

# CHESAPEAKE Style

Volume XXIII Issue 3 November 2019

PRICELESS  
[www.chesapeakestyle.com](http://www.chesapeakestyle.com)



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

## Fast Times on the Rivers



In late April, I said goodbye to Onyx, my GWP rescue, as she crossed the Rainbow Bridge. My daughter, Kathy, coined the phrase, "It was a good, sad day." At the time I believed Onyx was my last GWP. I am aging, and older, calmer dogs, suitable to my lifestyle, aren't always available for rescue.



In August an older male GWP was picked up as a stray in S. C. and placed in a shelter. He had no collar, no microchip, no identification. They determined he was about ten years old and named him Elder.

They gave him veterinary care and he came to the attention of National German Wirehaired Pointer Rescue. In September he went into the National GWP Rescue foster care in N.C.

Soon his photos were on Facebook. By this time I realized I needed another Velcro dog...which Brandy, my sweet hound mix, is not. He was fostered with other young dogs and was very tolerant and laid back. Suzanne, our National GWP Rescue person told me she thought he would be a perfect fit for my lifestyle. I agreed if his foster person would bring him to me and make certain he and Brandy were good together. They hit it off, with tails wagging. In no time he figured out how to use the doggy door.

It has been about four weeks since he arrived. He is small for a GWP, and clearly he belongs here. I renamed him Bart, since no one knew his original name and this name was new to him... It is clear he was much loved by someone. His tail wags constantly and he loves everyone. He knows where the cookie jar is located and when I head for the kitchen, he's there! Aah, my Velcro dog!

Now life is full of good, happy days.

### In Memory of Athena By Joy Brenda Burch

Athena crossed the Rainbow Bridge, Saturday, October 20. She had celebrated her 12th birthday two weeks ago. She was loving with all she met. She had an amazing ability to understand and communicate. She loved her camera sessions and would sit in front of me as I put on costumes and hats. She would let



me position her and hold the pose until I said, "Okay." These sessions were also full of kisses and treats. She will be missed forever. Above, Athena at 12 weeks. R, Athena as an adult.

## CHESAPEAKE *Style*

Editor, Publisher, Chief  
Cook & Bottle Washer  
Janet Abbott Fast

### Writers & Photographers

Cindy Balderson, Corinne Anthony Becker, Mari Bonomi, Carol J. Bova, Deborah Butler, Joy Brenda Burch, Ellen Dugan, Ann Eichenmuller, RuthE Forrest, Sandra C. Fykes, Diana Garrettson, Maureen Gillmer, Martha M. Hall, Torrence Harman, Melissa Haydon, Wendy Hyde, Spike Knuth, Tracy G. Lanum, Randy Mardres, Darleen Nichols, Kenny Park, Chelly Scala, Nancy Shelley, Paula Shipman, Gerhard Straub

### Ad Sales, Distribution

Carol J. Bova, Susan Christopher, Willis Croxton, Deborah Figg, Bill Graves, Martha Hall, Florine Headley, Jackie Ingram, Tracy Lanum, Joanne Hunter, Nancy Shelley, Marie Stone

### Proofreader

Marie Stone

### Ad Composition, Graphics, Layout

Janet Abbott Fast, Deborah Figg



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. *Chesapeake Style* is a priceless magazine published eight times a year by Chesapeake Bay Marketing. For delivery for one year, please send your name, mailing address and a check or money order, for \$24 for postage and handling, to the address below.

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

chesapeakestyle@hughes.net  
www.chesapeakestyle.com  
The opinions expressed in *Chesapeake Style* are those of contributing writers and do not necessarily reflect the opinion of *Chesapeake Style* or its advertisers. Reproduction in whole or in part of any material in this publication without permission is strictly prohibited.

©2007-2019 All rights reserved  
Chesapeake Style  
Chesapeake Bay Marketing.

## About the cover~

Sharon Woods Fine photo. I was at my dock in Dungan Cove on the Yeocomino River. I heard the wonderful song of this Mockingbird calling to me.

I looked up into the Holly Tree and there he sat waiting patiently while I ran to the house to grab my camera. I returned with my camera in hand and started taking pictures. He was very cooperative and using his "Puffed Up" feathers to keep warm on this very cold day.

Photography became my passion about eight years when I was inspired by the photos of a good friend. Wildlife and everyday life on the water have become my favorite forms of photography. I also enjoy taking pictures of the beautiful landscape in the area. I will never run out of photo opportunities in this wonderful place.—The Northern Neck of Virginia.

My camera of choice is the Nikon Coolpix P1000.

The Town of Warsaw Presents

# Dickens of a Christmas

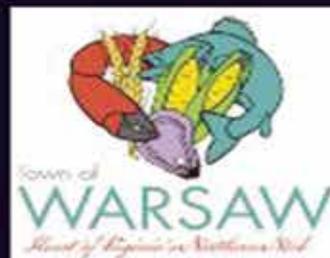
DECEMBER 14, 2019

All Day Celebrations Include the Following:



Warsaw's Annual Christmas Parade  
3rd Annual Downtown Horse & Carriage Rides  
Oyster Roast at Relish Restaurant & Wine Bar  
Kids Play Area - Bouncy Houses and More  
Christmas Carolers

2nd Annual Holiday Market at the Park  
Trolley Rides to Menokin's Christmas Light Tour  
Extended Hours for Main Street Shopping  
Hot Chocolate, Smores, and Much More!



Check out the Town Facebook page for updates!

# Style Spotlight~The Language Of Love~Flowers



this array of oranges, golds, yellows greens and more. Everywhere I looked something spoke to me in a language known to all flower lovers.

I was warmly greeted by Linda and immediately taken with her smile. Her smile radiated the warmth of her flowers. Linda hails from Alberta,

Virginia which is a small town in the southwestern part of the state near the border with North Carolina.

In 2004, she had the misfortune of losing her husband. Linda loved the water and purchased a home on the Rappahannock. At the time, she was employed in medical records in Richmond. After a time, the daily commute just became overwhelming and, in 2007 she

resigned her job in Richmond and went to work at Commonwealth Florist as a bookkeeper.

August of 2019 brought a big change in Linda's life when she purchased the Commonwealth Florist. The business had moved to the current location of 190 Main Street in Warsaw in May of 2018. "I gained a business, a home and a family when I purchased the florist", Linda said with a smile on her face and in her voice.

She related a conversation that she recently had with her nineteen year old granddaughter in which the young lady indicated she was afraid of failure. Linda gave her this advice "I told her that at my age I was scared too and that going to work every day is therapy". This told me a lot about Linda.

She may have been afraid but she stepped out there and took a chance on doing what she loved. She didn't fail but even if she had she could always say she had tried. So many of us are afraid to take a chance and we never know if we could have succeeded. Linda knows!

We discussed the price of flowers. She explained that the price can vary depending on many things. How far the flowers are shipped, the weather conditions at the time, are the flowers scarce or plentiful and of course that old supply and demand. When asked how the arranger decided on colors and design, Linda said that the person ordering usually supplied that information according to the occasion.

I asked her for the name of her favorite flower. That was difficult for her to answer because she loves flowers in general but she finally picked the red rose. A vivid color as full of life as is the proprietor of Commonwealth Florist. Linda told me that one of her nicest moments had been when she filled in for a delivery driver and got to see the smiles on the faces of people

receiving beautiful bouquets.

Commonwealth Florist employs part time employees—four designers and two delivery drivers one of whom has been on the job for 14 years. I also had the pleasure of meeting one of the designers, Jennifer Brewer, who was hard at work on a design.

One thing that Linda stressed over and over is that she wants people to understand that she believes in giving her customers value for



their money. If a customer orders a wreath for \$50, Linda makes sure there is \$50 worth of flowers in that wreath. When she purchases something, she wants her money's worth and she wants her customers to know that she will give them their money's worth on every order.

Drop in and visit soon at 190 Main Street in Warsaw. It will lift your spirits. It did mine!

Come and visit Commonwealth Florist's Open House, December 6, 7, 8, from 9 a.m. to 5 p.m.

The shop is open from 8:30 a.m. until 5 p.m. Monday through Friday and from 8:30 a.m. to 12 p.m. on Saturday. For deliveries or orders of an immediate nature (funerals) they can be reached at the After Hours number, 804-543-4991. It will help a lot if you place your order at least one day prior to expected delivery on major holidays.

*Darleen Nichols photos of Linda Vickery, Jennifer Brewer.*

By Darleen R. Nichols

**I**t was a dark and dreary morning as I walked down Main Street to meet Linda Vickery, the new owner of Commonwealth Florist. I opened the door and stepped into a beautiful world of color and sunlight. All of the autumn colors blazed in glorious abandon despite the sunless sky outside. It was breathtaking



**T-Shirts Now Available**



**Crying Shame**  
FRAME SHOP & GIFTS

**Gallery wrapped canvas**  
Available in Sizes 9" X 12" - \$35  
18" x 24" - \$140 WE SHIP  
Exclusively at Crying Shame

**Custom Picture Framing**  
**Art, Home Decor, & Gifts**

103 Church Lane, Tappahannock, Va 22560  
804-443-0070 • cryingshame1@verizon.net  
Hours: Mon-Fri: 10-6 • Sat: 10-3 • Sun: 12-5  
[www.cryingshameframeshop.com](http://www.cryingshameframeshop.com)

# Twenty five Reasons to Love RFM's Christmas on Cockrell's Creek



By Maureen Gillmer

**T**he Reedville Fishermen's Museum is celebrating the 25th year of Christmas on Cockrell's Creek! This stellar event has drawn thousands of visitors to the little town of Reedville for its annual two day Christmas House Tour, distinguished from others by its offering of boat rides on Cockrell's Creek. Though many new attractions have been added over time, the tried and true features remain. Here are 25 reasons people love this festive introduction to the holiday season.

1. Sharing the spirit of the season with family and friends

2. The Model Shop - with the running of the trains through to scale villages of the Northern Neck fun for young and old

3. Santa's arrival on the *Elva C.*

4. Kids' party with Santa at Bethany United Methodist Church

5. Friendly and festively dressed volunteers at all the venues

6. Fresh ideas for your own holiday decorating—at the homes and all around town

7. Mistletoe and Mimosas Brunch and Fashion Show, a festive sell out event on Friday

8. Holiday Artisans' Bazaar, a jump start to your holiday shopping

9. Boat tours of Cockrell's Creek, a unique experience in the chill of December

10. Homemade cakes and cookies at Bake Sale help with

your holiday baking

11. TableScapes—spectacular and imaginative arrangements to inspire

12. The charm of historic Main Street, a treat for you and your tour companions

13. The Museum's historic and beautiful in water fleet: the *Elva C.*, *Claud W. Somers*, and *Foggy River*

14. The Pilot

House and other outdoor exhibits: log canoe, monument to lost watermen, the John Smith replica, and small boats under the pavilion

15. Indoor Museum Exhibits—learn about the “town that fish built”

16. The Boat Shop—where members learn the craft of boat building with state of the art equipment and lots of camaraderie

17. The Tour of Houses—all five representative of Reedville's various and lovely waters

- The McNeal House—historically significant with a view of the Stack and Omega's fleet

- On Golden Pond—nestled at Owen's Pond off the Bay

- Heron Point—a long view of the Bay

- The Simpson Home—wooded path to Cockrell's Creek

- The Nessul Home—serene views of Rock Hole Creek

18. Fabulous decorations in each home—displaying the creativity and talents of the Chesapeake Bay Garden Club

19. Touring and lunching with house guests and other friends

20. Saturday night lighting of the town Christmas Tree in the gazebo

21. The Walker House, the oldest house in Reedville for cider and homemade cookies, organ music and carols

22. The Museum's gift shop—delightful gifts for yourself and others

23. The opened sanctuary

of Bethany Church, decorated for the Christmas season

24. The Museum's traditional little tree

25. The Reedville Festival Chorale—cap off the weekend with familiar seasonal sounds at 3:00 on Sunday



Christmas on Cockrell's Creek, Saturday, Dec. 14th, 10-5, Sunday, Dec. 15th, 10-3. \$25 in advance; \$30 on Tour Weekend; \$10 to tour an individual home. For tickets or more info, please call 804-453-6529, or visit [rfmuseum.org](http://rfmuseum.org).

## The Museum's Special Little Tree By Maureen Gillmer

A wonderful tradition started inadvertently in the late 1980's when Ray Rogers' wife, Maria, suggested it. Very active in the Reedville Fishermen's Museum and on its board at the time, she proposed that if he were to place a tree in a certain spot on the grounds in front of the Walker House, she and the rest of their family would be able to see it from the bay window of their home across the creek. Indeed, with some careful coordination - father and sons moving a stick from place to place and testing to be sure the view was just right - they found the perfect spot. There, they placed the fresh-cut tree, lighting it just before the Museum's annual “Christmas on Cockrell's Creek.” It has been placed and lighted there ever since.

Ray always chose a shortneedled Virginia pine. When they became less plentiful, Ray began cutting down cedars, usually 7-8 ft in

*Ray Rogers places a cedar tree in the front lawn of the RFM - a 30 year tradition that started so that his wife and family could see the tree from their home across the creek.*



height. In recent years, his son Peale has helped him put it up, Peale himself active with the Museum like his mother used to be.

Ray lost Maria in 2013, and today, at 93, he still lives the same family home.

Ray was a proud and hardworking commercial fisherman who, until just a few years ago, was not only going to work regularly on the boats of his two waterman sons, Frederick and Walter (Peale), but still also cutting down his own Christmas tree - and the Museum's.

This year, Ray is unable to do the cutting himself, but the tradition will go on. Peale will place a tree in the front yard of the Reedville Fishermen's Museum, remembering the 30-some times their father so happily did it. Though Ray never said it aloud, we can be pretty sure that when he put the tree up in that special spot by the Walker House, he was lighting the tree with Maria on his mind.

## Style Spotlight~Java Jacks~Not Just Coffee, a Whole Lot More



the current owners a year ago. Prior to that Derrick was and still is in IT, working on websites. He shares his time between Java Jacks and the Internet. Jeans worked for a newspaper. She works in the front and meets people. He always had an interest in food and cooking. Derrick and Jeans talked about having a restaurant someday. They enjoyed their visits to Java Jacks. Then when the previous owners decided to retire, The Owens

By Joy Brenda Burch

**N**ot just coffee. Java Jacks is a popular and special place to stop for a good cup of coffee and a delicious meal or snack. It has been a popular place in Tappahannock since 2006.

Jeans and Derrick Owens became

dream was able to come to life. Java Jacks is open every day, except Thanksgiving and Christmas, from eight in the morning until three in the afternoon. They serve a full breakfast and lunch. Derrick enjoys menu development. To try out a new dish, they will add it to the Specials menu. If it is well received, it will be added



events. The restaurant closes at 3 p.m., private groups can arrange to use the area after hours. They are open two nights during Valentine's

to the menu. Recently they have added steak and eggs and chicken fried steak and eggs to the menu.

There is a tempting variety. There are eggs, sausage, bacon, pancakes, waffles and French toast as well as quiches and seafood additions, with interesting combinations. A Kids' Menu includes, grilled cheese sandwich, PB&J sandwich and mini-hot dogs.

Also, on the menu are a Basket of Jacks.; Jacks are fried light Italian bread known as a Zepoli. They are served topped with powdered sugar and garnished with fresh fruit. It is an Italian doughnut.

Jeans and Derrick enjoy feeding people and the interactions with the guests. Java Jacks has a complete staff of chefs, Maria Esquer has been there since the beginning. Derrick also enjoys food preparation. He likes to make cakes and desserts. He especially likes to see that the guests enjoy the food.

In addition to daily meals at the restaurant, Java Jacks offers catering for private parties and community

Day. During those evenings a barbershop quartet sings love songs. A previous Valentines Dinner included Surf and Turf and Wine paired Dinner with a Dessert Buffet.

They enjoy this restaurant venture and working for themselves. Sometimes, their two kids help. Son Tommy is in college and daughter, Lizzie is in high school. Having the whole family together, working with a common goal, has a very special meaning. The Owens have plans to expand in the future.

There is dog friendly outdoor seating, they would like to have more so guests could enjoy the delicious food in a garden.

A special sign says it all, *Come in, we're Awesome*. Java Jacks is in Tappahannock is at 504 S. Church Lane. Call 804-443-5225. On Facebook, Java Jacks Café. Visit Java Jacks Cafe, your heart and tummy will thank you.

*Joy Burch photos. Jeans and Derrick in front*

**Franktronics**  
804-642-5233

3618 George Washington Mem. Hwy.  
Hayes, VA 23072

Computer Sales, Service and Upgrades  
Network Solutions for business and home

### Franktronics Christmas Lightshow

**November 30 - January 4  
Nightly from 6pm - Midnight!**

This year's lightshow will be synchronized to a medley of Christmas classics and current favorites!

**Just tune your car radio to the FM station posted,  
Listen to the music and watch the Lights!**

Show is Free

Donations will be accepted for a local charity

For updates and show times visit: [www.franktronics.net](http://www.franktronics.net)



**Home Décor & More**  
**Mosaic Consignments & Gifts LLC**  
153 Northumberland Hwy. Callao  
[mosaicconsignments@gmail.com](mailto:mosaicconsignments@gmail.com)

**804-529-1030**

**Quality Consigned  
Furniture and Decor.**

# Style f Spike's Wildlife Almanac~Hairy Woodpecker

By Spike Knuth

The hairy woodpecker is similar in color and pattern to the more common downy, but is noticeably larger with a chisel-like bill as long as its head. It too is basically black and white, with white undersides, and a large white back patch. The wings are black with many white spots. Its facial pattern has two white stripes on either side of a black cheek patch. The male of the species has a bright red patch at the back of its head which the female lacks.

Unlike the smaller downy woodpecker, it is normally shy and somewhat secretive, tending to forage higher in the trees and usually in denser forests. In flight it exhibits the typical roller coaster like or bounding flight style. Its call is a sharp, high-pitched single "peek," often followed by a short rattling call.

Even its drumming is distinctive being fast but slowing on the end.

Generally you may see only a single bird in winter, since the male and female will maintain separate winter territories. However, mated pairs may stay in contact and come together come early spring. Males will go to drumming on hollow branches or anything else that resonates to lay claim to its territory.

They nest fairly early in spring; as early as late March, with egg laying beginning in early April. Both sexes will work at cutting a cavity in a tree,



living or dead, and in old or natural cavities, frequently in dense, swampy woodlands. A normal clutch of four eggs are laid, and both sexes participate in incubation. They hatch in about 14 days. Once hatched, both sexes feed the young with the male tending to wander more widely to bring food back. A

single brood is reared each year.

Hairy woodpeckers are energetic feeders as they probe and dig in the bark or dead wood of trees searching mainly for the larvae of boring insects, particularly pine bark beetles.

They dig them out or extract them with their Velcro like tongue. Rotted stumps and logs also provide food in the form of ants, and caterpillars as well and they will also go to the ground to feed. They also feed on wild fruits, nuts and on tree sap, sipping from old sapsucker wells.

Hairy woodpeckers are common over much of the North America. More northerly breeders will migrate south as far as the Gulf of Mexico, and the West Indies. In our region they are with us year round. They favor mixed forests but in winter may actually move in to more open country, residential areas, parks, and orchards. At this time they may even show up at backyard bird feeders, especially for sunflower seeds and suet.

*Original art by Carl "Spike" Knuth.*



SOCKS, GLOVES & HATS  
SHOP FOR WARM AND  
COMFORTABLE ALPACA  
PRODUCTS FOR  
CHRISTMAS



We're just a mouse click away at our online store

Linda Benson & Robert Hughes

[www.kwalpacas.com](http://www.kwalpacas.com)

Featuring luxurious alpaca fiber and farm products

- + Hand-woven Rugs
- + Alpaca Yarns
- + Hats and Scarves
- + Knitting Kits
- + Hunting-Hiking Socks
- + Sweaters and Capes

+ Clothing for the whole family

Find us this November at:

Irvington Market

&

Victorian Christmas at Maymont

## Plum Summer™

Your "go to" place for jewelry, shoes, clothes, home accessories & fun.

**Open Wednesday thru Saturday 10-5**  
15170 Northumberland Highway  
(the Red Store on Route 360)  
Burgess, Virginia | 804-453-4553



## Style Spotlight~Northern Neck Satellite Services Technology with Local Touch

By Martha M. Hall

I know nothing about information technology, but I'm addicted to my email and my Facebook, so I was excited to talk with someone who makes his living trying to make the information superhighway more understandable and more accessible. I'm Mike Dotson's favorite kind of client—someone who has a problem, knows what she doesn't know, and wants to learn more.

Owner of Northern Neck Satellite Services, LLC, Mike has been covering the computer needs of the Northern Neck and Middle Peninsula since 2012. Formerly a trainer for the building industry, Mike has always been connected to the world of technology, but the downturn of the housing business necessitated a change.

"I took the skills I had, and I went in another direction," he said.

"I went to work for HughesNet, installing internet systems. When I saw the direction that the satellite communications business was taking, I established Northern Neck Satellite Services, and became an authorized retailer for ViaSat.

It was a good move, because our business has made us the top retailer in the Mid Atlantic. Satellite service has improved significantly over the past three years," he explained. "Satellite has far better speeds now than tower to tower service or DSL (digital line subscriber) cable service. There is excellent internet reception available



in this area, and satellite is an affordable solution for businesses and private clients."

"We have several other product lines, including DIRECTV television service, Vivint, a home security and automation service, WeBoost, a system that improves marginal cell service, and Polk Home Entertainment Sound Systems."

At this point, my head was spinning! "You know how to do all this?" I asked. "Sure," he said, "...I offer local service. When I install anything, I stand behind it, and I am available to talk to clients if they experience any problems or issues...I live in the Northern Neck, and I know that I have to be able to look every client in the eye if something doesn't work.

I start with an assessment of what the client thinks they want, or what they think they need to solve a problem. From there, I focus on solutions that fit the problem, and I try to educate the client on the technologies available."

I asked him about what it would take to increase my ability to use my cell phone in the far reaches of my house. Mike tried to explain to my non tech savvy self about how a signal booster might help. "With our system, I run a test first to make sure that the system will actually increase a client's cell reception, and I show them the amount of increase in signal strength.

"If the WeBoost system for some reason doesn't meet their needs, I won't install it...There are a number of signal boosters on the market, but most of them, especially the cheaper ones, don't have the strength or capacity to really make any difference. The WeBoost system is not cheap, but it can make a big

difference in cell reception all over a house. No more dropped calls and poor reception, and the system's footprint inside the house is no bigger than the average smoke detector."

Mike's discussion of the WeBoost system brought into sharp focus a philosophy that he is dedicated to conveying to his clients: "I spend a lot of time up front with potential customers, educating them on the option they choose. I emphasize the local attention that I can give to all of my different product lines, from satellite installation to home security services. As an independent retailer, I can pick and choose the product lines that I want to carry, and I try to be versatile without overloading my ability to deliver prompt service.

"I have five different product lines that I can sell and service, and that's enough for right now. I'm a small operation, but my Office Manager, Brooke, has a thorough knowledge of our products and services, and I am training my son, Joe, to help me in both sales and service. The most important lesson that I can teach them is that we service people, not just products. Our job is to listen and try to share our knowledge. So far," he grinned, "that approach is working pretty well."

On a personal note, Mike says, about his constant companion, "I think it is one of the coolest parts of my job and working for myself. Dot is 11 years old, I got her at a shelter at 8 weeks and she has been by my side since. She comes to the office almost every day, and when I am in the field alone, she rides with me. She has met many customers and their dogs, horses..."

Contact Northern Neck Satellite Services at 804-450-4851, visit them at 644A North Main Street in Kilmarnock, or check out their website at [www.NNSSLLC.com](http://www.NNSSLLC.com).  
*Martha Hall photo of Mike and Dot.*

**RICHARD F. HAYNIE, INC.**  
Heating • Cooling • Plumbing • Electrical

**PREPARE FOR WINTER!**  
Service your Monitor & Toyostove now!






**Up to \$250 instant rebate  
on Monitor trade-ins  
until Feb 28, 2020  
(Mention Max when you call)**

**804-580-6821**  
1938 Walnut Point Rd., Heathsville, Va.

# Endangered Caspian Horse, First to Enter State Fair



BCE. Both archaeological evidence, and current DNA technology, have verified the authenticity of this rare and critically endangered horse breed.

An American lady from Virginia, Louise Firouz, living and operating a children's riding school in Iran, re-discovered the Caspian

By Diana Garrettson

**M**ost people don't think of horses as being endangered, after all, there are so many horses in the world. What usually comes to mind are animals like the Bengal Tiger, Black Rhinos, and Sea Turtles, but horses? When I say horses are endangered, I don't mean all horses, thank goodness.

What I'm referring to is an original, genetically unaltered horse breed, that is the foundation of our lovely show and race horses of today. Arabians, Thoroughbreds and the many warm blood horses used for equestrian sports have this common, and critically endangered ancestor. This ancestor, called The Caspian Horse, was thought to have gone extinct long ago.

Etchings on the stone walls of Persepolis mark the existence of this horse during the time of ancient Persian Kings and date back to 3400

horse breed in 1965. She, along with Iranian guides, rode pack horses and endured many hardships on expeditions through the Alburz Mountains.

Inspired by local sightings of unusually refined pony sized horses, and tribal folk tales, Louise found these horses which had been isolated in the mountains and virtually unchanged for centuries. Deemed an historic treasure, they became subject to the control of Iranian officials. Fortunately, with the help of HRH Prince Phillip of England, Louise was able to arrange

the rescue of selected Caspian horses to be used for the foundation of the breed outside of Iran.

Mares and stallions were exported to England in the 1970's, to Australia, New Zealand and then to the United States in the mid 1990's. Today the United States has about 500 purebred Caspian Horses with the worldwide population at approximately 1600.

It is quite a privilege that our town of Callao Virginia is currently home to 10 purebred Caspian Horses residing at CK Ranch.

This year, I had the honor of showing the beautiful filly, Menagerie Roya, the first Caspian Horse, ever, to enter the State Fair of Virginia.

Also this Spring, Caspian stallion Aroostook Narcissus, trained by Gerry Garrettson, competed in two equestrian sporting events called The Arena Driving Trials, one held at Meadow Event Park and the other at Morvan Park, both in Virginia.

These beautiful and athletic horses have an ancient history, and although critically endangered,

are now safely established in the United States. The legacy of the Caspian Horse has survived through time, and with dedicated management, these endangered horses have a hopeful future.

For more information about The Caspian Horse, visit The Equus Survival Trust at, [www.equus-survival-trust.org/](http://www.equus-survival-trust.org/) or locally River Caspians, CK Ranch, Callao Virginia at <https://ckranch.wixsite.com/rivercaspians>.

Top, l, CK Ranch photo of JRDC3: Dressage Driving, Aroostook Narcissus and Gerry Garrettson. Left, Aroostook Narcissus and Gerry Garrettson. Below, Menagerie Roya and Diana Garrettson.



**Find the Artist in You!**  
@ the Bay School Community Arts Center & Art Speaks Gallery



Classes & Workshops  
Online registration!  
Gallery Exhibitions  
Outreach Programs  
Artist Gatherings  
Ceramic Guild



**BAY SCHOOL** COMMUNITY ARTS CENTER  
279 Main Street, Mathews 804-725-1278  
[www.bayschool-arts.com](http://www.bayschool-arts.com)

**ART SPEAKS** GALLERY

**The Courthouse Restaurant**  
Welcome Home!  
6714 Main St., Gloucester  
804-210-1506 804-210-1507 Fax



**FREE Thanksgiving Dinner to the community 12-4 p.m. Our 10th year!**

Open Daily 6 a.m. - 3 p.m.



# Style Spotlight~Caring And Sharing



resident about the meals. The response made me smile, "It's better than the hospital". Evidently a hospitalization had been in the recent past.

I took a photo of a beautiful lady seated in a rather elegant looking chair. She allowed me to take the photo but didn't care to have her name in the magazine. So refreshing during the present time when almost everyone

does want their name in the paper.

I strolled the common areas thoroughly enjoying some of the unusual décor. There was a Wall of Valor which displayed photos of each veteran living in Commonwealth. It was a very moving display. In an alcove across from the Wall of Valor was a poster noting each decade for items one would certainly remember from those times.

The year 1900 was accompanied by a book *The Wonderful Wizard of Oz*; 1910 displayed a reel of film which I believe was a tribute to the beginning of The Talkies; 1920 was a woman dressed as flapper; 1930 the Jitterbug; Ration Stamps for 1940; 1950 was represented by the classic Chevrolet of the time; 1960's was the Moon

Landing and 1980 represented by the Rubik's Cube. 1990 was depicted by logos from the internet revolution and 2000 was represented by a cell phone.

My arrival was on a perfect day. The members of the staff were decked out in Halloween costumes. Sitting down for a chat with Lara Kelley, Executive Director, I was impressed by her youth and obvious enthusiasm for the job. Lara had started out in the newspaper business and decided she wanted a career change.

She secured a position as an administrative assistant in an assisted living community and the rest is history. She has worked at several other facilities, but I gather she plans to be at Commonwealth for some time. "A lot of the young people who work at our Commonwealth communities are very attached to the residents and think of them as grandparents," offered Lara when I commented on the youth of the staff.

This community excels in Memory Care. This is so important for families to know. Unlike some of the other residents, most residents in Memory Care can't communicate their needs, or likes and dislikes or what they would enjoy having to eat. Families have to depend on the staff to take care of these loved ones. They need to keep them safe, happy and involved.

The people who work in Memory Care need to have the patience of a saint. I can say this with firsthand knowledge as my father had

Alzheimer's. I so admire the young CNA's that choose to work in this area.

The Dining Room was being set up for lunch. It is a large, bright room with white table cloths and fresh flowers on each table. It's impressive to note that the menu was on each table in a cover exactly as you would receive in a restaurant. Each meal offered two entrees with all the trimmings. For those who opt out of either main course there's the all day menu.

This menu offers alternatives from breakfast, several soup choices, salads, sandwiches and desserts. Commonwealth is proud to participate in the Farm to Table program. Much of their produce and seafood come from farmers and fishermen in Virginia. No need to go hungry here.

As we walked back to the lobby area to take more photos, Lara told me, "This isn't just a job. It is very fulfilling and when I go to bed at night, I feel really good about what I've done". The same feeling of joy appeared in the groups that assembled for photos. The costumes were so well done.

I especially liked the one worn by Jill White, Sales and Marketing Director, who appeared in a cow costume. Her advice to me—Eat more chicken! When I commented to Lara that everyone seemed to be enjoying the dressing up she said "Everything we (the administration) do is to make both the employees and the residents happy. A happy staff makes for happy residents."

Commonwealth Senior Living at Kilmarnock is located at 460 S. Main Street, Kilmarnock, Virginia 22482. Check them out at CommonwealthSL.com or give Jill White a call at 804-435-9896, Ext.107 to schedule a visit. Photo Courtesy CSL. L to r Takol Rice, Shae Baugh, Jennifer Kelley, Tiffany Ross, Danesha Walters, Gail Brooks, far back Monica Green, Front center Lara Kelley.

By Darleen R. Nichols

**T**oday I visited Commonwealth Senior Living in the quaint little village of Kilmarnock. I did feel very qualified for this assignment as I have had a father, mother and mother-in-law all in assisted living facilities at one time or the other. The first thing I notice when visiting a senior living community is the odor or more accurately the lack of one. There was not even a hint of that in Commonwealth.

I encountered five residents seated in the lobby when I entered. They were all carrying wraps for a trip to The Pumpkin Patch. I didn't ask for names but did question one

Worry-free Living!  
The Villas at Farnham



 COMMONWEALTH  
SENIOR LIVING at FARNHAM

Welcome Home

2 bed/2 bath patio home  
only \$2,000/month

Includes utilities, housekeeping & meals

Call for details!

804-250-6051 Limited availability.

511 Cedar Grove Rd., Farnham • www.CommonwealthSL.com   

**CALLAO COFFEE CAFE**

"A Little Taste of New York in the Northern Neck"  
Mon and Thurs. 8 a.m. - 3 p.m.  
Closed Tues and Wed  
Fri and Sat 8 a.m. - 3 p.m.  
and 5 p.m to 9 p.m.  
Sunday 8 a.m. - 7 p.m.

**New Managers  
Lakiko and Marcus Cockrell**

 At the Light in Callao  
25 Sandy Street  
804-529-5478 

# The Swamp



By Ann Eichenmuller

It is November, time for those harbingers of the coming winter—the falling of leaves and the movement of snowbirds. Not Canadian geese, but the human migration, boaters who chase the warm weather south, following the liquid highway known as the Atlantic Intracoastal Waterway.

The Atlantic ICW stretches 1090 miles, from Virginia to South Florida, providing protected passage. While sunshine and sandy beaches await at the end, it is the area just below Norfolk that truly captures the

imagination. The Dismal Swamp canal route is narrow and shallow, cutting through a dense, primeval forest. It feels like the gateway to

another world, a trip back in time.

The history of this section of the ICW goes back to 1728, when William Byrd II first remarked on the Great Dismal Swamp's potential. In his diary he mentions that draining it would "render so great a Tract of Swamp very Profitable, besides the advantage of making a Channel to transport by water-carriage goods." The forest was rich with cedar and cypress, and a canal through the swamp would open the area to harvesters as well as provide a safe shipping route from the Albemarle Sound to the Elizabeth River.

While the Crown did consider the proposal, it did not come to fruition.

In 1763, 31 year old George Washington also saw the swamp's potential. He and several other businessmen formed a lumber company called Adventurers for Draining the Dismal Swamp. The royal council of the Virginia Colony granted them 40,000 acres, though work did not begin until 1793, after the Revolutionary War.

Today, motoring through the Dismal Swamp Canal on a foggy evening, you can imagine what it must have been like for the men forced to dig there. Using primarily slave labor, the 22 miles of canal took twelve years to build under backbreaking conditions. There is no official count of how many of those slaves lost their lives to disease or overwork, but tales are told of spirits who inhabit the canal's shores. Some are said to be ghosts

of those who died in slavery, others the ghosts of maroons, escaped slaves who lived out their lives as free men in the Dismal Swamp.

The canal's history and its eerie beauty have inspired writers for centuries, in works like Harriett Beecher Stowe's 1856 novel *Dred: A Tale of the Great Dismal Swamp*, or Edgar Allan Poe's poem *The Lake*.

In spring of youth, it was my lot To haunt of the wide world a spot The which I could not love the less— So lovely was the loneliness

It even inspired me when I was writing my third book, *The Lies Beneath*. What better setting to create a mood of mystery and suspense? *Ann Eichenmuller is a local sailor, marine journalist, and novelist. Her Lies Mystery Series features local settings and a liveaboard heroine and is available on Amazon and Barnes & Noble. Learn more at www.liesmurdermysteries.com.*

## Reedville Fishermen's Museum



**Boats for Sale ~ List is subject to change**



2007? 18 foot Little River Heritage 2 man fiberglass rowing shell w/sliding seats 4 oars and 2 wheel dolly. Like new. Asking \$5000.



1977 27 foot Ericson sloop w/Volvo 2 cyl Diesel, very good condition. Asking \$9999

Prindle 16 foot pontoon trampoline sail boat and Highlander trailer. Asking \$1200



1962 Classic 16 foot lap strake Grady White w/1961 Evinrude 75 HP O/B and trailer. O/B runs well but issue with water pump and shifter. Asking \$6000.



Interested? Have a boat with clear title that you wish to donate? Please contact Clif Ames

via RFM 804-453-6529  
*Reedville Fishermen's Museum is a 501(c)(3) Corporation.*

**WE ARE SEEKING BOAT DONATIONS**

## Style Spotlight~Your Feet Are The Most Important Parts Of Your Body



concrete? Not at all.

Our feet contain one-quarter of all the bones in our body, more than any single extremity. There are 26 bones in each foot, 33 joints, 19 muscles, 10 tendons and 107 ligaments. They are natural shock absorbers, having the capacity to absorb the energy of an impact, whether strolling,

walking or running. Just imagine a football players feet.

What are you using your feet for? Are you in construction, a teacher or hair stylist who stands most of the day? Perhaps you are a nurse or doctor who walks or stands a good part of your day.

Whatever the case, there are many preventative things you can do and that is where the Virginia Shoe Clinic can assist you. The normal active person takes approximately 7,000 steps each day, which adds up to nearly three million steps per year. This extensive repetitive use can cause painful foot ailments, which can affect your daily procedures,

as well as your entire body. As time goes by your arches may fall, your ankles and knees rotate, your pelvis may shift leading to back pain.

It is important to give your feet a good examination at least twice per year and you can get a foot analysis Free from the Virginia Shoe Clinic. I was number 13,633 of the clients they have recorded. Listed are five steps you should take:

- Measure both of your feet.

As the years go by your feet will change along with your body. Weight gain and pregnancy tend to expand and flatten the foot. Correct fitting shoes with ample support and cushion is the single best preventative measure you can take.

- Inspect and throw away worn out shoes. Worn out soles can easily result in slips and falls. These soles can be easily replaced at the Shoe Clinic.

- Replace your old socks. Merino wool or synthetic blends are far better for absorbing sweat and moisture rather than cotton, which stores moisture.

- Examine your feet for abnormalities. Look for any skin problems. Are your toes in good shape as well as your nails? See your doctor for advice and treatment.

- Take a foot soak, exfoliate and pedicure that includes massages with lotions and oils that helps preserve the moisture and integrity of your feet. The removal of dead skin on the heels of your feet

encourages new cell growth, which creates more attractive feet.

The key procedures the Virginia Shoe Clinic does is to analyze your feet, determine your arch type, discover your pressure points, your gait and your weight distribution. They will then recommend orthotics or stylish footwear that will meet your needs and promote proper alignment. They also offer orthopedic modifications and full shoe, boot, and leather repair. "All footwear and orthotics that we sell will provide the proper support for your foot type and will make you feel great on your feet."

Their brands are extensive. For shoes you have the choice of Abeo, Naot, Aetrex, Apex, Tsukihoshi Children's Shoes, Spenco, Chaco, Revitalign and more. Perhaps you are looking for some new boots.

You have great choices there as well from brands like Chippewa, Thorogood, Lucchese, Georgia, and Tony Lama. Other merchandise includes Pedfix footcare products, full selection of Shoe Care products, copper and marino wool socks, and more.

The Virginia Shoe Clinic can be found in Tappahannock at 1269 Tappahannock Blvd (804-443-2373), in Kilmarnock at 453 North Main Street, which is part of the Chesapeake Commons Mall 804-577-4012.

*Photo Courtesy Rob Acre.*

By Tracy Graham Lanum

**T**hese words were spoken by Rob Akers, owner of the Virginia Shoe Clinic, located in Tappahannock, Kilmarnock, and Fredericksburg. To be precise he said, "Your feet are the one of most important parts of your body and you need to start taking care of them right now. There are many preventative things you can do."

Imagine your two small feet carrying around your full body weight, whether that may be 20 pounds as a child or up to 400 pounds plus or minus as an adult. Our feet were made to walk on this earth; grass, sand, dirt, leaves, but

### Country Cottage



**Fresh Christmas Trees**

**Wreaths · Roping**

**Floral Arrangements**

**Homemade Fudge**

**Homemade Gourmet Chocolates**

**Ice Cream and Gifts**

**Full Service Florist**

**for all your special**

**Valentines**





**804-435-3812**

**795 Rappahannock Drive,**  
**White Stone**




### 21st Distinctive Bazaar - Irvington Methodist Church

**The Premier Event in the Northern Neck**  
**December 7th, 2019 - 8 a.m. to 2 p.m.**

**Cafe Features** \* Barry's famous chilli & Sandy's chilli with condiment bar  
**Cash & Checks Only - (No Credit Cards)**

**Bakery Booth-All items are homemade from scratch! Cakes, Pies, Cookies, Brownies, Candies, Canned Pickles, Jams & Jellies**

**Gift Shop - Affordable upscale items**

**Themed gift baskets, hostess gifts, theme trees, childrens books, holiday wreaths, one of a kind items** Talk of the Town Oyster Shell Art Pieces

Bring a non-perishable item for the food bank or give a cash donation at the door



# Style f

## Faith Matters~From Earth To Table

By Torrence Harmon

**T**he harvest is in. Thank the Lord for rain finally appearing in October even though most farmers had already gathered in what was in their fields. Squirrels and birds still glean what was left over. And perhaps some remnants of the harvest remain, left behind, something to mulch the soil, nourish it for another later round of growing things.

The days are shorter now, cold blankets the quieting earth, many living things hibernate. We folks light fires in our fireplaces, wrap ourselves in warmer clothes and get ready for favorite holidays that celebrate Thanksgiving and Christmas. A time to celebrate the bounty of the earth and a time to give and receive gifts.

And no matter the scarcity or abundance of what the seasons may have yielded since the last time we

gathered for these special times of feast and fellowship, we gather again with the hope and expectation, whether met or not, that both feast and fellowship will nourish and sustain us for the time ahead.

Take a closer look at the word "holiday" and we find the idea of a holy-day. I thought of this recently on a Sunday in North Farnham Episcopal Church—an old 1700's, pre-Revolutionary Church where people have gathered on Sundays and at other times for almost three hundred years. There to pray, sing, read scripture, share "table" time and seek and hopefully find both comfort and joy. Where they hope to connect with the Creator of all life



and be with other folks like minded in seeking the nourishment of table and fellowship.

The table some call an altar was spread with silver and linen, candlelit, offering food and drink, a Holy Communion, in an ancient ritual celebrating the great gift that Christians remember in this holy mealtime. Beneath the table weekly gifts of food and other items had accumulated over several Sundays waiting to be gathered up and distributed to County Social Services or a local food pantry.

They were destined to be distributed to those in need of such simple gifts. But this Sunday it was as if some of this harvest of sorts called out to be tabletop sooner rather

than later. A can of baked beans labeled Thick and Rich snuggled up against the Gospel book. A jar of peanut butter, representing one of life's staples I suppose, found itself next to the Book of Worship. What really stood out though was the roll of paper towels gloriously marked Bounty proudly resting beside the plate and cup soon to be filled with bread and wine.

It was a harvest of sorts; not yet Festival but a simple weekly Holy-Day. The people had gathered; they would feast. An opportunity to taste and be nourished by all that the Creator had given to provide the feast. From heaven to earth to table. *The Rev. Torrence Harman is the Priest in charge of Farnham Episcopal Church and St. John's Episcopal Church in Warsaw. Susan Crowley photo.*



**Open Year Round**

**Resort, Cruise,  
Special Occasion,  
Jewelry and  
Accessories**

**12 South Main Street, Kilmarnock  
804-435-2200**



# Style Spotlight~Walk In, Drive In Or Fly In



the right side of the highway nestled next to Hummel Field was the Pilot House Restaurant. The restaurant was the reason for our trip from Warsaw. I was to write this article about The Pilot House.

First on my list of things to do was to meet and talk with Bonnie Glascock who

shares ownership of the restaurant with husband Gary. They have been in business here for 30 plus years. Prior to that, the Pilot House Restaurant had been owned by Gary's parents, Reva and Ed Glascock. Bonnie hailed from Asheboro, North Carolina

where at age 10 Bonnie decided she wanted a career as a race car driver.

Her family was friends with Richard Petty's father and Bonnie thought this would be a fine profession. She changed her mind, moved to Richmond, where she met and married Gary. The couple has five children—two of them, Jack and Crystal, also work at the Pilot House Bonnie enjoys running the restaurant and only dislikes having to go through the process of hiring employees and training them to be proficient in the job.

The Pilot House has a staff of 14. It is very family oriented, 99% of the offerings are homemade. They cater to working people both in the dishes they serve and the prices. There is also very nice banquet room that seats 70, the Beacon Building for private parties can accommodate 300 and 24 motel rooms to serve travelers

I have saved the best part for last—the food. We had a choice of breakfast or lunch. There was a lunch buffet which my brother, Lee, decided was for him. I had already tried the fried chicken via delivery thanks to a friend. I can't even begin to describe how delicious I found that chicken to be so I knew that was my choice even though it isn't cooked until you order so you may have a bit of a wait but the chicken is worth every moment of it.

However, to complicate matters I glanced at the breakfast items which are available all day and there was another of my favorite foods—fish roe and eggs. What to do, what to do? In the end the chicken won and I ordered 1/2 of one. On my next trip, I plan to order a whole chicken and put one half in the freezer.

Lee dived into his selections from the buffet with abandon. He had chosen the Navy bean soup, shepherd's pie, glazed carrots, and some of the tossed salad. He proclaimed the carrots to be the best glazed carrots he had ever eaten.

With that he was off again to the

buffet table. Before we left, I asked Bonnie what was the first item on her bucket list. Her response: "I want to go and learn to cook to learn to cook with Gordon Ramsey in *Hell's Kitchen*. Everything is so precise".

Lee and I had exited the restaurant and stood looking at a small plane that had just landed. It was taxiing toward us and we wondered where it was going as nothing was in front of the plane except the highway.

Well, that plane taxied right up to a small fence that separated the airfield from the parking lot of the Pilot House and the pilot killed the engine, opened the door, hopped out and went into the restaurant. I was still taking photos of the outside of the building, signs.

Then that pilot came out carrying a bag which Lee and I deemed to be his lunch, hopped right back into his small aircraft taxied off into the distance. Thus the title of this article Walk in, drive in or fly in. It really doesn't matter how you get there, you will be glad you came.

The Pilot House Restaurant is located at 2737 Greys Point Road in Topping. The hours are Monday thru Thursday 7 a.m. to 8 p.m., Friday and Saturday 7 a.m. to 9 p.m. and Sunday 7 a.m. to 8 p.m. Friday and Saturday nights offer a huge seafood buffet. Saturday and Sunday mornings offer a large breakfast buffet. All buffets are All You Can Eat. There is also an extensive menu in addition to the buffet. The telephone number is 804-758-2262 in case you want to call ahead.

*Darleen Nichols photos.*

By Darleen R. Nichols

**O**ne very nice Monday morning, my brother and I ventured West on Route 3, crossed the infamous Norris Bridge and drifted into Topping. On

## Reedville Fishermen's Museum Presents its Annual



## Christmas on Cockrell's Creek

Saturday,  
December 14, 10-5  
Sunday,  
December 15, 10-3

**Weekend includes: Santa, 5 Homes on Tour, Boat Rides (weather permitting), Free Holiday Café, w/ Cookies Hot Cider, Music. Artisan's Christmas Bazaar (Fri 12/14 & Sat 12/15), TableScapes, Bake Sale, Museum Tours, Model Trains, and more!**

**\$25 advanced tickets ~ \$30 day of tour**

**804-453-6529 for tickets or information**

504 Main Street, Reedville, Virginia



# Winterizing



you should only eat oysters in months with an “R” in the name. One reason was the lack of refrigeration. Not really good to have oysters piled up on deck in the blazing heat of summer, so you had

your actions by pronouncing it Jurly!

So, now that you don’t need to go out in the winter to get your oysters, you’re probably thinking about winterizing your boat. A good time to do this is before you need a snow shovel to get to it! The first decision is whether to store ashore or afloat and check your insurance to make sure whatever you do is allowed. Storing ashore has the distinct advantage that she is unable to sink.

However, make sure she is well supported so that some nasty nor’easter can’t topple her, even with a load of snow on the deck. Storing in the water better supports the hull, and actually keeps it warmer during the coldest days, but keep the scuppers clear and make sure that a load of snow doesn’t force her low enough in the water to allow water in any opening.

You may want to use a deicer

if things really freeze up, and you definitely want to check on the boat regularly. No matter where you store it, make sure all of the engine and potable water systems are properly prepared for freezing temperatures so that you do not have a disappointing start to next season.

Of course, perhaps the most efficient way of winterizing, especially knowing that refrigeration will keep our oysters fresh, is to just follow the lead of our friendly osprey and sail south. Perhaps one day I’ll winterize that way, but right now I’m just looking forward to a quiet winter by a roaring fire—where did I put my mug?

See you on the water...ah, in spring. *Gerhard Straub is master of the skipjack Claud W. Somers, which is owned and operated by the Reedville Fishermen’s Museum*  
Photo by Gerhard Straub.

By Gerhard Straub

**W**e are now well into the “R” months of the year, so our thoughts automatically turn to winterizing and oysters, not necessarily in that order. We recently completed the last public sail of the season on *Claud W. Somers*, and we actually had to wear long pants and jackets!

We are starting to plan for her winter layup, but real working skipjacks of the Bay are really just getting started. In fact, someone suggested that in the winter we replace the seats on the boat with winders and dredge for oysters for additional income! Let’s think about this carefully.

Hauling dredges out of the Bay with blowing snow and freezing temperatures while chipping ice off the deck or sitting safe at home in front of a roaring fire with some hot chocolate with just a touch of rum? Tough choice...where’s my mug?

Where did the whole “R month” rule for eating oysters come from anyway? In case you haven’t heard it, the “R Rule” states that

to harvest when you could keep the oysters from dying.

The other reason is that wild oysters spawn in the summer. Let’s just say this leaves them tired, a little on the thin side, and more susceptible to disease. However, now that we have refrigeration and farmed hybrid oysters, you really can have oysters in the summer without having to justify

On the shores of the Potomac River, nestled in a stand of Virginia pines, Rappatomac Millwork has been manufacturing quality custom furniture since 1972.



*Take the tree Grandfather planted, turn it into furniture, hand it down through the family - forever.*

**Custom Millwork, Cabinetry, Columns/ Posts/Turnings, Mouldings—Custom matched to your standards or WM series numbers. Rappatomac has over 4,500 different tooling combinations inhouse to match your custom profile.**

**Rappatomac Moulding & Millwork Co.**

**804-529-6440**

[www.rappatomac.com](http://www.rappatomac.com)

Step into this 1917 waterfront farmhouse and fall in love! The 2100 sq ft home offers 3 bedrooms, 2 full baths, fireplaces, original hardwood floors, and waterfront views! It has a protected cove with pier, boat lift, deep water, and sandy beach. Riparian oyster rights on Little Oyster Creek. The River and the Bay are minutes by boat for fishing.

Enjoy breathtaking sunsets while soaking in your hot tub. 2 car detached garage, bulk head! Would be an amazing AirBnb. Minutes from dining and boutiques. Walk along shoreline collecting shells or oysters and crabs!

Gorgeous antique furniture conveys.

**\$430,000**

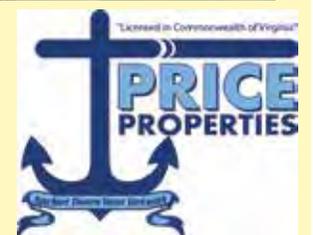


Call **Jennifer Bishop** to schedule a private showing of this waterfront property.

**804-577-7773**, or

**804-694-6364** cell

32 N. Main Street Kilmarnock  
[rivahproperties.com](http://rivahproperties.com).



# Style Spotlight~Coming Home And Bringing Dedicated Care



other. I could have seen myself living there, but because the cost of living was much higher we decided to move back and make Virginia our home. We do visit Hawaii regularly, though.”

Once he'd earned his Doctor of Physical

Therapy degree, he spent a year in Mississippi in a hospital setting, but at the end of 1998 he came home.

“I always knew I wanted to get back to the Northern Neck, and there were no physical therapy clinics in the Neck at the time. So PT was a profession that allowed me to come home.” Brian said he feels real loyalty to the area, “the people I grew up with—teachers, coaches who truly cared; community members who helped me through difficult personal situations.”

Brian was a three sport athlete in high school, but he especially liked pitching. From Little League through High School baseball, he studied the movements of great pitchers, determined to figure out how to improve his skills and make his body work better. Then in his first year at Hampden-Sydney College, he injured his elbow and needed surgery. To hasten his recovery, he was sent to see a physical therapist (PT), and found it “really intriguing.”

“I asked the therapist what a PT does,” Brian said, “and realized that my interest in improving body function as an athlete was a parallel to what a PT does. That fall I switched my major from economics to biology

and prepared to become a PT.”

Brian has been a Doctor of PT for 22 years. After returning to the Northern Neck, he worked in a skilled nursing home and did outpatient and home health physical therapy. In 2003 he started Belfield Physical Therapy part time, and in 2004 made it his sole practice. Today, he has three locations and over 20 employees, DPTs, Masters level PTs, PT assistants, and PT techs.

The difference, Brian explained, among the levels of training is that MPTs and DPTs can evaluate and change plans of care, as well as administer therapy. The PTAs administer the plans of care. They are experts in exercise and modalities, but cannot change a patient's plan.

Once a referral from a physician was necessary to access physical therapy, but PT is now a stand alone direct access profession for many conditions, though many doctors do still refer.

PTs treat neurological, orthopedic, cardiovascular, pediatric, geriatric, sports, and work related needs. They work with “therapeutic modalities”: heat, ice, ultrasound, electric stimulation— “anything that helps circulation and pain relief,” Brian said. Massage and aquatic therapies also help patients heal.

PTs also guide therapeutic exercise and functional training. “The goal for most of our patients is to get them back to do safely what they were doing before developing limitations and pain. For example, we may work on posture improvement, or on muscle strengthening.”

The length of therapy really depends, Brian said, “on the diagnosis and on the healing time needed based on the degree of limitations. We also do our best to help patients participate in their treatment with homework: things you can do at

home to complement the work of the PT. We really promote home care like stretching and exercises.”

Three Belfield Physical Therapy locations now provide services to residents. The main center is in Warsaw on Route 360. The Burgess office is also on 360. The Kilmarnock office is on Route 3. All offer the full range of services.



Brian has a set of core values that are the basis of his business model. “Every staff member must show care to each and every patient. Staff members know the importance of volunteer activities in the community. I don't like a lot of red tape; our system is efficient but effective and is the same in all three locations. But if you can show me a better way to do something, I will change.”

One way Belfield staff reach out to the community is by volunteering for after school sporting events. They also work with the YMCA, mission groups, local volunteer fire departments, and local church outreach programs. “We're a part of our community, and our patients respect and appreciate this,” Brian said.

Hours: Warsaw (7 a.m.) 8 a.m. - 5 p.m. Mon. - Thurs, Fri 3 p.m. [www.belfieldpt.com](http://www.belfieldpt.com), on Facebook as Belfield Physical Therapy. Call 804-333-8222. Mari Bonomi photos of Haley Yeatman PTA, Kendall Farino DPT, Brian, and top, l, Drew Sanders PTA.

By Mari Bonomi

“We look at every patient we see like we're treating my grandmother,” Brian Belfield, head of Belfield Physical Therapy, said.

“It's been a successful recipe.”

Brian is a native of Richmond County but he left Virginia after college and graduate school and did his clinical in Hawaii, where he met his wife.

“I was on Kauai as a PT student,” Brian said, and it felt very much like the Northern Neck. Everyone knows everyone, everyone looks out for each

RAPPAHANNOCK CONCERT ASSOCIATION PRESENTS

RAPPAHANNOCK  
CONCERT  
ASSOCIATION

March 21, 2020

**THE DRIFTERS**

Playing their legendary hits  
from the 1950s and 1960s

April 25, 2020

**JOHN BULLARD**

**& FRIENDS**

Banjo repertoire expanded  
to include Bach and Handel

May 16, 2020

**NASHVILLE LEGACY**

**JASON COLEMAN**

**& MEAGAN TAYLOR**

Music of Floyd Cramer, Chet Atkins  
& the Nashville Sound

The gift of music...  
\$60.00 for all 3 concerts!



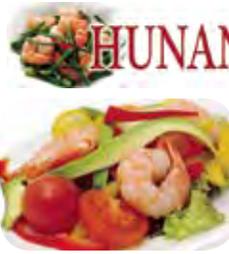
Performing Arts Theater at Northumberland High  
201 Academic Lane in Heathsville, VA

[www.rappahannockconcerts.org](http://www.rappahannockconcerts.org)

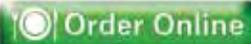
Box Office: 888-210-8006  
\$25 at the Door - Students FREE

# Welcome to <sup>Style f</sup> WARSAW!

*We're Celebrating Warsaw's Growth  
Our Warsaw advertisers begin here thru page 23.*



**HUNAN VILLAGE**  
Chinese Food  
\$5 Off with  
\$30 Order

 Order Online

[www.hunanvillagewarsaw.com](http://www.hunanvillagewarsaw.com)  
453 Main St, Warsaw  
Closed Tuesdays  
**804-333-1688**

*Michelle's Sweet Treats*



Made From  
Scratch Sweets  
Like Grandma  
Used To Make

Mon. 11 a.m.-5:30 p.m.  
Closed last Monday  
Tues.-Fri 7 a.m.-5:30 p.m.,  
Sat 9 a.m.-3 p.m.

**50 St. John's St., Warsaw 804-761-7565**



**ODCS**  
PROTECTION SYSTEMS  
A Honeywell Equipment Dealer

Complete and Professional  
Design, Installation,  
and Inspection of:

- Fire Detection
- Electronic Security
- Video Surveillance

**804-333-3357**  
VA DCIS 11-4013



Pure Skin

facials • microdermabrasion • dermaplaning  
chemical peels • facial waxing

Pure Skin is available  
Thursdays & Fridays by appointment

205 St John St, Warsaw, Va  
804 - 832 - 5120

Gift certificates are available.

26th Annual Tree of Love Program  
December 1st  
at 5 p.m.  
Historic Courthouse  
Warsaw, Virginia



Prior to the program  
you can purchase  
a light for the tree in  
memory or honor  
of a loved one

Call  
804-333-3607  
Sponsored by  
Richmond County  
Museum

**ROMA'S & WARSAW INC**



Stop by and get the best  
homemade Italian food in Town

**Dine in Or Take out  
Tuesday is Pizza Night  
Beer & Wine Available**

**5061 Richmond Rd  
Warsaw, VA 22572  
804-333-1932**

**ROYALTY SALON**

Specializing in extensions,  
natural hair, hair growth,  
growth protecting styles,  
cut and color

Crowned by "Queen B"  
Brittany Carter  
Owner and CEO



**804-450-2131**  
5071 Richmond Road  
Warsaw, Va 22572



Willow Stitch  
Custom Screen Printing  
and Embroidery

Embroidery and Decorated Apparel for  
Businesses and Sports Teams as well as  
Monogrammed items

Tue-Fri 9-5 • Sat. 9-12 • closed Sun & Mon

804-250-2040  
[www.willowstitch.com](http://www.willowstitch.com)  
179 Main Street, Warsaw

**Take an Extra 10% Off**  
Good with this Ad

**443 Main Street  
Antiques & Collectibles**

[allen.mane.event@gmail.com](mailto:allen.mane.event@gmail.com)

**804-313-1876**  
PO Box 85, Warsaw



*Anna's Italian Restaurant*

James & Francesca Fogerty, Owners  
Mon - Thurs 11 a.m.-10 p.m.  
Fri - Sat 11 a.m.-11 p.m. Sun. Closed

**804-333-9222 804-333-1042**  
53 Gordon Lane, Warsaw



Let Our Family Serve Your Family!



Thousands of Books \$1 or Less!

RCC FOL Used Bookstore  
Fri. & Sat. 10 a.m.-2 p.m.  
74 Main Street, Warsaw

**Hair**

Walk-Ins Welcome  
804-333-6339  
804-761-9638

**MAIN STREET HAIR SALON**  
Teresa King Salon Owner  
Full Service Salon: cuts, color, perms,  
facial waxing, highlights and more

# Who is Ashley Whippet?

By Ellen Dugan

If you had been standing in line waiting for a hot dog during the seventh inning stretch at the Dodgers-Cincinnati Reds game on August 5, 1974, you would know who Ashley Whippet was. And when you returned to your seat you would have stopped eating long enough to watch Ashley perform.

The game that Monday night was a pennant crucial one attended by 50,000 fans. The Dodgers were ahead, six to two. The weather, clear, 70 degrees, was ideal for baseball, whether you were playing or watching. It was also an ideal time to charge down 26 steps, leap over a restraining wall, and dash out onto the field to play a game of frisbee with your dog—which is exactly what nineteen-year-old Alex Stein, a student from Ohio State, did.

His dog, a black and white, three

year old English Whippet named Ashley, stunned the already stunned crowd by leaping nine feet straight up in the air to catch a frisbee that Alex tossed. The canine athlete hit speeds of 35 miles per hour as he raced around the baseball field catching frisbees in midair and returning them back to Alex “almost like he was taking a bow after each one” according to one report.

The show stopping Ashley so impressed the crowd that baseball’s famous announcer, Joe Garagiola, put the official game on hold while he reported on the frisbee action for a full, uninterrupted eight minutes.

The crowd at Dodger Stadium was mesmerized. At home millions of fans were glued to their TVs. It’s possible that Ashley and Alex got a standing



ovation. We know for sure that the crowd clapped and cheered wildly before the police arrived, arrested Alex, and threw him in jail.

Ashley was not arrested. Possibly because the fleet footed canine could outrun the police or maybe because he was smart

enough to hide under the stands. In any case, Alex and Ashley were reunited three days later, and Ashley Whippet’s life changed forever. He was no longer just a beloved pet who played frisbee with his owner. Like a high flying frisbee, Ashley was headed for stardom.

He is recognized today as the first great Disc Dog athlete and is largely responsible for propelling this dog sport forward. Because of Ashley, several frisbee

competitions for dogs and their owners were organized, including the Ashley Whippet Invitational.

Ashley reigned as world champ for three years. He played with Amy Carter’s dog, Grits, at the White House, was a guest on several national TV shows, and was recognized as one of the Great Athletic Animals of the Century by USA Today in 1999.

Today, Ashley’s Ice Cream, located in Hartford, Connecticut, serves ice cream in a frisbee and is named for Ashley, whose favorite flavor was chocolate banana. When Ashley, who was named after Ashley Wilkes in *Gone with the Wind*, retrieved his final frisbee and left this earth at age 13, *Sports Illustrated* gave him a glowing tribute.

And the ball game? Cincinnati scored one more run, but lost to the Dodgers, six to three.

## AmeriCare<sup>PLUS</sup>

In Home Personal Care & Live In Agency

Private Pay • Long-Term Care Insurance • Veterans Benefits  
Medicaid • CCC Accredited



*Service By Design - Customized By You!*

- ♥ Personal Care & Homemaker Aides
- ♥ 3 to 24 Hours per Day 7 Days per Week
- ♥ Live-In Companions
- ♥ Medication reminders
- ♥ Errands & Transportation for Appointments, Shopping & Social Outings
- ♥ Illness & Surgery Recovery
- ♥ Mother’s Helper
- ♥ Bed & Breakfast Visit



**Call today to schedule a Complimentary In-home assessment!**

**Northern Neck 804.333.0099**

**Gloucester 804.694.8138**

**Or Toll Free 1.844.407.CARE [www.americarepluspc.com](http://www.americarepluspc.com)**

*Caring for Virginians for Over 25 Years!*

# An Unexpected Start to the Holiday Season

By Sandra C. Fykes

**D**uring the start of this holiday season, I find myself as an inpatient in a subacute rehabilitation facility. As I reflect on my blessings while I'm here, and to my surprise on my birthday, I am discovering that some of God's blessings are within me, others are family members, many who have been a part of my life since my first day of life, and God has blessed me with others who have provided care for me in rehab.

Everyday since I have been here, I pray, work, cry, struggle, and have 'my moments' towards regaining the ability to stand for a few minutes, climb up and down a few steps, and walk a distance of 40 feet. I have celebratory therapy sessions, mediocre sessions, and discouraging ones. Overall, I have been making progress, which I consider a blessing.

I am grateful for those that have come beside me during this season to offer prayers, presence, encouragement, and support. This facility is a considerable distance from my house. I am amazed so many of my relatives, church family, classmates, mentors, and friends have regularly endured traffic to see me, and also double blessed me with gifts.

I have also met new friends during my stay in both the hospital preceding my rehab stay, and the rehab facility. I have continued to stay in contact with two of my roommates, one from the hospital, and the other from the rehab facility. I gotten to know them, and some of their family members and friends. One roommate's Pastor and his wife have been praying for me and coming by to visit even after my roommate was discharged.

I have also had the opportunity to form bonds with my healthcare team. They provided excellent care, and they have shared stories about themselves,

their culture, families, travels, and pictures. They have provided love, comfort, and encouragement every day, with their care. They have intently listened to me, laughed with me, and wiped my tears. As much as I want to go home, I will truly miss my care team when I leave.

When I return home, I will have to adapt to changes in my mobility and lifestyle, a 'new normal.' I am

sure there will be days ahead when I may feel sad, impatient, or frustrated, but I will always be thankful for everyone and everything that God has blessed me with even during this challenging time. As I reflect on each one of God's blessings, honestly too many to count even during this time, I can't think of a better way to welcome and unexpected start to the holiday season.



## Ficklin Bryant UPHOLSTERY

We specialize in:  
All household and patio furniture  
Cushions, cornices,  
Boat seats and repairs  
Pick up and delivery available

costaricafick@gmail.com  
11975 Warsaw Va. 22572  
804-333-3343 or 313-7303



www.belfieldpt.com

**Belfield**  
physical therapy



**Warsaw 804-333-8222**

4562 Richmond Road

**Burgess 804-220-2009**

15137 Northumberland Hwy

**Lancaster/Kilmarnock 804-462-9600**

11540 Mary Ball Rd

**Rice-Packett**  
real estate agency



Situated in the quaint historic fishing village of Morattico, this lovely river home has been newly renovated and offers wonderful river views from both upper and lower levels! Lots of space and gorgeous waterfront. Enjoy the river in this beautiful and relaxing setting, either year-round or as a special getaway – it doesn't get any better than this!

Offered at \$265,500. Call Carolyn Packett,

Rice-Packett Real Estate Agency

**804-761-8356** today!



# Style Spotlight~Friends of the Library Bookstore

By Ann Eichenmuller

**T**here's magic in the library—and it's spreading. This magic brings characters to life on a summer stage, transports Santa and the Easter Bunny to Warsaw, and even makes children's books appear at barbershops, hair salons, and laundromats all over town. But these enchanted events don't happen with the wave of a wand—they are the work of the Rappahannock Community College Friends of the Library (FOL).

"We couldn't do any of this without their support," says Dan Ream, Director of the Richmond County Public Library, which partners with RCC as a joint use facility.

That support has been instrumental in building the library's children's collection as well as providing for a range of child centered

programs like the popular Summer Reading Program, which kicks off with ice cream socials and hot dog lunches, and even brings in special performances every Tuesday in July.

"We've had audiences of three hundred for some of these events," Dan notes, "and Summer Reading and our other programs are funded entirely or in part by the FOL."

There is the 1,000 Books Before Kindergarten Program, which encourages parents to read to their infants and toddlers, and is also supported by the FOL. More than



120 children currently participate, and each receives his or her own keepsake hardbound logbook so that families can record what they have read.

The FOL also helps

fund the library's outreach program, putting books in the hands of children who might not have ever visited the library. That includes book giveaways at events like Warsawfest, as well as the placement of new Scholastic Books by staff member Ruth Lynn at sites throughout the community. These books have notes attached explaining that they are free to keep, and telling children there are more books available to borrow at the library.

But the FOL is not just about children—adults benefit from FOL sponsored programs, too. The group has donated books to the Haynesville Correctional Center, Riverside Hospital, the Salvation Army, Delta Kappa Gama, 84 Main, and The Orchard, and even to Ghana through Henderson UMC. They also organize a Book Discussion Group and bring in authors to speak at public events.

Programs like these are not without cost. Dan estimates the FOL provides the public library with approximately \$10,000 a year in support, and they need your help. You can join RCC Friends of the Library for as little as \$20 a year, and you will receive a quarterly newsletter full of library and FOL information, upcoming author events, and Book Discussion Group titles.

In addition to becoming a member, you can also support the FOL by shopping. Proceeds from

sales at the FOL Bookstore are a major source of funding for library programs. Located at 74 Main Street in Warsaw, the store has over 30,000 donated books on its shelves.

"We need more customers and fewer donations," FOL Secretary Janet Cordes jokes. "We have so many books, and we want them out in the community and not just in here with us."

You can fill your guest room with reading material, pick up copies of books you've loved, or buy travel guides for your bucket list trips—and every book will cost \$1.00 or less! Cookbooks, paperbacks, and children's books are always three for a dollar, and if you buy a shopping bag for two dollars, you can fill it with books for five—as often as you like.

"People get so excited when they realize they can fill their bag," FOL President Marian Howell laughs. "It's fun to watch them try to squeeze in one more book."

In addition to buying books, you can also support the FOL by selling them. Janet and Marion are part of an all volunteer staff, and Janet urges anyone willing to help out "even for a few hours a month" to give the FOL a call.

And, joking aside, donations of gently used books are always welcome.

You can also help find the bookstore a new home. The building they have occupied for more than six years is up for sale, making the store's future uncertain. The group is hopeful that a local property owner, company, or organization will come forward to donate space in downtown Warsaw.

The FOL needs our support. It's up to all of us to keep the magic flowing.

The FOL Bookstore is open Fridays and Saturdays from 10-2. To become a member or to volunteer, call Janet Cordes at 804-394-4632.

*Dan Ream photo of Santa w/ two of approx 100 children he sees at RCPL each December.*



## B.H. BAIRD INSURANCE

A Towne Insurance Agency

**RICHARD A. FARMAR, III, CPCU, AAI**

5682 Richmond Road  
Warsaw, VA 22572  
804-333-4013

Wishing you a safe and happy  
holiday season!



# Moonshining, Bootlegging and 'Revenuing' on the NN~Part II



By Randy Mardres

We still have good days left this season for a spell of porch sitting and instead of another Rickey this month maybe some lemonade with a drop, if you like, of gran-dad's special that he put away years ago. That should set the mood for more tales of moonshining and bootlegging around the Neck during Prohibition.

Between the Potomac and Rappahannock Rivers including all of the adjoining creeks and inlets are more than a thousand miles of shoreline. For running a still those waterways ending in swampy forests are perfect for ease of transportation, plenty of firewood, fresh water, space and, most importantly, seclusion!

Prohibition in Virginia started on Halloween night, 1916; the 9th state to pass its own law. Four years

later, January 1920, the US 18th amendment replaced the states' laws. The national law lasted 13 more years to 1933 when repealed by the 21st amendment. What had been a local, state policing, enforcement matter became for the next 13 years national. During the proceeding years steamship traffic on the Neck was fading but still plentiful, roads became more passable, and a lot of watermen saw

their catches dwindling. Prohibition opened up new opportunities!

The cat and mouse games with the bootleggers and rum runners on one side and the *revenuers* and sheriffs on the other developed early and only became more sophisticated over time. In July 1919 authorities in Colonial Beach intercepted off a boat from Popes Creek, Maryland 14 cases of whiskey and took them to the town jail to be held for evidence. The next morning the contraband was gone and an investigation was promised!

That was before the national law. A few months even earlier in Lancaster while the citizens were celebrating the end of WWI, possibly on the original Armistice Day, November 11, their sheriff was delivering 30-40 gallons of moonshine he confiscated to the county court house jail presumably also for safe keeping and evidence.

Later, a few years after the federal law, on a Thursday night in 1924,

the King George jail, momentarily otherwise unoccupied, was broken into by smashing a hole in the brick wall then the lock on a heavy interior door to make off with confiscated eight, one half gallon jars of corn whiskey and 11 gallons of wine. That was the third break in to free spirits from the jail. A month later captured contraband was poured out instead in front of the court house and burned. All as reported by the *Free Lance Star* and *Richmond Times Dispatch*.

While we brewed our own moonshine on the neck, some of the rye whiskey from southern Maryland was also consumed here with more continuing on to Richmond. Some shipments were intercepted at the ferries, others at smaller landings. In July 1928 the *Northern Neck News* reported "Two men, two cars, a boat and a lot of whiskey was taken in Glebe Creek by officers from Fredericksburg last Saturday night."

Sometimes the government inspectors and agents had to work to catch their prey—sometimes not so hard. Sometimes the bootleggers were caught, sometimes not. On a Saturday evening in March 1926 two agents from Richmond were returning from successful raids on Northern Neck stills waiting for the ferry to Tappahannock when three cars with Virginia plates arrived expecting to take the same ferry.

Those vehicles suddenly started backing up and a chase was on! The

Dodge, carrying 72 gallons of whiskey, was quickly caught, next the Ford with only a small amount of beer but the Cadillac, said to have 200 gallons, got away by driving back through Warsaw to cross just downstream at Ware's Ferry, also a busy place, the scene at another time of a shoot out between revenuers and the Beazley Gang.

One can assume with the new Thomas J. Downing Bridge over the Rappahannock River—whose opening a year after the above chase was attended by over ten thousand citizens—that risks of discovery decreased, but an already brisk business for Nomini Gentleman in Richmond only increased. Stopovers in Tappahannock were mostly the rule. Maybe the drivers partook of their cargo, or not, but on one occasion after a meal in town a heavily loaded truck missed a turn and while traveling down a less maintained, heavily pot holed street overturned filling all those holes with its product.

Our Northern Neck moonshiners stayed busy. July 1931 a group of Sea Scouts from Washington DC entered into their log they were rowing cat boats up Upper Machodoc creek when they were repeatedly mistaken for "Navy gobs" from Dahlgren. Fishermen were trying to sell them half gallons of their product or offering to buy all the sugar the supposed sailors could spare. Such business was brisk on the Neck then.



*Come and Worship with us*



**Jerusalem Baptist Church**  
8800 History Land Hwy,  
Warsaw  
804-394-9770  
jbcemmerton@gmail.com  
Sunday Morning  
Bible Study: 9:45  
Sunday Worship: 11  
Wednesday Evening Prayer  
Meeting, Bible Study: 7 p.m.

**New Section!**  
Be sure your church is  
included. *Prints 10,000*  
*copies, reaches 300 locations.*  
*Only \$20 per issue.*  
Call Florine,  
804-450-2287



Open Monday by appointment

Tues-Fri 10-5  
Sat 10-2



804-333-6463  
804-761-3715



- Hunter Douglas Window Fashions •
- Draperies and Top Treatments •
- Area Rugs and Decorative Accessories •
- Interior Design Services •
- Furniture • Consignments •

Cindy Lloyd Design  
5011 Richmond Road,  
Warsaw, Va.  
cindylloydfeatheryournest@gmail.com

## Style Spotlight~Corner Cottage, Preserving Memories for a Lifetime



the resident kitty. It's at once a professional yet homey feel.

The Cottage is truly a house that has grown into a shop. In the 1970's Ellis Smith owned the house and land and did framing. In 1978 Bill and Else Tolley bought it, and Deborah herself came to work with the Tolley's in 1989. She has remained there 30 years, buying out the Tolley's as they retired from their work in 2001. She remains proprietor and sole full time employee.

The sign outside reads "The Corner Cottage: Custom Picture Framing" and indeed framing and matting govern much of the work. There are all sorts of frame types and mat choices—different

colors also cut in designs if you like, not to mention the glass choices for your pictures. Deborah says, "I frame anything—needlework, paintings, drawings, Jersey's, baby clothes, jewelry, toys, china—and I can do glass or mirror etchings if you like."

The range of options is seemingly endless. Deborah also does acrylic box frames or shadow boxes. She once built a glass box for a 100-year-old German shawl for a woman in Warwick Forest

where the artwork still resides.

Glass etching on pictures can be part of the artistic work but her artistic view of framing does not stop there—she also does French matting and 3D mat carving. Only conservation quality mats are ever used. She does have a computerized mat cutter, but most of the design work with mats is done by hand, with an exacto knife, the old fashioned way, and in this way she can create elaborate or delicate designs too small for the mat cutter.

While the business sign certainly announces framing, there is a final line in smaller font saying, "& Restoration." All around stacked against walls are old works of art and I see that restoration is anything but a minor part of the shop—there are drawings waiting to return from mold encrusted picture frames, yellowed photos of long dead ancestors, old paintings, and portraits with torn edges, crumbling frames, and faded paint.

I am fascinated by this small part of the sign, which, as she describes this work, looms large in the business.

Photos, paintings, and general picture restoration might be needed on any number of works of art. Sometimes, old works are found water damaged, sometimes just stored away where mildew or mold has found a way in. Sometimes it's torn or faded or the canvas begins to crack.

Being a complete novice to the act of restoration I ask her what's

involved: "The first thing really is to clean it up!" She then rattles off some chemicals and I begin to wonder if she double majored in chemistry. "That (cleaning) can be all I need to do," she said, "a bare minimum usually."

Generally the canvas is very brittle and must be strengthened by lining, a process involving irons, wax resins, and new canvas. Then any missing paint will be filled, touched up and sealed with a coat of varnish. Finally, the frame will likely need repair.

Deborah's work touches the Gloucester community through collaborations with the Daffodil festival and other local festivals and auctions, but her clientele is mostly individuals seeking to renew and revive the art close to and personal for them.

This has always been the customer base and probably will be in this small community that is lucky to boast one art restorer in the area, one who stands on quality of work, if not quantity. "That's our uniqueness," Deborah says, "I do a wide variety of work in this shop and will attempt most anything to help a customer succeed in restoring art of the past or create an art piece for the future."

Visit Facebook at Corner Cottage Frame Shop or website at [cornercottageframeshop.com](http://cornercottageframeshop.com).

*Photo courtesy Deborah Collier.*

### By Deborah Butler

I arrive a bit before 5 p.m. for my interview with Deborah Collier, the proprietor of the shop. Since she's caught up with a customer, I look around. A counter and cashier station sit to the left of the front door with dozens of colorful frames behind them. Three doors branch off—one to a gallery room to the right of the front door, one behind the main desk leading to a work area for framing, and one to the left which houses

*Healthy Harvest*  
**FOOD BANK**<sup>SM</sup>  
Your Local Farm to Food Bank

*People helping people since 2010 because no child, family or senior should live on the edge of hunger. Serving over 4,000 families in the Northern Neck and Upper Middle Peninsula.*



5116 Richmond Road, Warsaw

**804-577-0246**

www.hhfb.org, email: [info@hhfb.org](mailto:info@hhfb.org)



**ANTIQUE FURNITURE**

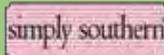


*Colonial Collectibles*  
Boutique, Gifts & Home Decor

*Voted Best Gift Shop in the Northern Neck and Middle Peninsula*









**Open 7 days a week**



**5757 Richmond Rd. • Warsaw, VA 22572 • 804-333-0581**



# Gardening in *Style*~Fall Bulbs Bring Spring Flowers

By Nancy Shelley

**W**ith dropping temperatures and early evening darkness, people are not thinking about Spring flowers. But this is the time to plan and plant those Spring blooming bulbs.

Crocus, Grape Hyacinths and Snowdrops are among the earliest to pop up in Spring. All of these are small and should be planted by the dozens to make a good show of color in the Spring.

Daffodils, Iris and Tulips are more popular Spring flowers. These are very varied in color and make a statement when planted dense groupings.

Planting bulbs in the Fall guarantees Spring color in your flower beds. In our Southern climate, the best time to plant is mid-October through the end of November. Make sure to get your bulbs planted before the ground freezes solid so that the roots can start growing. Most of the Fall bulbs need the cold winter temperatures in order to force their bloom in the Spring.

Purchase the highest quality and largest bulbs that you can find. If purchasing locally, inspect them carefully, looking for firm bulbs with no soft spots or unpleasant odor. It is perfectly okay to mail order your bulbs as you can get a much larger variety than your local garden centers offer. Just make sure that you order from a reputable company and pay very close attention to the size of the bulbs you are ordering.

Bulbs are very easy to plant but most of them look very similar, so be sure to label each variety.

Work up the top 8-10 inches of soil and add a little compost or peat moss to improve drainage. Determine the planting depth for each bulb type. If your bulbs do not come with planting directions, plant them two to three times as deep as the bulb is tall. After digging the hole to proper depth, place the bulb in the bottom with the roots down and the pointy side up. Fill in the hole and gently

tamp the soil down without packing.

Some tips for successful bulb planting are to plant in groups or large clumps to get the most visual impact when they bloom. Be sure to choose an area that gets full sun and cover with a few inches of mulch if your area has severe winters. Deter moles and voles by planting bulbs with an inch or so of crushed oyster shell in each hole. Leave the

foliage in place after blooms fade until it turns yellow or brown. If the dying foliage bothers you or ruins the look of your flower bed, simply lay it over and cover with a layer of mulch. It is important not to cut it off too soon as this helps the bulb prepare for next year by storing food.

A little work now will ensure a beautiful Spring garden.

*The Wellness Place*  
**Mary H. Sudduth**  
 Licensed Clinical Social Worker  
**804-472-3706**  
 contactus@wellnessplace1.com  
 622 Main Street,  
 Warsaw  
 www.wellnessplace1.com

**Commonwealth Florist**  
*Your First Choice For Flowers*  
**NEW OWNER!**  
**190 Main St, Warsaw**  
**804-333-3441**  
**OPEN HOUSE!**  
**Dec. 6, 7, 8**  
**9-5**  
 8:30 a.m. to 5 p.m., Mon - Fri, & 8:30 a.m. to noon Sat.  
 Orders of an immediate nature, (funerals) call After Hours 804-543-4991  
 www.commonwealthflorist.com

**River**  
 TITLE &  
 ESCROW, LLC

- Residential & Commercial Real Estate Closings
- Real Estate Loan Closings  
(now holding closings in White Stone and Warsaw)
- Title Insurance

*Taking care of all your real estate closing needs.*

**804.333.0195**

130B Court Circle • Warsaw, VA 22572  
*\*formerly Historyland Title & Escrow*

Make your home  
 your *style*

**COGGIN**  
 Furniture Inc.

Warsaw, VA  
 (804) 333-3700

## Style Spotlight~Here Comes The Bride With Her Broom-What?



night together.

Frankly, I like my story of the bride and groom better. A young gentleman named George was living in a house in Warsaw. One day a young mom and boy moved into the house next door thus becoming neighbors. On 13 March of 2010 this young couple began doing the dating dance. 2011 saw the young couple ready to tie the knot and tie it they did with two weddings.

December of 2011 saw both grandfathers in failing health. Victoria and George decided that they didn't want these beloved family

members to miss them promising to love one another so they married in the presence of close family.

Unfortunately George's grandfather was hospitalized and passed away before the first wedding. Victoria's Grandfather M.C. Wilkins passed away four months before the second wedding. A formal wedding followed in October of 2012 when Victoria's

father, Randy Wilkins, walked her down the aisle in Totuskey Church. The wedding theme was *Fall in Love*. Victoria brought a son, Ashton Gabriel, into the marriage and the family unit was formed. Ashton is now a student at Northumberland Middle School. In his spare time, he loves hunting and fishing among other activities.

The young couple didn't take long to realize that they wanted more out of their work life than clocking in and out of a job where their hard work was often ignored. Cleaning and organizing had always been a top priority at home so why not make a career out of something they loved doing?

When asked if Bride and Groom with a Broom was a franchise the answer was a resounding No. They started the business from scratch. Required were such necessities as a logo, business cards, determining which were the best cleaning products to use not to mention all of the paperwork involved with starting a business.

And the most important of all, they had to build a client list. Victoria used her own knowledge of cleaning skills plus watched many videos on *YouTube* to learn new techniques from others. This research and willingness to put in the time to do the research has led to a very successful outcome.

When asked for tips to help others especially around the holidays, Victoria offered several ideas. Organization is the key which will make each following year easier once you have a system that works. First, buy a very large tote to store the Christmas tree. Secondly, don't



reinvent the wheel. When to unpack your decorations, mark the boxes with what they contained and when the time comes to remove the decorations, pack them in the same boxes.

Lights can be a huge problem from year to year. It is amazing how many snarls one string of lights can have with which to

astound and frustrate you. Use either zip ties or paper towel cardboard roller to organize strings of lights.

Bride and Groom with a Broom—yes they actually do use a broom and I've witnessed it myself—so the name isn't fictional at all. However. This young couple is beginning a new endeavor Very shortly they will be announcing an addition to their services by becoming chimney sweeps. Keep your eyes open for the beginning of this new service.

Victoria and George are celebrating one of life's big adventures. Next month they are moving into their new home. This is their first time owning and they are so happy. I think we can all remember what a thrill it was to walk through our very own door for the first time.

They want to take this opportunity to thank all of their longtime loyal clients who made this possible. And to our new clients thank you for giving us the chance to serve you. We know you won't be disappointed.

Bride and Groom with a Broom Cleaning Service may be reached by phone or text at 804-724-8146 or by email at [bridegroomcleaning@gmail.com](mailto:bridegroomcleaning@gmail.com), or follow them on Facebook as, Bride and Groom with a Broom Cleaning Service. *Darleen Nichols photos.*

By Darleen R. Nichols

I am reasonably sure that Richard Wagner did not intend the story to go like this when he wrote *The Bridal Chorus* in his opera *Lohengrin*. History actually tells us that *The Bridal Chorus* is sung as the bride and groom enter the bridal chamber as the wedding party prepares them for their first

### King's Cleaning Services

Route 360, Village, Virginia

804-529-7697

[www.KingsCleaningServices.com](http://www.KingsCleaningServices.com)

- Carpet and Furniture Cleaning
- Oriental and Area Rug Cleaning Specialists
- Wood Floor Restoration
- Air Duct Cleaning
- Water Damage Cleanup and Drying



# Ditches of Mathews County~Water

By Carol J. Bova

**W**ater is the lifeblood of Mathews County. For centuries before automobiles, transportation was by water for people and goods. Canoes were replaced by sailing ships and then by steamboats. Watermen earned their living on the water and supplied food for those on land. In more recent times, recreation and aquaculture added to the importance of water to Mathews County's life and economy.

Somewhere along the way, the Commonwealth of Virginia lost sight of the importance of our waterways and their connection to the land. If rainfall can't move from the land through our watersheds to the waterways, the entire ecosystem suffers.

Streams have to move through state road ditches to cross pipes under roads to follow their natural paths. When the Virginia Department of Transportation (VDOT) doesn't maintain pipes or ditches, rainfall is trapped in ditches and on the land. The amount of oxygen reaching our waters is diminished. The necessary flow of nutrients to our marshes is cut back or cut off entirely. Those nutrients are what sustain the very foundation of the food chain in Mathews.

The EPA discussed in a 2008 report how "numerous finfishes, birds, crustaceans, mollusks, reptiles, amphibians, and mammals rely on tidal marshes for at least part of their life cycle

for resources such as food, shelter, nursery habitat, and nesting or spawning sites." Tidal marshes can "keep pace with sea level rise through vertical accretion as long as there is a dependable source of terrigenous [land-based] sediment..."

The EPA report also said, "In addition to food and shelter for various species, marshes also improve water quality in the surrounding river or estuary. The marshes serve as filters for water draining from surrounding upland areas. In particular, marshes work to remove nutrients from runoff, process chemical and organic wastes, and reduce the terrigenous sediment load to the water column. Marsh processes remove nitrogen and phosphorus compounds from the water stream."

When unmaintained VDOT structures prevent flow to the marshes, not only are needed sediments and oxygen cut off,

but inland properties and forests are negatively impacted as well. Septic systems can fail when water cannot drain off a property and floods drainfields. Trees can die or fall in storms when their roots are inundated from impairment of natural drainage. And the roads that the ditches are there to support fail prematurely.

When failure to provide adequate maintenance prevents the movement of water through our watersheds, where is the benefit?

That failure reduces the serviceable life of our roads. It forces citizens to invest in costly alternative septic systems. It destroys our forests. It puts our marshes and the ecosystems they support at risk. In what universe does this make sense? Certainly not in ours.

*Photo by Carol J. Bova. Read Drowning a County - When Urban Myths Destroy Rural Drainage. Available at local libraries and on Amazon.com.*

**CRALLE INSURANCE AGENCY**  
*WE SHOP, YOU SAVE.*



Independent insurance agents can quote multiple insurance companies to make sure you are getting a great rate.

And with great rates, excellent claims service, and 24/7 policy service, Progressive is an easy choice.

To get expert advice and a free quote today, stop in or call CRALLE INSURANCE AGENCY.

**PROGRESSIVE**

---

**CRALLE INSURANCE AGENCY**  
CRALLE BLDG/51 FACTORY LANE  
CALLAO, VA 22435  
**804-529-6226**  
chris@cralleinsurance.com

Progressive Casualty Ins. Co. & affiliates, Mayfield Village, OH. 11P00927.BQ (08/12)



Pearl



*See The Good & Beautiful Things That Surround Us*

**804-435-8800** 

**35 S. Main Street Kilmarnock**

**Live more Comfortably with a Reverse Mortgage**



**Bill Graves, NMLS 506610**

**Local: 804-453-4141.....Toll Free: 866-936-4141**



## Style Spotlight~Live Long and Prosper at Rappahannock Westminster-Canterbury

By Mari Bonomi

“We want to help people live well longer,” Stuart Bunting, president and CEO of Rappahannock Westminster-Canterbury (RW-C), said. To do this, RW-C offers an amazing array of activities and opportunities to the residents.

On the over 100 acre campus are two nature trails and a lake, Wood Duck Lake, big enough for fishing and kayaking.

Tom Teeples, a resident of RW-C for seven years, said that when he first arrived, he explored the nature trails. A Master Naturalist, Tom decided to identify the trees and other plants. “We put up identification posts along the trails and I developed a brochure that explains what you are seeing at the numbered posts,” he said. The list is up to about 150 now. There are now several other Master Naturalists and Master Gardeners living at RW-C.

Tom had for years monitored

bluebird nests; when he moved to RW-C, he said, “It seemed kind of natural to see what bluebird activity there was on the campus. That was the beginning of the RWC bluebird trail.” There are now almost 40 nesting boxes, where almost 100 bluebirds fledged this year.

Indoor activities also abound. There is a ham radio club and a stitchery group. The new Life Enrichment Center offers aquatics, exercise and fitness gear, and spaces for such resident interests as art classes.

Outside members can pay a fee to join. Every month brings a new



artists' exhibit with residents, staff, and outside artists all having a chance to display their works. Several times a year, residents present a talent show.

Staff arranges theatre and movie parties at resident request. Viewpoints is an annual spring series open to the public presenting speakers not otherwise likely

to come to the area. “We look for meaty and interesting topics, eclectic and interesting,” Stuart said.

Other groups open to the general public include a memory support group, a Parkinson's group, and a macular degeneration group. RW-C even offers “At Home with RW-C,” providing in-home assistance to people living in the area.

RW-C offers Solution Seminars for prospective residents and others interested in topics like downsizing and estate planning.

Many residents came from the general area—they have continued their volunteer activities, and often have added more.

Denise and Ted Munns moved to RW-C from the Reedville area in 2017. Denise said, “We have found that we can continue to pursue our former activities we enjoyed as well as participate in a huge variety of activities here, from the fitness center with its many classes, to the gardens, art classes, lectures, trips, and just the community fellowship.

“Living here gives us the opportunity to be as active as we want or be as private and relaxed as we want without the worries of everyday maintenance to a home.” She added, “Best move we ever made, and we did it when we

wanted, not because we had to!”

Kerley LeBoeuf said he and his wife Sally chose RW-C “Because it is a smaller community on a larger campus.” He added, “We can pick and choose what we do every day.” For Kerley, “One of the quiet joys is the library,” managed by a resident committee, where he works on the data entry team. Sally delivers books to residents who cannot get to the library.

Sally described RW-C as “Like being on a small cruise ship, with numerous activities, facilities for almost anything, and dining options. After four years here, we are still on the cruise, but we know most of the other passengers and crew. This shift in focus is the joy and richness of living here. The people!”

RW-C has been the Northern Neck since June 1985. Like all Westminster-Canterbury sites, RW-C is an independent nonprofit corporation. Although it's affiliated with the Episcopal and Presbyterian churches, it is not run by either of them. “We're open to those of all or no faiths,” Stuart said.

Independent living residents reside in residential units, either homes, cluster cottages, or apartments. But RW-C offers a continuum of care, with in home care, assisted living, and a health center for those needing more direct nursing care. “People moving to RW-C sign a life care contract which is a residence and services agreement,” Stuart said.

Stuart, an RW-C staff member for twenty years, summed up RW-C, “We help people live well longer because of the many ways we offer for community interaction. People can stay independent here longer than living in their own homes. It is an amazing place to experience amazing people.”

RW-C is at 132 Lancaster Dr., Irvington. Call 804-438-4010. [www.rw-c.org](http://www.rw-c.org). Amy Lewis photo of Tom Teeples hugging a tree.



# Deltaville

## MARITIME Museum

& HOLLY POINT NATURE PARK



**SATURDAY, NOV. 23**

---

### BISTRO BENEDICT BRUNCH

FRESH BAKED BISCUITS, LOCAL EGGS, COUNTRY HAM, HASH  
BROWNS, HOLLANDAISE, BLOODY MARYS, MIMOSAS

**8AM-2PM**



## HOLIDAY GIFT MARKET

**9AM-2PM**



287 Jackson Creek Road, Deltaville, VA 804-776-7200  
Website: [www.deltavillemuseum.com](http://www.deltavillemuseum.com)



# 'Tis the Season to Create a Ripple Effect

By **Cindy Balderson**

**I**t's the most wonderful time of year! But does that ring true for everyone? What about those we serve through our partner agencies in the area? The children who receive backpacks each week to ensure they have food for the weekend and the seniors on a limited budget. What about the struggling families who see the holidays as a bigger struggle to not only put food on the table but to make the holidays special for their family?

For those of you who know me well, you know I love to read everything from a murder mystery to classic literature. Winston Churchill once said: *"We make a living by what we get, but we make a life by what we give."* I first heard this years ago when I was new to the nonprofit sector and it resonates with me as deeply today as it did then. Isn't

that what we are supposed to do?

From the first days of autumn to the final moments of December, the giving season provides us with many opportunities to reflect with gratitude. It's a time when the spirit of giving is so contagious you can see it coming to life around us every day, a time when our hearts become softened and vulnerable, willing to both give and receive.

Healthy, nutritious food is one of the greatest gifts you can give someone who truly needs it. One simple act of giving to those who struggle with hunger could change that person's life today and through this holiday season and that's just the beginning.

At Healthy Harvest Food Bank, we believe in keeping it real. We are dedicated to being at the center of change. The food bank of the future will focus on the overall health of recipients and empower them

through educational programs with the goal of leading them to self sufficiency, reducing their long term dependency on the core food distribution program.

Giving back can be one of the most impactful influences on our life. It gives us the ability to see the world around us from a different perspective, enabling us to be conscientious of others.

The impact of our generosity can make a lasting impression on the lives of those we help.

Take time to reflect on every act of kindness to create a ripple effect of generosity and giving. Don't be surprised if you benefit from a dose of happiness in the process!

*Cindy Balderson is Vice President & Development Director of HHFB in Warsaw.*



Mermaid Consulting Services

Home organization?  
Downsizing?  
Unpacking?  
Room refresh?

**Mermaid Home**  
Monday - Saturday  
9:00 - 5:00  
Northern Neck & Middle Peninsula

(804) 758-5814  
[www.mermaidcs.com](http://www.mermaidcs.com)  
Free assessment  
Follow us on FB, IG



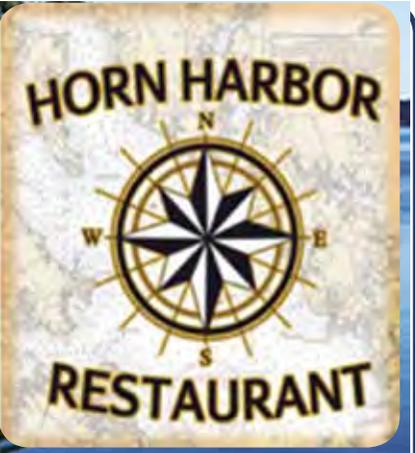


## Main Dining Hours

• Wednesday-Tuesday 4-8:30 p.m. • Friday 4-10 p.m.  
• Saturday 9 a.m.-10 p.m. • Sunday 9 a.m.-8:30 p.m.

## Lower Lounge Happy Hour

Wednesday, Thursday, Friday, 4 - 6 p.m.  
836 Horn Harbor Rd, Burgess  
**• (804) 453-3351**  
• [hornharborrestaurant.com](http://hornharborrestaurant.com)







# Lucio Shone

By Kenny Park

**W**hen I first met Lucio, I was stopping by his workplace to invite him to the first gathering we were going to have at Coan Baptist Church on April 27th, 2003. I don't remember if he agreed to come, or if he was one of the ones who apologetically declined, telling me they had committed to go to an event with another local. As it turned out, that other local minister, unbeknownst to them, was bringing those who didn't go with me to the same event. She and I had failed to communicate that we were both offering a ride to the Gathering.

Our sons were five and three at the time, and they were excited at the prospect of having new friends to play with more than anything else. "The guys from White Stone"

laughed and took the boys up on their offer to play soccer.

Lucio and his brother Domingo, along with Salvador and Oscar and Ruperto and the others gently kicked the ball back and forth, never leaving Caleb and Judson out of the play. As we visited over dinner that evening, I found out the men were at the very end of their season of work, and would be traveling back to their homes at the end of that following week.

I drove from Virginia Beach the night before they left, wishing them a safe journey and hoping their time reuniting with their families would be sweet and well spent. Lucio, incredulous, asked, "Why are you doing this? You hardly know us!" I answered, "because I know what it's like to be away from family for extended periods, and what it is like to reunite with them."

Some of our earliest pictures of them are with Caleb or Judson on their shoulders, laughing and tickling them. Some of the men had families with young children back home, and they welcomed the chance to get some play time with little ones. Lucio didn't have a family then, though he did have a Mamacita, as he called her with a twinkle in his eye.

He was in on the planning and surprise delivery of a shiny new bicycle for Hannah on what was her 9th or 10th birthday, to our utter astonishment—we had no idea they were planning that. We were as floored by it as she was.

I asked him to read scripture once, and was amazed at the strong, sure voice with which he read. His confidence and assurance was inspiring.

For one reason or another, we saw each other less frequently as the

years went by, so I was especially grateful to see him this past Spring, shortly before he returned home. He told me about his daughter and her mother, and his pride and love shone through his words.

On Thursday of last week Lucio suffered a massive heart attack.

He died the next day.

Mourning is hard from a distance. But how he shone while we had him! *Kenny Park has served the Northern Neck Immigrant community and as Pastor of Jerusalem Baptist Church in Warsaw since 2003.*

**RICHARD F. HAYNIE, INC.**  
Heating • Cooling • Plumbing • Electrical

**804-580-6821**  
1938 Walnut Point Rd. Heathsville, Va.

***WINTER IS COMING!* Call To Schedule Service For Your Heat Pump or AC**



**TRANE**

*It's Hard To Stop A Trane.*

**\$25 Off Service OR 10% Off Parts**  
Through 3/31/2020, presented at  
time of visit, one coupon per visit.  
**Mention Max/Minnie when you call!**



*Mention Max and Minnie  
and get an extra 5% off.*



turn to the experts™

## Lucio Brilló

Por Kenny Park

**C**uando primero conocí a Lucio, estaba pasando por su lugar de trabajo para invitarlo a la primera reunión que íbamos a tener en la Iglesia Bautista Coan el 27 de abril de 2003. No recuerdo si aceptó venir, o si él era uno de los que se disculparon, diciéndome que se habían comprometido a ir a un evento con otro clero local. Al final resultó que esa otra pastora, sin que ellos lo supieran, estaba trayendo los que no fueron conmigo al mismo evento. Ella y yo no nos habíamos avisado que ambos estábamos ofreciendo recogerlos para la reunión.

Nuestros niños tenían en ese entonces 5 y 3 años, y estaban entusiasmados por tener nuevos amigos con quienes jugar más que cualquier otra cosa. "Los muchachos

de White Stone" se rieron y les aceptaron su invitación a jugar fútbol. Lucio y su hermano Domingo, junto con Salvador y Oscar y Ruperto y los demás patearon suavemente la pelota de un lado a otro, sin dejar nunca a Caleb y Judson fuera del juego. En la sobremesa durante la cena esa noche, me enteré que los que estaban allí estaban al final de su temporada de trabajo, y regresarían a sus hogares al final de la semana siguiente.

Viajé desde Virginia Beach la noche antes de que saliera su vuelo para desearles un buen viaje a casa y que esperaba que su tiempo al reunirse con sus familias fuera dulce y bien aprovechado. Lucio, incrédulo, preguntó: "¿Por qué haces esto? ¿Casi no nos conoces!", respondí, "porque sé lo que es estar lejos de la familia por largos períodos, y lo que es volverse a reunir."

Algunas de las primeras fotos

que tengo de ellos son con Caleb o Judson sobre sus hombros, riéndose y haciéndoles cosquillas. Algunos de los hombres tenían familias con hijos pequeños en casa, y aprovecharon la oportunidad de jugar con nuestros niños. Lucio no tenía en ese momento una familia, aunque sí tenía una "Mamacita", como la llamaba con un brillo en los ojos.

Lucio estuvo en la planificación y entrega sorpresa de una bicicleta nueva y brillante para nuestra hija Hannah en lo que probablemente era su noveno o décimo cumpleaños, para nuestro asombro total (no teníamos idea de que estaban haciendo. Quedamos tan impresionados como ella).

Le pedí que leyera las Escrituras una vez, y me sorprendió con la voz fuerte y segura con la que leía. Su confianza y seguridad fue inspiradora.

Por una razón u otra, nos

veíamos con menos frecuencia a medida que pasaban los años, así que estaba especialmente agradecido de verlo esta primavera pasada, poco antes de que volviera a casa. Me habló de su hija y su Mamacita, y su orgullo y amor brillaron a través de sus palabras.

El jueves de la semana pasada, Lucio sufrió un ataque cardíaco fulminante.

Falleció al día siguiente.

El duelo es difícil a distancia.

¡Pero como brilló mientras estuvo con nosotros!  
*Kenny Park ha servido a la comunidad inmigrante de nuestra área y como Pastor de la iglesia bautista Jerusalén en Warsaw desde 2003.*

*Come Visit Us For a Complimentary Lunch & Personal Tour!*



## Essex House

### Assisted Living Residence

*VALA Best Practice & Administrator of the Year Award Winners!!*

- 🍁 Individualized Care Plans Designed for Each Resident*
- 🍁 Life Enrichment Programs with Planned Activities*
- 🍁 Nutritious Home Cooked Meals*
- 🍁 Onsite Home-Health & Hospice available*
- 🍁 Respite care*



- 🍁 Private & Semi-Private Rooms with Bath - Furnished or unfurnished*
- 🍁 Long-Term or Short-Term Care w/No Entrance Fees*
- 🍁 Trained Staff Provide Assistance with Activities of Daily Living & Medication Management in a Loving Family Environment*

*When living alone is no longer an option, let Essex House take the worry out of caring for you or your loved one.*

**(804) 443-5921**

[www.americanretirementhomes.org](http://www.americanretirementhomes.org)

17976 Tidewater Trail, Tappahannock, Va.

# Brain Injury~A Matter of Balance

By Martha M. Hall

**T**here are so many disheartening effects of a brain injury that it is hard to identify which one is most serious.

That being said, balance difficulties following a brain injury are surely at the top of the list. Vestibular issues are common among 30% to 65% of brain injury survivors, and just as there are no two brain injuries that are exactly alike, balance issues are likewise as varied. Vestibular problems can range from lightheadness (occasional or more frequent), vertigo (the sensation that you or your surroundings are moving), and disequilibrium (lack of balance when sitting or standing).

Balance is critical to all of us: it enables us to care for ourselves, to walk unassisted, to play sports or drive cars, to work. The ability to keep our bodies centered over our feet and to easily adjust our position

to avoid falling is determined by several factors, not the least of which is strength and coordination. Not surprisingly, our use of senses such as vision and hearing, and our cognition, the ability to recognize and initiate movements to offset a loss of balance, also contribute to our ability to maintain our balance.

There are several common causes for balance problems following a brain injury:

- **Medication** Several commonly prescribed medications used to treat other effects of a brain injury, such as blood pressure medication, antibiotics, tranquilizers, and anti-seizure prescriptions, can adversely affect our ability to maintain good balance.
- **Vision impairments** We use our eyesight automatically to help us keep our balance, but problems common to brain injury, such as double vision, partial or total loss of vision, and

problems with depth perception can radically affect our equilibrium.

- **Inner ear injuries** Our inner ear plays a major role in maintaining balance and can easily be injured by a blow to the head, and a sudden acceleration/deceleration of the head (whiplash) can disrupt the function of the tiny crystals that make us sensitive to movement and gravity.

- **Cerebellum injury** The part of the brain located at the base of the skull, known as the cerebellum, controls our ability to walk, dance, play sports, and maintain balance. This part of the brain can be easily injured by a fall, a blow to the back of the head, or anything that creates a rotational force for the head.

Treatments for vestibular issues are dependent on the cause of the problem, and like all brain injuries, there is no “one size fits all” solution. A brain injury, even a mild one, can have a critical effect

on our complicated vestibular system, and an accident that is complicated by a cervical spine injury, rib or leg fractures, or other injuries that affect our ability to maintain balance only adds to the complexity of the condition.

Doctors who are experienced in vestibular problems, neurologists, and neuro-ophthamologists can be helpful in diagnosis and treatment, and physical and occupational therapists are invaluable in helping to overcome issues related to imbalance.

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

At RWC, there's more time  
to do the things you love!  
You can do as much or as  
little as you like.



Rappahannock  
Westminister-Canterbury  
In the Northern Neck, minutes from Irvington, Va.

Live our Lifestyle.

804-438-4000 | [RW-C.org](http://RW-C.org)

The fire is so  
delightful at  
RWC.

Wish you  
were here!



# Richmond County Animal Shelter Animals Looking for Homes



**T**ess and Sam have been in the shelter since spring. Tess is very loving and loves to run and would make a great jogging buddy.

Sam is a couch potato so if there are any fellow couch potatoes out there who love to binge-watch Netflix then Sam is the perfect companion. These two sweet hounds are in need of loving and forever homes please come visit them.

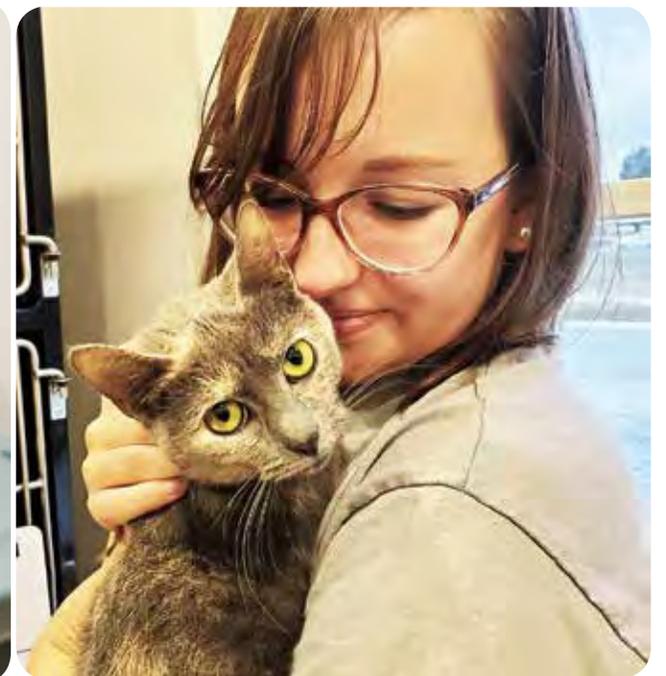
*Top l, Top center, Emma-Wade Davis with Tess. Top r, Emma-Wade Davis with Sam. Gracie, cat, r, Emma and Zoey, far, r, Emma and Hazel, below.*

*Photos courtesy Paula Shipman.*

*Shelter hours, Tuesday thru Friday 11 a.m. - 5 p.m.*

*Saturday 10 a.m. - 2 p.m.*

*Call 804-333-5637.*



**Banes Upholstery**

**sunbrella**

**STRATAGLASS**

**STAMOID**  
MARINE FABRICS

**WAVERLY**

*Before*

*After*

**We Specialize in *Top Quality Marine and Boating Products* to Make Your Boat Look Great.**

**804-529-7652 or 804-761-0202 Cell**

129 Northumberland Hwy, Callao
www.banesupholstery.com

# Style Spotlight~Horn Harbor Restaurant, It's Back!

By Martha M. Hall

**T**he rivers of the Northern Neck have an ebb and flow that have to do with the moon cycles, but which are also a constant reminder that nothing is constant. The rivers change with each passing day—sometimes radically, sometimes in a way that is barely perceptible, and with their variation, they remind us of our human connection to the passage of time.

So it has been with Horn Harbor Restaurant. A landmark since the 1960's, Horn Harbor was the pride of Kathy and Buddy Becker for many years and served up locally sourced seafood to many native Northern Neckers as well as weekend visitors. Like the river which is its home, Horn Harbor has seen its share of ups and downs over time, but thanks to Danny Hester and his family, it is

now enjoying a resurgence that will make even the saddest old heart glad.

Located on the Wicomico River at the end of several winding country roads, Horn Harbor is one of those places that you have to know where it is and want to go there. Like much of the Northern Neck, there are no traffic lights or billboards to guide you, only an occasional sign with an arrow letting you know that it's just a little ways farther.

But oh my! What a lovely spot for a peaceful, relaxing meal! When I arrived, I told Danny, "I think I've just found my new favorite place to eat!" The restaurant has several places to relax—a main dining room, a lower level lounge, an outside covered patio, and a deck that runs the length of one side of the main building.

The side deck is dog friendly, Danny told me. "I have been amazed at how many people travel with their pets—and boat with them! Most

weekends, we have at least one dog visitor, and often more." A dog lover with a lifetime of Great Pyrenees' ownership, Danny is committed to making sure that Man's Best Friend is not slighted as Horn Harbor enjoys a return to its origins as a Northern Neck tradition.

"Danny, how did you decide to take this on?" I asked. "Have you ever run a restaurant

before?" Danny laughed and shook his head. "When I graduated from college, I went to work for a builder. I own a home building business in Northern Virginia, as well as several Tropical Smoothies franchises.

"That's as close as I've come to being involved in the restaurant business, but this is a family venture, and we are committed to supporting this community by serving good food in a welcoming environment, and bringing this place back to its fullest potential. We source our seafood and produce locally as much as possible, and we have over 35 combined years of staff experience working with us."

A Virginia native, Danny and his family had been searching for a river adventure for some years, and when the Horn Harbor Restaurant became available, they took the plunge in 2017 and began the slow and painstaking restoration of the restaurant and the accompanying marina.

Danny talked to me about the repairs they had made to enhance the restaurant's appeal. "We repaired the major part of the dock by raising the pilings and laying new boards. That enabled us to once more offer boat slips for both long term and short



term rental and to provide a place for day trippers to tie up. We are going to get gasoline back in here so that boaters have a place to refuel. We're also building a place for live entertainment, and we are able to host special events and gatherings."

Although Danny and his wife, Kelli, still live and work in Middleburg, they are on hand often to ensure that customers benefit from the

family's commitment. Their son, Graydon, manages the restaurant full time and lives nearby in an apartment that Danny built shortly after taking possession of the Horn Harbor property.

Their youngest son, Connor, a soccer player at James Madison University, helps out as a server on summers and holidays. "My daughter is in her third year of an optometry degree," Danny told me, "and I hope she'll come down to this area when she's ready to start her practice. Our plan as a family is to settle here full time as soon as we can manage it. Until then, I'm committed to being a part of the Northern Neck, and to providing jobs and opportunities to this area."

Horn Harbor is open year round, serving dinner Wednesday through Friday, lunch and dinner on Saturday, and breakfast, lunch, and dinner on Sunday. Visit them at 836 Horn Harbor Road, Burgess, contact them at 804-453-3351, follow them on Facebook, Horn Harbor Restaurant, or check their website [www.hornharborrestaurant.com](http://www.hornharborrestaurant.com).

*Martha Hall photo.*

- SEAMLESS GUTTERS / CUSTOM AWNINGS
- PLUMBING & ACCESSORIES / ELECTRICAL
- LAWN & GARDEN / MARINE SUPPLIES
- ECHO / STIHL / CRAFTSMAN TOOLS
- EXPANDED SERVICE CENTER!
- HAPPY PLANTS GREENHOUSE
- PAINT & ACCESSORIES



Locally Owned and Operated Since 1971  
Route 360, Lottsburg

804-529-7578

[allisonsacehardware.com](http://allisonsacehardware.com)



## What Kinda Gift?

By RuthE Forrest BCTMB

**T**he Christmas Story contains a mini story dedicated to three Wise Men who travel from afar bearing gifts fit for a baby king—gold, frankincense and myrrh. What? Those guys were nutso if they thought those gifts would soothe an infant lying in a dirty stable on a cold starry night!

Joseph traveled for weeks to arrive at his birthplace to present his annual taxes as required. It was crowded making similar journeys. So many people that he and his pregnant wife are forced to stay in the stable next door with the animals, where she gives birth. Gold could've soothed the anxious parents in this situation. At the least, it would've immediately eased their tax burden, and could've enabled them to procure better arrangements when available. When parents are calm, baby is soothed.

The primitive conditions must've been pretty raw for childbirth. Not to mention the resulting filth from hordes of visitors and animals. Gum resin from the African Boswellia tree is true frankincense, and it was a precious commodity traded along ancient routes for good reasons. The sweet smell of this well known expensive perfume would've been very appreciated in an overly full barn. This precious rare tree resin provides so much more than its namesake scent though. It could've been bartered for any needed supplies at any time or place. Associated with God, it was utilized then as it is now in religious rituals, and considered holy. The priesthood were the healers in those days who held the sacred knowledge of natural medicine which is being confirmed in modern scientific studies. Frankincense is astringent, antiseptic and anti-inflammatory. Help surely

appreciated by Mary after giving birth under such stressful conditions.

Studies show that inhaling certain fragrances provides emotional strength and support. They influence and strengthen our vital energies simply through breathing in chemical messengers that enter specialized energy channels through our nose. The holy family would've laid a small resin bead on the hot coals of their fire to release the smoky frankincense. All beings inside the barn enjoyed its healing properties. Scientists at The Academy of Sciences in Leipzig Germany in a study of why altar boys were becoming addicted to the fragrance, found that when frankincense is burned a psychoactive chemical is produced in the brain that expands consciousness. An Australian scientist found a substance similar to sexual hormones that awakens sexual ecstatic energy in people exposed to frankincense.

A balancing of hormones and some extra patience would've definitely been appreciated by all!

Myrrh is pungent resin from the Arabian Commiphora bush. It's antiseptic and antibacterial. The word comes from the root murr, meaning bitter. Resin beads were mixed into wine to make a palatable tincture, or put onto an aromatic wound dressing applied topically. Due to its superior analgesic properties, it's still used in liniment for bruises and sprains, and in toothpaste and mouthwash. Myrrh has the special power to purge stagnant blood from the uterus according to TCM. Temple priests combined frankincense and myrrh, and wrapped them in gold foil. They used this on the altar fire during purifying rituals, and as a core ingredient in making anointing oils. Those 3 guys were pretty wise after all! *Experience healing oils at Spa 2 U (804) 453-5367*



## “They helped my Mom regain her balance.”

“When Mom decided she was tired of taking care of the house, we all worked together to find a senior living community that would bring balance to her life. We all agreed that if her needs changed, she wouldn't want to move again. Commonwealth was the perfect fit. Not only did they check all the boxes we needed for amenities, the warm and friendly associates made us feel at home right away. When they asked her about her life story and passions, we all said, ‘Dancing!’ They started a dance class, and she's helping to teach it. Commonwealth keeps the music playing!”

**Assisted living rates start at  
just \$116/day.  
Call and lock in 2019 rates today!\***

460 S. Main St., Kilmarnock | 804-210-7594  
511 Cedar Grove Rd., Farnham | 804-375-2553  
7657 Meredith Dr., Gloucester | 804-375-2552

\*See community for details.



**COMMONWEALTH  
SENIOR LIVING**

*Welcome Home*



## Local Business Services

**LOWERY**  
W.C. LOWERY, INC.

**Septic Systems  
Portable Restrooms  
Concrete**

We Specialize in:  
Ready Mix Concrete, Footings & Foundations  
Portable Restroom Rentals, Septic Tank Service



804-529-6210  
email - [info@wcloweryinc.com](mailto:info@wcloweryinc.com)  
298 Northumberland Hwy  
Callao, Virginia



**Olverson's Lodge Creek Marina, Inc**  
Callao  
804-456-0251



[www.olversonsmarina.com](http://www.olversonsmarina.com)

**RAINBOW**  
Self Storage

(804) 529-6200 • 800-474-6060  
"In Business for Over 30 Years"

Lottsburg Security  
Montross 24-Hour Access to the Gate  
Colonial Beach and  
Warsaw Climate Control Available

804-529-6440 (Phone) [www.rappatomac.com](http://www.rappatomac.com) 804-529-7976 (Fax)

**RAPPATOMAC**

CUSTOM MOULDING & MILLWORK MANUFACTURING

HWY. 360 & RT. 775 • P.O. BOX 227, CALLAO, VIRGINIA 22435

"WHAT WOOD YOU LIKE? WE MOULD & MILL-DO FOR YOU!"

COMMERCIAL  
RESIDENTIAL  
HEAT PUMPS

TANKLESS WATER HEATERS  
ELECTRIC  
PLUMBING  
GEOTHERMAL  
RADIANT HEATING  
SOLAR HOT WATER

**RMC**  
MECHANICAL CONTRACTORS, INC.  
PO BOX 519  
CALLAO, VA 22435  
HEATING & AIR CONDITIONING  
Robert Wilburn, President

email: [rmhvac78@yahoo.com](mailto:rmhvac78@yahoo.com) website: [www.rmcmechanical.net](http://www.rmcmechanical.net)  
ofc: (804) 529-7934 fax: (804) 529-5148

**R.W.'s SPORT SHOP**

Rod & Reel Repair • Hunting & Fishing Equipment  
Charter Fishing Services

1434 Northumberland Hwy.  
P. O. Box 461  
Callao, Virginia 22435

Business Phone/Fax:  
(804) 529-5634

[www.rwsports.com](http://www.rwsports.com)

**ShoeClinic** VIRGINIA SHOE CLINIC  
Your Foot Care & Shoe Repair Experts

804.443.2373 804.577.4012

1269 Tappahannock Blvd Tappahannock, VA 22560  
453-E North Main Street Kilmarnock, VA 22482

Mon-Fri 8am to 6pm Mon-Fri 10am to 6pm  
Sat 9am to 3pm Sat 9am to 3pm

[info@vashoeclinic.com](mailto:info@vashoeclinic.com)  
[www.vashoeclinic.com](http://www.vashoeclinic.com)

Tappahannock | Kilmarnock | Gloucester | Mathews | Urbanna

**WELCH**  
Funeral Home

Caring for Northern Neck families since 1966.

[www.welchfuneralhomeva.com](http://www.welchfuneralhomeva.com)

**Allison's ACE HARDWARE**  
804-529-7578

3010 Northumberland Highway  
Lottsburg, VA 22511

Allison's AWNINGS  
allisonsace@yahoo.com  
[www.allisonsacehardware.com](http://www.allisonsacehardware.com)

Allison's ACE SEAMLESS GUTTER

**Franklin's Sewing  
Quilting Supplies**



Embroidery Supplies  
Machine Sales & Repair  
Ritsy & Lou Clarke  
804-333-3533  
Mon-Fri 9-4:30

**Java Jacks Café**

**Have You  
Had Your  
Jack Today?**



804-443-JACK (5225)  
504 S Church Lane  
Tappahannock

**PILOT HOUSE INN  
MOTEL  
AND  
RESTAURANT**

A Unique Fly-  
In Drive-In  
Restaurant/Motel

Banquet Facilities Catering  
Breakfast Bar Saturday &  
Sunday mornings. Seafood  
Buffet Saturday nights.  
**Open 7 Days A Week**  
7 a.m.-8 p.m. Sun-Thurs  
7 a.m.-9 p.m. Fri., Sat.  
2737 Grey's Point Rd. Topping,  
**804-758-2262**

**Corner Cottage Frame Shop**

Shadow Boxes  
Needlework Framing  
Glass & Mirror Etchings  
Hand-carved  
and French Mattes

Inventory  
Reduction Sales  
Jan-Feb 2020

**VISIT US ON FACEBOOK**  
For Framing and Restoration  
Ideas, Specials and Sales

Restorations - Frames  
Fine Art & Photographs  
Tues.-Fri. 10:00-6:00 • Sat. 10:00-3:00  
[www.cornercottageframeshop.com](http://www.cornercottageframeshop.com)  
**804 693-6722**



## Local Business Services

**ARCADIAMOTORSINC.COM**

**Steve Berman**

804-580-CARS (2277)



**ARCADIA MOTORS INC**  
Quality Pre-Owned Vehicles

6291 Northumberland Hwy  
POB 553, Heathsville, Va  
ArcadiaMotors@hotmail.com



**B.H. BAIRD INSURANCE**

A Towne Insurance Agency

**RICHARD A. FARMAR, III, CPCU, AAI**  
5682 Richmond Road  
Warsaw, VA 22572  
804-333-4013

**The Bride & Groom with a Broom**  
Cleaning Services

[WWW.BRIDEGROOMCLEANING.COM](http://WWW.BRIDEGROOMCLEANING.COM)

**Victoria & George Tuthill**  
Owners

(804) 450-0759  
bridegroomcleaning@gmail.com

General Liability & Workers Comp Insurance



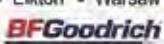
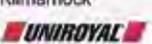
**Roger Hutt**  
(804) 333-4635  
(800) 533-1691  
MOBILE: (804) 761-6827  
FAX: (804) 333-0573



4982 Richmond Road  
Warsaw, VA 22572  
www.bigtireco.com  
warsaw@bigtireco.com

**BIG TIRE PROS**

TRUCK AND AUTO SERVICE CENTER  
Harrisonburg • Elkton • Warsaw • Kilmarnock

FIRESTONE • CARLISLE • MICHELIN RETREADS



**Relda Schick**  
Associate Broker  
Waterfront Specialist

Direct: 804-761-1230  
RSchick@cbeva.com

Office: 804-224-3501  
233 Irving Ave N  
Colonial Beach, VA 22443  
RealtyWithRelda.com

Each Office is Independently Owned and Operated

Serving the Northern Neck  
for over 15 years

**Eagle River**  
CONSTRUCTION

Residential - Commercial  
Homes - Additions - Remodels



**Chet Williamson**  
President

P.O. Box 440  
Lottsburg, VA 22511

Mobile: (804) 761-3548  
Office: (804) 529-5700  
Fax: (804) 529-7171  
Email: Chet@eagleriverconst.com  
Web: www.eagleriverconst.com

We Accept    



Member Professional Picture Framers Association

**Left Bank Gallery**

8487 Cople Highway, Post Office Box 355, Haque, VA 22469

**Exciting Art & Custom Framing**

Visit the Gallery, Enjoy the Experience

Tuesday through Friday: 10-5 & Saturday: 10-2  
(804) 472-4408 (fax/phone)  
www.duganleftbank.com

**Historic Rice's Hotel /  
Hughlett's Tavern** In Heathsville



**Golden Village Christmas**  
Saturday, Dec. 7 • 10 am - 2 pm

A Celebration of Christmastide • Unique Gift Ideas  
• Photos with Santa • \$1 Children's Shopping Area  
• Ye Ole Bake Shop • Music • Holiday Surprises!

Located just off Route 360 in Heathsville behind the old  
Courthouse • [www.rhhtfoundationinc.org](http://www.rhhtfoundationinc.org) • 804-580-3377

**THYME IN A BASKET**  
HOME ACCESSORIES  
& UNIQUE GIFTS

*We're a destination  
that incorporates  
the best hospitality  
with the most unique  
and quirky gifts.*

325 Queen St., Tappahannock  
Tues - Fri, 10-5:30, Sat, 10-4

Call Melissa 803-443-4626 

**Spa 2 U**  
Mobile Therapeutic Massage



Offices In  
Kilmarnock & Tappahannock

804-453-5367  
RuthE Forrest BCTMB



**Modern Full Service Marina  
with Retail Marine Store**

[www.theboathousemarina-va.com](http://www.theboathousemarina-va.com)

829 Robin Grove Lane,  
Colonial Beach 

**Wifi**



**Discover Kinsale's Rich History**

**Kinsale Museum**  
Open year round  
Fridays and Saturdays, 10-5  
449 Kinsale Rd., Kinsale  
museumdirector@gmail.com  
[www.kinsalefoundation.org](http://www.kinsalefoundation.org)  
804-472-3001 804-472-2013

# Wild Style Cuisine~Seared Pheasant



## By Wendy Hyde

Time spent afield in pursuit of game is special. When that time is shared with a friend, partner or as a mentor, it's an investment in something greater. I am privileged to spend many hours in VDGIF hunter education activities with friend and fellow master instructor Aaron Grimsley, who is one of the most ethical, caring, generous, hard-working people I know. He moonlights as a guide at Shady Grove Kennel, Hunting Preserve and Sporting Clays in Bealeton. Aaron gifted me with a pheasant hunt with Shiloh, one of his enthusiastic German Wirehaired Pointer hunting partners. Hunting with a birdy dog—watching it seek, find, point and retrieve birds—is a unique experience, one that makes you appreciate the relationship that develops between a working dog and a patient, skilled handler. Friendships with both people and dogs are among life's greatest blessings.

One can spend an enjoyable, challenging day warming up in the morning with a round of sporting clays on Shady Grove's course then heading to the fields in the afternoon for an upland bird hunt. If you go, be sure to ask for Aaron! (Find out more at [www.shady-grove.com](http://www.shady-grove.com))

Habitat for pheasant has been in steady decline for decades due primarily to land development, and for many hunters the only local opportunities are through a preserve. In lieu of hunting birds, farm-raised pheasant, both whole and skin-on breast cuts, are available through several internet sources (see footnote). Pheasant is a lean, mild-flavored white meat. In the recipe below, substituting chicken and chicken stock will yield a similar flavor and shorten the preparation time. The searing method used is recommended by Hank Shaw, a chef and avid hunter, whose web site [www.honest-food.net](http://www.honest-food.net), is an invaluable source for excellent game recipes.

## Seared Pheasant with Fruited Wild Rice and Rosemary Cream Sauce

Serves 2

1 whole pheasant, cut into 10 pieces (2 skin-on boneless breasts; 2 thighs, 2 legs, 2 wings, and back sections halves, all skin removed)  
 2 Tbsp. canola or grapeseed oil  
 2 Tbsp. unsalted butter  
 Stock  
 Pheasant thighs, legs, wing and back sections (from above)  
 1 medium onion, medium dice  
 1 rib celery, medium dice  
 1 carrot, peeled, medium dice  
 4 c. water  
 3/4 c. apple cider  
 1 sprig each fresh parsley and thyme  
 1 bay leaf  
 1/4 tsp. whole black peppercorns  
 Fruit  
 1/2 c. brandy  
 1/2 c. cranberry juice  
 1/4 c. diced dried apricots  
 1/4 c. coarsely chopped dried cranberries  
 1/2 Granny Smith apple, peeled, 1/4" dice  
 1 Tbsp. unsalted butter, melted  
 Rice  
 2 Tbsp. salted butter, divided  
 1/4 c. onion, 1/4" diced  
 1 c. wild rice blend (wild, red, brown and white, or similar)

1 1/4 c. stock (from above)  
 3/4 tsp. chopped fresh rosemary  
 3/4 tsp. grated lemon zest  
 1/8 tsp. coarse Kosher salt  
 Ground black pepper to taste

### Sauce

3/4 c. stock (from above)  
 2 Tbsp. reserved soaking liquid from fruit  
 1/4 c. heavy cream  
 1/2 sprig fresh rosemary  
 1 Tbsp. apricot preserves  
 1/4 tsp. lemon juice

Wrap skin-on breasts and refrigerate until needed.

### Stock:

Place all remaining pheasant parts in a stock pot and add water. Bring to a boil, skim off foam, then add remaining stock ingredients. Bring to a boil, reduce heat and simmer 1 hour. Strain and discard all scraps; there should be at least 2 cups.

### Fruit:

Preheat oven to 425°. Line a small baking sheet with parchment paper. Combine brandy and cranberry juice in a small saucepan and heat to a simmer. Remove from heat, add apricots and cranberries and let stand 15 minutes. Drain, reserving liquid. Pat fruit dry. In a small bowl, combine apples, dried fruit and melted butter. Transfer to prepared sheet and roast for 20-25 minutes, stirring occasionally, until fruit begins to brown slightly and apples are tender.

### Rice:

In a small saucepan heat 1 Tbsp. butter over medium-low heat, add onion and cook until translucent. Add rice and stir to coat, stir in stock, bring to a boil, cover, reduce heat and simmer 15 minutes or until rice is tender and liquid is evaporated. Remove from heat and stir in fruit, chopped rosemary, lemon zest and remaining 1 Tbsp. butter. Season to taste with salt and pepper. Set aside.

### Meat:

Pat breasts dry and season on both sides with salt and pepper. Heat a sauté pan over medium-high heat and add oil. When oil is hot, add pheasant, skin-side down, and sear without moving for 2 minutes, pressing down as needed to make sure skin has good contact with the pan. Add the butter and rosemary sprig and once butter melts, use a spoon to repeatedly baste the meat with the butter/oil mixture until meat tests to medium (about 145°), about 8-10 minutes. Remove from pan and let rest, skin side up, while sauce is made.

### Sauce:

Wipe sauté pan clean of any fat using a paper towel, return to medium heat and add the reserved fruit liquid, 3/4 c. stock, 1/4 c. heavy cream and rosemary sprig, scraping up any browned bits. Cook at a low boil until reduced by half (about 3/4 cup.) Whisk in the apricot preserves, salt, cayenne and lemon juice and cook until



slightly thickened, about 2 minutes. Remove from heat and adjust seasonings with salt and pepper.

To serve, divide rice between two plates, cut each breast into 1/4" thick slices, place beside rice and drizzle meat with sauce. Garnish with additional finely chopped rosemary, if desired.  
*Photos by Wendy Hyde. Recipes in this column are original by Wendy Hyde unless otherwise noted. She can be contacted at [wildstylecuisine@gmail.com](mailto:wildstylecuisine@gmail.com); follow her on Instagram as [girlgamechef](https://www.instagram.com/girlgamechef). Sources for pheasant meat: [www.pheasant.com](http://www.pheasant.com), [www.dartagnan.com](http://www.dartagnan.com), [www.fossilfarms.com](http://www.fossilfarms.com).*

## Tidewater & Timber~Treasured Outdoor Activities Still Exist

By Chelly Scala

**W**e are all looking forward to time in the woods. At press time, it appears we may have to adjust our strategies if more rain doesn't arrive to help fill streams and other water sources. Places that I hunt have been bone dry. When our creeks and ditches are bare and dry the deer tend to look elsewhere for water and comfort. Therefore, think about areas you can hunt where water sources exist or hunt between bedding areas and water sources. Perhaps you can catch them in their travel patterns. My experience has been that turkeys aren't as worried about water sources, nor are squirrels and rabbits.

Enjoy just being in the woods and think of the possibilities of sharing your harvest with those in need. Donating part or all of your harvest to Hunters for the Hungry helps share the excitement with those in need. Check out their website at [www.h4hungry.org](http://www.h4hungry.org). If you need a drop off point to donate, check out Northern Neck Meat Processing, at 804-436-6588. They are located just inside the Lancaster County

line, near Miskimon, Virginia on Courthouse Road (Route 201).

Archery season for deer and turkey will soon transition to turkey firearms and deer muzzleloader season and then the deer firearms season. Small game hunters can enjoy squirrels and rabbit seasons. As the Rut season approaches, deer may make crazy moves and travel; so be ready and be safe on the highways. Deer and turkey will provide great opportunities through December. Some Virginia deer seasons even go through the first week of January.

Most importantly while hunting is committing to safety, whether in the woods or on the water. Keep a well charged cell phone with you at all times and let someone know of your schedule and location. When hunting, check your tree stands for safety, never climb without your safety harness and keep it on.

Be sure to have your blaze orange on you. During the deer muzzleloader season, it is now required that you wear it to and from your stand. Check the Department of Game and Inland Fisheries (DGIF) website at [www.dgif.virginia.gov/hunting/](http://www.dgif.virginia.gov/hunting/) for requirements, seasons and quotas.

For those who prefer to get out

on the water, be safe by checking your boating gear, check the weather forecast, bring layers for warmth, wear your life jacket and let someone know of your comings and goings.

November is a great time to look for large striper bass. We love to enjoy those big stripers (rockfish), while they feed heavily before heading out of the tributaries and Chesapeake Bay. Large stripers this time of year are often suspended at depths underneath those feeding on the surface. We try to troll lures that match the size of the bait in the area.

Other great possibilities include live lining with spot; anchoring up with a chum slick or jigging with lures like diamond jigs or Stingsilvers. Be

sure to check the regulations first as there are changes. For Maryland waters, information can be obtained by calling 877-620-8DNR (8367) or visiting the website at, [www.eregulations.com/maryland/fishing/](http://www.eregulations.com/maryland/fishing/). For Potomac River Commission (PRFC) waters visit their website at [http://prfc.us/fishing\\_potomac.html](http://prfc.us/fishing_potomac.html) or contact them by phone at 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/](http://www.dgif.virginia.gov/fishing/) or by calling 757-247-2200.

**Vashiti's, Inc.**  
MASTER JEWELERS

CUSTOM DESIGN

Give her a ring that's as one-of-a-kind as she is. Choose every detail and build a ring that's absolutely perfect. Come in and turn that girlfriend into a fiancée

804-693-3434  
[www.vashitisjewelry.com](http://www.vashitisjewelry.com)

Edgehill Town Center  
6734 Main Street Gloucester, Va

**RIVERVIEW INN**  
(804) 224-4200

24 Hawthorne Street  
Colonial Beach, VA

[www.colonialbeachriverview.com](http://www.colonialbeachriverview.com)

Newly renovated 21 room boutique inn, 1/2 block from the water and boardwalk. You can enjoy a warm welcome, beautiful accomodations, free wifi and so much more.

Colonial Beach Chamber of Commerce  
[events@colonialbeach.org](mailto:events@colonialbeach.org) 804-224-8145  
[colonialbeach.org](http://colonialbeach.org)

Colonial Beach for the Holidays  
December 7  
Santa's Wonderland, Winterfest Parade, & Lighted Boat Parade  
Town Hill - Colonial & Washington Avenues  
Reader's Digest top 50 Nicest Towns in the U.S.

# Served up with Love in *Style* by Melissa



By Melissa Haydon

## Chicken Pot Pie Bubble Up

Bubble up recipes are some of my favorites to make. A can of biscuits, a baking pan, and few simple ingredients make up an amazing main dish or delicious dessert. This Chicken Pot Pie Bubble Up utilizes a rotisserie chicken purchased at the grocery store but you can use already cooked chicken

that you have on hand.

On crazy busy nights I like to pick up a rotisserie chicken to make an easy dinner. My family prefers to eat just the breast. I'm always looking for ways to use up what doesn't get eaten and this was perfect. The filling is creamy, cheesy, and super flavorful. If you are not a fan of mixed veggies you can certainly switch this up and use just carrots, peas and carrots, or just leave

going to request this one for dinner over and over again. It has become a huge favorite at our house.

- 2 cups cooked chicken
- 1 10.5 oz can of cream of chicken soup
- 1 cup of sour cream
- 1 cup of shredded cheddar cheese
- 1- 12 oz package of frozen

them out altogether. If you have been on the fence about trying one of these types of recipes, you should certainly give this one a try. Your family is

biscuit pieces into the creamy chicken mixture. Pour mixture into a greased 9 x 13 casserole dish. Bake for 35 - 45 minutes.

## Crock Pot Hot Chocolate

This Crock Pot Hot Chocolate is perfect for a fun snow day, holiday gathering, or just because. This recipe can also be switched up by using white chocolate chips, butterscotch, or even mint chocolate chips. Set out all of your favorite



## Bayside Pet Emporium

Where your pets are treated like family!

804-435-3548

78 Whisk Drive  
White Stone VA, 22578 Open 7 Days a Week!

---

Boarding • Grooming • Day Care • Retail

Day Care:

7:30-5 Monday-Saturday.  
With permission, your pets can play with friends in our indoor and outdoor play areas!

BAKERY

Boarding:

We offer each pet a cot or bedding and spacious cages or runs. We have a quiet room for cats.

Grooming:

We offer baths and grooming Monday-Saturday. Call for appointment.

Follow us on Facebook @baysidepetemporium  
Website: [baysidepetemporium.weebly.com](http://baysidepetemporium.weebly.com)

Father and Son Get It Done!

SELL SERVICE INSTALL

Generator Install  
Rinnai Water Heaters  
Rinnai Heating Systems  
Gas Fireplaces, Mantels & Surround  
Gas Space Heaters, Gas Logs  
Plumbing & Electrical  
HVAC (Sales & Repair)  
Gas (Natural & Propane)  
Purification Systems

Propane Refills

Give Us A Call For A Free Quote  
804-832-9379

6890 George Washington  
Memorial Hwy Gloucester, VA  
Located across from Bill Hudgins, Rt. 17

mixed vegetables  
1 tsp garlic powder  
1/2 tsp salt  
1 can of Grands biscuits or 2 cans of Grands Jr.  
Preheat oven to 375 degrees. In a large bowl, combine all ingredients except biscuits. Cut Grands biscuits in half, then into thirds. (six biscuit pieces)  
Toss

toppings and let the fun begin.

- 1 1/2 cup of whipping cream
- 1-14 oz sweetened condensed milk
- 6 cups milk
- 1 tsp vanilla
- 2 cup of milk chocolate chips

Pour all the ingredients into a crock pot and whisk together until well combined. Cover and cook on low for 2 hours, stirring occasionally, until mixture is hot and chocolate chips are melted. Whisk well before serving. Garnish with whipped cream, chocolate syrup, or marshmallows. *If you enjoy these recipes, find many more over on my website, Served Up With Love. Where I share easy, no-fuss meals to feed your family that satisfies the tightest of budgets. Please note, these recipes may not be 100% my own. I use many resources to make the recipes I share with you.*

# Creating Confidence with the Bones

By Deborah Butler

**H**ow does an artist get to be an artist? An art teacher? How do they inspire others to learn? As I talked to several teachers at Bay School where I take classes, I heard themes that explained my joy in my classes.

The creative process developed early. Almost everyone I talked with remembered the creative process beginning in childhood. Steph Brown, who teaches classes in drawing and other media, is sure her dad imprinted on her the joy of creating: "I loved creating something out of nothing," she remembers. Evelyn Boor, who teaches knitting and crocheting along with kids' after school programs, always remembers herself as creative: "My mother, grandmother, and uncle were painters; I even took an acrylics

lesson with my grandmother." While she thinks she is largely self-taught, others like Steph and Linda Brent, who teaches hand built pottery, went to college for an art degree.

They are simultaneously artists and art teachers. As artists they learn from teaching, either preparation or interactions with students. For Evelyn and Gary Edmondson, who teaches acrylic painting classes, teaching is time consuming, but they always find time for doing their own art. Gary never stops painting; his studios and classes are filled with works he brings in to share. You can find him both creating his own work and tutoring fledgling artists in the same class. For Steph, however, drawing demos for upcoming classes sometimes make art more like a job. "I have begun to delve into different art forms, like working with clay." Teaching pushes art into other realms.

They have foundational principles and processes to teach, but they observe each person in the class to get their students' needs met. Teaching is creative, a fluid activity for them because every student artist is different. Steph says: "I teach the fundamentals that apply to any medium, what I call 'creating confidence with the bones.'" By paying attention to students and sensing who they are and what they most need, she can juggle the technical advice and nurture budding artists: "It's become my passion to empower others." Linda agrees that she watches the interactions in class: "There are no black and white rules. You have to go with the flow because everyone learns differently. I love watching the light bulb go off; my purpose is to develop creative expression in a relaxing space." Gary adds: "I want to share what I have learned, to help

people learn techniques so they feel more confident as beginning artists. I want you to have fun here."

Indeed, all these teachers seem to pass along what they know and do, not just through certain methodologies, but by realizing they must design a space for students to create for themselves, a space that is not stressful, but one that empowers. Evelyn says that she has one rule: "Never say I can't, but you can say it's challenging" because art does have the capacity to change perspectives. But that can happen without undue stress in these teachers' classes.

You can meet some of these teachers at the upcoming Bay School open house in November when the new catalogue comes out.



## NORTHERN NECK SATELITE SERVICES, LLC 804-450-4851



[WWW.NNSSLLC.COM](http://WWW.NNSSLLC.COM)

**High Speed Internet, Television, Home Automation,  
Home Security and Whole Home Cell Boost System**

**Our Goal at Northern Neck Satellite Services is to Educate our Customers on our Services, help them choose services that fit their needs, provide those services in a timely and convenient manner, and support those services so the entire customer experience is a positive one.**

# RIVAH INTERIORS



AVAILABLE NOW!



Furniture For  
Every Room.  
Choose Your Style,  
Fabric And Finish.  
Special Orders Are  
Our Specialty!



838 Northumberland Hwy., Callao, Va 22435

804-529-7770

[www.rivahinteriors.com](http://www.rivahinteriors.com)

