

# CHESAPEAKE Style

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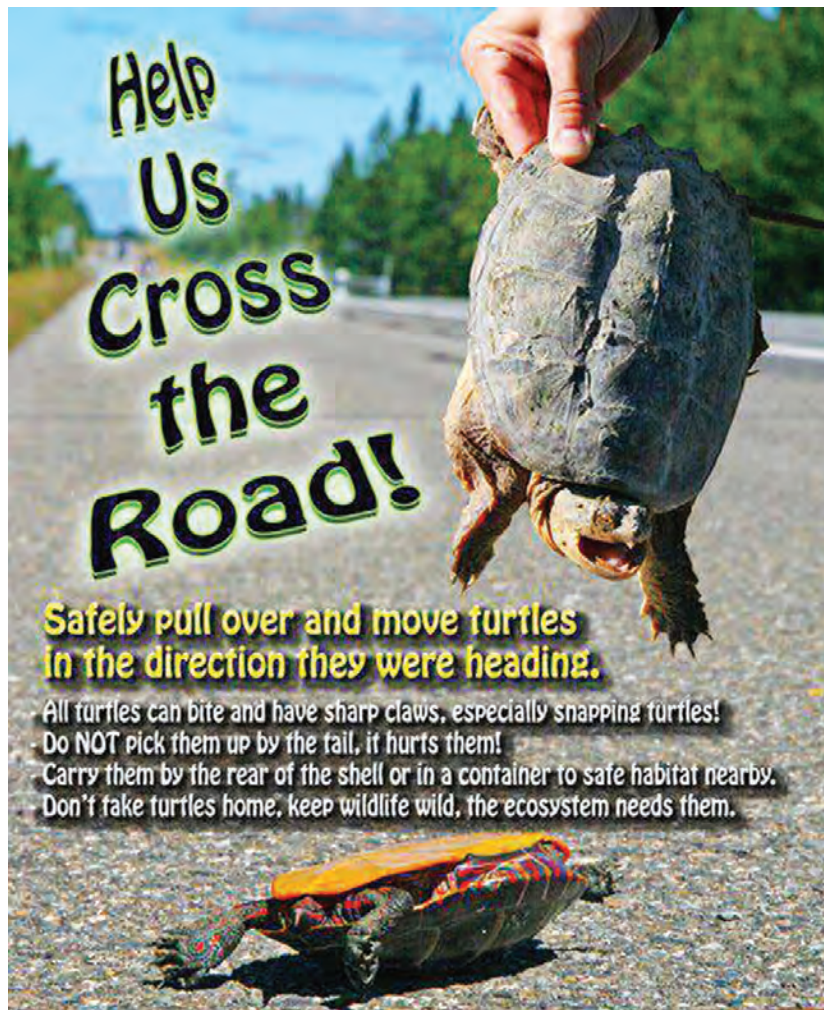
Serves and Celebrates the Chesapeake Bay Region and its People, Past, Present and Future



## Fast Times on the Rivers

My daughter is visiting me. She loves to walk. The first morning she was here she found an injured box turtle on the road. Because she has a kind and soft heart, she immediately located the Wild Bunch Wildlife Rehab in Richmond County and took the injured turtle to them.

This time of year the turtles travel their ancient paths to lay their eggs. If you find one, and it's safe to do so, follow the instructions in the graphic below.



*Style*

## CHESAPEAKE *Style*

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## About the cover~

On the Chesapeake shores of Northumberland County, Myrtle was checking out a fiddler crab, in her usual quiet manner. She deemed them angry little creatures and to be avoided. Photo by Bob Diller. After the passing of our 17-year-old Shih Tzu left us with the blues, we decided to head to the Richmond SPCA to visit with dogs and ponder a new family member. In one visitation room lay a sad hound with a look of utter hopelessness. That was soon to be our Myrtle! She had spent

the summer getting adopted and returned. She was a skinny package of sadness who needed us, but she just didn't know it yet. Likely a Treeing Walker Coonhound, Myrtle has been a joy and the best hiking companion ever! She has hiked miles of gorgeous Virginia coastline, the highest views on the Appalachian Trail and continues to bring us joy!

We met our match in our perfect trail companion that day. There are dogs in shelters waiting for the chance to bring you the same joy.



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Joy Brenda Burch photo



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ACROSS FROM TRI STAR



# Gardening in *Style*~Petunias, a Summertime Favorite



By Nancy Shelley

**P**etunias have long been a favorite in the summer flower garden. They are fairly tough and come in so many colors that most people find a spot or two in the garden for them.

But, do you really know what kind of Petunia you need or have any idea how many different kinds of Petunias are on the market?

Most Petunias on the market today are hybrids that have been created to fill the different needs of the homeowner. For example, do you want a ground cover, a potted plant, a hanging plant that cascades over the sides of the pot or a lovely bed edge?

Grandifloras are one of the oldest kind of Petunias. They grow eight to 10 inches tall and have large, mostly single blooms. Grandifloras can be used in pots or the flower bed but they do require regular

deadheading maintenance.

Blooms that get pummeled by rain will turn mushy and slimy and not much fun to remove, however, if you want new blooms, you must get rid of them. If you don't remove the fading blooms, your plant will become very leggy and no new blooms will appear.

Multifloras have a more compact growth habit than the granifloras but also come in a wide range of colors. The blooms are smaller but they produce many more flowers than the grandifloras and they hold up a little better to rain. They have a mounding habit that makes them a little better choice than the grandiflora along with their rain tolerance.

They also do well in containers.

There is a Madness series that has been very popular in the last few decades. The Madness series are really Floribundas. They have the large blooms like Grandifloras and the rain tolerance of Multifloras. Check the tags in your garden center and you will likely find several colors in the Madness series.

The Wave series was one of the biggest success stories in the history of the Petunia. They only get about six inches tall but can spread four to

five feet in all directions. Waves make a gorgeous ground cover and will fall graciously off the side of rocks or retaining walls. And to make them even more desirable, they require no deadheading. Their blooms may slow down a bit in the heat of summer but once cooler temperatures return, so will the waves of bloom.

And then came Supertunias. They are not grown from seed as they do not grow true, rather they are only grown from cuttings. Supertunias are sold under the Proven Winner line and are extremely vigorous plants with lots of blooms. They are very weather tolerant and they do require a lot of fertilizer. An all

purpose liquid fertilizer whenever you water them is sufficient.

Many people call the plant Calibrachoa a mini Petunia but it is actually a totally different plant species. They look great in hanging baskets, require no deadheading and they hold up well in rain. Calibrachoa is a hybrid that comes in many unusual colors, has a long bloom time and is continuously gaining in popularity. While not a Petunia, it really does look like a miniature one.

Now that you know how many



different kinds of Petunias are on the market today, decide what kind of project you want to do and then pick the Petunia that will help you achieve your goal.  
*Lucille Huffman, Nancy Shelley photos.*



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# The Best of Stories



By Ann Eichenmuller

**T**he best stories are those that bring a smile to your face and a tear to your eye. This is one of those stories.

The first part of this tale began twenty seven years ago, with the commissioning of a young ensign in the United States Navy. He rose through the ranks, eventually achieving the rank of captain and earning commands both here in Virginia and Maryland as well as in Europe.

Along the way he also married, had two sons, and inherited a niece

and two nephews as well. He was, by all accounts, an outstanding officer and a caring, compassionate husband and father. With his children now approaching high school, he determined the time had come to settle in one place and begin a new stage of life as a civilian.

The second part of this saga started a decade ago, when a young woman graduated from college with a degree in nursing. She knew she wanted to travel, but she also wanted to serve—she had done ROTC in high school, and she had two uncles in the Navy and a brother in the Marines.

But despite filling out the

paperwork and undergoing the physical and background check, her application never advanced. There simply weren't any open spots that year. So instead, the young woman became a travelling nurse, a job that took her across the United States, to California, Maryland, Minnesota, Florida, West Virginia, and South Carolina—and even here, to the Northern Neck.

She took positions at both Riverside and Rappahannock General's emergency rooms in recent years. But the desire to serve remained, and so in 2018, she applied to the Navy Nurse Corps one last time.

These two stories intersected on April 1, 2019—perhaps ironically, on April Fool's Day. That was the date Captain Leonard Lyon chose for his official retirement, a ceremony that took place on the Joint Expeditionary Base in Virginia Beach.

In his remarks, he spoke of the

responsibility to serve, about how it was not a nine-to-five job, and not something that concludes with retirement. Service, he said, ends when life ends, and not before. He presented folded American flags to his father and to his father-in-law, who served in Korea, and flowers to his wife, who supported his service throughout their marriage. But it was his last act as an officer that was the most significant.

He swore in his niece, at long last, as a Lieutenant Junior Grade in the United States Navy.

As one chapter ended, another began, and the legacy of service continues, passed from one generation to the next through an oath that never ages. So, to my brother-in-law Lenny and to my daughter Liesl, through tears and a smile, I wish you both fair winds and following seas.

*Eric Eichenmuller photo.*



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# Style Spotlight~King's Cleaning~More Than Just Rugs!

By Carol Bova

**E**d King started his company by mistake at the age of 19. He cut an ad out of a magazine to send for information, but accidentally mailed it to the address on another ad on the back of the page. He received information from a carpet cleaning franchise, and that eventually ended up with him starting King's Cleaning Services. That was 44 years ago.

The business grew, and in time, Ed's wife Loretta left her job, and they've been working together ever since. Ed said, "There aren't many things you can do and be a hero. We meet the nicest people in the nicest homes. Our work provides a whole new spirit, clean and fresh, and people love you! It's not glamorous, but it is necessary and appreciated."

Ed finds inspiration for his life by reading his Bible. "The first hour

of the morning is a rudder for the whole day. I read my Bible. It sets the tone." He carries his inspiration into his work life too.

The quality and integrity of King's Cleaning Services is well recognized by the community. The business has been voted the Best Cleaning Service 20 years straight and is the highest certified and most experienced company in the region. They clean carpets, furniture and draperies using truck mounted equipment, but they offer many other services as well.

Ed saw a need for water damage recovery and expanded the business to include restoring carpets, rugs, and furniture.

Mattresses cannot be salvaged, but most other items can be. King's is certified in ASD—Applied Structural Drying.

King's next added air duct cleaning. Like their other services, they work in large homes and small, in schools, banks, restaurants, and even prisons. Some companies use small systems with limited reach, but Ed uses a full commercial system to clean the entire trunk and branches and coils to get it clean from one end to the other. This is the kind of specialty only a few people know how to do properly.

The cleaning process is good for the system, but the most important benefit is to the people in the house. When you clean air ducts, rugs, furniture, you remove the pollutants these



things can hold. Customers often find allergies and sinus conditions improve as a result of the cleaning because it does away with the source of the problem, whether that's dust, pollen or dander.

Another service King's offers is grout cleaning and sealing. It gets you off your knees with a toothbrush and lets you enjoy the clean result. Ed said, "It's amazing what the system does!"

Wall to wall carpeting used to be the usual floor covering method, but the trend has shifted to hardwood floors with area rugs. King's has a system for hardwood floors too. If the hardwood still has a layer of varnish, they can come in and deep clean and refinish the floor. It dries fast, so you can walk on it in stocking feet in one day, and it's completely dried in a couple of days.

But the oriental rug cleaning is Ed's favorite part of the business because every rug has a history. He enjoys hearing the tales of how a customer picked it up while traveling in Iran or Morocco or wherever they found

it. King's once had a custom made rug that was 20 feet by 40 feet and had to be brought in on a trailer!

He's very proud of the special care the 20-step process his company is able to give oriental rugs.

In addition to all the specialized equipment, the members of Ed's staff are well trained and good at their jobs. They're expert at handling problems like pet stains and odors.

King's Cleaning Services operates in about a 50-mile radius covering the entire Northern Neck and extending to Gloucester and Essex County. There is a 20 percent discount for customers who bring in rugs to be cleaned. The turnaround time on most rugs is about a week.

Extensive problems require about a week and a half. You can call 804-529-7697 to check if you are in their service area or to schedule work. Ed suggests calling a week or two in advance so you can get the date you want.

King's Cleaning Services are located at 14679 Richmond Rd. in Village. For questions, directions or to schedule service, call Ed or Loretta at 804-529-7697. Their website is KingsCleaningServices.com.

Marie Stone photo of Joey Newsome.

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# Spring Safety Checks



and in place? What about the required distress signals such as flares or distress light? What is the expiration date of the flares that are on board? Do you carry an EPIRB—emergency position indicating beacon—or PLB—personal locator beacon—on board or on your person? Is the battery still within its operational date and is it properly registered so that rescuers know who it is that is in trouble if you have to light it off one day?

We cannot forget about personal floatation devices or PFDs. You are required to have one for every person on board and if your vessel is over 16', you also need a throwable life cushion or life ring. Are the PFDs on board in good condition with no tears

or other issues? Do you have inflatable PFDs on board? If so, are they Coast Guard approved if they are just on board or do they need to be worn?

When was the last time you checked to make sure that they are operational, so you have a reasonable assurance that they are going to inflate when you pull that cord? You can check them by using the manual inflate tube to inflate them by blowing into the tube—just like they tell you to do on the airlines. Let the inflated PFD sit overnight and verify that it is still fully inflated in the morning. If not, it is no longer usable.

Next check the CO2 cartridge. Make sure it is in good condition and that the threaded end is not punctured. There will be a weight listed on the cylinder. Put the cylinder on

an accurate postal scale and see how much it weighs. If it matches what is printed on the cylinder, you have a full cylinder.

If your inflatable is one of the auto inflate types, make sure the “pill” or “bobbin” is in good condition and replace it if it is cracked or discolored or if it is past the recommended replacement date. Now put it all back together and know that your PFD is operational.

We all hope to never use any of this equipment, but checking these things could save a life. Having all your safety gear operational might also save you from a citation if you get inspected by the Marine Police or the Coast Guard. If you have any doubts about what you need or what you have is adequate for your vessel, give your local Coast Guard Auxiliary a call and schedule a free vessel safety check.

Take care of this stuff now and enjoy the season knowing that you are prepared for the unexpected.

See you on the water.

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

*Checking an inflatable PFD.*

By Gerhard Straub

It's spring time and that means time to get back on the water. Many of us are probably already out there, but in our rush to get back out there, did we make sure all of our safety gear is just as ready as we are? Take me, for example. I was out on the water yesterday heading to a new area, and as I moved off one chart, I looked for the next chart. Oops! No chart for that area. Luckily, I had a charting program on my phone, but that still was no excuse for not being properly prepared.

Appropriate charts are one thing, but what about the other gear that could save your life? Do you have a marine VHF radio on board, and is it operating correctly? How about making contact with another boater or a marina to make sure it is really working—but don't use Channel 16 for a radio check or you will incur the wrath of the Coast Guard.

Are those fire extinguishers fully charged

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## Style Spotlight~RCA for Live Performances and Music Education



By Joy Brenda Burch

**T**he Community Concert Program began during the time of the Depression when people could not afford to travel distances such as New York for concerts. It is a nonprofit organization. The Rappahannock Concert Association—RCA—is



a part of it and began in 1983.

The RCA's mission is to provide quality live performances to a subscriber base and the broader community on the Northern Neck and to support and fund music education to the region's youth. It is fulfilling those mission statements in delightful and beneficial ways.

In the past they have presented live

performances by The Masters of Soul; Glen Miller Orchestra; Duke Ellington Tribute and The Four Freshmen to name a few. Coming soon are Shtrykov & Tanaka Duo (April 20); Capital Focus Jazz Band (May 18) and The Four Freshmen (June 29).

The second mission statement, music education, is being supported with The Strings Crewe. The Crewe part of the program name is in honor of Carolyn Crewe Gray, a former board member. A bequest from her was made to the RCA. The board voted to spend it on music education for area youth. It was decided to spend it on string instrument instruction, since there was none in the public schools.

A three year pilot program was developed using the Suzuki Method, for six to 11 year old students. Sue Nunn is RCA Director for the Crewe Programs. Beginning in September 2018, free instruments came from the Strings Without Borders program in Fredericksburg. Sponsored by the Rappahannock Pops, The Strings Without Borders program is managed by the Mason Violin Shop.

The RCA and the community have

donated to The Strings Crewe, allowing them to provide scholarships for many of the students. The community, besides being supportive with donations, has also provided venues, instruments, funding to pay instructors and help at events. Other supporters are Virginia Commission for the Arts; River Counties Community Foundation; Servetus Endowment Fund; Cole Trust; Northern Neck Orchestra and Rappahannock Music Study Club.

Mei-Li Beane (violin/viola) and Rebecca Ann Young (cello/



violin) are instructors. The teachers have impressive backgrounds, education and associations. Weekly lessons take place at the Kilmarnock and Heathsville YMCA centers, and at Campbell's Presbyterian Church in Weems.

Happily, a third instructor, Paul Linsay has just joined and will be teaching, beginning September 2019, in Warsaw. The students will be from Warsaw, Tappahannock and Hague. Presently there are 14 students. Soon The Strings Crewe will have 20 students.

A goal is to form a Northern Neck Junior String Orchestra and in the future to form a Northern Neck Youth Orchestra, with students from The Strings Crewe in the string section. A year end recital is planned for the near future. The date will be determined. A fundraising festival will be in Lancaster County, August 17.

Music education has many very positive effects on children such as language enhancement, brain development, better attendance and higher graduation rates. It also fosters cooperative togetherness. Music in general has many beneficial effects. To name a few, makes you happier, lowers stress and improves health, helps you sleep better, reduces depression and

strengthens learning and memory.

The Suzuki Music Method encourages daily listening followed by imitation, constant repetition, and praise and encouragement. It also stresses that the parent be involved and that they attend the lessons. That allows them to support what is taught at the lesson and follow through with it at home. The student learns to be comfortable with the instrument and develop basic technical competence before they learn to read music notes.

Besides developing music skills and the additional positive effect music offers in learning and experiencing music, there are also social benefits. The child learns to be supportive and cooperative with others. It is a win, win, win.

Follow the Rappahannock Concert Association and The Strings Crewe. There are wonderful events planned. The website, [www.rappahannockconcerts.org](http://www.rappahannockconcerts.org), email [info@rappahannockconcerts.org](mailto:info@rappahannockconcerts.org).

For The Strings Crewe, Sue Nunn, [suenunn41@gmail.com](mailto:suenunn41@gmail.com). Phone, 804-472-4489; cell, 703-577-3553. On Facebook, Rappahannock Concert Association, Inc.

For info about Suzuki Music Method, [www.suzukiassociation.org](http://www.suzukiassociation.org).  
*Top, l, Daniel Riddell, Linda Riddell, Rebecca Young, Sue Nunn, Khloe Ridgell and Mei-Li Beane, Joy Brenda Burch photos. Photos courtesy of The Strings Crewe, Carolyn Crewe Gray*







# If Churches Could Talk~They'd Say Faith Matters

By **Torrence Harman**

**T**his column with the title, If Churches Could Talk, they'd say...has appeared for about a year. I have enjoyed wondering what the voice of church would sound like if someone tried to give words to it. How interesting it has been to try and offer whoever might be reading this column a sense of what really matters to a church. Probably a bit cheeky of me to try to get in the mindset of church, but fascinating.

Sometimes I imagined church was simply its building, the physical structure, just waiting as an empty space to be filled with hearts and minds and hands and feet, coming in and out on Sundays, or even weekdays. Imagined and felt vibrations of sounds of singing, praying, preaching and the sound of silence in between notes and words. Imagined how external weather affected the church, hurricanes and wind storms buffeting it from without, and how people might seek sanctuary from not only the physical weather but the emotional weather that batters and bruises when the world is too much with us.

I don't remember covering anything about internal storms churches might experience when the weather of dissent and conflict cause theological weather that can deconstruct internal structures,

but such storms happen. I wonder why I avoided that topic since such times seem part of the natural cycle of life, not just in creation's Nature, but in human nature. They can, like in their aftermath in Nature, clear our territory and offer opportunity for new growth and redefined landscapes to emerge.

Church is not just a concrete physical structure but a living body. An intentional or accidental grouping of people coming together, forming a family designed to explore living a way of life that gives essential meaning and purpose to life: one common and shared. Don't we all have some critical longing for community—a way of being together in which we can experience being more together than any one could be alone or in some smaller group? It's the idea of synchronicity where one plus one plus one adds up to more than the sum of the parts.

Church—or synagogue or any intentional religious grouping—as a body, is a family type concept. One organically constructed and offering the vision of a container in which a recipe for life is created out of ingredients combined, stirred together, kneaded down and risen up, tasted and tested, added to and adjusted and simmered, stewed or baked to create something nourishing and life sustaining.

How desperately we all need recipes for life that are tried and

true for living a life of value and meaning! Something that we can't do alone and isolated.

What is the ingredient in any recipe that binds and holds it together when all is mixed together? When it comes to a recipe for life as various religious traditions have explored over thousands of years, that essential ingredient appears as faith. Faith, something we can't define, but like yeast in a batch of dough works mysteriously, unseen, to give rise to something fragrant and nourishing to maintain life.

The landscape of church is as diverse and varied as a table landscape offering a feast with something to offer any palette. Last Christmas I attended a large gathering where the host and hostess offered an amazing array of foods. There was something for everyone: vegetarian, vegan, meaty, gluten free, sugary and sugar free, alcohol

and alcohol free—you name it, it was available, with little labels to identify each one's contents.

That's like today's table scape of religious institutions, greatly varied and neatly labeled. The spread of what is offered is staggering. But I like to think/intuit that the basic, essential and common ingredient that has a binding and abundant nature at the heart of the variety of offerings is Faith.

So, out of a sense of need to broaden the conversation I hope this column has stimulated in the past and can do so in the future, please continue to read it, but under its new name, Faith Matters. It may turn out to simply be potluck but come to this Style table and taste and see what faith can offer. Feedback is welcome.

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

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## Style Spotlight~ Second Generation Making Bayside Their Business



up. “We had dogs, cats, and even a rabbit, Marshmallow, who thought she was a cat. She’d hop onto the sofa and would chase and be chased by the cats,” Allison said.

The continuity includes not only family but also long term employees. One of the groomers, Pat, has been with Bayside for 26 years and Kim, the manager, is celebrating her 18th year with the company.

“Many of our doggie day

care clients are regulars. They have some adorable habits. They form friendships with each other and look forward to hanging out together,” Allison said.

She added, “The regulars have their routines. They come in the door and never hesitate—they just head straight to the door to the back. They know which run is theirs and go right to it and wait to be let in.”

Because the dogs go out into the outdoor play yards a number of times each day, depending on the weather, they get a lot of social time with their friends. “I wish we could interview them!” Allison said; “They’d be able to tell about all the fun they have here!”

One regular comes in carrying his leash in his mouth, goes to the desk, drops it, gets his cookie, then heads for the back. At the end of the day, he comes out, gets another cookie, picks up his leash and heads out the door with his person.

Another comes every day with his rubber chicken, another his stuffed cow. They carry these toys outside with them. “We do have

toys and bedding for the pets who don’t bring their own,” Allison said.

Captain Morgan and Colonel Parker expect to spend their outdoor time together, vying for thrown balls and generally being silly.

And there’s Buck, the Bayside resident cat. One regular had never seen a cat before he discovered him as he came to doggie day care. Now he insists on seeing Buck every day.



Allison has been making changes since taking on Bayside. “I really enjoy the retail aspect of the business and have added pet related gifts for people in addition to the pet toys and food. We recently expanded our indoor runs, and can board up to 90 pets now,” she said. “And we’ve extended grooming and bathing areas.”

More expansion is in progress. “Though we have six fenced outdoor yards, we can’t control the weather, so we’re adding a 1,000 square

foot indoor play yard, and we’re upgrading the outdoor fencing for enhanced safety—no digging under or jumping over allowed.”

Because the veterinary practice is part of the business, pet care is coordinated. Pets who are brought in for day care or boarding can receive care for their medical needs while on site. The current veterinarian is Dr. Heather Boden, a native

Northern Neck.

Acknowledging that Bayside is not easily visible to cars driving by on Route 3, Allison said, “We want to get the word out. We stay busy, but we’d love to expand our clientele. We’re always interested in meeting new dogs and cats.”

Allison said she faced a steep learning curve. “It’s definitely a learning process with challenges, especially because I’m so young.” But she added, “I couldn’t let my dad’s dream die, he loved being a veterinarian and this business.”

Bayside Pet Emporium and the Animal Hospital are located at 80 Whisk Drive in White Stone. They’re open Monday through Saturday

from 7:30 a.m. to 5 p.m. and from 3 p.m. to 5 p.m. on Sunday. Online, <http://baysidepetemporium.weebly.com> and Facebook, Bayside Pet Emporium, or call 804-435-3548. *Mari Bonomi photo of Allison with Buck, the cat. Photo of Erin and Allison, courtesy Bayside.*

By Mari Bonomi

**T**hree years ago, Allison Joyce and her sister Erin inherited their father’s pet businesses, Bayside Pet Emporium and Bayside Animal Hospital.

Their father, Dr. LaMance Joyce, an outstanding diagnostician, and his wife Elizabeth opened the veterinary practice along side the Pet Emporium in 1987.

Allison returned to the Northern Neck from Florida, where for some years she had been working in the recreation department at Omni Hotel on Amelia Island. Erin, who is in graduate school at FSU, is on site whenever possible and does much of the website work. And Elizabeth came back to the Neck to help Allison make the transition to being a business owner.

When young, Allison spent time at Bayside—she even had a favorite cage in the boarding area. Elizabeth said, “Allison would run to the cage, crawl in, and sit there laughing and smiling.”

Naturally, they had pets growing





# Food as Medicine? Is That a Real Concept?



wants to eat their way to a healthier life. The program targets individuals who struggle with obesity, diabetes, pre-diabetes, hypertension and other health related issues. The goal is to transform patient wellness by offering fresh produce, nutrition education, and hands on cooking classes to teach them healthy eating and living as a way of combating their disease.

**By Cindy Balderson**

**I**n today's world there seems to be a pill to cure just about everything. But what if a manufactured chemical compound with side effects and often high cost could be replaced with something as simple as fresh fruits and vegetables?

Our vision at Healthy Harvest Food Bank is to create healthy, self sufficient and thriving communities. As a key leader at the food bank together with our president and CEO, Mark Kleinschmidt, we spent countless hours focusing on the vision of the food bank and what that means for our future and the future of our recipients.

The one constant we kept coming back to was *Education*. How can we utilize our resources at the food bank to *Educate* those who struggle with hunger and health related dietary issues?

After months of research, numerous discussions and a chance meeting with one of our partners and biggest advocates, we introduced and launched a new pilot program.

Healthy Food Pharmacy is a fresh food prescription for anyone who

The concept is simple but has the potential to be life changing for residents who struggle with food insecurity and chronic illness. Data from other programs of its kind show the average patient's A1C's—a blood test that reflects your average blood glucose levels over a period of time (i.e. 3 months)—are lowered by 1-3 points. Research shows that by lowering a patient's A1C's by just 1 point saves the healthcare industry \$8,000 per year.

We held our first class with eight participants whose blood pressure, weight, A1C's and cholesterol were monitored at periodic increments throughout the course. Results to date show a 26% drop in overall cholesterol and a reduction in blood pressure an average of 18 points.

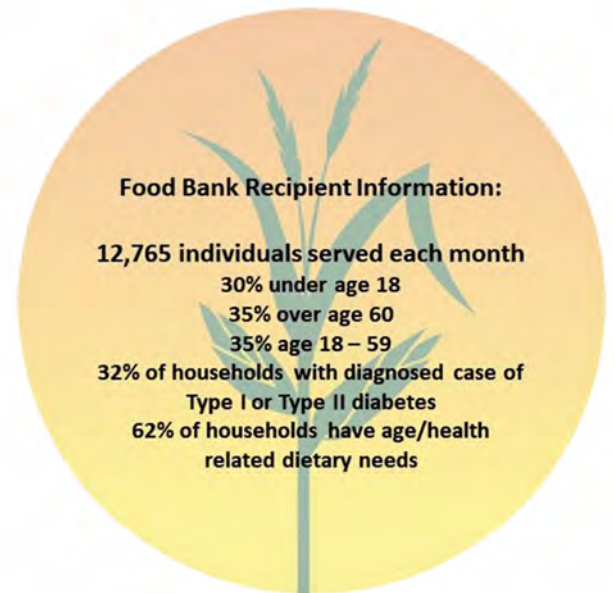
The second class is currently underway. Healthy Food Pharmacy is a collaboration between Healthy Harvest Food Bank, Northern Neck-Middlesex Free Health Clinic and Virginia Cooperative Extension. Fresh produce is readily available through Parker Farms in Westmoreland County and Scion House Farm in Richmond County.

Organizations working together for the common good of those in need

is an important factor in the work we all do and what we can accomplish through a combined effort.

Our team at the food bank is dedicated to being at the center of change for generations to come and we believe that education is a key component in accomplishing that goal because we can always do more to help those in need.

For more information about this new program or to learn more about the food bank call 804-577-0246 or visit the website at hhfb.org. *Cindy Balderson is the Vice President & Development Director of Healthy Harvest Food Bank in Warsaw. Cindy Balderson photos.*



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# Style Spotlight~A Touch of Glass is First Class



It serves the Mathews, Middlesex, Gloucester and Lancaster county areas. He is dedicated to the values of work, "I do what I say, at the price told. If not satisfied for any reason, I do what I can to make it right." He is a detail oriented person and very particular about the outcome.

How did he get here? He is originally from Pennsylvania. With a degree in business, he worked successfully for years in investments on the west coast. However, he was disappointed in the greed, integrity and lack of fairness of the corporate world. He then worked for smaller businesses doing sales.

Eventually, following his heart, liking to work with his hands and loving boats, he took courses and developed the skills for boat maintenance. That led him to work at a Mathews area boat yard. As things progressed, one day a woman asked him if he would wash her windows on her deck. Smiling, Troy calls it "a happy accident."

It occurred to him that this service

did not seem to be prevalent in the area. The abundance of rivers, creeks and the bay also causes special problems with the salt water, rain and wind in the air. Windows not properly cared for can corrode. Then the windows could develop a cloudy haze. His business was born.

Troy followed his heart and skills to build a business that answers a need. He is dedicated to providing a reliable and useful service. He cleans windows for both businesses and private homes. He is pleased to be in this Virginia area. He finds it friendly and likes the interactions.

He gives free on site estimates. It is based on the number of windows, the size and type. The job is paid for when finished and the customer is satisfied. Troy says he would "rather tell the customer what he can and can't do up front so that it will hopefully lead to a long relationship."

He wants his customers to spend wisely, so he is honest, direct and fair. Also, though he is the owner and boss, he is also the main worker. He is there to do the work and see that it is done properly.

He uses a Water Fed Pole System outside that allows him to work from the ground, using a pole and brush. It cleans the frame as well as the glass and avoids the use of harsh cleaning solutions. Purified water is used to provide a streak free window when it dries.



Because of the pollen during March and April, Troy prefers not cleaning windows during those months. He may make an exception if it is for a special event. When scheduling a job, he pays attention to the weather during and immediately after so that his caring work is not spoiled.

There is more to cleaning windows than just wiping it with water and some solution. It is caring, taking pride on one's work and making sure that promises and the environment back it up. Troy Rupert does that and more. He cleans your windows as if he is cleaning his own windows. He is happy when his client is happy. That is why A Touch of Glass is first class.

A Touch of Glass and Troy Rupert can be reached by phone at 804-384-8660. His email is [atouchofglasswc@rocketmail.com](mailto:atouchofglasswc@rocketmail.com).  
*Photos courtesy Troy Rupert*

By Joy Brenda Burch

**N**o matter what the view is like outside, it is always better when looking through clean windows. Troy Rupert, the owner of A Touch of Glass, is dedicated to making that a reality. It is a locally owned business for over eight years.



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# Spike's Wildlife Almanac ~ Screech Owl



By Carl "Spike" Knuth

**T**his little owl of the Eastern United States is only 6-1/2 to 10 inches in length. It is the only small owl that has ear like tufts. The screech owl doesn't really screech, but its call is a tremulous wailing or

yodeling sound, that descends or lowers on the end. It can either be reddish-brown or brownish-gray in color. It is known as dichromatism. Offspring of same or different colored parents can turn out either color.

Screech owls nest in either natural or artificial cavities. They will often choose old woodpecker holes, ledges in old outbuildings and they will take to man made nesting boxes. The nests will vary from a few feet off the ground to as high as 80 feet.

The compartment is lined with grasses, leaves, straw and feathers. About three to nine white eggs are laid. The downy young are white and the parent birds will defend them vigorously when danger threatens. Fed on a diet of mice, voles, and large flying insects, they fledge after about a month. They are preyed upon by larger owls, especially the great-horned owl.

Screech owls favor any place that has an abundance of food. It commonly inhabits open woodlands, clearings, old orchards, swamps and parklands. Its main foods are mice, voles, beetles, moths, small reptiles and amphibians, bats, flying squirrels and even fish. In winter, in colder climates it's been known to take fish from open holes in the ice where fish

come to get oxygen from the surface! Many will spend the winter in Virginia, with pairs roosting at night in the same cavities that they had nested in. They commonly use unoccupied or isolated old sheds or garages, and other out buildings, as well as squirrel boxes to roost in during the winter. *Original art by Spike Knuth.*

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## Style Spotlight~RMC Mechanical Contractors, Back One Day After the Fire!



By Carol J. Bova

**R**MC Mechanical Contractors experienced a devastating fire on the night of Wednesday, March 20th. With all the explosions from acetylene and propane tanks, Robert and Ann Wilburn thought at first it would be a while before they could get back to work. Thursday, their loyal employees offered to work that day for free to help them salvage what they could of the business. To their surprise, even though the building will need to be bulldozed and rebuilt, the way the fire burned, all of their records and their computer survived.

The records were smoke damaged, but there was no water damage while everything around that area



was destroyed. Amazingly the Wilburns were able to begin service calls on Friday. Ann said, "The records will need to be duplicated, but we were only out one day. Someone was looking out for us from above. We thank all the wonderful people of the community who've been so kind to us.

"We want everyone to know no one was hurt, and we're not retiring. Twenty-one employees depend on us for their living. They work together as a team and are great people. Some have been with us for more than fifteen years. We appreciate them and thank them."

Ann talked about how grateful they are to the five fire departments who turned out to fight the blaze—Callao Volunteer Fire Department, Cople District Fire and Rescue, Fairfield's Volunteer Fire Department, Richmond County Volunteer Fire Department, Westmoreland Volunteer Fire Department. She said, "We want to thank them all for their quick response."

Robert and Ann are touched by how kind and supportive people have been. "We want to thank Nino's Pizza in Callao who sent pizzas over, and Northern Neck Chevrolet in Montross brought huge amounts of food. You don't understand the depth of something like this until you've been through it.

"My sister Mary Snell is our office manager. She has been amazing and stayed calm and helped us through it. I'm thankful to her too."

After getting through the shock of what happened, little things point out how lucky the Wilburns feel, and at the same time, how much

there is to do in replacing everything destroyed in the fire. "We're staying positive and upbeat and not worrying about tomorrow. Prayers go a long way. If anyone wants to help, just say a prayer for us for the strength to keep going."

RMC Mechanical Contractors has been in business for 41 years. They have an excellent reputation in the Northern Neck and beyond. Contractors from an extended area, Charlottesville and Hampton come to them. Ann said, "We've had a lot of the same customers for a long time. We've weathered the economy and changing of the times. A big part of that is having a satisfied and happy customer, and we do value our customers."

RMC does all kinds of heating and air conditioning work, heat pumps, boilers, some electrical, some plumbing. They can do radiant floor and geothermal heating. They install regular and Rinnai tankless hot water heaters which don't keep reheating water in a tank. They only heat what you need when you need it, and they're quick—heating within 15 seconds!

Ann said, "A lot of people want to go green, so RMC sells products considered environmentally friendly that will do the best job for the environment and the customer. We work with people who want to leave a small footprint and work within the customer's budget."

Robert genuinely loves meeting people and helping them. After he learned commercial and residential installation at Richmond Tech and did a four year apprenticeship, he and Ann moved to Callao where she



was born and grew up. They opened up the business and got married two months later. Ann's father had a drugstore there from 1953 to 1992 when her brother Michael took over, with a good reputation in the community. She said, "People would



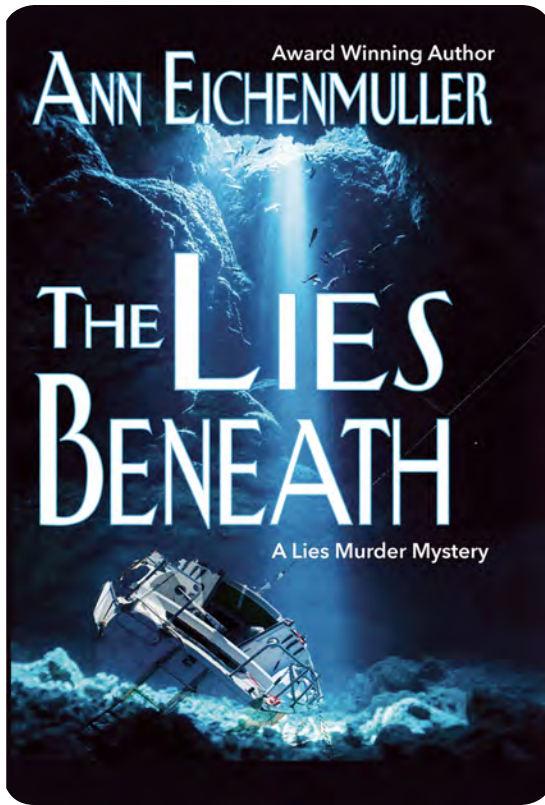
tell my father, if you let your daughter marry him he must be a good guy. That really did help us get established. We've been very blessed and built it over time to where we are now."

Robert and Ann Wilburn are ready to help you with your heating, air conditioning and hot water heating needs at the original address, 15600 Richmond Road or 48 Cedar Lane which is where the office is operating out of the home Ann grew up in. Phone, 804-529-7934 or 804-529-6983, [rmchvac78@yahoo.com](mailto:rmchvac78@yahoo.com) and website, [www.rmcmecanical.net](http://www.rmcmecanical.net).  
*Mary O'Brien photos.*





# Books in *Style*~*The Lies Beneath*



Written by Ann Eichenmuller,  
Reviewed by Carol J. Bova

**A**nn Eichenmuller's latest murder mystery, *The Lies Beneath*, is a fast paced story with twists and turns that will keep you caught up in them from the first page to the last. A solid work on its own, *The Lies Beneath* is Book Three in the Lies series.

Eichenmuller has done a masterful job of crafting this story and filling it with people you might meet on the next trip to D.C. or in the next small

town. She shares the experience of sailing and the hopefulness of new beginnings tempered by the threat of biological weapons and the greed and deceit that her characters encounter.

Sandi Beck describes her job of being a personal advocate as "a cross between being a legal adviser, a private investigator, and a family counselor." She is all that in this fast-paced story, and more.

She embarks on a winter sailing cruise south with Josh Culliver, a new friend who is sailing with her, but on his own boat. Josh, a former Army sniper, has saved enough to take a year off for this cruise and spend the winter in the Caribbean. Sandi, who received an insurance settlement after her husband's death three years earlier, is using the trip as a way to restart her life on her own terms. The undercurrent of a possible romance between them adds another layer to the story.

Accustomed to digging up facts and fixing problems, Sandi offers to help a distraught woman she meets in a small village. The job of tracing a missing husband is not as straightforward as it seems at first. Sandi finds herself in a widening circle of coincidences and questions, political intrigue and unexplained deaths.

Unwilling to drop her search for answers, she ends up in the middle of an FBI investigation with CIA involvement. In Sandi's words in the book, "This was what the search for truth could yield: a loss of trust, a breakdown of family. It was why so many of us chose to ignore faults, overlook behaviors, pretend everything was fine. Lies were easier to bear."

In 1982, Sue Grafton introduced her private investigator character, Kinsey Millhone. Ann Eichenmuller's Sandi Beck is the next generation of female investigator solving mysteries and sensitive to contemporary issues. Like Grafton, Eichenmuller uses her own adventuresome personality as a sailor, scuba divemaster, and private pilot to help create the heroine in her mystery series.

Her award-winning marine articles have appeared in *All at Sea*, *Chesapeake Style*, and

*Chesapeake Bay Magazine*, earning her three consecutive Boating Writers International Awards. She is also the creator of *Motorhome Magazine's* Classic Ride column. Ann Eichenmuller and her husband Eric sail and go camping together and work on what she calls "the unending renovation of their 1866 farmhouse."

The release date is July 11, and you can preorder now at [hightidepublications.com](http://hightidepublications.com) and [Amazon.com](http://Amazon.com). I highly recommend *The Lies Beneath* and the two earlier books in the murder mystery series, *Kind Lies* and *The Lies We Are*.



Chesapeake Style Magazine

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## Style Spotlight~Reverse Mortgages, A Valuable Financial Tool



By Martha M. Hall

**F**amily means a lot to Bill Graves. When I first met Bill, we were colleagues at a resource fair for senior citizens, and Bill was passing the time between inquiries at his booth by writing a letter to his elderly parents.

Letter writing was a way to keep in touch with them, to show his appreciation for the lessons they taught him. "My father worked for a large corporation when I was growing up, and we moved every couple of years as he got promotions. When I was in high school, he passed up a promotion so that we would not move again until I finished my senior year.

When I had my family, I stayed

in place for my kids. We lived in the same neighborhood for 30 years—different houses, but the same school district—so my kids could know what it was like to have the consistency of place."

Bill's last corporate job was with Marriott International as a Facilities Engineer for assisted living services in Maryland. "I enjoyed my work, and being of service to residents and their families was very important to me, so when I moved to the Northern Neck, I looked for work that would provide me with that same sense of contribution. I've been doing reverse mortgage work for 10 years now, and I have been able to help families in hundreds of ways."

I asked a reverse mortgage benefit a family? Bill explained that a reverse mortgage is one of several financial tools available to a homeowner. "Basically, it is an FHA-insured loan used to borrow against the equity in your home. You have to be at least 62 years old and, because you will only receive about half of your home's assessed value in a reverse mortgage, it is important to have a significant amount of equity built up. The upside is that you still retain ownership of your home, and you don't have a mortgage payment. The

downside is that the loan becomes due when you sell your house or you die, so most people see less of the proceeds from the sale of their home because the proceeds are absorbed by the payback of the reverse mortgage, including the interest which has continued to accumulate during the lifetime of the loan."

It seemed to me that reverse mortgages would only be beneficial to those who were already financially very well off. "It depends on the person's or family's situation," Bill told me, "and what they need the money for. Getting rid of an existing mortgage payment is not the only reason that people get reverse mortgages. Perhaps they need to pay off a student loan, or pay for in home care for an elderly or ill spouse or family member.

Some seniors want to supplement their Social Security payments. Many use funds to make their home handicap accessible, or pay for home repairs or additions. A reverse mortgage can be used to establish a line of credit which can be borrowed against and repaid over and over."

Bill cautioned that a reverse mortgage should be considered with the advice of a trained financial advisor who can explain

the ramifications of this type of loan. "When I talk with prospective clients my concern is whether this is a good fiscal move for my client. As a licensed loan officer, I have a fiduciary responsibility to give my clients the most honest summary of the pros and cons of taking this kind of financial step.

"They need to understand that if their expectation is to leave their home free and clear for their children, this loan is not an appropriate action to take. The reverse mortgage loan repayment will be due at their death, and there may be little of their home's value left to leave.

"A reverse mortgage is a loan against the value of the home, and the interest owed on the loan continues to accrue for the life of the loan. If inheritance is not an issue, or there are other resources, a reverse mortgage might just be a smart way to get cash for another use. I really enjoy helping my clients to maximize their assets for their long-term benefit. I'm changing peoples' lives, and that's a good job for an old guy like me."

Call Bill Graves about your long-term needs at 804-453-4141, or 866- 936-4141, or email [bgraves@va.metrocast.net](mailto:bgraves@va.metrocast.net).

*Martha Hall photo.*



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# Letter to Joe Phillips

Mr. Joe Phillips  
c/o Chesapeake Style

Dear Sir:

I've just finished reading your "Chesapeake Style" article in the April, 2019 issue, entitled "The Old Man". It brought back such wonderful memories when I was a child and helped my Dad, Edgar Chatham, with his trot line. This had to be at least 80 years ago since I am now 89.

Our home was on the Machodoc Creek in Westmoreland county, where I still live.

Daddy was a waterman and there were four children in my family - 2 boys and 2 girls - however neither of them enjoyed following Daddy except me, the youngest of the four. I'd be the crab dipper, and as the line ran through the spool and I saw that slipknot coming up out of the water, my ne t scooped up the big Jimmy crab and put it in a basket. Daddy said I was his best dipper! When his skift had barnickles on it's bottom, Dad and I turned l t upside down on our shore, scraped them off before covering it with copper paint. I loved doing this!

Daddy died at 79 of multiple myeloma. I miss him each day!  
His last work boat was a 32 foot Draketail with a Chrysler

Marine engine. He knew he could no longer work in the water and decided to sell this boat, which he loved!

I will never forget the day when the buyer came and Daddy and I stood on our hill and watched his boat go out the creek . He shed tears and so did I!

Please tell your editor how much I enjoy the "Chesapeake Style" .

Yours truly,  
*Mabel Chatham Garland, Montross*

Captain Joe Phillips is a 10th generation Chesapeake Bay Waterman and an Eastern Shore native. He has sailed as a Merchant Seaman and Tug Captain.

When not at sea, Captain Joe can be found aboard *Tarry Not* a replica Chesapeake Bay Brogan or on his small farm near Mathews, Virginia. Some of his current projects are: *Tidewater Folk, A Collection Of Stories And Imaginings Of Life On The Chesapeake Bay*, [www.tarrynotsailing.blogspot.com](http://www.tarrynotsailing.blogspot.com)

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## Style Spotlight~Callao Coffee Cafe, You'll Walk Out With a Smile



about establishing an area for card games like Canasta to build on the friendly interactions.

He said, "I'll tell you a secret. Everybody came here from someplace. When I lived in Northern Virginia, I hardly knew my neighbors. But we all chose to be here. We all love being here. This place is my baby, my first time with a restaurant. My hard-working wife Sharon is an important part of it. She does the bookkeeping and works behind the scenes now, but when we started, she was down on her hands and knees painting the floors and walls."

David works full time at Keller Williams Real Estate which is also in the same General Store building, and he pops in to get a cup of coffee and say hi to folks. David said,

"The restaurant business is not for someone who doesn't want to work hard, but I love people, and I meet a lot of them this way. My secret is my employees. I have a wonderful staff who run the place for me. Samantha, Mary, Amy, Danny, they know the regulars by name and what they like. They are the best staff in the Northern Neck!"

By the name, you know coffee is an important part of the restaurant. People regularly drive from Kilmarnock to enjoy the Italian Roast Coffee or Hawaiian Blend or have one of their Cappuccinos or Lattes. The Callao Coffee Cafe is a lot more than coffee. It's an eclectic restaurant featuring all day breakfast and authentic New York deli foods like Corned Beef, Pastrami and Brooklyn Lox. They get New York Bagels partly cooked and finish them in Callao, so they're always fresh and ready to serve.

If you've ever lived or visited New York, you know that food is one of the best parts of New York City, and David is proud of the home cooked foods and overstuffed sandwiches the Cafe serves.

He named one of his favorite sandwiches, David's Deli Delight. It's an everything bagel with a fried egg, pastrami, Swiss cheese and grilled onions.

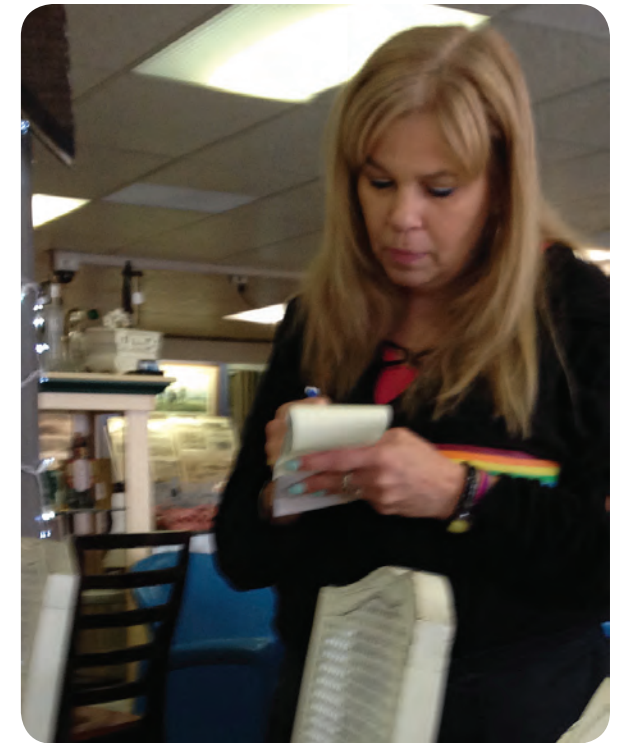
But don't overlook the specials board! Recent offerings were Crab Pie and Salad, Chicken Salad Panini, and Homemade Chili with Beans. Soups might be Homemade Chicken Noodle or Bean and Ham or several other kinds.

They have Homemade Cinnamon Rolls that smell delicious and use them to make Bread Pudding too. And there are also Gluten Free alternatives for customers who prefer them.

David said, "I'm proud of what we've accomplished here. We used to be called Cheers without beer, but now we have beer and other adult refreshments. We can do all kind of special events for customers, like Bridal Showers and Birthday Parties, and can do on site or off site catering for groups up to 30.

"I have a big mouth, and I tell everybody I'm like that crazy uncle you have. You walk out either laughing with me or at me, but you'll walk out of here with a smile."

Callao Coffee Cafe is easy to find at the Light in Callao, 25 Sandy Street. They're open 8 a.m. - 3 p.m., 7 days a week. 804-529-5478 and on Facebook, as Callao Coffee Cafe.



Marie Stone and JAF photos. Top, l, Samantha Bulson, Amy Howell, above, and Mary O'Brien.

By Carol J. Bova

**T**he General Store used to be a center of activity in local communities. It sold goods and supplies, the proprietor was a source of information, and it was a social gathering place. Men played checkers, passed around the weekly newspaper, and shared news and stories. There aren't many of these old fashioned places left today, but David Fine has turned the oldest building in Callao, a former General Store and Post Office from 1900, into a unique modern gathering place, The Callao Coffee Cafe.

Celebrating their third anniversary this summer, the restaurant is actually in the middle of an antique shop that's been there for 20 years. It's a great place to look at all kinds of intriguing furniture and art items while you eat, or browse through them before or after for people who like to find bargains.

The location also contains the Northern Neck Information Center, LLC, where people can pick up local maps and brochures. David said, "I try to make it a destination. We have outdoor seating when it's nice. That's a pet friendly area too."

The General Store setting invites people to interact, and they do! People talk across the room to each other and hang out to talk. David's really pleased with what's happening, and he's thinking



Chesapeake Style Magazine





# Lancaster High School

Special Thanks to Sandy Manning, Visual and Graphic Arts Teacher

*Encouraging Student Artists, Photographers, Writers*

These students worked from design to display on this project and have a whimsical bird to show for it. Kylie DeGaetani, 12th grade and Carissa Davis, 9th grade.



Tiffany Thomas at work on paper mache cat in progress



# Keeping Up with the Joneses

By Ellen Dugan

**H**ow can you keep up with the Joneses when there are so many of them? At least 1,362,755 in the U.S. according to the latest census which ranks them fifth behind Smith, Johnson, Williams, and Brown, but ahead of Miller, Davis, Garcia, Rodriguez, and Wilson to complete the top ten.

And since there are so many Joneses, who do they keep up with? The Smiths? Actually, no. The answer is the Norbergs. Until November of 2006, the Norbergs—of Sweden—held the world's record for the largest gathering of people with the same last name, 583. And then along came Jones; or more specifically, Jones Jones Jones, a gala concert event held in Cardiff, Wales, which drew 1,224 recordbreaking Joneses from as far away as Canada,

Australia, and the United States.

These highly competitive Joneses held the title until bested by 1,488 equally determined Gallaghers who gathered in Letterkenny, Ireland, less than a year later. To date, no family name has been able to beat the unwavering, tightly knit Gallaghers.

But how did “keeping up with the Jones” weasel its way into our language in the first place? And who were the first Jones who needed to be kept up with?

The best evidence indicates that the expression is based on the bumbling antics of a cartoon family, the McGinises—husband Aloysius, wife Clarice, daughter Julie, and housemaid Belladonna—who starred in the *New York World's* comic strip *Keeping up with the Jones*. The cartoon, a parody of American domestic life, was created by Arthur R. “Pop” Momand in 1913 and is said to have been

conceived as a result of his moving from New York City to a suburb.

Pop Momand lived to be 101, and after discontinuing the comic strip in the 1940s, spent the rest of his life working as a portrait painter.

In the comic strip we never do get to see the Joneses whom the McGinises were keeping up with, and they aren't named. However, there are some notable Joneses that most of us would be extremely hard pressed to surpass.

Among them are two validated American supercentenarians, Ila Jones, of Rome, Georgia who lived to be 114, and Susannah Mushatt Jones, the seventh oldest person ever. Susannah, a New Yorker, lived for 116 years and 311 days. She never “smoked, drunk alcohol, partied, wore makeup, or dyed her hair, and slept about 10 hours a day.” A divorcee, she credited “not being married long and eating bacon

every morning” for her longevity.

Considerably younger and not related to a Jones, Mark Joseph Kapczynski nonetheless knows a lot about keeping up with them. He is the inventor of “Keeping Up with the Joneses,” a series of computer patents that will eventually allow you to gamify your life.

By analyzing your income, profession, residence, car, marital status, children, education, and friends, and the same data for your neighbors, coworkers, and others, Keeping Up with the Joneses will be able to tabulate a real life score for you, one that you can track and compare with others. You'll be able to do this because, as Mark notes, “Consumers often desire to compare themselves to other individuals”—regardless of their last name.



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*Style f*

# Brain Injury~A Marathon, Not a Sprint

By Martha M. Hall

**I** asked my cousin recently about her daughter, a young woman who had suffered a TBI. “Would you believe that she’s still not recovered?” my cousin answered. “How long has it been?” I asked. “Four years,” my cousin responded. “She’s still having trouble with headaches, confusion, depression, and noise. She’s lost everything: her job, her friends, her life.”

I was sympathetic, but not surprised to learn that she had not recovered. Brain injury is a serious event in anyone’s life, and the road to recovery is often long and very winding, full of ups, downs, and adjustments.

The brain is a marvelous organ. It controls everything we do, say, or think, and injury to it can affect us in so many different ways, some transitory, some more

permanent. Because everyone’s brain is unique, every injury to the brain is also unique—there’s no one size fits all treatment for a brain injury. Frustrating? You bet! Hopeless? Not at all.

We know that the brain has a certain amount of plasticity—an ability to change throughout life. The human brain has the amazing ability to reorganize itself by forming new connections between its cells. Often, when one area of the brain is injured, the functions assigned to that area are assumed by another area, making the effects of the injury less traumatic.

However, the way that the brain’s functions are compartmentalized means that the brain is not infinitely pliable—there are some functions that the brain cannot simply transfer from an injured part to a healthy part. The key to using the brain’s plasticity to repair the results of injury depends on the survivor’s age, the

severity of the injury, the location of the injury, and the rehabilitative therapy provided at the time of injury.

Ongoing recovery efforts are critical, and are largely in the hands of the survivor. Here are a few suggestions to aid in that long road to renewed health:

- Recognize the effects of the injury. Learn how your brain injury affects You, and work on strategies to compensate for those effects. If you have memory issues, write things down or use post-it notes to prompt yourself about dates, schedules, or events.
- Enlist the help of friends or family with activities or sensations that are stressful for you. If noise creates problems for you, arrange to see friends in quiet settings, rather than large gatherings.
- Work toward building a new normal. Your old life may be changed, but you can still create a normal that

both incorporates your injury, and limits its effects. Your injury is not you, but rather a part of who you are.

• Remember that recovery is not a sprint—it’s a marathon, and inconsistency in progress is common. Most adults with a brain injury progress through common recovery stages, the length and outcome of which cannot be predicted.

Remember also that people change, new skills are learned, new goals are set, new opportunities come about, and new expectations are met. Success can happen!  
*For more information on brain injury, contact the Brain Injury Association of Virginia at 800-444-6443 or at [www.biaiv.net](http://www.biaiv.net). The Northern Neck Brain Injury Support Group meets on the second Tuesday of each month at the Bay Transit building in Warsaw from 10:30-12:00. All are welcome!*

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# Purpose

By Kenny Park

“He killed three of my brothers. One 20, one 23, and one 38.”

She stated it as a matter of fact; just another part of her story. I had given her a ride to her check-in appointment, while at the same time taking another woman and her two children to a dental appointment.

I couldn't help but wonder, what had she been through that allowed her to be able to make that otherwise devastating statement in such a straightforward manner. The rest of her story was just as devastating, and also delivered in the same tone and manner. Her husband was abusive, both physically and emotionally. He held her captive for nearly two years after she told him she wanted to leave.

She eventually was able to get away from him with their daughter. She made it to her mother's home, where she left her daughter in her grandmother's care, while she came here, to find work, planning to then send for her daughter, away from her husband's grasp.

What she did not expect was her husband's ability to bribe local officials. He first killed one, then a second of her brothers while trying to track her down. He took their daughter back with him, and that is what ultimately took her back home. When she did go back, he tried to again control, imprison, subjugate her. But she fought back. She got her daughter back and got away from him.

That is when he killed the third brother, and that is when she made

her way back here, with her daughter.

They arrived here at the end of October of last year. Her daughter is enrolled in school and loves it. She has made friends and is learning to read and write in English.

On our second trip together, to the consulate to get her daughter's passport, she and the other man to whom I was giving a ride began talking about how they were trusting in God, and how he had brought them this far.

At one point in their conversation she stated, “God brought us this far, so I know he has a purpose for us here. We just need to trust him for that.” What struck me about her statement was that I have spoken those same words at different times in my life, as a statement of faith, of trust, when things aren't clear, when

the future is uncertain, but in none of those moments was I coming from a place of abuse, violence and death.

It is easy to say “I trust God” when you are moving from one relatively soft place to another relatively soft place, where there are resources and family to support and to guide, to lend help as needed. It is entirely something else to say those same words when you are between two hard places, leaving a place with little or nothing to go back to, and moving into a place where systems are actively working to send you back to where you came from.

Her purpose for me, became clear. She is Christ. In need. How shall we respond?

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# Propósito

Por **Kenny Park**

“Mató a tres de mis hermanos. Uno de 20, otro de 23 y otro de 38.”

Lo dijo como si nada; simplemente era parte de su historia. La había llevado a su cita con emigración, aprovechando otro viaje en el que llevaba a otra mujer y sus dos hijos a una cita dental.

Me pregunté, qué había pasado en su vida que le permitió hablar esas palabras tan devastadoras de una manera tan directa. El resto de su historia era igual de devastadora, y también la presentó en el mismo tono y de la misma manera. Su esposo era abusivo, tanto física como emocionalmente. La mantuvo cautiva durante casi dos años después de que ella le dijera que quería irse.

Finalmente ella pudo escaparse de él con su hija. Llegó a casa de su madre, donde dejó a su hija al

cuidado de su abuela, mientras que ella se vino aquí para buscar trabajo e iniciar planes para traer a su hija, lejos de las garras de su marido.

Lo que no esperaba era la capacidad de su marido para sobornar a los funcionarios locales. Primero mató a uno, luego a otro de sus hermanos mientras trataba de localizarla. Se llevó a su hija con él y eso fue lo que finalmente la regresó a su país. Cuando ella volvió, él intentó controlarla, encarcelarla y someterla de nuevo. Pero ella se defendió. Recuperó a su hija y se alejó de él.

Fue entonces cuando él mató al tercer hermano, y fue cuando ella regresó aquí, con su hija.

Llegaron aquí a fines de octubre del año pasado. Su hija está inscrita en la escuela y le encanta.

Tiene amigas y está aprendiendo a leer y escribir en inglés.

En nuestro segundo viaje

juntos, al consulado para recoger el pasaporte de su hija, ella y el otro hombre que también iba al consulado, comenzaron a hablar sobre cómo confiaban en Dios y cómo El los había traído hasta aquí.

En un punto de su conversación, ella comentó: “Dios nos trajo hasta aquí, así que sé que él tiene un propósito para nosotros aquí. Solo tenemos que confiar en él”. Lo que me impresionó de su declaración fue que, esas mismas palabras las he dicho yo en diferentes momentos de mi vida, como una declaración de fe, de confianza, cuando las cosas no están claras, cuando el futuro es incierto, pero en ninguno de esos momentos venía saliendo de una experiencia de abuso, violencia y muerte.

Decir "Confío en Dios" es fácil cuando uno está saliendo de un lugar relativamente cómodo yendo a otro lugar relativamente cómodo, donde

hay recursos y familia para apoyar y guiar, para prestar ayuda según sea necesario. Es algo completamente distinto decir esas mismas palabras cuando estás entre dos lugares difíciles, saliendo de un lugar donde hay poco o nada por el cual volver, y entrando en un lugar donde los sistemas trabajan activamente para enviarte de regreso a ese lugar del que viniste. Su "propósito" para mí, se hizo evidente. Ella es Cristo. En necesidad. ¿Cómo responderemos?



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## Poetry in *Style*~

# Two Crows Walking



**By Don Loop**

Two crows I saw a-walking down  
A railroad rail outside of town,  
In suits with tails the blackest black  
With purpose down that railroad track.

It would be speculation to  
Presume to know what they would do,  
Or where the two had planned to go  
While putting on an avian show.

Performers in an Ink Spots band,  
With one a saxophone in hand?  
Perhaps just dandies on the town  
To which the pair were strolling down.

Of course I am curious why  
These wing-ed ones declined to fly,  
Unless to them 'twas sport to see  
This nosey, earthbound wingless me.

It is a human being's trait  
To wonder and to speculate.  
The answer to those tandem birds  
Is past our ken or poet's words!

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were here!





# The Life And Times Of Nicholas Nichols, Part One



By Darleen R. Nichols, Nicholas' Mom

Nicholas was born on March 10, 2010, a blustery day to be sure. He wasn't Nicholas then but rather a little ball of fur struggling to fight his way to a meal. He was perfectly happy with his mother and siblings but this was not to last.

When this little ball of fur was eight weeks old or something near that age he was adopted and brought to what was supposed to be his forever home where he was named Snoopy. This was rather appropriate as the little guy wanted to poke into everything. He was highly inquisitive.

Snoopy underwent a training program where he learned the niceties of hygiene. Also included was the etiquette of toileting, holding still to be cleaned up, bathing. He quickly learned to walk on a leash which allowed him to snoop into other territories.

Everything was going great until two things happened.

(1) Snoopy was beginning to lose his sight and

(2) the little person in the house constantly chased poor Snoopy trying to grab his tail. One day his tail was yanked really hard and he snapped at this constant source of irritation. His people weren't about to allow this to happen so the next morning Snoopy was delivered to the local animal shelter.

The people there didn't think Snoopy was a fitting name for the little fellow so he was renamed

Nicholas which was much more appropriate given his regal bearing. But Nicholas said, "They put me in

this box which I learned was called a cage. I had never been in one before and I didn't like it one bit," lamented Nicholas. This took place on November 20, 2014.

On November 26, 2014 Nicholas was transferred to Homeward Trails Animal Rescue in Arlington, Virginia. He wasn't there long before he moved in with

a foster parent. She really loved him but already had a number of dogs of her own. She told me that Nicholas got along well with the other animals but she felt he would be happier to be an only child. The foster also had determined from observation that he wasn't partially blind but was completely blind.

Adopting Nicholas and living out of the area was a rather drawn out process but having seen his photo on Petfinder and fallen in love immediately, I was going to have him! On February 20, 2015 Nicholas moved into his forever home where he became the center of everything and had my heart wrapped around all four of his paws.

We were a real team, Nicholas and I. We walked together, ate together and slept together. Nicholas listened very attentively while I discussed everything with him from the loss of my husband in 2014 to taxes then

on to solving the world's problems. He was an outstanding listener who frequently cocked his head to one side so as not to miss anything.

During the years Nicholas developed Cushing's disease which is fatal and very painful but he had an excellent vet who was treating him. Then a few months ago he had a number of knots show up on his chest which the vet diagnosed cancer. Because of the Cushing's disease, there wasn't a lot that could be done for him. His behavior became very erratic and so odd we decided that the cancer had probably been there for some time and was affecting his brain. Everything became strange to him sometimes and he was so afraid of everything. Didn't want to go anywhere even in the house without me close by.

*Darleen Nichols photo.*

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# FEMA Rules in Plain English

*style*



documents to help describe and interpret them. I contacted a FEMA spokesperson about their "Floodplain Management Requirements" online at [www.fema.gov/floodplain-management-requirements](http://www.fema.gov/floodplain-management-requirements). The FEMA spokesperson

By Carol J. Bova

**N**ational Flood Insurance Program (NFIP) regulations are far from easy to read. But FEMA (Federal Emergency Management Administration) has bulletins and

said, "The regulations you shared are an expansion of the Code of Federal Regulations (CFR 44), which outlines the regulatory requirements for the National Flood Insurance Program (NFIP). This document is specifically designed to inform and educate local

and state floodplain managers on the minimum requirements of the NFIP for participating communities and to help them understand the program."

Although aimed at professionals, it's written in plain English, and property owners can learn a lot from it. The table of contents shows which units cover specific floodplain requirements and issues. It's likely there'll be something of interest to anyone who has or is considering getting flood insurance, or building or doing major improvements to a building in a floodplain.

Most people have heard of the 100-year floodplain, but that informal phrase can be misleading. It does not mean a flood once every 100 years. The NFIP calls it the base flood, or one-percent annual chance flood. That means there's a one percent chance of a flood occurring in any given year. NFIP and all federal agencies use this standard for regulating new development and when the purchase of flood insurance for federally backed mortgages may be required.

When a building in a floodplain has damage of 50 percent or more of its market value before it was damaged, it must meet all floodplain ordinance requirements. This includes damage from any cause, like a fire or tornado, not just flooding. This situation is called substantial damage, and usually means the structure will have to be elevated above an established base flood level.

When improvements are made, if they will cost 50 percent or more of the market value before the improvement, that's called substantial improvement. That structure will also need to meet all floodplain requirements.

There are a few exceptions about costs that do not have to be included



in the calculation of the 50 percent, and Unit 8 explains those. Units 7 and 8 discuss the special exceptions for costs to correct cited code violations and verified historic structures and the conditions required to use those exceptions in the cost calculation. But a locality's floodplain management ordinance must include specific NFIP wording for a property owner to take advantage of those exceptions.

The Commonwealth's building codes have stricter requirements for some special hazard areas, so be sure to contact your locality's Floodplain Administrator for specific information about your property and floodplain management ordinance, and your Building Official to check building code requirements!

The FEMA spokesperson said, "Flood insurance provides the best protection against flood damage, and is a requirement for properties in the Special Flood Hazard Area (SFHA) that have a federally backed mortgage." More information on the NFIP may be found at [www.floodsmart.gov](http://www.floodsmart.gov).

*Carol J. Bova floodplain photos.*

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# How Cowboy Found His Forever Home



Gwen, who wrote this delightful story of kindness, love and the chronological narration about how Cowboy found his forever home.

Cowboy did not always have that name. He was named Dylan by his first owner who had a litter of beagle hounds who were taught to hunt. It was on one of these forays that Dylan's life changed everlastingly. I will not go into details. I'll let Dylan tell you about his traumatic event. What I will tell you is that Dylan first heard the expression forever home while housed in a kennel.

Gwen Keane is most certainly a lover of pets. During this time, she had a black Labrador, a dapple mini-dachshund and three cats. She also fostered animals in need. And thus, the story begins. Gwen, in addition to being a writer, is also a photographer who has included a variety of heart warming pictures of

her pets, including Cowboy, of course.

Gwen has been an active member of the Northern Neck Kennel Club for the past 16 years. She has also served on the board of the Northern Neck Partners for Pets (NNPP), who maintains a leadership role for humane and compassionate rescue of treatable, adoptable cats and dogs. You can read in detail about these organizations at the end of her book.

When you purchase *How Cowboy Found His Forever Home*, the \$15 you spend will be donated to NNPP, a 501 (c)(3) to assist in building a no kill safe haven for unwanted, homeless cats and dogs like Cowboy. Their goal was to sell 1,000 books, which has been surpassed at this writing. The more the merrier!

You will be happy to know that Cowboy is a local celebrity. Recently he had his first book signing at The Blue Water Deli in

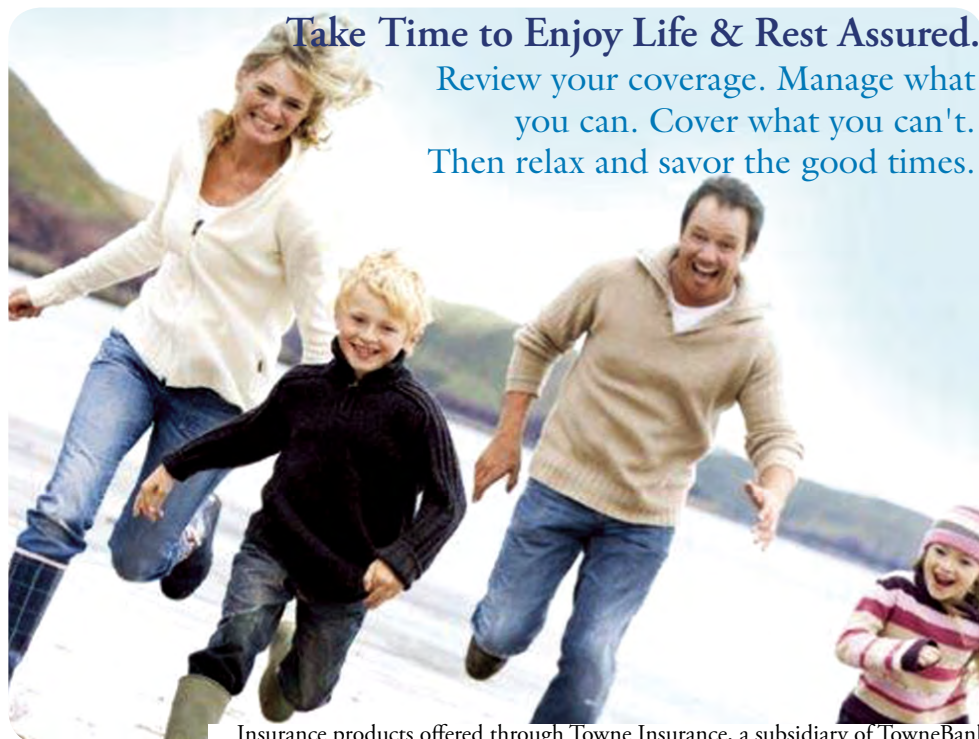
Kilmarnock, after an illness, which readers learned about on Facebook updates. Many people bought the book, specifically wanting to meet Cowboy and to offer him comfort.

I am sorry to say that Cowboy was once again taken to an animal hospital with the same illness but is going home today, April 9. This wonderful photo of Gwen Keane draped in an American flag jacket and Cowboy in his hat, was taken by the owner of Blue Water Deli, Vicki Kinsel. We send out thanks to her.

This charming book is available at Foxy and Book Nook in Kilmarnock, High Tide Publications ([hightidepublications.com](http://hightidepublications.com)) Amazon.com, Barnes & Noble, or call Gwen at 804-436-2766. And remember, all monies go to a no-kill animal shelter in the Northern Neck.

By Tracy Lanum

If you are a lover of pets, as I am, you will enjoy reading this book. It has just two characters, the dog, Cowboy and his mistress,



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# Making It On A Fixed Income

By Bill Graves

**T**he demographics of the Northern Neck of Virginia illustrate that the two largest populations are between the ages of 60 to 64, and 65 to 69. This means that a lot of folks are living on fixed incomes. This can be very problematic in a world where pretty much everything has an annual cost increase.

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Get together with an accountant, and look at some of the tax advantages of the following suggestions.

Get a Roth IRA, because the contributions plus the interest you earn can be withdrawn tax free in retirement. The downside is that you pay the taxes up front, whereas with a traditional IRA or 401(k), you don't. Open a Health Savings Account if you have a high deductible health insurance plan, which most of us do. You contribute the money pretax, it grows tax deferred, and you never pay taxes on it if you use it for qualifying healthcare costs. It has an annual family cap of \$7,000.00, and an individual cap of \$3,500.00.

Pay off your mortgage, or downsize your home. This is where a Reverse Mortgage can be a great financial tool. It can be used to pay off an existing mortgage, or be used to purchase a new home. Either way you will walk away with no mortgage

payment, and more money to live on.

There are some other good strategies to consider. Hold off on getting your Social Security. The longer you wait to collect, the more money you'll get. A Reverse Mortgage may help you finance the gap. Retirement doesn't need to be all or nothing. Maybe you can work part time without completely cutting off your paychecks. You might even be able to hang on to some benefits, like health care coverage.

A budget and trimming your cost of living go hand in hand. Things like getting an economical car, getting rid of extra cars, or maybe the boat and trailers can go. Get rid of the lawn by planting Periwinkle or Ivy. Now you don't need the lawn mower anymore—and the gas, oil, belts and everything else that goes with those beasts.

Now you have more time for your garden, whether it's just tomatoes in pots or a small plot in the yard.

For every squash, zucchini, melon, bean and radish you harvest you're eating good, and saving money.

Cook more of your own food at home. You would be surprised how much money people spend on restaurants. Seventy per cent of Americans eat out at least once a week, for an average annual expense of \$12,000.00 a year per couple. It is also why 2/3 of Americans are overweight.

Some other ideas include raising the deductibles on homeowners and car insurance. It may be a cost saving option, check your policy for specifics. Changing to energy efficient light bulbs, using coupons, bartering for trade skills or services are all on the table. All in all, with a little creativity and assistance, there are ways to get buy on less and live well.

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# Tidewater & Timber~Spring Sprung Stripers



are traveling in the upper water column, usually within 10-15 feet of surface. The water continues to warm. The striped bass are hungry after all the spawning activity and look to feed on bait to match their sizes and appetites.

Some of these rock may exceed 20 pounds and could reach 40 pounds or more.

Try pairing up large banjo-eye bucktails in tandem, applying the larger rig on the bottom leader. Mojos are also great options to try. Planer boards help keep the lures outside of the boat wake and shallow. Under these conditions, no extra weight is needed. Parachutes and umbrella rigs are good

change, so will the size of the rockfish and the baits they will be pursuing. Change later to smaller bucktails and sassy shads. Colors should still be mixed to see which are favored. Continue with parachutes and umbrella rigs.

Anglers trolling channel depth waters offshore should be in a vessel that is designed and built for periods of rough water. While there may be some fair weather days during the spring trophy seasons, there are options if your boat is not ready or quite big enough. What better way to get ready for opening day of striper season then to enjoy some local trolling action with rockfish angling pros on a charterboat.

These are some of the moments we've treasured sharing with friends and charterboat captains. In addition to a multitude of lures, rigs and rod and reel combinations ready to striper fish at a moment's notice,

these boats are designed for smooth rides in most weather conditions. Having the lines ready to go in the water before reaching open waters, not only saves time, it also limits or avoids the impact of dealing with swells and rolls while setting them up.

Visit [www.eregulations.com/maryland/fishing/striped-bass](http://www.eregulations.com/maryland/fishing/striped-bass) or call 877-620-8DNR (8367) for Maryland information. For Potomac River Fisheries Commission (PRFC) Recreational Striped Bass Season regulations visit the website at [http://prfc.us/fishing\\_potomac.html](http://prfc.us/fishing_potomac.html) or contact them by phone at 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>; or at [www.dgif.virginia.gov/fishing/](http://www.dgif.virginia.gov/fishing/) or call 757-247-2200.  
*Scala photo.*

By Chelly Scala

Since spring has finally sprung, many anglers are into the ongoing rockfish seasons. Days are lasting longer and there is more time to enjoy being on the water. May brings back wonderful memories of Trophy Rockfish trips with family and friends. All three local jurisdictions have Trophy or spring rockfish, striped bass seasons open during the month of May. Check out the websites included with this column to learn the season dates and creel limits for each area. Read carefully, as some areas will change from trophy to slot seasons.

May is usually the time when big rock are into their trek back down the rivers and upper tidal reaches, after their spawning cycle, so get ready. Have the bigger lures, tandem rigs and planers available. This time of year, many larger post-spawn fish

options.

Try mixing up the colors white, red, hot pink or chartreuse on the lures or sassy shad teaser baits to see which ones get the most action. Places to fish should include the mid channel points where the major tributaries meet the Chesapeake Bay.

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# May Tavern Happenings!

Style f



Heathsville. Everyone is invited!

Partygoers will be able to watch the race on a big screen TV and bet on their favorite ponies, while they dine on sumptuous food and sip on Mint Juleps. There's also an open bar and live Bluegrass

By Corinne Becker

**S**aturday, May 4th is the 145th running of the Kentucky Derby at Churchill Downs and the 14th Run for the Roses Kentucky Derby Party at Rice's Hotel/Hughlett's Tavern (RHHT) in

music provided by the Honeywind Bluegrass Boys.

Appropriate dress is whatever is fun, be it a lavish hat, or jeans and boots. Creativity will be rewarded to the winners of the best hat or best hat and boots contest. A silent

auction will offer restaurant gift certificates, wine tastings, themed gift baskets, and artisan crafted items made by the Tavern Guilds.

This premier social event on the Northern Neck runs from 4 to 7 p.m. on the Tavern Green. It is a major fundraiser for RHHT and all proceeds go towards the preservation of this historic building and its dependencies. Tickets cost \$40 per person, \$75 per couple in advance; \$45/\$80 at the gate. Call the Tavern at 804-580-3377 to make reservations.

Special for May at the Tavern—The Heathsville Farmers Market on Saturday, May 18th is Going to the Dogs! All local canines are invited to bring their favorite humans to enjoy a doggie exposition put on by the Northern Neck Kennel Club.

Located on the grounds beside the Tavern, the Heathsville Farmers Market runs from 9 a.m. to 1 p.m. Shoppers will find farm fresh local produce, oysters and eggs, baked goods, flowers and nursery plants, and other locally made handcrafts. There are new vendors at every market.

The Tavern Café will be serving glazed donuts, hot out of the fryer, plus homemade soups, fresh baked breads, quiché and sweet treats, all made by the volunteers of the Tavern's Culinary Guild.

Then shop in the Heritage Arts

Center Gift Shoppe, which is stocked with unique, locally made gifts. A number of artisans also have studios there, and look forward to meeting the public. The Gift Shoppe and Cafe are open every Thursday, Friday and Saturday, 10 a.m. - 2 p.m.

Make It a Heathsville Saturday on the third Saturday of every month. Elsewhere in the community, there are interesting shops, attractions, eats and historical sites. Visit Ye Olde Book Shoppe, a used book store run by volunteers of the Northumberland Public Library.

Browse classy church thrift shops run by St. Stephen's Episcopal and Light of Christ Anglican. Check out Kathy's Korner for unusual consignments. Heathsville United Methodist Church is selling homemade ice cream.

Take a tour of the Old Northumberland Jail. Pick up your Historic Heathsville Walking Map, and wander past homes and structures from over three centuries. Sonabank is the major sponsor of this community wide initiative.

*All sites are located on Route 360 in Heathsville. RHHT is located just off Route 360, behind the old Northumberland Courthouse. For more information, visit [RHHTFoundationinc.org](http://RHHTFoundationinc.org) or call 804-580-3377.*

*Photos courtesy RHHT.*

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# Here's To Ya!



and add rum. Then there is a Prairie Oyster and a Prairie Chicken. The oyster drink has bourbon, Tabasco and a raw egg.

The chicken drink is gin, salt and pepper and a raw egg. In both drinks, the raw egg is not whipped. It just sits in the glass as it comes out of the cracked shell. Another drink popular in Asia is Horse Milk Alcohol. It is made from fermented horse milk. Most have heard of tequila that has a worm in the bottom of the bottle. There is also tequila with a scorpion in the bottle. None of these are appealing to me.

There are also weird drinks without alcohol. Imagine a drink made with a pulverized

raw frog (Peru); kimchi soda (Asia); Panda Dung Tea (China); Cow Water (India); Asparagus juice (Taiwan) and Bird's Nest Drink (China). There are many others but some of the ingredients are not fit for print.

Not only are there weird drinks, there are weird containers used. Imagine coffee served in a test tube. Other containers are a lab beaker, lined flower pot, vase, light bulb—with the screw part

removed—plastic bag, milk bottle, watering can, fish bowl—without the fish—and a tin can.

Enough of these strange eating and drinking ideas from everywhere. Let's wrap this up with something truly delicious and original. Here is a drink I made up from two ingredients that are normal and easily found. Well, one of the ingredients must be in season. When it is, it is readily available. I love kumquats. I am also fond of martinis. I usually make them with olives and pierce at least four of them on a cocktail skewer and put inside the martini glass. Here is a variation of that martini.

### Kumquat Martini

Put kumquats in a bowl. The number should be about four times the number of martinis you are planning.

Poke each kumquat several times with a fork or point of a paring knife, going through the skin.

Pour regular vodka or citrus vodka to cover the kumquats and can make the number of drinks you want.

Let the kumquats and vodka soak at least an hour or even overnight in the fridge.

Using the vodka that soaked the kumquats, make the martini as usual, adding dry vermouth.

Remember, James Bond said, Shaken, not stirred.

Pierce four of the kumquats on a little cocktail skewer and lean inside the martini glass. Pour in the martini.

Another kumquat drink is a Kumquat Mojito. That recipe can be found on foodnetwork.com; foodandwine.com or MarthaStewart.com.

Enjoy. You will have a happy pucker.

*Joy Brenda Burch photo.*

By Joy Brenda Burch

Last month I explored strange foods, enough to plan a strange meal or more. One can not have a strange meal without something strange to drink with it. How about some weird cocktails?

Most people like macaroni and cheese. There is a mac and cheese shot. Mix together in a shot glass, macaroni, Velveeta cheese and milk

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# Ditches of Mathews County~Success in Beaverlette!



By Carol J. Bova

In 1993, Mathews County officials compiled a list of ten priority outfall ditches that were causing drainage problems and needed to be cleaned out. One of those was the Beaverlette Canal. The county matched the state's contribution toward the work, but there's no record of whether this was one of the ditches that the Virginia Department of Transportation (VDOT) did work on. It's also unclear exactly when the Canal was constructed to connect to Garden Creek.

One clear record is a plea from the Board of Supervisors where a 1937 resolution asked the State Highway

Commission "to provide proper drainage of water from the Beaverlette area of this county to Garden Creek.

"The Board regards this as a matter of urgent necessity on account of the fact the area in question is overflowed at each heavy rainfall because the culvert in the road at Garden Creek is not of sufficient capacity to take care of the volume of water therefrom and because the old established waterway known as the Canal leading from Beaverlette to Garden Creek is not cleaned out."

In more recent years, VDOT arranged for the USDA to take action to remove beaver dams in the canal, but did not clean and restore the canal channel. Early in 2019,

conditions in the Canal were so bad that water again covered the road in Beaverlette. G. C. Morrow, Chairman of the Mathews Board of Supervisors worked with Thomas Jenkins, Zoning Director, to arrange a county project to clear the Beaverlette Canal.

In March and April, after downed trees in the canal were removed, a small excavator removed eight beaver dams without beavers present. They cleaned up the banks damaged by previous dam removals and removed accumulated muck from the Canal to restore it to its original dimensions.

The result was an astonishing drop in water level at the big pipes under Beaverdam Road. Within a few hours, the water was down to a small flow from water draining from roadside

ditches on both sides of Beaverdam and Ridgefield Roads. The draining VDOT roadside ditches show a need for maintenance there, but at least they are draining and even

dry in some places.

This success should prove to doubters that Mathews is above sea level and possesses enough drop in elevation to support normal drainage—if the blockages are removed and obstructions cleared from the outfall channels.

To learn more about the issues and obstacles *The Ditches of Mathews County* addresses, read *Drowning a County: When Urban Myths Destroy Rural Drainage*. It's an easy to read solid reference work. Available at *Amazon.com*, several local libraries, and the *Library of Virginia*.

Carol J. Bova photos.



## Heathsville Farmers Market

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# Poetry in *Style*~ Shy Betty

**By Don Loop**

Now Betty, shy Betty  
lived down in a tree,  
just past a great  
knothole, you see.

The life of the crowd  
both sneaker and pew,  
was a life she wished  
to eschew.

The folks in the forest  
would like, if they could  
to see her, perchance,  
come out of the wood

To scamper about on  
the leaves and the moss,  
and give her self-doubt  
a great toss!

But, down in her hollow  
so snug and secure,  
she wistfully watched,  
while remaining demure.

Shy Betty continued  
self doubting to be,  
while the forest around her grew...  
'til she became part of the tree!

# The Mouse

**By Don Loop**

As I was reading in my house,  
across the rug, self confident  
it's style, there ran a little mouse  
ending my literary bent.

One must get rid of it of course  
I thought, but how? I have no trap,  
no cat, ha! Poison is the choice!  
But, I have nothing here like that!

Then I remembered Bobby Burns  
who plowed up a mouse's house  
and sadly to his desk returns  
to write a poem about the mouse.

He was so sad that he had plowed  
the little creature's dwelling place.  
I was embarrassed that I'd vowed  
to show to it a murd'rous face.

In shame I put out cheese for it.



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## Wild Style Cuisine~



By Wendy Hyde

**T**alk to anyone who has been rabbit hunting and they'll probably tell you it's an experience like no other. A day in the field in pursuit of "wascally wabbits" (to quote Elmer Fudd) is as much about the camaraderie of fellow hunters and the exhilaration of watching a well trained beagle do its job as it is about taking a few rabbits home for dinner.

A dear friend and fellow VDGIF hunter education instructor, now almost 70 and a lifelong rabbit hunter, is sharing that tradition by taking his grandchildren and friends afield with his beagles. With enough habitat and an ability to have several litters a year, rabbits are a sustainable meat source. Nature gave them speed and agility so rabbit hunting is a challenge for even a practiced shot.

Pork is often marketed as *the other white meat*. Rabbit, to a small game hunter, is the *other white meat*. Both wild and domestic rabbit meat is light in color, typically mild in flavor, lean, and a versatile protein for a meal.\*

The following recipe for Rabbit Pot Roast is the foundation for Rabbit French Dip sandwiches. The roasted meat can be a meal itself by simply thickening the pan juices with a slurry—flour and cold water stirred together then whisked into the simmering juices. Serve the rabbit and gravy on top of mashed potatoes for a traditional favorite or go one step farther by turning the shredded roast into this hearty white meat variation of the classic beef French Dip sandwiches.

### Rabbit Pot Roast

1-2 large rabbits, skinned (about 4 lbs. total)  
6 c. chicken stock  
1 small onion, sliced 1/2"

thick  
2 sprigs fresh thyme  
1 Tbsp. roasted garlic  
2 sprigs fresh parsley  
1 bay leaf  
1/2 tsp. white peppercorns  
Olive oil  
1/2 tsp. Worcestershire sauce

Break down each rabbit by separating into seven pieces: front and back legs, skirt flaps, rib cage and saddle or loin section. (See the link below to watch a video demonstration.) Trim off all silver skin. Lightly salt and pepper meat on all sides. Heat a Dutch oven over medium high heat, add enough olive oil to coat the pan, and add the skirt meat and rib sections, browning well on all sides. Add 1 cup of stock to the pan and scrape up the brown bits (fond), then pour everything into a bowl and set aside. Clean the pan with a paper towel, reheat, coat again with oil and brown the legs and saddle on all sides.

Return the previously browned meat and liquid to the pan and stir in the remaining ingredients. Bring to a boil, reduce heat, cover

and simmer 1 1/2 - 2 hours, turning occasionally, until meat falls off the bone. Remove meat from pan, strain and reserve the pan sauce, and cool meat just until it can be handled comfortably. Remove meat from the bones and pull it into shreds.

While meat cools, put the reserved sauce in a small pan over medium heat and simmer until reduced to 1 1/4 cups. Moisten shredded meat with up to 1/4 c. of the pan juices, cover and keep warm. If serving as a roast, make remaining of pan sauce into a gravy and serve over the meat.

### Rabbit French Dip Sandwiches

Rabbit meat from pot roast recipe (above)  
1 c. pan sauce from pot roast  
1/2 tsp. Worcestershire sauce  
1/4 c. unsalted butter  
3 medium onions, peeled and sliced 1/4" thick  
3 medium carrots, peeled and cut into matchsticks (1/8" x 2")  
1 tsp. minced fresh thyme  
Salt and pepper to taste  
4 hoagie rolls, about 6" long  
Mayonnaise  
8 slices Havarti cheese

While pot roast is cooking, heat a sauté pan over medium, melt butter, add carrots and onion, sprinkle with a pinch of salt, and cook, stirring gently and frequently, until mixture begins to caramelize, about 30 minutes. Stir in fresh thyme and cook another 1-2 minutes then remove from heat.

In a small saucepan heat the strained pan

juices, stir in Worcestershire sauce and season to taste with salt and pepper. Keep warm over low heat.

Preheat oven to 400°. Lightly toast rolls then spread inside of each with mayonnaise. Divide the meat between the rolls and top each with 1/4 of the onion/carrot mixture and 2 slices of Havarti cheese. Wrap each sandwich in aluminum foil and heat in oven for 10 minutes or until cheese melts. Divide jus between 4 small bowls and serve with the sandwiches, dipping into jus before each bite.

Each recipe serves 4.

\*Contact Chesapeake Green Farms in Heathsville, VA ([www.chesapeakegreenfarms.com](http://www.chesapeakegreenfarms.com)) for farm-raised rabbits. They will be at Edwards Produce Stand in Wicomico Church, starting the end of April. Watch a "Rabbit Breakdown" video demonstration at [www.youtube.com/watch?v=-RtL5TiXVLo](http://www.youtube.com/watch?v=-RtL5TiXVLo)  
Photo by Wendy Hyde. All recipes included in this column are original by Wendy Hyde unless otherwise noted. She can be contacted at [wildstylecuisine@gmail.com](mailto:wildstylecuisine@gmail.com).





# What Soothes You?

By RuthE Forrest BCTMB

**M**y friend recently had her first baby. I'm a grandmother through marriage, but never bore children. She and I had a great conversation about whether you should allow a baby to cry before picking them up so that they learn how to soothe themselves independently. If so, for how long? This discussion evolved into how we learn different styles of what it is that we find soothing. Asking what really soothes me down deep inside was a revelation. I'm still not sure I've completely answered the question. Try it.

My generation was raised to let a baby cry as long as it takes to wear itself to exhaustion and quit trying. Like mine, most moms probably did that too. On the front lines of SuperWomanhood, they were the

first since pioneer days to have a majority in the active workforce, and they were exhausted.

Then the humanist Dr. Spock taught us to model soothing behavior for the baby by picking her up at the first inkling of a cry, or to even anticipate the cry and act beforehand to avoid inflicting trauma. The Behaviorists warned against over soothing into dependency. They advised gradually lengthening the time of crying to elicit self soothing skills from the infant to prevent spoiling them.

It worked in animal trials, but babies are a different species altogether. Even a Step Grandmother knows there's a fine line. We need to learn how to innately soothe ourselves without demanding it from the outside world, but asking for comfort is also a critical skill.

We're hardwired to be touch soothed. The first contact with

mother's breast comforts both mom and baby from the stress of birthing. Ideally you chose a mother that's a massage therapist! Some babies only receive hurtful touch, but those that don't receive touch at all wither and die from failure to thrive.

How you give and receive touch is a direct indicator of your psychological health. Perhaps the use of antianxiety and pain relief medications in our society is related to being left to "cry it out" as a baby? I'm living proof that we can learn to receive touch as an adult if we missed that lesson in infancy.

Asking for contact in socially appropriate ways is a skill you're never too old to master. It seems to be an issue in today's world. Maybe there's a correlation? My new mom friend will teach her son all of these things in ways still too complicated for modern science to comprehend. She already knows

at this early junction what his different cries mean most of the time. Soothing him comforts her.

A bodyworker, I'm in the business of soothing. For days after our conversation I found myself examining a short list of things that I find soothing. Receiving bodywork is high on my list. I also realized that sometimes I can't be soothed at all, and that's just life.

I recognize the importance of soothing though, and actively seek it on a regular basis. I do this not because I'm selfish or narcissistic, but because I know that if I don't recharge my internal batteries I won't be there for my clients nor my loved ones in the manner they deserve and I want to offer. It took a long time for me to learn Soothe life-skills, giving and receiving, Yin and Yang. Hopefully there's still time for mastery!

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# Served up with Love in *Style* by Melissa



By Melissa Haydon

**W**hen spring arrives my mind gravitates to fresher ingredients and fruit. And let's face it we are all thinking about summer and losing a few of those extra pounds we packed on eating all those comfort foods. I know there are some people who can eat the same thing over and over again but my taste buds get bored. So I have to make my salads fun and exciting and just a little bit different than the last one. I just love the pop of sweetness the fruit lends to a salad. It just gives it that little something extra special. Plus the added benefit of the fruit make it a win-win in my book. When it comes to salad



dressings, we normally just keep a bottle or two of our favorites on hand but making your own is really simple. Plus, you know what you are putting in it and can adjust the ingredients to your taste or your dietary needs. This poppy seed dressing is one of my favorites and I put it on everything.

### **Strawberry Spinach Salad with Poppy Seed Dressing**

9 ounce bag of fresh baby spinach  
1 cup of fresh strawberries, sliced  
1/2 cup of fresh blueberries  
15 ounces mandarin oranges, drained  
1/2 cup of pecans  
For dressing-  
1/2 cup of granulated sugar  
1/4 cup of apple cider vinegar  
2 Tablespoons poppy seeds

1 teaspoon of finely minced onion  
1/4 teaspoon paprika  
1/4 teaspoon Worcestershire sauce  
1/2 cup vegetable or canola oil  
To make dressing, in a blender combine the sugar, vinegar, poppy seeds, onion,

paprika, and Worcestershire sauce. Blend until combined. With the blender on low, slowly drizzle in the vegetable oil through the opening at the top of the blender. Mix until thoroughly combined.

To make the salad, in a large bowl place spinach, strawberries, blueberries, mandarin oranges, and pecans. Just before serving pour dressing over salad and toss to combine.

This strawberry poppy seed dressing is just as easy as the other recipe. It is packed full of strawberry flavor to give any salad a quick change of flavor. If you have never made your own dressings, give it a try the next time you serve a salad. It will change your world.

### **Strawberry Poppy Seed Dressing**

3/4 cup of strawberries  
3 Tablespoons red wine vinegar  
1/2 cup of vegetable or canola oil  
2 teaspoons poppy seeds  
1 Tablespoon of honey  
Salt and pepper to taste

Combine all ingredients except oil into a blender and blend until smooth. Slowly drizzle in the oil through the opening at the top of the blender. Continue to blend until fully combined. Serve tossed into your favorite salad. *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.*



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