

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

Three of our long time friends have left this life in a short space of time. This month Freddie Olverson and Doc Dugan went on ahead, and late last year Carl Spike Knuth left us.

Freddie was one of the first people I met when I came back to Virginia. I had two 34' cabin cruisers, both formerly owned by family members. The similarity ends there. One, a 1940 custom built Chesapeake Bay deadrise cruiser, had a cypress log as her keel. Her underwater parts were oak, and her transom and brightwork was Honduras mahogany—when that meant something. She had a Grey Marine 109 engine and an outboard rudder. Her name was Happy R.

The other was an Owens Sportsfisherman, with a fly bridge, twin 250 Chevy engines, the first fiberglass boat Owens built. Her name was Green Dolphin. Both boats were trucked in to Krenz Marina, and Freddie saw to it they had slips at his marina. Always friendly, he introduced me to other boaters, and if there was a party, I was invited. He was also a longtime advertiser and helped support *Chesapeake Style*.

Doc Dugan was also a long time advertiser. His most recent *Style Spotlight* appeared last month. He was a gifted artist and meticulous about framing artwork. He was looking forward to selling his shop so he could devote more time to painting. His wife, Bobbie, is an amazing woman, who teaches classes at the Richmond County YMCA. She was also a Red Hat leader of one of the largest groups in the Northern Neck. They set up tents and served wonderful food. I was in awe of her two stove kitchen.

Carl Spike Knuth—who wrote Spike's Wildlife Almanac—went on ahead last fall. In June he fell and suffered from broken bones. Surgery was successful, and he went into rehab, where he contracted the deadly virus. He hung on for several months. Spike always participated in the White Stone art show. I met him the year he was the featured artist, and interviewed him. Soon thereafter he began writing for *Chesapeake Style*. Initially I picked up his artwork at VDGIF, scanned it and exchanged it the next month. Spike and his wife Susie were avid gardeners. Their yard was luscious with fruits, vegetables, and wonderful perennials. Spike loved a good martini with his dinner. Originally from Wisconsin, he was also an avid Green Bay Packer fan.

May You Rest in Peace, Freddie, Doc, and Spike.



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The mission of *Chesapeake Style*

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

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

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Chesapeake Style

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About the Cover~

Danny Figg, photographer. As summer grows older in days each year, a couple of the season's blessings are bright sunflowers and colorful butterflies. I enjoy getting out on summer weekends and viewing God's beautiful creation; a great way to relax and be peaceful. From a young age, I was fascinated with cameras. A camera paired with nature, has made for many enjoyable and memorable moments.

Nature is also a great way to remind ourselves of God's greatness and love for us all. "But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish of the sea inform you. Which of all these does not know that the hand of the LORD has done this? In his hand is the life of every creature and the breath of mankind." - Job 12:7-12

What is Happening to This World?

By Nan Harvey

I don't understand what happened. Or why it happened.

It started with my birthday, something my Human does that's great! It's all "Woody's Birthday," "Woody's getting burger because it's his Birthday!" and friends come over like Luke who always has treats for me in his pocket and Georgie who gives me squeaky toys.

But this Birthday! This Birthday, we had a long car trip the next morning. We stopped at the grassy places where I could smell the other dogs and it was just my Human and me and when she stops to put the smelly stuff in the car tank she picks up Slim Jims for me and I love that.

At the end of the day it was at a house where my friend Mr. B was and it had a yard and we played until our tongues hung out. Mr. B's Human, Sarah, and my Human had set up bedrooms one for them and one for us. Sarah kept talking about "Woody's Birthday" too! I loved it!

The next day we went walking and we swam in the lake, got our leashes and walked around a town and when we sat at the tables outside where our Humans ate and drank, people at other tables

told me I was handsome and my Human told them it was "Woody's Birthday" and we had so much fun!

But then when we got back to the house I noticed the net box that had the kitten in it was still there and Sarah and my Human were making over that kitten more than really necessary and anyway it was my Birthday so I didn't understand that.

When we were packing up the car and my Human was asking me if I was Ready and making sure I had my collar and leash, she put the kitten in the crate which was in the back of the car. I had wondered why we were putting the crate in the car.

Now when we stopped on the way home, my Human and I still ran around the grassy places and I got water in my travel

bowl but then she would open up the back of the car and spend time with the kitten. I started hearing "Chaz" a lot like this kitten had a name that had just been discovered.

And when we did get home, my Human took the crate very carefully out of the back of the car and put it in the porch room, put some fishy smelling food in a very small bowl right outside. AND THEN OPENED THE DOOR! The kitten of course walked right out. Walked right out into MY house!

Well, I can tell you it's been a reign of cat

terror since that door was opened what with tiny needle bites and scratches. Every time my Human says I'm being good and I wag my tail to make sure she knows I understand, that kitten is all over my tail. He gets on the sofa in my spot and I've seen him sampling my food. He's got his own puny little toys but that doesn't mean he leaves mine alone.

But NOW! Now the kitten is sleeping in the bed with my Human and me!

What is happening to this world???

Nan Harvey photo.



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Style Spotlight~Rainbow Self Storage~a Personal Touch in Multicolor

By Gloria J. Savage

It did not take long for me to realize that Joyce Jean Hudson is a caring, follow-through person. She is the owner and operator of Rainbow Self-Storage in Lottsburg, "A small town where most people know each other." Most of her customers are moving in or moving out, and Joyce Jean and her staff "go out their way to keep things neat around their locations and safe for customers." She says customers come first.

Now deceased, Joyce Jean's husband, Bennie, started the business in 1986 with ten units and a Quonset hut in Lottsburg. There were no challenges with opening, and people wanted more storage options. Some people have sheds, and barns and others have

neither. Some people need an in-between location for transitions. Some want protection from the weather, and in 2020 Joyce Jean put up a climate control building at Montross. It was the only location that did not have that feature.

Most callers want unit sizes and pricing, and she helps them determine their sizing needs. For instance, when they do not know what size unit they need, Joyce Jean gives them helpful information. She might help a customer selecting a unit size by telling them that a 10x10 unit will hold two to two and a half rooms of belongings, depending on the size of their furniture. Joyce Jean gives a caring, personal touch to her customers. She treats people the way she would want others to treat her.

Rainbow Self-Storage is a family

business. Her son, Chuck Newsome, and her daughter, Crystal Thomas, work diligently alongside her to ensure that things are in order and customer satisfaction is at its best. Bennie taught Joyce Jean how to manage and oversee the business, and she has passed this valuable knowledge on to her children.

Her customer service goes beyond the call of duty. She makes every effort to contact customers and work with them before she terminates their contract. She was a detective of a sort when it came to one particular customer. It was a longstanding customer with two units. Joyce Jean finally found out that the customer had passed away. She contacted the customer's family members through her continuous efforts to let them know about the two units. Many businesses will not follow through to that extent. It is essential to her that she tell all customers everything they need to know to maintain their storage unit.

The busiest time for Rainbow Self-Storage is the first of the month. That is when the rent is due. If a customer has a financial problem, she will try her best to work with them. But do call and let her know as a common courtesy. She deserves that, and she will appreciate it. She has a

good heart, so be good to her.

Some people have had some unexpected business challenges due to the pandemic. Fortunately, it has not affected the storage business, as most interaction is over the phone. In addition, most of the customers are local to one of the five locations. A few are from California, and an additional few are military members serving overseas—we are thankful for their service.

The business that started with ten units has grown to over 500 with colorful units at different locations, ranging from 5x5 to 10x30. All the locations have security with automatic gates, lights, and fences all around. They have different colors. Lottsburg on Northumberland Hwy is orange, Lottsburg on Lake Road is polar blue, Montross is Hawaiian blue, Colonial Beach is polar blue, and Warsaw is forest green. Pretty neat, wouldn't you say? Swing by one of the locations and see for yourself.

Rainbow Self-Storage is open Monday-Friday, 9 to 5. The five Rainbow Storage locations are Lottsburg, 2502 Northumberland Hwy, Lottsburg at 8 Lake Road and the corner of 360, Montross, 17265 Kings Hwy, Colonial Beach, 2029 James Monroe Hwy, and Warsaw, 14218 History Lane Hwy. When you need storage, give them a call at 804-590-6200 or 800-474-6060. You may also visit their website at www.rainbowselfstorageva.com/ Gloria J. Savage is a writer who lives in Hayes with her husband, Wil.

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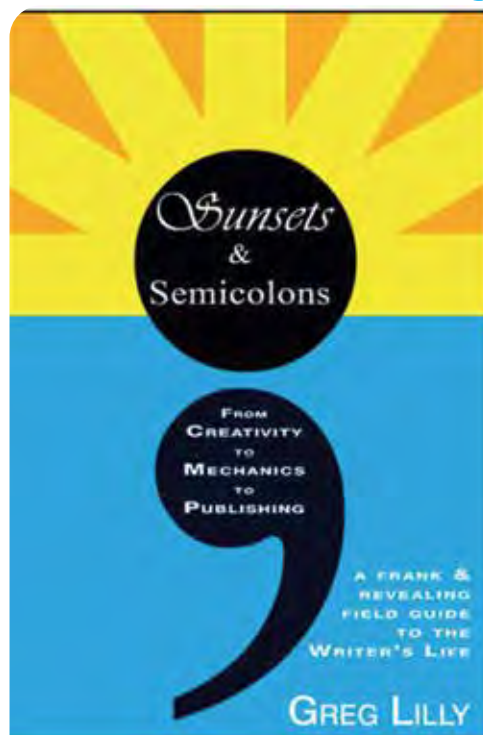
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Writers in *Style*~ You Don't Need a License to Write!



By Carol J. Bova

You need a license to get married or drive a car, but anyone can write whenever they want. There is no mystery to putting words on paper or into a computer file. As author and publisher Greg Lilly always says, "Put butt in chair and write!"

Once the words are recorded, then you can work on making them do a better job of sharing your thoughts or feelings. There are many sources for checking or improving your use of grammar or punctuation. My favorite online go-to is Grammar Girl - Quick and Dirty Tricks. Mignon Fogarty has written several books that are easy to use and fun to read. Her website, <https://www.quickanddirtytips.com/grammar-girl>, now offers podcasts and "downloadable guides and other goodies" under Freebies.

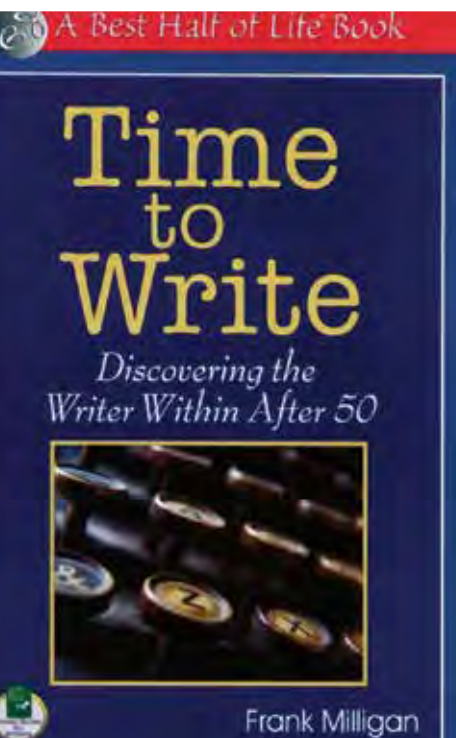
Another old friend of a book is Greg Lilly's *Sunsets and Semicolons* - a Frank & Revealing Field Guide to the Writing Life. And for those who take up writing a little later in life, Frank Milligan's

Time to Write: Discovering the Writer Within After 50, is yet another of my favorites. There are many others, and over the years, I've picked up the basics and don't need to check as often. When I do, a quick Internet check gets me near-instant answers. "Grammarly" can be added to your computer and will give you free advice, or you can pay for a premium version. I don't always agree with its suggestions. For example, it said to put an article before chair in the quote in the first paragraph here. No. Thank you, Grammarly, but that's not what I wanted to say.

Word's Tools will check spelling and grammar. It's a good thing to look at the words it flags, but don't automatically assume you're wrong. It does miss fine points of grammar or perfectly acceptable phrases that don't fit its programming. Look up anything you're not sure about because it gives you an opportunity to learn and become more sure in word usage. It's okay to make mistakes and correct them.

The more you write, the more comfortable you will be writing. So don't sit around and say, "Someday, I'd like to write about my family's

history." Start now! Want to write a poem? Dive in and put some thoughts on paper, then read a lot of poetry and find what forms interest you. Then go back and write more poems. Short stories? Same thing. Get your ideas down. Read widely, then go write some more. Creative non-fiction essays? Give it a try, and then - you guessed it, read the essays of others.



We learn by doing. We learn by reading. We learn by asking questions and studying. But when it comes to writing, don't

say, "Some day." Don't say, "I wish I could." Just do it! If you want to get the reactions and suggestions of other writers, join a critique group and share what you've written. Whatever way you go, give yourself permission to "put butt in chair and write!" Carol J. Bova wrote instructions, newsletters, and reports for owners and directors in for profit and not for profit businesses. Beyond college classes and a thesis for certification as a Fellow In Temple Administration (F.T.A.), she never tried her hand at writing for herself. But after being widowed at 54 in California, she began writing as a way to cope with grief. After moving to Virginia, she kept writing and published a non-fiction book, *Drowning a County*, and a novel, *Chestnut Springs*. She is in the process of publishing the next *Chestnut Springs* book, *Breaking the Eighth*, about embezzlement from a church in a small town, and has a biography in progress about the great-grandfather of a genealogy client. Carol writes for *Chesapeake Style* magazine and *Bacon's Rebellion* blog (baconsrebellion.com). She is in her last term as president of the Chesapeake Bay Writers and loves to encourage others to write.

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Brain Injury: Domestic Violence and COVID-19

By Martha M. Hall

The specter of the COVID-19 pandemic, a plague that has had such a disruptive influence on our lives, continues to hang over us. Loss of jobs, working from home, forced isolation, and off again-on again school attendance for children has brought families into closer contact with each other, and that's not been a good thing for women who routinely cope with an abusive partner. The stress of a virus with its life-altering effects, plus the increased proximity of an abusive partner, has only added to the fear, stress, and victimization of women who live in a relationship marked by domestic violence.

Domestic violence, also known as intimate partner violence (IPV), is a deep-rooted social issue that is all too prevalent. According to the National Coalition Against Domestic Violence, about 20

people per minute are physically abused by an intimate partner, experiencing severe physical violence, sexual violence, and/or partner stalking with injury. In a recent report, the Centers for Disease Control published this sobering fact: 1 in 5 women and 1 in 7 men have experienced severe physical violence (hit with a fist or something hard, beaten, slammed against something) by an intimate partner at some point in their lifetime.

How many of those assaults have resulted in a brain injury?

The overlap between traumatic brain injury (TBI) and domestic violence (DV) is an important yet little understood problem. The number of cases of TBI associated with IPV is not known, but the few statistics we do have are probably underestimated because victims frequently do not seek medical treatment for injuries sustained from a husband,

partner, or significant other.

Like brain injury, DV doesn't discriminate: all ages, races, and economic levels are at risk, and not surprisingly, there is a definite link between the two: a TBI can be caused by a blow to the head, a penetrating trauma (such as a gunshot wound), or any jolt to the body that is severe enough to cause the brain to move inside the skull.

The common effects of a TBI can occur across a wide spectrum:

- Physical: fatigue, headaches, visual problems,
- Thinking/learning: attention, memory, speech problems
- Behavioral: impulsive, easily frustrated, lack of emotional control
- Emotional: irritable, anxious, depressed,

Both professionals and nonprofessionals report frustration with those who choose to return to violent relationships despite intervention efforts. Placing this seemingly irrational behavior in

the context of traumatic brain injury and its effects may, in part, explain the behavior. A victim with a brain injury may:

- Be unable to make an informed choice about staying with an abuser
- Be incapable of developing a plan to leave
- Be easily overwhelmed and confused
- Lack the skills necessary to fully and accurately assess safety, health, child care, or parenting issues

Fortunately, there is help available for both domestic violence victims and brain injury survivors. Domestic violence organizations can provide temporary shelter as well as counseling and support. For information about the relationship between domestic violence and brain injury, contact the Brain Injury Association of Virginia at 800-444-6443.

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A Rough Start Ends Well



By Kathy Haurand and Ginger Tinsley

Five day old Palmer was found alone, hungry and vulnerable to predators. Fortunately, a caring person discovered him and contacted Garfield's Rescue, Inc. (GRI). One of GRI's fosters, who specializes in caring for neonatal kittens, immediately took him into her

care. The little male tuxedo kitten was expertly fed, cleaned and kept warm.

Neonatal kittens are a challenge to foster due to their immature systems and, on

several occasions, Palmer caused his foster mom some worry. Palmer showed early symptoms of low-blood sugar and fortunately responded to the addition of Karo syrup to his kitten milk formula. One particularly difficult weekend Palmer's foster mom was afraid he would not survive. He developed severe diarrhea. With emergency veterinary care hours away, foster mom tried several treatments for

intestinal parasites and infection. Subcutaneous fluids kept him hydrated. He continued to take his kitten milk formula well and he showed marked improvement over the next several days.

As Palmer grew, he displayed the neurological symptoms and sight deficits that he deals with today. His movements were often stiff and slow. He would walk into walls or off a step. He did not show interest in toys. His foster mom suspected he was having seizures when his vocalization and the sound of his movements caught her attention, but she never reached him in time to observe the seizure.

A potential adopter was looking for a black and white tuxedo male kitten. She had recently lost her 15-year-old tuxedo cat whom she'd had since he was a three-week-old orphan. She had visited the kittens in GRI's care, but none of them "spoke" to her.

A couple of weeks later, this potential adopter saw Garfield's Rescue Inc. post on Facebook of a tiny kitten being bottle fed. It was a male black and white tuxedo! She knew instantly that this was going to be her new feline companion.

Palmer's future mom and his foster mom kept in close contact about Palmer's progress.

His adoptive mom-to-be never wavered in her commitment to give Palmer his forever home. She regularly visited Palmer until in early November when she took him home. Palmer has thrived.

Palmer's new mom reports that, "We adore this boy. He is special in many ways. He has a pretty significant visual impairment and has seizures. He gets medication twice daily and the seizures have been under control. He has a much older feline sister, an older canine

brother and a younger canine sister. He is fearless! He brings us such joy and we are so very happy that he's ours. We can't imagine life without him and we are so very grateful that Garfield's saved him." *Garfield's Rescue, Inc. is a*



home-based feline foster-to-adopt rescue, established as a nonprofit 501(c)3 in March of 2020. GRI is 100% volunteer based and relies solely upon donations, grants and fundraising. You can find us on the web at www.garfieldsrescue.org or on Facebook www.facebook.com/garfieldsrescue. You can also call 804-480-2066 or email garfieldsrescue@gmail.com.

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Style Spotlight~Meeting Demand in an Evolving Market



By Carol J. Bova

Rob Akers of Virginia Shoe Clinic didn't wait for business to get back to normal after Covid. He's continued to find ways to provide what his customers need. He said, "We're still playing catch-up, so we're not back to 100 percent yet, but we're in a lot better shape than some. We've been flexible with what we can accommodate and what we can tackle."

Virginia Shoe Clinic is all about comfort footwear, foot care and custom shoe repairs. Their footwear is comfortable to wear all day, of good quality and support. They specialize in orthotics and special fitting, based on the customer's need. They carry Brooks, Aetrex, Naot, Aravon, Thorogood, and SAS (San Antonio Shoes) and a full line of western wear as well. In March, Rob launched retail footwear in the Fredericksburg location. Rob said, "Retail is a nice balance to repairs and other lines of business."

Rob pointed out that after spending so much time at home

last year, people are doing more exercise and spending more on hobbies. For example, Brooks Athletic Shoes are popular running shoes, and Rob offers contoured orthotics to enhance performance. He said, "Technology has come a long way. We have a system to scan your entire foot and make measurements in every direction so we can modify over-the-counter orthotics to fit your specific need." One of the techniques Virginia Shoe Clinic takes advantage of is using a 3D printer to make orthotics based on the pressure points of your feet.

With the Technica brand, Rob takes a different approach. He can thermally mold the footwear for a custom fit. After scanning your feet, he then heats the shoes to a temperature that allows him to mold the footbeds to your foot.

The mail order shoe, boot and leather repair business has continued to grow with the loss of many local repair businesses. Customers can go online to get quotes for repairs. There are challenges. As with many businesses, at times it's been difficult to get materials and inventory. For example, Birkenstock can't supply footpads until January. But wherever it's possible, Rob looks for a way to meet a need. Virginia Shoe Clinic started carrying Sidi motorcycle racing boots and is the east coast repair center for Sidi.

Although focusing more on repairs now than previously,

Rob has migrated his services to meet other needs too. He said, "We offer products head to toe." One new approach is supplying safety footwear and high visibility outerwear to municipalities.

There's no question that Rob is mechanically inclined. In the past, he ran a trade association that concentrated on custom manufacturing. He said with a smile, "Mechanics has always been in my DNA." With the machine capability Rob has available, the 3D printing, laser engraving, and custom fabrication, the business is ever evolving.

Whatever the need, he'll try to meet the demand. The range of activities Rob covers is extensive and unexpected - from tractor pulling to theme park dancing!



Busch Gardens relies on Virginia Shoe Clinic to repair its characters' performance footwear. They also had Rob make feet of an abominable snowman for people to guess which character they were from. His connection to tractor pulling is fabricating the safety

straps that go around the drive axle and must be custom fit to each vehicle. Rob has even moved from land to water supplies with marine upholstery and boat covers.

Last year's leatherworking classes had a great turnout, and Rob plans to bring them back in the fall. He urges folks, "Watch Virginia Shoe Clinic on social media. It's good way to catch up on what we're doing next."

Rob's tagline for his business is, "We'll make you feel great on your feet!"

Virginia Shoe Clinic has three locations: Tappahannock: 1269 Tappahannock Blvd . Phone: (804) 443-2373. Hours: Tuesday - Friday: 10 a.m. - 6 p.m., Saturday: 9 a.m. - 3 p.m., Sunday: Closed. Kilmarnock: 453 E North Main Street,

Phone: (804) 577-4012. Hours: Tuesday - Friday: 10 a.m. - 6 p.m., Saturday: 9 a.m. - 3 p.m., Sunday: Closed. Fredericksburg: 2372 Plank Road,. Phone: (540) 373-8652. Hours: Tuesday - Friday: 10 a.m. - 6 p.m., Saturday: 9 a.m. - 3 p.m., Sunday: Closed.

Check out the footwear, clothing, shoe and foot care products, and large assortment of

specialty socks on the website at www.vashoeclinic.com. Keep in touch with Virginia Shoe Clinic on Facebook and Instagram.

Photos courtesy of Virginia Shoe Clinic.

Health and Fitness in *Style~* Bone Health



By Gloria J. Savage

In my opinion, many things fit into a health and fitness column. After writing with *Chesapeake Style* for a year, I have only begun to explore the tip of the iceberg regarding health and fitness. I plan to explore many other areas as I connect the dots, interlacing how different topics relate to health and fitness. Some connections are straightforward; others may require “thinking out of the box.”

This month I am talking about bone health. It is relatively easy to see how bones relate to health and fitness. We need to be concerned about bones because they support our bodies and give them structure. They also protect our organs. The Greek word for bone is “osteo.” So, when you see it as part of a word, you know that word has

something to do with bones.

The smallest bone in the human body is the stirrup bone in the inner ear. In an adult, it is about 3 millimeters long. That’s only about a tenth of an inch. The longest human bone is the femur or thigh bone. The length will vary with height, but in the average adult, it is about 20 inches.

Bones are robust and withstand much stress from the different activities we engage in daily, such as walking, running, and jumping. They are made up of active, living cells that grow, repair themselves, and communicate with other parts of our body. They make up about 15% of our body weight. We are born with about 300 bones. Some fuse together when we are growing babies.

As adults, we end up with 206.

Our bones gain in density until we are about 30 years old. Dr. Kim Stearns, an orthopedic surgeon, says that after 30, your bones lose density, get thinner unless you get enough exercise, calcium, vitamin A, vitamin K, and vitamin D from the foods you eat. Registered and licensed dietitian, Mira Ilic, tells her patients to “get their nutrients from food, meanings lots of vegetables and fruits in a variety of colors, healthy protein, whole grains, legumes, healthy fats, and low-fat dairy or dairy equivalents.”

Bones are important. The ability to walk is a plus; running is even better. But don’t take these abilities for granted. Young people fall and seem to bounce up, yet with time a fall can be devastating. One of the most severe fall injuries among older adults is a broken hip. It is

hard to recover, and afterward, many people cannot live on their own. Researchers report that more than 95% of hip fractures are caused by falling (Centers for Disease Control and Prevention, National Center for Injury Prevention and Control website). According to the Agency for Healthcare Research and Quality, over 300,000 older people-65 and older are hospitalized for hip fractures each year.

Rheumatologist Dr. Chad Deal has some recommendations to safeguard your bones. His steps include:

- Eating foods rich in calcium and vitamin D
- Walking to stimulate new bone formation
- Avoiding smoking as

it is toxic to your cells

Also listed is taking care of other health issues that affect your bone density—like thyroid or parathyroid disorders. My advice is to take some time to care for your bones. For example, take a walk to a farmer’s market and get some fresh fruits and vegetables.

Gloria Savage photo.



Linda Benson & Robert Hughes

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The Hurricane Wrens



By Joanne Chewning

There are many adjectives commonly used to describe one of the most familiar birds of the Chesapeake Bay region. Words like "perky", "cheerful" and "spunky" all seem to fit these little brown birds that inhabit this area throughout the year.

The Carolina wren not only lives in woodland thickets but also in gardens, forsythia bushes, dilapidated buildings and piled up brush heaps. There's no need to hike a nature trail or travel to a park to observe these backyard neighbors. Usually found in pairs, males and females look alike with warm brown plumage above and

rich buff-colored feathers below, with that unmistakable tail held erect and a white eye stripe. They are constantly on the move, their stocky little bodies dodging in and out of dark spaces, climbing up vines, probing nooks and crannies in search of insects and spiders, even tiny lizards and frogs.

An easy way to tell the sexes apart is simply to listen, since the males are the singers. Starting at the break of day and often singing right through until evening, another adjective that comes to mind for the male Carolina wren is "noisy". His loud song has been described as "teakettle-teakettle-teakettle" or "cheery-cherry-cheery", and in any case, if he is perched in a tree outside a screened bedroom window, it's definitely a wake-up call.

The Carolina wren has been wintering farther north in recent decades, despite being sensitive to cold weather. A spell of severe weather can reduce the local population of these wrens, though the birds generally recover fairly quickly. One of these unfortunate events happened here in February of 2015. The last two weeks of that month, starting with an abrupt change on Valentine's Day, were not only snowy but extremely

cold for this area. During the following spring and summer, it became apparent that Carolina wrens, along with the beloved eastern bluebirds, had decreased in number. The wren situation was even worse in northeast states, such as Massachusetts, after the hard winter. We can help

a tropical storm that passed through in late August. A pair of wrens built a nest in a hanging plant on the porch, and we gave them lots of space as they were feeding the nestlings. On the afternoon of the storm, I watched in trepidation from the screen door as the plant swayed in the northeast wind, nest and



the wrens during a cold snap by hanging clean suet feeders and providing places to roost. Last winter, our wren neighbors spent cold nights in bird houses on the front porch after lining them with moss and dried leaves. I'd come downstairs on a dark morning to make coffee, turn off the porch light and then hear the male fussing at me for disturbing him.

Carolina wrens work together to build bulky, domed nests with tunnel-like side entrances of pine needles, dried leaves, moss, twigs, hair, feathers and even discarded snake skins. Nest locations include hanging plants, ivy, porch ledges, mailboxes, empty pots, cavities in trees and stumps and pockets of coats hanging in open sheds.

My most memorable interaction with these intriguing birds happened some years back, during

baby birds still inside, parent birds nowhere to be seen. The wind gusts increased to alarming strength, and I was so afraid the plant would be thrown, I took it down and set it in a protected corner by the front door. Immediately three little birds jumped out of the greenery and hopped about on the floor, and at the same time, I heard the parent birds fussing loudly from a forsythia bush next to the railing. I scurried back inside, the calls changed to a softer coaxing note and to my relief, the three escapees hopped and fluttered into the forsythia, hopefully surviving the remainder of the stormy night. Carolina wrens are not only hardy and adaptable, they are amazing! *Carolina wren, photo courtesy of the US Fish and Wildlife Service Male Carolina wren house building, photo by Joanne Chewning.*

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The Voice of a Child Growing Up Hungry



By **Cindy Balderson**

HUNGER is most often associated with poverty and the inability to put food on the table consistently. However, in today's changing environment, many individuals are working harder than ever and still suffering from the distress associated with lack of food.

Food is a basic need and yet hunger has many faces. Statistics show that 13 million Americans live in food insecure homes and 1 in 7 children worry about where or when they will get their next meal. Imagine a child living with that insecurity. If you've ever been hungry and heard your stomach growl or felt the pangs of hunger, imagine what that must be like for a child. Just imagine.

Most often children depend on their parent or guardian to make sure they have enough to eat so they don't experience hunger. Imagine being that child's parent who has to choose between paying the rent or electric bill and buying nutritious food for their family. For families making these choices, food may be the most flexible expense

and the expense most likely to be cut, leading to skipped meals, and compromised nutritional quality. Could you make that choice?

Childhood hunger is a major problem in our country and our local region. Children need enough healthy food to eat so they can thrive in school and grow a strong body and mind. Children are our future and it's not okay for any child to go hungry. In our local region where so much wealth exists and productivity plays a large part in providing produce to American consumers NO child should go hungry. The effects of childhood hunger are overwhelming and long-lasting. Hunger deprives them of more than just food, it impacts their mental and physical health.

Healthy Harvest Food Bank provides hope for these children. Did you know through our Backpack Buddies Program, a weekend meals program for at-risk children we currently serve 520 students in 19 schools throughout the Northern Neck and Upper Middle Peninsula region? The program provides each participating child six balanced meals including whole-grain

cereals, protein-rich entrées, canned fruits and vegetables, milk and snacks each weekend during the school year. Our partners in each

county identify the students in need, coordinate the consent process for the program, and help to resolve challenges that impede students from getting Backpacks.

HUNGER doesn't stop there. Just because a child is not in school doesn't mean they aren't still struggling with food insecurity. The summer months can be an even bigger challenge for children who rely on school meals and backpacks during the school year. Did you know through a partnership with Bay Aging we provide 675 summer meals to children throughout the region?

Children are our future, and our team won't stop until every child in every school in our six-county region has access to healthy nutritious food and a full stomach. *Cindy Balderson is the Vice President and Development Director of Healthy Harvest Food Bank in Warsaw.*



Style Spotlight~Historic Building is Still Full of Life



By Mari Bonomi

Corinne Becker, the Executive Director of the Rice's Hotel/Hughlett's Tavern Foundation, is very excited.

"We're having our extra-big fundraiser September 11," Corinne said. "It's the first one we've been able to hold onsite in two years! We're having a giant outdoor BBQ."

The "Fun and Games BBQ" will feature Sid Mace's pulled pork and pulled chicken, as well as sausage. "The Culinary Guild will be making potato salad and cole slaw," Corinne said. Games including corn hole and badminton will offer entertainment; a silent auction will offer items for all; and beer and wine will be available. "We'll be under the Big Top tent," Corinne said, "partying as the sun goes down."

The Farmers Market also continues at the Tavern on the third Saturdays of the month. "It's been bigger than ever," Corinne said. "We're up to fifty vendors, and we're seeing huge numbers of people, many of them new." Many people who have moved to the area recently have discovered the Tavern and the Farmers Market. September's Market will feature Living History. October's Market will offer a blessing of the animals.

The Café has also seen an influx

of new patrons. "People who moved here during COVID tell us they're delighted to find us," Corinne said. "And

we want people to continue to discover us. We look forward to our new neighbors discovering our guilds and other activities. All the guilds are open and offer demonstrations during Farmers Markets."

The second floor of the Tavern holds the Spinners and Weavers Guild's studio where they meet every Wednesday, Thursday, and Saturday. Also upstairs are several decorated tavern bedrooms. The first floor has been reconfigured into the Heritage Arts Center, offering a series of artisan work spaces as well as the Café. "We have jewelry makers, fabric arts including weavers, knitters, sewists and quilters, painters, folk artists, artists in wood."

"We are unique. We're not just a gift shop," Corinne continued. "Our café is run by volunteers and has a menu that changes weekly. Everything we serve is made in-house from scratch, including our soup stocks, breads, and desserts. Quilters and weavers and other artisans work in the studios each day the Tavern is open."

The earliest Tavern guilds were formed as part of the effort to restore the Tavern building, perhaps the oldest surviving courthouse tavern in Virginia. It's listed on both the state and national Registers of

Historic Places. The guilds helped raise money and supported the Tavern Rangers, the volunteers who did the physical work of restoring the over-200-year-old wooden structure from its state of near-demise to the solid building it is today. The Tavern and its Foundation are thriving. And its guilds continue to educate people on their crafts and to raise money to help support the Foundation.

Other buildings dot the Tavern grounds. The "TMB" or Tavern Meeting Building was completed



in 2006. It hosts the quilt guild meeting the first Tuesday of each month and the Crafters meetings on the first and third Mondays. It's also the home for Foundation meetings and events. The TMB is available for rental to the public.

The Carriage House holds historic carriages and other transportation-related artifacts. It also houses a woodworking shop, though the Woodworkers Guild usually meets off-site.

The Blacksmiths Guild built a shop with a working forge, where guild members work Tuesday, Thursday, and Saturday.

"We welcome volunteers for all of our activities and events," Corinne said. "We always need shopkeepers for the Heritage Arts Center. The Culinary Guild needs folks to prep on Tuesday and

Wednesday as well as to cook and serve Thursday through Saturday. We would love volunteers to help with the upkeep of the exterior of the Tavern including lawn mowing and maintenance, and help in the office is always gratefully received. Whatever your skill is, we'd love to have you share it with us!"

An organization like the Tavern Foundation cannot function without volunteers, Corinne emphasized. "We're all working to pay the bills, because with such a lovely historic structure

something always needs fixing.

But far more important is that the Tavern offers us a home to explore creativity of all sorts, to enjoy time with like-spirited people. The Tavern is a very happy place to be." *The Tavern is open Thursday through Saturday from 10 a.m. to 2 p.m. It's located at 73 Monument Place in the center of Heathsville on Route 360. The office phone is 804-580-3377. Visit them online at www.rhhtfoundationinc.org or on Facebook at Rice's Hotel/Hughlett's Tavern Foundation. Mari Bonomi photos of TMB with the Barn Quilt (the Quilt Guild's logo, a Mariner's Compass) painted by Mark Payne. and kitchen volunteers.*

Return of Trolleys Restore a Sense of Summertime Normality



By Michael Norvell

Bay Transit's trolleys are back in service in Colonial Beach, Urbanna and the Kilmarnock/Irvington/White Stone area after suspending trolley operations during the summer of 2020 because of COVID-19. Bay Transit, the public transportation division of Bay Aging, reinstated the popular summertime trolleys over the July 4 holiday weekend and they will operate every weekend through Labor Day.

"We are thrilled to have the trolleys back in service this summer," said Patricia Sanders, Bay Transit's Operations Manager. "Over the years, the trolleys have become synonymous with the charm and relaxing summertime vibe of the towns in which they operate. Our trolley drivers love

meeting the passengers and sharing insights about the area with them. The towns love the trolleys because they add so much to the experience of visitors," Sanders added. The drivers, many of whom are longtime residents of the area, are steeped in the history and lore of the region and sometimes

serve as informal tour guides for the tourists on the trolleys.

Having the trolleys back in service in 2021 has been special for another reason. Bay Transit is celebrating its 25 anniversary this year and several lucky trolley passengers have been given commemorative Bay Transit 25 Anniversary tumblers or caps simply by taking a ride. "Throughout August, we've given away 25 Anniversary items to random passengers on the trolleys," noted Sanders. "The first giveaways were on the Colonial Beach trolley, known as the Osprey Express, then the Triangle Trolley which serves the Kilmarnock, Irvington and White Stone area, and finally the Pearl, which serves Urbanna."

Bay Transit will cap off another great summer for the trolleys by giving away 25 Anniversary merchandise to several lucky

riders on all three trolleys over the Labor Day weekend. "We want to conclude the 2021 trolley season by recognizing a few lucky passengers on all three trolleys for riding with Bay Transit," said Ken Pollock, Bay Transit's Director. "COVID-19 has been difficult for everybody, and we are extremely proud of the Bay Transit team for safely operating our services over the last year and a half. In 2022, we hope to start the trolleys back up during the Memorial Day weekend, as we customarily do, so even more people can enjoy the charm and convenience of riding around town on the trolley," Pollock added.

The Bay Transit 25 Anniversary commemorative tumblers and caps were paid for by generous donations to Bay Transit from vehicle provider Sonny Merryman,

insurance provider B.H. Baird, and the Warsaw-Richmond County Chamber of Commerce.

Fare collection on the trolleys has been suspended for the entire 2021 season for safety considerations and all riders are required to wear masks while riding on the trolleys. Children 12 years of age and younger must be accompanied by someone over the age of 16.

For more information about Bay Transit and the trolley schedules, visit www.BayTransit.org or call the Bay Transit Ride Line at 877-869-6046.



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World Building in the Model Shop



By Denise DeVries

During my first visit to the Reedville Fishermen's Museum Model Shop on July 3, I immediately noticed similarities to historical fiction writing. The story of *The Railroad That Never Was* starts with documented facts, and in an act of imagination, expands it into "what might have been." Museum Director Emeritus George Frayne was instrumental in creating a miniature version of the railroad that would have connected the Northern Neck's 19 fish factories to the Eastern Seaboard.

He and his wife Katherine were both graphic designers and avid boaters. When they moved from New York to Reedville in 1994, George began volunteering at the Reedville Fishermen's Museum, which had opened in 1988. According to his 2018 obituary in the *Rappahannock Record*, that association would continue for another 23 years. As he organized the operating committees and created the art for the museum exhibits, George also forged a connection between the reality of the fishing industry and the fantasy of a Northern Neck Railroad. And

he just happened to have a model train at home.

George Frayne was born in 1921, just a year after The Northern Neck Railroad and Power Company tried, for the last time, to link the Northern Neck to Fredericksburg and Richmond by rail. There had been at

least 18 unsuccessful attempts since 1869. According to the Museum website, opposition from the steamboat companies discouraged investors, along with harsh weather conditions and lack of housing for transient workers.

The railroad would have carried passengers and freight on two lines within the Northern Neck, and its ability to transport timber and agricultural produce might have spurred more than the fishing industry. Imagine taking a train from Reedville to Fredericksburg through Heathsville or changing to the line through Kilmarnock to White Stone. In the model shop, you can see what might have been, with HO-scale reproductions of all those towns in the 1920s. The model-makers built everything from scratch, beginning with vintage photos.

Some volunteers told me that the crew also went to existing buildings and measured them to ensure the correct scale. Will Garvey notes, "I have heard that some of the master model builders that created the miniature Reedville Main Street buildings went so far as to charter airplanes to photograph angles of building roofs."

On July 17, I was at the Fishermen's Museum for a model train show and flea market organized by Will Garvey with a large group of volunteers. More than half of the sales tables contained donated items, from buildings and tracks to tools and turf. Volunteers Michael Rhodes and John Almassy explained that they hadn't been able to participate in the Richmond train show because of Covid, and that proceeds from the sale would support the Museum's work.



The trains were running in the Pendleton Building, where the Railroad has had its permanent home since 2003. Previously, for the community to view the display at Christmas time, Model Shop volunteers had to bring it from storage, assemble and disassemble it every year. Now, the dioramas are up year-round and volunteers can work directly on the scenes.

The Model Shop volunteers are responsible for more than the NNRR layout; they create and maintain the museum exhibits. An August 2002 article in the *Rappahannock Record* tells of their work on the "Beacons on the Bay" exhibit depicting four

styles of lighthouses, currently on display in the Covington building. Bob Dillon, who was in the Model Shop on the day of the sale, was one of the original lighthouse model builders listed in the article. He and George Koman showed me George Frayne's video about the *Railroad That Never Was*.

The railroad's newest section shows Kilmarnock in the 1950s. As Will Garvey explains, "This allows the use of diesel as well as steam locomotives." For me, it was like seeing a new novel in a series, introducing a new story and new characters.

Phil Gainous pointed out a miniature celebration in the diorama, saying, "Mayor Umphlett came here in 2019 to cut the ribbon on the town model." He and Bob Dillon also showed me a poster of a Chesapeake Bay scene that

will be placed on the wall behind that section of the exhibit. As in historical fiction, creating a museum display involves setting the scene from the background to the tiny, individual details.

Although the trains are not scheduled to run until after Thanksgiving, groups may make an appointment for a viewing, and visitors are invited to drop in to the Model Shop on Thursdays between 9 and noon to see the volunteers at work. *Denise DeVries is the author of the Hull Crossing Chronicles historical fiction series.*

To Plan or Not To Plan

By Sandra C. Fykes

As I wind down and enjoy the last weeks of summer, this is the time of year that I begin to plan and prepare for fall and the remainder of the year. For many others like me, this may involve getting ready for a new school year by writing due dates for assignments and tests, extracurricular activities, fundraisers, team practice sessions, game dates, and recitals. For those starting a new job, you may need to plan for upcoming projects, presentations, and events.

Early birds may start planning for the holidays. And if you aren't in any of those categories, at the very least you may write down family birthdays and medical appointments.

Planning can be a simple task or highly detailed. It can be a quick mental note, a cryptic reminder on a piece of wrinkled scrap paper, a verbal reminder on an audio planner, a small note on a refrigerator or mini chalkboard, or an extensive study plan on a large whiteboard. Special dates and events can be written in a variety of calligraphy styles, embellished with stickers, color coded, or highlighted according to your preference. If you don't want to make a DIY planner, you can easily find school planners, wedding planners, baby planners, meal prep planners, workout planners, and budget planners.

Planning can be a highly rewarding and relaxing process, or a highly stressful one. Some people devote a couple of hours to planning while listening to

music and enjoying their favorite drink or snack. Others find planning a total waste of time and believe that you could actually be working on the task rather than planning to do it. If you aren't in any of those categories, or in a happy medium, you may be in the group that has someone else remind or plan for you.

Fall is my favorite season for planning, usually for setting new goals and starting new classes. It feels different than planning at the beginning of the New Year, mainly because I enjoy the early signs of fall such as watching the leaves change colors and following their descent to the ground, feeling the crisp air in the morning and evening, watching the children board the school buses in my neighborhood, and wearing comfy fall clothes all while I plan to

my heart's content. I look forward to getting new school and office supplies, jotting down assignments and projects in my planner, meal planning, and trying out new recipes with seasonal ingredients. My birthday is also in the fall, so that gives me another reason to look forward to the season.

We all know that last fall was like no other, and this fall may possibly bring expected and unexpected changes as well. However, I will still be thankful for each day and try to make the best of each one. I also know that regardless of my plans, God is in charge in all seasons! There is nothing in my planner more important than knowing that I am in God's hands, and I'm so very thankful that He directs my steps.



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Style Spotlight~Master Crafters Build A See-Worthy Museum



By Denise DeVries

When it comes to boat-building, I think first of the fine crafting that makes all the pieces fit. The Deltaville Maritime Museum and its grounds are perfect examples. Everything fits smoothly, from the exhibits to the gardens, into a harmonious, buoyant whole, showcasing activities relating to the boat building industry. Bob LeBoeuf, the current museum director, was involved in the current museum building's construction and is the mastermind behind the interior displays. His wife Christi designed the landscaping.

Work began on the current building when the original and the events pavilion burned down in 2012. But maybe I should start as the museum exhibits do, 35 million years ago, when the Delmarva meteorite hit what is now the Chesapeake Bay. The after effects to the water table are still seen today. Deltaville was named for its position

between the Rappahannock and the Piankatank Rivers. Also known as the "Boatbuilding Capital of the Chesapeake," Deltaville is the site of Stingray Point, where one of the marine creatures nearly killed Captain John Smith.

The Deltaville Maritime Museum and Holly Point Nature Park were established in 2003, thanks to Mrs. Pette Clark's donation of 34 acres in 2001. Founding President Tim Blackwood oversaw the property's clearing and beautification. Today, the museum gardens reflect Holly Point Nature Park's mission, to provide a setting that will encourage a continuing habitat for indigenous flora and fauna. One section is dedicated to a hands-on Children's Garden.

By the time the museum's main building was rebuilt in 2013, Deltaville's once-famous Stingray Point Hotel (the Big Red Barn) was just a memory, abandoned in 1960 and demolished in 1982. Using funds from insurance and matching

grants, the Maritime Museum paid homage to the hotel in its design. According to Bob LeBoeuf, the average age of the all-volunteer construction crew was 69. Bob, a transplant from Massachusetts by way of Northern Virginia, had been active in the museum since 2006. He started as treasurer, was the Board president for 2 years, and has been Director for 7 years.

Bob's wife Christi drew up a comprehensive landscaping plan so that, as the construction progressed, the grounds would flourish with a variety of colors during every season. She donated the first batch of plants and watered them 2-3 times a week for 2 or 3 years. A contractor built the fountain and installed paving at a reasonable price, tying all the buildings together. The addition of outdoor displays extends the museum's story throughout the grounds.

boat-builders fit the staving into the hull, making minor adjustments, Bob takes his plans and fits the display to the space and the topic. Many of the exhibits are interactive. Visitors may read the display panels, watch a video on a built-in screen, or flip through a display book at the perfect height for children. Some exhibits, such as "Lighthouses of the Chesapeake," provide a touch screen so visitors can read more about a specific topic.

The boat-building exhibit looks like a real workshop inside the museum space, with boat-building tools categorized, identified, and displayed on the walls. There is even a full-sized saw blade.

Next to the workshop display is an entire collection of pond boats donated by a single owner. Families sailed them on city lakes in Victorian times. A variety of styles and sizes of the



The current building opened in 2014 with John M. Barber's exhibition "Chesapeake - 50 Years of Maritime Art." Meanwhile, Bob was drafting plans for display cabinets, contracting the work for the supporting boxes, and building part of the displays at home. Larger items were assembled in the onsite workshop. In the same way that

miniature boats are displayed on the walls, while smaller ones sit on a blue rotating turntable.

Part of the museum's mission is to ensure the legacy of Deltaville's 90+ significant boat-builders. One of the exhibits is dedicated to Family Boatbuilding Week, a time when families or other groups work together to build a wooden John



Wright rowing skiff for a race at the end of the week. The 14-foot boats are made of cypress and fir fastened with stainless steel. Over the past 17 years, families have assembled about 150 boats with the help of John England's volunteer team.

Another example of boat-building craft is the restored 1924 F.D. Crockett log-bottom buyboat. Over 8500 hours of volunteer labor have been put into it since September of 2005.

The museum continues to grow, with plans for additional outdoor buildings to be added as spokes around a hexagonal center. The first of these, a 60 x 22 concrete slab with a metal roof, houses a huge ship saw, a specialized band saw. Traditional band saws have a tilting table, but for the large timbers required in wooden ship-building, the saw arbor tilts. The museum's saw has five-foot blade wheels powered by a

10-horsepower motor.

Thanks to volunteer labor, the museum has been able to make good use of the original rebuilding fund and to support its operations through memberships, donations, sales of donated boats, events and facility rentals. Before Covid-19

shutdowns, the Pavilion had more than a year-long waiting list, mainly for weddings. The indoor portion of the Pavilion includes a fully-equipped kitchen and can seat 250 people. Kristen

Style &



DeGraw, Administrative Director, not only handles museum administration and Pavilion rentals, but she also refers

Pavilion users to local resources to help craft the perfect event.
Denise DeVries photos.



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Distress Over Coast Guard Cutbacks

By Ann Eichenmuller

You're out on the Bay and something goes wrong—not “the fish aren't biting” kind of wrong, but more “the engine won't start, it's getting dark, and there's a storm coming” kind of wrong. It may be time to call a Mayday—but if this happens next December, help could be farther away than you think. The U.S. Coast Guard station at Milford Haven is scheduled to be downgraded to seasonal, open only six months a year, as part of FY 2022 budget cutbacks. That could leave the Northern Neck and Middle Peninsula without timely assistance in cold weather situations where minutes—not hours—make a difference.

Yes, our ever-growing recreational boat traffic does decrease in the “off-season,” but fatalities do happen in February and March—especially when warm weather lures paddlers and boat owners out despite frigid water temperatures. In addition, Virginia's rockfish season runs through December 31 and watermen work the Bay year-round. And yes, the Coast Guard can still mount a response from a distance via helicopter in cases of distress. But will your situation fall into the that category?

Distress is said to exist when grave or imminent danger requiring immediate response threatens a craft or person. Unfortunately, many incidents don't start out that way. They start with what



seems to be a minor engine problem, one that may require nothing more than a tow. Coast Guard policy in these cases is to monitor and turn the situation over to alternate responders. But if winds and waves increase, darkness falls, and hypothermia sets in, that minor non-distress incident is now compounded to the point that it may become deadly—and there will be no local Coast Guard station to respond.

Here in the Northern Neck, we have been fortunate to have Smith Point Sea Rescue, an all-volunteer organization that has assisted boaters for nearly five decades. But their range is limited, and they are dependent upon donations to continue to provide services. Local police and fire departments are also strapped for funds and the equipment needed to respond to marine distress calls. The Northern Neck sits at the mouth of the Potomac, along a major shipping channel on the widest portion of the

Chesapeake, where waves and wind can rival offshore waters. That's a lot to put on these local responders.

Senator Warner and Representative Wittman have both expressed concern and several boards of supervisors have written letters about the proposed cutback. The period to comment, which was originally scheduled to end August 3, has been extended by seven additional weeks as a result. No matter your political affiliation, if you are a boater, this is the time to become educated on the budget cutback and its possible ramifications—before you need to make that Mayday call. *Ann Eichenmuller is a boater, marine and travel journalist, and winner of four Boating Writers International Awards. She is the author of the Sandi Beck mystery series, and available on Amazon, Barnes & Noble.*

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A photograph of a family of four running on a sandy beach. A woman in a white shirt and jeans is running towards the camera. A young boy in a dark jacket and jeans is running alongside her. A man in a light-colored sweater and jeans is running behind them. Another child is partially visible on the right. They are all smiling and appear to be enjoying their time.

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Wave

By Kenny Park

I only remember once, as a child, playing in the ocean and getting bowled over by a wave. There was so much happening so quickly and all at once that I wasn't sure how to handle it. Obviously, I survived. And here I am again. The uncle called me twice that morning. The first call was to let me know that his nephew was on the way and asking if I could take him to meet him once they gave him the address. About a half hour later he called back and had just received the call from USCIS to let him know where and at what time: the parking lot of a department store in Arlington, at 1 p.m.. I picked him up a few minutes after 10. Traffic was relatively light at that time of day, and we made good time. We arrived a few minutes before 1:00. I excused myself and ran into the store to use the bathroom, a rainstorm moved in, and on my way out I bought an umbrella. The bus pulled in a few minutes later, and I followed it to where it stopped and parked behind it. I stepped out of the van and walked from behind



it towards the open door, where a man was opening the luggage compartments. I asked if this was the bus with the unaccompanied minors from Guatemala. He said it was, and asked if I had my ID. I told him I did, but that it was the uncle of the young man on the bus who was here to pick him up. As I walked back towards the van to

let the uncle know to come over, I noticed several cars pulling in and parking around, as well as people walking eagerly towards the bus. I walked with the uncle towards the same man I'd spoken to earlier and realized there was a crowd gathering. There was now a new young man who was standing next to the door, looking around. At

first, I thought it was the nephew, but then I heard the uncle say his nephew's name and motion that the young man was not him. I was standing next to him and could see his eyes above his mask. They were anxiously scanning the parking lot when a woman and her husband and two or three other children came around the corner of the bus. Both she and the young man immediately fell into each other's arms, weeping. I kept walking towards and past them, caught the woman's eye as I drew even with them and couldn't help but start crying with her, for them. There were duplicate reunions happening with each of the eight or ten young men who stepped off the bus. I had to step back. It was the only way I was going to handle the wave of emotions washing over me. *Kenny has served the Northern Neck Immigrant community and as Pastor of Jerusalem Baptist Church in Warsaw since 2003. His email address is Kenny.park@gmail.com. Kenny Park photo.s*



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Ola



Por Kenny Park

Solo recuerdo una vez, de niño, estar jugando en el océano y ser tumbado por una ola inesperada.

Había tantas cosas sucediendo tan rápidamente y a la vez que no estaba seguro de cómo manejarlo. Obviamente sobreviví. Y aquí estoy de nuevo.

El tío me llamó dos veces esa mañana. La primera fue para avisarme que su sobrino venía en camino y para preguntarme si podría llevarlo a su encuentro una vez que le dieran la dirección. A la media hora,

volvió a llamar y acababa de recibir la llamada de USCIS para informarle dónde y a qué hora: el estacionamiento de una tienda en Arlington, a la 1 de la tarde.

Lo recogí unos minutos después de las 10. Había poco tráfico a esa hora del día, y llegamos pronto - unos minutos antes de la 1:00. Me disculpé y corrí a la tienda para usar el baño, entró una tormenta y, al ir saliendo, compré un paraguas.

El autobús llegó unos minutos más tarde, lo seguí hasta donde se detuvo y me estacioné detrás de

él. Salí de la camioneta y caminé desde detrás de ella hacia la puerta abierta, donde un hombre estaba abriendo los compartimentos de equipaje. Le pregunté si este era el autobús con los menores no acompañados de Guatemala. Dijo que sí y me preguntó si tenía mi identificación. Le dije que sí, pero que era el tío del joven del autobús quien estaba aquí para recogerlo.

Mientras volvía hacia la camioneta para avisarle al tío que viniera, noté que varios autos se estaban acercando y se estacionaban, así como personas que caminaban ansiosamente hacia el autobús. Regresé con el tío hacia el mismo hombre con el que había hablado antes y me di cuenta de que había un buen grupo formándose. Ahora había un nuevo joven que estaba parado junto a la puerta, mirando a su alrededor. Al principio, pensé que era el sobrino, pero luego escuché al tío decir el nombre de su sobrino y señalar que el joven no era él.

Estaba junto a él y podía ver sus ojos por encima de su mascarilla. Estaban ansiosamente mirando alrededor del estacionamiento

cuando una mujer, su esposo y otros dos o tres niños aparecieron desde detrás del autobús. Tanto ella como el joven cayeron inmediatamente en los brazos del otro, llorando. Seguí caminando hacia ellos y pasándolos, capté la mirada de la mujer y no pude evitar llorar con ella, por ellos.

Estaba duplicándose esa reunión con cada uno de los ocho o diez jóvenes que se bajaron del autobús. Tuve que dar unos pasos para atrás. Era la única forma en que iba a poder manejar la ola de emociones que me invadía. *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.*



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Dominoes Dominate To Do List

By Grid Mchal

Imagine a wad of dominoes lying helter-skelter on the dining room table. Only one counts, and that one has a tag on it that says “shrimp on the barbie at Hank & Kim’s Sat. 6 PM. You WILL be there” Okay, it’s a large domino.

There are other dominoes with tags on them, and they’re starting to look like Monopoly pieces. Because I get tired typing I’ll give each a number after the tag. One says “yard work Thur”(1); another, “R&R Friday;(2)” “Petty’s Whaler Sat AM(3);” “Clair-oil change Sat AM(4);” “Brown-install BRP injector Sat PM(5)”. Oops. There is a problem developing between paragraphs one and two.

Off to the side are some tiles that say “Order ETEC E/S kit(6);” “Install E/S (electric start) kit (7);” “Jodie’s carbs (8);” “E.J.’s boat launch Sunday AM(9).” I know that’s after the shrimp, but bear with me. Being mobile means trying to conserve fuel and travel time and getting jobs placed as close as possible to each other. So here’s what I did, standing the dominoes on end in a long “S” so I could watch them fall all the way to Saturday dinner.

8 7 6 1 2 3 4 5 dinner. Logic: I had to do the yardwork (1), could stop long enough to (6) but I didn’t have to take an R&R day, freeing up (2). In place of (2) I could, if nobody minded, put (7) and (5), taking away the fear of missing dinner with neighbors. The dinner I PROMISED I’d be at.(3) and (4) would be quickies. (9) was for

Sunday, but it’s right next to (4) so I can swing by and see if EJ has everything ready. 8’s not too far from 7 so I can stop and see how he’s coming with the detailing.

Rearranged: 1 6 7 8 3 4 9 5 . Looks good, so I call 5, tell him I’ve ordered the kit, probably won’t be here until Monday, give us 2 days of maybe-rain, okay? Okay. 7, is your eBay injector in yet? He won’t know until he runs the tracking number when he gets home. Are you trying to reschedule? Ummm.....yup.

I get though the yard work to meet the UPS driver with the kit for 5. One day service—are you kidding?? I call and leave a message with 5 asking if I can install it Friday AM. Same question for 7, except PM. If that works, no sweat getting to Barbie.

Here we go: no response from either. Here it is, 220AM on Friday, and here’s the way it stands: 1 6 2 (5?7?) 8 3 4 9. Everything is at a standstill no matter what I do. However, here’s the way I think it’ll shake out:

1. Yard work done
 6. Start kit ordered
 2. Friday is back to a free day for me
 7. Will tell me the injector is coming in between 12-5 Saturday
 5. Will tell me to knock my socks off
 3. Still Saturday AM
 4. Still Saturday PM
 8. I’ll keep the carbs in a box in the truck
 9. I’ll call him with a list of things he has to do before launch.
- You know what will happen,

don’t you? No matter how the tiles are arranged, and on end to collapse the way I want them to I’m gonna be late for dinner.

Laugh. Here’s what happened:

6. Ordered the starter kit just as UPS got to the shipper

1. Got the yardwork done

3 Spent 3 hours Friday (7AM-10AM) locating and killing a “gremlin”

4. Owner decided it was a “kids’ day,” told me to reschedule after the Fourth

7 Injector came early to owner, drove an hour to the job, finished removal of old in twilight, looked at new—no idea what THAT goes to. Bad news, the Fourth is coming week along with his grandkids and now I have to find another injector, plus return to install. Good news: this job won’t interfere with dinner.

5 Electric start kit came in 4 days early, minus the one part that ties everything together. He wants his boat by the Fourth, too.

8 Jodie’s somewhere, but not in his boat. I have his carbs. Maybe I can work him in, in the middle of this other insanity.

I sat down at dinner, had half a Yuengling with mini crab cakes The Motor Nurse made, followed by “shrimp on the Barbie” and pasta salad. I leaned back in the dinner chair and the next thing I heard was The Nurse apologizing for the volume of my snore.

9. 9AM at EJ’s. “I tried to start it. I think it caught for a second but backfired. I know instinctively what happened but I held back the tears. I checked the timing mark on the flywheel against TDC on #1. Sheared flywheel key. I have 5 more at home, an hour away. We reschedule for Monday after he gets off work.

Unnumbered: a customer calls and tells me she’s talked a nationally-known author into reading my novel and sequel and telling me how to make it work the way it should. Another 2 hours on the road, but this time with a smile on my face! Monday is for thinking I can make things happen the way I want them to. *Grid Michal is the author of The Motor Doctor: solutions for troubled engines and owners...and other stories.*



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Tidewater and Timber~The Best of Fall Fishing



By Chelly Scala

As fall was approaching, we took the opportunity to sneak in some great fishing before taking our son back to college. Two days before it was time to pack up and go, our son caught five different kinds of fish before I could catch one. I asked, "Who taught you to fish like that?" He smiled. He sure loves to fish. Travis' favorite baits

are grass shrimp and gulps. What a great day that was! It will definitely go into my memory book. Travis caught five flounder, two of which were beautiful keepers, and I caught a nice keeper. We cooked one of the flounder for dinner with some of the mackerel we recently caught.

September will continue to include fishing plans and if you follow the weather forecast, it can be very predictable.

This month, there are many opportunities available while the water is still warm. Some of these opportunities include flounder, spot, perch, puppy drum and croaker. Cut strips of spot, cut strips of squid, grass shrimp, gulps and fish bites are some of my favorite baits.

Get out there and increase your chances to catch Spanish mackerel and blues before they chase the

schools of shiner minnows

south and out of the bay. Sometimes September can be the last month to catch Spanish mackerel and blues.

When winds are calm, watch for gulls and tern birds diving on baitfish. High tides often encourage baitfish to gather in tighter locations and encourage feeding activity. Often feeding schools of mackerel and blues will show up. Along with trolling, this also offers great opportunities to cast into the breaking fish. Great casting lures for feeding fish include Stingsilvers, Hopkins or Diamond Jigs. In September, the fish can show up on the surface in feeding schools almost any time of the day; so be ready! Trolling works great for moving fish and is the best tactic for Spanish mackerel, blues and rockfish. Popular lure choices for trolling in September include Clarks, Drones and Crippled Alewives or Tony Acetta spoons in sizes small enough to mimic shiner minnows. Clark spoon colors come in chrome or gold and the Drone spoons come with red, yellow or chartreuse green mirror backs. Use 30-pound test monofilament when trolling for mackerel and blues. Check often for nicks in the line from blues and Mackerel teeth.

Don't forget to check the below listed websites for size and limit restrictions as well as seasons.

Visit www.eregulations.com/maryland/fishing/stripped-bass or call 1-877-620-8DNR (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 www.dgif.virginia.gov/fishing/ or by calling (757) 247-2200.

When trolling with planers, use sizes #1 and #2. Put the lighter #1 planers out first and keep them outboard. Then keep the deeper running #2 planers inside and closest to the stern of the boat. These planers vary bait depths and prevent tangle. When not using planers, try in-line trolling weights in 4 to 6 ounces sizes for outboard lines for another option. Also, consider using 20 to 25 feet leader with barrel-snap swivels at the connecting end to the sinker or planer.

Chelly Scala photo.



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The Pain Bridge

By RuthE Forrest

Pain is an interesting phenomenon. As a bodyworker, I'm always chasing pain around while I work on clients. My hands are schooled in the anatomy of the physical structure. My gift is the ability to follow instinctual knowing of the energetic body to find the source of the pain. The clients' job is to relax into the awareness their body is trying to communicate through the pain signal, registering this consciously. Then hopefully making the changes needed to release the cause, ultimately healing the pain. It's a partnership. I facilitate healing, but the client must take response-ability for their heal(th). Balance is a dynamic concept.

Living in a body is a day-to-

day challenge. We must take responsibility for the vehicle in which we chose to live. Preventative maintenance is an absolute must if we're to enjoy it for a good longtime. Being comfortably balanced guarantees a comfortable ride. This takes purposeful energy, attention, and action. The body has awesome built-in capabilities to assist us in its upkeep and functioning. We only have to pay attention. Pain is the body's last resort, literally your cells screaming at you to get a clue! Dis-ease has already progressed past the point of self-regulation. Help is needed immediately.

Relief comes in many forms, if we ask for and accept it. Chronic pain is a game changer, and it does change you. One of my clients who lives with chronic pain told me about the "pain-bridge." It's that place where

you get to a tipping point, like the crest of a bridge. Once you reach that point you accept that you are going over the bridge. Acceptance changes the dynamic, you relax and enjoy the scenery. In the relaxed state you can live with the pain. It's still there, you just don't let your mind "pay attention" to it any longer. Fear of the pain doesn't ramp you up. It's an accepted part of your day, and you do what you need to do to maintain your highest functioning during that day. One minute at a time sometimes, but getting through nonetheless. Those who cannot train their mind to do this can be unpleasant to be around if their pain is not managed by other means. Death may be the ultimate healing, we all eventually go over this bridge.

Pain research is opening up exciting new methods of treatment. We know it's an inside job though, it involves all of the body-mind. Specialized micro-structures

throughout the body contribute to pain signals. Relaxing the body-mind allows the consciousness to tune into these signals, gaining awareness of how to create balance within and health throughout the entire energy field of the body.

What's your plan for dealing with pain? It's well documented that massage therapy can be a great bridge to body-mind awareness. A few minutes exploring your inner landscape can provide clues about where you're holding pain, and maybe even why. Are you shouldering too much? Is someone in your life a pain in the neck? Do you prefer to just side-step responsibility for your health and take a chill-pill when your body talks to you? Love and gratitude are the highest frequencies we can give ourselves, and only then can we extend these gifts to others.

Talk to me about pain relief at Spa 2 U 804-453-5367.

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Cool Thoughts for a Hot Day~Part 2

By Ellen Dugan

If modern refrigeration needs a King of Cool, Willis Haviland Carrier would certainly be wearing a crown. Recognized as the Father of Air Conditioning, he was awarded 80 patents over a fifty-year time span. And his basic Rational Psychrometric Formulae (basis for air-conditioning calculations to determine what is needed to cool a specific amount of air) is reverently referred to as the “Magna Carta of Psychrometrics” by engineers and industry folk. It was written in 1911 and is still in use today.

But for us lay people, how did Willis Carrier, a 25 year-old earning \$10 a week as noted previously, solve the Sackett-Wilhelm Lithographing and Publishing Company’s smudged ink problem? The one caused by their paper’s reaction to heat and high humidity?

To find the answer we need to join Willis on a railroad platform

in Pittsburgh. He is waiting for the train that will take him to Brooklyn to work on the Sackett problem. The platform is shrouded in fog. It is difficult to see very far. But Willis’s mind is not foggy. He is peering into the fog and thinking, turning over various bits and pieces of information, stuff like – Fog is nothing more than water vapor that has condensed out of air, and the amount of water vapor that the air can hold is dependent on the temperature; the hotter it is, the more water the air can hold.

Hmm, he thought, and then something clicked. If I can cool the air, I can reduce the amount of water vapor, thus reducing the humidity that is causing Sackett’s printing paper problems.

And that is exactly what he did. He used an industrial fan to blow air over steam coils filled with cold water. As the hot air flowed over the coils the excess humidity in the air condensed on

the coils, thus causing the air to cool and become less humid.

In effect, Will was able to dry and cool the air by creating an artificial “fog.”

This happened in 1902. Shortly after this, when the New York Stock Exchange opened in 1903, it became the first building to be air-conditioned strictly for comfort. Technically true, it should be noted that previously, cadavers resting peacefully in the dissecting room of Cornell’s Medical College in New York City had also been kept cool, though this comfort did not extend to students and professors in other areas of the school.

It would take ten more years, each one uncomfortably hot by today’s standards, for air-conditioned air to flow into a

private residence. The first system was installed in a Minneapolis mansion owned by Charles Gates, son of John-Bet-A-Million Gates.

Both father and son were flamboyant gamblers. Charles was betting that the latest in air conditioning – a unit that was seven feet high, six feet deep and twenty feet long – would cool his house. Unfortunately, he didn’t live long enough to see if this was true. (It was.)

However, Willis Haviland Carrier did. He went on to create cool weather inside by developing “Weathermaker,” the first residential air conditioner. Eventually he founded the giant Carrier Corporation, and as far as we know, he never gambled.



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By Lee Casazza

Linguine With Shrimp Scampi & Herbs
Normally I do not recommend cooking with extra-virgin olive oil. Save the good stuff for salad dressing, pasta salads, and finishing on already prepared food.



This dish is cooked over medium heat and you can use extra-virgin olive oil if preferred.

Extra-virgin olive oil has a smoke point of around 375 degrees F.

Avocado oil has a smoke point of around 400 degrees F.

Peanut oil has a smoke point of around 435 degrees F.

1/2 lb linguine
4 T unsalted butter
2 T extra-virgin olive oil
1/2 medium yellow onion, diced
3 cloves garlic, minced
Pinch red pepper flakes
1/2 to 3/4 lb large shrimp, peeled and deveined
Juice of 1 lemon
Zest of 1 lemon

1/2 cup white wine, such as Pinot Grigio or white vermouth
Sea salt and freshly ground black pepper

1/2 cup minced Italian parsley
2 T minced chives
6 large basil leaves, minced

Cook the linguine in boiling salted water until al dente, about 6 to 7 minutes.

Save 1/2 cup of the pasta cooking water.

In a large skillet over medium heat, add the butter and olive oil.

Add the diced onion and sauté for 3 to 4 minutes.

Add garlic, red pepper flakes, and shrimp.

Cook until the shrimp turn pink, about 3 minutes.

Add the lemon juice, lemon zest, wine, parsley, chives, basil, and pasta water.

Season to taste with salt and pepper.

Bring to a boil for a minute, then add the cooked and drained linguine.

Toss to combine.

Divide between two warm

pasta bowls and serve.

Serves 2 as a main course and 4 as a first course (primi piatti)

Lemon Ricotta Cheesecake

This delicious cheesecake is light because of the ricotta cheese and creamy because of the cream cheese.

There is no need to bake it in a water bath and you can put all of the cake ingredients into a food processor, almost all at once. It comes out perfect every time. This is a wonderful dessert to serve after a Sunday dinner.

2 (15 oz) containers whole milk ricotta cheese
1 T unsalted butter, slightly softened
1 T sugar
2 T unseasoned dry breadcrumbs or matzo meal
2 (8 oz) packages cream cheese, room temperature, cut into cubes

2 large eggs
1 cup granulated sugar
1/4 cup all-purpose flour
3 T fresh lemon juice
Grated zest of one medium lemon
2 t pure vanilla extract
Pinch sea salt or kosher salt

Put ricotta in a large fine-mesh strainer set over a bowl and let drain for 30 minutes.

Every once in a while, gently press the ricotta with a large spoon to help release the liquid.

Preheat oven to 350 degrees F.

Butter an 8 to 9-inch springform cake pan.

Mix the 1 tablespoon of sugar and breadcrumbs in a small bowl; sprinkle over buttered pan bottom to coat. Tap out excess crumbs.

Spoon ricotta into the bowl of a food processor fitted with the

blade and purée for a few seconds.

Add cream cheese and eggs and purée a few more seconds.

Add the remaining ingredients and purée, scraping down the sides occasionally, until smooth.

Scrape batter into the prepared pan.

Place on a baking sheet and bake cheesecake until golden brown and just set, about 1 hour and 20 minutes.

Transfer to a rack and let cool in pan.

Refrigerate uncovered



until cool, about 4 hours.

Loosen cake by running a table knife around the edges.

Remove the cake pan sides and place on a serving plate.

You can also use a large thin spatula to remove the entire cake from the bottom of the cake pan and place on a serving plate.

Dust with powdered sugar and cut into wedges.

Serves 8

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~Cobia Burgers



By Wendy Hyde

Sam always grateful for an invitation to try something new outdoors. Hunting and fishing trips make memories and opportunities to learn valuable lessons. My husband and I recently went on our first cobia fishing trip into Virginia's Chesapeake Bay waters thanks to a generous friend's invitation. His 28' *Cobia* (ironic!) Walkaround vessel with twin 225 hp Yamaha engines was up to the task of a rough early morning trip out, and within 20 minutes of putting out bait and setting lines it was "Fish on!" Cobias are hard-fighting fish and a lot of fun to reel in. When you get one in the boat you feel like you've earned it, or so I'm told.

I quickly reeled in the 50" female with a minimal amount of effort using the captain's well-outfitted rods. I don't feel like I earned it, but I'll take it, and count the experience as one of my most memorable days aboard a boat. Along with some mild-tasting white meat fillets, the large fish yielded several pounds of end cuts and belly meat, which is more fibrous than the prime

fillet pieces. This recipe makes use of the little bits in a way that produces a fall-apart tender burger.

Cobia Burgers with Old Bay Remoulade

Serves: 4

Total Time: 1 hour 15 minutes (includes chilling)

1/4 c. red bell pepper, large dice

1/4 c. celery, large dice

2 Tbsp. onion, small dice

8 oz. cobia (or other white fish)

pieces, partially frozen, patted dry

1 egg white

3/4 c. very soft cooked brown rice

1 c. unseasoned breadcrumbs

2 c. canola, corn, or vegetable oil

1/3 c. very thinly sliced red onion

2 c. finely sliced Romaine lettuce

4 Brioche hamburger buns

Using a food processor fitted with a standard blade, combine bell pepper, celery, and onion, and pulse several times to start mincing. Add fish pieces and egg white and pulse 8-10 times until fish is in



pieces no larger than a pea. Transfer to a bowl and stir in the brown rice to combine (mixture will be soft). Cut parchment paper into 4-5 4"



squares. Spread breadcrumbs onto another flat, shallow pan. Shape mixture into 4-ounce patties and gently put one patty at a time onto the crumbs. Use your hands to gently coat the top and sides of the patty with crumbs, lift out using a thin, wide spatula (a slotted fish spatula is ideal), gently shake off any excess crumbs, place a parchment square on top of the patty, and flip the spatula over to transfer the patty onto the paper. Arrange in a single layer on a small sheet pan, cover and chill 30-45 minutes.

Put red onion into a small bowl, cover with cold water and let stand 5 minutes. Drain and pat dry. Toss with julienned lettuce to combine and refrigerate until ready to assemble sandwiches.

In a large skillet, add oil to 1/4" depth and heat over medium-high heat to 350°. Use the parchment squares to slide the patties into the oil, being careful not to splash the hot oil. Fry until deep golden brown on one side, gently flip using a flat spatula, and brown on the other side. Remove to

a paper-towel lined plate.

Brush the cut sides of each bun with butter and toast on a pre-heated skillet or griddle. To assemble burgers, spread remoulade on each bun bottom, top with a patty, spread patty with more remoulade, top with the onion-lettuce mixture and bun top and serve.

Old Bay Remoulade

1/2 c. mayonnaise

1 tsp. fresh lemon juice

2 Tbsp. chopped fresh parsley

2 1/4 tsp. Old Bay seasoning

1/2 tsp. Dijon mustard

1/4 tsp. chopped capers

1/4 tsp. Tabasco sauce

1 1/2 tsp. minced red bell pepper

1 1/2 tsp. minced bread and butter pickles

1/4 tsp. minced garlic

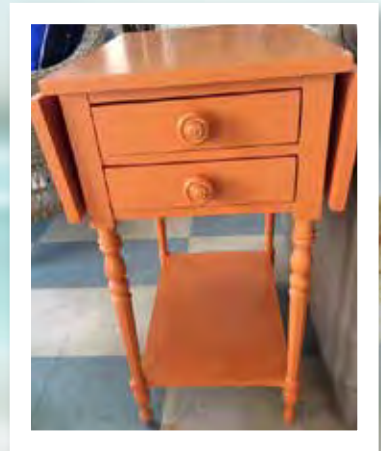
Combine all ingredients thoroughly and refrigerate, covered, until ready to use. Can be made several days ahead.

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



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