborah Butler photos.



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Style Spotlight~Matrimony and Macaroni



By Darleen R. Nichols

Anna's Pizza of Warsaw has gigantic salads. A menu for lunch that is reasonable and includes a salad bar complete with pizzas. All of the Italian specialties grace the extensive full menu. The offerings are well prepared and cheerfully served. I was there on a Thursday for lunch and enjoyed a steak and cheese sub with all the trimmings. I could manage half of it with the

remainder at dinner that evening. The luncheon menu offers many choices and the prices are great.

A private Banquet Room is a wonderful choice for conferences, birthdays and other special occasions. It is away from the other diners yet close to the salad bar. The Banquet Room must be reserved in advance to ensure you have the privacy you desire.

More about the food later but I have a love story to tell or as the Italians would say—that's amore! The Warsaw location is owned and operated by Francesca—daughter of founders Maria and Tony Volo—and James Fogarty. Although they attended school at the same time, casually knowing one another, the sparks didn't fly until they met at a wedding in 2008.

They dated a year and a half before becoming engaged and another year and a half before marrying. During the courtship

and engagement, Francesca worked in the Warsaw location while James was off in Kilmarnock learning the business from Maria and Tony. May 1, 2011 wedding bells rang for the lovebirds.

Two beautiful little girls, Giada Marina Fogarty (3) and Melania Sofia Fogarty (18 months) joined the family. James's mom keeps the girls when James and Francesca are both working. These are two hardworking young people to be sure and a

testament to how a small business can become a roaring community success when everyone works together. The Fogarty's now also own The Tiki Bar at Windmill Point in White Stone.



When asked how difficult it was working together, Francesca stated "that we have different areas of responsibility. I run the front and James runs the kitchen. It works well for us. Business is going well," Francesca said with a warm smile, and she continued, "It is difficult to find people that really want to work and when we are fortunate enough to find them we try hard to keep them. Our business is a part of the community. Many of our customers are regulars who come in so often we know what they are going to order. The community supports us and we love them for it."

In the early 2000's, Tony Volo literally built the structure that now houses Anna's. He planned and hired the contractors to do the work that he couldn't do. In 2006, my husband

and I moved to Warsaw from Northern Virginia and we quickly became part of Anna's community.

At that time, this was the only real restaurant in Warsaw. A shining light went out in this small community when Maria passed away December 1, 2018. She had bravely fought against cancer

for twenty years but ultimately lost the battle. She was an example of courage and determination.

Getting back to the food, Anna's offers a number of salads on their menu. I saw a Greek Salad served that overwhelmed me and also, I think, the lady who had ordered it. This could easily have been a meal for two people and a side salad for four.

The offerings are quite varied from the appetizers through the desserts. There are several kinds of soup, a large array of pizzas and toppings, entrees of favorite Italian dishes, seafood and packed full subs.

Customers dining in will also see a large number of people coming in to pick-up orders from the call ahead service. Anna's pizza is well known in this community and is often touted by diners as being the best in the area bar none.

Anna's of Warsaw is open Monday thru Saturday from 11 a.m. to 10 p.m. Closed on Sunday. It is located at 53 Gordon Lane and the telephone number is 804-333-9222. *Photos courtesy Francesca and James Fogarty.*

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Historic Garden Week~Bel Air



By Dana Smith

On April 22, Bel Air, along with five other properties along River Road in Lancaster County, will be opened for Historic Garden Week and hosted by the Garden Club of the Northern Neck. Bel Air is one of the two houses on the grounds of Belle Isle State Park that will be on the tour.

In 1938, John Garland Pollard, Jr., and his wife, Margaret (Peggy) Clarkson Pollard, in partnership with his brother-in-law, Herbert Lee Boatwright, and sister, Suzanne Pollard Boatwright, purchased the land, then known as Belle Isle Farm, which is now Belle Isle State Park in Upper Lancaster County.

The Pollard and Boatwright families were able to engage an architect by the name of Thomas Tilleston Waterman, with whom they had become familiar in Washington, D.C, to oversee the design of a house for the Pollards and the restoration of an existing house on the property for the Boatwrights.

T.T. Waterman, born in 1900, was an extremely interesting and important figure in the early history of America's preservation and restoration movements. His amazing variety of talents included not only those of a draftsman and architect, but researcher, historian, author and advisor. He had become interested in architecture as a teenager, and in 1928, at the age of 27, accepted a position with a restoration team at Williamsburg.

His reports on colonial buildings, including the Wren Building, Governor's Palace and Raleigh Tavern, encouraged the restoration and

reconstruction of those Colonial Williamsburg landmarks. Involvement in Williamsburg, and a life long interest and devotion to Virginia, inspired his publication of *The Mansions of Virginia: 1706-1776*.

Thomas Waterman was also the primary architect for Winterthur, home of Henry Frances du Pont, in Wilmington, Delaware. Winterthur became a museum in 1951, the year of Thomas Waterman's untimely death from cancer at age 50.

Waterman worked with the Pollards to design and construct their lovely colonial revival home into which they were able to move in the early 1940's, soon after the

start of WWII. Local craftsmen were engaged and cypress trees harvested from Belle Isle farm were used in the construction. Inside accents were repurposed from a King and Queen County home built by Carter Braxton, a signer of the Declaration of Independence. Having lived in Arlington, Peggy Pollard was reluctant to move to such a sparsely populated and rural community and insisted that she wanted a place for her books and a quiet place to read. Colonial Revival houses did not typically have libraries and it took some negotiation on Peggy's part to convince Waterman to include one in his design.

To keep up with news from outside of Lancaster County, the Pollards subscribed to the *Sunday New York Times*, which arrived by mail in the Northern Neck the following Wednesday. Bel Air is a not to be missed example of the work of Thomas Waterman.

Dana Smith photo, below.

Cathy Mecke top left photo.

Historic Garden Week 2020 Cancelled~The COVID-19 coronavirus continues to be a serious risk to our public health and impact our daily lives. Because of this extraordinary situation, the Garden Club of Virginia has made the difficult decision to cancel Historic Garden Week 2020. In our 87 years, Historic Garden Week has been cancelled only once before. At that time, we were in the middle of World War II.



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Style Spotlight~Main Street Hair Salon



says with a smile.

After working as a stylist and manager at other salons, including fourteen years at the Hair Cuttery, Teresa opened her own salon, named after its location in downtown Warsaw. Nestled in a quaint brick storefront beside a florist and ice cream shop, she is a local favorite with both men and women. She has also developed a reputation for being able to handle the toughest customers a stylist can encounter—children. If you’ve ever taken a three-

year-old in for a haircut, you know it can be a harrowing experience. But Teresa takes it all in stride.

“You have to develop a relationship first, before you take out the scissors,” she explains. “The child doesn’t really understand what a haircut is. When they go and sit in a big chair in front of a stranger, it’s usually a doctor or a dentist. They’re scared, and all they see is what you have in your hands.”

Rather than pull out her equipment, she gives them a toy to play with and engages them by asking questions. When Teresa feels they are comfortable, she will patiently go over what each tool does and exactly how she will use it.

“I’ll show them the clippers and explain that it sounds like an airplane. Then I’ll turn it on and

let them listen.” When you do that, it makes the whole visit much less frightening, and seeing kids (and their parents) smile at the end, according to Teresa, “is the best part of my job.”

In addition to working with little ones, the service she enjoys providing the most is coloring. She notes that tastes have changed dramatically in recent years, with natural colors being replaced by “every color of the rainbow.”

Teresa likes to see people “try something different” and finds great satisfaction in helping choose a color that complements her clients to create a new look they’ll love. She points out that hair color products have greatly improved over the course of

her career, offering longer lasting and more vivid results. In addition to haircuts and coloring, the Main Street Salon also offers perms, and this month Teresa is also adding a new twist to her list of services. She is rearranging the shop a bit to include a spa treatment table so she can provide relaxing facials to her clients.

While Teresa has a loyal following of satisfied customers, she is looking forward to seeing fresh faces come through the door as Warsaw moves

forward with its business district revitalization plan. A handful of new shops have already opened, and several additional stores and restaurants are slated to launch in the coming months. She is happy about what the town is doing, and she has already gained a few clients who discovered her salon while checking out the Main Street renovations in progress. She’s hoping an increase

in foot traffic will give her business and others on this once sleepy street an opportunity to grow.

If you’ve never visited Teresa’s salon, this is the perfect time to stop by. For the month of April, she is offering \$2.00 discounts on haircuts and \$10.00

discounts on perms—but you have to mention that you heard about the special in Chesapeake Style.

The Main Street Hair Salon is located at 196 Main Street in Warsaw. Walk-ins are welcome, or you can call 804-333-6339 for an appointment. Business hours are 9-5 Tuesday-Friday and 9-2 on Saturday. Check out additional services and prices on Facebook.

Ann Eichenmüller photos.



By Ann Eichenmüller

You might say being a stylist is in Teresa King’s blood.

The Northern Neck native and owner of Main Street Hair Salon has wanted to work with hair for almost as long as she can remember. As a young girl, she spent her summers sweeping up in her aunt’s in-home beauty shop.

She was drawn to both the creativity of the job and the opportunity to work one-on-one with people. In high school she completed the necessary coursework at the Northern Neck Technical Center and after graduation began a twenty-eight-year career in cosmetology that shows no sign of ending.

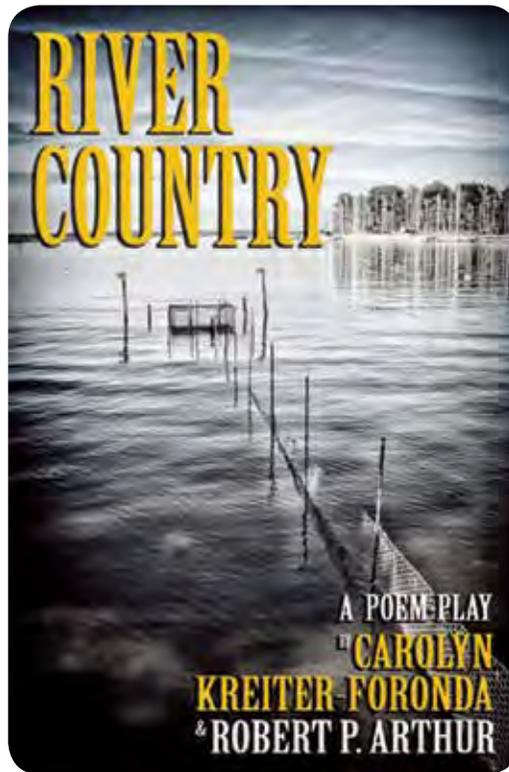
“I really enjoy it, and it just comes naturally to me,” Teresa

Chesapeake Style

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Books in *Style*~River Country~A Poem-Play



Reviewed by Susan Camp

“What is it about the Bay that startles the heart?” asks Amber, the protagonist in *River Country: A Poem-Play*, a new publication from poet and artist Carolyn Kreiter-Foronda and Virginia poet and playwright Robert P. Arthur.

Robert selected poems from two of Carolyn’s poetry collections, *Death Comes Riding* and *River Country*, and developed them into the story of Amber and her alter ego Suzanne, both representations of Carolyn herself, who relive the memory of a near death experience as a young girl and the anguish of their

mother’s final illness and death.

When we meet Amber, she has found love with Patricio, her Bolivian Indian, a man who belongs to a land and culture far removed from Amber’s home beside a quiet river flowing into the Chesapeake Bay. Patricio encourages Amber to speak of her grief. In the final scene, Amber achieves a sense of peace as she speaks of the valley in Bolivia, where she first met Patricio.

“I am told if I pray, a deity will carry me again to the Andes’ heights.

Today it is enough to send my spirit there to rest...”

Carolyn’s luminous, lyrical poetry casts a magic spell as Amber reunites with the ghosts of her mother and father, finally releasing them to their rest. The haunting imagery of her descriptions of the creatures and plants that inhabit the river and its banks provides us with a feast for the senses. “What is it about the Bay that startles the heart?”

Several folk songs, some traditional and others with new lyrics, are woven into the action of the play. The songs are accompanied by flute, guitar, and humble tin whistle, complementing the pastoral imagery and the atmosphere of plaintive longing for the mother’s love that has been lost and can never be regained on earth.

Read *River Country: A Poem-Play* aloud with your friends, your book club, or your writing group. Let Carolyn’s words fill you with renewed

awe for the glorious mysteries of life, death, and love both old and new.

Carolyn Kreiter-Foronda served as Poet Laureate of Virginia from 2006-2008. She holds a Ph.D. degree from George Mason University, where she received the university’s first doctorate, an Outstanding Academic Achievement and Service Award, and a Letter of Recognition for Quality Research from the Virginia Educational Research Association for her dissertation.

She has co edited three anthologies and published nine books of poetry, including *The Embrace: Diego Rivera and Frida Kahlo*, winner of the Art in Literature: The Mary Lynn Kotz Award. Her most recent book is *These Flecks of Color: New and Selected Poems*. She has also won the Ellen Anderson Award, a Virginia Cultural Laureate Award, and a resolution of appreciation from the Virginia Board of Education

for her service as poet laureate, an Edgar Allan Poe Poetry Award, among others. Her poems have been published widely throughout the United States and abroad.

Robert P. Arthur is President Emeritus of the Poetry Society of Virginia. He has published 26 books and over a thousand articles and reviews on the arts. He has twice been a finalist for Poet Laureate of Virginia, and his poem-plays have been produced nationally and internationally. Robert has received grants from the Chesapeake Bay Foundation and the State of Virginia, as well as from various organizations supporting his Threshold to America, a salute to the Jamestown settlers, featuring the Eastern Virginia Brass Quartet.

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Style Spotlight~Father And Son Get It Done!



By Darleen R. Nichols

Bug-eyed! That is the only word that comes to mind to describe my initial reaction when I walked into the office of the Fire and Water Company. Everything in my house was an antique I thought as I viewed the items on display. My husband and I built our house in 2006. At that time. We thought we had what was considered state of the art water heater, fireplace logs, water filter. Was I in for an eye opening half hour with Mark Frizzell, Sr. in his office!

Before we proceed to view these wonderful innovations, let's meet the family who brought them about. First, Mark Frizzell, Sr. retired from Revere Gas after 32 years and moved to Lake Gaston to enjoy that retirement but, alas, it was not to be. Mark Frizzell, Jr. also worked for

Revere Gas for 25 years but he saw an opportunity.

Quarles had purchased Revere Gas, Noblett in Kilmarnock and Page in West Point. Quarles would set the equipment but offered no service. What a hole this left so Mark, Sr. and Jr. said we can fill that need and so they did and are still doing. Sam, Mark, Jr.'s wife makes up this family triangle.

She is the office manager who keeps the two Marks on the ball. These two men and Sam have put their collective heads together and built a successful business as well as serving a need in the community. Unfortunately, I did not have the opportunity to meet Mark, Jr. but Mark, Sr. and Sam are very warm and friendly people.

You feel very welcome in their office. The displays offered give the consumer an opportunity to see what they are purchasing and, in the case of fireplaces and logs, select that which appeals to their eye.

The last water heater I saw was a large tank that one had to find a place to install which required taking up space in a closet or in the basement. Meet the Rinnai Tankless Water Heater, This is roughly two and a half feet long and two feet wide. Now you wouldn't expect too much of something so small but this water heater can deliver eight gallons of hot water a minute. That's right. Eight gallons of hot water a minute. As the brochure states, you can run the dishwasher, washing machine



and take a shower at the same time.

The Aqua System for treating water protects pipes, faucets, and all appliances requiring the use of water. There are just too many benefits of the Aqua System to list but my favorite water treatment this system offers is to soften our hard water. You don't even have to work to see nice, soft lather on that cloth.

This is my favorite of all—something called Reverse Osmosis. This is a five gallon water filtration system that fits on your kitchen faucet. Reverse Osmosis can deliver pure water at a cost of three cents a bottle as compared to the dollar or more bottle in the store.

Many people with high blood pressure, for instance, have no idea how much salt they are getting with regular tap water or well water. This piece of equipment could improve the quality of their life at a cost of three cents per bottle. That's pretty inexpensive health care medicine.

What could possibly be more relaxing than a roaring fireplace? How about ten of them. On the wall for you to inspect at the Fire and Water Company. A realistic looking electric fireplace is the first thing you observe when entering the store. There are

six attractively arranged sets of gas logs that you can watch burn. Making a selection from this array of logs would be very difficult indeed.

For those who depend on propane tanks for r.v.'s

or backyard barbecues, there is a refilling station located right next to the Fire and Water Company store. I suggest you check out some of the other items in the store while you're there. How large is the last water heater you saw and how long did you have to wait for it to heat up?

"Father and Son Get It Done" is the motto of the company and they definitely get a lot done. They are also licensed and insured. So much information to absorb on one visit so I refer you to their comprehensive website at www.thefireandwatercompany.com. In the upper right hand corner you will see a menu selection button. Select Services to view the many services available to you. The website also offers a form for you to request a free quote. Requests for quotes may also be handled by calling 804-824-7085 or 804-832-9379. But for a great experience, visit the store at 6890 George Washington Memorial highway in Gloucester C.H., Virginia. Tell Mark the *Chesapeake Style* sent you.

Darleen Nichols photo.

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Spike's Wildlife Almanac~Common Tern



sides a black cap and nape. It displays a long forked tail which is where the name swallowtail comes from. The best field mark to tell them apart is the common terns white tail in contrast to the Forster's

or spit of land above high tide line and consists of merely a hollow in the sand or shells, lines with bits of dried aquatic vegetation, beach grass, small twigs, and shells or stones. Eggs are laid in May through June.

They are very aggressive in defending their nest and will attack intruders by diving and spitting by regurgitation. They will even attack gulls and hawks. The young are semi-precocial and able to run about and feed soon after hatching.

Rarely do terns swim or even sit on the water, preferring to scan the waves from above for food. They are graceful fliers, flying with short, choppy wing beats, often making erratic changes of direction. Flying with bill pointed downward, they hover over a spot and dive and headfirst into the water to grab their prey. Sometimes they merely swoop down and snatch food from the surface. In saltwater they feed on small fish like capelin,

herring shad, as well as shrimp, small crabs, crustaceans, and insects. They also breed in the Great Lakes areas and freshwater marshes where they feed on a variety of freshwater fishes, crustaceans and insects.

In July and August into September, they begin leaving their northerly breeding grounds. Here in Virginia common terns may spend the whole winter around the tidal creeks and marshes. At this time they will lose their black caps and have only a mark from eye to eye around the back of their head.

Historically it was hunted for food and for their exquisite plumage by the millinery trade. At one time even their eggs were collected. Laws were established to protect them and today they are abundant although habitat loss and competition from gulls is still a concern. *Original art by Spike Knuth.*

By Carl "Spike" Knuth

The common tern is the most common and widely distributed of our terns. Its Latin name "hirundo" means "swallow," and one of its other names is "sea swallow." It is similar to the Forster's tern which winters in the Chesapeake Bay area. The common tern has a gray back with white under

gray tail. They have bright black-tipped orange-red bills and feet.

Common terns arrive to our area beginning in March and April At this time the male begins strutting and dancing around the female, then flies off, returning with a small fish and offers it to her which she accepts with fluttering wings.

Their nest is usually on an island



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Prindle 16' Pontoon Trampoline Sail boat and Highland trailer. Asking \$750.



Style Spotlight~Left Bank Gallery



professional custom framing is conveniently available in the Montross, Callao, Heathsville, Hague, and Oak Grove areas." Doc purchased the Gallery building and has improved its exterior appearance and functionality, making it an attractive and productive addition to the small town of Hague.

But as Doc Dugan said recently, "At the tender age of 87, I haven't been able to paint as much as I'd like. I want to concentrate on painting more." To do that, sometime in the next two years, he wants to find a buyer for the gallery. It's an ideal business for someone who wants to work at his own pace and not feel rushed, who enjoys working with and helping customers.

Doc graduated from the Naval Academy and retired from a career in the Navy before spending some time in the corporate world. He's found being the gallery's sole owner-operator very relaxing. He said, "I can keep my own schedule and still have customers who are very satisfied." He hopes to find someone at a similar stage in life,

perhaps a retired person who wants to stay involved and enjoys working with people.

Proud to say that he is very careful in his framing work and meticulous in what he does, Doc said he was trained by Larson Juhl, the leading name in the framing industry, and he is a member of the Professional Picture Framers Association. He plans to pass on his knowledge and train a new owner of the gallery in custom preservation framing.

Many of the gallery's customers are local, most from the Northern Neck, but some come from Richmond, Washington, Baltimore, even from as far as California, because the Left Bank Gallery offers much more than framing.

The artwork displayed

covers a wide variety of subject matter from a number of artists. Many pieces deal with themes and locations in Westmoreland, Northumberland or Lancaster counties. There are prints and maps by Virginia artists, and a wide selection of Americana, flora, fauna, wildlife, and landscapes and structures of

the Northern Neck. You can find original paintings and prints with lighthouses on the Chesapeake Bay and Potomac River.

Franklin Saye is one of the noted artists represented at the gallery. They have work of the late premier Northern Neck artist, Bill Martz, and the late Arnold Friburg, well known for his paintings of George Washington.

Doc has a few of his earlier water colors, but his primary medium now is oil. The Northern Neck provides constant inspiration for his work. He's painted Coles Point Tavern and the Elba School, and the active Cople Parish churches, as well as herons, a squirrel, and waterfowl hunting scenes. He is working on a large painting of an osprey and a pair of bald eagles.



The gallery has a small selection of gift items. Among them are wooden replicas of shore birds, little carvings, and miniature ducks. There is an extensive assortment of national, state and ceremonial flags as well.

Normally, the gallery closes in January and February for "R and R" and maintenance, but it's open by chance and appointment. Doc explained "by chance" as having people take advantage of stopping by when they see his car at the gallery outside of normal hours. "We advertise on playbills and fundraisers for folks to come by and take a look, and say hi. I like when they do that."

Doc invites you to visit the Gallery, and enjoy the experience. The Left Bank Gallery is located at 8487 Cople Highway, Hague. It is open Tuesday through Friday, 11:00 a.m. to 5:00 p.m. and on Saturday, 11 a.m. to 2 p.m. Call Doc at dugan246@verizon.net or at 804-472-4408 or at 804-450-6030. website is at www.duganleftbank.com.
Marie Stone photos.

By Carol J. Bova

Doc Dugan, who is starting his 25th year at the Left Bank Gallery in Hague, is looking for someone interested in continuing his art sales and custom framing business. "Being my own boss is very comfortable," he said. "It's a low key, but productive business and enjoyable. People who want something framed are often intimidated by so many choices for frames and what selection of mats will best present the art or memorabilia.

"What I like most is working with my customers so they'll be happy with their choices. The Gallery is well situated being the only location where art and

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Faith Matters~The Sound of Music



By **Torrence Harman**

It was the first Wednesday in March in the Warsaw Manor recreation room where the Bay Aging sponsored Essex/Richmond County Senior Center meets on Wednesdays. Two of us from a local church show up on First Wednesdays to lead a morning gathering of prayers and bible study discussion. A simple service on a monthly theme. Sometimes six or seven folks show up.

But this Wednesday would be a surprise. A real musician, complete with guitar and a voice known already to some of the Warsaw Manor folks showed up to help. The theme was Irish since St. Patrick's Day was just around the corner. A focus on blessings because the Irish seem to have a special corner on unique, colorful and often familiar ones.

But it was Brother Russell Veney a guitar player, singer and songwriter who was the amazing blessing that morning. A familiar voice in several Richmond County churches, Veney's sounds wove through our prayers and readings. Wearing a sparkly green Irish hat offered him when he arrived, he showcased the gospel sound that is such a blessing and inspiration with its soulful rhythm.

As he played and sang more folks drifted into the room, drawn by

the music. Veney's voice softened and slipped into the spaces between the words of people's prayers for each other and those they loved. Healing hopes and blessings carried on the wings of sound wove through the room.

As the hour concluded, I offered a silent prayer to a Divine Presence who I believe blessed us that morning as a recreation room at Warsaw Manor became a sacred place. Will those who drifted in come back? Maybe so, finding sanctuary waiting in the sounds that linger there.

In a church up the road a month earlier, in the center of an old historic cross shaped sanctuary, a group of kids offered a mix of sounds coaxed out of violins, violas and cellos. The young people of the Strings Crewe, students in a music education program offered through the Rappahannock Concert Association, were all dressed up, nervous but excited and playing their hearts out for their big recital.

I sensed family members and friends of the young musicians alternately holding their breath, nervously clasping their hands together, then beaming and sighing joyfully as their little ones concluded each piece. The musical selections did not include hymns or sacred music in that old sanctuary as the musical

theme of *Twinkle, Twinkle Little Star* showed up early and kept going throughout in more variations that anyone could have guessed were possible.

It was long past Christmas, but there was certainly starlight in that place and on the faces of all the children as the concert of sorts concluded, the kids took a final bow and families headed out into an afternoon turning into evening.

As the old church emptied, I found myself humming that star song that had worked its way into my mind and heart. I imagined all the sounds of strings coaxing starlight out of the tune all afternoon now absorbed into the old plaster walls, joining the old time hymns of bygone centuries. The old walls know what's sacred.

Top, L, Sue Nunn photo of Strings Crewe. Torrence Harman photo of Russell Veney.

The Rev. Torrence Harman is the Priest in charge of Farnham Episcopal Church and St. John's Episcopal Church in Warsaw.



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Style Spotlight~Spa 2 U Does Just That



By Tracy Graham Lanum

RuthE Forrest, BCTMB is her name. What a gal she is. In her younger years she was a professional dancer; ballet and modern, who was in multimedia production shows in the Baltimore, Maryland area. In the latter 1980's she attended Goucher

College, a private liberal arts college in Towson, Maryland, where she took classes to become a dance therapist.

She worked for 30 years with older adults with dementia who experienced an improved quality of life after experiencing Movement Therapies. RuthE's body suffered from this difficult work. She discovered that massage therapy assisted her in her endeavors. She benefited from it to such a degree she decided to become a massage therapist herself, attending Baltimore School of Massage Therapy beginning in 2001.

RuthE wants readers to understand there are levels of licensing and certification. Not all of our 50 states require certification, however in Virginia, Massage Therapy is regulated by the Virginia Board of Nursing. The first level is that of an LMT (Licensed Massage Therapist), which requires 750 hours of study. The second is CMT (Certified

Massage Therapist) which means having a higher level of certification.

NCBTMB (National Certification Board for Therapeutic Massage & Bodywork) requires coursework including physiology, anatomy, kinesiology, ethics, business management and training in many different massage techniques and a significant amount of time practicing massage in a supervised student clinic. Yes, RuthE has obtained this highest certificate as well.

Further, she is a member of ABMP, Associated Bodywork & Massage Professionals, a national membership association that goes above and beyond great liability insurance to make it easier for massage and bodywork practitioners and students to succeed.

Her continuing education journey includes studying Jin Shin Do Bodymind acupressure. Jin Shin Do means "The Way of the Compassionate Spirit." It uses gentle yet deep finger pressure on specific acu-points and verbal Body Focusing techniques, to help release chronic tension, balance the energy, and improve vitality.

The Five Elements of Acupressure methodology together form a cycle of changing energies. Five Elements refer to wood, fire, earth, metal and water. We all have all of the Five Elements within us, but their mix is unique for everyone. When we are in balance and health,

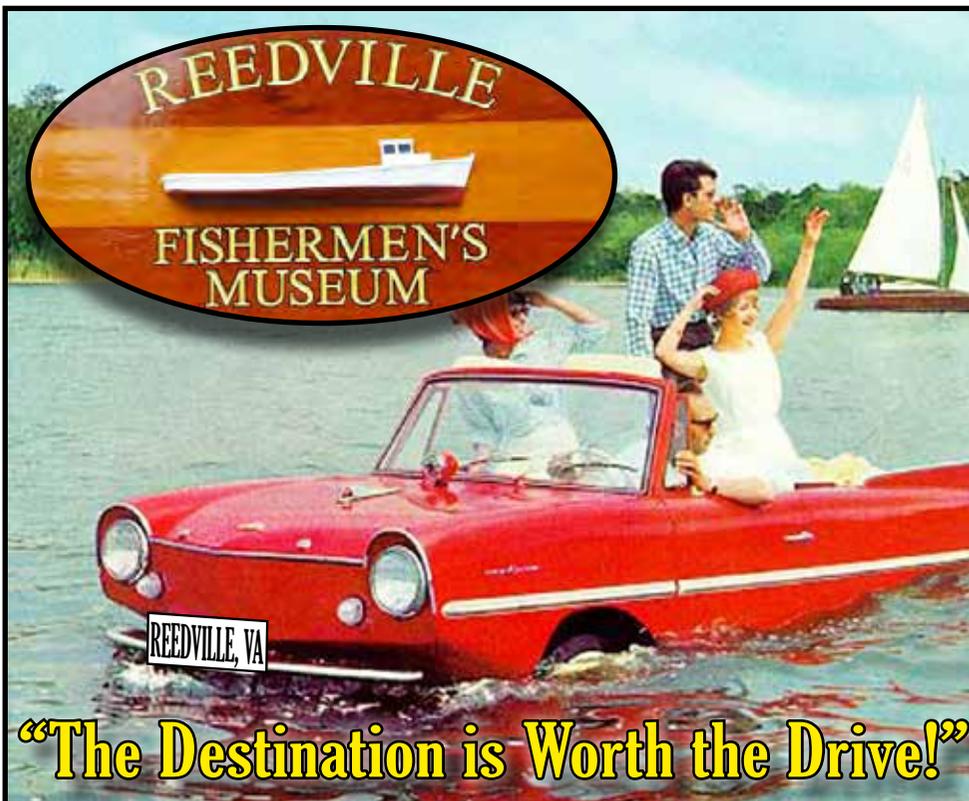
the Elements flow freely and we have access to all of their gifts.

But when there is imbalance and ill health, we can notice blocks in our bodies, our minds and our emotions that are the result of this lack of free flow. The specialist, like RuthE, recognizes which Elements are out of balance and holds points along the meridians of these Elements to release energy blocks that are causing the imbalances. For instance, fire represents summer and one's heart or small intestine. It's color is red, of course.

RuthE comments, "I have awesome clients who inspire me." Her clientele include retired military, horse lovers, farmers, yoga instructors, construction workers, watermen and high school athletes who participate in swimming, gymnastics, and other sports events. "I am a channel for healing energy. My mantra is preventative maintenance."

RuthE's signature services include, Swedish massage, deep tissue, and hot stones. She also performs acupressure and Reiki Energy Balancing. Her services are by appointment only and she will come to your home if need be. In fact one third of her clients are outcalls to private residences. She is at two locations; 25 Augusta Street in Kilmarnock and 307 Water Lane in Tappahannock. 804-453-5367. You won't be disappointed.

Tracy Lanum photo.



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Books in *Style* ~ To Fetch a Scoundrel

Authors: Heather Weidner, Jayne Ormerod, Rosemary Shomaker, and Teresa Inge

Review by Amy E. Lilly

Fetching Four Good Mysteries
Good dogs catch bad criminals in this latest installment of the Mutt Mysteries. *To Fetch a Scoundrel* pairs amateur sleuths with detecting pups to deliver a fetching read for fans of cozy mysteries.

Heather Weidner delivers a mystery sure to delight fans of racing and crime. In *The Fast and the Furriest*, Cassidy Green operates a local track and wants to keep things running smoothly. When a catfight breaks out over racecar driver, Donnie Ellis, she dismisses it as a domestic squabble.

When her Rottweiler, Oliver, smells a crime and leads her to a body, Cassidy finds herself embroiled in a mystery to discover who murdered her star racer. Cassidy and Oliver track the clues and race to solve the crime before it's too late.

In *Pawsitively Scandalous*, Jayne

Ormerod's sleuth, Pilar, and black Labrador, Natti, solve crime with an attitude mixed with a jigger of sass. Tongues wag in the neighborhood when police haul a neighbor out of his home in handcuffs. Party planner Pilar is curious but too busy planning a puppy shower to get involved.

Things turn deadly when Pilar finds a close friend dead in her home from what initially appears to be an accident. Pilar and Natti sniff out the clues to solve who would want to kill their friend. The tongue-in-cheek humor is delightful and makes this a fun read.



The third novella, *Ruff Goodbye*, by Rosemary Shomaker, pairs wine with wagging tails. Len Hayes and his wife own The Beacon, a local bar and restaurant and home to the iconic Clarion, a statue of a Labrador retriever. Clarion is bar mascot and good luck charm to those who pass by and rub his head. Len and his group of friends have always met monthly at The Beacon to drink port and

swap tales, but those days are over.

With the death of his friend, Curtis Powell, Len disbands the group. At Curtis's funeral, grief turns to crime when Len's

friend and fellow club member is murdered. Len digs into the mystery assisted by a fluffy poodle. Pair this mystery with a glass of port, a warm fire and a dog at your feet.

When dog walker, Catt Ramsey, receives an odd note in her pet supply box, she smells a mystery. In *A Doggone Scandal*, author Teresa Inge pairs paws and pet supplies to deliver a cozy mystery. Catt's dog walking business is booming, but after she receives a mysterious note, she decides a visit to the supplier might clear up the puzzle. Things turn deadly when the supplier ends up dead and Catt becomes a suspect in his demise. With the help of her friends, furry and human, Catt noses around to catch the criminal before it's too late.

For lovers of canines and crimes, *To Fetch a Scoundrel* delivers four *fetchingly* good reads. Recommend for fans of cozy mysteries and animal lovers who enjoy a quick read.

To Fetch a Scoundrel is available on amazon.com.

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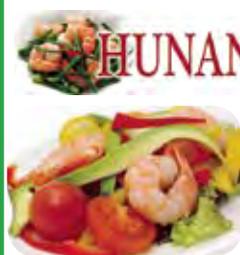
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One Scoop at a Time

By Ellen Dugan

If you're five years old and intent on digging to China from your backyard, a tablespoon is as good a tool as any. And contrary to advice from experienced dig it yourselves, you don't have to sharpen your spoon, mark your excavation area with white spray paint, or rent an auger.

You just have to believe that you'll get there. Eventually. If you keep on digging. One scoop at a time. It's a long way, but there's no hurry. Scooping the dirt out, watching it fall back down the sides, even adding water to the hole for mud pie making is all just part of growing up. Dirty and happy.

But is it possible—to dig straight down and eventually hit China? Sorry to disappoint, but no.

If you dig straight down from anywhere in the United States, you'll need to wear a bathing suit because you'll end up in the Indian Ocean.

However, if you start in Argentina or Chile, are equipped with some kind of super durable boat, have a sturdy support structure, can overcome the earth's fiery, molten core, and then solve problems having to do with physics, gravity, the lack of gravity, and the earth's

rotation, you may have a chance.

So far, the record for the deepest manmade hole on earth, one that goes down seven and half miles, is in Murmansk, Russia. In case you are wondering, Soviet scientists were not on their way to China or even seeking an escape route out of their country. They were gathering geological data and were forced to stop when their equipment called it quits in 356 degree heat.

The widest manmade hole, the Bingham Canyon mine in Utah, measures two and a half miles across. As with the Soviets, the miners were not digging to China—they just wanted to find copper. And they did. More than 19 million tons so far, which is the most productive mine in history.

Not to be confused with manmade holes, sinkholes don't need spoons, shovels, drills, or miners. They manage to dig themselves. They're formed when water erodes an underlying rock layer and the soil on top is no longer supported. Although sinkholes will swallow anything that happens to be above them, they do seem to have a special fondness for vehicles.

One of them swallowed eight rare, one of a kind Corvettes at the National Corvette Museum in

Bowling Green, Kentucky. Another swallowed five Porsches from a car shop in Winter Park, Florida, while a Wisconsin sinkhole gobbled up a Cadillac Escalade in Milwaukee. Out West, a fire truck succumbed in Los Angeles, while a sport utility vehicle literally bit the dust in Brooklyn.

Most sinkholes can't compete in depth or size with the largest manmade holes, but they do their best. The largest sinkhole measured to date—remember, a larger one could surface in Florida while you're reading this—is found, appropriately enough, in China.

Translated as "Heavenly Pit" this sinkhole is almost a half mile deep

there is a 2,800 step staircase that's been constructed to allow visitors to ponder Nature, and Chinese children to perhaps wonder if it is, indeed, possible to dig to America...

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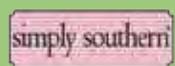
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New Benefit From Shopping Service Reduces Risk



By Carol J. Bova

The grocery shopping service, Food Lion To Go, provides a convenient way for customers to shop without going into the store. Amid growing concerns about the coronavirus, this service takes on new significance. While many *Chesapeake Style* readers enjoy shopping and visiting with other local residents, the Center for Disease Control says “The best way to prevent illness is to avoid being exposed to the virus.”

Using Food Lion To Go lets you place a grocery order online at your local store and choose a pickup time. The store’s employees do the shopping and keep you posted on their progress by text or email. When your order’s complete, the shopper scans the items and lets you know it’s ready for pickup. You drive to the store’s specially marked parking area and call the store number to let them know you are there. The shopper then brings your order to your vehicle and unloads it where you’d like it to be put. Your receipt is available online.

Rashad Bea oversees the full operation of Food Lion To Go (FLTG)

at the Warsaw Food Lion. He’s seen dramatic growth in the program since it started in October, 2019 in Warsaw.

Even before the virus concerns, customers appreciated not having to come into the grocery store any more and avoiding lines with no waiting. “We’re pretty quick about shopping your order,” he said. “We stress good hygiene, and shoppers wash their hands before touching anyone’s order. It takes the stress off the customer, and we have gained the trust of customers in selecting any item, especially meat and produce.”

Janet Fast uses the service in Warsaw. She said, “I absolutely use it every week. It’s excellent, and I’m really thrilled they’re offering hot rotisserie chicken now. I love being able to sit at the computer the night before and figure out my order. The thing that surprised me was the easiest part was setting it up.” Since the Food Lion MVP card number is on every receipt, it’s easily available to use in setting up a FLTG account. The store scans automatically adjust for MVP discounts and specials and charge the payment method you’ve authorized. Janet said, “They give you the option to say it’s okay to do substitutes for items or not, and I can put down 4-5 bananas, without guessing at the weight. And it cuts down on impulse buying.”

Lisa Williams Sutton shared her experience with the Mathews store. “I work 40 hours a week, have a home, a large yard, rescue cats, a dog and a husband. I also have a Mom living independently, and that is a blessing. But there are things she needs help with to continue her lifestyle at home. Grocery shopping is one of



the freshest foods, and they do not disappoint!”

In Heathsville, Victoria Tuthill is also a fan of Food Lion To Go. She can place an order for her grandparents and since her grandfather still drives, he can pick up the groceries himself. Victoria said, “If I had to shop for me, my Bride and Groom cleaning business, and my grandparents, it would take so much time in the store. Names are placed on each bag, so I can do three orders at the same time with one pickup. This really saves me hours. There is a separate receipt for each, so I can print off the receipt in my business name for taxes.” Victoria noted that sometimes, her shoppers are better at choosing fruits and vegetables than she is. “What they pick out is fresh and good. This is one of the best things in a long time!”

I use the Food Lion in Mathews too, and my experience has been excellent. The reserved parking in a sometimes crowded parking lot is a great convenience. All

those things. The associates greet me with a smile, make small talk while loading my order and are just overall a bright spot in my week. I trust them to choose

of the shoppers are great at selecting my items. And the computer order system shows the items I frequently purchase, so all I have to do is scroll down and click on what I want. It saves a lot of looking for a specific cat food or litter. It’s hard for me to reach high shelves, so it’s a great help. Like Lisa, I find the pleasant attitudes a bright spot in my week.

Being older and living alone, it’s a big help to have someone shop and load the groceries into my vehicle. More than once, I’ve heard people say, “You can even pick up your groceries in your pajamas.”

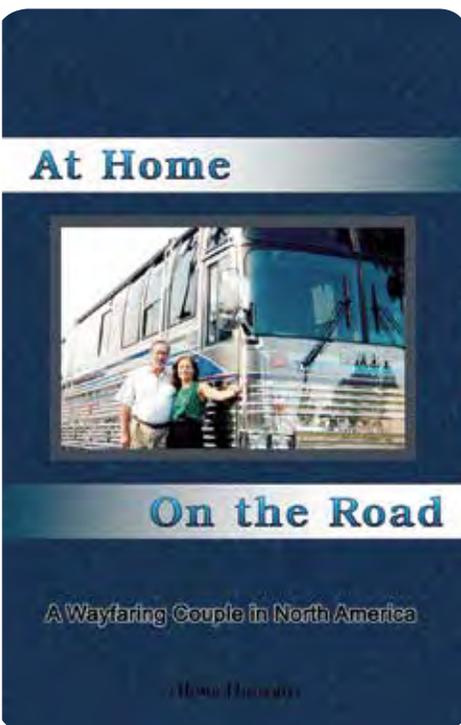
I agree with Rashad when he encourages shoppers of all ages to give it a try. It saves mothers with small children from having to take them into the store and try to get the shopping done. Older people with mobility issues don’t have to walk up and down long aisles. For those working, the time saved can give them extra time to be with family or do something they enjoy.

At this time of needing to reduce our personal contact, it’s good for our health too. Check at your local store for more information or go to foodlion.com.

Wendy Hyde photos. Rashad Bea, top, l, Robert Morgan, Customer Service Manager.



Books In *Style*~At Home On the Road



feels no desire to buy a converted bus outfitted by Marathon Coach. In, *At Home On the Road*, a reader shares a journey with a wayfaring couple to distant places in North America. The book, however, is more than a travelogue. It explores ideas, probes marriage and parenting, portrays how confinement tests a relationship, shows what occurs without life's everyday buttressing props, and relates how one man and one woman have different conceptions of time and silence.

Add to this mix, the book's time frame: the very end of the 20th century, traveling into the 21st, which meant poor cell phone reception, no GPS, reliance on AAA's North American Road Atlas, and more to test the Duncan marriage.

When Ilona and Ian's bus journey began in 1999, they had flown to every continent except Antarctica as a Pan American pilot and stewardess. Later, Ian was an executive with Air Bus. The family lived in France, then Miami.

Next came Ian's retirement and his wild scheme to take to the road. Their two children were of college age, and the couple decided to travel in North America, then ship their bus to Europe, and continue traveling. To understand why only half of their plan was realized requires reading the book. The two plus years of travel included rough country in Labrador and Yukon.

I don't expect to visit Anaktuvuk Pass, Tsiigehtchic, and Tuktoyaktuk. Yet two decades after visiting the "place of many Caribou droppings", Ilona reconnects through the internet with Vera from Anaktuvuk Pass. She is only one of the many interesting personalities a reader meets in this well written narrative.

Each chapter begins with a pithy quotation that serves as the setup for what follows. "The world is a book and those who do not travel read only a page," Saint Augustine claimed. My claim is that Ilona offers her reader more than 200 pages of travel, over forty black and white photographs, and five helpful maps.

A music teacher and speaker of six languages, she displays a good ear for recalling dialogue. In terms of structure, she wisely bundles all their initial bus blunders into an early chapter. After numerous mishaps, this aviation knowledgeable duo

laminated a "Predeparture Checklist" for Miss Daisy and her driver.

This married couple is playful, and Ilona cites many humorous incidents. On page eleven is a photo of their bus in relation to the Grand Cherokee Jeep they towed. For a 747 pilot like Ian, a 60 foot rig was nothing. But I'm in awe and was glad that Ilona refused to learn to drive the bus.

What remains with me from *At Home On the Road* are the persons I met in the book, especially Alec and Natasha Duncan. As a reader I experienced how the Duncan's journey deepened their love.

And Ilona's Afterword helped me understand her earlier mysterious inclusion of a Goethe quote: "From nature, whichever way one looks, leaps the eternal." Do read *At Home on the Road*, available at Kilmarnock's Book Nook. Also available on Amazon and Barnes & Noble.

By Gail Kenna

In reviewing Ilona Duncan's *At Home On the Road*, I'll state upfront that the author is a friend. In her memoir, *My Jewish Great Grandmother*, she thanked me, as she does in her second book. But please remember that I approach this book as a Soul Keats literary judge, published author, and writing instructor. Based on this experience, I highly recommend Ilona's emotionally honest and engaging book.

It won't matter if a reader doesn't dream of adventurous travel and



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Style Spotlight~They Listen, Love, Care, Serve



By Tracy Graham Lanum

One of the first things that caught my attention when entering Commonwealth Senior Living (CSL) in Kilmarnock was the Wall of Valor, which had photo's of all the residential veterans and as well as a staff member. The surroundings gave me a feeling of warmth and caring. I had been asked to interview a few residents and family members

to get their perspectives of the benefits of living at Commonwealth. What a pleasure it was.

George A. Smith, Jr. is a Navy veteran of the Vietnam War. He has been a resident for just one year after suffering a stroke. He was unable to care for himself at home alone. His wife had been Iris Smith who died prior to his stroke. Luckily for him, his wife's sister's daughter, named Iris Treacle, was able and willing to take care of his needs. Iris was there by his side. George said it is a homelike environment, with maintenance and a caring staff working as a team, making life for him at CSL a wonderful experience. Iris mentioned he had four daughters living out of state. CSL is so accommodating she has no worries about George. "He is in such good hands," she said.

James "Phil" Turner was in the U.S. Army during the Korean War. His beloved wife, Jean Turner, said he had been suffering from Alzheimer's Disease for nearly ten years. She was no longer able to care for him at

home. He has been at CSL for the past year in their Sweet Memories, which is a safe environment in a locked down unit. The specially trained team members are available 24 hours a day.

"They have been a God send to me," said Jean. They make sure he is taking his medications when needed, they shave him each morning and they provide engaging programs and activities for the residents there. Phil particularly likes to play bingo, winning candy, which he loves. CSL further provides a monthly family dinner.

Floyd Jones and his wife moved to CSL nearly five years ago. He was with the U.S. Army in the Korean War. His wife died two years ago. She had been a resident of Sweet memories. He was highly impressed with the care they gave her and advises the staff is friendly and pleasant. He still drives his car, although he is restricted by family members. His daughter lives in White Stone and does his laundry weekly.

Bill Ennis, who requires the use

of a Medical Heavy-Duty Rolling Walker, has been at CSL for five months. He was with the U.S. Navy during the Korean War. His daughter, Penelope Bronson, was his guest this day. She related how comforting it is to have her Dad in the care of such a knowledgeable, kind staff who sees to his every need.

Jill T. White, Sales and Marketing Director, was most helpful in showing me the variety of what they term "person-centered care." In other words, what their residents desire. They have an Activity Department, which has so much to offer. The regular activity schedules stimulate the mind and body. Chair yoga exercises and rubber band resistance. In the area of arts and crafts painting by number and making jewelry.

Raised beds for gardening for those who miss getting dirt under their fingernails. Sweet Melodies is a music program for residents in the later stages of Alzheimer's Disease and dementia. It decreases agitation and improves mood. There is a beauty shop and a Chapel. I have mentioned only a few marvelous advantages which Commonwealth Senior Living offers. If this article interests you or a loved one, stop by at 460 S. Main Street in Kilmarnock. The staff there will be more than happy to show you what they have to offer. Or call Jill at 804-695-7290. Tracy Lanum photos. From l to r, George A. Smith, Jr., Iris Treacle, Jean Turner, James "Phil" Turner, Floyd Jones, Penelope Bronson, Bill Ennis.

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Chesapeake Style Magazine



To Do Lists

By RuthE Forrest BCTMB

Ah the joys of spring! My to do list begins in February, sitting down with my seed catalogues dreaming my future garden into existence. The mild winter of 2019 bumped up my chores. Things began sprouting while my body was still in hibernation. Thankfully, my husband was on the job. I'm sure his hard work in March will pay off nicely come weed season.

My garden isn't the only item on the list. There's a few closets to weed through as lighter clothing comes out of storage. What takes time is deciding what to keep and what to donate. Hauling the stuff to the Animal Welfare League becomes another entry on a constantly evolving list. Clean windows really help me enjoy the longer days of sunshine. The

wood stove also needs cleaning, plus all the other little things that it requires to be put away for another season of rest. Vacation plans need confirming, guest rooms groomed. My outdoor room needs to be reset for wonderfully warm afternoons before the bugs get too fierce for even screens to hold 'em back. The cars need servicing, oil changes, inspections and licenses to renew, a boat to unwrap and condition. I need a massage just thinking about that list!

Most folks get most stuff done on their lists. How many put themselves on it? I don't mean the weekly bath or the yearly haircut. I'm talking about doing the same type of preventative maintenance on your body/mind/spirit that you do for your vehicles, home, yard and other assets. If you change your oil in your auto more than you receive bodywork, you're

maintaining the wrong vehicle!

Some friends of mine only receive bodywork once a year when they request a gift certificate for their birthday or other holiday. Their loved ones know what gift they always ask for and dutifully comply each year. Why do they perform preventative maintenance on their most precious asset on such a miserly schedule? Sure, maintenance requires resources, but assets require maintenance or risk being destroyed. If you change the oil only once a year, your vehicle will die prematurely. Your living, breathing, miraculous body deserves so much more than a just a yearly treat. The mind and spirit also deserve equal time. Massage addresses all three simultaneously.

Today's scary viruses and super diseases demand that we honor our body/mind/spirits with

excellent preventative maintenance practices to build strong immunity. Complimentary Alternative Medical (CAM) modalities like massage therapies are gaining recognition in Traditional Allopathic Medicine (TAM) circles as research is proving their effectiveness for specific ailments through scientific methodology. But the number of adults who utilize these healing treatments has remained steady. Practitioners of CAM therapies know that they work when people utilize them effectively. We only wish more people would use them more often. We'd have a lot healthier population, with much stronger immune systems, calmer minds and brighter spirits.

Put yourself first on that to do list. Call Spa 2 U 804-453-5367 today.



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If Only We Knew

By Carol J. Bova

What young person thinks about the time when they'll be the oldest surviving member of their family? I know that I didn't. By the time I got interested in my family history, I had no one older in my family left to help me.

I never imagined my mother would be so young when she died. Many in her mother's family in Europe were killed in World War II, and others were cut off from contact behind the Iron Curtain. My grandmother was overwhelmed with sorrow when my mother tried to ask about her relatives, so my mother never knew a lot about her branch of the family.

But I had a page that my mother gave me when I was in my thirties. It had notes about her mother and aunts and where they might have been born. She listed the places

where she tried with no success to get her mother's birth certificate and gave me photos of her aunts. She also listed what she knew of my father's family. I tried to follow up on her efforts, but ran into more dead ends. I put the page away with family photos, clippings, and certificates.

Years later, talking to my younger sister, I realized there were so many details and stories and people she didn't know about. My information was far from complete, but I decided it was up to me to document what I knew and try to find out more.

Genealogy research is easier today than it has ever been, but looking for elusive records is still a daunting task. Over the years, records get lost, misfiled or destroyed. Digital transcriptions of handwritten names can be a delight or a dilemma, depending on how accurate the transcription is. I quickly learned because something

is on the internet, or published in a book, doesn't mean it's true.

There are some books and journals that provide reliable information. These will say what the source of their information was. On the other hand, individuals have published family records that may not be as well documented. These sources can still be helpful as possible connections to check out. There are more than 60 family heritage organizations listed in Wikipedia. Some of their records are more reliable than others.

But often, the internet provides ways to prove or disprove statements about family connections once you have possible names and dates to check out. Virginia courthouses hold a wealth of information on birth, death, marriages, wills, land and tax records. The Library of Virginia has microfilms of courthouse records from all over the state as well. And there are

a number of online companies and organizations specializing in family trees and records.

When it comes to your own family, don't wait to record details from older family members. Include the little stories that make you smile or bring a tear. Those are the details that make family records come alive for those who never knew the individuals. Start today, even if you have no interest in who your great-greats might have been. Your grandchildren or great-great nieces and nephews may be the ones who are thrilled to discover your notes. *Carol J. Bova lives in Mathews and is researching her family connections from Italy and Poland. She has done research and documented family lines for clients interested in joining the Jamestowne Society. She is available at cj980@mac.com.*



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Historic Garden Week~Middlesex, A Day of Beauty, History



to a doctor's home and office, and now restored into the family home of Marcia and Curtis Jones. Inside the home is open and airy, boasting a grand front foyer with staircase.

Leafwood, 820 Gloucester Road, Saluda, dating from 1781, has been extensively



renovated by the owners, Angeline and Grady Frame but retains the original moldings, hand blown glass windows, staircase and wide plank flooring in most rooms. The four acres of grounds include a formal boxwood

garden, 150+ year old oaks and magnolias, a custom designed arbor and bridge, as well as several fountains. A guest cottage decorated in a coastal theme is also open for the tour.

Swinehart Home, 798 Deerchase Road, Saluda, an open modern home designed on the theories and principles



by Frank Lloyd Wright, merging the indoors with the outdoor gardens and views of the Piankatank River, owned by Kathy and

Len Swinehart. The home is based on the winning design of a *Life Magazine* contest for homes of the future.

Historic Garden Week 2020 Cancelled~The COVID-19 coronavirus continues to be a serious risk to our public health and impact our daily lives. Because of this extraordinary situation, the Garden Club of Virginia has made the difficult decision to cancel Historic Garden Week 2020. In our 87 years, Historic Garden Week has been cancelled only once before. At that time, we were in the middle of World War II.

By Elizabeth Harper

Drive across the river into a day of beauty and history in Middlesex County, a tidewater gem that includes quaint towns near or on the Rappahannock and Piankatank Rivers. The tour features four homes, three museums and one Garden Club of Virginia restoration site. The homes highlight diverse architectural styles ranging from a colonial era homestead to a modern house influenced by Frank Lloyd Wright's principles and theories.

Southern Sighs Inn, 35 Wares Bridge Road, Church View, is an expansive Victorian four square built in 1913 and now owned by Mary Lynn Landgraf and William A. Budd and offered as an upscale bed and breakfast, featuring art and collections from their extensive travels. Think European flair with Southern design and charm.

Jones Home, 564 General Puller Highway, Saluda, a large handsome Colonial Revival home built in 1910 in the heart of Saluda by the then local sheriff, transitioning



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Books In *Style*~Washington's Shadow

Washington's Shadow
by Barbara McLennan

Reviewed by Ann Skelton

Barbara McLennan's latest historical fiction, *Washington's Shadow*, is set thirty years after the long winter at Valley Forge in 1778.

In this story three generations of Powell children, gather to mourn the death of Leven Powell, the family patriarch and a devoted supporter of George Washington.

Leven's adult children learn details of Leven's revolutionary war activities through documents found in a locked chest. Their sister Jane, trained as a teacher, agrees to write a biography of Leven culled from the documents. The family also learns that Washington rewarded his soldiers in the form of warrants to land in the sparsely settled state of Ohio.

The value of those deeds has given rise to a scam by an unscrupulous corporation, one that does not blanch at the use of violence to swindle warrants from unsuspecting veterans. Leven Powell had passed his warrants to his eldest son Billy who is unaware of their value and of the danger he faces from the land-grab company. Alas, brother Billy is in imminent danger.

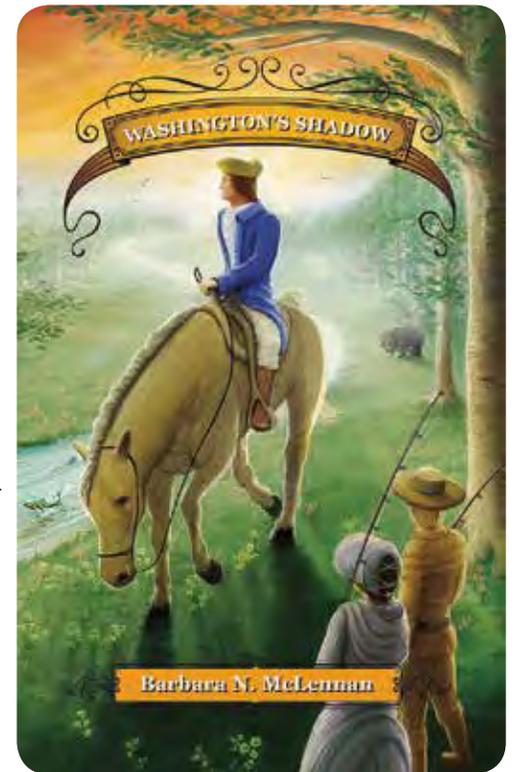
Part II: Indian Country and Winchester. The story gains momentum in this section as the family determines to find Billy and warn him of danger. The cast of characters widens, and action accelerates as the Lenape Indian, George Morgan White Eyes, Billy's siblings, and four of the teenage grandchildren mobilize to find and protect Billy.

Gun toting teens along with a mule, a dog and the necessary

ammunition set out on a short cut through dense Virginia woods to warn their uncle Billy of the danger he faces. The fast paced section replete with mishaps, challenges, as well as mild quarrels among the teen aged adventurers also features an unlikely hero in the form of a huge black bear, a bear that can discern the good guys from evildoers. Readers will not be disappointed with the drama in the woods which includes an armed battle with local militia.

Part III, Middleburg and Alexandria This final section brings the characters back together in an effective wrap up to the action. The main characters discuss not only the adventure that ended in success for Billy and the Powell family but the principles espoused by Washington that also motivated this revolutionary family. The characters' lives are neatly tied up as they reconnect after all the smoke and excitement of the conflict has settled.

Though Barbara imagines gun toting teenagers and heroic wildlife, she does not take liberties with history. We hear about the Lenape Indians; we learn that even after the Revolution is over and the English departed, not all Americans supported a strong central government. We see political turmoil surrounding Jefferson's battle to win an electoral college victory; as well as President Jefferson's political



maneuvers against Aaron Burr and Burr's subsequent trial and acquittal.

Through it all George Washington's long shadow is cast on later generations even to our own. His belief in truth, justice and equality for all still casts a long shadow into this generation.



Chesapeake Style Magazine

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A Legacy in the Making



will do in the future. Kathy Calvin once said, "Giving is not just about making a donation, it's about making a difference." At Healthy Harvest Food Bank, we make a difference every single day. We may not see the result, but we know that the work we do has lightened someone's

By Cindy Balderson

The word legacy, defined, is something that happens or exists as a result of things that happened at an earlier time. As I walked around the outside of the new food bank facility on one of the warmer days recently, I found myself thinking about all that we have accomplished at the organization in the last few years and the sheer magnitude of what we are currently doing and what we

burden. It is that knowledge that drives the passion for our work and our plans for the future. Hunger *Does Not* discriminate. There are countless faces and stories behind the data. It's often job loss in a poor economy, a college student who doesn't know where their next meal will come from, a health crisis resulting in lost wages or the inability to stretch low wages to cover basic needs, making hunger relief crucial, however, Solving hunger

is complex which is why we work every day with that goal in mind.

We are more than just a food distribution warehouse, we are a source of pet food and supplies for local animal shelters, we are the fresh produce provider for Bay Aging's Meals on Wheels distribution to the elderly and homebound, we provide food to RCC's campus pantries, we are the catalyst of a partnership in the fight against chronic illness.

We are Dedicated to being at the center of *Change* for generations to come. We will teach children self sufficiency, leading them away from poverty. We will teach individuals with chronic illness that the right food can transform their health, shattering the myth that medication is the only answer. We are moving forward and gaining momentum to *Boldly* bridge the gap between food insecurity and education and *Empower* those who need us most.

As we quickly reach our 10 year anniversary this summer, I am reminded of something a very wise man once told me. My dad, John Lea, who passed away six years ago this month, told me that if you love what you do, you'll never work a day in your life. It took many years for me to understand what he meant by that and it wasn't until I joined the food bank team that I truly understood. This isn't just a job, it's a way of life and a family. I have been blessed beyond measure as part of this vibrant and amazing organization.

We are the food bank of the *Future* and will continue to grow and evolve to meet our clients right where they are because Healthy Harvest Food Bank is a legacy in the making that will serve our community for generations to come. *Cindy Balderson photo.*

Starting the Conversation

How to talk to Mom and Dad about Senior Living



For families with aging parents, the best time to make a plan for senior living is before it's needed. Take the time now to find a community you would both feel comfortable with, instead of waiting for an emergency.

Here are tips for discussing senior living with your loved one:

- Remind Mom or Dad that you love them and are worried about their wellbeing.
- Ask what he/she would need to happen for them to decide it was time to move.
- Discuss his/her concerns about senior living and what he/she would like to see in a community.

Commonwealth Senior Living has been guiding families on this journey for almost 20 years. We are here to help.

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Lifesavers

By Kenny Park

Interesting how these things work. People talk. In the BEST sense of the word, they talk.

I wonder if this is what the underground railroad was like?

Sofia had a court appearance a couple of months ago, and as we were leaving, having advised the judge that she would be finding a lawyer to represent her, she handed me a scrap of paper with a number on it. She told me a woman she worked with had given her the number, that it was for an immigration attorney in Washington DC, and that she was waiting to hear back from them as to when they could sit down and review her case with her to see if they might be able to take it on.

A couple of days later, she texted me, saying she'd heard back from them, and that they had given her a time and day to come meet with

them. She then forwarded the text she had received giving her the address of the office. She had no more information about who they were.

The day came, and I picked her up and we headed out. She had a 2 p.m. appointment on Valentine's day. I had looked up the address online, to get a picture of the building I would be looking for, and as we approached it, I realized we were in the middle of George Washington University's campus. I saw a sign pointing to public parking and made my way down into the bowels of a subterranean parking lot. We came back up, exited the parking deck, and walked around to the door of the office. As we approached, I realized we were at the Law School building, and the door we were going in was their Law Clinic.

For those who may not know, Law Clinics are places where law students are given cases to handle under

supervision as part of the requirements to complete their degree. Most cases, particularly immigration cases, are taken on at no cost to the client—other than the costs associated with processing the paperwork necessary to the case.

The lobby was all tile and glass, and the conference room where Sofia met with the supervising professor and the interpreter was behind a frosted glass wall. As I heard her retell of her desperate escape from the violence and death that drove her away from her home, I gave thanks for whoever that woman was who gave her the number that she called, and for law students who were willing to put in the effort, not just for a good grade, but to save a life.

I took her back last week. She met the student who will be representing her. They told her she has a very strong case and may be approved.

In as little as three years. *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. Kenny Park photo*



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Salvavidas

Por Kenny Park

Interessante cómo funcionan estas cosas. La gente habla. En el MEJOR sentido de la palabra, hablan.

¿Me pregunto si así era el ferrocarril subterráneo?

Sofía tuvo una comparecencia en la corte hace un par de meses, y cuando íbamos saliendo, después de haberle avisado al juez que iba a encontrar un abogado para representarla, me entregó un trozo de papel con un número. Me dijo que una mujer con la que trabajaba le había dado el número, que era para un abogado de inmigración en Washington DC, y que estaba esperando oír de ellos sobre cuándo podrían sentarse y reparar su caso para ver si podrían tomarlo.

Un par de días mas tarde me envió un mensaje de texto, diciendo que había recibido respuesta y que le habían dado un día y una

hora para conversar. Luego me adelantó el mensaje que había recibido dándole la dirección de la oficina. No tenía mas información que ésa acerca de quienes eran.

Llegó el día, la recogí y salimos. Tenía cita a las 2 de la tarde del día de San Valentín. Había buscado la dirección en línea, para tener una imagen del edificio que estaría buscando, y cuando nos acercamos, me di cuenta de que estábamos en el medio del campus de la Universidad George Washington. Vi un letrero que apuntaba a un estacionamiento público y me dirigí hacia las entrañas de un estacionamiento subterráneo. Al subir, salimos del estacionamiento y caminamos hacia la puerta de la oficina. Cuando nos acercamos, me di cuenta de que estábamos en el edificio de la Facultad de Derecho, y la puerta a la que íbamos era su Clínica Legal.

Para quienes no lo sepan, estas Clínicas son lugares donde los estudiantes de derecho reciben casos para manejar bajo supervisión como parte de los requisitos para completar su título. La mayoría de los casos, particularmente los casos de inmigración son asumidos sin costo para el cliente (aparte de los gastos asociados con el procesamiento de la documentación necesaria para el caso).

El vestíbulo era de azulejos y vidrio, y la sala de conferencias donde Sofía se reunió con el profesor supervisor y el intérprete estaba detrás de una pared de vidrio esmerilado. Cuando la escuché volver a contar su desesperada fuga de la violencia y la muerte que la alejó de su hogar, le di las gracias por quien fuera esa mujer que le dio el número al que llamó, y por los estudiantes de derecho que estaban dispuestos a poner

esfuerzo, no solo por una buena calificación, sino por salvar una vida.

La llevé la semana pasada. Conoció a la estudiante que la representará. Le dijeron que tenía un caso muy sólido y que podría ser aprobado.

En tan solo tres años.

Kenny ha servido a la comunidad inmigrante de nuestra área y como Pastor de la iglesia bautista Jerusalén en Warsaw desde 2003.



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How to Purchase a Place in Florida, on the Cheap

By Bill Graves

Not going to happen you say! Out of the question you think? Well, I have been doing some research, and there is a way. There are some prerequisites though.

Let me tell you what they are. You have to be over 62 years of age. You have to pass a basic financial assessment illustrating a small residual income at the end of the month—\$540 single or \$906 married. The mortgage on your primary residence should be really close to paid off.

Residual income is calculated by subtracting these monthly expenses from your net income: Taxes, Homeowners Insurance, Revolving Credit Debt, Credit Card Debt, Car Payments, Homeowners Dues, Maintenance Fees, PUD Fees. Plus any other expenses that show up on

a credit report, and the average cost of living in your home, calculated as square footage of the home times .14.

What's not in the financial assessment is everything else, such as: utilities, phone, internet, television, water, gas, electricity, food, clothes, clothing, entertainment and all medical expenses.

Here's how easy one couple passed the financial assessment on a fixed income for their debt free 2000 square foot home valued at \$230,000. David and Linda have a combined income from social security of \$2,200; \$1,400, and \$800 respectively. They have no additional debts. Their monthly expenses include homeowners insurance of \$160, and taxes of \$150.

The square footage calculates at (.14 x 2000) \$280, for a grand total of \$590. Their income minus expenses is \$2,200 - \$590 = \$1,610. They pass the financial assessment because they are well above the threshold

of \$906 for a married couple.

Their next move is to get a Home Equity Conversion Mortgage (HECM). These loans are Federally Insured, and do not require monthly payments. Typically, for David and Linda, who are both 70 years old, there are three choices on the disbursement of funds; a monthly payment of \$500 for life, a lump sum of \$50,000 or a credit line of \$100,000.

This where the fun begins! They have to find their manufactured dream home in Florida. The options are endless, from gated communities, over 55 communities, swimming pools, community centers with gymnasiums, it's really limitless.

They currently go for \$17,000 to \$25,000, with a monthly ground rent of \$450 to \$650. David and Linda choose one that is \$18,000 in Punta Gorda, with a \$550 a month ground rent and utilities of \$125. They pay for it using some savings

and a portion of the HECM Loan.

Now they have a place in Florida that costs \$675 x 12 = \$8,100 a year. They use it for six months from November through April, and list it on Airbnb from May through October at \$1,000 a month—and that's cheap even in the summertime. The end result is that they enjoy six months in Florida for \$175 a month (\$8,100-\$6,000=\$2,100÷12=\$175).

Conversely, with their HECM paying \$500 a month for life, they come out ahead by \$325. It also gives them a cushion for when the property might not be rented. David and Linda are loving life, especially driving over to the pool in their custom golf cart.

Note: The numbers are based on approximations and current rates and will vary from situation to situation.

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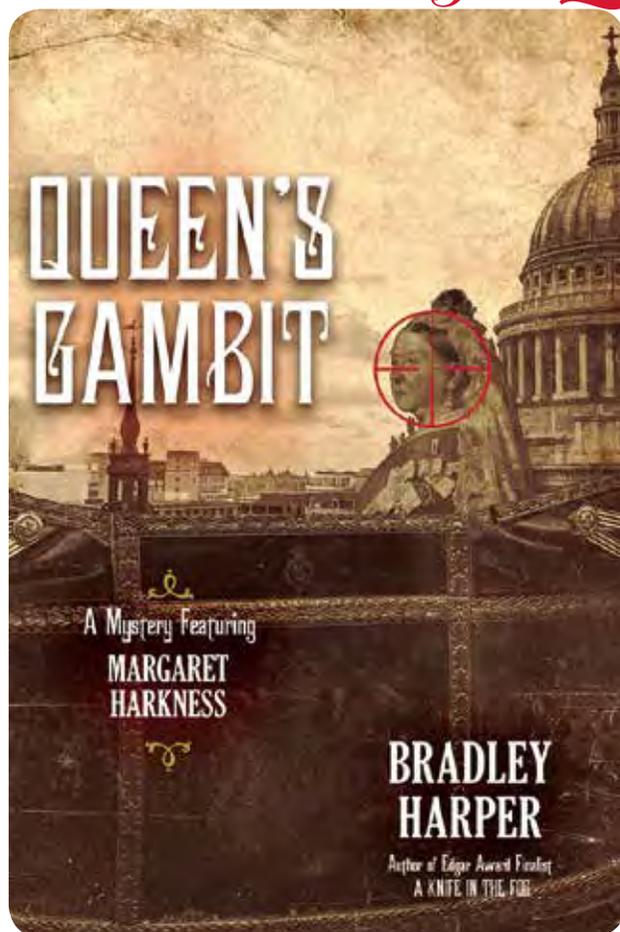
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Books In *Style*~Queen's Gambit



Review by Stephanie Caruso

It's spring, 1897 in London, and author and suffragette Margaret Harkness must leave England for health reasons. To raise the funds that she needs to move to Australia, Margaret agrees to join her old friend Professor Joseph Bell—the real life inspiration for Sherlock Holmes—on a mysterious mission in Germany. Unfortunately, solving this minor case leads Margaret to be stalked

through the streets of London by a vengeful man armed with a powerful and nearly silent air rifle.

Herman Ott, has spent a lifetime on the run, being exploited and manipulated. He's lost his home, his wife, his infant son and his future and he blames it all on Margaret. Now he's in London with nothing to lose and everything to prove.

Herman is soon recruited by a group of Anarchists who plan on bringing down the British Empire. To accomplish their goal they set Herman up to assassinate Queen Victoria during the Diamond Jubilee celebrations when the aged monarch will sit in her open carriage at the steps of St. Paul's Cathedral.

Queen's Gambit is a thrilling historical fiction novel that loosely bases its characters and events on real people and true events. This book is the sequel to Bradley Harper's award winning and Edgar nominated debut novel, *A Knife in the Fog*. In the first book, Margaret teamed up with Professor Bell and Arthur Conan Doyle—the author of the Sherlock Holmes

stories—to catch Jack the Ripper.

While almost everyone has heard of Arthur Conan Doyle and Queen Victoria, characters like Joseph Bell and Margaret Harkness are much less well known, but are just as fascinating.

Bradley does a fantastic job of creating a real, likeable protagonist in Margaret. She is well written, fully developed and believable. Although she has lost some of the edge and brashness she displayed in *A Knife in the Fog*, she is as independent and feisty as ever.

Now, without Professor Bell or Conan Doyle by her side, Margaret finds new allies in Inspector James Ethington of Scotland Yard and his fifteen-year-old daughter, Elizabeth. The addition of Inspector Ethington and Elizabeth adds a layer of humanity and softness to Margaret that ultimately informs some of the life-changing decisions

she makes during *Queen's Gambit*.

But where we see Bradley's writing talent really shine is in his sympathetic portrayal of his antagonist. Herman is just a normal man who wanted a normal life, a steady job and a family. All the things that he once had, but has now lost. It's that loss and emptiness that makes Herman susceptible and angry, and makes it easier for us to feel sympathy for him, even though we know he is on a path to destruction.

Queen's Gambit is thoroughly researched and detailed, but the action is never bogged down by a copious amount of information. While I did miss having Professor Bell and Conan Doyle along for the ride this time, Margaret more than holds her own and is capable of carrying the story. I'm looking forward to her next adventure! *Queen's Gambit* by Bradley Harper is available on [amazon.com](https://www.amazon.com).

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Brain Injury~Concussions Are Still with Us

By Martha M. Hall

Spring is here—and so are concussions and all their causes. Concussions can result from many different sources: falls, car accidents, sports injuries, or domestic violence incidents are the most common, but *Any* blow to the body that causes the brain to move rapidly within the skull can set up a concussion scenario.

What is the relationship between the brain and the skull, and why does that matter? The brain is a jello like organ that is housed in the skull, a solid bony structure. Unlike the exterior of the skull, which is smooth, the interior of the skull is not: it's full of sharp craggy protuberances that are only one quarter of an inch away from the soft brain. A blow that causes the brain to bang against these protuberances can result in tearing, bruising, or destruction of the tissue of the brain.

We know that brain injuries occur at a rate of one every 18 seconds, so any one of us is potentially one step away from what could be a life altering experience. While medical staff may regard a concussion as a "mild" brain

injury because it is usually not life threatening, it is still an injury that should be taken seriously.

Most people recover from a concussion with no lingering effects, but a significant number experience problems that are long lasting or permanent. Because every brain is different, no two injuries are the same, and the effects and recovery period vary from person to person. Some symptoms may appear right away, while others may not show up for days or weeks after the concussion.

It's important to know the signs of a concussion and to seek medical help. Concussion symptoms are generally grouped into four categories:

Remembering and Thinking

- Difficulty thinking clearly
- Feeling slowed down
- Difficulty concentrating
- Difficulty remembering

new information

Physical

- Headache
 - Nausea or vomiting (early on)
 - Balance problems
 - Dizziness
 - Sensitivity to noise or light
- Emotional/Mood
- Irritability

- Sadness
- More emotional
- Nervousness or anxiety

Sleep Disturbance

- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep

Some of these symptoms show up right away, while others develop over time, and may not be noticeable until the person has returned to work or school and more demands are placed on them.

The signs and symptoms of a concussion can be difficult to sort out, and recovery may not come as quickly as you might hope. Although most people recover fully after a concussion, how quickly you improve depends on many factors: how severe your concussion was, your age, how healthy you were before the concussion, and how you care for yourself after the injury.

Rest is the most important thing

you can do for yourself because it allows your brain to heal. Returning to your daily activities should be done slowly, and if your symptoms return, worsen, or new symptoms develop, take more time to rest and recover. As the days go by, you can expect to gradually feel better.

For more information on brain injury, contact the Brain Injury Association of Virginia at 800-444-6443 or at www.biaav.net. The Northern Neck Brain Injury Support Group meets on the second Tuesday of each month at the Bay Transit building in Warsaw from 10:30-12:00. All are welcome!



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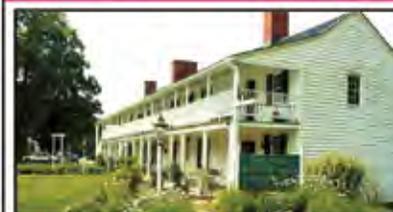
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Writers in *Style*~Writing Mentors

By Susan Williamson

I've been thinking about mentors. I've had many mentors in my life, but I want to focus on those I consider my writing mentors.

I would start with Sister Juliana, my high school honors English teacher. We were required to subscribe to *The Atlantic Monthly*. My parents were both well educated and avid readers; however, they read mostly fiction, the daily Pittsburgh newspapers, *US News and World Report* and *Better Homes and Gardens*. My introduction to *The Atlantic* resulted in a life long readership.

I was a staff member and later first page editor of my school newspaper. One of my father's horse customers on our farm was Vernon Wise, Jr.

whose family owned *The Butler Eagle*, a small daily newspaper in the county where I grew up. He arranged for us to tour the plant. I found it fascinating.

At that point my love of farming and animals won out over my interest in journalism so I majored first in biology and then animal science in college. For electives I chose classes like technical writing and 20th century novels. During this time I discovered Kurt Vonnegut and read everything he wrote. Normal Mailer and Phillip Roth held no interest for me, but Vonnegut was magical.

My first real job was that of an extension 4-H agent. When I had to invent an in school program, I wrote one for consumer education. The state later adapted my manual. When I left extension, I found a part time reporting job and eventually became

a small weekly newspaper editor. I reported the news, I shot the pictures, laid out the copy and delivered the papers to grocery and country stores. My favorite part was writing features, a weekly column and editorials.

A coworker sold ads and covered sports. I wrote an editorial criticizing the emphasis on sports which had resulted in a few students getting scholarships and succeeding while others were academically or socially unsuited for college and dropped out.

He pointed out the hurt I may have caused those individuals and their families. I was using facts, in a "where are our heroes now" sort of vein, but in a small town I was causing damage. I tried to never forget that lesson.

When I started writing fiction, I joined the Winston Salem Writers. The founding and reelected

president, Al Perry, was a retired newspaperman. He was an encourager and a tireless worker. Soon I joined a critique group. We were hosted by a wonderful woman who, now in her eighties, just published a marvelous collection of short stories and participates in intergenerational dance classes at Wake Forest. Carol Roan is who I want to be when I grow up. Another member, Sheila Englehart encouraged me to pour more emotion into my writing and that is perhaps the greatest challenge for a past who, what, when and where writer.

And now, in Williamsburg, I have a new critique group—all of whom are mentors in a way. Thank you. *Susan Williamson is a member of the Chesapeake Bay Writers.*

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All I Intended to Do

By Gerhard Straub

It seems like only yesterday that we were talking about winterizing the boats and looking forward to a nice break in front of a warm fire to catch up on all the little projects that keep building up in the summer. I mean summer is when we'd rather be out playing on the boat instead of working on the boat or the house.

I brought the logbook home and intended to put all those entries into an electronic archive for posterity—and for easy searching when I can't remember where I got that cheap replacement zinc. There was that bubble in the compass I was going to fix. Oh yeah, and that problem with the tachometer, the intermittent with the radio, and what about splicing some eyes in that new dock line that has been sitting on the floor of the basement for the last six months?

Don't even look at the list for

the house! I really was just about to get started on all that when Milt and Martha, our resident Osprey couple, returned. Martha announced in that shrill chirping voice of hers that spring was here. What? Seriously, where did the winter go—and was it ever here?

One thing that did actually get done was something that me and the crew thought would reduce the number of times we had to go check on *Claud W. Somers* over the winter, or anytime for that matter. We sometimes turn the bilge pumps off in the winter when there is going to be a hard freeze, and well, it is an old wooden boat, and let's just say occasionally some excess water seeps in.

We found a cool device called Floathub (www.floathub.com) that can monitor a boat's battery voltage, charging voltage, and bilge pump cycles, as well as temperature and atmospheric pressure.

It has a built in GPS to let you know if the boat decides to sail away without you, and if your instruments have the NMEA serial data capability, it will even monitor that data.

Now there are lots of systems like this on the market, but this system is really inexpensive for what you get. It reports back over WIFI and you can look at the data from anywhere you can get on the internet. You can

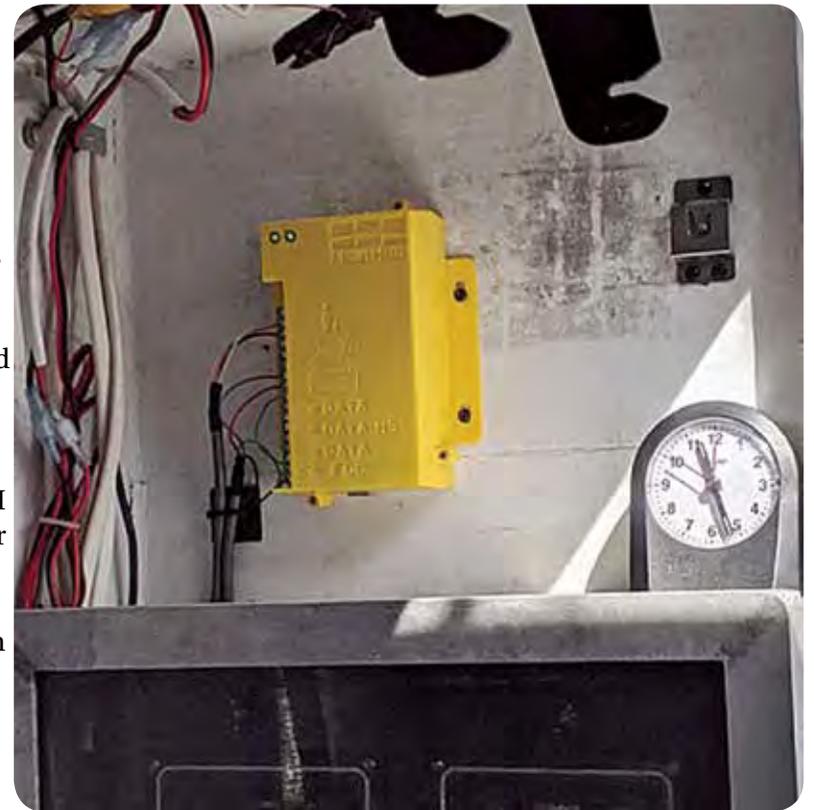
even have it email you if something goes really wrong. If you are satisfied with the basic service, there is no monthly fee.

Simple and cheap! One minor detail, though, you do need WIFI at the dock or you can get the version that works on the cellular network at additional cost.

So, all motivated by our fun find, we dutifully got WIFI to the dock—notice how one project turned in to two—and hooked it all up. It worked fantastic. We were in geek heaven. We could now check on the boat at all times without actually driving down there. I kept it up on the screen all day at work—don't tell my boss.

And then it happened. *Claud W. Somers* stopped phoning home. Six hours go by. Twelve hours go by. Panic sets in! Did the device fail? Did we lose internet? Oh no! Did the boat sink? Somebody needs to run down there NOW and check! Oh wait, it is back. Whew, we better check on it anyway, so back down to the boat.

So, while watching over your



boat this way is really useful and cool, it also gives you something else to worry about. Now we go down to the boat not just to check on the boat, but to check on the monitoring system! The more I think about it, though, is that a bad thing? I mean it's just one more excuse to spend some time on the boat.

See you on the water.

Gerhard Straub is master of the skipjack Claud W. Somers, which is owned and operated by the Reedville Fishermen's Museum
Photo by Wray Dudley - Floathub unit on Claud W. Somers. Floathub data as seen on internet.

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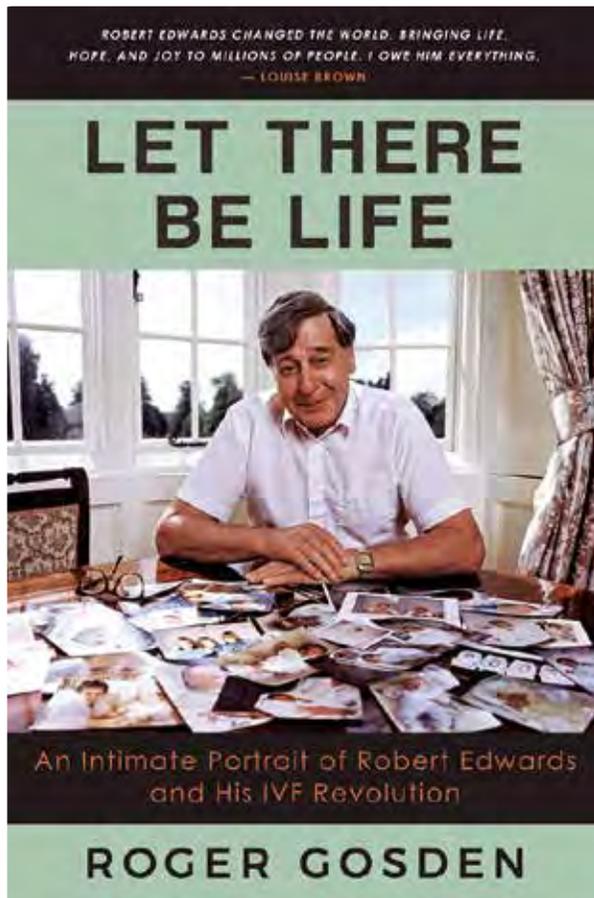
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Books In *Style*~Let There Be Life



and ordinary places. It's written in language that is distinctly British English to acknowledge the beginning of clinical IVF was in England and Australia. It has an air of elegance with literary allusions, but it is also a down-to-earth picture of how scientific exploration develops.

This is not just a simple biography. It's many stories layered and woven into a tapestry. It's not what you would call easy reading, but at the same time, it holds your interest and you want to follow through to what comes next in this man's life and the evolution of new scientific approaches in fertility and understanding of embryonic development.

The stories of Robert Evans and the scientists around him are shown in their ordinary worries and concerns and in the interaction of their friendships and mentorships that run deep and extend over a lifetime. The various paths different researchers took led to overlapping research between countries because communications in the beginning were not what they are now.

It's startling to recognize how much time was lost in having to wait for papers to be written and published before finding out what was actually happening elsewhere in the world. It makes it that much more remarkable that so much discovery did occur and get developed. The manipulation of such tiny fragments of our biological elements is incredible considering the relatively primitive circumstances then, compared to the exotic equipment and laboratory abilities that exist today.

This biography delves into all the facets of biology that had to be explored to reach the point today where so many women who have infertility issues can bear their own children. At the time of Evan's death in 2013, 5 million human beings could trace their existence to the work of this man and the others in his field. Recent reports say that number has risen to 8 million.

Let There Be Life is a remarkable story and well worth reading.

Let there Be Life was published in summer 2019 by Jamestowne Bookworks and is available at amazon.com. The book will be featured in a lecture Roger Gosden is giving in Paris in November and has an official launch at the Cambridge Science Festival in March 2020. The late Robert Edwards was the author's mentor in Cambridge.

Roger became a research director and professor of reproductive science at Edinburgh, Leeds, McGill, and Virginia, with his last post at Weill Medical College of Cornell University in NYC. He is now a writer and naturalist in Virginia and founded Jamestowne Bookworks in 2012. He is married to Lucinda Veeck Gosden, the embryologist for America's first successful IVF program. Profits from royalties for all his books are donated to charity.

Let There Be Life by Roger Gosden

An Intimate Portrait of Robert Edwards and his IVF Revolution
Review by Carol J. Bova

Roger Gosden's authorized biography of Robert Evans, the IVF pioneer, is more than just a story of one remarkable person's life. It sets that life in the context of world history dotted with travels to exotic

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 Chesapeake Style Magazine

Wild Style Cuisine~Goose Swiss Steak



cooking. The recipe first appeared in print in 1915.”

Grandma always made this tender slow braised recipe with beef, but it is well suited for any red meat like goose or venison. If you have reservations about the flavor of goose meat this recipe is a good place to start. Years ago, I served this at a gettogether with friends who had three pre teen daughters that were certain they didn't like goose and would never eat it. The girls didn't ask—so we parents didn't tell—and they all came back for seconds.

Goose Swiss Steak

Serves 4

Prep Time: 40 minutes

Cook Time: 3 hours 30

By Wendy Hyde

The hunting season for Canada Goose has ended so many of you may now have a freezer full of fresh, rich, lean goose meat. While there's still a chill in the air it's an ideal time to make a few more comfort foods. Swiss Steak is one of our family's favorites. This old school recipe is one I associate with childhood visits to my grandmother's in south central Pennsylvania. The area has a heavy German and Dutch population who are known for their down home farm style cooking. I remember thinking as a kid that this was from Switzerland and seemed like a fancy dish. The "swiss" part isn't the country, but a term for the way it is prepared. The Gourmet Sleuth web site says, "According to the Encyclopedia of American Food and Drink; the term swissing does not come from Switzerland but is in fact an English term. Swissing is a method of smoothing out cloth between a set of rollers. Swiss steak is normally pounded flat before

minutes
 3 goose breast halves
 1 /2 c. all purpose flour
 1 tsp. ground black pepper
 1 tsp. coarse kosher salt
 1 tsp. paprika
 3 /4 tsp. garlic powder
 3 Tbsp. bacon fat
 3 Tbsp. olive oil
 1 c. dry red wine
 2 medium onions, sliced 1 /4" thick
 1—28 oz.—can diced tomatoes, drained, juice reserved
 4 c. beef or venison stock
 2 tsp. Worcestershire sauce
 1 sprig fresh thyme
 2 sprigs fresh parley
 1 /2 tsp. whole black peppercorns
 2 bay leaves
 2 tsp. balsamic vinegar
 Salt and pepper, to taste
 Finely minced fresh rosemary
 Freshly grated lemon zest

Clean and trim goose breasts, checking carefully for shot. Cut in half vertically then horizontally to create 4 medium size cutlets from each breast, pat dry with paper towels.

Pound each cutlet with a meat mallet to 1 /4" thickness. In a medium

bowl combine flour, black pepper, salt, paprika and garlic powder. Coat each cutlet with seasoned flour and lightly pound in flour. Tie the thyme, parsley, bay leaf and peppercorns into a bundle in a piece of cheesecloth and set aside.

Preheat oven to 300°. In a large skillet over medium high heat, heat 1 Tbsp. bacon fat and 1 Tbsp. olive oil. Brown cutlets on both sides in 2-3 batches, making sure they are not crowded in the pan. After first batch browns, transfer meat to a large roasting pan, deglaze skillet with 1 cup of beef stock and add to the roasting pan. Wipe skillet clean and continue browning meat in bacon fat and olive oil, deglazing after each batch. After the last batch deglaze the skillet with wine; let wine reduce by half and add to the roasting pan. In the same skillet, reduce heat to medium low, heat 1 Tbsp. olive oil, add onions and sweat until translucent. Stir in 2 c. beef broth, juice from tomatoes and Worcestershire sauce and heat to boiling, scraping the brown bits.

Transfer to roasting pan and add the herb bundle and more broth as necessary to just cover meat.

Cook covered for 1 hour, turn meat over and stir. Cover and cook another 30 minutes. Turn meat over again, add tomatoes and vinegar and return to oven, uncovered, and continue cooking another 1-2 hours or until meat breaks easily with a fork, stirring every 30 minutes and adding beef broth as necessary to ensure meat is barely covered with liquid. Once sauce has thickened and

darkened to a rich brown red color, cover for remaining baking time to prevent further evaporation of sauce.

Serve over mashed potatoes and garnish with very finely minced fresh rosemary and freshly grated lemon zest.

Photos by Wendy Hyde. All recipes included in this column are original by Wendy Hyde unless otherwise noted. She can be contacted at wildstylecuisine@gmail.com; follow her on Instagram as girlgamechef. Web site reference: <https://www.gourmetsleuth.com/articles/detail/swiss-steak>



Chesapeake Style Magazine

Tidewater & Timber~Our Ms. Brooke



she was very timid and shaking, however, adorable and she seemed to calm as I held her close and pet her. I knew right away that this dog needed us, and we needed her. We still had so much love to share with a dog.

We put

Brooke in the car and I rode in the back seat with her. She rode well from one house to the other. The first week, I came and walked her on the leash during my lunch time. She did well all week. We had to travel in the car at the end of the week. By the time we got home Brooke wiggled, swarmed and squeezed right out of her collar and ran off up the road. Four of us ran after her and ran until 1 a.m. We were devastated and could hardly sleep.

By Chelly Scala

It was October 2019 and our 15-year old Rabbit Beagle, Colby passed away. We were devastated!

My husband took a bag of dog food to donate to the Northumberland Animal Shelter. Steve called me and said, "They have a Rabbit Beagle at the shelter, you must come see this dog."

Brooke was her name and she was very shy and timid, as she was



a rescue and had never had a real home. She was not even a year old yet and had been at the Shelter since March. I knew in my heart that if we looked, we'd want to take her home. Gabby and Val at the Shelter were so kind to Brooke.

Well, I went and met Brooke. Yes,

The next morning and for two weeks, the whole Ophelia Community was looking for Brooke. We also had help from folks in Gonyon and Northumberland Plantation who saw Brooke on the run including folks who saw her chasing rabbits. This even included some watermen

who saw her getting fish at the docks that were left for herons or cats.

We got lots of help from people and they were encouraging, kind and worked hard to help us get Brooke back. We would get calls from people that had seen Brooke and knew we were looking for her, "Just saw Brooke running the soybean field..." She was extremely fast that we never got close, including some younger generation youth who were very fleet of feet! Many in the community left water and food in their areas.

We asked the Northumberland Animal Shelter to bring their Humane Traps to setup for a possible way to trap Brooke. Gabby and Val brought us Humane Traps to set up in Ophelia and showed us how to use them. They also expended their own time and efforts trying to find Brooke. Kathy Rock also sometimes assists the shelter and has her own humane traps, which she sets up, when an animal needs help.

Finally, one Friday afternoon, Carol Cockrell called Kathy Rock and said that Brooke was seen more than once either near her road or roaming the edge of the fields off Flood Point Farm. This cued Kathy to set her traps baited with raw hamburger in those areas and my husband set one in the field near the wood line. That Saturday morning, we heard from Kathy who told us Brooke was caught in one of her traps baited with hamburger.

When Steve and I received her call that Brooke was in the trap and on her way to the Northumberland Animal Shelter, we rushed to retrieve our "Flood Point Phantom". Another name Brooke picked up from the

people who were helping us locate her was the "Ferry Road Ghost Dog".

Ever since that day, Brooke has stayed in a large fenced in yard and enjoys long walks with us on a leash. She doesn't shake anymore; she sleeps in her bed on the floor beside our bed; eats well and responds when we call her name. When I come into the house, she runs to greet me with her tail wagging.

We love our Rabbit Beagle; Brooke and we think she loves us and her new home. Thanks to all who helped make this happen!
Chelly Scala photos.



Chesapeake Style Magazine

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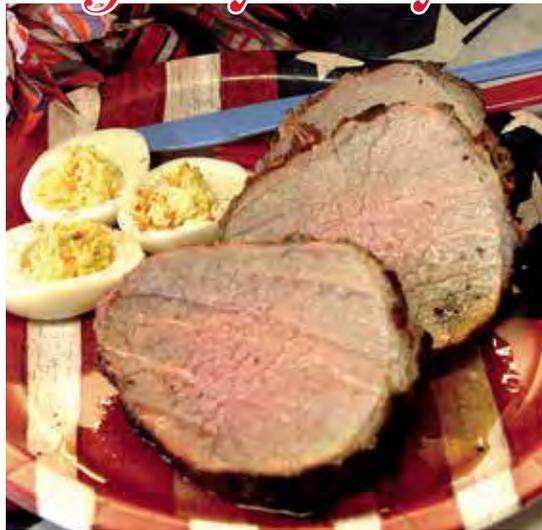
Cooking with *Style* by Betty B.

It's summertime and grilling time. Grilling is a great way to prepare meals, whatever the season. After all, what other cooking method leaves you with a clean kitchen and especially flavorful fare to serve your family?

Herbed Beef Tenderloin

1 beef tenderloin (4 to 5 lbs.)
2 garlic cloves, minced
2 green onions, finely chopped
1 tablespoon of Dijon mustard
1 tablespoon of red wine vinegar
One-half cup of olive or vegetable oil
1 tablespoon each of dried basil, thyme and rosemary, crushed
1 teaspoon of salt
1 teaspoon of pepper

Place tenderloin in a shallow glass container or resealable plastic bag. Combine remaining ingredients; pour over the meat. Cover container or seal bag; refrigerate overnight, turning occasionally. Drain and discard the marinade.



Grill beef, uncovered, over medium-hot heat for 20 minutes, turning frequently. Cover and continue to grill for 10-20 minutes or until meat thermometer should read 140 degrees for rare; 160 degrees for medium or 170 degrees for well done. Let stand for 10 minutes before slicing. Yield: 8 to 10 servings.

Grilled Three-Cheese Potatoes

6 large potatoes, sliced one-fourth

inch thick
2 medium onions, chopped
One-third cup of grated Parmesan cheese
1 cup of shredded sharp cheddar cheese, divided
1 cup of shredded mozzarella cheese, divided
1 pound of sliced bacon, cooked and crumbled
One-fourth cup of butter or margarine, cubed
1 tablespoon of minced fresh or diced chives
1 to 2 teaspoons of seasoned salt
One-half teaspoon of pepper

Divide the potatoes and onions equally between two pieces of heavy-duty foil (about 8 inches square) that have been coated with nonstick cooking spray. Combine Parmesan cheese and three-fourths each of cheddar and mozzarella; sprinkle over potatoes and onions. Top with cooked bacon,

butter, chives, salt and pepper.

Bring opposite ends of foil together over filling and fold down several times. Fold unsealed ends toward filling and crimp tightly.



Grill, covered, over medium heat for 35-40 minutes or until potatoes are tender. Remove from grill. Open foil carefully and sprinkle with remaining cheese. Yield: 6-8 servings. *Kitchen tested and photographed by Diana Wise.*

Served up with Love in *Style*!



By Melissa Haydon

I am one to try a lot of different recipes. The perfect time to try these recipes is when we are all getting together for a holiday or special occasion. I do have my stand by recipes that I do like to use but every once in a while I will come up with something new to try. I love all the fresh vegetables and fruits this time of year and try to use them in as many ways as I can.

This patriotic punch is super pretty

all put together. This picture shown is a smaller version of what I have listed here in the recipe. I have a big drink dispenser that I usually use. If we are expecting a huge amount of people I will usually double the recipe. An adult version alternative is listed at the bottom of this recipe.

Patriotic Punch

1 bottle of apple juice
1 two liter bottle of Sprite
1-2 cups of frozen strawberries
1 cup frozen blueberries
2 apples, sliced into 1 1/2" thick rounds.

Cut star shapes into your apples. I had a cookie cutter shape but it was too big. I had to draw out a star and free hand cut the apple. My apples were smaller than I thought.

With your apple stars cut, add frozen strawberries to the bottom of your pitcher, and cover with juice and sprite—in equal parts. Next, add your apple stars in on top of the

strawberries. You'll want to line them around the sides of the pitcher so you can see them as a middle layer. Next, fill it up with more juice and sprite. Add frozen blueberries on top as a floating layer, and serve! *To make an adult version, add a bottle of wine, or tequila, vodka or rum. Just be warned—fruit soaks up alcohol.*

Who doesn't love watermelon? The basil in this had my interest but it really works in this dish. Blackberries are one of my favorite berries. This dressing could be used also if you wanted to do a mixed fruit salad as well.

Watermelon Salad with Blackberries and Basil

3 cups watermelon cubed
1 container blackberries



(About 1 1/4 cups)
10 basil leaves chopped fine
Juice of one lime
Zest of one lime
1 Tablespoon honey

Mix all the ingredients in a bowl. Let sit at least 30 minutes in the fridge before eating. *Disclosure: All the recipes I share are not 100% my own. I use many sources to find great recipes to share with you and do not take full credit for the recipes shared.*

Get Carried Away

By Ann Eichenmuller

As I write this, our lives have changed. The virus that threatens to sweep through the nation has put so many things on hold. There are no children taking batting practice behind the plate, no field trips to the river, and even rites of spring like marina dock parties may have to wait for another season. Our summer cruising could be limited to solitary anchorages and homemade dinners aboard, and our great adventures this year may not take us past Smith Point or New Point Comfort.

Thank goodness for books.

If you are a woman who came to sailing later in life, you've probably struggled with fear and a lack of confidence. Every doodad and thingee on a sailboat seems to have at least two names—the one your husband told you the first time,

and the one he calls out when he needs you to grab it. And no matter how many times you sail, when the first heavy wind of spring heels the boat over, your heart always skips a beat.

While experience may be the best teacher, it doesn't hurt to learn from others. I find that reading about women who have looked a squall in the face and survived makes me just a little braver. Their enthusiasm about their experiences motivates me to seek out my own. With that in mind, I'd like to share a few of my favorites.

Have you ever dreamed of casting off the lines and sailing the world as your retirement bucket list? Pick up Julie Bradley's books *Escape*



from the Ordinary and *Crossing Pirate Waters*, both tales from her 7 1/2 year, round-the-world sail with husband Glen. Her experiences with Force 10 storms in the North Atlantic will make your heart race, and her descriptions of extraordinary places off the beaten path will feed your desire for adventure.

Ever wondered what it would be like to brave the seas alone? Tania Aebi's books, *Maiden Voyage* and *I've Been Around*, will answer that question. An unambitious eighteen-year-old, Tania was working as a bicycle messenger in New York when her father gave her an ultimatum—she could choose either a college education or a twenty-six-foot

sloop. She chose the boat, spending the next two and a half years sailing some 27,000 miles—with a cat. I'm both humbled and encouraged by the strength she found within herself.

In terms of sheer determination, nothing beats Jessica Watson's *True Spirit*, the story of her nonstop, solo sail around the world. She spent two hundred and ten days alone at sea, overcoming cold, fatigue, icebergs and high seas. If she could do that at sixteen, think what you can do at age 40, 50, or 60!

We need to look, not at what we can't do, but what we have available to us. Boats and books can both be escape pods, to carry us a world away—even if that world is only around the next bend in the river. *Ann Eichenmuller is a marine and travel writer and author of three nautical mysteries: Kind Lies, The Lies We Are, and The Lies Beneath. Eric Eichenmuller photo.*



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