

CHESAPEAKE PRICELESS

VOLUME XLVI Issue 4 JULY/AUGUST 2014

Style



Serve and Celebrate the Chesapeake Bay Region and its People, Past, Present and Future

Fast Times on the Rivers

In 1962 we moved from Edgewood, Maryland to Madison, Wisconsin. I had an 18 month old baby, a one month old baby, a five month old puppy, a turtle and 26 house plants. We had a brand new green Rambler station wagon. And I had a husband.

We lived in Madison from 1962 to 1969. That's when I became a Green Bay Packers fan and that's also when I discovered bratwurst. It has become my custom over the years to celebrate summer holidays by having bratwurst. This usually means Memorial Day, July 4 and Labor Day. This year fate changed my life.

On June 2, I was admitted to Tappahannock VCU hospital and I stayed there for nine days. On June 1, I could walk with my walker. On June 2 I was no longer able to walk.

After a number of blood transfusions and iron infusions, I was transferred to Encompass rehab in Fredericksburg. I spent two weeks there and was sent home. Soon after I got home, I discovered that my right knee was buckling 100% of the time. No braces worked. I could exercise until the cows came home and the muscles in my legs would never support my knee. A week after I came home, I went back to rehab at Riverside Saluda. While there for three weeks, I began to realize that the prognosis for my knee buckling was not going to improve.

At that point I decided to get medical equipment in my home in order to continue to be able to live at home. The key piece of equipment that I now use is called Saraflex. My caregivers are able to lift me to a standing position and then move me to a motorized wheelchair or other location and sit me down safely. The good news is that this allows me to have weight bearing on my legs and on my arms.

Needless to say my life has changed dramatically in many ways, but in other ways it is remained the same. My original plan was to print four issues of Chesapeake Style this year. Clearly my hospitalizations and rehab changed that plan. This is the second issue of Chesapeake Style for 2022.

I am extremely grateful for the help of my friends specifically Carol Bova who edited all of the articles.

And most importantly Jeanne Johansen who owns Firebellied Frog Graphic Design has completed the layout for this issue, placing ads, articles and she has been extraordinarily patient.

So for Labor Day this year I plan to fix my Johnsonville bratwurst to celebrate. As far as Chesapeake Style is concerned—I hope to pass the torch. Please stay tuned.

The past 20 plus years have been enlightening and fun. I am grateful for our advertisers who made it all possible, for our writers, for folks who distribute the magazines and for our readers.

Thank you, each and everyone. And continue to celebrate the holidays—maybe with Johnsonville brats?

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The mission of Chesapeake Style is to serve and celebrate the Chesapeake Bay Region and its people, past, present and future. Letters to the editor are welcome. The editor reserves the right to edit all submissions for clarity, lousy spelling or any other reason that strikes her fancy.

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About the Cover~

Old Glory

Our Flag, May God bless America!

The 50 states of the union are represented by the 50 stars. The 13 horizontal stripes (7 red alternating with 6 white) represents the 13 colonies. Red equals Valor, white denotes innocence and blue justice.

In 1814, Francis Scott Key was inspired to pen "The Star Spangled Banner" while observing the shelling of Fort McHenry in Baltimore, Maryland by British troops. Our flag is still flown there 24 hours a day, along with six additional sites by executive order.

We the people believe in the symbol. It energizes us to engage in local, national, and international issues, to hold others accountable, to organize peacefully and raise awareness, to live a life of freedom and choice, and to demonstrate respect and honor. This flag and all it symbolizes proudly flies on my property in Farnham, Va. 365 days a year. Like our flag, we the people weather turmoil, storms, cold, heat, and attacks, both verbal and physical

God has Blessed America. May America continue to bless God!

-Sandra Wade Hagan, August 2022.

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Jerusalem Baptist Church

Leading Through Challenging Times

Martha Hall

When I interviewed Kenny Park, Pastor of Jerusalem Baptist Church, it had been a rough couple of weeks for me: injuries, deaths of co-workers, illnesses of family members, and a world seemingly gone mad. Kenny and I met in the back of the church, and as I sank down into the folding chair, I felt a momentary peace slide over me. I commented to Kenny that it was so nice to just be *still* and breathe for a few minutes. He smiled ruefully, and I realized that just being still was not an option for him.



Pastoring a church through challenging times, Kenny told me, is hard work, and trying to help parishioners make sense of all the stresses and strains and doubts that make up their faith journey is draining. Finding a sense of balance is critical, and it's something that Kenny and his flock at Jerusalem struggle with every day. "We have the challenges that many churches are faced with, especially in this time of COVID, when attendance has fallen off and ministry to ourselves and others has had to get really 'creative.' I still do online services, as well as 'in person' preaching, but our congregation, which was already aging when I got here 19 years ago, has changed, and their needs for ministry have changed. Just sitting in the pew

on Sundays is not enough. The real work, the change that has to take place, has to happen when they go home, when they have to live out each day. I try to support that."

Finding that sense of balance is nothing new for Kenny. Raised in Chile by missionary parents, Kenny said he assumed that "everyone was like the missionary community that I was a part of. It was a shock for me to realize that not everyone felt the call---the command ---to love and care for others that I did. One of the most important things I had to learn---and I'm continuing to learn---is to accept that there are a lot of what a missionary friend calls "FHBs" (Fallible Human Beings) out there. Understanding that I'm one of them is critical to having an effective ministry."

Balance has always been a part of Kenny's life, and that is nowhere more obvious than in his bilingual capabilities. "I was raised in a bilingual environment, and Spanish is as much a part of my life as English is." Kenny is responsible for two congregations: his Anglo parishioners at Jerusalem Baptist, and since the early 2000s, his Hispanic parishioners at Jerusalem Baptist. When he came to Jerusalem Baptist, Kenny was already ministering to the Hispanic community through a group of Baptist churches in the Northern Neck that hosted weekly Hispanic gatherings. As time went on, Jerusalem became a "home base" for Hispanic outreach, and Kenny now serves as coordinator and pastor for this group.

Balancing the needs and the approaches of two very different groups has been

challenging, and has resulted in an almost "separate but equal" brand of pastoring that Kenny admits is less than ideal. "We tried several different approaches to an inclusive type of church service---alternating the language in hymn verses, preaching my sermon first in English, and then in Spanish---but those attempts were not really satisfactory to either group. We finally settled on a completely Anglo service on Sunday mornings, followed by a completely Hispanic service on Sunday evenings. There is some 'cross-over' among the congregations, and that was facilitated by sharing an evening meal before the Hispanic service, but



COVID made that problematic, so now we just have a short encuentro, which is attended mainly by the Spanish-speaking congregation."

I asked Kenny if his Hispanic parishioners came to Jerusalem because there was not a Roman Catholic church close by, and having a Spanish-speaking pastor was a real draw. Again, the balancing act presented itself: "I don't ask my parishioners to become Baptists," he replied. "Many of my folks still have family connections to the Catholic church, and I encourage them to maintain those ties, especially for First Communion, weddings, and other specifically Hispanic occasions. I often join them, and I support them in their spiritual and their secular lives. The Hispanic community is as much a part of my life as my Anglo community is, and I think we need each other as we go forward."

Going forward in joy and in sorrow is not for the faint-hearted, but for Kenny and the parishioners of Jerusalem Baptist, finding that balance is essential to achieving a meaningful life.

Follow Pastor Kenny Park and Jerusalem Baptist Church on Facebook, and visit at 8800 History Land Hwy, Warsaw, VA.

Why Are You Here?

Kenny Parks

I stepped into the classroom in the basement of the church that Sunday morning as an incoming Seminarian, ready to take on the world. The Sunday School class was not specifically FOR seminarians, but for young adults, but due to its being walking distance from the campus, a significant number of seminarians attended.

The lesson was on the parable of the Good Samaritan, and I don't remember *any* of the discussion that happened around it (after all, it WAS 35 years ago), save one statement made by one of my fellow class members: "I'm not going to go out of my way to help anyone. They're not my problem." (He wasn't making an illustrative statement to make another point. He was saying "this is how I see it.")

I remember looking at him and wondering to myself, "then why are you here?"

I've been listening to one of my favorite podcasts (Radiolab), and the episode is entitled 'No Special Duty' – they're talking about a Supreme Court case decided in 2005 in a 7-2 vote, stating that Police have 'no special duty' to provide protection or assistance to a given citizen unless there is a clear understanding by both parties that that expectation has been established. (Listen to it if you want. It's fascinating, as well as infuriating.)

If one declares oneself to be a follower of Jesus, does that then establish an expectation (whether internal or otherwise) to live a life modeled on his? To obey his teachings, especially those spelled out in the Sermon on the Mount (Matthew 25, particularly verses 32-46)?

Does belief or action make us followers? I would hope that we could agree that the answer is 'both', not 'either/or'. So what does that look like? Does it look like showing up to worship on Sunday, spending the hour (or more) checking your watch and deciding what restaurant to go to for lunch, and then going through the

rest of your week as you normally do, considering Jesus' words irrelevant, not considering whether they should make any difference in your life?

Or does it look different? Do you go into your week thinking about what Jesus said, what he did, looking for opportunities, for situations where you can emulate him, to share a moment of connection with a stranger through a moment of grace, or a friend in a time of need?

I would propose to you that, if you went with the second option, and opened yourself up to those opportunities, those moments where you can provide help – in whatever form it may take – your week might be a bit fuller, but in a good way.

Two times this week I've found myself sitting in a hospital room with someone, waiting for them to receive treatment. Another conversation took place in a nursing home room. On two other occasions the conversations took place in our dining room and on our porch. Only one conversation took place in a pastor's office. Don't believe that you can only experience God's presence in a sanctuary.

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

¿Para Qué Estás Aquí?

Por Kenny Park

Entré al salón de clases en el sótano de la iglesia ese domingo por la mañana como un seminarista entrante, listo para conquistar el mundo. La clase de Escuela Dominical no era específicamente PARA seminaristas, sino para adultos jóvenes, pero debido a que se encontraba a poca distancia del campus, asistían un buen número de seminaristas.

La lección era sobre la parábola del Buen Samaritano, y no recuerdo nada de la conversación que ocurrió en torno a ella (¡fue hace 35 años!), excepto una declaración hecha por uno de mis compañeros de clase: "Yo no me voy a molestar para ayudar a nadie. Ellos no son mi problema." (Él no estaba haciendo una declaración ilustrativa para hacer otro punto. Él estaba diciendo "así es como lo veo.")

Recuerdo haberlo mirado y me pregunté a mí mismo, "entonces, ¿por qué estás aquí?"

Estuve escuchando uno de mis podcasts favoritos (Radiolab) y el episodio se titula "Sin deber especial:" hablan de un caso de la Corte Suprema decidido en 2005 en una votación de 7-2, que establece que la policía "no tiene un deber especial" para dar protección o asistencia a un ciudadano a menos que ambas partes entiendan claramente que se ha establecido esa expectativa. (Escúchalo si quieres. Es fascinante, además de exasperante.)

Si uno se declara seguidor de Jesús, ¿establece eso una expectativa (ya sea interna o no) de vivir una vida modelada sobre la suya? ¿Obedecer sus enseñanzas, especialmente las expresadas en el Sermón del Monte (Mateo 25, particularmente los versículos 32-46)?

¿La creencia o la acción nos convierte en seguidores? Espero que podamos estar de acuerdo en que la respuesta es 'ambos', no 'la una o la otra'. Entonces, ¿cómo se ve eso? ¿Se ve simplemente presentarse al servicio cada domingo, pasar la hora (o más) mirando el reloj y tratando de decidir a qué restaurante ir a almorzar, y luego pasar el resto de la semana como lo hace normalmente, pensando que las palabras de Jesús son irrelevantes? ¿Sin considerar si debieran resultar en un cambio en su vida?

¿O se ve diferente? ¿Entrás en la semana pensando en lo que Jesús dijo, lo que hizo, buscando oportunidades, situaciones en las que puedas emularlo, para compartir un momento de conexión con un desconocido en un momento de gracia, o un amigo en un momento de necesidad?

Le propongo que, si elige la segunda opción y se abre a esas oportunidades, esos momentos en los que puede brindar ayuda, en cualquier forma que sea, su semana podría ser un poco más llena, pero en buena forma.

Dos veces esta semana me he encontrado sentado en una habitación de hospital con alguien, esperando que reciba tratamiento. Otra conversación tomó lugar en la habitación de un asilo de ancianos. En otras dos ocasiones las conversaciones ocurrieron en nuestro comedor y en nuestro porche. Una sola conversación tomó lugar en la oficina de un pastor. No creas que solo puedes encontrar la presencia de Dios en un santuario.

Kenny ha servido a la comunidad de inmigrantes de Northern Neck y como pastor de la Iglesia Bautista de Jerusalén en Warsaw desde 2003. Su dirección de correo electrónico es Kenny.park@gmail.com

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*Style
Spotlight*

Allison's Ace Hardware A Great Place to Shop and Work

By Nan Harvey

Getting on Nancy Fisher's schedule is not an easy thing. She is one busy woman, president of the family-owned and operated business. But once I got to Allison's Ace Hardware Store at 3010 Northumberland Highway, Route 360 just south of Lottsburg, she gave me her full attention, which this writer bets is the way she treats everybody and everything she works with.

We'd had a heavy rain the night before so the parking lot and grounds looked especially clean and inviting, but it was more than that. From the moment I opened the front door to the well-lit jam-packed interior, I was greeted in a



familiar and friendly fashion by no less than five employees, asking if I needed help, then guiding me through the store to Nancy's office off the main warehouse in the back. We sat at the cleared end of what was obviously a lunchroom and product samples table. When I said how warmly I felt I'd been treated already, she laughed and said some of the employees have been at Allison's for 20 years! Family really. The stability and continuity of the business which just celebrated its 50th year starts with Nancy and her two sons, Joey and Greg. Her husband Ira and she founded the store in 1971, became an ACE franchise in 1979 and kept it going since Ira's death in 1992.

But I didn't find any of that out from Nancy. No, she mostly wanted to talk about how great the community in the Northern Neck is. "We're part of this community. We help them and they help us."

Covid? "Oh, our business was fundamentally changed!" Nancy explained how Allison's started taking orders over the phone with curbside pickup, services they can still provide. But happily, she told me about how they were able to expand the greenhouse, due in part, to meeting the needs of homeowners spiffing up their homes "and being at home. HAVING to be at home. We helped them garden and paint!"

Supply chain problems? "Plumbing and electrical is the worst because if you're partway through a project and need a Square D panel box and we only have Bryant, you still can't finish your project!" Nancy shook her head just thinking of not being able to help her customer, but I was impressed with her intimate knowledge of her products. "Stihl is a product line we've been able

to expand - it's 100% American made," and indeed the Stihl section is well stocked with a wide range of tools. "And we are trained to service everything we sell." I tried to imagine doing that at a big box.

Those experienced employees have been part of the Allison's "family" sometimes for decades, but some employees work summers and high school years, still coming back later. "A lot of them visit!" Nancy says with a smile.

I understand better the relationships of the people who work at Allison's when we walked out into the store for a photo and the first I'm able to get is not of Nancy - "Oh you don't want a picture of me!" - but Brandon Simpson in the power equipment section. When I admired a Stihl display, Nancy was quick to tell me, "Oh that was an employee's idea! And he just went out and did it. Cole Hess. You need a picture of him." She explained there was no "displays" department; the employees make the store the neat, well stocked, organized place that it is.

Not one to waste time, Nancy warmly shook my hand goodbye. I sat in my car in the parking lot and noted that every customer who walked out the door was chuckling to themselves or laughing, or at least smiling. I walked around the garden center, ablaze with flowering plants as employees restocked and joked together quietly.

Visit them at their website, allisonsacehardware.com Located at 3010 Northumberland Highway, Lottsburg, open Monday to Friday 7:30-5 ; email: customerservice@allisonsace.com; 804.529.7578.





Summer Action



By Chelly Scala

Summer angling action can result in some great meals. One of my favorite summertime activities is when we are flounder fishing. I love fishing with my son and enjoy it more when he puts us on a great flounder spot. Recently we were flounder fishing, and I caught a "beauty." I love

to show my son that his mom can still out-fish him. Well, at least for that day. We were fishing with his favorite gulp lures. They say, you can learn something new every day, if you pay attention. I was paying attention when my son introduced me to *Gulp* lures, especially because flounder fishing was involved. They really work and it is all I use now. Gulps come in many flavors, I used minnow flavor. We tie on a jig head in the size of 1/4, 3/8 or 1/2 ounce. Then on the jig head we apply a gulp lure in one of their color options. Sometimes, we have had better luck with white and other times we have had better luck with pink or chartreuse colors. Another option with Gulps is using either a twister tail or paddle tail type. The weight size of the jig will depend on how strong the current is running and the depth in which you are fishing. Then, we let out plenty of line, so the lure hits bottom and stays

there. We drift across channel edges, drop offs and sandy bottoms. It is important to be able to feel bottom as you drift, as this is when the flounder hang-out. Watch for water clarity. Boat and watercraft traffic may influence clarity in shallow inshore waters and can spook the fish. As the water warms, the flounder may move to deeper water and the edges of channels.

My old method still works. In the past, I used a top and bottom rig or a flounder rig laced with strips of cut spot or squid dangling on the hook resembling minnow action as it drifts through the water. Live minnows laced on the top and bottom or flounder rig worked great. The rigs drifted across sandy bottom, drop offs or channel edges.

I have great memories of flounder fishing. I can remember the first time I ever caught one and could not believe this flat brown fish that lays on the bay

floor with both eyes on the brown side and the underside white is flounder. Then I remember the time I caught a flounder that was brown on both sides with the exception of about 10%. Still more stories about my daughter catching a bigger flounder than me and my husband and I always challenging each other for the biggest catch.

During July and August, Virginia, Maryland, and the Potomac River all have flounder seasons. Check the websites to confirm the regulations, size, creel limits and any changes.

For the Virginia Chesapeake Bay and tributary waters, the website is available at <https://mrc.virginia.gov/index.shtm> or <https://webapps.mrc.virginia.gov/public/reports/swrecfishingrules.php>

Fishing regulations for the tidal Potomac River is at <http://prfc.us/pdfs/BLUE-SHEET.pdf> or <http://prfc.us/index.html>.

For Maryland Chesapeake Bay and its tributaries, check the website at <https://dnr.maryland.gov/fisheries/Pages/default.aspx> for additional information.

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Rappahannock Concert Association

Bringing Classical Music to the Northern Neck

By Nan Harvey

We all have our own versions of what makes the Northern Neck special for us, and Martha Tallent, President of the Rappahannock Concert Association, is no different: she likes enjoying the rural ambience without having to sacrifice hearing live classical music. The live classical music is provided, since its founding in 1983, by the RCA as the first part of its mission: "to provide quality live performances to a subscriber base and the broader Northern Neck community. But the thing about the RCA that really gets her excited is the second part of mission: to support and fund music education to the region's youth. The Strings Crewe, since 2018 based on a bequest by previous board member Carolyn Crewe, allows Northern Neck elementary and middle school students hands-on violin, viola and cello lessons on donated instruments.

Since the concert series had to stop with lockdown and community health concerns in 2020 and 2021, The Drifters on Saturday May 7, 2022 had been scheduled for the previous year. That event was so successful, the Northumberland County Schools Performing Arts Center in Heathsville was packed and once the music started, people were dancing in the aisles! The school allows the non-profit to give concerts without having to pay rent at the venue, but only pay the support staffing requirements, effectively expanding what RCA is able to do with its funds. RCA also provides concerts free to the public like at the Saturday, June 18 presentation by the five Mile Mountain Road at the Heathsville

Farmer's Market.

There are plans for a full season of options in the 2022/23 season with a wide variety of performers offering something for every musical taste. The six concerts, planned and scheduled under the able leadership of Carol Cole, and Nancy Stogowski, the co-chairs of the Concerts Committee, are monthly in the fall and spring with brief break around the winter holidays. September 17 the Brass 5 play Renaissance, classical, Dixieland, swing, rock and country. October 29 John Bullard plays classical music on his 5-string banjo; some of his works may be recognizable from the

movies "The Rise of the Guardians" and "The Edge of Heaven."

November 12 the Jeff Little Trio probably needs no introduction. His Appalachian and Americana music on piano has been featured on National Public Radio and PBS. After a brief break, on March 18, 2023 Maria Yefimova pianist will perform mostly classical works. April 15 the Brass Roots Trio with a piano and a brilliant operatic tenor, will demonstrate a redefinition of chamber music. Wrapping up the season May 6 the Quebe Sisters front an innovative Progressive Western Swing band of archtop guitar, upright bass, fiddle and sibling harmonies.

Outreach to our local students includes special concerts by both John Bullard and Maria Yefimova, concerts that receive funding from the Virginia Commission for the Arts and the National Endowment for the Arts. In September 2021, fourth year students of The Strings Crewe formed the String Orchestra for Northern Neck Youth, SONNY. In November 2021 and May 2022 SONNY gave concerts and will give two concerts during the next school year. Talk about expanding the local students' musical experiences! And every concert is free to students!

Although we are all experiencing price increases, that's not true for RCA patrons! Not only are there six concerts in the upcoming schedule instead of the previously provided five, but the price of each concert is the same as previous years. The RCA is an all-volunteer organization with Publicity and Subscriptions chaired by Nellie Landrum and Education chaired by Walter Mallorie, a retired band director at the Northumberland High School. Where else can your investment get so much bang for your buck?

Tickets can be purchased online at www.rappahannockconcerts.org or by filling out an order form and mailing it with your check to RCA, PO Box 342, Heathsville, VA 22473. Group rates are available by leaving a voicemail at 1-888-210-8006.

And if you want to experience the joy of giving music to the community, you can always join the like-minded people on the board and committees and become a dedicated volunteer!

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Saturday, October 29th - 7:30 pm
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Saturday, November 12th - 7:30 pm
The Jeff Little Trio
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Saturday, March 18th - 7:30 pm
Maria Yefimova
Pianist

Saturday, April 15th - 7:30 pm
Brass Roots Trio
Trumpet, French horn and piano

Saturday, May 6th - 7:30 pm
Quebe Sisters
Triple fiddle & three-part harmony

Performing Arts Theater at Northumberland High
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RAPPAHANNOCK CONCERT ASSOCIATION PRESENTS

The Jeff Little Trio

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Back in Service!

By Gerhard Straub

Most people do not realize the things operators of small passenger vessels, that carry more than six paying passengers, are required to go through to ensure the safety of their passengers. First off, every year, they get inspected by the Coast Guard to ensure that all of their equipment is operating properly and that all of their documentation is in order. During that inspection, they also have to take the CG inspectors out on the water and do a “man overboard” drill with a weighted dummy that the inspectors throw overboard. Every two years, the vessel gets hauled out of the water for a complete hull inspection followed by a sea trial. Every five years, the vessel's radios have to be inspected by a technician licensed by the Federal Communications Commission, and if the vessel is wood, fastenings from the bottom are removed to look for corrosion or other deterioration. If the vessel is a sailboat, then at least every ten years the mast and rigging need to be removed for inspection and that is also followed by a sea trial.

ALL of these inspections were due for the Reedville Fishermen's Museum's skipjack *Claud W. Somers* in the spring of 2021! Talk about the alignment of the stars! Because the vessel was out of service in 2020 due to COVID, we thought we'd get a head start on things and started the inspections in the fall of 2020. It is rare not to find some issues on a 111-year-old boat. Indeed, we found a couple of planks that were near the end of their life, as well as some rot in the mast step that supports the mast, and the vessel needed a new boom, which we already knew and were planning for.

You've probably read about some of the trials and tribulations in this column over the past year. However, with some generous donations, a lot of help from Cockrell's Marine Railway, and over 2000 hours of volunteer labor, the work was completed this spring.

In early June, the Coast Guard inspectors came up for the final sea trials and inspections. They brought three inspectors to crawl through the boat and the boat's paperwork and also brought poor old “Oscar,” the man overboard dummy. Oscar was easily retrieved (and we didn't even run him over...) and CPR administered. I think the inspectors were kind of entertained by the level of care shown to Oscar! Bottom line is that the vessel easily passed and was authorized to go back into passenger service.

As mentioned earlier, this whole process does not only apply to *Claud W. Somers*, but to every boat certified to carry paying passengers. So, the next time you go out for a sail, a fishing trip, a sunset cruise, or a trip over to Tangier, realize that someone (or a bunch of people) has put in a LOT of time and effort to make sure you can have a fun and safe time on the water, and if you wind up overboard like old Oscar, well, chances are they can get you back on board! Best to stay on board though, as Oscar has been run over before! (You know who you are!)

See you on the water!

Gerhard Straub is master of the skipjack Claud W. Somers that is owned by the Reedville Fishermen's Museum



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Style
Spotlight

Northern Neck Partners for Pets

Another Step Toward Fulfilling a Dream

By Denise DeVries

Terrie Dort and the volunteers of Northern Neck Partners for Pets (NNPP) dream of providing a comfortable, inviting place where animals would be cared for and nurtured until they find permanent homes.

The dream began 14 years ago when Terrie moved to Lancaster County. She became aware of the neglect and suffering of certain pets in the area and the scarce resources of those attempting to help them. She learned that many hunting dogs were abandoned (if they would not hunt) and that many stray and surrendered dogs end up in a county shelter where they risk being euthanized. The more she researched the local laws and regulations, the more alarmed she became about the situation for stray and unwanted dogs and cats. In addition, the fact that tethering of dogs outside is legal in the local counties was very distressing. As Terrie says, “most dog breeds consider it their mission to protect their owners. Your dog can’t protect you if he’s tied to a tree.”

Terrie had her first contact with county animal control when she found some dogs in a desperate situation. She says, “Our county animal control officers are dedicated and hard-working.” While they fulfill the primary mission of public safety, “they work with overcrowded facilities and low resources.”



Terrie soon met Nancy Sledd, who shared the same dream. They worked together on this mission until Nancy’s untimely death in 2017, creating what would become Northern Neck Partners For Pets (NNPP).

Because the small county shelters struggle to keep up with the influx of homeless pets, NNPP intends to build and maintain a privately funded no-kill animal shelter and adoption

center. The aim is to improve the health and well-being of animals in the entire region. Terrie says, “The privately-funded entity would support county services without an additional burden on the taxpayers.”

The early volunteers put together a board, formed a 501(c) (3) and created a core mission “to rescue, nurture, adopt, and educate.” The Animal Welfare League (AWL) provided the seed money for organization and start-up. AWL, established in 1965, focuses on spay-neuter programs, placing animals in foster homes, re-homing animals through adoption, and relocation to no-kill facilities in more densely populated areas with higher adoption rates. “AWL has been a

major supporter of NNPP throughout its history and continues to enthusiastically support the establishment of the shelter,” Terrie says.

NNPP has already taken steps toward creating its facility. “We have purchased a 35.8-acre property (debt-free) on Devil’s Bottom Road,” says Terrie. “Project costs for a building fully outfitted to meet professional shelter standards for health and safety are estimated to be in the \$2.5 – \$2.7M range.”

On June 11, the Fricke Events Pavilion was dedicated on the shelter site. It was built, says Terrie, “thanks to a generous donation from the estate of Col. Garfield and Mrs. Andrea Fricke.” NNPP has partnered with the Northern Neck Kennel Club, which will use the site and the pavilion for training classes. In the future, Terrie says, “we envision educational seminars on pet handling and care and teaching children not to be afraid of animals. Often, neglect is caused by a lack of knowledge, and we hope to remedy that.” To reach its goals, NNPP has embarked on a major fundraising campaign to reach donors in the community. Terrie says, “We are searching for fundraising ambassadors.”

Additionally, funds are raised on an on-going basis through farmer’s markets, yard sales and community events. Terrie says, “One of our main fundraising activities is our booth at the Kilmarnock Antique Gallery (KAG) operated by Martha Sheridan and her group of volunteers.” They coordinate donations of items for sale, with all proceeds going to NNPP. “People can call NNPP to arrange free pick-up of saleable items.”

NNPP currently needs volunteer help to man the booth at the Irvington farmers market. Other volunteers may work from home to assist with special events and fundraising. Help with public education, research, and community outreach is always needed, along with specialized skills in finance, business, fundraising, grant research, writing, and volunteer management.

To volunteer, to donate items for the NNPP booth at KAG or make a tax-deductible gift to support the organization’s work, see <https://northernneckpartnersforpets.org/>, join the Facebook page at <https://www.facebook.com/northernneckpartnersforpets>, email info@northernneckpartnersforpets.org or leave a message at (804)577-0256.





Northern Neck Partners for Pets *We're on Our Way!*



Cowboy - The Official Mascot for Northern Neck Partners for Pets..

By Martha M. Hall, NNPP Board Member

The Northern Neck Partners for Pets (NNPP) no-kill shelter and adoption center project is, in the words of Eric Nost, Campaign Chair, all about “family,” and nowhere was that more obvious than at a recent celebration. On June 11, 2022, a day marked by sunny skies and fluffy clouds, the NNPP held the Grand Opening ceremony marking the completion of Phase One of a project that has been under development since 2014. Representatives of all the groups that support the creation of a “no-kill” shelter and adoption center for the four counties of the Northern Neck were invited to attend. These groups, and their two and four-legged supporters, make up a *family* dedicated to providing humane care, treatment, and sanctuary for unwanted cats and dogs in the Northern Neck who need love, protection, and a safe haven while they wait for their “forever” homes.

Attended by over 150 supporters (and their animals), the event showcased the efforts of a number of groups who share the NNPP’s concern for abandoned and unwanted creatures: besides the Board members themselves, the Grand Opening featured information tables for the Animal Welfare League, Garfield’s Rescue, and Cats Cove, Inc., and representatives from the four County animal shelters were invited to attend. Blue Ridge Bank provided hot dogs, chips, drinks, and ice cream, and volunteers staffed a Glitter Table, providing stenciled cat and dog paws painted on attendees’ faces. A costumed Dog and Cat circulated through the crowd to pose for pictures and contribute to the fun. The Northern

Neck Kennel Club (NNKC) took full advantage of the crowd’s love for dogs by hosting agility and obedience demonstrations, as well as a “Meet the Dogs” Parade, featuring over 20 different breeds.

Why does the Northern Neck need a “no-kill” shelter? Although each of the four counties has an animal shelter funded by resident taxes and functioning under the auspices of that county’s Sheriff’s Department, those shelters adhere to the State’s regulations for animal control, including euthanasia requirements to control over-populated shelters. The Northern Neck lags behind the rest of the Commonwealth in animal welfare, and in spite of the best attempts of the Animal Control Officers to keep up with the pace of surrenders and abandoned dogs (particularly hunting dogs), euthanasia rates still remain high because of limited space and adoption options. NNPP’s goal is to provide a privately funded refuge for unwanted cats and dogs needing protection. NNPP intends to coordinate its sheltering with the existing county animal shelters by re-sheltering animals that remain in the county shelters beyond the State’s prescribed 5 or 10 days mandated minimum shelter stays. This approach will effectively make the proposed NNPP shelter the “Adoption Center” for the Northern Neck.

Phase One of this ambitious effort included the acquisition and clearing of a 38-acre gift of land in Lancaster County and the erection of the Fricke Pavilion, an event building made possible by a bequest from the estates of Col. Garfield Fricke and Andrea Fricke. The Fricke Pavilion, available for public and private events, is an enclosed building with kitchen, bathroom, and storage facilities, and is also now the permanent home of the Northern Neck Kennel Club (NNKC). The NNKC will now be able to hold dog obedience classes at the Pavilion, and will provide training classes for the dogs who are residents of the Shelter, hopefully leading to more adoptions. Across the driveway from the site of the future Northern Neck Partners for Pets Animal Shelter and Adoption Center, the Fricke Pavilion is adjacent to the NNKC’s new, fenced, regulation-sized agility field.

NNPP is now in the Capital Campaign effort for Phase Two: construction of an 8,000 square foot facility to house over 30 dogs and 50 cats. It

will provide state-of-the-art shelter ventilation and sanitary systems, indoor/outdoor spaces for pets to enjoy fresh air and sunshine, and separate intake, play, and get-acquainted rooms. The shelter plans call for an energy-efficient building that is comfortable for the animals and appealing to people. The building will include an inviting lobby flanked by animal isolation, intake, observation, triage, and health care spaces. A key feature is an outdoor adoption courtyard “park” ringed by kennels, and several “catio” areas specifically for cats and kittens.

If the enthusiasm demonstrated by the attendees at the Phase One Event is any indication, the NNPP will soon be holding another Opening Ceremony to celebrate the completion of Phase Two: the reality of the Northern Neck Partners for Pets Shelter and Adoption Center. Stay tuned!



Feather Your Nest Classic Style by a Classy Lady

By Martha M. Hall

When I interviewed Cindy Lloyd in 2016 at her shop, Feather Your Nest, I found her to be a gracious and charming designer with an innate sense of style and a shop full of wonderful things. When I interviewed her in 2022, I was delighted to find her to be the same classy lady, and her shop was still full of wonderful things. Unlike so much of our world today where change is the rule, rather than the exception, Cindy is a constant, full of great ideas and a real love for what she does and the people she does it for.

In this interview, we spent some time filling in the blanks: I knew that Cindy had worked at a local furniture store before she opened Feather Your Nest, but I wanted to go back further than that to find out how she wound up in the Northern Neck, a place that seemed an unlikely destination. "I came here originally to submit a bid on a project in Warsaw for a company I worked for, but I came here to *live* because my husband got a job here," she told me. "We were in our early twenties, and the Northern Neck seemed to be somewhat staid and socially inaccessible." However, she and her husband were fortunate to rent for a time from a woman who was a "born here," and she introduced them to many different groups of local people. That began Cindy's Northern Neck life, and helped her over time to build what today, many years later, is her extensive clientele.

in my hometown. I was 16, and the woman who was covering the Linens Department had to go out for medical reasons, leaving the department uncovered. I was sent in to cover, but we had little to no business, and I was bored. I decided to rearrange the sheets and towels to make them more appealing. Lo and behold, our sales picked up, and the store manager asked me to handle the design arrangements for the entire store! That was my first venture down the interior design path to what I do now."

There were some detours along the way: "My mother, who was not really impressed with my design ambitions, insisted that I go to college, so I enrolled at Ferrum, with the intention of becoming an elementary school teacher. When I transferred to Tech, I decided that teaching was not what I was meant to do. I enrolled in design-related courses, and I never looked back. I loved everything about my design studies, and my abilities with space and proportion only got better. I passed a big test when one of my professors decided to see what I could do with very little guidance. She was working on a project for a client, and she told me only what colors the client liked and the style. She shut me up in a room with instructions to create a design. It took me about 15 minutes, and when my teacher looked at what I had done, she was speechless. She told me that what I had done was exactly what she would have done! I guess that's when I knew I was doing what I was meant to do."

Cindy's clients are truly fortunate that she's "doing what she was meant to do," and Cindy is grateful for the trust they place in her. "Having someone come into your home to reimagine what you have requires a lot of trust. I am honored when someone trusts me to advise them."

If you are thinking of reimaging your living space, drop by Feather Your Nest and talk with Cindy Lloyd. She has design ideas you're going to like.

Contact Cindy at cindylloydfeatheryournest@gmail.com, call for an appointment (804-761-3715), or drop in at 5011 Richmond Road, Warsaw, Tuesday-Friday 10-4, or Saturday 10-2.



<https://www.facebook.com/Featheryournestclloyd>



She was also helped by the late Dianne Thorn, owner of Nunnally's Floors and Decorating in Warsaw, who approached her when Cindy was serving as a Garden Club hostess and offered her a job on the spot. "I'm pregnant," Cindy confided. "You won't be forever," Dianne responded, and thus began Cindy's 26 year association with Nunnally's.

"How did you get into design in the first place?" I asked. Cindy laughed. "I had no formal training until my last two years at Virginia Tech, but I've always had a gift for color, scale, and proportion. I was just born with it. My first job where I got to hone my skills was at a local department store

Style & Bay Transit User Painting“Catch Bay Transit” Now on Display

By Michael B. Norvell

With so many beautiful works of art on display at this year's 'Art in Transit' reception and awards ceremony, it was challenging to take in all forty of them during the May 20th event at the RAL Art Center in Kilmarnock. While much of the attention during the reception was focused on the works of the three award winners, two paintings submitted by Judith Kidd, a self-taught artist, and long-time Bay Transit rider, also stood out in the crowd.

Ms. Kidd, who was born and raised in Middlesex County, traveled to the 'Art in Transit' reception, as she typically does, on a Bay Transit bus. Her paintings were inspired by her late father, a waterman and charter boat captain on the Rappahannock River for over forty years. One of her paintings, called “Kathy” is of her father's wooden fishing boat, named after Judy's mother Katherine. The second painting, entitled “Catch Bay Transit,” depicts the “excitement of two fishermen as one of them pulls up his catch” during a charter boat trip aboard Kathy. “To me, that excitement is sort of like catching a ride on Bay Transit. The guys represent some of your typical riders on Bay Transit. You get on the bus and it's all fun,” Kidd said.

As Mr. Kidd's health declined, Judy moved back to Locust Hill to help care for him. “I spent a lot of time on the water and this painting [“Catch Bay Transit”] kind of captures a lot of the excitement that I experienced when they pull up their catch and I experience when boarding a bus,” Ms. Kidd noted. “The water and boats were an important part of my life and something inside me was inspired to start painting them. I'd come home all excited and wanted to paint. Something would get into me, and I'd paint all night,” she added.

After her father died in 2006, Judy became a frequent rider on Bay Transit. “During Covid, Bay Transit was a lifeline for me. Those bus drivers put their lives on the line for us. I'm so thankful,” she



From left to right): Bay Transit dispatcher/scheduler Debbie Brown, artist and Bay Transit customer extraordinaire Judith Kidd, Bay Transit Safety Manager James Wininger, and Bay Transit Regional Supervisor Claudia Pratt proudly display Ms. Kidd's “Catch Bay Transit” painting.

recalled. Ms. Kidd also became a regular user of the new Bay Transit Express micro-transit service when it was launched in the Gloucester Courthouse area in late June of 2021 and found she “absolutely loves it.”

Ms. Kidd enthusiastically agreed after being approached by Bay Transit to consider donating “Catch Bay Transit” to display at the Bay Transit facility in Gloucester. “We are thrilled to have Judy's painting on display in our lobby,” said Claudia Pratt, regional supervisor at the Gloucester offices. “She is a wonderful person, artist and champion of Bay Transit and we are really proud to have her work on display here.”

For more information about Bay Transit, please visit the Bay Transit website at www.BayTransit.org.



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Style Spotlight

River Title and Escrow, LLC Meeting the Community Needs

By Gloria J. Savage

River Title & Escrow, LLC is in Warsaw, where Rawleigh Simmons, the managing partner, and his staff serve the entire Northern Neck and Middle Peninsula. Rawleigh describes Warsaw as a transforming town that has experienced numerous changes over the last five years. Changes include everything from turning an old shopping center into a lake to transforming “main street” into a thriving business center.

On April 1, 2017, the business’s opening went smoothly because the new ownership stepped into a thriving business with competent employees. Rawleigh had practiced law for almost 30 years. When Sherry Pierson was elected Richmond County Clerk of the Circuit Court, he and his law partners bought the business. Rawleigh retired from the law practice to run the business and moved into Sherry’s old office in downtown Warsaw. His biggest challenge was going from practicing law to “business management.” When COVID hit the scene, they had to rethink everything they did. That wasn’t easy. They focused and worked with their clients to continue their quality service.

River Title & Escrow, LLC’s staff of 10 employees works with clients 18 to over 90 years of age. Because they work with large transactions, they educate clients on the process. As the world becomes more digitized, with technology’s role increasing across more platforms, cybercriminals and their strategies are also increasing. As the real estate industry becomes more reliant on digital data, River Title continues to educate its clients on cyber security awareness and their internal best practices. Rawleigh says, “Part of our job is to help people stay safe while we handle large sums of their money.”

Rawleigh has a dedicated and hardworking staff that treats everyone with respect “like they are family members.” He protects the clients and the business. Why? Because it is the right thing to do, and it is an excellent business practice. A practice that keeps clients coming back should they need the services again and sharing their experience with others who might need real estate services.

When clients come to River Title, they want to know the bottom-line cost. Clients receive those figures, knowledge, and conversational interactions, which can create memories and build relationships. Rawleigh mentioned an inspiring client who escaped the Khmer Rouge in Cambodia, came to the United States with nothing and made his way in his new surroundings. Rawleigh enjoyed talking with this client and listening to what he had to say about this country. The client talked about the many opportunities others take for granted or do not see.

Positive business practices resulted in River Title’s approximately 700 closings last year. During the Covid pandemic, they learned to go to the client when it was necessary. They processed a lot of the closings through email and FedEx. Sometimes they work with the seller’s side, sometimes the buyer’s side, and sometimes both.

While properties the staff works with are mainly in the Eastern part of Virginia, they will work with established clients and affiliate agents for closings that are in other areas. In addition, the staff has one regular client in the Caribbean and works with many other clients across the United States who are

purchasing local properties.

River Title works with people who are on vacation and may be in another state or out of the county during closing. Their clients can be anywhere in the world as long as they have access to email. That is where financial safety education is vital. Cybercriminals will try to intercept emails and get into client accounts. So, pay attention to the staff’s directions and instructions to ensure accuracy in processing. Rawleigh said, “there are a lot of smart criminals out there.” When it comes to being safe with handling transactions, Rawleigh mentioned this saying in the industry, “The criminal only has to be right once; you have to be right every time.” To the criminal, your loss is a payday to them, but to you, it could very well be a loss of your entire savings.

Your financial safety and security are essential to River Title & Escrow, LLC. They care about you and your business transactions. Their job is to look out for others. So, the next time you, a family member, a friend, or anyone else you know needs a recommendation for real estate transaction services, you know “exactly who to call.”

Call Rawleigh and his staff at River Title & Escrow, LLC, in Warsaw. They will “educate you on the closing process” and process your transaction. I am confident you will be pleased with their work. Contact River Title at 219 Main Street, Warsaw, 804-333-0195.

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

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Summer Staycation

By Sandra C. Fykes

I always look forward to the summer season and spending time with family and friends, now as a retiree, and during my working days in the school system as a 10-month employee. Now that I'm spending more time at home, I enjoy watching family and friends' vacation videos, receiving their real-time text pictures and selfies, and listening to stories about their travel adventures.

I have enjoyed my travels to many places over the years. I would start planning and prepping early, eagerly awaiting Day 1 of the trip. I enjoyed meeting people from all over the world, visiting tourist attractions and lesser-known gems, trying out local dishes, and relaxing in our hotel at the end of long days. The daily itinerary was jam-packed most of the time, and I could relate to 'needing a vacation from a vacation.'

These days, I really enjoy spending my vacation at home, or close to home. I believe this is called a 'staycation.' My husband and I have a new puppy, so this has also been a good time to invite my friends and their pups over for a visit and play date with my pup. All of us have a good time! I have limited mobility, so that is another reason that I am much more comfortable staying at home than traveling long distances. It is nice being able to move on my own schedule, and at my own 'turtle' pace.

I have also discovered there is so much to do and explore near my home. I can easily plan a half-day excursion to somewhere I have never been before that is within a short distance. If I don't feel up to going out, I can plan home spa days, reading and movie marathons, cooking and baking, and taking long naps. If I want to go out

for a few hours, I can meet a friend at a coffee shop or restaurant, go to a park or museum, or just explore the area with new eyes. To keep expenses down, I also check my local newspaper for free outdoor events, visit my local library to check out books, magazines, and movies, and I check their website for weekly craft sessions and special programs. I also search for new recipes with ingredients I already have in my kitchen. There are a multitude of ways to plan a fun, inexpensive staycation.

If you are also yearning for something deeper, or perhaps you have not been to church in a while, consider planning your first or return visit soon. You may very well experience or rediscover God's love, grace, peace, and joy during worship, and in fellowship with your neighbors, on your first and subsequent visits. Why not make plans to spend time with God and your local church this summer during your staycation. Or for those taking a vacation, why not visit before you leave or as soon as your return home? I am confident God, and your church family, will welcome you with a warm heart and open arms. Not only will it be the highlight of your summer, but one of the best decisions you will ever make.

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Style Spotlight Coan River Marina Double Your Pleasure

By Nan Harvey

Federico Palicio picked up the phone when I called for an interview and he answered when I called back to confirm. So I was surprised when I walked into the marina office, which I'd been before in with the previous owners, and there were two people to meet me. Twin brothers matching in almost every way, but Ignacio sports a long pony tail and Federico has a trim cut, their shirts were both deep blue tees. I noticed how neat the office was this time, business-like and organized.

The owners are their parents who live in the house across creek, work in Washington DC and help at the marina weekends, but otherwise the twins are full-time at the marina starting in December 2021. Over the winter, Ignacio admitted things were kind of slow, but that allowed them to get a lot of improvements done including some repairs to docks, piers and decks due to bad weather. They've ordered the channel markers that got washed away in a winter storm, but the long lead time means those will hopefully be installed for the 4th



Federico coils a sailor's lines at one of the new finger piers

of July. For the time being, they have installed PVC pipes painted red and green accordingly to mark the channel coming into the marina.

"We've boated here all our lives. It's not a tricky channel coming in if you keep centered and follow the channel buoys." Pointing over the body of water, Federico gave the impression that he really did know it intimately as he pointed to the locations of the missing channel markers, red and green nuns that they will be able to install themselves once they arrive.



Ignacio and Federico Palicio moving stands under a boat getting bottom work

We walked down to the newly repaired dock with a completely new finger pier, Federico stooping to make a boater's line more shipshape while Ignacio checked on somebody at the boat ramp. The whole interview, they kept their eyes out whenever they saw something new going on. It is definitely a do-it-yourself yard however so there were bottoms in progress and vehicles parked next to boats in the yard. They seemed to know every corner of the property and moved about the boats and projects familiarly.

One boat we checked on was recently moved by Federico and Ignacio because the owner wanted to do the bottom himself – like moving a 50' boat was an easy thing to do! They agreed they only required two days notice to haul out. Federico offered "We also do emergency haul outs if needed." The regular services they provide are bottoms, wintering, and glass repairs. They contract out with a team of people they work with regularly to do diesel repairs. But earlier they laughed ruefully when Ignacio said the renters had complimented them on the clean bathrooms – clean bathrooms, it seems, are another service they provide!

Although neither of them has ever run a marina before, they are working hard and appear not to be afraid of hard work. Ignacio credits the word of mouth of their "attention to detail" that drew some new renters to the marina. The marina still has boat hailing ports and car tags from all over, and Ignacio admits most of the boat owners are weekenders, though slip renters have been there for over 20 years in many cases. The weather this past spring, their first spring ever as marina managers, has been ghastly, cold, wet, and dreary. Nobody was thinking of boating. Federico laughs "Yeah when the sun comes out, the phone rings off the hook!"

And that's great news for these young entrepreneurs. They want to get an aerial photo of the marina and Coan River when the channel marks are in place again. There is a web site at www.CoanRiverMarina.com, though the comments and reviews are related to the old owners, the basic information about the marina is the same: slips with electric and water, 7' MLW, non-ethanol gas and diesel, ice, free wifi, 25-ton travel lift, on-land storage, DIY or full service yard, boat ramp and easy Bay access. Their Facebook page shows what they've been up to: pulling boats, stepping masts, and a Virginia Boating Safety Education Course in April! Come on down to Coan River Marina at 3170 Lake Road, Lottsburg and feel the energy for yourself! Call 804-529-6767 or email info@CoanRiverMarina.com. You



might want to find a slip for your own vessel!
<https://www.facebook.com/CoanRiverMarina>



Special Bonds and Benefits Cats and Children



Twig

By Teri George

Children with special needs require extra patience, time, and effort to discover what helps them flourish and overcome their challenges. Finding strategies that help with individual struggles, and ways for their children to cope can be difficult for parents of special needs children. The very same can be said for cats with special needs.

Cats with special needs do not have the ability to speak up about their challenges. Thankfully, compassionate caregivers will work to figure out what a cat may be struggling with. These cats may need medications, help eating, have wobbly movements, be blind, be deaf, or struggle with socializing.

Twig, a special needs cat, entered Garfield's Rescue Inc. foster care in March 2021. His physical appearance showed that although only 4 years old, what a tough life he was living until his rescue. His cauliflower ears are the result of him scratching himself for an exceptionally long time due to the discomfort of untreated ear mites. He also had many scratches on his head and back from fleas and possibly encounters with other cats. He was a mild-mannered cat who backed away rather than confront other cats. Twig's wonderful, friendly personality indicated early human care in his life. He received treatment for his physical wounds and lots of socialization to help him trust again. Twig benefitted from his physical and social care and was adopted by a loving family.

There are mutual benefits of children with special needs working with special need cats. The unspoken understanding between the two is awe-inspiring. I have seen special needs cats and children interact flawlessly, as if they truly understood each other from the start. Not all interactions will be that profound or easy, but all of them are worth it. All children can benefit from spending time with animals, and vice versa. For children with challenges, the advantages can be even more profound.

A child with Sensory Processing Disorder may be more inclined to learn to control their force while working with an animal. The soft sensation of the animal's fur, as well as the general concern for the animal provides stimulus. While all children can benefit from learning to handle animals with care

and ease, a child with Sensory Processing Disorder has the possibility to find a special way to overcome challenges or to simply cope with those challenges.

Many children feel alone and misunderstood. It is no secret that the presence of animals can help children, as well as adults, through stressful moments in life. Everyone needs someone to relate to, even if they happen to be furry and four-legged.

Some possible benefits for children working with animals include stress relief, improved social skills, improved moods, higher self-esteem, a sense of purpose, and development of empathy. Animals help children develop skills like time management, responsibility and the importance of schedules.

Many cats benefit from socializing time. You will be making a huge difference in the cat's life and the relationship may make a huge difference in your life!

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Style Spotlight

Fitz-N-Sonz Builders A Legacy in the Making

By Martha M. Hall

To say that Tony Fitzgerald is *goal-oriented* is an understatement: it's more like *passion-driven*. Tony is a man who never took his eye off what he envisioned, and he worked hard to make it happen. "I love what I do," he said. "I love taking things from their raw beginnings and creating a finished product; I love putting the pieces together, seeing how things fit. I've always been this way."

He started in the building business when he was 16, and 32 years later, he has created a company that is thriving. He admits that he has never turned down work in his life, and now has more work than he can handle. "The Northern Neck is a good place to be," he says. "It's an untapped source for building jobs, and customers respond to the honesty and promptness that I try to deliver. I started out in the Fredericksburg area, but I kept taking jobs that were closer and closer to the Northern Neck. Five years ago, I finally moved my business exclusively to this area, and it's been a good decision. It has taken me years to develop a reliable and talented staff that I respect!"

Tony currently has a team of 12 who deliver his brand of people-oriented service for his customers, both in the office and in the field. "It's taken time to get there, and it's not always been easy, but I've got people now that I can depend on, and they have helped me to evolve from being a hands-on "control freak"--feeling that I have to do EVERYTHING myself--to someone who feels more and more comfortable delegating. It's really given me the freedom to focus on other ventures."

One of those other ventures is Fitz Cabinetry & Design, a subsidiary business that Tony says grew out of two things: necessity and purpose. "Before I created this cabinet business, my customers had to go to other vendors to get the finishes and fixtures for the kitchens or bathrooms that I designed. I could draw for them what they needed to complete the job, but they had to go elsewhere---and rely on other vendors' timeframes---for their materials. I was experiencing a lot of lost time, a lot of delays, waiting on other vendors to come through for my clients. I decided to provide my customers with the materials directly from me. I became my own vendor and started Fitz Cabinetry & Design."

"I also was aware that I could not continue building forever," he continued. "Building is hard, physical work, and although I planned to turn my company over to my sons at some point, I wanted to give them something besides building to pursue, and cabinets and fixtures seemed a logical way to go." Tony has two sons, Jeremy and Daniel, who learned the building business from their father. "I wanted to give them knowledge and skills that they could use," he said, and although young, they are quite competent, serving as team leaders on a variety of building projects. "People often ask me 'When are the supervisors going to show up?' They're amazed when I say 'These *are* the supervisors.' My sons are quite skilled," he said proudly.

To step into his Cabinetry & Design showroom is to understand how his vision and long-range focus have come together to build not only his business, but to establish a legacy for his sons. Located in the rear of a building that used to be an antique store, Tony has transformed the dusty, crowded space into a



spacious, open venue, with soaring ceilings and gorgeous exhibitions of cabinets and bath and kitchen fixtures. As I ran my hands across the different cabinet choices and turned the knobs on sink and tub fixtures, I thought, once again, how sensible Tony was to provide these materials directly to his customers. The showroom allows clients the opportunity to roam freely among the vignettes Tony has created and to feel the quality of what he offers. Staff are available to answer questions and help clients finalize their dreams, and Tony's dog, a Schnauzer named Captain, serves as showroom mascot, making everyone feel welcome.

As I admired all the lovely and creative displays, Tony smiled and said, "Do you love what you see? Wouldn't you like to see it in *your* house?" I had to admit I did!

Fitz-N-Sonz is located at 303 Queen St., Tappahannock and is open 9-2, M-F. Call for an appointment at (804) 925-6600, check them out at www.fitznsonz.com, or follow them at FNS Bui''



<https://www.facebook.com/FNSBuilders>





Cat Cove Preparing Homeless Cats for Adoption



By Cynthia Lee

An avid cat lover and foster, Ginger Tinsley had always been eager to lend a working hand to animal organizations and nonprofits—until her experiences led her to uncover a very large, unmet need in the Northern Neck's cat care community.

In mid-April 2018, Tinsley found herself in a vacant home staring at more than twenty cats and kittens in desperate need of nutrition and medical care. The previous owners needed help rehoming them, and Tinsley knew there was no available space for such a large group. Not willing to wait and risk further malnutrition, Tinsley reached out to area nonprofits for assistance and took on the most arduous task herself—providing a safe space in her own home to foster them.

"I saw the serious lack of foster resources and

homes needed to provide safe temporary care for felines in preparation for adoption," Tinsley recalls. "My love of fostering and use of my home to take care of a larger number of felines in need led to dreams of a better 'foster home' environment."

Due to her individual efforts and regional nonprofit connections, all of the cats were either transferred to rescues or adopted by mid-September.

Since that day, Tinsley has continued to expand her home as a foster haven for community cats and kittens as the president and executive director of Cat Cove, Incorporated (CCI). The nonprofit has become the Northern Neck's largest, home-based feline foster care organization, offering specialized space to prepare community cats for adoption. CCI also acts a liaison between other cat rescues and adoption organizations to coordinate placements and facilitate adoptions in and outside of the Northern Neck.

"We prevent feline abandonment or surrender to shelters by providing a foster home for felines whose owners can no longer keep them," Tinsley explains. "Removing socialized felines for adoption and finding homes for surrendered pets is humane and has immediate benefits in reducing the numbers of homeless felines."

With the help of hardworking volunteers, dedicated contractors, and a supportive partner, Tinsley is building a true respite for community cats as they await eventual adoption. A custom addition to her home will soon support her mission of offering the most nurturing foster space for the felines in her care.

Tinsley is quick to add that volunteers are

truly what allows her nonprofit and her resident felines to thrive, and there is always a great need for new helpers (as well as additional fosters). "I quickly learned it takes more than space to properly foster," Tinsley explains. "Human volunteers are invaluable to nurturing and preparing our foster felines for their forever homes. I was happy to be able to use more of my home to save more felines and grateful to the volunteers who joined me in our shared mission to find homes for these felines in need."

For more information about Cat Cove, Inc., or to learn how you can help by donating, fostering, or volunteering, please visit <https://catcove.org/> or e-mail info@catcove.org.



<https://www.facebook.com/CatCoveInc>



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Fascinated by King William Alpacas

By Gloria J. Savage

My expectations were high as I eagerly anticipated my upcoming interview with Robert Hughes, owner of King William Alpacas. On meeting him, I initially noticed his warm smile. I felt that his personality was kind and welcoming.

Robert called the alpacas, and they came out to greet me. That made me so excited. They just looked at me with those big pretty eyes, and I felt they were asking, "Who are you?" I had done a little reading about them, but nothing made me feel like I felt when watching them. Like Robert, they were welcoming. When he turned on the sprinkler, they reminded me of children running to be the first to enjoy the cool, wet, refreshing experience. Like children, they had my attention. As they watched me, their eyes seemed to say, "I see you." They are fascinating.

Once I started the interview, the alpacas still distracted my attention from Robert's words. They are simply beautiful. As the business name implies, it is "much to do about alpacas." I look forward to doing more research about them.

King William is where the owners of King William Alpacas, Robert and Linda Hughes, and their 28 alpacas live. Robert describes King William as a bedroom community, where most residents commute elsewhere to work. Robert and Linda's parents were all in the aerospace industry. The two met in Huntsville, Alabama, at a fencing club.

The Hughes have operated the King William Alpacas farm for twenty-two years. They researched over a year before starting the farm and advised anyone interested to do thorough research before making purchases. He also advises those interested in starting a business to attend some alpaca shows and auctions to gain additional knowledge.

Robert and Linda take care of most of the day-to-day work on the farm, so they try to keep thirty or fewer alpacas. Although they have had sixty alpacas, they have found that 30 or less is easy for the two of them to manage. They have



14 males and 14 females.

Robert does all the mowing and mows every week. Their alpacas each eat a little over one and a half pounds of food a day (including grass, hay, and grain). That is not much compared to what I eat. The Hughes alpacas all have names and are DNA registered.

Shearing the alpacas occurs annually, and they generally get help with that process. It takes Robert about ten to fifteen minutes to shear each alpaca. But, he says, "experts can shear at a five-minute pace." Some are easy to shear and comfortable during the shearing process. Others are uncomfortable and don't like the process. Robert said that some alpacas get very comfortable and will fall asleep while being sheared.

Visitors to King William Alpacas farm want to know, "Can I hug them?" They are affectionate, but "they don't like hugging." Another question people have is about riding alpacas. Unfortunately, you cannot ride alpacas. The design of their bone structure is not conducive for heavy loads, and they don't even like things on their backs. However, they are intelligent, friendly, and calming to be around, so get a pony or horse if you want to ride your animal.

Alpacas live about 15-20 years if cared for properly. The Hughes have an alpaca over twenty-two years old. I read that the oldest alpaca was 27, but most do not live that long. Where alpacas live has a significant impact on their overall lifespan. They have a shorter life expectancy in extreme weather conditions. Take a tip from Robert and Linda and do your research. About 20 years ago, alpacas cost about \$30 thousand each; now, you can get them for \$300 and up. On average, an adult alpaca weighs about 110-190 pounds; space-wise, you would need an acre of land for every six alpacas. To rotate your pastures, you need two



<https://www.facebook.com/KingWilliamAlpacas>

If you want to contact King William Alpacas or schedule a visit, go to <https://www.kwalpacas.com> or call 804-366-6155 or on Facebook. Gloria J. Savage is a writer who lives in Hayes with her husband, Wil.

Photos courtesy of Gloria J. Savage





The Whole is Bigger than the Sum of It's Parts: Mathews County Coalition 4 Kids



By Deborah Butler

In many past columns I have focused on Bay School's mission and focus on creating and participating in the community, both for and about artists and for and about the wider community of art consumers. As summer is upon us, another community participation effort seems worthy of attention—the Mathews Coalition 4 Kids or C4K as its partners call the effort for short.

In many communities, a variety of groups, especially non-profit ones, offer summer programs for youth. So also do Mathews groups like the Bay School, 4H, the Mathews Memorial Library, Boys and Girls Club, and the Family YMCA. Somewhere around 2004, as librarian Bette Dillehay explained to me, the library initiated an effort to more tightly coordinate the summer events among all youth groups so that kids experienced fewer conflicts and thus more open experiences for county youth to

enjoy. Thus was born the Mathews County Coalition 4 Kids.

Since then, these groups have met approximately monthly to share and organize their calendars, plans, and events. For example, checking the current 2022 calendar (available through Bay School, the library, and given out in the schools and as an insert in the Gazette Journal), one sees that Bay School's June offerings include painting for ages 7-14 while the YMCA is holding a summer camp with a jungle theme from 7 – 6 p.m. for kids ages 5 – 12 the week of June 6 – 10. Its summer camps will shift themes from week to week. In later June, Bay School will offer Photography for ages 12 and up June 28 – July 1, while 4H will offer ages 5 -8 youth its Cloverbud camp. The library offers its Oceans of Possibilities programs in July for ages 6 to 11, encompassing the telling of stories, invited speakers, trips, and other creative activities. In fact, the July coalition calendar

offers a wealth of activities with Bay School offering abstract art, pottery, clay work, and weaving, and 4H, library, and other camps continuing.

As Rachel Morris, 4H Extension Agent notes, the coordination often attempts to do more than avoid overlap: the groups try to partner wherever they can. For example, the 4H Cloverbud camp kids will participate in activities at both the public library and at Bay School this summer. There are occasions where intentional themes across the organizations are planned, but in any case, the staffs involved in each group feel they can rely on each other as resources since they share the same dedication to their shared goal of providing programs enhancing the healthy development of Mathews children and teens. "The added benefit is always the sharing of resources and skills among Coalition members," says Dillehay.

While each organization largely funds its own programs, the Coalition has applied for and received grants to support program and travel available for events and for kids who need rides to stay after school for a non-summer program. Sharing resources has definitely expanded their reach, and awareness of the Coalition 4 Kids has increased over recent years. Pam Doss, Bay School Executive Director, estimates that across all the programs there are probably about 300 children participating. And together these organizations promise to continue to grow and offer quite an assortment of opportunities inviting even more kids to spend their summers quite profitably.



Style Health and Fitness Skincare



By Gloria J. Savage

How often do you look at yourself in the mirror? Do you see your reflection every time? Do you remember what you saw? One more question, “How often do you think about your skincare?” Some people think about it often—others, not so often.

Kari Molvar, a freelance beauty writer, said, “Great skin is not simply a matter of DNA – your daily habits have a big impact on what you see in the mirror.” Of course, DNA can be a great asset, but I believe good skincare habits can be the icing on the cake.”

So, what can we do to add that extra touch in caring for our skin? What can we do to make our skin glow and look vibrant and healthy? Molvar says that cleansing, toning, and moisturizing are the three main steps of your skincare routine. Cleansing is washing, toning is balancing, and moisturizing is hydrating and softening. Of course, we want to keep our skin in the best condition possible.

New York City dermatologist Dr. Carlos Charles says, “Our skin comes in contact with environmental pollutants, dirt, and other factors each day that should be gently removed.” He recommends washing your face twice daily, morning and night, to avoid clogged pores, dullness, and acne. Beth Ann Mayer is a New York-based freelance writer and content strategist specializing in health and parenting writing. She recommends “cleaning your face no more than twice a day, or just once if you have dry skin and don’t wear makeup.” She also says, “Avoid washing for that squeaky-clean feeling because that means your skin’s natural oils are gone.” Added recommendations include staying hydrated, changing pillowcases at least once a week, and wearing sunscreen daily (apply it 15 minutes before going out).

San Francisco skincare specialist Christina Holey says, “Beauty routines are an opportunity to notice changes within yourself.” If we notice these changes, we might strategize ways to make things better. In addition, taking notice might help us at least do some research to investigate practical remedies or short-term solutions. Ideally, we want our rituals to become a daily routine, but it may not happen overnight. You need time to reap the benefits. Dr. Rachel Nazarian, a Manhattan dermatologist at Schweiger Dermatology Group, recommends using a product over at least six weeks, once or twice daily, to notice a difference.

Although aging might be hard to digest at any stage in life, I like Dr. Ellen Albertson’s advice to “See wrinkles as an expression of a life well-lived.” Lines and wrinkles can appear when you smile and laugh. She says to ask yourself: Would you trade those good times for smooth skin? I believe that kind of thinking can be beneficial. It certainly can be a positive boost for mental health. There are two sides to every coin, and it can be a good idea to look at both sides.

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

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Healthy Harvest - The Coolest Bank



By Denise DeVries

Healthy Harvest (HHFB) has come a long way since it started in the back of a pickup truck in 2010. First called Northern Neck Food Bank, it began by transporting food from Central Virginia Food Bank in Richmond to the Northern Neck pantries. Two paid staff served 700 people through four pantries. By 2010, the Food Bank was operating from a small double storage unit in White Stone, still with the same pickup truck.

The HHFB website records a 45% service increase in the first two years. Through an online database connecting pantries to the food bank distribution center, the group surveyed clients' needs. Finding that more than one third of households served had a member with Type I or II diabetes, the food bank shifted its focus. Agriculture Volunteer Coordinator Scott Flickinger says, "We're not just fighting hunger, we fight diabetes through nutrition and education." The food bank's nationally-recognized Agricultural Program aims to provide a minimum of 40% produce every month to clients.

Scott was among the first volunteers in the Food Bank Gleaning program. "After the harvest, farmers allow people to come and pick up the remaining crops," he explains. In 2014, Scott became the gleaning field supervisor. One of the supervisor's tasks was to put a horse trough on the truck to be filled with ice. "This would

help keep the produce cool in the unrefrigerated truck," says Scott.

In early 2017, the food bank's mission was officially changed to "provide healthy nutritious foods for those in need in the communities they serve." The name changed to Healthy Harvest Food Bank in 2018. Operations continued in the same Warsaw space with five full-time and two part-time staff, three refrigerated box trucks, two pickup trucks, and ATV.

A new facility was completed in the fall of 2019 through a capital campaign. It houses 10,000 square feet of dry storage, 2,000 square feet of cold storage, 3,000 square feet of office space and a multi-purpose center for meetings, training and future educational programs. It also boasts a solar farm and is planning an aquaponics program, which would grow fish and plants together in an integrated system.

The Healthy Harvest Food Bank Agricultural Program now feeds 60,000+ individuals directly and through an extended distribution partnership with other food banks throughout the state. Scott explains, "We exchange what we have according to our community resources." The Agricultural Program offers the highest percentage of fresh produce distributed through food pantries in Virginia. "We try to distribute agricultural products within 3 days after harvest," says Scott.

"The gleaning process is a triad, beginning with farmers," Scott explains. Using corn as an example, he says, "The top ear is fit for commercial use, but the top kernels on the second ear aren't all fully developed. It's still good but can't be sold, so it's left for gleaning." The 1800-acre Parker Farms was one of the first to be involved. Says Scott, "Rod Parker started gleaning before our program began. Groups have been going there for more than 40 years."

In addition to gleaning, at least three farms tithe a portion of their acreage. "They leave 10% of their land for the Food Bank to harvest, after investing several thousand dollars," says Scott. The smallest farms involved are 2-6 acres in size.

The Food Bank is the second part of the triad. It furnishes refrigerated trucks and storage, coordinates volunteers, and provides harvesting tools and boxes.

Finally, there are the all-important volunteers.



Scott Flickinger in the refrigerated truck.

Scott says, "Corporate sponsors such as Northern Neck Electric and Omega Protein glean summer corn and fall produce to show socially-responsible community support. Local, State, and Federal government agencies/groups have also teamed up as bonding activities." He says, "Churches, primarily within an hour and a half drive, also fulfill a spiritually led mission."

Scott adds, "Volunteer gleaning is ideal for local students' community service. Several students may sign up together or school officials may organize gleaning days or publicize gleaning opportunities."

Says Scott, "Our gleaning experiences last three hours. In that time, 25 volunteers can harvest 8,000 pounds of corn." Scott notes that "in 2021, HHFB had gleaned on 18 different days with a total of 260 volunteers."

Gleaning begins on Tuesdays, Thursdays, and Saturdays this July. "There is no age restriction," says Scott, "and field supervisors help to accommodate physical limitations. Groups are capped at 25 people; 10-12 is also ideal, with five as a minimum. Individuals can also sign up to be matched with a team."

Volunteers may sign up online at <https://www.bhfb.org/our-programs/agricultural-program/gleaning-signup/> or contact Scott at 804 456-2146 or scott@bhfb.org.



Healthy Harvest

The Power of Community Volunteers

By Cindy Balderson



Sorting Volunteers

At first glance, the words “this truck runs on community support” are clear and concise at the top of the food bank’s refrigerated box trucks. In reality, our entire organization runs on community support. We could not accomplish all that we do without the expertise each staff member brings to the table or without the dedication of our faithful volunteers.

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

I had the opportunity to join a mission team in Jamaica several years ago. Not the Jamaica you visit on a cruise but the poverty-stricken neighborhoods that make up the rest of the island. A place where poverty is a way of life but happiness and joy still overflow. As our group worked to help this community, they in return touched my heart in a way I never thought possible. I experienced so much joy and camaraderie. It was heartwarming to simply focus on the task at hand and the people I was helping. Just recently the realization hit me that I do the same thing in my job every day, right here at home.

This led me to wonder how many of our volunteers giving their time and talent get that same sense of accomplishment and joy from helping those in need. I believe if you volunteer your time, it should be doing something that you love. If you love helping people, doesn’t knowing that you have helped even just one child, struggling family or senior, make volunteering worthwhile?

It goes beyond just giving your time. It is creating and building a sense of community and camaraderie. Sharing that joy with others, that sense of accomplishment and the knowledge that you’re giving hope to someone who may only feel



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

Gandhi once said “The best way to find yourself, is to lose yourself in the service of others.” It’s really just that simple. Our team at the food bank is dedicated to being at the center of change for generations to come because we make a difference in someone’s life every day and you can too! We welcome you to spend some time with us at the food bank where we have the heart for helping people and can always do more for those who need us most.



Balderson is the Vice President & Development of Healthy Harvest Food Bank in Warsaw, VA.

Healthy Harvest Food Bank Gleaning Experiences

Early Summer Sweet Corn (July 1 – Early August): 8 am – 11 am, 4 times a week.

2 in Westmoreland and 2 in Lancaster County

Late Summer Sweet Corn (Early August – Early September): 8am – 11am, 1-2 times a week

Westmoreland County and Northumberland County
or Watermelon (2-4 total occasions starting in mid-August) King William County

Fall Product Variety, primarily Broccoli (early October – mid December): 9am – Noon Saturdays. Westmoreland County

Turnip greens, possibly squash (3-4 occasions starting in mid-November, possibly mid-October) King & Queen County

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All volunteers must sign a release form, available on the website.

For questions, contact Scott Flickinger at 804 456-2146 or scott@hhfb.org.

Sign up through the online calendar at <https://www.hhfb.org/our-programs/agricultural-program/gleaning-signup/>.

Bay School Community Arts Center

Making the Arts Buzz in Mathews

By Denise DeVries



Pam Doss

The name says it all. The Bay School Community Arts Center at 279 Main Street in Mathews is an art school and a community hub.

I arrived at opening time on a Tuesday, and the place was already a hive of activity. People were sitting on a bench outside the front door waiting to get in. Both classrooms were full. In one, preschoolers were watching a video of the Okee Dokee Brothers to inspire their art. In the other, which doubles as a pottery studio, middle schoolers looked at examples of botanical ceramic prints. When I left, they were swarming outside to search for plants to use in their own creations.

The bridge players came in at about the time I sat down to talk with the director,

Pam Doss. From our seat in the gallery, we saw other people coming and going. Paintings, ceramics and jewelry were on display around us. Pam explained, "We have a new exhibit each month, with a reception on the final Friday from 5 to 7." The juried shows feature both local and regional artists. She adds, "Artists are not required to pay membership or gallery fee to exhibit here. We only take a commission on sales."

Now in her eighth year at the Bay School, Pam leads a staff of three fulltime employees and four part timers, plus two summer interns. "Jonathan is from Virginia Tech and Hayes is from Hollins University," Pam says. "Three of the staff teach, and other instructors are paid as contractors."

Although mainly a potter, Pam taught other art forms at Southwest School of Art and Craft in San Antonio, Texas. She first heard of the Bay School about ten years ago. During her husband Jeff's final Air Force posting in Suffolk, England, they began planning to retire in the Northern Neck or Middle Peninsula. He had grown up near Wicomico Church and wanted to stay near the water. When Pam learned about the Bay School in Mathews, she says, "I dreamed of one day becoming the director."

Now Pam is in the position of helping adults and children bring their artistic dreams to life. Like any good hive, the Bay School has the support of plenty of workers, including its working board. A new committee called the BayBees has been formed with the motto "Making the Arts Buzz in Mathews."

Pam hasn't stopped dreaming. She hopes to expand the existing outreach programs and deepen relationships with the schools. "Now we have a student

representative on the board who can help us attract more teens."

Pam has a vision of using the new outdoor stage for a variety of activities. The wooden structure behind the building was the inspiration of Dylan White, a Bay School art student. He raised the funds and recruited volunteers to help build it for his Eagle Scout project. So far, it has been used for yoga and for live music at a barbecue.

On August 20, the stage will be the focus of activities starting at 10 a.m. The gallery will be open in conjunction with the town's final "Markets on Main" activity for the year. There will be a Kids' Art Walk with displays from classes. A variety of activities will take place around the stage area, including an ice cream social and a performance by students in the Theater Camp. Events will end at 3 p.m.

For more information about the Bay School Community Arts Center, see <https://www.bayschool-arts.com/>, follow "BaySchoolCommunityArtsCenter" on Facebook, email bayschoolarts@gmail.com or call 804-725-1278.



<https://www.facebook.com/BaySchoolCommunityArtsCenter>



A Virginia Treasure - Tangier Islands



By Chelly Scala

Recently, I was able to discover one of Virginia's Treasured Landmarks. The experience like visiting a tidewater "paradise." Tangier Islanders live a unique way of life, and I treasured every moment I spent there.

We left Buzzard Point Marina in Reedville, Virginia aboard the Chesapeake Breeze and headed for Tangier Island, which is located about six miles below the Maryland/Virginia line. Captain Linwood Bowis ran the cruise, which has been part of the family operation since 1970. His crew consisted of two young ladies who were skilled and seaworthy attendants. The captain provided all with interesting and historical information about several landmarks along the travel route between the marina and the mouth of the Great Wicomico River.

Upon arrival at Tangier Island, the islanders greeted us and then transported us by golf cart to our lodging at the Brigadune Inn. The islanders also offered guided tours of the island, golf cart and bike rentals as well as boat tours. The island has a few cars, although most residents travel in golf carts. Everyone knows each other and wave as they go by. During our travel around the island, islanders shared the Tangier heritage including past, present, and potential future, as well as what their life on Tangier Island is like.

We lodged at the Brigadune Inn, which is within short walking distance of the beach. As I entered into our beautiful room, I felt as if it was a romantic getaway. The beach is amazing and is a peaceful mile long to walk and fish.

We had a great lunch at the Four Brothers Crab House and Ice Cream Deck. Then we were able to walk and visit some of the shops for treasures and gifts. Everything about the island was relaxing and so interesting. Later, we had the pleasure of traveling by boat to see Mayor James "Ooker" Eskridge's soft shell crabbing business and learned about the shedding process.

Even on a partially rainy day, the island provided such wonderful experiences. We were golf carted/carried anywhere we wanted to go. Later in the day we prepared for dinner and one of the islanders offered a ride in their golf cart. Every time we traveled, we learned more about this remarkable island lifestyle. We had dinner at Lorraine's and delicious seafood was what we chose.

After dinner, we enjoyed a "meet & greet" at Cameron Evan's Photography

Gallery, located at the tour boat dock. Cameron grew up on Tangier and has never stopped appreciating it. His love of the Chesapeake Bay and the beauty of growing up on Tangier is evident through his photography. To see some of the photography of Tangier, visit or call Cameron at WATERFORLTI@GMAIL.COM or 757-710-8162.

The next day we woke to a beautiful walk on the beach; a wonderful breakfast included at the Brigadune; while we chatted with the owners, Barb & Rob Baechtel and enjoyed learning more history of the island. We learned of all the amazing birds which migrate to the island and stay. There are so many beautiful birds, some of which travel only on Tangier. Then we enjoyed another treasure of the island, which is the Tangier Island History Museum. Wow! For someone who has never been a history person, I could not get enough in the half day we spent in the museum. I will keep coming back! <https://www.tangierisland-va.com/history> The films that detail the history and nature of Tangier are available in the museum seating area and are in themselves an incredible experience. There is so much to learn and enjoy!

Do not let this treasure island disappear or wash away! Tour it, enjoy it and fight for its future! Tangier Island, Virginia is available by boat at Buzzard Point Marina in Reedville, Virginia, aboard the Chesapeake Breeze; from Crisfield, Maryland aboard the "Steven Thomas" or from Onancock, Virginia aboard the "Joyce Marie II." Even Air Transportation is available through Hummel Aviation, Topping, Virginia.

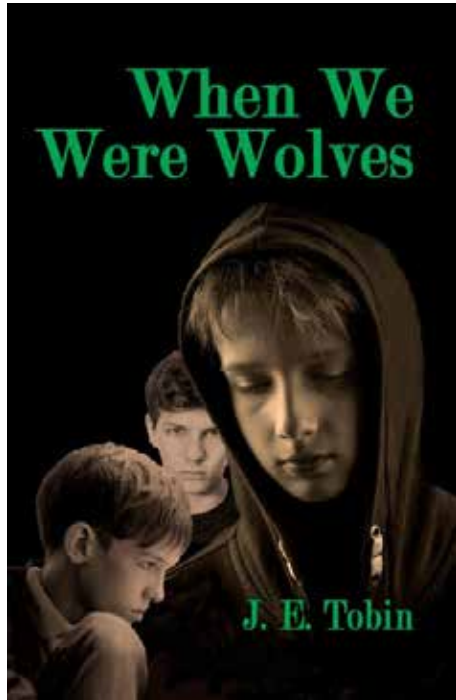
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Books in *Style~* Howling in the Dark: *When We Were Wolves*



By: Kathleen Toomey Jabs

When We Were Wolves by local author, J.E. Tobin, is a searing, investigatory novel published in May 2022 by Pale Horse Books.

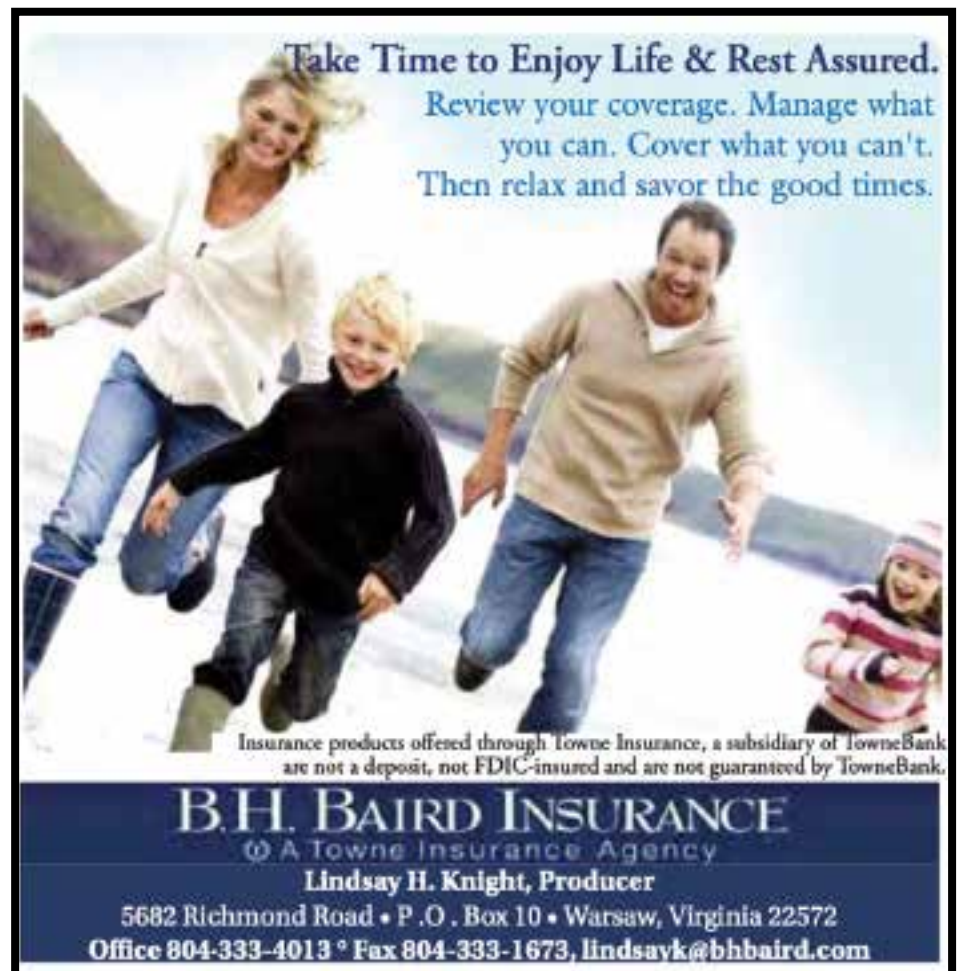
Set in Redfield, a fictional town much like Williamsburg, Virginia, the literary novel features Tom Wingfield, a high school English teacher and basketball coach, who has returned to his hometown with his wife, Meghan, to raise their twins and be close to his aging parents. Unbeknownst to Meghan, Tom has buried memories from his past, a part of his childhood he has sealed off from scrutiny and locked away deep in his psyche. Tom and Meghan's seemingly comfortable life is upended when Tom finds himself driven to face the past and reckon

wrongs.

The novel opens with Tom brooding, "In dark corners lurk memories I wish I could discard like trash on collection day." Tom's equilibrium has been thrown off balance by a breaking news story about a figure from his past that resonates too closely with scenes he has tried to forget.

In the back of his mind, Tom has long known he would have to confront his memories. Having taken up residence in the town where he was raised, Tom has positioned himself in a minefield of reminders. His small town orbit has the familiar encircling and juxtaposition of past and present: his current friends are his former high school teammates, the students he once taught now work in the police department, and his sister is moving in political circles. He can and does renavigate the streets and scenes of his youth until he finds he can no longer maintain his silence. Once he embarks on a journey to expose the truth, Tom finds his family and his career in jeopardy. As he lays open his childhood, Tom finds new levels of personal courage, revealing not only hidden secrets but a way forward to forgiveness.

In his novel, Tobin sends Tom off on various quests to learn and uncover the truths he has avoided facing. Drives around Redfield in the dark, to Richmond to meet a former neighbor, then to North Carolina to enlist the help of an unlikely reporter are excursions that keep the story fast-paced and literally moving. While the outward trips are for Tom to gain information and find clues to validate his memories, Tobin makes use of his own professional experience as a psychologist to add resonance and depth to Tom's internal musings. For every mile he travels on the road, Tom penetrates even further into the recesses of his own memories. Tom's thoughts and inner dialogue help to create sympathy for his character. Tom is a harsh judge of himself and his perceived failings, and the reader comes to understand just how heavy the unwarranted burden of shame is that Tom labors under. By the end of the novel, the reader is rooting for Tom, his family, and for justice. *When We Were Wolves* is available at <https://palehorsebooks.com/> and on





Virginia Poets Laureate

By Sonja McGiboney

The Chesapeake Bay Writers (CBW) recently had their new honorary member poet, Nathan M. Richardson, speak at their luncheon. Nathan, like those before him, spoke his words from memory with a deep understanding of life. He says, "I have channeled everything I believe in through the lens of poetry! It has literally broken down all racial and religious borders and places me

comfortably at any table or community.”

Nathan has three poetry collections and has been published in many magazines. He teaches writers of all ages and brings history alive portraying the former slave, writer, orator and abolitionist Frederick Douglass. Nathan is also a nominee for the position of Virginia Poet Laureate. Curiosity led me to research this honor.

Candidates are nominated in five regions. Between November and April the pool is voted down to six, then five then three. In June or July, the Governor selects one candidate for the position.

The poet laureate is the chief ambassador of poetry for the state. Luisa Igloria, the current laureate (2020 – 2022), said “Everyone who is a poet laureate is not only an advocate for poetry but also addresses the idea of what it means to live and write as a person in their particular time and place in history.”

CBW is lucky to have two former poets laureate as honorary members. I reached out to Carolyn Kreiter-Foronda (2006 – 2008) and Sofia Starnes (2012 – 2014) to understand their roles in this position. Carolyn, a lifelong poet, worked to bring poetry to Virginia schools, K-University. She conducted workshops, contests, book giveaways, poetry prizes, spotlighted poets, wrote blurbs, organized poetry events in and out of Virginia, and wrote specific poems to accompany projects.

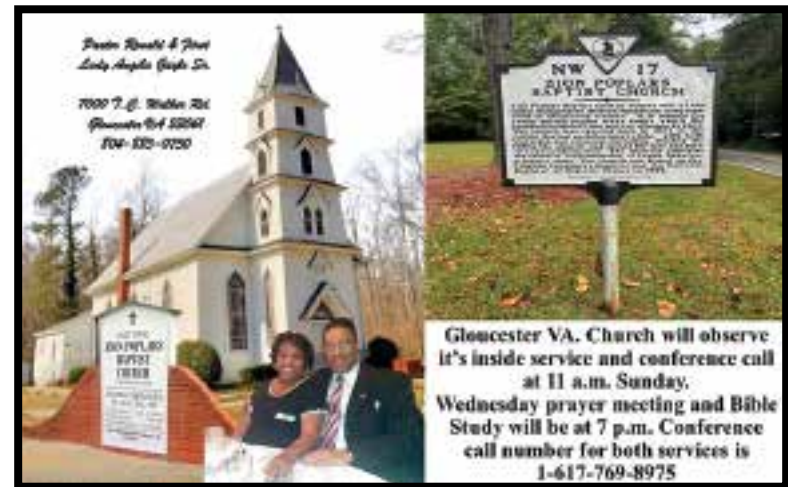
She described her most memorable moment. “In 2006, I received a Resolution of Appreciation for Sustained Leadership and Devotion to Promoting the Writing and Reading of Poetry among Virginia’s young people... Receiving this award from those who best understand education was truly meaningful. My major goal for 53 years has been to effectively share my knowledge with others in educational settings.”

Sofia had always been a writer, but in 1986 she began writing and publishing poetry specifically to reach readers. “I don’t believe a poem is complete without the reader, who fulfills the poem with his or her experience.” Her time as laureate was dedicated to bringing poetry to the lay person, encouraging them to read the genre. Her biggest project, *The Nearest Poem Anthology*, is a collection of poems found by readers with essays about why the poem was meaningful to them.

Sofia wrote of two memorable moments. On one occasion, she read a poem by former Virginia Poet Laureate Margaret Ward Morland, in her honor, only to learn that Ms. Morland was in the audience. Also, she was honored to be Commencement Speaker at UVA, Wise, where the College President made a gift of her anthology to all the graduates.

Carolyn and Sofia spread the love of poetry to the world around them. CBW is honored to call them members. Perhaps, Nathan will add a third poet laureate to our ranks. Good luck, Nathan.

Sonja McGiboney, President of CBW, writes children's books which feature her dog Jazzy. <https://www.jazzysbooks.com/>



How Much Time Do I Have?



By Ellen Dugan

If you accidentally shoot and kill someone and are later acquitted, you might be inclined to move away and start afresh.

This happened to Carl C. Magee, a newspaperman in Albuquerque, New Mexico. Carl was investigating the Teapot Dome Scandal when his reporting apparently touched a political nerve, and he was assaulted. In an attempt to defend himself, Carl tried to shoot his assailant but wound up killing an innocent bystander instead.

As a consequence, Carl moved to Oklahoma City, where the city fathers asked him to chair the city's traffic committee.

Now, you might think this was a nothing job, and ordinarily you'd be correct. But not in Carl's case. The appointment soon vaulted him into parking meter history. Like many places during the automobile's early history, Oklahoma City was experiencing a boom in the number of vehicles competing for roads and parking places. Carl had purchased the first privately-owned car in Tulsa and understood both the transition from horses to autos, and the problems this created.

In Oklahoma City's case, the business community was upset. Commuters were parking on the street all day, leaving no parking room for customers who wanted to shop. Stores were losing money. Carl's job was to find a solution.

What did he do?

First, he told the city fathers that parking needed to be regulated and charged for. Then he set about inventing the means to do this – the world's first practical parking meter – one that was weatherproof, safe from vandalism, and easy for consumers to understand and use.

He named it "Black Maria" (the source of this name has been forever lost to parking meter history), and installed it near the corner of First Street and Robinson Avenue in July, 1935. It was re-wound every week, and for five cents, you could park for one hour.

Soon, there were 175 meters installed along 14 blocks in Oklahoma City. Businesses were happy. Shopping increased. And, as the coins rolled in, city fathers congratulated themselves for choosing Carl. His parking meters were so successful that by the early 1940s, there were more than 140,000 of them dutifully timing people and collecting money for cities all across the country.

After that, it was Katie-bar-the-door. Now they are ubiquitous and have been evolving ever since.

Originally called the Magee-Hale Park-O-Meter Company (POM for short) Carl's meters were manufactured by the MacNick company which also made timing devices to explode nitroglycerin in oil wells. However, there is no record of any POM meters ever exploding.

Parking meter history is mostly peaceful. Even in Ilsan, South Korea where parking meters are human – men and women in red hats sitting in a red chair – there are few reports of confrontations. And the worst that can happen to you is usually a ticket.

The first parking ticket issued in the United States (August, 1935) cited the Reverend C. H. North of Oklahoma City's Third Pentecostal Holiness Church for "outstaying his welcome." Rev. North testified that he had stopped "for only a minute to run into a store to get change." His defense was successful. The judge dismissed his case. Now, when we overstay our time, we can't say this because we can always pay by credit card or phone app.



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Brain Injury~ Living with Aphasia

By Martha M. Hall

Often art imitates life, and this is certainly true with aphasia, an effect of injury to the brain made familiar recently with actor Bruce Willis's diagnosis. Aphasia is a speech disorder characterized by varying degrees of speech difficulties, including an inability to understand written or spoken language. It is a result of damage to that part of the brain that supports communication. It typically occurs suddenly after an injury to the brain or a stroke, but it can be an indicator of a slow-growing brain tumor or a progressive neuro-generative disease like Alzheimer's.

In its mildest manifestations, expressive aphasia is characterized by the inability to express complete thoughts, struggling to get words out, and speaking in short sentences, occasionally omitting words, or using incorrect words. Patients with comprehensive aphasia can usually speak quite fluently, but their long, complex sentences don't make sense and contain incorrect or unrecognizable words. Global aphasia is characterized by poor comprehension of written or spoken communication and severe difficulty forming words and sentences. It is an indicator of extensive damage to the brain's language networks and is usually progressive.

As with any type of brain injury, cause of injury and timing of symptoms are good indicators of types of aphasia:

Strokes happen suddenly, and symptoms manifest within minutes;

Symptoms caused by diseases such as encephalitis occur within days;

Neuro-generative diseases, like Alzheimer's, present symptoms over months to years.

Regardless of the cause or type, aphasia is a complicating effect of an injury: because communication is such a huge part of our day-to-day life, even the slightest amount of aphasia can affect our job, our relationships, and our daily functioning, contributing to the embarrassment, depression, and isolation that is so characteristic of the lives of those who have sustained a brain injury.

It's important to find workarounds/compensatory strategies to minimize the effects of aphasia, and not surprisingly, many of them are generic brain injury "go-tos." In dealing with your aphasia, encourage your loved ones to:

- Get your attention before they start speaking.
- Help you focus by minimizing the distractions around you, like the TV, radio, or conversations of other people.
- Keep words simple, but adult.
- Speak a little slower, and give you time to respond. Avoid finishing your sentences.
- Encourage the use of drawings or gestures if you're struggling to speak.
- Ask "yes" or "no" questions. It's easier to compose your answers when you don't have to use a lot of sentences.
- Let you try to express yourself, even if you need several attempts to get your meaning across.

The first step in developing a compensatory strategy is to recognize that you need one, and there is no shame in figuring out a way to work around a deficit. Aphasia is a tough challenge, but speech therapy classes can make a real difference, and targeted support groups can make communication more manageable.

For more information about aphasia, contact the Brain Injury Association of Virginia at 1-800-444-6443 or at www.biaiv.net. The National Aphasia Association (www.aphasia.org) and the American Stroke Association (www.stroke.org) have helpful information as well.

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ION Foot Baths - Therapy or Fluff



By RuthE Forrest BCTMB

Health technology has sky-rocketed! Bio Labs located around the world we never dreamt existed have been secretly working on everything from scalar wave technology to spike proteins. Researchers mapped the Human Genome, mastered mind-control techniques, and created Virtual Metaverses. If it's profitable to share, the humble public eventually gets new devices and treatments resulting from their work. Such is the case with ion-technology devices.

Having experienced rapid healing of an auto accident injury with scalar technology, I understood the power of energy-healing devices. Curious about the Ion Cleanse Footbath™ machine my office-mate, Troy Wynn brought in, I read all the marketing materials. For a nominal fee and minimal time investment, I decided to give it a spin.

The warm water and metal array sitting in the water releasing a fury of tiny bubbles felt great on my tired dogs. In 30 minutes, the water morphed into a brown sludge with greasy patches floating around tiny islands of foam. EW! While Troy washed my feet, massaging them nicely, he explained how colors in the sludge related to the various areas my body was detoxing. The experience was enjoyable. I felt really relaxed. The next day I

had noticeably more energy.

I had to investigate. It's my understanding that the metal array rusting away due to the electric charge running through it creates a chemical action that ionizes the water, breaking up the hydrogen and oxygen molecules, leaving a free hydrogen molecule in the process. This free hydrogen molecule is absorbed through the feet, becoming available for destructive free-radicals searching for a free molecule with which to partner, the process our immune system naturally uses to detoxify. Skin, our largest organ, is fully capable of detoxifying us through sweat and other excretions when healthy. Hands and feet contain a proliferation of sweat glands. Changes in the water reflected the rusting array, but also what my body was releasing while simultaneously taking in the free-hydrogen ions. There was something to this technology, not just my imagination or the placebo effect.

What really sold me was the instant relief from pain and swelling I received after injuring the fascia in my ankle this past winter. I hobbled tearfully into the office on crutches. Body-work magician, Troy hooked me up with a Dolphin™ session followed by an Ion Cleanse™ footbath. Amazingly, I had less swelling and NO pain! He assured me that it would probably return shortly, saying I had extensive damage to the structure which created a lot of free-radicals. My immune system would again struggle to keep up with detoxing the overload. He had given it a reprieve with an infusion of ions, like sending in extra Troops. It's also why I had more energy after a session. He was right. The welcome relief was temporary.

I sat home healing, watching a hundred YouTube videos. I had to know 'why.' Then I had to have one for myself. I now regularly do Ion Cleanse™ sessions to boost my energy, immune system and mood. Is it real treatment or fluff? I'd say a bit of both.

We'll be offering them at our office in Kilmarnock by appointment if you'd like to experience this technology for yourself. Call Spa2U, (804) 453-5367.

Heathsville Farmers Market

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- "Living History" Day - Historical Encampment & Flag Display

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- Blessing of the Animals at 10 am, Courtesy of St. Stephens Church

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Heathsville Farmers Market ~ “Kids Day” and Classic Car Show



By Corinne Anthony Becker

The Heathsville Farmers Market is held on the third Saturday of the month, April thru October, 9 a.m. to 1 p.m. It is located just off Route 360, behind the old Northumberland Courthouse in Heathsville, on the grounds of Historic Rice's Hotel / Hughlett's Tavern.

Each market has a theme. The market on Saturday, July 16 was “Kids Day,” which included fun activities for children, like making a wooden boat with the Tavern Woodworkers Guild.

The Tavern Spinners & Weavers Guild had a loom warped and ready for kids to weave on. The Tavern 'Crafters' had a crafting table set up inside the “Tavern Meeting Building.” There were also Blacksmithing demonstrations inside the Tavern Forge. Other activities included corn hole games,



and a chance to “dig up the past” at a special archaeological dig table. The Callao Fire Department brought a fire engine.

At the market on Saturday, August 20, an Antique and Classic Car show will take place. Members of the Northern Neck Corvette Club and the Northern Neck Chapter of the Antique Auto Club of America will be in attendance with their vehicles.

In addition, the Tavern Quilt Guild will hold “Bingo for Quilts,” starting at 1:30 pm, at the August market. The public is invited to enjoy an old-fashioned game of bingo where all the prizes are quilted.



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

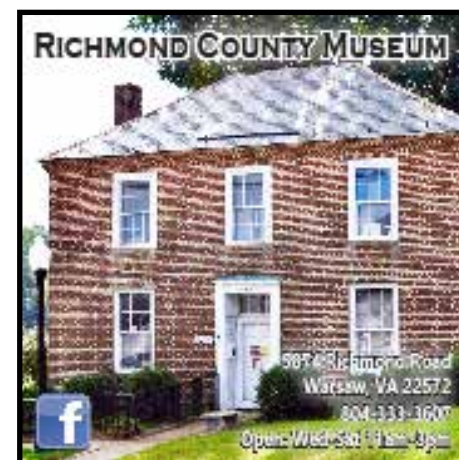
Rice's Hotel / Hughlett's Tavern, a 501 (c) 3 non-profit historic landmark, is the sponsor of the market. Dating back to the 1700's, the Tavern is home to four active artisan guilds, which are on-site on market day, demonstrating and selling their wares. Follow the smoke to see the Blacksmiths working in the Tavern Forge. The Woodworkers have both a modern and a colonial era workshop in the “Carriage House,” which also houses a collection of antique carriages. The Quilt Guild can be found on the first floor in the Tavern. The Tavern Spinners and Weavers gather in their studio on the second floor.

Inside the historic Tavern itself is the “Heritage Arts Center” gift shoppe. Here shoppers will find

artists working in their studios and one-of-a-kind, locally-made artisan wares for sale. The Tavern Café serves light luncheon fare, available to take-out or a leisurely sit-down meal inside or outside on the verandah. All food is made by the volunteers of the Tavern's Culinary Guild in their commercial kitchen. *Historic Rice's Hotel / Hughlett's Tavern is located at 73 Monument Place, hidden just off Route 360 behind the old Northumberland Courthouse in Heathsville. For more information, visit www.RHHTFoundationinc.org, e-mail info@rhhtfoundationinc.org, or call 804-580-*



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Nature in *Style* ~ The Summertime Blues



By Joanne Chewning

The bluebird is one of the most familiar and beloved birds in eastern Virginia, but the fact is - those gorgeous sky-blue feathers aren't really blue! It's a cool trick of the light. In the bird world, blue is not a pigment (unlike red and yellow), but a color produced by the structure of the feathers, an amazing phenomenon called light scattering. The blue we see on a bird is created by the way light waves interact with the keratin in the feathers. Not exactly simple to understand, but the benefits are fantastic for the eyes of the bird watcher.

Not only are they beautiful, but bluebirds are easy to spot, being one of our "backyard birds." There's no need to hike into the woods or get a stiff neck scanning the treetops since they are seemingly everywhere, perched on wires along roads, on nesting boxes in parks and yards, splashing in birdbaths. The male, of course, is the flashy one, with a bright blue head, back, wings and tail, brick-red throat and breast and white belly, while the female appears in gray-blue and buff tones. Members of the thrush family, bluebirds are cavity nesters, and

stiff competition from starlings and house sparrows, plus destruction of traditional habitat, caused an alarming drop in population for a time, but the movement by the Audubon Society and like-minded conservationists has greatly improved the situation.

In this part of the world, bluebirds are often early nesters, beginning the process in March and working hard for months. For the last two seasons, our bluebird box and busy occupants have produced three successful broods, using dry pine needles for each fresh nest after I scraped out the old one, gloves on. Black snakes are an ever-present danger but snake baffles generally keep them at bay. Our area state parks, including Belle Isle and Westmoreland, have bluebird trails, a series of nesting boxes along a prescribed route, and it's encouraging to see the signs of occupation, stray grasses and pine needles sticking out of cracks in many of them.

Eastern bluebirds are year-round residents, but another, smaller member of the summertime blues arrives in spring from southern Florida and the tropics. In bright sunlight, the male indigo bunting is a flash of brilliant turquoise blue. Sometimes nicknamed "blue canaries," these sparrow-sized birds sing from dawn to dusk through the summer and are numerous in this area. Look for them near fields grown to scrub, forest edges next to fields and along rural roads. The mostly brown female builds



her nest within a few feet of the ground in thick vegetation, raising one to three broods per season. Indigo buntings are beneficial to farmers, consuming many insect pests as well as weed seeds and are easy to find. Recently, I explored the Wellford Unit of the Rappahannock River Valley National Wildlife Refuge, located just off Route 360 outside of Warsaw, near the bridge to Tappahannock, and along the trail I saw at least a dozen indigo buntings, like flashes of electric blue darting from shrub to sapling.

A third member of the blues band is also a summer resident arriving from the tropics. The male blue grosbeak sports vibrant dark blue feathers (at least they look that way to us!), with two chestnut wing bars and a large silvery bill. He and his cinnamon-colored mate often raise two broods of nestlings per season, and like indigo buntings, prefer a habitat of scrubby fields, forest edges and southern pine forests. Blue grosbeaks are not as widespread and easy to find as bluebirds and indigo buntings, but I have seen them at several parks and nature trails in Chesapeake Style country, including York River State Park and Washington's Birthplace. Don't forget your binoculars and bug spray!

Photo Credits

New pine needle bluebird nest...photo by Joanne Chewning

Male Indigo Bunting...photo courtesy of the US Fish and Wildlife Service

The Wren

By Joanne Chewning

The wren, he looks for better things
Now that his first are gone.
An empty pot, a quiet fern,
Proclaims his find at dawn.

His voice as loud as bugle call
To tell of that they made.
A warm, domed nest,
In moss and pine,
World's only eggs are laid.

Simple & Delicious Favorites, Italian-American *Style*



By Lee Casazza

RIGATONI WITH ITALIAN SAUSAGE SAUCE

In my Italian-American cookbook, I make serve this Italian Sausage Sauce over pappardelle pasta. I love the way the sauce gets into the rigatoni, and now this is my favorite pasta with this sauce. Buon Appetito!

1 lb mild or hot Italian sausages, about 5 links
1 cup good dry Italian white wine, such as Pinot Grigio, divided
2 T olive oil
1 medium yellow onion, diced

3 cloves garlic, pressed or minced
2 (28-oz) cans whole peeled Italian tomatoes
1 t freeze-dried or dried oregano
1 t minced fresh basil or freeze-dried basil
1 t red pepper flakes, optional
Sea salt and freshly ground black pepper
1 lb rigatoni pasta
Freshly grated Parmigiano-Reggiano or Pecorino Romano cheese
Remove sausage from casings and place in a large bowl.

Pour in some of the white wine and crush with hands until sausage is in small pieces. The wine makes it easier to break up the sausage.

Heat oil in a large pot or Dutch oven. Add onion and sauté for 5 minutes. Add garlic and sauté another minute.

Add the sausages and cook for about 5 minutes, breaking up pieces with a wooden spoon.

Add the rest of the wine and cook until wine has mostly evaporated.

In the same large bowl, pour in the tomatoes and hand-crush them, removing the hard center cores. Alternatively, use an immersion blender to chop the tomatoes or you can use crushed tomatoes from a can.

Add the crushed tomatoes to the pot along with the oregano, basil, and red pepper flakes.

Season to taste with salt and pepper and simmer 30 minutes.

Boil the pasta in salted water for about 8 to 9 minutes, until al dente.

Drain the pasta and pour back into the pot.

Add a couple ladles of the sausage sauce and toss.

Spoon into warm pasta bowls and add a little more sauce and sprinkle with grated cheese.



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Writing the Next Book

By Carol J. Bova

When readers say, "I just finished reading your book, and I loved it," it makes the months or years of late night word wrestling worth it. But it's hard to remember that sense of satisfaction when you're staring at the cursor blinking on a blank computer screen that you're supposed to be filling with the opening pages of the next book.

One of my tricks for avoiding that situation is to pick one of my characters and show her doing something. It isn't important what that something is, and it may end up getting deleted later, but it's a place to start. If it leads to another idea, I get that down too.

I use a program called Scrivener that lets me organize my work into separate files within folders. Each file is a scene, and the program lets me drag a file to another folder later if I want to use it in a different part of the book. I can see a list of the folders, and the files show a few of the first words as a title.

Scrivener also has character forms located after the manuscript folders for each character. If I don't have a clue what's going to happen after my first sentences, I go to my character pages where I describe the appearance, the age, and relationships to other characters. I've learned the hard way to keep track of the details as I write them. It's not easy to track them down after a book is done, and you want to know someone's height or hair color from the previous book.

One advantage of writing down a character's details is the image that develops. Not everyone works this way, but I can picture the person I'll be writing about. I "see" not only how they look, but how they move and talk which lets me share that information with my reader.

The third book in the Chestnut Spring series doesn't have a title yet, but it will bring back the people from Chestnut Springs and Breaking the Eighth. Working on this article helped me recognize two things that Brenda and Maggie are going to deal with in Chestnut Springs Three! That's another trick for getting out of a blind spot—write about something else and let your mind be free to work in the background. The most important thing is to keep writing.



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Wild *Style* Cuisine~



By Wendy Hyde

Summer is synonymous with salads and do-ahead recipes that make it easy to spend more time outdoors. Panzanella is a rustic salad with Italian origins, makes a refreshing summer appetizer or entrée, and uses a variety of seasonal vegetables. This version includes a light, bright vinaigrette made from fresh tomatoes. I like the rustic look of the torn bread, and it creates nooks and crannies for the dressing to get into. The contrasting shapes and textures of this dish make an appealing presentation. For a family-friendly, make-ahead meal, do all the assembly at lunchtime and let it wait on you for dinner. Preparing the vegetables is most of the work, but it's easy and kids can get involved cutting veggies, whisking dressing, and tearing bread.

The duck confit may sound fancy, but it requires very little hands-on effort, just patience. It can be made weeks in advance since the meat, when properly cooked and stored, will keep at least two months. In addition to topping salads, it is excellent on crostini, in pasta, and more.

Panzanella with Tomato Vinaigrette and Duck Confit

Serves: 2 as a main dish, 4 as an appetizer
 Prep time: 40 minutes
 Standing Time: 30 minutes to 3 hours
 Tomato Vinaigrette
 3 plum tomatoes, halved and seeded
 2 Tbsp. sherry vinegar
 Pinch of granulated sugar
 ½ tsp. Dijon mustard
 ¼ tsp. Worcestershire sauce
 2 Tbsp. canola or vegetable oil
 2 Tbsp. confit oil (from Duck Confit, below)
 Salt, to taste
 Black pepper

Place shallots in a bowl of ice water and let stand 5 minutes; drain and pat dry. Lightly salt tomatoes and let stand 10 minutes. Force through a strainer, rubbing the fleshy side to remove as much pulp as possible. You should have about ¼ c. of pulp. Whisk in the sherry vinegar, sugar, mustard, Worcestershire, and a pinch of salt. Gradually add the oils, constantly whisking to combine thoroughly. Taste and adjust with salt, pepper or more vinegar.

Salad

7 oz. baguette, torn into ¾" pieces
 3-4 Tbsp. confit oil, olive oil, or a combination
 Pinch of Kosher salt
 Few twists of fresh ground black pepper
 1 small shallot (about ½ oz.) cut paper-thin
 1/3 c. celery ribs, thinly sliced
 1 3" piece of cucumber, quartered and sliced thinly
 1 ½ c. tri-color cherry tomatoes, halved, seeds gently squeezed out
 3 Tbsp. seeded, thinly sliced mini sweet peppers or red bell pepper
 3-4 oz. fresh asparagus, stems snapped to remove woody ends, stalks shaved lightly to remove any toughness, then shaved with a vegetable peeler into thin ribbons
 1 ½ Tbsp. chopped fresh parsley
 ¼ tsp. chopped fresh thyme
 1 c. fresh baby arugula
 6 oz. duck confit, coarsely shredded (recipe below)
 ¼ c. coarsely chopped pecans

Preheat oven to 425°. In a large bowl, toss the bread pieces with the oil and sprinkle with salt and pepper, transfer to a large baking sheet and bake 8-10 minutes until golden brown. Set aside to cool.

In a large bowl, toss together the shallots, cucumber, celery, tomatoes, asparagus, bell peppers, parsley, thyme, and toasted bread pieces. Drizzle vinaigrette over mixture, tossing as you add the dressing so as much of the mixture is coated with the dressing as possible. Cover with plastic wrap and let stand at room temperature for 30 minutes or up to 3 hours to allow bread to absorb the dressing, tossing occasionally.

Just before serving add arugula to the bowl and toss to combine. Heat a medium skillet (not non-stick) over medium-high heat, add the shredded duck and pecans and toss to warm, allowing the meat to dry slightly and form a light crust. Divide salad between two large bowls, top each with half of the duck and pecans and serve.

Duck Confit

6 duck legs and thighs, or 2 whole ducks, broken down into bone-in breasts and leg/thigh quarters (skin on, if possible)
 1/2 cup Kosher Salt
 Zest of 1 orange
 5 whole cloves
 5 sprigs of fresh thyme
 1 Tbsp. freshly cracked black pepper
 4 c. Grapeseed oil, olive oil, or duck fat

Place meat snugly in baking dish. Add salt evenly on top. Add the orange zest, cloves, thyme, and pepper. Rub seasoning evenly into every surface of meat,



cover dish with plastic wrap and refrigerate for at least 6 hours. The longer the meat cures the saltier it will be, and the longer they will preserve. Once the cure is finished, rinse the meat and baking dish. Return rinsed meat to baking dish and cover with the grape seed oil. Preheat oven to 200 degrees. Cook for 4 to 6 hours, or until the meat falls off the bone. Strain and keep the oil. Remove meat from bones, place in an airtight container and add enough strained oil to completely cover all meat. Refrigerate meat and any remaining oil for future use. Serve meat warm or at room temperature or use in the recipe above (you will

have extra meat left for another use).

Photo by Wendy Hyde. Original Pheasant Confit recipe from <https://georgiapellegrini.com/2014/03/26/blog/cooking/pheasant-confit/>, with edits. All recipes included in this column are original by Wendy Hyde unless otherwise noted. She can be contacted at wildstylecuisine@gmail.com; follow her on Instagram as [girlgamechef](#).

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