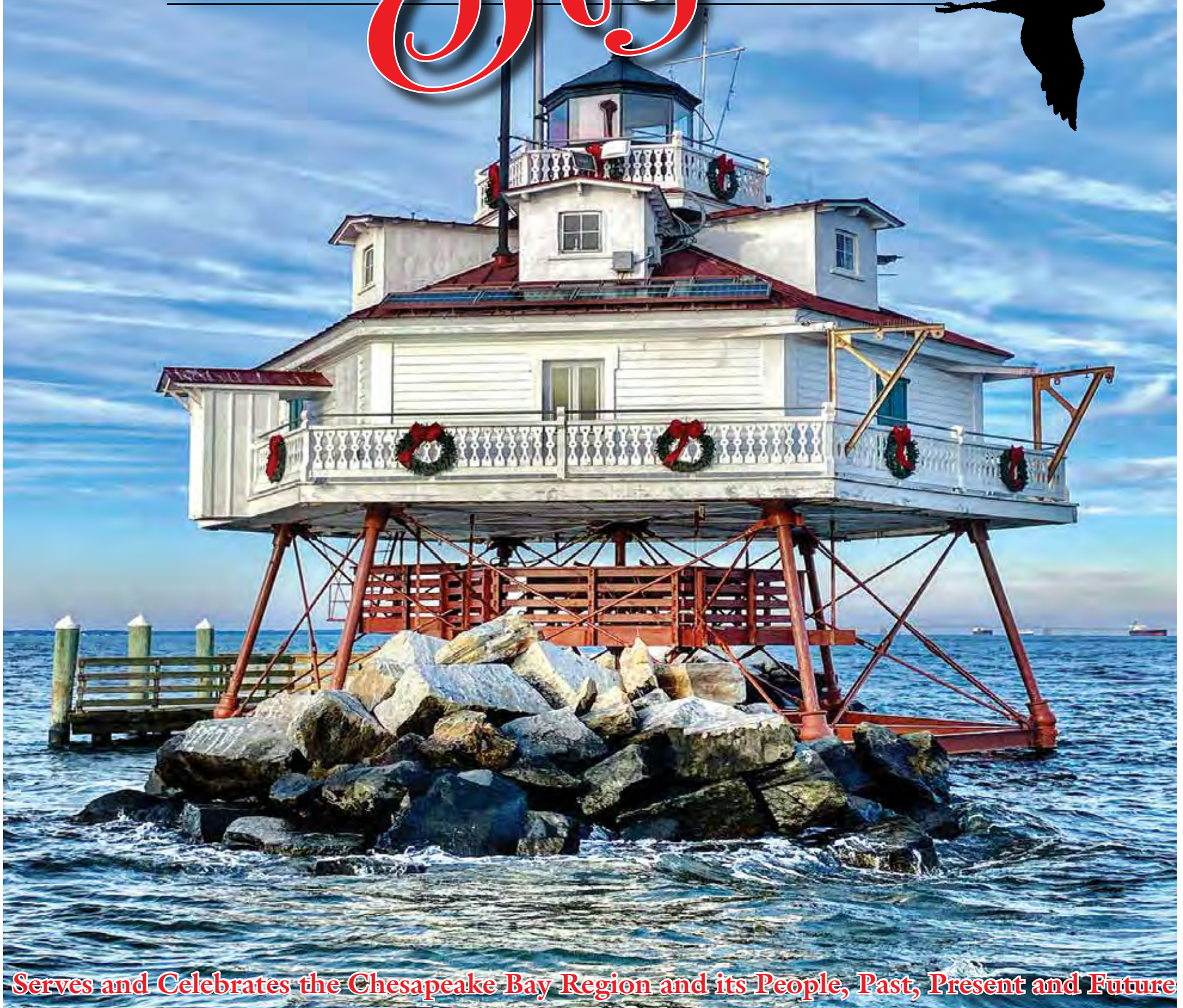


CHESAPEAKE *Style* PRICELESS

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

Fast Times on the Rivers

I promised more about my German Wirehaired Pointers. When I moved back to Virginia in 1993, I had two, a neutered male, Buffery, who technically belonged to my granddaughter, and Sarah, a rescue. Turns out both dogs had the same sire, a champion with great credentials. Sarah later became a confirmation champion as did several of her pups.

One of my goals when breeding my dogs was to insure they had good confirmation, and good hunting instincts. To that end I worked with NAVHDA, North American Versatile Hunting Dog Association—www.navhda.org. Puppies can be tested for their Natural Ability until they are 16 months old. Compared to most serious breeders, I bred few litters.

I encouraged the owners to join NAVHDA and get their pups tested for NA. All of my pups were not tested for NA—but all except one, that I did test met the standard. I enjoyed NAVHDA because it was a family oriented program—although I was single again when I joined. Competition is to meet the standard.

The day I decided to join NAVHDA was the day I met Sarah aka Ch Navajo Unexpected. At the time I was an area sales manager, in Illinois, for a health insurance company, based in Green Bay, Wisconsin. We only worked with Independent insurance agents. Buffrey was still young and I had permission to bring him to my office. One day an agent came in, spied Buffrey, asked if he was a GWP, and we talked dogs, not insurance, that day. He had a pup who would not hunt and would I be interested? We agreed to meet the following weekend, a location about an hour from Chicago, where he and a buddy were building an airfield.

At the time I drove a red Audi, my casual attire included loafers and wool dress slacks. Buffrey and I arrived that cool, late Sunday afternoon. The guy wanted to see what Buffrey could do, so I agreed. We took both dogs out in the field. Sarah tagged along by our heels. Buffrey was busy. He checked out hedge rows, jumped a small stream, flash pointed a few times—the guy was impressed, said probably small game has been there...

Until Buffrey locked on an extremely focused point, like I'd never seen before, and haven't seen since. The guy says, "Wait, I'll check to see what he found....and flush it." Suddenly the coyote Buffrey was pointing took off across the field, and so did Buffrey. Of course he paid no attention to my commands to "Come!" The guy jumps in his truck. And I'm thinking, "OMG, this is *not* my dog, he belongs to my granddaughter, we're an hour from home, we have about an hour of daylight left"...Thankfully the coyote outran the dog, and he came when the guy called him.

I agreed to take Sarah a week or so later. She was just 16 months old, had been housed in an outside kennel, with a GSP. GWPs love to swim and hunt, and live in the house with their family. Later I learned—after joining NAVHDA—that Sarah had great hunting instincts, and several of her pups passed NAVHDA's Natural Ability.

Did I mention that the V in Versatile hunting dog, means that they point *fur and* feather and they retrieve on land and in the water?

Lord Willing, we will see you next spring. It will be the May issue, and will come out mid-April to celebrate Historic Garden Week in the Northern Neck!

Editor, Publisher, Chief
Cook & Bottle Washer
Janet Abbott Fast
Writers & Photographers
Cindy Balderson, Corinne Anthony
Becker, Carol J. Bova, Deborah
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Chewning, Denise Aileen DeVries,
Ellen Dugan, Ann Eichenmuller,
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Chelly Scala, Gerhard Straub,
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Nancy Shelley, Marie Stone
Proofreader
Marie Stone
Ad Composition, Graphics, Layout
Janet Abbott Fast, Julie Stanley



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Chesapeake Style
P. O. Box 802
Warsaw, VA 22572
804-333-0628
chesapeakestyle@hughes.net
www.chesapeakestyle.com
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About the Cover~

This is the Thomas Point Shoal Light, also known as Thomas Point Shoal Light Station. It is a historic Lighthouse in the Chesapeake Bay near Annapolis and is the most recognized Lighthouse in Maryland. It is the only screw-pile type Lighthouse in the bay which stands at its original site. The structure is a 1 1/2 story hexagonal wooden cottage and stands 49 feet tall. Although the lighthouse was manned for many years it is now

automated and still in operation.

I spend a lot of time on the Chesapeake Bay in my boat and this Lighthouse is so unique and beautiful that it is really hard to just pass by without slowing down to admire it and of course snap a couple of photos.

They do offer tours of this lighthouse and in my opinion it should be on everyone's bucket list to check it out.

David Sites

No Ordinary View: Artisan Markets at the Bay School



By Deborah Butler

You might have driven through Mathews on a Saturday and found folks walking around, moving in and out of canopied tables all along Main Street, but particularly clustered near or in the Bay School. Chances are you have come across an Artisan Market day.

From April until August and into the fall alongside other Mathews Markets, Bay School sponsors artists and their work at the Artisan Market, showcasing multiple vendors and their original and varied works of art for sale. Jennifer Schroeder, Bay School Gallery Coordinator, says that for at least the past three years they have

sponsored a monthly market but for longer than that, they have participated alongside the Mathews Days. “We try to schedule work that is original such as handmade items or other work. “If you want to view and purchase photography, pottery, painting, and other crafts, it’s a good place to be.

The Markets obviously help artists connect with the community by offering unique works for sale. An artist participant, Margaret Benton-Jones, says: “I always loved the small town feel and sense of community Mathews and the Bay School offers.”

Jennifer also notes that not only does the local community come but “people travel from all over Virginia to spend the day here and they often extend this visit by shopping online afterward from the website.”

Not only does the Market connect artists and their communities, but also it connects the artists themselves. Margaret says: “I did my first Artisan Market a few weeks ago and it was exciting to see familiar faces and meet new ones. Art is an important part of everything that brings us together but it’s the sense of community that keeps me coming back.”

Artist Karen Pittman thrives on the atmosphere created by the Bay School encouraging kinship

among artists rather than competition. Artists’ fellowship comes from “networking as we set up and help each other do so. We buy, sell, trade or swap work with each other and find out about each other.”

On a deeper level the artists often mentor each other; newer ones and more experienced ones learn from each other. Karen says that she recently spent time with a first timer who was nervous about showing her work, helping her see the value in her work and encouraging her to return. “It’s a great way to receive support from committed artists who talk and share their insights about their craft. “In addition to encouraging and challenging one another, they can benefit from each other’s feedback. At one event, Karen asked artist Gary Edmonson to critique her work and says: “I learned so much from his constructive criticism.”

Whether you come from nearby or far away, you often learn by talking to the artist about creative processes behind the art. Karen says: “It’s wonderful to be able to give a piece of art you’ve bought or share it in your home and be



able to tell its story as well.”

And if you are a lucky buyer, as photographer of mainly local scenes Tammy Faulkner says: “I try with my art to help you see the everyday as anything but ordinary; I want you to have no ordinary view.” Indeed, for artists and wider communities alike, Artisan Markets offer something extraordinary for us all.

Photos contributed by Bay School gallery director. Top, l, Photographer Tammy Faulkner.



Style Spotlight~A Museum With International Connections



By Denise DeVries

Richmond County Museum began in 1992 when county citizens began collecting artifacts for a 300 anniversary display in the former Clerk's Office. When the year ended, the exhibit remained open under the leadership of volunteer Francene Barber. Over the years, Richmond County Museum has had the advantage of financial support from the county. Since around 1998, it has been housed in the old county jail, built in 1872 and used until 1950. The county provides the building and utilities and some additional funding, and the town of Warsaw also provides grants. Membership funds and volunteer activities have been a mainstay since the beginning.

In 2000, David Jett was hired as curator and began the work of organizing the collections and recording it in management software. This work behind the scenes makes it possible to display a rich history "from prehistoric times to the present" in a small space.

Although the Museum's geographic area covers the county and Northern Neck, exhibits also include Warsaw's international

connections. In 1831, to show solidarity with the struggle for Polish Independence, the town changed its name from Richmond Courthouse to Warsaw. One of the current exhibits, *A Town Called Warsaw*, shows highlights of the town's history, and across the room is the reproduction of a general store, including a shopper.

The museum shop includes, among other items, two books about the town. *Warsaw, Images of America* was written by Francene Barber, David Jett, and Brenda Harhai, with author credit for Richmond County Museum. *A Virginia Village* is a memoir by Sally Chinn Reisinger, daughter of Virginia Supreme Court Justice Joseph W. Chinn and one of five siblings who grew up in the Chinn House.

In 1916, town citizen William Atkinson Jones forged another international connection as House Chairman of Insular Affairs. He introduced the Philippine Autonomy Act, which promised ultimate independence to the Philippines. A bridge in the Philippines was named in his honor, and in 2017, a delegation from the Philippine Embassy visited the museum to present an original painting by artist Celeste Lecaroz. The piece, depicting the Jones Memorial Bridge at sunset, was created to commemorate the 2016



centennial of the Autonomy Act.

As part of his responsibilities as curator, David Jett creates displays for the annual historic house parties that began with Riverdale in 2011. Volunteers brought food and the Clements Company donated tents, minimizing the cost of the fundraising events. "Unfortunately, we had to skip two years due to the pandemic," says David. For health and safety, the Museum was closed in April 2020 and reopened this past June. "It is now open on Thursdays and Fridays from 11 to 3."

Among the many volunteers who have supported the museum over the years, David mentioned former president Becky Marks, docent coordinator with Mary Beth Bryant. Mary Beth is a descendant of Colonel Ruby Ficklin Bryant, Chief of the U.S. Army Nurse Corps. In another connection with the Philippines, Bryant was instrumental in building a hospital in Malinta Tunnel at Manila Bay. She received the Legion of Merit for her services to the government.

Other instrumental volunteers include Frank Johnson, Board Chair for the past three years. He inspired the museum's permanent exhibit on African American history.

Jay Garner serves as publicity chair along with Michele

Brumfield, who for the past year has coordinated the Facebook site. The page, started around 2014, extends the museum's exhibits outside its walls by posting historic photos with brief reminiscences.

The Museum's major fundraising event each year is the Tree of Love Illumination. It has been held the first Sunday of December at the courthouse for nearly 30 years.

Although health concerns have prevented the usual gathering in 2020 and 2021, the tree has been lit every year. White lights are purchased "in memory" or a red light "in honor." Green "life memory" or "life honor" lights are also available. The memory book in the museum contains all of the names memorialized, and they will also appear on the Facebook page at the time of the illumination.

David Jett noted that the museum's new website, to be launched this fall, will show the museum exhibits, a membership page and searchable publications such as historical bulletins, a timeline and event calendar.

Events and exhibits are currently being planned for the 30 anniversary. The Museum welcomes new volunteers, especially docents who keep the museum open with a monthly commitment of just four hours.

Richmond County Museum, Open Thursdays and Fridays from 11 to 3. To learn more, contact Curator David Jett at 804-333-3607 or email museum@co.richmond.va.us. The Museum is on the web at: <https://co.richmond.va.us/visitors/richmond-countymuseum>, and you can check out their Facebook page www.facebook.com/RichmondCountyMuseum. Denise DeVries photos.



Historic Garden Week~Northumberland County's Mundy Point



By Sue Straughan

The Garden Club of the Northern Neck (GCNN) is pleased to announce Historic Garden Week in the Northern Neck on Wednesday, April 27, 2022. After a two-year hiatus because of the COVID

and herring cannery, established toward the end of the 19 Century and supported by local farmers and watermen, was typical of more than 120 others scattered throughout the Northern Neck. Mundy Point's deep water wharf facilitated local commerce via frequent steamboat traffic and commercial shipping



to places like Baltimore and Washington. Tour visitors will travel past area farms rich with spring crops on the way to the featured homes, all of which are located

pandemic, GCNN is excited to be presenting five never before seen homes in historic Mundy Point, in Northumberland County.

Projecting into the Yeocomico River, Mundy Point is a cape of land rich in history and commerce. During the War of 1812, British troops invaded Mundy Point to burn and pillage the Northern Neck as retribution for the sinking of British warships. Crab and oyster harvesting, and farming represent a continuing legacy of Mundy Point's commercial and agricultural past.

The Pride of Virginia tomato

on large pieces of property. The architecturally designed homes offer scenic water views of Mill and Wilkins Creeks from almost every room.

One of the properties will offer a profusion of colorful flowers along a woodland approach inspired by Pennsylvania's Longwood Gardens. Some notable unique architectural features include a contemporary house with a dramatic two-story entry with a floating wood staircase, and a New England Coastal style home with pine flooring made from logs recovered from a Florida

river bottom.

More historic features include a 2007 home designed to appear as if it had multiple additions over time as well as a 19th century farmhouse and mid-20th century ranch-style house, both renovated to

maintain their original character. Landscaping of the tour properties ranges from natural woodlands and informal settings to more formal gardens and exterior spaces defined by rose-covered archways, cascading stone walkways and multi-level terraces. An impressive collection of antiques, modern, local and regional art, and Native American pieces will also be on display.

Virginia's Historic Garden Week began in the 1920s to preserve trees planted by Thomas Jefferson and is often referred to as "America's Largest Open House."

Tour proceeds provide grants and scholarships designed to promote conservation and preservation throughout Virginia, including our own Stratford Hall, and Belle Isle and Westmoreland State Parks. GCNN is proud to be offering the 2022 Historic Garden Week tour.

Additional details about the homes, tickets, and logistics will be made available as the tour date approaches and may be viewed on Facebook at Historic Garden Week in the Northern Neck, and Instagram at historicgardenweek-nnk. Be sure



to mark your calendars now to attend the tour on **Wednesday, April 27, 2022**, and enjoy the beauty of Northumberland County's Historic Mundy Point. *Photos courtesy Garden Club of the Northern Neck.*

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Music and Your Emotions



By Wendy Wells

Music can be used to alter and express your moods and emotions and to soothe or excite your physical body. There is music that makes us want to move, to dance, fast or slow or even to march. And there is music that relaxes and soothes us, or helps us meditate or reflect. There is no doubt that music is a vital component to healthy living.

From the time of conception we are comforted by the steady beat of our mothers' heartbeat. When nurturing a newborn animal such as a kitten, the placement of a ticking clock is often recommended to give comfort. Everywhere in our lives rhythm is a factor. There are numerous words and pictorial images we can use as part of this evidence: the tempo of a tango, raindrops beating down on a tin roof, a babbling brook, the click-clack of hurried footsteps, or the annoying drip of a leaky faucet.

In *What is Good Music*, written in 1903, W.J. Henderson writes: "Privately you are willing to admit that the slow movements of nearly all symphonies are as poppy and mandragon to you (sedatives) and you surreptitiously go to the Sunday evening concerts where

the ballet music of Massenet and Delibes refreshes your intellect by its appeal to your feet." He is describing the power of rhythm to affect how we feel.

To stress the importance of rhythm in ascribing emotions to music imagine the beat of a marching band being played at a funeral. It is no accident that the sound of a marching band is powerful and strong. Physically it incites an aggressive reaction suited for strenuous types of things, like war or the Super Bowl Championship.

Each generation of teens listens to a 'rocking' or 'raucous' form of music that the older generations often find stressful. It is a release that reflects the changes and stresses of adolescence as our physical bodies go through incredible changes, not only physical but chemical in nature. It only makes sense that music should reflect this. Usually as we age this changes. In the middle powerful earning years the taste in music at any given time of day or night might vary reflecting a need for a mellow, calming influence or conversely a high-powered aggressive rhythm.

Timbre, the quality of a sound or note, plays a large role in the assimilation of sound. Think of the sound of fingernails being dragged across a blackboard-it

elicits chills, yet the same note played on a harp can sound angelic. Timbre is important but it too can be subjective. Teenagers are more tolerant of certain timbres and some people more sensitive than others.

The pitch or tone is the value given to a note; the high, whining sound of a whistle or the low moaning of the wind. These tones or notes create relationships referred to as scales. A minor scale is often used to express grief or sorrow, mimicking the human voice. Major scales are most often used for high uplifting music.

The melody is the progression of notes that create the tune; A good melody sticks in our minds. We might find ourselves singing or humming it in the shower.

It can be the simple *Twinkle, Twinkle, Little Star* or the complex *Star-Spangled Banner*. Most popular music falls between the two and includes a verse and a chorus or refrain. We depend on the regularity of the repetition to be able to sing along with greater ease. Sometimes to our dismay and to an advertisers delight we might find ourselves humming the tune of a commercial.

And finally, there is harmony, two or more notes played at the same time. Notes that agree with each other create a sweet, pleasing sound known as consonant harmony. In contrast dissonant harmony is comprised of notes that fight with each other, that

the human ear finds clashing.

Today we so have a unique form of discordant harmony that is causing complicated health problems for many; we have the competing or clashing and random sounds of industry, traffic,

lawnmowers, leaf-blowers and barking dogs and the competing multiple cellphone voices that combine to form the most stressful auditory experience we have ever been subjected to.

Psychological and scientific inquiry has been done in an attempt to arrive at a definitive answer regarding the power of music and how to use or harness it in that pursuit of cause and effect. Within the field of psychology some look within a framework of factors

such as culture, conditioning, memory and peer group. In the scientific community, work has been done charting physiological response, neurological impulses that can be measured. Whether the answers lie in the scientific endeavor, or in the psychological pursuit, there is no question that music does affect our mental, emotional and physical well-being.

Depending on the time of day I listen to different types of music. Working in my studio I listen to soft jazz, but to start off my day it's usually that good, old melodic music that has a beat!



On—and Off—the Rail Again!



to build and repair boats for local watermen, and currently run by Andy Cockrell and his son Myles, the yard has the expertise and experience, as well as the marine railway, to handle such difficult repairs. There just are not a lot of places like that around



on the bottom and put on a fresh coat of bottom paint. After a couple of inspections by the Coast Guard inspector, the boat was cleared for the mast to go back in and to go back in the water.

A few days later, we put the mast back in the boat and put her back in the water. The most

on using the coins for that, but we aren't taking any chances either! We even added a 2021 coin just to commemorate the occasion, and because, well you know, it's been such a great couple of years.

After all the time spent on this, it still amazes me that there is someplace where one can have the sense of awe and satisfaction of living history by working on a 110 year old boat in a 100 year old boatyard and honoring traditions that go back thousands of years. What could be better? Oh yeah, actually sailing!

See you on the water (eventually).

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

Top, l, On the railway and off the railway, Wray Dudley photos. Coins in the new mast step, Gerhard Straub photo. The mast is back in! Sandy Toomey photo.

By Gerhard Straub

It's been a trying season on *Claud W. Somers*, the 1911 Chesapeake Bay Skipjack that sails out of the Reedville Fishermen's Museum. One of the major tasks that had to be done was replacement of the mast step. That is the structural member that the mast sits on. The step on *Somers* had a significant amount of rot. How hard can it be, right? Well, plenty hard it turns out.

Not only is that step attached to the keelson at the bottom of the boat, it is also mounted under four structural ribs which kind of keep the sides of the boat together. Oh yeah, since it is a passenger vessel, the Coast Guard needs to approve of the repair as well! How in the world are we going to pull that off—and more importantly put it back on?

Well, it was Cockrell's Marine Railway to the rescue. Established in 1929 by Dandridge Cockrell, Sr.

any more, so we were quite fortunate to be able to tap into that vanishing capability. After pulling the mast and a careful inspection, Andy came up with a plan that even the Coast Guard liked—and believe me, that isn't easy!

Once the plan was approved, the work progressed quickly. The old step and knees were removed. It's amazing what a bit of experience and a Sawszall can accomplish in short order! Then it was up on the rail so Andy and his team could fabricate and install the new step.

The crew also took advantage of this time to do some work

important thing, however, is that we remembered to put the coins back under the mast! Now considered good luck, this tradition can be traced back to Roman times where the coins were believed to be there so the crew could pay passage to the afterlife across the river Styx.

Now, we're not planning



Style Spotlight~Allison's Ace Hardware Tackles Supply Chain Issues



By Mark Huffman

Nancy Fisher, president of Allison's ACE Hardware in Lottsburg, is on the phone with one of her many suppliers, receiving assurances that her order of grass seed will be delivered on time.

"These days, you can't take anything for granted," she said as she hangs up. "We've been very fortunate to keep our shelves stocked but you have to stay on top of it."

Retail businesses across America are struggling to meet

demand for all types of merchandise. Products coming from overseas may be delayed for weeks or months. It's just added to the frustrations caused by the COVID-19 pandemic, but Nancy says her staff has risen to the challenges posed by the health crisis.

She credits Allison's associates for the store's continued success, not just in keeping shelves stocked but coping with all the stresses of the pandemic.

"I can't say enough about how well our associates have performed under these circumstances," she said. "When the trucks roll up and start unloading our products our associates restock our shelves quickly and efficiently. It's a challenge but our associates have shown time and again that they are up to it."

She also has praise for Allison's customers, who have remained loyal throughout this trying time

and have supported the store as it works to keep hard-to-find items in stock. "We can always count on our customers for a smile, understanding and kind word to lift our spirits. We appreciate them and consider them part of our extended family. After all, some have been customers since we opened the store in 1971."

You may have heard about all the supply chain bottlenecks that have limited supplies of everything from computer chips to aluminum cans. It started during the pandemic and has only gotten worse, limiting the number of new cars in dealer showrooms and creating empty spaces on grocery store shelves.

Economists say the reason for supply chain issues are two-fold and both stem from the pandemic. First, the entire supply system is built on just-in-time delivery. Producers and wholesalers are able to predict with precision just what and how much consumers will buy. There is very little excess capacity in the system.

The COVID-19 pandemic changed consumer behavior. Consumers spent less on restaurants and travel and, thanks to the stimulus checks, more on "things," like paint, tools and barbecue grills. That increased demand put further strain on the supply chain.

For a store like Allison's, the supply chain bottlenecks create additional pressure because of the long lead-time between ordering and delivery. Even before Allison's customers began shopping for holiday gifts and decorations Nancy had ordered next spring's grass seed and pool supplies. These days, she hopes for the best.

"We're fortunate to have strong relationships with our suppliers

and they've been very responsive to our needs," Nancy said. "But they are dealing with the same supply chain issues everyone else is and sometimes they have difficulty receiving all the products we need."

Nancy said the problems occurring during the pandemic have driven home the importance of her relationship with ACE. She credits the company with making sure she gets the products she needs, even though ACE is also facing the same supply chain problems every other major company is. The company recently told ACE stores that it was working around the clock to meet the demands of some November promotions.

Over the summer, ACE implemented Blue Ridge supply chain planning technology to unify and optimize supply chain planning functions across its global distribution centers and retail locations.

"In order to support 600 global stores, across 62 countries, efficient and accurate supply chain planning is required," said Brian Cronenwett, vice president, international logistics at ACE Hardware.

If Allison's gets a little extra attention from ACE it's no surprise. When you've been in business for five decades – Allison's marked its 50th anniversary in 2021 – longtime suppliers tend to make you a priority, even at a time of growing shortages. That's worked in Allison's favor during the supply crunch. So over the last 18 months, as retailers across the nation wrestled with declining inventory, people could always find Allison's front doors open and everything they needed.

Nancy Fisher.



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Health and Fitness in *Style*~Do You Have a Healthy Gut?

By Gloria J. Savage

When I run or do some other exercise, I don't think about my gut unless I have a tummy ache or something similar. If I have something going on in my tummy, I generally want to get home to take something that might help me feel better. Likewise, you don't usually think about gut issues when eating, exercising, working, or sitting around. That is unless you have occasional problems with your digestive system.

Before we talk about gut health, let talk about the gut. The gut, the gastrointestinal or GI tract, is the long tube that starts at the mouth and ends at the rectum. When we eat, food passes down the throat, into the stomach, into the small intestine, and continues into the large intestine. As food and liquids move through the body, they break down into smaller parts that your body can absorb and move nutrients where they are needed. The body then expels the remaining waste as feces.

Many facets of modern-day living, such as high-stress levels, too little sleep, eating processed and high-sugar foods, and taking



antibiotics, can damage the gut. There are many ways an unhealthy gut might manifest itself. Common signs include an upset stomach, a high-sugar diet, unintentional weight changes, and skin irritation.

Stomach disturbances like gas, bloating, constipation, diarrhea, and heartburn can be signs of an unhealthy gut. On the other hand, a balanced gut has less difficulty processing food and eliminating waste.

Processed foods and added sugars can decrease the good bacteria in your gut and cause increased sugar cravings, which research has linked to increased inflammation in the body. Inflammation can be the precursor to several diseases and even cancers.

Gaining or losing weight

without making changes to your diet or exercise habits may cause an unhealthy gut. The result can be the body's inability to absorb nutrients, regulate blood sugar, and store fat. Weight loss may be caused by small intestinal bacterial overgrowth, while weight gain may result from the urge to overeat due to decreased nutrient absorption.

Inflammation in the gut caused by a poor diet or food allergies may cause increased "leaking" of proteins out into the body, which can, in turn, irritate the skin and cause conditions such as eczema.

Having a healthy gut is essential because it impacts your immune system, your risk for chronic diseases such as diabetes, and your metabolism. So, if you think you have an unhealthy gut, make an appointment with your primary

care physician. In the meantime, do some research to find out how you can improve your gut health. For example, consider lowering your stress levels (meditate, walk, get a massage), getting enough sleep (7-8 hours per night), eating slowly (to promote digestion and nutrient absorption), staying hydrated (drink more water). You might also try eating plenty of plant-based foods (fruit, vegetables, whole grains, legumes, nuts, and seeds) and high fiber foods (legumes, beans, peas, oats, bananas, berries, asparagus, and leeks).

Like any other regimen you are incorporating into your schedule, it takes time and dedication. So, plan and take one day at a time.

Gloria J. Savage photo.



Jack A Snyder II, AAMS*
Financial Advisor

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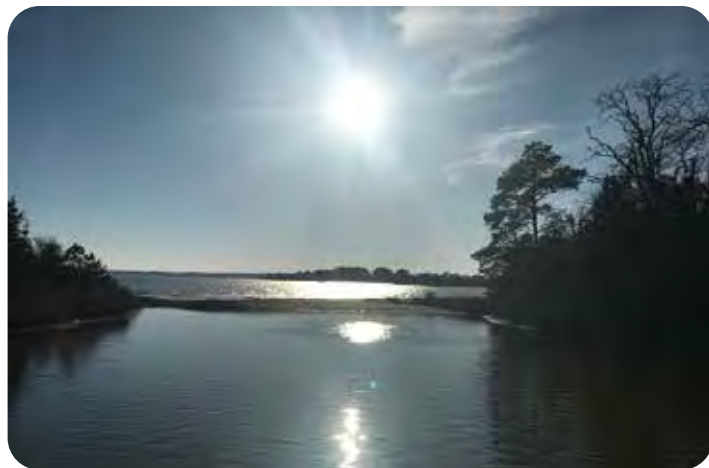
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Winter Water Wonderland



By Ann Eichenmuller

With the first frosty nights of late fall, the marina docks begin to empty, as cruising boats are hauled and cradled in stands or turn their bows southward for tropical waters. Yet many of our favorite boating

memories involve chilly December nights and sunny, clear January days right here on the Chesapeake and its tributaries. Winter boating has a lot to offer, from surprisingly good fishing to uncrowded anchorages

and starry skies—and don't forget boat parades.

Our first winter living aboard our sailboat boat in Solomons, the Christmas Lighted Boat Parade made its turn right in front of our dock. It was an unusually warm advent night, and dressed in jeans and t-shirts, we put our chairs on

the end of the pier, toasting each crew as they motored past, their holiday displays effectively illuminating the entire creek. I remember it as the start of a magical season of pot roast dinners in the cockpit and snow flurries dancing in the glow of spreader lights. To be fair, there were mornings in the next seven winters when I did not have such a romantic view of living aboard so far from the equator. On those days I grudgingly left the warmth of an electric blanket to creep carefully across the slippery, frozen deck and head off to work—but more often than not,

I would still stop for a minute and stare, awestruck by the sunrise.

While we still spend the occasional winter night aboard *Avalon*, like many of our Rappahannock River neighbors, we are more likely to venture out in a runabout or skiff at this time of year. But venturing out in cold waters in a small, open cockpit like *My Gold Watch*, our fish 'n ski boat, is very different from sailing a heavy blue water sailboat up the river. Obviously, we don't have the amenities or safety gear on *My Gold Watch* that we have

when you'll return, and where you plan to go—so they can notify authorities if you are overdue.

- Check your batteries before you go and be careful with usage if you shut off your engine to fish or enjoy the scenery. Cold temperatures can affect battery performance—and this includes batteries in any handheld navigation and communications electronics.

- Check the marine forecast before you go, including water temperature, wind, waves, and tides.

- Know where you are. Use a

paper or electronic chart and make a mental note of landmarks on shore and buoy numbers. Calling for help is only helpful if rescuers know where to find you.

- Wear a life jacket, especially if you are



on *Avalon*: heat, a propane stove, lifelines, harnesses with jacklines, and man-overboard equipment, just to name a few. While the water temperature can hover in the fifties and sixties until the New Year, hypothermia is a real danger if you have engine trouble and are caught out at night—or worse, end up in the river. No matter how seasoned the boater, things can go wrong, so we've found it's a good idea to take extra precautions:

Tell someone your "float plan"—when you are leaving,

boating alone or with someone unfamiliar with operating your boat.

There's a lot to love about late fall and early winter boating. Bundle up, be safe, and enjoy! *Ann Eichenmuller photos. Ann Eichenmuller is an avid boater, marine and travel journalist, and winner of four Boating Writers International Awards. She is also the author of the Sandi Beck mystery series, set locally and available on Amazon, Barnes & Noble, and independent booksellers.*

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Style Spotlight~Let The Courthouse Restaurant Serve You In Style



By Gloria J. Savage

As I walked into The Courthouse Restaurant to meet with owners Doug and Kim Hibbs, I noticed these cool looking tabletops. They are uniquely beautiful. There are business advertisements from table to table. They grasped my attention. We sat at a large one in the restaurant's front area, not far from a window facing the street. Traffic was flowing, and I could hear the clanking of pots and pans. I knew the restaurant was closed that day and later learned that an employee was prepping for the next day.

We sat down and began to chat. It seemed as if I had known Doug and Kim for many years. They love Gloucester and talk about how the community has supported them "from day one." Their motto is "Welcome Home" because they want people to feel like they are "coming into our home and sitting at our table" as a guest. Coffee is always free and has been since they opened the restaurant. Kim says, "Everyone describes us like Cheers, where everyone knows your name.

member. They describe their staff as dedicated and supportive. One particular, loyal staff member has been at the restaurant since opening day. Kim says, "People come in looking for the regulars, and we feed them physically and spiritually. They regularly thank the customers for their loyalty and support. Doug said, "We also tell them about Jesus." Doug and Kim get to know their customers as friends and family. They laugh, cry, and pray with them. They stay knitted together as they meet and share meals and conversations.

The restaurant serves many seniors who are comfortable at the restaurant. They love to gather there to see each other, sit and visit, and have coffee. The restaurant has four large tables that seat six or more. Some customers come every day or several times a week to meet, sit together, and share their lives. Doug makes all the soups, and people often call wanting to know the soup of the day.

The restaurant was short-staffed during the pandemic and started closing once a week. Doug, Kim, and the employees needed a break

People often tell us that we know everyone's name."

Doug and Kim love to feed and care for people. They have a staff of 18, six of them are high school seniors, and one is a family

from the busyness of working seven days a week. So they all got together and decided to close one day a week. They selected Tuesday. The new schedule started in August of this year.

When the owner was trying to sell the restaurant, no one was interested in purchasing it.

Doug and Kim couldn't stop thinking and talking about the building. They didn't know what they were getting into, but they still wanted to purchase the restaurant. Their church family joined their family in prayer. They were offered a lease with an option to buy. Kim's mother said they needed to take a step of faith; their son Joshua encouraged them to buy the restaurant. They took a "leap of faith;" they leased the property for five years then bought it.

Gloucester is now "home" to Doug and Kim. They said it has felt like home since they opened the restaurant in November 2009. November is a unique serving month for them. They give a free Thanksgiving Dinner to the community every year, except in 2020, which had COVID restrictions. The dinner is their way of thanking the community for their support. Join them on Thanksgiving Day from 12:00 p.m.-4:00 p.m.

Doug and Kim's conversations about the restaurant remind me of an old family generational gathering place. The edifice was built in 1932

and has always been a restaurant. Because Doug and Kim have known each other since he was 12 and she was 9, I think they have more than a restaurant. So stop in and join over 15 loyal customers that come every day. Find out for yourself.

Visit The Courthouse Restaurant or order takeout. They are located



at 6714 Main Street, Gloucester. You can also reach them at 804-210-1506, on Facebook, or through www.thecourthouserestaurant.com. They are open Mondays and Wednesdays-Sundays, from 6:00 a.m. – 2:00 p.m. So go and have some fun.

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

Gloria J. Savage photos.

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Award Caps Off Bay Transit's 25th Anniversary Celebration



By Michael B. Norvell

Bay Transit, the public transportation division of Bay Aging, is the Virginia Transit Association's (VTA) 2021 Public Transportation Outstanding Marketing Award winner. Bay Transit received the award at the 2021 Virginia Transit Association Conference & Expo held in late September in Tysons Corner, Virginia.

Like transit systems across the state and country, the COVID-19 pandemic dramatically impacted ridership on Bay Transit. Excepting Bay Transit's seasonal trolley service, Bay Transit continued to operate without interruption throughout 2020. Nevertheless,

among the public that Bay Transit was employing best practices to safeguard drivers and riders against COVID-19. Branded as Good to go!, the campaign was designed to inspire confidence in Bay Transit and reassure riders that the extraordinary measures being taken would keep them safe.

To help people feel safe and comfortable riding on their buses, Bay Transit suspended all fare collection eliminating the exchange of money or fare media between drivers and riders. On every bus, Bay Transit installed plexiglass shields around the bus driver's seat, premium cabin filtration systems, plexiglass partitions between every passenger seat, cordoned

especially during the first half of 2020, ridership on Bay Transit dropped significantly. In response to this trend, a marketing campaign was developed to raise awareness

off bus seats, limited ridership to ensure adequate social distancing, regularly cleaned and disinfected the buses, required all bus drivers to wear masks and provided hand sanitizer and/or face masks to any rider who needed them.

Branding was developed for the Good to go! campaign articulating Bay Transit's commitment to these COVID-19 safety protocols in a positive, easy-to-read manner. Over three hundred 'Good to go!'

that the campaign articulated. He worked tirelessly installing plexiglass partitions around the driver's seat and between every passenger seat, premium cabin filtration systems, touchless hand sanitizer stations and Good to go! graphics in every bus in the fleet," Pollock said. "It was a massive undertaking."

Similarly, Bay Transit partnered with county administrators and board supervisors across the

region to promote the Good to go! initiative. County administrators and board supervisors in Essex, Richmond, Gloucester, and New Kent Counties were photographed in front of and riding in the 'Good to go!' branded buses to support press releases to local newspapers. "Having the support of local officials throughout the region gave the campaign added visibility and credibility," Pollock noted. "For Bay Transit



decals were affixed to the plexiglass partitions between every seat on every bus in the fleet. Three buses had 'Good to go!' advertising applied to the outside of the buses.

To Bay Transit's Director, Ken Pollock, the award was emblematic of the unwavering dedication of the Bay Transit workforce. "While the VTA award is for outstanding marketing, our Good to go! campaign is also reflective of the hard work of David Fols, Bay Transit's Fleet Manager, and the dedicated men and women who so professionally and safely operate our buses. David and the maintenance team implemented the COVID-19 safety protocols

to receive this award during our 25th anniversary really makes it special. It also gives me tremendous confidence about the future of our transit system." Call the Bay Transit Ride Line 877-869-6046 or visit the website at www.BayTransit.org.

L-R Gloucester County Administrator J. Brent Fedors, Gloucester County Board Supervisor Michael 'Mike' Hedrick, Gloucester County Community Engagement and Public Information Manager Gloria Williams, and Bay Transit Director Ken Pollock. Bay Transit Fleet Manager David Fols demonstrates the touchless hand sanitizers. Michael Norvell photos.

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Treasured Moments

By Sandra C. Fykes

As a child, trips to the airport and train station to pick-up and drop off relatives and friends were always an emotional roller coaster for me. I was always so excited to meet loved ones and bring them to our house. I loved the moments when I first spotted them out of the crowd arriving from the gate or baggage claim. I could not wait to hug them and get them in our car to begin our family adventures.

While waiting for them to arrive, I was already emotional from witnessing multiple reunions and goodbyes of those within my sight. Every moment I happened to witness touched my young heart as I experienced the universal, loving bond of humanity in transit.

I did not know the names or circumstances of the people, young and old, holding hands or hugging one another, and having first or last conversations, sometimes with tears of joy or sadness. For those departing, I would even wonder when they would see their loved ones again? During those moments, I saw and felt their love, joy, tears, and sometimes sadness as I was preparing to greet my loved ones with open arms. However, when it was time for our own goodbyes, I can still remember how sad I felt watching them leave. I deeply missed them from the exact moment they were out of sight. As I walked out of the station, usually in tears, I was empathetic to those I passed by that were saying good-bye, too.

As an adult, airports and train

stations are still so much more to me than transportation hubs. Even though I have not been to either one in a long time, I still have sweet and sometimes bittersweet memories of being inside them.

There is one more special place that holds a higher meaning to me than the airport or train station. From the moment that I step inside my church, I can see and feel a collective love and desire for God, and for one another, and that surpasses all my other experiences. Most of my sweetest and cherished memories have been at church. When I step inside the sanctuary for a worship service, baptism, prayer vigil, wedding, or for a funeral/homegoing service, I am always surrounded by a loving, supportive community filled with family, friends, and neighbors. There are

also times when I am there to serve and support others in need.

Whether I am in the company of those I know, or have not met, we are all family and together creating everlasting bonds and memories. It does not matter if I am in a small, country church, a large, metropolitan church, chapel, or cathedral to worship, pray, or say an earthly goodbye, what happens inside and in the lives of those gathered at that time is what truly matters.


This brings to mind one of my favorite hymns written by Richard K. Avery and Donald S. Marsh, "We are the Church." What a blessing to come together for worship and experience divine love, fellowship, and treasured moments amongst ourselves, both inside and beyond the church walls.



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Why Writers Disappear In November

By Denise DeVries

Since 2018, I have begun preparations in October to disappear for the entire month of November. Last year, my preparations included pre-dating my blog posts and stocking the freezer with lasagna and chili. Although I say goodbye to my family and friends, I'm not alone. In 2020, I joined more than 500,000 people who emerged blinking on December 1 with manuscripts of 50,000 words. At least that was the goal, and so far I've met it every year.

National Novel Writing Month began in 1999 when San Francisco Bay writer Chris Baty invited 21 friends to write a novel in a month, six of whom reached the goal. NaNoWriMo became a nonprofit in

2006, and numbers of participants have increased each year.

If you think putting out 50,000 words seems daunting, just consider that it's only 1667 words a day. One of my most successful writer friends said, "I could never do it. It's too stressful." I found the opposite. By making writing a priority for one month a year, I don't feel as guilty when I don't write during the other eleven.

One of the main pieces of advice for NaNoWriMo participants is to avoid editing until the end of the month. For those thirty days, my inner critic is gagged, chained, and thrown in a closet, and I even ignore spellcheck. I'm free to write as Ray Bradbury advised, quickly and without thinking. "In quickness is truth. The faster you blurt, the more swiftly you write,

the more honest you are," he said.

You may wonder what winners of the NaNoWriMo challenge actually win, besides a big stack of completed pages. Well, there are bragging rights, for one thing. The site has a nice certificate to print and display. There's also the satisfaction of finishing something, and you could even make some new friends.

On November 27, 2018, I met my goal and wrote in my blog, "The story isn't finished yet, but I learned some great writing habits and am already planning my next novel." In 2020, I started NaNoWriMo preparation with my first-ever outline. The past years had taught me that characters change their minds and plots take unexpected turns. I don't mind that, but I also found that some time during the month, some characters go on

Adults are invited to Lancaster Community Library on November 2nd and 16th at 12:30 p.m for one-hour bag lunch sessions to start a writing practice of any type, or to participate in NaNoWriMo, National Novel Writing Month. Aspiring writers will share tips, support each other, and try 15-minute "writing sprints" using prompts.

hiatus or the plot breaks down a day's journey from anywhere. With an outline, I could skip over the tricky spots and write a later scene or develop a new character.

This year, I'm going to take all those intrusive side plots, offbeat characters and oddball ideas that always interrupt my "real" writing, and turn them into a novel-length collection of linked stories.

Would you like to join me?

Contact Denise DeVries at deniseadevries@gmail.com for information about NaNoWriMo activities in the Northern Neck.

"Everyone has a story to tell, everyone's story matters." NaNoWriMo motto (NaNoWriMo.org).



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Brain Injury: Seniors and Falling

By Martha M. Hall

Like it or not, winter is coming, and with it, the threat of ice and snow that can make walking and moving around treacherous. Slick sidewalks, icy parking lots, and snow-covered driveways increase the likelihood of falling, and more than one of us has sustained a brain injury from a fall.

Senior citizens are particularly vulnerable to falling, not just in the winter, but year round. Falls are the number one cause of brain injuries, and those most at risk are adults over the age of 75. One in three older adults falls every year, and the risk of falling increases with age. Although falling is not an automatic result of aging, seniors do have some particular risk factors:

- **History of falling:** If you fall, there is a 50% chance you will fall again within a year. Many who have a fall become overly cautious, and fear of falling can lead to decreased mobility and loss of physical fitness, which increases the risk of falling again.

- **Physical issues:** Arthritis, blood pressure issues, and vision changes such as macular degeneration, or the need for bi-focal or tri-focal lenses, can challenge mobility and increase the risk of falling. Lack of activity or movement

frequently causes muscle or bone loss, which contributes to weakness of arms and legs.

- **Medications:** Many seniors are taking multiple medications, some of which cause drowsiness or dizziness, and the more medications that are taken, the greater the risk of drug interactions.

- **Environmental hazards:** At least one-third of all falls among older people involve environmental hazards both inside and outside the home.

Many falls—and brain injuries—for seniors can be prevented with some simple actions:

- **Home Safety:** Remove papers, books, or clothes you can trip over from stairs and walkways. Use 2-sided tape to keep throw rugs in place. Keep frequently used items in areas where you can easily reach them without using a step stool. Use non-slip mats in the bathtub and shower. Improve the lighting in your home—turn on lights at night.

- **Exercise:** Tai Chi, yoga, walking, or water aerobics can increase strength and agility and improve balance and coordination. Check with your doctor about the

program that's right for you.

- **Medication:** Ask your doctor to review all the medicines you take, including vitamins and supplements, for interactions, and be sure you know the common side effects of the medications you take.

- **Vision:** People with vision problems are twice as likely to fall as those without visual impairment, so make sure that your glasses fit properly, and have your eyes checked annually.

Take every blow to the head seriously, and seek medical attention. Repeated vomiting, severe headaches that get worse, loss of consciousness, or confusion are indications you may have suffered a concussion. See your doctor to ensure that you have the best chance for complete recovery. Get plenty of sleep at night, rest often during the day, and avoid physically and mentally demanding activities. Gradually return to your daily activities. If symptoms return, reduce your activities and talk to your doctor.

No one thinks about brain injury until it happens to them. Knowing how to deal with it will help you to be prepared if it does happen.

For more information about brain injury, contact the Brain Injury Association of Virginia, by phone (800-444-6443) or by e-mail info@biav.net.

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Enjoy Golden Village Christmas at RHHT



By Corinne Anthony Becker

There's no better way to get into the Christmas spirit than with shopping, greenery, caroling and holiday cheer at this year's Golden Village Christmas, Saturday, December 4th in Heathsville! This

annual celebration of Christmastide on the Northern Neck takes place from 10 a.m. to 2 p.m. at Rice's Hotel/Hughlett's Tavern (RHHT), in the heart of Heathsville's Historic Town Square.

A lovely antique property that dates back to the late 1700's, The Tavern will be decked out for the

season that day. Strolling carolers will serenade shoppers while they savor a free cup of hot mulled cider.

Inside the Tavern is the Heritage Arts Center gift shoppe, where shoppers will find a large assortment of unique artisan-crafted gifts for sale. All wares are locally-made, including unusual handwoven place mats and napkins, lace-knit shawls, quilted table runners, wooden boxes and trivets, pottery, handmade baskets, jewelry, and many other decorative items.

Upstairs, the Spinners & Weavers' Studio will be open and guild members will be demonstrating their skills. Downstairs, the Quilt Guild will be in residence in their studio. Before heading outside, stop to buy delicious home-made cakes, pies and cookies at Ye Olde Bake Shoppe.

Inside the Tavern Meeting Building, which is located directly behind the

Tavern, children will find a special shopping area just for them. For the princely sum of \$1 per gift, kids ages 4 to 12 will be able to buy gifts for all the members of their family. Tavern elves will help them select appropriate gifts and then wrap the gifts as well. (NOTE: Children's shopping will be by appointment only again this year. Face masks required. Call the Tavern for specifics.)

Outside on the Tavern Green, Garner's Produce of Warsaw will be selling wreaths, winter squashes, apples and other locally-grown fall produce. Other vendors will be selling jewelry, Alpaca products, knitted items, Christmas decorations, Whitley's Gourmet Peanuts, and more gift ideas. Fresh decorative door swags and other holiday greenery will be for sale by Tavern volunteers.

New this year will be a silent auction for specialty themed gift baskets, all ready for holiday gift-giving. Just buy tickets and put them in the fish bowls. Winners will be drawn at the end of the event.

Santa will be waiting inside the Carriage House to greet children and have pictures taken (11 a.m. - 1 p.m.) Bring your own camera. (Social distancing will be required again this year; no sitting on Santa's lap. Face masks required.)

Then follow the smoke to the Tavern's forge, where the Tavern Blacksmith Guild will be hard at work. The Tavern

Woodworking Guild will be in residence at their colonial era workshop at the Carriage House.

Members of the Antique Auto Club of America and the Northern Neck Corvette Club will be cruising-in with their antique and classic cars. The Northumberland Public Library's Tech Mobile will make an appearance. The public is invited to tour this mobile library and Internet hot-spot.

The Tavern's food concession will be offering refreshments for the hungry. Located inside the Tavern Meeting Building, its menu will include breakfast sandwiches, hot dogs and chili dogs, chips, and hot & cold beverages, plus sweet treats. For a leisurely sit-down lunch, come back inside the Tavern to the Tavern Café, where the volunteers of the Tavern Culinary Guild will be serving homemade soups, fresh-baked breads, quiche, sandwiches, and sweet treats.

And don't leave without getting a free candy cane from one of the Tavern's costumed docents.

The Tavern Café and Gift Shoppe are open year-round, Thursday thru Saturday, 10 a.m. to 2 p.m. For more information, visit www.RHHTFoundationinc.org or call 804-580-3377.



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NNPP~A New Venture

By Martha M. Hall

Looking for a unique Christmas gift that supports a project for homeless animals in the Northern Neck? Look no further than the Northern Neck Partners for Pets (NNPP) booths at the Kilmarnock Antique Gallery!

The NNPP is a 501(c)(3) organization whose mission is to construct and support a privately held, four county no kill animal shelter and adoption center. The shelter is to supplement and enhance the services of existing county animal shelters by providing a place for animals to be safely and comfortably housed, receive required medical treatment, and benefit from training in a 36 acre park-like setting. Fueled by donations the NNPP recently broke ground for the project and launched a Capital Campaign, enabling the Board of Directors to begin to translate years of planning into a long-awaited reality.

One of those donation efforts, two booths at the Kilmarnock Antique Gallery, is spearheaded by Martha Sheridan, a committed animal lover who began her volunteer service with the Animal Welfare League (AWL). "The volunteer work that I did for the AWL," Martha says, "stemmed from my experience as a buyer and store manager for Johnson's Florist & Garden Center in Washington, DC. When I retired from Johnson's, I was looking for a way to do something for local animal welfare efforts. At the AWL thrift store in Kilmarnock, I could use my retail experience by pricing donated merchandise, and coordinating window displays. I was also involved in their fundraising efforts. When I moved on from the AWL, I still wanted

to use my skills to benefit animal welfare programs, and I decided to help with the NNPP effort."

"I am devoted to animals," Martha says, "and I wanted to do something to help further this project along. I had the idea of opening a NNPP booth at the Kilmarnock Antique Gallery. I began gathering items that I thought would be attractive to buyers, and I was given several items from other KAG vendors, as well as by local businesses that support the NNPP project. My two-booth space at the Gallery is arranged as individual rooms to show off the donated items to their best advantage. I also satisfy my artistic self by buying inexpensive items and repurposing them with paint or material." The fortunate buyer of these lovely repurposed items goes home with the satisfaction that the purchase price helps to support the efforts of the NNPP. Martha also has a donation box where people can leave contributions to the Shelter endeavor, even if they don't buy anything that day. To date, the booths have generated an average of over \$1,000 a month toward fulfilling NNPP's goal of providing a no-kill shelter for the Northern Neck.

Martha Sheridan, creator and curator of the NNPP booths tucked away at the back of the Kilmarnock Antique Gallery, is an elusive benefactor, but if you are lucky enough to see her when you visit, you'll meet a charming woman who loves the work she does for animals needing protection, and who will encourage you to support NNPP's cause as well.

For information NNPP, website (northernneckpartnersforpets.org) or follow them on Facebook. Please donate!



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Building Homes for Homeless Cats



By Ginger Landry GRI Volunteer

There are way too many community/homeless cats in the Northern Neck. They all try to make it through the cold and wet harsh

coats, but they still need warm, dry places to protect them from harsh weather. Building a shelter is relatively simple, and there are a variety of plans for inexpensive cat shelters available online:

winter months in the NNK. And of course, the rainier or snowier it gets, the worse it is for our outdoor furry friends.

We all know that cats have thick

- Plywood shelter
- Styrofoam shelter
- Storage bin shelter

No matter the design of your shelter, it needs three essential qualities:

- Shelters must be well insulated
- Have minimal air space
- Waterproof so the interior remains dry

When constructing a shelter, size is important.

It should be large enough to house several felines, but small enough to trap cats' body heat to warm the inside. If the shelter is too large, it will be difficult for cats to keep the space warm.

It is recommended to put shelters where the cats are already used to going, like in an area you know they like to hang out. It is best not to put shelters out in the open, like in the middle of a yard or lot, but under or against something, i.e. a building, fence, tree, porch, bush or some type of overhang. Ideally, the spot will be out of the wind but exposed to the sun.

If you're building your own shelter, look for insulation like straw that repels water. Hay, in contrast, can soak up moisture and get moldy. Straw is the best.

In addition to providing winter shelter, feeding community/homeless cats is a life-saving service and it needs to be done

responsibly. If you decide to do it, place food and water near the shelter where it's easily accessible and safe from the elements.

The Humane Society suggests placing two shelters with their doorways facing each other and securing a board between them to create a canopy. NNK is prone to freezing temperatures, so place water, dry or canned



food in a thick plastic container that's deep and wide. Place food/water containers under canopy elevated off the ground.

These easy DIY suggestions will not only assist homeless cats to survive the winter months but also warm your heart. As a rule of thumb, it's better to help sooner rather than later. So if you're worrying about how to keep a stray cat warm outside in the winter, go ahead and start helping now.

References any of the following sites for detailed DIY methods: garfieldsrescue.org, alleycat.org, neighborhoodcats.org



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Books in *Style* Breaking the Eighth

Review by Gloria J. Savage

Carol Bova's new book, *Breaking the Eighth*, the second Chestnut Springs novel, is scheduled to print in time for Christmas. It has a very legal and ethical theme related to embezzlement and church folks, and it expresses the heart and soul of everyday living in the small close-knit town of Chestnut Springs. Carol Bova has packed this innovative work of fiction with challenges, loss of hope, sadness, suspense, and uncertainty. But, she has also filled it with anticipation, rekindled hope, joy, opportunity, romance, and so much more.

Breaking the Eighth includes knowledge builders from which every person in any family can learn something different. It is a very informative read with teachable lessons along the way. First, there is cooking, with some quick and easy recipes that can be helpful for entire families. Also, there is information about jewelry, military, animal care, etiquettes, living

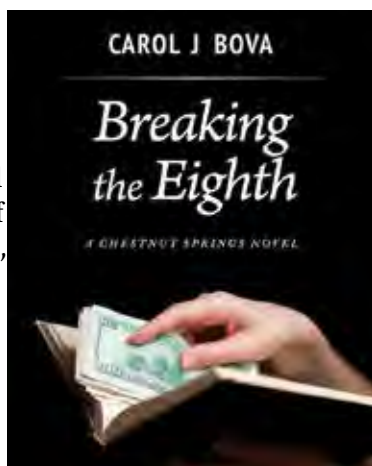
conditions, and love and affection. Finally, the novel deals with a great deal with legal and ethical issues.

It includes a secret that will unfold as you travel through the pages and experience the different ways people form opinions and discuss important issues that touch families and the entire town of Chestnut Springs.

Like me, you will probably find yourself flowing with and following the characters as they live their lives with all the usual ups and downs of any other town or community. This novel left me wanting

a bit more of everything it had to offer. Check it out for yourself and join the characters on pins and needles as you anticipate conclusions and outcomes with them. You, too, will learn that Chestnut Springs is truly a place for "life, love, and second chances." Let's be hopeful for a third Chestnut Springs novel by Carol J. Bova.

Breaking the Eighth is available on amazon.



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Style Spotlight~Bay School Will Bring Out the Artist in You!



By Gloria J. Savage

The Bay School Community Arts Center is a non-profit organization in Mathews County. It was founded in 1997 by Wendy Wells, with the original name Mathews County School of Country Arts. The Bay School website list six statements to fulfill their mission through excellence and diversity. They are all exceptional statements, but my favorite is “Foster an appreciation of the arts and encourage people of all ages and abilities to explore their creativity.”

Pam Doss, the Executive Director and art major has been with Bay School since 2014. She describes Mathews as “a small community with lots of charm.” In addition, she says, the downtown hub is a welcoming space.

In describing Bay School, Pam talked about the tremendous effort to provide programs that appeal to people of all ages and generations. She said, “We don’t do everything, but we try to.” Their personal touch makes the Bay

School’s gallery a place where “everyone is welcome.”

Some people calling or visiting the Bay School generally want to know if the artwork in the gallery is all made in the school, and the answer is no. The works are representative of over sixty artists (local and regional) at any given time. Others want to know what classes the school offers. Pottery and painting are the two main offerings, but they also offer fiber arts, jewelry, and so much more. They have lots of classes and a student body of over 1500. Many of the classes are specifically for children. Check it out for yourself.

A six-member staff operates the Bay School. Pam is delighted that they did not lose any staff members or hours during the pandemic. When they were closed, the staff worked from home, and everyone got paid on time. Considering the multitude of everyday challenges, plus those specific to COVID-19, that is a magnificent report. I understand why Pam says, “The employees are all loyal, dedicated, creative, and nothing stops them.”

The Bay School has callers and visitors from Maryland, The District, Delaware, and on weekend trips. They also have international visitors occasionally. Pam invites all to, “Come and find the artist in you.” Pam and the entire staff welcome everyone. I went to take some pictures, and I will be going back to take some classes. I want to have some fun with the others.

Oh, be on the lookout for The Made In Mathews Open Studio Tour. It was created in 2002 by Lynn Abrams and Rosalie and

Larry Brown. After participation in other festivals, they and eight other artists created their own event. The event has been a great success, and the tour has had 47 different artists. In addition, this year, the tour will feature a student art contest for grades 9-12. Noted artist P. Buckley Moss will be on the panel of judges, and they will award cash prizes to the 1st, 2nd, and 3rd place winners. It is an excellent opportunity to experience the talent



and creativity of local artists and get involved in the community. Don’t miss it. It will happen on the three days after Thanksgiving, November 26, 27, and 28. Come out and support the community!

During my interview with Pam, I knew I needed to experience the Bay School for myself. So often, we pass or walk through a building or structure and only glimpse it. We know where it is and sometimes what is inside. We may have had a meeting there or read about things that happened there. But did we truly experience what they offered? Talking with

Pam, I knew I was missing some great opportunities to experience the Bay School Community Arts Center. With that said, I challenge you to experience the Bay School. Don’t just ride by or stop in for a quick visit. Sign up for a class or purchase an item from the gallery. Have an authentic experience. Go for it! Make a handmade keepsake for a child or an adult, or purchase a ready-made gift from the gallery. It could be for a birthday, anniversary, or just because you care.

The possibilities are endless and priceless.

You know what to do. Visit Bay School Community Arts Center, at 279 Main Street in Mathews. Pam and other staff members will be delighted to see you. Find them at 804-725-1278, on Facebook, or through www.

bayschool-arts.com, or

emailbayschoolarts@gmail.com. Hours are Monday-Wednesday, and Saturday from 10a.m. – 4 p.m., Thursday and Friday 10 a.m. – 5 p.m. So go and have some fun.

Gloria J. Savage photos. Staff Jennifer Schroeder, Pam Doss, and Virginia Coyle.



Books in *Style*~When the South Wind Blows



Review by Denise DeVries

When the South Wind Blows, historical fiction by Ginny Brock

The “untold story of The Phantom of the Carolina coast” begins, “A miasma

of rumors arose from the swamps around Charleston...” This is just a hint of the word craft and great visual imagery that make the book fascinating. The air itself seems to be one of the characters, appearing in diverse forms and in various scenes to set the otherworldly mood inspired by the legend of the Gray Man of Pawley’s Island.

In the first chapter, we’re taken into the mind of Confederate Lieutenant Ross Stanley as he assists in the evacuation of Fort Sumter. With just enough detail to bring the story to life, Ginny Brock sets

us down behind Confederate lines among plantation owners, southern abolitionists and enslaved people, all waiting for Ross to return and marry his childhood sweetheart Katie Rose.

This young woman, as full of courage as she is of romantic daydreams, seems to have a mysterious connection to her betrothed. But not even she has the

vision of Sadie Jones, the woman who raised Ross alongside her own son Zack. With only Sadie’s word of a premonition, Zack sets off through storms, floods and darkness in a

daring attempt to bring Ross home.

Although I don’t usually read novels of war or romance, the characters and descriptions in this one kept me turning the pages. Even the horses were so well developed as characters that I felt I knew them. I especially admired the author’s evident research into medical practices of the times. Ross’s father, a doctor and reluctant plantation owner, practices the hygiene techniques he learned from Dr. Lister, and gradually adopts some of the herbal practices he learns from Sadie, such as boiling sassafras root for fever. This is the type of detail that shows Ginny Brock’s extensive knowledge of Carolina plant life and landscapes.

I learned for the first time about the south’s indigo plantations and how their loss affected ordinary

people as well as landowners.

Ginny also described in vivid detail the difficulties in transportation and communication that made rumors and even premonitions such an important source of information—or misinformation—at the time.

Ginny Brock was born in Johannesburg, South Africa, lived in many places around the world, and immigrated to the United States in 1969. She worked as a journalist for thirty years.

Before writing *When the South Wind Blows*, Ginny had already published three nonfiction books inspired by her lifelong interest in metaphysics and the spiritual world. *Find out more on Facebook, Author Ginny Brock and Amazon, Follow Ginny Brock.*

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Ready or Not...Here I Come

By Ellen Dugan

In the land of make believe—a magical place where five-year-olds live—you can be anything you want to be. An astronaut, a fairy princess, even a dinosaur. You can also delight in hiding from your friends or experience the joy of finding them in a game that's said to be as old as foot racing and tag—Hide and Seek.

No one knows for sure when the game of Hide and Seek first came out of hiding, but experts who've searched for the answer—in more time than the game's countdown allows—think that it may have originated from the Greek game, *apodidraskinda*, first mentioned in the second century. Since then, the game has been played all over the world perhaps because it's easy to learn, doesn't require expensive

equipment, and can be played almost anywhere.

Like Kick the Can and Capture the Flag, Hide and Seek is a classic. Its drama

and simplicity have been capturing the imaginations of children for centuries. Early on, the game's popularity was explained in terms of allowing children to experience "the thrill of a hunt" or even more importantly, "the thrill of successfully evading a predator." Certainly helpful at the time, but hardly a motivating force today.

In today's child-rearing circles the game is credited with



developing observation and counting skills, as well as functional skills like working memory, mental flexibility,

and self-control. There is also a degree of planning and prioritizing involved as in *Where is the best place to hide?* and the ability to put yourself in someone else's play shoes as in *Where in the world would I hide if I were Susan, or Jack, or Brittany?*

Add the belief that Hide and Seek fosters independence, assists in developing coordination and balance, (*Can I really fit into this small hiding space?*), and exercises young bodies by keeping them moving, and the game quickly becomes an approved excuse for encouraging players to hide from reality as they happily search the halls of fun and fantasy.


An excuse so perfect that adults are getting into the game,

including endurance athletes, roller derby queens, wine bottle boat builders, rugby players, sea voyagers, costume designers, and mothers of wayward two-year-olds.

In 2010, what started out as a joke morphed into the world's very first Hide and Seek Championship complete with a Golden Fig Leaf award. That event in Bergamo, Italy attracted 15 teams of 5 players each—age 18 or older. Fast forward to 2017. The eighth Hide and Seek World Championship was held in Consonno, Italy. This event hosted 80 teams from 14 countries. It was so popular that the Olympic Committee expressed an interest.

Meanwhile two teams in Chengdu, China were hiding and seeking each other so successfully that they set the Guinness World Record for a Hide and Seek game—1,437 participants – on January 01, 2014. It still stands in spite of a serious challenge from England.

Why do they do it? What motivates people to return to the joys of their childhood? For some, it's a moment of sociality and fun. For others, as one player observed, it's "to be themselves and stop hiding."




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The Gift of Chocolate



By RuthE Forrest BCTMB

As a child I was convinced that the gold gifted to the baby Jesus by the Magi

consisted of those little gold-foil wrapped chocolate coins that miraculously showed up in my stocking each Christmas. They were my favorite candy of all the myriad choices that continue to be available at my house during the holiday season. Turns out that mom was pretty smart to give her three girls dark chocolate coins.

The bean-like fruit of the Theobroma cacao tree has been revered for its medicinal healing properties for ages. The bean forms on the bark of the tree after the delicate white flower buds wither. Chocolate has come a long way

from the bitter pasty-thick drink that supplied ancient Aztec and Mayan warriors with strength and energy. Today's modern versions run the gamut from snappy 93% cacao chocolate that's brittle; to sappy soft confections mixed with dried fruits, nuts and other unpronounceable ingredients, but not much cacao. Called by many civilizations "the food of the Gods", chocolate was brought to Europe as an all-purpose tonic for a variety of conditions including depression and insomnia. Special serving ware sets were invented for drinking hot chocolate, and these bring a pretty penny today in Antique shops if you can find them.

According to brain expert Dr. Daniel Amen, chocolate "...contains a variety of brain active substances."

Including a chemical that increases serotonin in the brain, the "... don't worry - be happy" neurotransmitter. This superfood also contains PEA, phenylethylamine, a psycho-active compound that alerts your brain that something fun is about to happen. Ironically, chocolate is also considered a stimulant, as it increases dopamine activity in the brain, making you feel really good when you eat it. In fact, his research shows that chocolate contains hundreds of healthy properties that promote a positive mood and foster clear-thinking. When you eat a wonderful piece of dark chocolate your brain reacts the same way as when you are in love!

Healthy chocolate makes a great gift that's appreciated by most who receive it. Not only does it contain plenty of fiber and protein, it's one of the ultimate comfort foods. By

promoting a positive mood and healthy cognition, chocolate may even induce a feeling of euphoria in some individuals. Especially when a little girl who loves it finds it in a stocking with her name on it during a magical Christmas morning.

Now you know why I always place a small piece of chocolate on my massage table for clients. I hope to inspire them to feel good in as many ways as I possibly can. Include this favorite superfood in your holiday celebrations and gift your loved ones with a little piece of feel-good. May your holiday season be magical! And may PEACE reign in your heart throughout the New Year! *For more healthy-living information call me at Spa 2 U 804-453-5367 The chocolate tree with cacao beans forming from flowers coming out of the bark of the tree. Pretty cool!*



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Cassie's Tale~Home at Last II



By Darleen R. Nichols

In February of 2019 my heart was broken as I had to put my dear little dog Nicky to sleep because of so many illnesses. I said then I would never have another pet. How wrong can a person be? After four months of a lonely home, I went online looking for another dog. I decided I was not going to get another like Nicky nor was I going to get a male. I decided to get a female if possible and name her after my best friend Cassie Parker.

I made many trips on line looking and looking. I looked on the website for Homeward Trails in Arlington, Virginia where I had adopted Nicky. I scrolled down looking at the

available rescues and saw this little angry looking dog. Actually, I thought her quite unattractive because she appeared ready to chew nails. I went back looking day after day and kept coming back to this little angry looking dog which I learned was a Mini-Pin. I couldn't imagine who would adopt her. Well, now we all know who did. I ended up meeting her and

her foster mom across the 301 bridge in Maryland one evening thanks to my dear friend Luke who provided the driving. Needless to say, I didn't just meet and greet, This angry little dog that I had already named Cassie came home with me that night. One of the very best things I have ever done.

At first she had numerous accidents in the house although I had been told she was housebroken. Well, I learned that she didn't consider this her house so it didn't matter. To her, this was just one more stopover to nowhere. She stayed as far away from me as possible. Once she

accepted that this was her home the accidents in the house ceased completely and she doesn't like to potty on this side of the street much less in her own yard.

The first thing I noticed was that when I went out she scratched the white paint off the back door. My friend, Bill Northern, the animal communicator told me I had to inform her of where I was going and when I would be back adding extra time just in case. I thought this strange but did it any way. Cassie has never scratched that door again since I followed Bill's advice. She did begin to warm up to me a little bit as I was the source of her food.

We had a little problem at first determining who was leader of the pack. It has now been well established that Cassie is. She does take very good care of me barking at all who come near even automobiles which are her mortal enemies. A holdover no doubt from her days in Columbia. We go out to walk and she determines the route which varies daily. She understands so much of what I say to her. In the beginning I assumed she understood Spanish. She doesn't—not one word.

Our days soon settled into a comfortable pattern and she began welcoming me warmly when I came

home. Soon she was snuggling up to me and getting under the covers at night. I have to be careful if I get up to go to the restroom as she will move into the spot I left because it's warm. She loves stretching out in the sun so in the mornings she's at the front door and in the afternoon on the back porch. She is terrified of rain and storms so she stays in one of her safe places when the weather is bad. My friends have said I need to get her a sun lamp for winter.

At the end of a little over two years, she is my very best friend in the world and I love her beyond words. She always there with me, greets me as if I've been gone months instead of an hour when I go out and watches out for my welfare 24/7.

In return for all this love and protection, I cook for her. As a matter of fact some days she eats better than I and is especially fond of Terry Bain's delicious prime rib. One of my dear friends, Tyler Sanders, has dubbed her The Queen and so she is and I am her most adoring subject. I pray that we have many long years together.

Anyone who is even considering getting a pet, I strongly urge you to adopt. I truly believe that they know what you have done for them and repay you with such affection it will make your days brighter. I can't imagine my life now without The Queen. I know my days would be so empty without her joyful greetings and warm snuggling. Please visit your local animal shelter soon. You will make two lives much better.

Darleen Nichols photo. Bogota, Columbia airport. Cassie is held by the lady in the red hat. The two young girls are the Americans bringing the two dogs to the USA. Cassie and Lini at Bogota airport with rescuer

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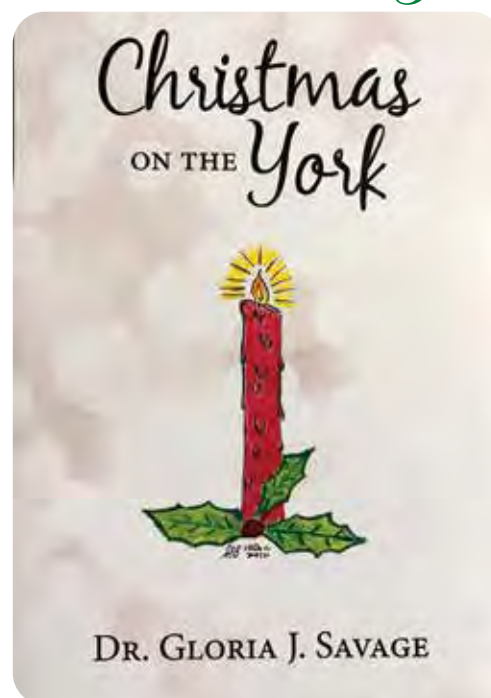
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Books in *Style*~Thank You Lord and Christmas on the York



Review by Carol J. Bova

Thank You Lord – A Book of Inspirational Poems by Dr. Gloria J. Savage is, in its unique way, the biography of a soulful and joyful woman's heart. She is a woman of spirit, love and faith. The poems of Dr. Gloria Savage are direct and open.

After I reading the poetry, I was moved to look up the words of Deuteronomy 30:19-20. "This day I call the heavens and the earth as witnesses against you that I have set before you, life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the Lord your God, listen to His voice that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days; and that you may dwell in the land which the Lord swore to your fathers, to Abraham, Isaac, and Jacob."

Although her craft as a poet

is still evolving, her awareness of humanity's highs and lows and her ability to share her observations and experiences within a structure of faith and belief is highly developed. Her book is one you might keep on a nightstand or desk to pick up and read at random at a moment when you crave encouragement or support, or to know you are not alone in your feelings.

I found a story online that Ezra Stiles, (1727-1795) asked Benjamin Franklin (1706-1790) about his religious faith. Franklin was said to have replied, "I believe in one God, Creator of the Universe. That He governs it by His Providence. That he ought to be worshiped. That the most acceptable Service we render to him, is doing Good to his other Children. That the Soul of Man is immortal, and will be treated with Justice in another Life respecting its Conduct in this."

This is the perspective of Gloria Savage's poetry and her novelette, *Christmas on the York*.

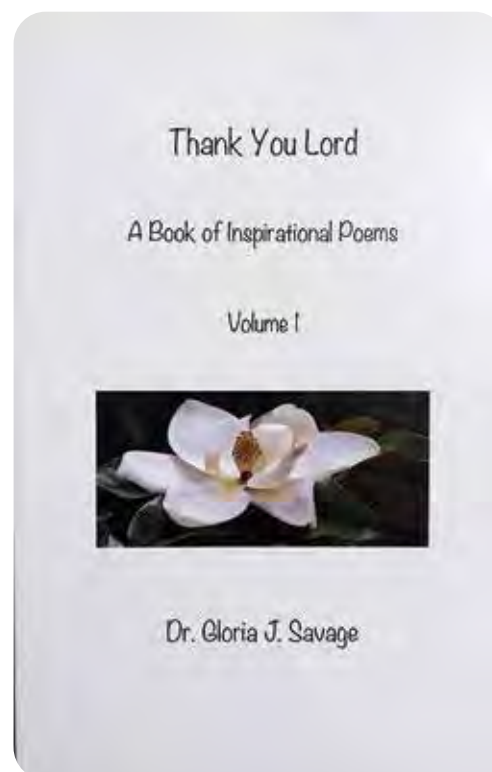
The characters in *Christmas on the York* are people you can recognize in rural Virginia. Life has not always treated them with kindness, but they hold fast to their faith, families, and friends to cope with life and move through the grief of the terrible loss of a young adult and a small child. Although separated by years, the second death renews the pain of the first.

Grace Walton is the central figure in the story and frank discussions with her friend Mary opens the door to healing for old wounds. "Their faith grew, and during their silent moments, they listened to the Lord. He directed them. Soon they started a ministry called GMG, which

stood for God, Mary, and Grace."

Christmas on the York has an upbeat ending and could lead to interesting discussions among people of traditional values and faith.

Gloria J. Savage is the sixth of seven children born to Thomas Leon Savage, Sr. and Beatrice Walton Savage. She treasures her relationships with family and friends. Gloria grew up in Bertie County, North Carolina, where she lived in both the townships



of Roxobel (The Bell), where she was born and returned at age ten and Kelford—the first place she remembers calling home. Gloria is a higher education professional who served in the United States Air Force (USAF) in Administration and Computer Programming. She currently works for the Federal Government at Joint Base Langley Eustis (JBLE).

Gloria has been a speaker

for events, including education conferences, church events, sorority events, and graduation. She has a BS in Human Resources Administration from Saint Leo University, an MS in Human Resources-Personnel Management from Golden Gate University, and a Ph.D. in Community College Leadership from Old Dominion University.

She is a woman of faith, who enjoys reading, writing, running and singing. Gloria has contributed poems and short stories to several published books. She has run ten marathons, including the first USAF marathon, which she ran as an Air Force team member. Her singing has included functions such as military balls, retirements, family and class reunions, choirs, ensembles, and other groups. She toured with the Stars of Sound (SOS), a USAF Entertainment Showcase, and participated in Air Force Top in Blue competition. Gloria married her high school sweetheart and is the mother of one son, who currently serves in the USAF. *Thank You Lord and Christmas on the York* are available through the author, Gloria Savage, 804-684-2909 or via email at DrGSavageWrite@cox.net. Gloria J. Savage grew up as a quiet child who liked to jot down words, phrases, and happenings rather than speaking about them. She started writing poetry at a young age as a way of getting her thoughts out. She is motivated by helping people accomplish their goals. She has published four books, one fiction, one poetry, and two non-fictions.

Writers in *Style*~The Chesapeake Bay Writers Are Thriving!

By Carol J. Bova

It's customary to take stock at the beginning of the New Year, but now is a good opportunity for me to review the past year and a half. This is the last article I'll write as President of the Chesapeake Bay Writers. A new President will be taking over in February. I'll still be on hand as a supporting advisor to the Board of

Directors, but it will be up to the new board and officers to chart our course in the coming years.

Our new membership director, Sonja McGiboney, will continue on with the new board, and she's taking over management of our website too.

Our new publicity director, Denise DeVries, also will continue on to the new board. She has been very successful in sharing our news

with the local media. In fact, Denise gave me the idea for this article

with her most recent press release looking back to how CBW got through the difficulties of adapting to shutdowns and social distancing and forward to a return to more in-person events.

I'm comfortable in knowing CBW not only made it through—our membership has grown. Zoom has been a challenge and a gift to the CBW Board. Although the social connection of sharing a meal was an important part of our meetings, it involved travel distances of 15 to 60 miles. The distance prevented members from further away locations from participating in the leadership.

Now, with Zoom, we hope to include anyone with the interest in serving on the board, no matter where they live. Our official territory as a Virginia Writers Club (VWC)

chapter is from Colonial Beach to Hampton, the Middle Peninsula and the Northern Neck, and over to Williamsburg and James City. And we do have a few members on all outer edges of that range.

By the time this issue of *Chesapeake Style* is published, we'll be celebrating the winners of the VWC Golden Nib Contest and the All Stars Contest at our Gala Luncheon November 17th. At the Gala, members choose a piece of their work to read, and those attending vote for first, second or third place. All entries are also eligible for the Rick Bailey Humor Award. Cash prizes and certificates are awarded to the winners and to the First Place Golden Nib winners as well.

While the votes are tallied, one of our members, Sarah (Sally) Honenberger will share insights on what writing contest judges look for in an entry.

We'll be facing challenges for a while yet. Our traditional February meeting place in Williamsburg is no longer open for lunch because of staff shortages. That may change in the next few months, but we'll plan for an alternate location in case it doesn't.

Ellen Dugan, Janet Fast, Jeanne

Johansen, and Ann Skelton are completing their terms as board members, and the club owes them deep appreciation for their part in our success.

CBW is open to aspiring and established writers. All dues go into providing programs supporting club activities. To learn more about CBW, please go to www.chesapeakebaywriters.com.

We would *love* to see you.



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Tidewater And Timber~Let Us Wind Down The Seasons



By Chelly Scala

As we wind down through November and into December, the excitement is still climbing. The temperatures have dropped, and it is beginning to feel more like late fall. These changes have encouraged fish and wildlife movement.

The Chesapeake Bay and its tributaries are full of stripers and there is plenty of bait to keep them occupied. This is the time of year where the baitfish, known as bunkers or menhaden school up in pods throughout the bay and its tributaries and the rockfish feed on them. Areas to try, include around structures and edges of channels throughout the Chesapeake Bay

and its tributaries including the Potomac, Great Wicomico, and Rappahannock Rivers.

Use varying techniques inside the tributaries. Some still prefer to live line for stripers with spot inside

the rivers. Others prefer casting bucktails with sassy shads or trailer baits. These techniques work best around obstructions and areas where tidal currents create refuge for smaller fish.

For those who prefer open waters, trolling is a good option. Try edges that can hold both baitfish and striped bass. The 40-foot contour depths work well for trolling. Try offshore of the Southern Maryland Middlegrounds and east of the Smith Point Light House. When fishing with bait, be aware of the changes in the striped bass regulations and the requirement for non-offset circle hooks. Visit www.eregulations.com/maryland/fishing/striped-bass or call 877-620-8DNR (8367) for additional information.

Potomac River Commission (PRFC) Recreational Striped Bass Season regulations visit the website at http://prfc.us/fishing_potomac.html or contact them by phone at 1-800-266-3904 or 804-224-7148. Information on Virginia's Marine Waters of the Chesapeake Bay and Tributaries can be found at <http://mrc.virginia.gov/index.shtm>; by <https://dwr.virginia.gov/> or by calling (757) 247-2200.

White perch are a great option this time of year and there are still plenty of blue catfish.

Others are shifting their attention to the hunting seasons. Currently, deer and turkey seasons are open during November and December depending on your hunting location. Also, depending on your county, November may include archery, muzzleloader and general firearms opportunities for deer and turkey. Some counties also have turkey opportunities in January. Read your regulations.

It is always a good feeling when all the hustle and bustle

slows down, and I am sitting in the woods appreciating all the wonderful sounds and beauty. Have you ever counted how many different sounds you can hear in the woods? It is amazing! Enjoy the beauty! Check the following website to check seasons and limits in your county; visit the Virginia Department of Wildlife Resources (DWR) website at <https://dwr.virginia.gov/>. Do not forget to wear your blaze orange. The regulations are specific for each season. Safety is paramount! Let someone know where you will be and when you will return. Carry permission to hunt and carry your phone, making sure you have reception.

Check out the Northern Neck Meat Processing Northern Neck Meat Processing, 6720 Courthouse Rd, Lancaster, VA (2021) (foodbev.com) or (804) 436-6588 for deer processing and/or donating a harvested deer to those less fortunate via Hunters for the Hungry. Consider donations or sharing with Hunters for the Hungry at www.h4hungry.org/. *Chelly Scala photo.*



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Barefoot

By Kenny Park

Dr. Larson was short and plump, I remember that. His voice was gravelly. He was at the learning center, facing a group of sixty-five 22-25-year-olds, to walk us through guidelines on how to pick up the local language of the countries we would soon be traveling to.

I almost decided to not pay attention. I Knew the language of the country to which I was going, so I didn't really "need" pointers on how to pick up the "local language".

"Jump in with both feet, barefoot", he said. It is otherwise known as the "immersion method" of language learning. The trick is to put yourself in a position where you have no way of using the language of your birth and your Only option is to use the local language – learning it not because you want to, but because you Have to.

A couple of weeks ago, Leslie and I were preparing for our evening Spanish language service. 5:00 came and went, and nobody came. Around 5:15, our dear friend Cecilia came through the doors. Sometimes she brings a family member or two with her. This time, she was by herself.

We were all tired, so rather than go through the traditional service, we chose to sit quietly together and just talk and shared how we were each doing, our concerns, our worries, our joys.

During the conversation, we asked her what she felt the greatest need was in the local Hispanic community. Without hesitating, she answered "English classes". The language barrier is the single greatest obstacle to folks being able to take care of themselves and their families. The will to do that – to work, to improve their lives as well as their own, is already there.

There are some class offerings around, but relatively few. There are classes available online through the local community college, but with that we run into the limitation of folks not having broadband access, and while the zoom class can be managed on a cellphone, it is better suited to be taken while sitting at a larger screen.

Our church is beginning the process to connect broadband in our sanctuary and fellowship hall, so we can host classes.

But I would like to challenge the community of the Northern Neck to do more. I've heard "they should learn the language" since before I came to Emmerton.

Agreed. They should.

Why don't we all become teachers? Not in the formal sense, but in the ad hoc sense. When you are faced with a situation where someone is having trouble understanding or being understood, jump in with barefoot, with both feet, and do what you can to help. It may just be a simplification of a phrase, a word or two, but given with a helpful spirit will go a long, Long way.

At the conclusion of his week with us, Dr. Larson told us of working alongside a man on an island in the Indian Ocean. Neither of them spoke the other's language, but in their interactions, with limited words being exchanged, by the end of the week, when they were saying goodbye, the man looked at Dr. Larson and said "I like your Jesus."

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

Descalzos

Por Kenny Park



Recuerdo que el Dr. Larson era chaparro y regordete. Su voz era grave. Estaba en el centro de aprendizaje, frente a un grupo de sesenta y cinco jóvenes de 22 a 25 años, para darnos información sobre cómo aprender el idioma local de los países a los que pronto viajaríamos.

Casi decidí no prestar atención. SABÍA el idioma del país al que me dirigía, por lo que realmente no "necesitaba" consejos sobre cómo aprender el "idioma local".

"Salta descalzo con ambos pies", dijo. También se conoce como el "método de inmersión" para el aprendizaje de idiomas. El truco es ponerse en una posición en la que uno no tiene forma de usar su idioma natal y su ÚNICA opción es usar el idioma local, aprendiéndolo no porque uno quiera, sino porque uno TIENE que hacerlo por necesidad.

Hace un par de semanas, Leslie y yo estábamos preparándonos para nuestro servicio vespertino en español. Llegó la hora, las 5:00, y nadie vino. Alrededor de las 5:15, nuestra querida amiga Cecilia entró. A veces, trae consigo a uno o dos miembros de su familia. Esta vez, venía sola.

Todos estábamos cansados, así que, en lugar de el servicio tradicional, decidimos sentarnos juntos y simplemente conversar y compartir cómo estábamos cada uno, nuestras preocupaciones, nuestras alegrías.

En el curso de la conversación, le preguntamos cuál sentía que era la mayor necesidad en la comunidad hispana local. Sin pausa, respondió "clases de inglés". La barrera del idioma es el mayor obstáculo para que las personas puedan cuidar de sí mismas y a sus familias. La voluntad de hacer eso, de trabajar, de mejorar sus vidas y la suya propia, ya está. Hay

algunos ofrecimientos de clases, pero relativamente pocas. Hay clases disponibles en línea a través del colegio comunitario local, pero con eso nos encontramos con la limitación de personas que no tienen acceso de wifi, y aunque la clase de Zoom se puede administrar en un teléfono celular, se presta más a tomarla en una pantalla más grande.

Nuestra iglesia está comenzando el proceso para conectar Wifi en nuestro santuario y salón de confraternidad, para que podamos organizar clases.

Pero me gustaría desafiar a la comunidad de la Northern Neck a hacer más. He oído "deberían aprender el idioma" desde antes de llegar a Emmerton.

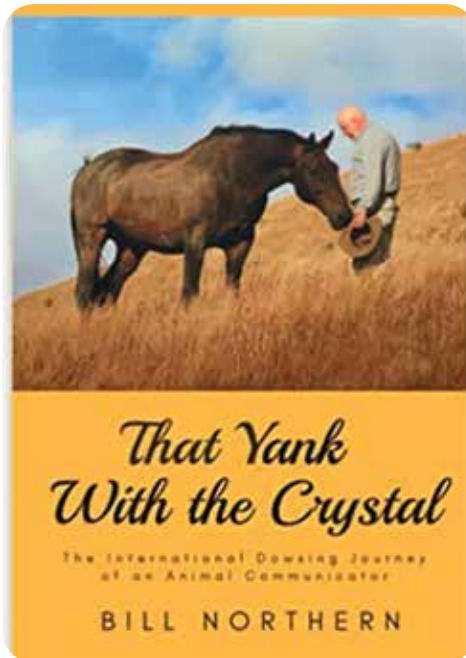
De Acuerdo. Deberían.

¿Por qué no nos convertimos todos en maestros? No en el sentido formal, sino en el sentido oportunista. Cuando se enfrente a una situación en la que alguien tiene problemas para comprender o ser comprendido, salte descalzo, con ambos pies, y haga lo que pueda para ayudar. Puede ser simplemente una simplificación de una frase, una palabra o dos, pero si se da con un espíritu servicial, llegará muy, MUY lejos.

Al concluir su semana con nosotros, el Dr. Larson nos contó que había trabajado junto a un hombre en una isla del Océano Índico. Ninguno de los dos hablaba el idioma del otro, pero en sus interacciones, con un intercambio limitado de palabras, al final de la semana, cuando se estaban despidiendo, el hombre miró al Dr. Larson y le dijo: "Me gusta tu Jesús".

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

Books in *Style~* That Yank with the Crystal



Reviewed by Darleen R. Nichols

William Edward Northern is truly a native son of Warsaw, Virginia. He was born on June 4, 1938, the only child of James Alvin Northern and Dorothy Agnes Lowery Northern. Bill's dad ran a general store in town but died when Bill was only seven years of age. The store was sold and Bill went

to work at age 12 in his uncle's restaurant working this into a busy schedule including education.

He attended the University of Richmond but was more interested in playing poker than attending to his studies. This path to no success actually didn't hurt Bill at all. He proceeded to work in many different businesses but always was drawn to horses. The remainder of Bill's story you will have to read in his recently published book. *That Yank with the Crystal*.

The book is not only enlightening but at times funny followed by stories that will bring tears to your eyes. In 1994, Bill attended a dowsing conference in Vermont. This was the pivotal point in his life. Bill and his wife, Ann, both received diplomas stating that they had passed Basic Dowsing School. One night it hit Bill that he could use his dowsing skills to help horses and save thousands of dollars in vet bills at the same time. Thus began a life long journey in many parts of the world.

In this book, Bill relates many stories of his adventures in communicating with horses. One

of my favorites is the apple story. One day Bill was alone in a barn located in Warsaw. "I didn't eat my apple today", someone said. Looking around Bill discovered that no one else was in the barn. Again he heard the same phrase repeated. Then he heard, "She forgot to give me an apple".

Bill called out to the horses owner and told her that the horse, Freeholder, said he had not gotten an apple that morning. She said "Yes, he did". The horse then sadly told Bill "No I didn't either". A little bit later on the owner told him "Bill, you're right. I didn't give Freeholder his apple. How did you know?" This was Bill's first but far from his last conversation with a horse/horse owner.

The information that can be gleaned from dowsing is unlimited. Bill went to New Zealand where he quickly became known as *The Yank with the Crystal*. My favorite New Zealand story involves a loan officer in The Bank of New Zealand. One of Bill's friends suggested he purchase some property because the government there was going from socialistic to capitalistic. "He offered to help with the financing so I visited the bank to coordinate the financing the purchase of a home."

Bill related "The loan officer was

a young lady and as lunchtime approached I asked her if she would go to lunch with me and she accepted. In the little restaurant, Cobb & Co, we were seated by the window. We were having a nice conversation when two flies appeared on the window beside us. They were flying all around our table which was very annoying.

"As a dowser, I had learned to put a light around us to make it comfortable for the flies. When I put up my hand to create the energy field she asked me what I was doing. I explained that I was putting up an energy field that would make the flies uncomfortable so they would leave us alone. She excused herself to go to the restroom and I never saw her again."

The *Yank with the Crystal* is an enjoyable read for anyone but especially for those who are interested about what the mind is capable of when properly trained to accomplish what appears to be the impossible. Bill credits his angels with this ability. There are testimonials in this book from some of the biggest names in horse racing. Included are stories about our dear pets and how we can learn to communicate with them.

Bill's interests and knowledge astounds me. This book is a wonderful, easy read. It's a fun read for everyone. It would make a fantastic Christmas gift. Another perk—proceeds from the book are donated to The Richmond County Museum.

It is also available on Amazon. To correspond with Bill Northern, P.O. Box 986, Warsaw, Virginia 22572 or email bill@billnorthern.com.

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Attitude of Gratitude



By Cindy Balderson,

We begin the dawn of a each new year in winter's cold and often dismal grasp when nature appears desolate and the world around us seems to be in a deep sleep, only to wake up to that first day of spring when all things are new and the world around us is vibrant with the colors of the season that represents new life. Spring transitions to summer when the temperature rises with the sun and the days are longer and filled with adventure. Summer turns to fall when we are blessed again with the vibrant colors of the changing season as nature begins its decent back into winter's rest.

Much like the changing seasons, we change as well. We have good days and bad days, we grow, we learn and we evolve. We are all unique individuals, no two exactly the same. I mean, what a boring world that would be! But we can adopt a similar habit that has the ability to bring us joy as individuals and make the people around us happy as well.

Gratitude is the expression of thankfulness and appreciation in All parts of your life, on a regular

basis, for the big things And the little things whether you feel like it or not! Studies show that focusing on those things we are thankful for has a significant

impact on our overall well-being and positively impacts others around us.

Consider how you feel as Thanksgiving arrives, followed by Christmas and the days leading up to and after the holidays. I think we can all agree that we easily express gratitude and are generally more thankful during the holiday season every single year. It's the time of year we get to freely give and receive. It's the time of year we celebrate and spend with family.

Professor Randy Pausch once said "Showing gratitude is one of the simplest yet most powerful things humans can do for each other."

Practicing gratitude and appreciating the world around us can have an incredible impact on our happiness which in turn

creates a snowball effect, reflecting happiness onto those around us. What if we expressed that same gratitude every single day of the year, celebrating what we are thankful for on a daily basis? How different the world could be. Think about the astounding effect one simple change in our daily routine could have on our lives and the lives of those around us.

As this year quickly comes to an end and the holiday season

descends upon us, I implore you to consider holding tight to the attitude of gratitude you will undoubtedly carry with you throughout the season of celebration and start the new year expressing thankfulness in the way a new flower is drawn to the sun as it makes its way out of the ground after a long winter's rest. *Cindy Balderson, is Vice President & Development Director Healthy Harvest Food Bank*



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Nature in *Style*~The Joys of Winter Birds



We all know it's coming: Old Man Winter. Although winters in eastern Virginia are relatively mild, we can expect many stuck inside days of gloomy cold rain and occasional snow and sleet along with the bright sun of January and February. Feeding our resident birds during the cold months not only helps them survive but can greatly raise the spirits of the bird watcher behind the window.

A word of caution! Earlier this year, a mysterious illness was affecting birds in Virginia and other states, and the recommendation was to take feeders down. Cases seem to be declining, and from various articles I've read, the consensus seems to be that those of us who plan to put up bird feeders should follow these guidelines. Clean feeders about once a week with soap and water, then disinfect with a solution of one part bleach to nine parts water.

Rinse well and allow to air dry. Use disposable gloves when handling feeders and tidy up the ground below regularly. It's also helpful to hang more than one feeder to avoid crowding. Even birds should social distance at this time.

Our beautiful birds of winter make all of this worth the effort! The sight of a brilliant red male northern cardinal against a fresh snowfall is always thrilling, not to discount the beauty of his mate. Cardinals are reliable feeder birds, often the first to visit in the morning and the last in the evening, and they are very fond of black oil sunflower seeds. Other common feeder birds in our area include chickadees, house finches, the perky tufted titmouse, chipping sparrows and goldfinches in their dull winter coats. Carolina wrens and downy woodpeckers are frequent visitors to suet feeders, mourning doves forage quietly on the ground, and blue jays and red-bellied woodpeckers tend

to loudly announce themselves before landing to feed. Last winter, a red-bellied woodpecker was waiting each morning for me to replenish the platform feeder, and his loud squawk sounded just like "Where have you been!"

Watch for our winter visitors to arrive from their breeding grounds, such as white-throated sparrows and dark-eyed juncos, affectionately called snow birds, often arriving in flocks in time for cold weather.

Keep a sharp eye out for a brown thrasher with its distinctive golden eyes, or an eastern towhee sporting orange-brown sides and a white belly, raking up leaf litter to find seeds. If you hang suet feeders, there might appear one of the nuthatches, birds with the endearing habit of climbing headfirst down tree trunks. The white-breasted nuthatch, blue-gray above and white beneath, is more often seen than the

smaller red-breasted with its noticeable black eye stripe. Last winter, a lone pine warbler, a tiny ruby-crowned kinglet and a yellow-rumped warbler appeared occasionally amidst the regulars, and several purple finches—more raspberry-red than purple—hung around for a while, making a new entry on my Life Bird list.

Speaking of life birds, for six winters between 2009-2015, a male painted bunting lived in the Wicomico Church area of Northumberland County, and he was like a tiny bird of paradise in the backyard. I first spotted him at the feeder in November 2009, following three days of stormy weather nicknamed "Nor'Ida", and his presence aroused a good deal of interest in local birders. This Christmas bird would arrive by December and stay until March, and I kept track of his comings and goings. The last time I saw him

was March 22, 2015, and I still miss him. But what happened once can happen again! Who knows what might show up this winter? *Northern Cardinal photo, courtesy of the US Fish and Wildlife Service, Painted Bunting, photo by Joanne Chewning.*



Preamble

By Grid Michal

When I was in rehab in Sanders at Walter Reed in Gloucester, I was blessed to have a complete employee list of wonderful aides, LPNs and RNs.

Christina and Cherry would hit the ground running in the morning, with Cherry racing my wheelchair down to the shower when the water was the hottest, shaving me, drying me (dignity was long gone by then) and racing me back to the room that Chris had straightened up and made a quarter popping bed. One would stand me up, the other would jam me into my clothes. Laughter the first thing in the morning is a great way to start the day. COVID was still requiring masks at that time, so I could identify most of them by hair style, visible tats, eyes, and walk. Two of the aides have become wonderful friends, and I hope I was the catalyst that forced Christina Gray to apply for nursing school. I think she's sharp enough to be a nurse practitioner, but I don't want that because then I'd have to make an appointment.

I ask Chris each week about her tests, the grades of which she's petrified. Solid 90s qualifies her, in my mind, to give me an injection! She sent me this attachment about the decision to return to school.

She has found a moment or so when she's the only one awake to put some of her other feelings to paper.

Nursing School

By Christina Gray

When you are an adult in your late 30s and you decide to go to nursing school on top of working you come to some realizations.

First, you should probably prepare yourself for having almost zero time. There's no time to sleep, you eat on the run (if you

eat at all), you have to find time to study...and your personal life; let's just say you better put that on hold. It's like a doctor, except further down the pecking order.

Secondly, you and exhaustion are going to be on a first name basis. Women: make up does not cover exhaustion. It shows in your eyes, your voice and your over all body language. I just have to watch the sarcasm. What works on my kids doesn't work outside the house. The more tired I am the more that comes out, and no, I do not have a filter.

Lastly, I have to realize I made this commitment. It is not going to be easy, so you can cross that off your list of descriptions to use when someone asks. On top of the physical load you have all the mental baggage that goes with it. Your stress will increase, you'll feel like your mental state deteriorates, and if you have depression or personal issues you'll just have to push through it.

My motto for this entire next year is going to be "Yes I am exhausted; I know I look like hell, but I'm here to help others get better." And that's what it's all about.

Below the Surface

By Christina Gray

I function; most days robotically, I laugh, joke, hold conversations like any other person.

I constantly push forward for if I stop the darkness will consume me.

Some days I feel like I'm almost

living, almost breathing freely.

Most days I feel like a shell, like all the important pieces are just about worn out.

My heart still beats without artificial assistance and some would say I'm in good health. My surface has been prepped, primed and painted to display carefully coordinated emotions and mannerisms to which could be attributed to my every day absolutes. When the tide begins to rise on the emotional tirade I have so carefully hidden away you may catch a slight glimpse of what's underneath the surface.

The scars, scratches and bruises that have their own stories to tell peek out from under the smooth surface as if they need recognition for their respective battles won and in truth their stories may be similar to the new wave approaching.

With each passing breath and an astonishing strength that surmises to impress even it's own beholder, the water is tread. Weak arms and heavy legs worn with exhaustion still push through and I manage to keep my head above the unforgiving, raging waters. When I've reached the shore I will feel ashamed for suffering, for getting caught up in the undertow, and a slight relief as I count this particular experience as a small victory.

I'll sit on the shoreline and make my peace with the ever changing ocean once more. Tucking away the fear and the anxiety that

lies not quite dormant within me.

This is the unseen struggle, the mental battle that wages its war amongst many and claims it's victory far too often. Though my battlefield may be different I am still a survivor.

Mommy, Again!

By Christina Gray

Laughter fills the air.

Your child is soaring, without any care.

Granted you are the pilot, and your arms are sore, but the laughter is what you do it all for.

"Daddy, again!" He triumphantly cries.

He's taking his first steps, time really flies.

It might be his first step he's taking towards you, but he watches you closely, he sees what you do.

"Mommy, can we do this again?" She says with a smile.

"It was fun out shopping with you for a while."

"Daddy, can we try it again?" He says, wiping away dirt from his shin.

You bought his first bike, and he's breaking it in.

"Mom, can I please? I really like him." She begs you once more.

When did she become a young woman? You're really not sure.

"Dad, can I please borrow the car?" He asks you again.

"It's just for the dance."

He says with a grin.

"Mom, we should get together again soon."

You cry, as she joins hands with her waiting groom.

"Dad, you should come visit again."

"We'd love to see you and so would the kids"

Where did the time go?

Oh, how I miss.

The times when they called out

"Mommy. Daddy. Again!"

We would *love* to see you.



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By Lee Casazza

Chicken Lombardy - Pollo al Marsala Lombardo

In Italy, this dish is called Pollo al Marsala Lombardo (Chicken Marsala) and made without cheese. With the addition of cheese and green onions, it is an Italian-American version. The capital of Lombardia is Milano (Milan). The regional cuisine is based on butter, lard, pork, veal and of course Risotto alla Milanese.

If you want to serve this for company, prepare it in the morning, refrigerate, and let sit on your counter for 30 minutes before baking.

Serve with risotto, or pasta, or even roasted potatoes and a green salad.

4 T avocado oil
10 cremini mushrooms, trimmed and sliced
1 medium yellow onion, finely diced
2 cloves garlic, pressed or minced
4 boneless chicken breasts
1/2 cup all-purpose flour
1/2 cup marsala wine
3/4 cup chicken stock or broth
2 T unsalted butter

Sea salt and freshly ground black pepper
1/2 cup shredded asiago cheese
1/2 cup grated Parmigiano-reggiano cheese
2 scallions, thinly sliced

In a large skillet, heat 2 tablespoons of the oil over medium-high heat.

Add the mushrooms and



cook until golden, about 10 minutes, stirring often.

Lower heat to medium and add the onion and cook another 2 minutes.

Add garlic and cook another minute.

Spoon half of this mixture into a baking dish and the rest in a bowl and set aside.

Cut each chicken breast in half lengthwise.

Pour flour in a shallow dish and dredge the chicken in flour, shaking off the excess.

In the same skillet, add 1 tablespoon of

oil and brown half of the chicken on both sides until golden, about 4 minutes per side.

Place cooked chicken on top of mushroom mixture in baking dish.

Add the final tablespoon of oil to the skillet and brown the rest of the chicken on both sides until golden brown, about 4 minutes per side.

Spoon the rest of the mushroom mixture on top of the chicken.

Preheat oven to 350 degrees F.

Add the wine and chicken stock to the skillet and bring to a simmer.

Add the butter and simmer 5 minutes, stirring occasionally.

Season to taste with salt and pepper and pour

over the chicken in the baking dish.

Combine the cheeses with the scallions and sprinkle over chicken.

Bake uncovered for 30 minutes until cheese is melted and bubbly.

Serves 4 to 6

Bruschette With Ricotta,



Arugula, & Prosciutto

This is now one of my husband's favorite bruschette.

Bruschetta (with an "a") is singular and bruschette (with an "e") is plural. Since it was just the two of us, I only made 4 appetizers. This also makes a nice lunch with a glass of vino. 1 loaf Italian bread cut into 1/2-inch slices

Extra-light olive oil for brushing onto each slice

1 whole clove garlic

Fresh whole milk ricotta cheese, room temperature

Freshly ground black pepper

A handful of baby arugula

4 thin slices Prosciutto di Parma

Extra-virgin olive oil, for drizzling

Brush each slice of bread on both sides.

Heat a griddle or grill pan to medium-high heat.

Grill the bread until brown on both sides.

Remove and rub the top side of bread with the garlic clove.

Spread with some ricotta, season with a little black pepper, add a few arugula leaves, and top with a slice of Prociutto.

Drizzle with a little extra-virgin olive oil and place on a platter or board and serve. Buon appetito!

If you like my recipes and are interested in many more, please visit www.leecasazzacooking.com. There are links to two separate cooking blogs for you to enjoy Lee Casazza photos.

Wild *Style* Cuisine~Orange Pheasant Skewers



By Wendy Hyde

With the majority of the hunting season ahead, fall and winter are the prime time of year for pursuing upland game birds. The strikingly colorful Ring necked Pheasant we are accustomed to seeing is native to China and East Asia. Introduced in 1773, the birds adapted to the farm, field, and semi-open grassland habitats common in Virginia and throughout the Midwestern states. Wild birds are now rare in Virginia due in part to poor reproduction rates and predation, but opportunities for exciting hunts abound through the many preserves across the state. Over 100 farms in the US raise pheasants for purchase by restaurants, grocery stores, and release into the wild by clubs, individuals, and preserves.

The 2021-2022 pheasant season runs from November 6 through January 31. If you'd like to try pheasant hunting—or any other type of hunting—and don't know where to start, take advantage of the Virginia Department of Wildlife

Resources' mentorship program.

Visit <https://dwr.virginia.gov/hunting/help-for-new-hunters/>.

If you are over 18 years old, have little to no experience hunting and lack friends or family that hunt, reach out to Eddie.

Herndon@dwr.virginia.gov. Eddie will connect you with a mentor and send notifications about mentored hunt opportunities.

Pheasant breast can be used in place of chicken in many recipes, and these skewers work equally well with both meats.

Toss a few seasonal vegetables on the grill while the skewers cook and add steamed rice for a flavorful Asian-inspired dinner.

Orange Pheasant Skewers

Serves: 4

Serving size: 3-4 skewers

Total Time: 1 hour 15 minutes

2 1/2 c. fresh squeezed orange juice

6 whole, boneless pheasant breasts from 3 birds (or 12 chicken tenders)

Salt and pepper

Orange Glaze

1 c. orange juice reduction

2 Tbsp. unsalted butter

2 cloves garlic, minced

1/4 c. honey

1/2 tsp. red pepper flakes

1/2 tsp. hot sauce (Tabasco)

2 tsp. rice vinegar or white wine vinegar

3 Tbsp. brown sugar

2 tsp. cornstarch mixed with 2 tsp. water

2 tsp. freshly grated orange zest

Yogurt Sauce

1/4 c. plain Greek yogurt

1/4 c. sour cream

3 Tbsp. orange juice reduction, cooled

1/8- 1/4 tsp. grated fresh ginger

1/4 tsp. salt

1 Tbsp. honey

1-2 dashes Tabasco sauce

Chili Spiced Cashews

1 c. whole, unsalted cashews

1 1/2 tsp. vegetable oil

1/2 tsp. Tabasco sauce (I prefer the Chipotle version)

3/4 tsp. chili powder

1/8 tsp. fine sea salt

Fresh cilantro, chopped

Orange Juice Reduction: Put orange juice into a small saucepan and bring to a gentle boil over medium heat. Continue to boil until reduced by half (to 1 1/4 c. total), about 20 minutes. Once juice is reduced, remove 1/4 c. for the Yogurt Sauce and set the remaining cup aside for the Glaze.

Glaze: Melt butter in a small saucepan over medium heat, add garlic and cook 20-30 seconds until garlic is aromatic. Add the 1 c. of orange juice reduction, Worcestershire, honey, pepper flakes, hot sauce, vinegar, and brown sugar, bring to a simmer



and cook 5 minutes. Dissolve the cornstarch in the water and whisk into the sauce, stirring and cooking 2-3 minutes until mixture boils and thickens slightly. Remove from heat and stir in the orange zest.

Yogurt Sauce: Whisk all ingredients together until smooth and refrigerate.

Cashews: Preheat oven to 325°. In

a medium bowl, toss all ingredients together until nuts are completely coated with oil and seasonings. Transfer to a small baking sheet and bake for 15-20 minutes, stirring occasionally, until lightly toasted and aromatic. Cool completely and store in an airtight container.

Skewers: Soak 12 (or more) bamboo skewers in cold water and set aside. Clean pheasant breasts to remove any feathers, shot, or bruised areas of meat and pat dry. Put two breasts at a time into a gallon plastic bag or between sheets of plastic wrap and pound to an even 1/4" thickness. Remove and cut each into two to three 1 1/2" wide strips. You should have 12 or more strips.

Season both sides of strips lightly with salt and pepper then thread one piece of pheasant onto each skewer. Preheat a gas or charcoal grill to medium and oil grates. Spray both sides of the skewers lightly with vegetable oil spray and grill 1-2 minutes on one side. Turn skewers over, brush the top generously with orange glaze, and cook another 1-2 minutes.

Flip skewers again, brush the tops with glaze and cook another 1-2 minutes until meat is no longer pink inside. (Optional short-cut – leave pounded breasts whole, omit the skewers, and grill according to instructions.)

To serve, drizzle skewers with Yogurt Sauce and sprinkle with chopped Chili Spiced Cashews and chopped fresh cilantro.

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



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