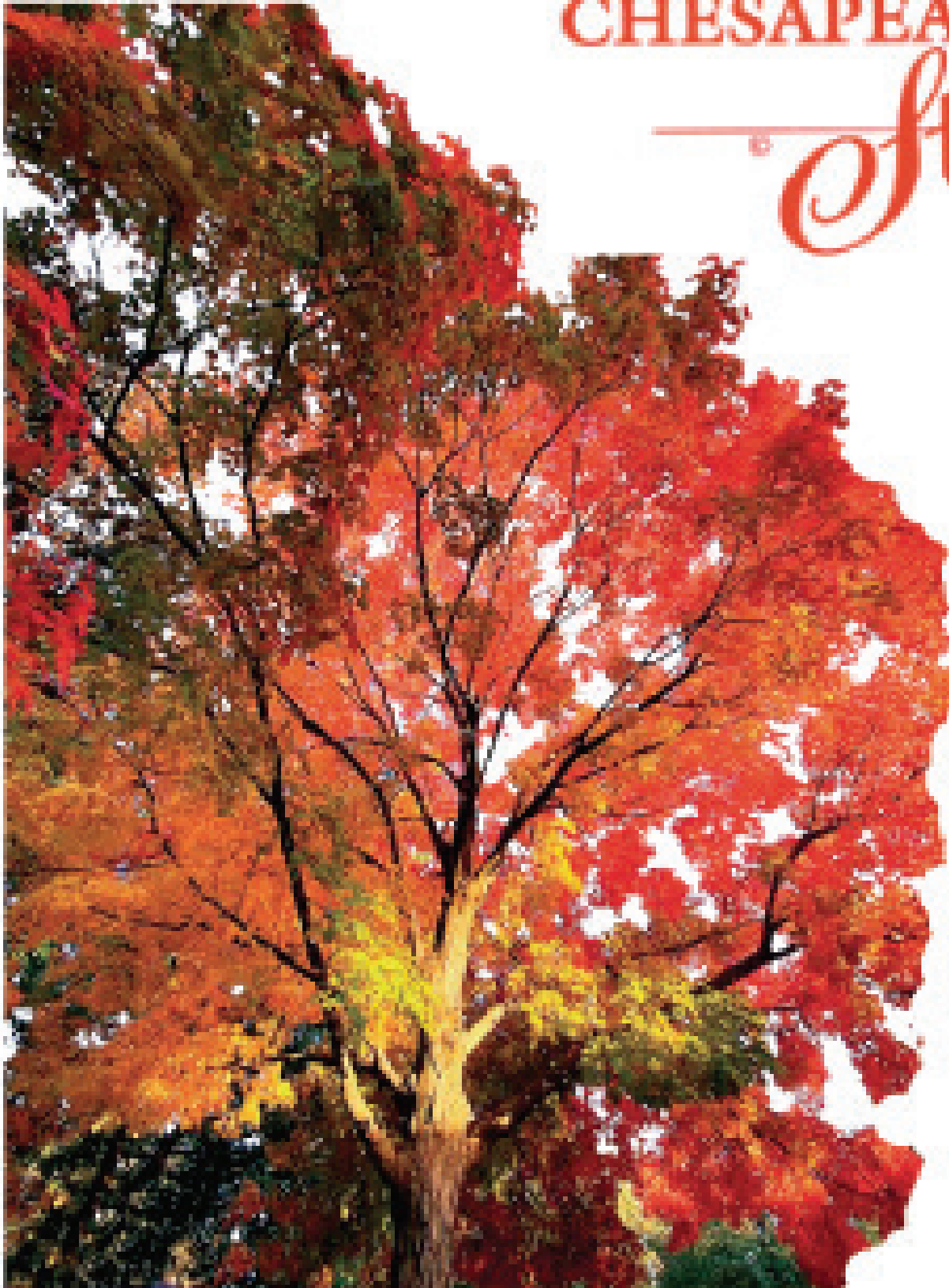


CHESAPEAKE *Style*



*I think that I
shall never see
A poem lovely
as a tree.*

Trees
By Joyce Kilmer

November 2022

We serve and celebrate the Chesapeake Bay Region and its people - past, present and future.

Fast Times on the Rivers



To a Mouse, by Robert Burns:

...But Mousie, thou art no thy-lane,
In proving foresight may be vain:
The best laid schemes o' Mice an' Men
Gang aft agley,
An' lea'e us nought but grief an' pain,
For promis'd joy!...

Chesapeake Style remains priceless! This is due to our advertisers and their loyalty. About 95% of our advertisers have been with us long term. We are more than grateful and appreciative. Please check the ads in this issue and take your business to our advertisers and let them know that you saw their beautiful ads in *Chesapeake Style* or on our website!

In addition to creating ads and the layout of the magazine, Jeanne completely revamped and updated our website, www.chesapeakestyle.com. One of my favorite parts of the update is the archives, which I have dubbed eye candy. Go there, click on the link, and see a thumbnail sketch of all of the covers of the magazine for more than a decade.

Our mission statement is “Chesapeake Style serves and celebrates the Chesapeake Bay Region and its people - past, present and future.”

And since 1998, *Chesapeake Style* has encouraged, supported, and featured student creativity—writers, photographers, artists, and poets. Our covers continue to feature local artists, photographers, and stained-glass artists. The goal is for the cover to call out to you, the reader, saying, “Pick me up, pick me up, see what I have to say!”

We appreciate our unsung heroes and heroines – our distributors – loyal and dependable folks who deliver *Chesapeake Style* to the Northern Neck, Middle Peninsula and Williamsburg.

Lord willing and the creek don't rise, we will continue to publish *Chesapeake Style* in 2023, and we anticipate positive events in 2023. Nothing is written in stone—as Robert Burns pointed out in his poem above “the best laid schemes of mice and men...”

Check out our Facebook page, *Chesapeake Style Magazine*, for updates, featured ads and watch for our deadlines for next year. Stay tuned!

Thank you for enjoying *Chesapeake Style*!

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The mission of *Chesapeake Style* is to serve and celebrate the Chesapeake Bay Region and its people - past, present and future.

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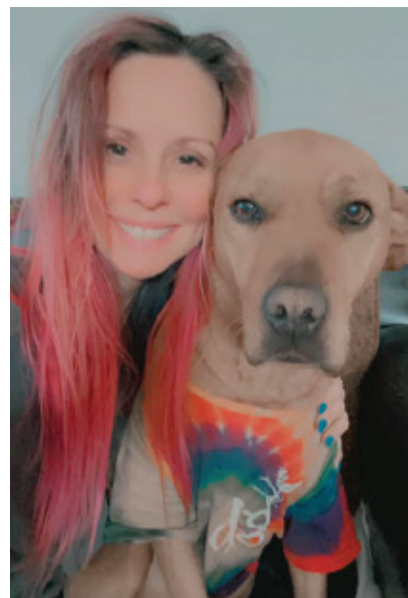
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Volume 26, Issue 3

About the Cover~

Photo cover credit: Amanda Cooper Preto

Photo credit - Page 4 Amanda Cooper Preto



The images were taken in October 2022 in my neighborhood when I went on a walk. Leaves were raining around me and I could not keep from looking up at the majestic trees glowing and basking in their colors. I could not stop my hands from taking pictures. I saw a personality in each tree, The way their bodies posed, and their arms stretched high, praising God in His glory.

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Honoring a business that is more than a boutique - it is two women who are making the world a better place through community action.

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An alpaca and a sheep with an attitude.

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The Autumn Years

By RuthE Forrest, BCTM



During my second wedding, the minister counselled, “Autumn matches usually last; you’ve had enough experience to know what you want, and what you won’t tolerate.” What insight! I definitely knew what I wanted. It took ten years to convince me to get married again. Together 20-plus years now, we’re still going strong. It takes moxie to go the distance.

I was recently surprised by a Certificate of Appreciation from my professional organization, the Association of Bodywork and Massage Professionals (ABMP) in recognition of 20 years of loyal practice without incident or accident. I didn’t realize it had been that long! It’s true—time passes quickly when you enjoy what you’re doing.

Long-term clients have given me an insight that intuitively leads me to where I need to go during our sessions together. I get to know their body-mind in a way that isn’t possible with a one-time visitor. It allows me to assist them to be the most comfortable in their body as humanly possible. I’m very grateful to have repeat clients that I absolutely love to work with. We teach and learn from each other in a reciprocal energy exchange that goes beyond dollars received for services rendered. I take pride in being a trusted component of their routine health maintenance. Trust requires time to mature.

Looking back teaches you a few things about moving forward. I’ve learned how to stand up for myself, say what I mean graciously, and mean what I say. I’m more tolerant of little irritations and learned to pick my battles. When the big things hit, like the death of a long-time beloved, I handle it a bit better because I have a larger frame of reference. I can focus on the gratitude for having had their Love-Light in my world. That’s eternal.

Preventative maintenance is my mantra. Each therapist has their own energy that makes them truly unique. I love that about my profession! Receiving bodywork from other practitioners allows me to know which clients to refer to them and teaches me how to receive in new ways. As a Board-Certified Therapist, I’m required to continue my education for licensure renewal. Learning new techniques to address body challenges renews interest in my work and in life. It’s essential to going the distance.

According to ABMP, the attrition rate for massage therapists is five years. It’s a physically demanding job, and like any good therapeutic relationship, it has an emotional component. I know there will come a time when the golden light of autumn will fade into the fallow winter season’s time of rest. I’ll find another adventure that compels me to hang up my massage therapist shingle. Until then, I’m grateful knowing there’s a higher power involved in who shows up at my door and when they’ll decide to leave. Like every breath, going the distance is a gift graciously given in Love-Light. That never ends.

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By Nan Harvey

Change at Lewisetta Marina and Marine Services, 369 Church Lane, Lottsburg, is definitely for the better! The site of the marina was originally a ferry boat landing then a steamboat port. A tomato cannery and oyster shucking plant that occupied the point no longer exist. And so much of the marina established by the previous owners have been repaired, replaced and updated.

William Washington, the new owner of the Chesapeake Bay landmark, and his Marina Manager, Bubba Tapp, have kept the historic flavor of the old favorite marina but made much needed upgrades that are immediately obvious. Gone are the dilapidated covered slips and in their stead are a long pier of 20 boat lifts, more boat lifts in one place than I think I've ever seen. And I was assured more are coming for a final total of 32.

The Times are A' Changin'!

The Ship's Store is in the location of the original store, but now a bright, clean, new building greets the visitor, modern, but respectful of its roots. William is quick to point out that tornado damage at the beginning of May 2021 made them expedite some improvements that had been planned prior to their purchase in September 2020 and already started.

Other improvements include the rebuilt house located at the waterfront of the 6-1/2 acre property, where Bubba and his wife, Jill, who runs the store, live, so support staff are always close by. The gas and diesel dock, damaged by the storm of high water and wind in October 2021, will be upgraded the fall of 2022. The Bait Shop at the point is rebuilt and has new bathrooms, much appreciated by the marina visitors and occupants. Another house is under construction on a portion of the site though plenty of on-the-hard boat storage area still remains. William is planning on all improvements being completed within a year, including more wet slips and the second house.

What still remains is a property surrounded by water, a great location for

Lewisetta Marina

Style Spotlight

getting your boat into a protected area, 8' to 10' of water through the wide channel the whole way from the Potomac River. And as William is rightly proud to say, they have the same marina clients who are "99% happy with the changes." The changes are impressive, especially in a time when so many local, national and world changes are happening, and businesses have become change averse.

William and Bubba want a full-service marina. They now are able to do the maintenance on gas and diesel engines with a mechanic on duty and have a large parts warehouse and shop to accommodate all but the very largest boats. The Ship's Store along with the boat supplies it sells, also has ice cream for the kiddies and a picnic area on the large open deck so boat owners can come ashore to celebrate their fine day of boating. Transients are welcome and showers are available, but now most of the slips are occupied by long term contracts. There's plenty of winter storage, a travel lift, boat ramp, and gas and diesel fuel pumps. According to the Waterway Guide, the largest vessel the marina transient slips can accommodate is 50-feet.

If you check out the Facebook page (www.facebook.com/pages.lewisettamarina) you'll see many smiling faces of successful fishermen holding their catches. Come and visit or plan on staying a while! You'll find good old fashioned Northern Neck hospitality in a spiffed up setting!

Facebook is the best place to find the latest marina updates. Lewisetta Marina will be open 7-5 seven days a week until January 1, 2023. After January 1, check their Facebook page for winter hours. William can be contacted at marina.lewisetta@gmail.com and the Ship's Store can be reached at (804) 529-7299 during business hours.



Ellen's Notebook – Dreaming of a White Christmas?

By Ellen Dugan

It could happen 100 percent of the time if you live in Fairbanks, Alaska, or 97 percent if you call Marquette, Michigan home. This is according to writers at the U.S. Weather Bureau who specialize in non-fiction.

Unlike the 19th century novelist Charles Dickens who experienced white Christmases during his first eight years of his life and is generally credited with popularizing snow scenes, weather reporters must stick to the dry, or in some cases, wet and frozen, facts.

For example, they define a White Christmas as “snow depth of at least one inch” in the United States; less than one inch (0.79) in Canada; and a bit confusingly, snow that is observed falling in the 24 hours of 25 December “even if it doesn’t stick” in England, which means that old snow already on the ground doesn’t count, but wintry mixes of rain, sleet, and snowflakes do, whether they stick around or not.

Perhaps this is why England technically has more White Christmases than we do.

However, when we do have a White Christmas (five times in Virginia since record-keeping) we tend to remember and sing about it, Bing Crosby style. With sales of 50 million, his version of *White Christmas* is the best-selling Christmas song of all time, as well as the number one single, worldwide, according to Guinness World Record keepers.

But fame wasn’t guaranteed. *White Christmas* was originally a dark horse. Written for a musical that morphed into the movie, Holiday Inn, *White Christmas* eclipsed the movie’s expected hit, *Be Careful, It’s My Heart*. And when Bing Crosby went on to sing it in USO appearances during World War II, its sweet sadness brought nostalgic tears to our troops and soon became the most requested song of his tour.

It also has the distinction of marking the end of our involvement in the Vietnam War. As part of the official U.S. Evacuation Plan, the American Radio Service announced on April 29, 1975 that the temperature in Saigon was “105 degrees and rising,” and then played Bing Crosby’s *White Christmas*. Listeners knew that this was their cue to leave. They needed to make a mad dash to 14 evacuation points where helicopters were waiting. *White Christmas* was chosen because everyone knew it, and there was no chance that it would be played in April.



Composed by Irving Berlin, who didn’t celebrate Christmas and had learned music by ear, *White Christmas* is said to have been written in part in memory of his three-week old son, Irving Berlin, Jr., who died of sudden infant death syndrome on Christmas Day in 1928.

In 1942, Berlin had the pleasure of presenting himself, the only person to ever do so, with the Academy Award for Best Song of 1942, saying “I’m glad to present the award” and “I’ve known him for a long time.”

And today, we’re glad he wrote the song as well, whether we’re dreaming of a real white Christmas – *just like the ones we used to know* – or simply listening for the sound of *sleigh bells in the snow*.

get ready! **WINTER** *is coming!*



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By Martha M. Hall

I must admit to more than a little head-shaking when my friends, Diana Jamison and Vicki Kinsel, decided to open a socially-conscious clothing store in the middle of a pandemic. Although I admired their initiative, I was concerned about their launching such an ambitious project with COVID-19 breathing down everyone's neck. I wasn't at all sure that the area was ready for a 'cause-centered' boutique. I didn't need to worry. Diana and Vicki are committed to social justice and driven to providing an outlet for others who feel the same way, and their project WOWD (When Ordinary Won't Do) has fulfilled its mission in a remarkable way.

A Boutique with a Mission

As Diana expressed it: "I have often wondered if there were some head-scratchers who were asking 'Why have Diana and Vicki opened WOWD, an extraordinary boutique shop in Kilmarnock? They both are of retirement age, so why did they pursue such a business?' Perhaps the answer is we were searching for something to complement our day jobs which, from time to time, have been soul-draining. What could be more fun and creative than making women happy by helping them choose clothing and accessories that make them feel good about themselves, while giving them a venue to make a difference? It has been a fun relief from the daily outpouring of medical and emotional problems that we dealt with every day, but that still happens in our shop regularly. Interestingly, women make connections with us as they go about trying on fashions while expressing their reservations about their height, weight, or body types. More often than not, the conversations extend beyond this layer and delve into more of the concerning issues of the day."

I asked Diana how they combined their commitment to social justice with a business dedicated to fashion. "We find that in a business supported by extraordinary women who are seeking fashions that are not ordinary, we have developed a social justice niche," Diana told me. "When Russia invaded Ukraine, for example, we wanted to do something to help support the Ukrainian people. We made yellow and blue scarves with gold sunflowers stenciled on top and sold them as a fundraiser. The scarves are

When Ordinary Won't Do

Style Spotlight



one-of-a-kind, unique ways of calling attention to a world event, and our customers were eager to purchase something that reflected their deep concerns. To date, we have raised \$2100 to support the World Kitchen's efforts to supply food to the people of Ukraine. Customers who have supported our efforts have been so grateful to have a way to express their support, and our social justice philosophy

fits with our customers' feelings."

Diana continued, "When Vicki and I created our business plan, we wanted it to reflect our personal philosophy of 'do no harm.' We were concerned about the direction our world was taking, and we wanted to learn as much as possible about how the fashion industry was harming our planet. While we had some idea, we didn't realize how much the industry was exploiting workers, filling our landfill with unrecycled goods, and damaging our world's water resources. We made a commitment to seek out small family and women-owned businesses across the world that cared about the fabrics they chose and the waste they produced. When we visit American markets, we make a concerted effort to purchase natural fibers and dyes and to purchase from reputable factories. I recently went to Guatemala. I brought back colorful, woven, indigenous fashions that did not stay long in our store. Vicki recently visited Uganda and brought back

striking African printed pants that cheer our racks and please our customers."

Diana said that WOWD is trying to support other local efforts to make the world a better place. "We are a venue for local non-profits--I don't think that we have ever turned down an organization that has requested a donation, assistance in selling tickets, or posting fundraisers."

Our shop is a source of funding for the Northern Neck Partners for Pets, a project dedicated to building a privately funded, no-kill animal shelter. We sell donated estate jewelry, NNPP tee-shirts, and handmade Christmas ornaments, with 100 percent of the proceeds going to support the organization."

Diana and Vicki are proving every day that doing good is healthy for business, supportive for humans, and makes a big difference to our world.



When Ordinary Won't Do (WOWD) is located at 12 South Main St. in Kilmarnock. Contact them at (804) 577-4466, or shop@whenordinarywontdo.com

To Suffer Together

By Kenny Park



If there was one character trait that was consistently held up as worthy of practicing throughout my childhood and adolescence (while I was more directly under my parents' influence), it was compassion.

We were provided (to not say confronted by) regular opportunities to exercise compassion towards our neighbors, friends, fellow church members, and strangers on the street, including beggars and people of Roma heritage (commonly referred to as Gypsies) in both Antofagasta and Santiago, Chile.

Somewhere along the way, compassion took on the connotation of 'helping the less fortunate' (the subtext being: from a position of privilege and plenty – (after all, we were the rich gringos living in a third world country!))

What that engendered in me was a subconscious assumption that then became a given truth: that my place of privilege was somehow earned, justified, and therefore deserved. It took too many years, and some very hard lessons, to realize that, while there WAS an element of privilege in my life, it was in no way earned, justified, or deserved.

I know some folks who would argue that it was providential – that God intended me to be in the position and place that I was. While I do believe in the providence of God, I'm not sure I believe in it in the same way as I once did, or as others do. I believe there is a randomness to life that eludes understanding or quantifying. We happen to be born into a given family, time, and place. We could just as assuredly and easily have been born in an altogether different family, time, and place, into radically different circumstances. I'm no longer convinced God is as much of a micromanager as I once was.

Juan would have just turned 3 years old at the time that I was originally scheduled to go to his home country for two years as a missionary journeyman, a country that was still in the throes of an ongoing civil war that had lasted for 25 years at that point and would go on for another decade from then. I wasn't slated to live in the area where he was born, so it is unlikely that I would've crossed paths with his parents or him, but it is a small country. It wouldn't be out of the realm of possibilities. As it turned out, I met him 34 years later, here, through mutual friends from his community. His childhood was not easy. He was only able to attend school beginning at the age of 8, and then for only a couple of years. His family needed him to help them farm and provide food so they could eat. He lost his father to a car accident as a teenager, then moved here to earn enough to support himself, his wife and children, and his mother.

His cancer diagnosis has created a thin place in the veil for me, where I have been given the high privilege of offering compassion – where I am invited to *suffer together* with him. And where I am constantly reminded that whatever suffering I may have experienced, it pales in comparison to his. Life has put us together in this place and at this time, and I'm working hard to keep my eyes open.

Kenny has served the Northern Neck Immigrant community and as Pastor of Jerusalem Baptist Church in Warsaw since 2003. His email address is Kenny.park@gmail.com

El Sufrir Juntos

Por Kenny Park

Si hubo un rasgo de carácter que se mantuvo constantemente como digno de practicar durante mi infancia y adolescencia (mientras estaba más directamente bajo la influencia de mis padres), fue la compasión.

Se nos brindaron (por no decir que fuimos confrontados con) oportunidades con regularidad para ejercer compasión hacia nuestros vecinos, amigos, compañeros, miembros de la iglesia y extraños en la calle, incluidos los mendigos y las personas de ascendencia romaní (comúnmente conocidas como gitanos) tanto en Antofagasta como en Santiago, Chile.

En algún momento, la compasión adquirió la connotación de "ayudar a los menos afortunados" (el subtexto es: desde una posición de privilegio y abundancia - ¡después de todo, éramos los gringos ricos viviendo en un país del tercer mundo!)

Lo que eso engendró en mí fue una suposición subconsciente que luego se convirtió en una verdad dada: que mi lugar de privilegio de alguna manera fue ganado, justificado y, por lo tanto, merecido. Fueron necesarios muchos años y algunas lecciones muy duras para darme cuenta de que, si bien HABÍA un elemento de privilegio en mi vida, de ninguna manera lo había ganado, justificado o merecido.

Conozco a algunas personas que argumentarían que fue providencial, que Dios quiso que yo estuviera en la posición y el lugar en el que estaba. Si bien creo en la providencia de Dios, no estoy seguro de creer en ella de la misma manera que lo hice una vez, o como lo hacen otros. Creo que hay una aleatoriedad en la vida que elude la comprensión o la cuantificación. Sucede que nacemos en una familia, un tiempo y un lugar determinados. Podríamos haber nacido con la misma seguridad y facilidad en una familia, tiempo y lugar completamente diferentes, en circunstancias radicalmente diferentes. Ya no estoy convencido de que Dios sea tan micro gerente como yo lo creí en algún momento.

Juan acababa de cumplir 3 años en el momento en que originalmente estaba programado para ir a su país de origen durante dos años como misionero jornalero, un país que todavía estaba en medio de una guerra civil en curso que había durado ya 25 años a esa altura, y que continuaría por otra década a partir de ese entonces. No estaba programado para vivir en el área donde nació, por lo que es poco probable que me hubiera topado con sus padres o con él, pero es un país pequeño. No estaría fuera del ámbito de las posibilidades. Resultó que lo conocí 34 años después, aquí, a través de amigos en común de su comunidad. Su infancia no fue fácil. Solo pudo asistir a la escuela a partir de los 8 años, y luego solo durante un par de años. Su familia lo necesitaba para ayudarlos a cultivar y proporcionar alimentos para que pudieran comer. Perdió a su padre en un accidente automovilístico cuando era adolescente, luego se mudó aquí para ganar lo suficiente para mantenerse a sí mismo, a su esposa e hijos, y a su madre.

Su diagnóstico de cáncer ha creado un lugar delgado en el velo para mí, donde se me ha dado el gran privilegio de ofrecer compasión, donde estoy invitado a sufrir junto con él. Y donde constantemente se me recuerda que cualquier sufrimiento que yo haya vivido, palidece en comparación con el de él. La vida nos ha unido en este lugar y en este momento, y estoy trabajando duro para mantener los ojos abiertos.

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



By Martha M. Hall

One of the nice things about writing Spotlight articles is discovering that what you expect to find is not that at all. Interviewing Melissa Foster at Thyme in a Basket was one of those delightful surprises. I expected to find a nice gift shop, full of the usual objects and souvenirs, and what I discovered was not just a shop that caters to and supports meaningful ventures, but a proprietor who has quite a different view of her establishment and her purpose.

Married over 40 years to a local minister, Melissa is experienced in walking that thin line between being

a retail entrepreneur and being in a spiritual world, and she is determined to join those two seemingly very different frames of reference with an approach that works for her. “I grew up on a military base in Germany,” she told me, “and my parents started the first English-speaking church where we lived. I saw up close and personal the importance---and the fun---of *doing*, rather than just *talking* about it, so I guess I’ve always been an advocate. I’ve always wanted to know *why*, and I try to understand other points of view. It’s who I am, and like this shop, it’s what makes sense to me.”

I realized that we were headed to a discussion I had not expected, but because I’m a ‘tell me why’ person myself, I asked questions about her background and how she came to this place in her life. “Go all the way back, to the beginning,” I asked. Melissa said that her 30-year involvement with retail ventures began with

A Place of Kindness and Love

her love affair with basket-making. “I taught myself how to weave baskets from following the instructions in a book. Over the years, I attended many craft shows, taught basket-weaving locally, and spent time working in other people’s shops and learning the retail business,” she told me, “so when I finally got the chance to open my own shop, I was ready. And here we are!”

‘Here we are’ is now almost nine years in an early 1900’s house, filled with unusual items that reflect Melissa’s commitment to ‘doing.’ Her vendors are local and regional artisans, woman-owned businesses, veteran enterprises, and businesses that support and are operated by those with disabilities. She has two floors that are filled with lovely and thoughtful items, designed to lift the spirit and cheer the heart. “I love the stories that are reflected in the jewelry, books, puzzles, and products that speak to my heart. I’m not brand-driven when I purchase inventory for my shop,” she said. “I search for things that have meaning for me, and that I hope will have meaning for my customers.”



Thyme In A Basket

Style Spotlight

I began to sense a theme in her shop, so I was not surprised when Melissa showed me a hand-scribbled note that she said reflected who she was and what she was committed to doing in her shop. The note, which she plans to make into a sign, said *Enter this door and discover a place of kindness and love in this messy yet beautiful world.*

This was my *ah-ha moment*. “So this shop, and what you do in this shop, is your mission, your calling,” I said. Melissa agreed. “I want to create a safe and welcoming place for my customers, a place where they can come



for a few minutes of peace and understanding, a place to laugh or cry---whatever they need.” As if on cue, a woman came in, and Melissa inquired sympathetically how she was doing, as she had just lost her mother. Melissa’s kindness and

concern was palpable and genuine. As they talked, the woman relaxed. We exchanged funny stories, laughed about family quirks, and when she left, she seemed uplifted and cheerful. I began to realize that the gifts that Melissa was really selling to her customers were attention, support, and comfort. “It’s important to love people, to give them space to unburden themselves, if that’s what they need. We’ve had a lot of tears and laughter in this shop,” she said. “Sometimes, my customers just want time to *be*, and I’m okay with that. The retail bottom line is not the point for me---it’s the human bottom line.”

As I left the shop, I was glad to have experienced Melissa’s approach to this ‘messy but beautiful world,’ but I was most happy for my unexpected discovery at Thyme in a Basket.

Thyme in a Basket is located at 325 Queen St in Tappahannock, (804) 443-4626. Check them out at www.thymeinabasket.com, or on follow them on Facebook.

Bay Transit

Art in Transit Generates a Melding of Disparate Worlds

By Michael B. Norvell

The last two Bay Transit ‘Art in Transit’ competitions have not only raised awareness about the public transportation services offered throughout their twelve-county service area, they helped fund a \$1,000 Bay Transit-Rappahannock Community College (RCC) Scholarship awarded each fall for one of Bay Transit’s frontline employees, their children, or grandchildren, to attend RCC.

In August, Bay Transit announced that Ms. Kenedi Hence, a 2022 Essex High School graduate, won the inaugural Bay Transit – RCC Scholarship. Bay Transit established the new scholarship with money raised from ‘Art in Transit’ plus a \$500 match from the RCC Educational Foundation. Bay Transit Director Ken Pollock hopes to increase the total scholarship amount to \$1,500 or even \$2,000 next year. “It will depend on how many sponsorships we can get for ‘Art in Transit’ next year as the proceeds also help to finance additional New Freedom mobility management services. We are optimistic that sponsors will really get behind increased funding of the Bay Transit – RCC Scholarship,” Pollock added.

Generous sponsorships by area businesses and civic organizations also helped Bay Transit, a division of Bay Aging, fund supplementary trips on Bay Transit’s New Freedom program for disabled individuals, or anyone 65 and older, who need to travel outside of Bay Transit normal service area or service hours.

Without the partnership with the RAL Art Center, Pollock said, “We would never have thought of decorating our buses or facilities with art. To our great pleasure, we now see a beautiful melding of public transportation and art in many of the communities Bay Transit serves.”

Two Bay Transit buses are adorned with copies of the first-place artwork from ‘Art in Transit’ 2021 and this year’s event in May. Bay Transit’s offices in Gloucester and Warsaw proudly display donated or loaned art from ‘Art in Transit’ 2022. Middlesex County resident Judith Kidd, a self-taught artist and long-time Bay Transit rider, donated her “Catch Bay Transit” painting to Bay Transit. “We are thrilled and proud to



have Judy’s painting on display in our lobby,” said Claudia Pratt, regional supervisor at the Bay Transit Gloucester offices. “She is a wonderful person, artist, and champion of Bay Transit.”

Kilmarnock artist Laurie Breakwell loaned her fused glass submissions from ‘Art in Transit’ 2022 to Bay Transit. Laurie’s companion works, “Hitchin’ a Ride” and “Up, Up and Away,” are on display in the lobby of the Warsaw office.

Beyond helping RAL raise money, RAL Art Center Executive Director Doug Mock noted, “Art in Transit has coincided with substantial growth in the RAL Art Center’s membership. We are up to 380 members today compared to 236 two years ago, an increase of about 61 percent.”

‘Art in Transit’ 2023 award winners will be recognized at a reception at the RAL Art Center on May 19th, 2023, from 5 to 7 p.m. Once again, a highlight of the reception will be unveiling a copy of the first-place entry on the side of a Bay Transit bus.

The deadline for “Art in Transit 2023” entries has been expanded to mid-April, 2023. Plan on attending the ‘Art in Transit’ 2023 reception next May to get a firsthand look at how the disparate worlds of art and public transportation have melded together in impactful and beautiful ways.

For more information about Bay Transit and “Art in Transit 2023,” visit the Bay Transit website at www.BayTransit.org.

Learn more about Bay Aging at www.BayAging.org. Photo Credit: Bay Transit.

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By Denise DeVries

Country Cottage opened in White Stone in 1998 and moved to its current location in 2001. Like many business owners, Pam Sawyer has felt the pressures of staff shortages and rising prices. “People are watching their pennies now.” Still, Country Cottage in White Stone is stocking seasonal favorites for Thanksgiving and Christmas. “I’m fortunate that my part time

seasonal employees are still available,” Pam said. “People ask if our motto, ‘The Sweetest Secret in the Northern Neck’ comes from the candy, but it also describes our employees. As a family-centered business we have always been closed on traditional holidays.” Otherwise, the shop is open from Monday through Saturday.

Country Cottage stocks Christmas flowers such as Poinsettias, Christmas cactus and amaryllis after Thanksgiving. Christmas trees arrive the weekend before, along with wreaths and roping. Pam said, “Our trees are freshly cut and we treat them with loving care, keeping them watered daily. Some customers leave them up into January because they last so long.”

“The florist side is the bulk of our business,” Pam said. “A floral supplier provides us with high quality fresh-cut flowers that last quite a while.” All arrangements are made in-house. “We listen to our customers and tailor each arrangement to the recipient, adding that extra personal touch.” Pam has been arranging flowers since she was a child, helping her mother make corsages to sell for Easter and Mother’s Day. “For those who want to remember loved ones’ on the holidays, we deliver cemetery memorial arrangements with seasonal touches.”

Bridging the Seasons

A special Hanukkah arrangement is shown on the website. Pam suggests flower arrangements or chocolates as hostess gifts for holiday celebrations. “If you give somebody a box of chocolates and they start munching on them, they’ll appreciate the flowers even more.”

Pam began making fudge on the premises in 2007. Seasonal flavors include apple pie, pumpkin, peppermint stick and eggnog. Peppermint bark is also available, along with nonpareils in seasonal colors for stocking



stuffers or table decorations. Christmas chocolates are displayed in special boxes. There are also decorated chocolate-covered pretzels.

Pam said, “We started making gourmet chocolates in 2010, using only the highest quality ingredients. Our signature ‘Over the River’ box has nautical chocolates that include oysters, crabs with our signature filling and new anchors with caramel.” The collection reflects the shop’s position in the Gateway to

Country Cottage -White Stone

the Northern Neck. Pam said, “We won ‘Best of Virginia’ for the eastern region; Chocolatier 1st place 2018, 2019: 2nd place 2020 & 2021 and back to first place in 2022.” Boxes are usually half milk chocolate and half dark, but with a call to Pam, you can order a full box of your favorite.

Style Spotlight

You can complete all your holiday shopping in one visit to Country Cottage. In November, Harry Potter theme candies will be available along with seasonal flags and Advent calendars. The shelves are full of sauces, jellies, jams, pickles, pumpkin spice butter and sweet potato butter. Bags of coffee in seasonal flavors are also on hand.

“Collectible nautical or gold ornaments are out year-round,” Pam said. These include collectible nautical ornaments that say Northern Neck and depict crabs, heron, workboats and other nautical themes as well as other unique ornaments like golf, wine, birds and more.



“We have all-occasion, seasonal, religious, inspirational and pop-up cards all year. We avoid extreme adult humor to stay family friendly.”

No stop at Country Cottage is complete without sampling its signature ice cream, now in seasonal flavors. Pam said, “We carry 24 flavors of Hershey’s hand dipped ice cream. Most are gluten free because Hershey’s is a higher quality ice cream. We won ‘Best of the Rivah’ ice cream 2nd place 2018, 1st place 2019, 2020 & 2021. 3rd place 2022. Best of the Rivah 1st place for “Sweet Treat.”

If you can’t make the trip to White Stone, you may shop online at www.countrycottagews.net. Many items are available for same-day delivery. Specific suggestions make shopping easier. Categories include “add a little something extra” with choices of balloons, stuffed animals, gifts for him, and “extra special additions” such as hand blown glass vases, inspirational mugs, or pop-up cards. One category of extras called “soften her up,” includes natural soap and bee lotions.

To find out more about Country Cottage, follow them on social media at [#countrycottagews](https://www.instagram.com/countrycottagews). Visit at 795 Rappahannock Dr #2600, White Stone, VA 22578. Monday through Saturday, or call 804-435-3812. Their website is www.countrycottagews.net.

Photo Credits: Country Cottage

Northern Neck Historic Garden Week

The Garden Club of the Northern Neck (GCNN) is pleased to announce Historic Garden Week in the Northern Neck on Wednesday, April 19, 2023. The Garden Club of Virginia (GCV) will be celebrating 90 years of Garden Week tours and GCNN is excited to be presenting two never before seen historic homes and two historic tour favorites in Warsaw, located in Richmond County.

Rich in history, positioned between the Potomac and Rappahannock rivers, Warsaw in Richmond County is an unexpected treasure. Recently having undergone a revitalization, charming specialty shops and eateries abound along with a new town park and outdoor center with access to lovely trails at The Bounds.



Jones House

As guests on this self-guided tour, you will be treated to lovely properties that will delight. Beginning with the Chinn House, a federal style antebellum home used to welcome many visitors in its storied past, you too will be welcomed. Cross the street and walk the grounds and be prepared to be immersed in the history of Congressman William Atkinson Jones and his work which promised ultimate independence to the Philippines and citizenship for those living in Puerto Rico. You will then take short drives to see the exceptionally preserved and historically rich 1700s Sabine Hall and its lovely preserved terraced gardens. You will also experience walking through the house and grounds of Federal style Belle Ville which is undergoing a loving restoration. Unique to the GCNN tour, three of the four historic homes have largely remained in the hands of the original families that built them. There is documentation that the families of Sabine Hall and Belle Ville visited each other in the early 1800s.

Imagine, if you will, coming into Richmond County crossing over water, passing lush farmland and catching glimpses of bald eagles and herons much like 90 years ago when garden tours began. Virginia's Historic Garden Week began in the 1920s to preserve trees planted by Thomas Jefferson and is often referred to as "America's Largest Open House." Tour proceeds provide grants and scholarships designed to promote conservation and preservation throughout Virginia,



Sabine Hall

including our own Stratford Hall, and Belle Isle and Westmoreland State Parks. GCNN is proud to be offering the 2023 Historic Garden Week tour. Additional details about the homes, tickets, and logistics will be made available as the tour date approaches and may be viewed on Facebook at Historic Garden Week in the Northern Neck, and Instagram at [historicgardenweek-nnk](https://www.instagram.com/historicgardenweek-nnk). Be sure to mark your calendars now to attend the tour on Wednesday, April 19, 2023, and enjoy the beauty of Richmond County's Warsaw.



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By Joy Brenda Burch

As you go along Route 3, Greys Point Road, the view reflects what is so special about the Northern Neck and Middle Peninsula. But that is not all. Around a curve appears an airfield, Hummel Airfield. Just beyond that is a special restaurant, The Pilot House Restaurant. It is a unique fly-in and drive-in restaurant. Yes, it can be accessed by plane or car. It is not unusual to see a plane taxi over to the fence between the Hummel Airfield and The Pilot House Restaurant. Then the airplane pilot gets out, crosses the fence, and goes into the Pilot House to eat there or get take out. It is a favorite of locals as well as people who visit the area. It is known for its delicious, well prepared “home cooked food”. Besides the good food, the staff make the atmosphere friendly and welcoming.

The owners, Gary and Bonnie Glascock have been satisfying appetites for thirty-five years. Before that, Gary’s parents, who started the restaurant, ran it for sixteen years. The walls are decorated with nautical and aircraft pictures which fit the local area perfectly.

The Pilot House Restaurant and Inn includes a 24-room motel for those who want to stay a while and visit the area and explore its sites. The rooms are

Where You’re Part of the Family

air conditioned, and each one has a refrigerator. Internet access is offered by the motel. There is a banquet room, Beacon Building, that can accommodate 300 people. It is used for weddings, meetings and various events; all catered by the restaurant. Besides their delicious food, they can provide linens and other items for events.

In the main restaurant building, The Pilot House, there are tables and booths near the buffet. A side room seats seventy and is frequently used for local groups. The focus is on homecooked-style and family atmosphere. The menu and buffet dishes are all totally made there.

The Pilot House

Style Spotlight

Their menu is truly home-style. They are known for their fried chicken as well as other yummy foods. Some customers drive a distance for the clam chowder. I have had the pleasure of their delicious food many times. So satisfying! I love their fried chicken, okra and potatoes. Everything served in a friendly, comfortable surroundings. Besides their wonderful homey menu items, such as scrapple, they have other

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Gary and Bonnie consider their workers and customers part of their family. They have employees that have been there for years. One, Doris, has been there since it opened. Gary and Bonnie’s daughter, Crystal, and Cindie have worked there for 20 years. Bonnie said, “There are too many to mention each one, but we are so proud of all our employees!”

The Pilot House Inn and Restaurant and the Beacon Building banquet facilities are at 2737 Greys Point Road, Topping, VA. Their phone number is 804-758-2262. Open every day, 7 a.m. to 8 p.m. and Friday and Saturday until 9 p.m. Drive or fly in – next to Hummel Field.



An Empty Nest

By Gerhard Straub

Several times in the past, I have written about the antics of our resident osprey pair, Milt and Martha. As you may recall, they moved in many years ago. After watching them try in vain to build a nest on the deck of our neighbor's pier, and then on our boat, we built them a platform on an existing piling. Now this piling is not far from the pier, so Martha was constantly squawking at us whenever we tried to get out to the boat. In fact, she squawks ALL the time. So much so that we don't know how Milt stands it, and we figure he is off at the local osprey bar most of the time.

Anyway, the first several years, they raised chicks each season, and it was fun to watch them grow, learn to fly, and then head off on their own. For the last several seasons, the nest has failed for one reason or another. We think it was mostly weather, as Milt and Martha seem to return pretty early and maybe get those eggs in the nest a bit too soon. Some experts claim that we can't attribute human emotions to animals. I think those experts are wrong. We could always tell when something bad happened in the nest. I mean they are like part of the family now. Martha's squawking would be totally different. She would sit on the edge of the nest looking down into it, and you knew something was terribly wrong.

This year was finally different. They got their usual early start, and we were worried for them and their early eggs. We marked the date the eggs were laid on our calendar and then anxiously waited the 36 days or so for them to hatch. Right on time we could see Martha's behavior change, and we knew we finally had more grandkids this year! Since we can't really see into the nest, we had to wait a few weeks to know what we had, but eventually we started to see two curious heads appear from the nest. They were certainly more curious than previous chicks, and they would watch our every move as we walked along the dock, accompanied by the squawking and dive-bombing Martha, of course! They were fun to watch.

Then one day, they were gone. They weren't old enough to fly. Did they fall from the nest, as they were little daredevils sitting on the edge.

No sign of that. Martha was noticeably quiet too. We can only guess what happened, but there were some eagles around, and we do have owls around the property as well. We believe the nest was raided by one of these opportunists. Osprey chicks are regular targets for such predators, and even others such as snakes. Milt and Martha's hard work building the nest and caring for those chicks was, in an instant, all for naught.

We could tell that Milt and Martha were stunned. They kind of sat around or flew around with no particular focus. However, after a couple of weeks, they started working on the nest again, bringing some new sticks and rearranging things, because that's just what they do. Of course, they are gone now on their trip south for the winter, just like many folks around here will do. But they'll be back next year, and they'll work on their nest and try to raise some more chicks, just like nothing ever happened. They seem to know that life goes on. I guess there is a lesson in that for all of us.

See you on the water.

Photo Credit: Gerhard Straub



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The Riverview Inn

Style Spotlight

The staff has a lot of lovely stories about people visiting the Inn. Many come back to celebrate anniversaries and birthdays. Some come for their first-night honeymoon visit. Some, who brought their children here for their first beach visit, return. One grandfather rented six rooms because he wanted his grandchildren to experience what he experienced coming to the beach as a youngster.

Some families of different generations meet here for family reunions. For example, a grandfather had retired from the Navy. His son was ready to retire from the Navy and transition into a civilian government job. One grandson had just graduated from college and was getting ready to start his military career; the other was graduating from high school. The family sat in the courtyard and celebrated with a bottle of wine as they enjoyed each other's company. Kelly said, "It was heartwarming, and you could see the pride and love for their family accomplishments."

Riverview Inn often get notes from their guests saying they are so glad they came. Kelly said, "Our wonderful staff makes this place stand out. They saw my vision, and they executed it. They do a phenomenal job, and they get commended so often."

Kelly's hardworking, small, and productive staff are responsible for awards for friendly service and cleanest hotel from Yelp, Google, and in-house ratings. At the front desk, Shirley H is "incredible" and has been with the Inn for four years. Another employee, Shirley T, the head housekeeper, is "phenomenal." She has excellent housekeeping skills and has been with the Inn for five years. Shaun, who also works at the front desk, is "wonderful." Kelly said, "I love my staff and could never do what I do without them."



By Gloria J. Savage

I had the immense pleasure of interviewing Kelly Woods Vaughn, the bubbly and energetic owner and operator of Riverview Inn in Colonial Beach. Kelly describes Colonial Beach as a history-rich eclectic community with lots of activity on the boardwalk for beachgoers. Kelly started visiting Colonial Beach in 2002 and is now a resident. Some people have always lived there, some for quite a while, and others are newcomers to the area. Kelly loves Colonial Beach. It is a community of generational families, and others who have just stumbled in and loved it so much they stayed.

Riverview Inn was family-built in the late 40s. Kelly and her husband, Bob, purchased the Inn to continue that family atmosphere for those that love the beach. In addition, she wanted to make the rooms feel like a home-away-from-home. The Inn was renovated in 2017 and reopened under new management that October. There are 21 rooms, each with a unique theme and a different name based on the water. You can select your choice of Room 1 Pelican, 2 Flamingo, 3 Sea Turtle, 4 Blue Crab, 5 is Shells, 6, Seashore, 7 Starfish, 8 Octopus, 9 Whale Tail, 10 Buoys and Paddles, 11 Lighthouse, 12 Anchors Aweigh, 13 Mermaid, 14 Palm Trees, 15 Sails, 16 Fish, 17 Coral, 18 Woody Car, 19 Jellyfish, 20 Dolphin, and 21 Ocean. The Mermaid (13) and Ocean (21) are the most popular rooms.

A Place to Rest and Refresh

When the Inn opened in October 2017, Kelly and Bob were very excited and full of high expectations. It was during Bike Weekend, and the pressure was on. Of course, it was not exactly what they anticipated, but things ran smoothly.

The most challenging part of running the Riverview Inn is meeting and satisfying customers' expectations. Kelly said, "Everyone is different, and we all work hard to ensure we meet those expectations by making the customers feel comfortable and special – because they are."

Riverview Inn is a 100% smoke-free facility, including property and grounds, creating an optimal healthy environment. Some research shows that smoke-free accommodations get more positive compliments and fewer complaints. Riverview Inn creates the most pleasing environment for its customers. Their care and concern are imperative.

When you want the optimum getaway, pick a room by name and number that speaks to your heart, then head over for some "rest and relaxation" for you and your family.

Visit the Riverview Inn at 24 Hawthorne Street, Colonial Beach, 22443. Their website is <http://colonialbeachriverview.com>. Call 804-224-4200 or email them at cbriverviewinn@gmail.com. Please go! Make a reservation and enjoy an exciting time with your family.

Photos Courtesy of Riverview Inn.

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By RuthE Forrest BCTMB

During midlife, we moved to the Northern Neck of Virginia to start a new life in 2004. Like many folks, when my husband, Bill Graves, told me he was going to get into the Reverse Mortgage business, I'd never heard of one. Years later, I've received an education just by observing him, and he's educated many other people along the way.

My first impression of reverse mortgage loans was as a last resort tool for those in financial difficulty to preserve their assets. Now I understand them to be a useful financial tool for the wealthy as well as the struggling. A Home Equity Conversion Mortgage uses the equity of a real physical asset that they're just sitting on to expand their financial portfolio without risking the asset. I've heard about some really creative uses for this tool over the years.

Some of Bill's best stories include one of a grandmother recently diagnosed with a returning cancer. She used a HECM to take her granddaughters on a whirlwind tour of Europe before gracefully transitioning a few weeks after their return. There were parents who took some of the equity out of their multimillion-dollar riverfront property to help finance their son's dream of opening a local vet-erinary practice.

One creative couple used the money available to them after HECM to purchase a little chateau in France where their granddaughter and her new husband lived. They've visited them for several months every year ever since, using a vacation rental service to let the space when they're not using it and utilizing that money to pay for travel expenses and fun money while visiting.

A couple who were divorcing used their reverse mortgage money to buy the wife a new home in the city she desperately missed, allowing the husband to remain on The Neck where he loves the quiet life. One wife financed her husband's Long-term Care facility expenses while remaining in the home she loved. Some people use this tool to relieve themselves of the last bastion of debt from their life with kids, grateful not to have to pay bills anymore. Some people choose a lifelong monthly check, allowing them to afford those little extras that make life sweeter in their later years.

One couple had a large 3-story waterfront property where they hosted their kids and grandkids for years. Now they have their own places on the river, proudly hosting their parents. The couple also owned property across the street from their primary home. They decided to downsize, and took a HECM loan to fund the building of a new one-story home on the lot across the street. They then

Bill Graves – Financial Times *Style Spotlight*

sold the big home, paying off the reverse mortgage with extra money remaining in their portfolio. Then they got a HECM on their new primary residence, pocketing a nice nest egg for their future, while still retaining equity in their new home.

The ones I think are the smartest though, are people who took their HECM money in a Credit-line Account earning them 3-4% interest while the rest of us took a beating over the past few years as the Fed bottomed out rates to minus-zero. These people preserved their asset and increased their portfolio handsomely. All the while still remaining in complete control of the liquidity, as opposed to a bond or retirement account that charges penalties for withdrawing funds. Smart!

In this uncertain financial milieu, I asked Bill what he would counsel new clients considering a HECM loan today. After his usual "pondering," he got back to me with this tidbit: "For those more than 62 years old who currently hold equity in their primary residence, a Home Equity Conversion Mortgage (HECM) remains a spectacular financial tool under the right circumstances. No one can predict what the future financial atmosphere will bring, so I'd say if you've been considering one, now's the time to get serious."

You can pick Bill's brain about your particular situation by calling him at (804) 453-4141. He's happy to "ponder" your case and "run some numbers" to help you get a clear picture of your possi-ble future with a HECM loan. He's a gentle teacher, if I must say so myself!



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Bay School Family Fun at Markets on Main

Connecting as A Community

By Deborah Butler

It was a truly hot July day in Mathews Virginia, but Bay School was full outside and inside. The doors opened wide to welcome gallery visitors and those wandering through the booths and the art hanging outside on the sidewalk and lawn. Those who came in to get cool left the shows reassured that art really is cool.

Director Pam Doss said that the Family Fun at Markets on Main idea purposefully combined family friendly activities—including doing art as well as showing and selling it. Bay School staff wanted to not only market the art housed there, but to involve the public in an active experience with painting, pottery making, and theater. All the activities supported this purpose. For a small fee, caricature artist Laura Soles drew images of the kids and parents who patiently waited in line. They all left her booth with pleased smiles. In front of her area hung the art camp works, some pieces by young pre-school artists, and some by the middle and high school



Outdoor theater group led by instructor Anne Atkinson.

classes. Much of the older kids' art explored abstraction.

Clay by the Bay artists hosted a booth, their tables full of pottery from many makers. A single table staffed by a young potter, who not only spends time in Bay School classes with his mother, but now sells his wares as well, showed the artistic promise of these young students. The mother noted what a blessing the Bay School was for them.

At a literally cool booth, Bay School staff and volunteers sold ice cream and sorbet in a handmade pottery bowl that the customer chose from the many donations on the table. Weaving throughout all these tables and booths were parents and children, talking about the art, meeting each other, sometimes for the first time,



Caricature artist Laura Soles at the Family Fun Day

and sharing stories of how they came to Mathews or what they liked about the fair—just connecting as a community.

This year's Family Fun day offered something new: Kids in the community invited parents and friends to watch theater in the open. About a dozen young actors staged and performed three of Aesop's fables: *The City and the Country Mouse*; *The North Wind and the Sun*; and *Androcles and the Lion*. We were fortified in the heat by our cool ice cream, and our eagerness, curiosity and will to support Mathew's youngest artists. Kids lined up behind the open-air stage, murmuring nervously while three different drama groups enacted the fables to a cheering crowd. At the end, they all bowed to loud applause before finding beaming families and friends in the audience.

And so, there was a moral to this story too: if a family seeks an art community not only for its own members, but also to share art with the broader community, Bay School is certainly that place.

The Bay School will host fairs on the third Saturday of each month, April to August, during Markets on Main. For information visit the website: www.bayschool-arts.com, call 804-725-1278 or email bayschoolarts@gmail.com. The Bay School is located at 279 Main Street, Mathews, 23109

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Books in *Style* ~ The Serpent Papers

By Beth Spanier

Jeff Schnader's first book of fiction, *The Serpent Papers*, is nothing short of a tour de force. Ticking all the boxes to qualify as a great American novel, he seeks with grace and depth to heal the rift that opened among the generation who bore the burden of the Vietnam War, as those who fought vilified those who didn't, and those who didn't vilified those who did. On every page, he succeeds mightily. It has become a voice for the generation born into the traditional American suburbs of the 1950's, only to come of age, cast headlong into the nightmare of the

Vietnam War and enveloped by the counter culture of the 1970s. Already stocked on the shelves of America's best libraries and enjoying stunningly positive reviews from every quarter, Schnader's protagonist, J-Bee, is destined to take his place alongside Salinger's Holden Caulfield, in *Catcher in the Rye*, as one of the great first person voices in the history of literature.

The Serpent Papers is an intimate, fast paced, couldn't put it down, life adventure about a boy from Norfolk, Virginia, born to an American military dynasty, who must eventually choose his path amid the chaotic backdrop of a troubled and confused time. J-Bee must navigate the conflicts of the Vietnam era in one of literature's most deftly paced, high intensity, boiled down, moments of truth. The book never disappoints.

Schnader paints J-Bee's environs at Columbia University as a college freshman with rich frankness. *"Drugs were exploding on the scene that year. Some rock stars had made them part of their lives, while others, like Joplin, Hendrix and Morrison, had given their lives to them. The boys in Nam had discovered them and so had Timothy Leary, who was surfing the astral plane to, "tune in, turn on and drop out"*.

When J-Bee finds himself facing the emotional demands of falling in love with an older woman, Schnader lets us know that for J-Bee, everything is on the line. *"I looked at her in horror. I was in the grip of an intangible thing pushing me ever forward like a lemming to the cliff, promising elation while subjecting me to extreme risk, taking away all rational thought and laughing at my powerlessness."*

When Gilly, his beloved childhood friend, comes home from Nam on leave, Schnader shows us how the war has rendered Gilly's life, irredeemably forsaken. Gilly: *"I am not the same boy, anymore, and I don't see any way back."*

Schnader gives us an unapologetic, honest male voice that grows in dignity and moral clarity as the plot and story progress. He reminds us that no matter who we are and how challenging the times, men must come of age sloughing off every moral turpitude to answer for what is right. And he reminds us of what we have lost in the decades-long rush to eliminate any male voice not suitably vilified or feminized. We remember here, the voices of good men. Read it; it will uplift you.



Sunday Holiday Shopping Open House at Rice's Hotel / Hughlett's Tavern in Heathsville



Savvy gift shoppers are invited to a Holiday Shopping Open House on Sunday afternoon, December 11th at Rice's Hotel / Hughlett's Tavern in Heathsville. The hours for this special Sunday shopping event are noon to 3 pm.

The Tavern's "Heritage Arts Center" Gift Shoppe is filled with unique locally-made artisan wares for sale. Tins of assorted Christmas cookies will also be for sale, homemade by the volunteers of the Tavern Culinary Guild.

Tavern volunteer shopkeepers can assist in finding the perfect gift, and then wrap it as well. Artisans will also be on hand in their studios. See hand-weaving, spinning, quilting, woodworking and more.

Decked out for the holidays, the Tavern dates back to the late 1700's. Regular shopping days for the Tavern gift shoppe and Tavern Cafe' are Thursday thru Saturday, 10 a.m. to 2 p.m.

Rice's Hotel / Hughlett's Tavern, a non-profit volunteer-run organization, is located at 73 Monument Place in Heathsville, which is just off Route 360 behind the old Northumberland Courthouse. For more information, visit RHHTFoundationinc.org, or call [804-580-3377](tel:804-580-3377).

Left to right, Tavern volunteers Judy Mooers, Marlies Derby, Sandi Petty, Pam Miller and Mary Ann McKenna are getting ready for a special Sunday shopping event at the Tavern's "Heritage Arts Center" Gift Shoppe at Rice's Hotel / Hughlett's Tavern in Heathsville. Photo Credit: RH/HT

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Santa” Bob Surina

By Denise DeVries

Giving is the golden thread woven through Heathsville’ Golden Village Christmas, when the spirit of the season is shown in gifts of time, talents, items and financial donations, especially for the Children’s Shopping Area. This year’s event will take place on Saturday, December 3 from 10 a.m. to 2 p.m. at Rice’s Hotel/Hughlett’s Tavern (RHHT), 73 Monument Place, Heathsville.

It all began in 2003 when Peggy Fleming organized a community tree-lighting and display of luminarias in the village of Heathsville. The golden light of the candles inside paper bags inspired the name of the current event. In 2006, Judy Mooers began the Children’s Shopping Area, which teaches children from ages four to twelve the joys of giving. Penny Mace joined her a year later and has served as Head Elf for an increasing number of volunteers each year. These include three shifts of eight gift wrappers and ten shopping elves. Children may choose gifts for up to ten members of their family, paying \$1 per gift. Penny says, “The children enjoy surprising their parents, who say that the children work and save for this day.”

This year, shopping is by appointment from 9-3 on Saturday, December 3 and on Sunday from noon to 2 in the Tavern Meeting Building directly behind the Tavern.

How can you be involved? The shop needs gently used items, gift bags and tissue paper for children’s shopping. Penny Mace explains the collecting process. “We started receiving donations the week before last year’s event, once everything was already organized and on display.” People drop off donated items during the hours the tavern is open, Thursday through Saturday from 10 to 2. “I have also been invited to do ‘gleaning’ after yard sales and estate sales,” Penny adds. When donated items need repair, Tavern artisans put their skills to work. Penny recalls a time that she asked the woodworkers to help with a Fisher Price castle. “It was missing a turret, a bed, and a person.” At the same time, she had put in a call to the factory to ask for replacement parts. “A few days later,” she says, “Fed-Ex brought me a brand new castle.” That year two children were able to buy palaces.

Thanks to financial donations, Penny is also able to purchase much-needed men’s gifts such as “fishing gear, wallets and knickknacks.” Gifts for teens are also requested. “I like to get them kits so they can learn to make crafts or jewelry.”

Heathsville’s Golden Village Christmas Highlights Giving

Style Spotlight

Some smaller items are grouped together in an attractive way before the sale, says Penny, “such as a book with a pair of socks.” Although children are less likely to purchase large, heavy items, Penny says, “They will always buy mirrors with shell frames.”

Each child is accompanied by a volunteer Shopping Elf who assists them with their purchases. For people who want to give their time, “We especially need volunteer gift-wrappers,” says Penny.

RHHT executive director Corinne Becker says that the Northumberland County Beta Club is a great source of volunteers. “Some of them will help to serve free cups of Hot Mulled Cider outside the ‘Carriage House.’” This is where Santa and Mrs. Claus will receive visitors and pose for photos from 11 a.m. - 1 p.m. on December 3. “We have a volunteer couple who have helped us for four years. He begins growing his beard for the occasion starting in the summer.”



Tavern volunteers holding toys: l-r, Mark Payne, Pam Miller, Judy Mooers, “Head Elf” Penny Mace, Bev Thompson*

Meanwhile, Strolling Carolers will serenade visitors. Inside the Tavern, shoppers will find a large assortment of artisan-crafted gifts. These include unusual handwoven place mats and napkins, lace-knit shawls, quilted table runners, wooden boxes and trivets, pottery, handmade baskets and jewelry. Fresh holiday greenery will be for sale on the grounds. Food may be purchased in the snack area or visitors may enjoy breakfast or lunch in the Tavern Restaurant. “Our annual bake sale is very popular,” says Corinne. There will also be an antique and classic car cruise-in and a silent auction of themed gift baskets.

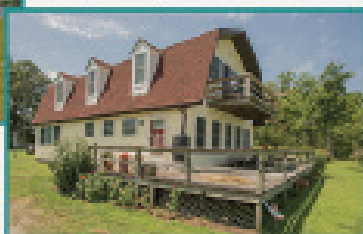
Golden Village Christmas offers the community a chance to join in celebration, and individuals will find several ways to share time, talents, items and financial donations. To make Children’s Shopping a success, Penny says, “We always need men’s items, tissue paper, and gift bags, which speed up the wrapping process.”

Donations, including financial assistance, may be brought to RHHT, 73 Monument Place, Heathsville, from 10 a.m.-2 p.m. Thursdays through Saturdays. To volunteer or for more information, call 804-580-3377 or contact RHHT online at: www.rhhtfoundationinc.org/, info@rhhtfoundationinc.org or on Facebook. www.facebook.com/taverninheathsville. Photo Credit: RHHT



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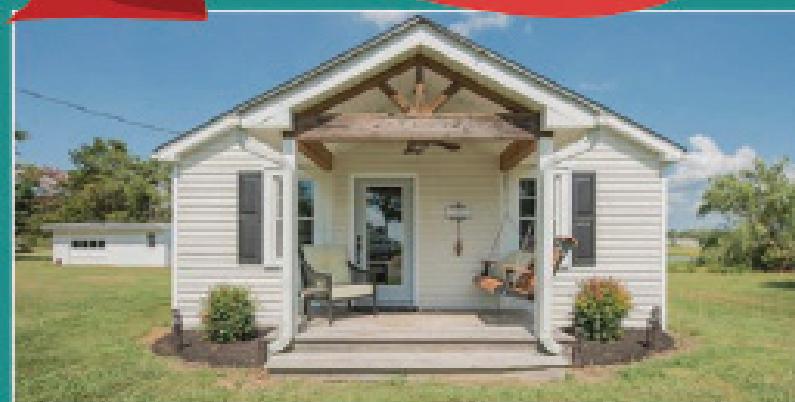
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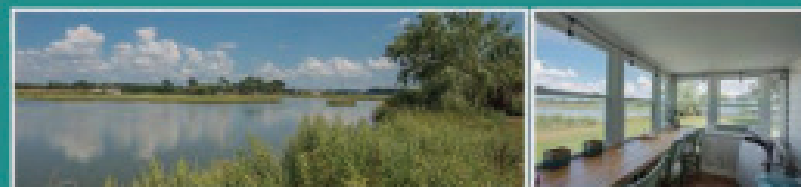


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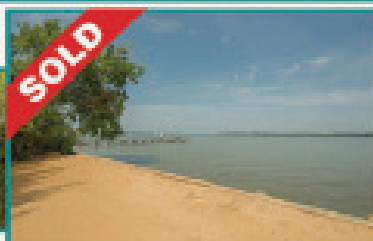
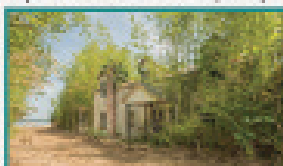
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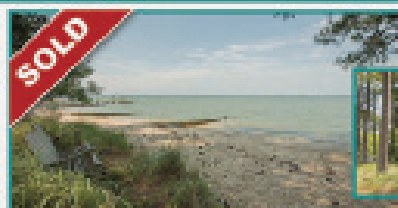


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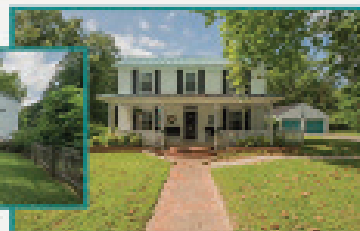
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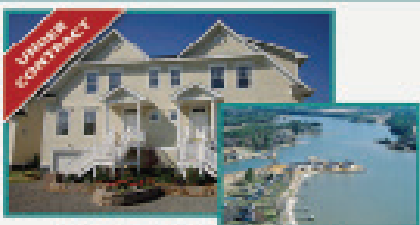
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UNDER CONTRACT

Deborah Edgar Real Estate Group

Style Spotlight

By Denise DeVries

The motto of the Deborah Edgar Real Estate Group is “It’s not just business to us; it’s personal!” Deborah chose Lancaster as the home for a second brokerage location while maintaining an office in Richmond. She and her family made a commitment to further invest in their community when Deborah and her cherished life partner Jon Seavey purchased the historic Lancaster Tavern and the three adjoining

houses on April 9, 2021. With Jon’s abilities as a commercial contractor and his extensive experience in home building, coupled with Deborah’s real estate experience, they intended to restore and renovate the properties and restore the Tavern to its historic glory as the hub of a tourism destination which would revitalize the entire Lancaster Historic Courthouse District. “Exactly one year later,” said Deborah, “Jon died suddenly and unexpectedly.”

Work has been underway since last April, but the project suffered an unexpected new setback recently when investigation of the damage revealed the work was more extensive than initially believed. Deborah said, “We are working with engineers to determine the feasibility of continuing the restoration. I want to continue with the project, if it’s possible to raise support and resources.”

Family Takes on Historic Legacy

To continue Jon’s legacy and their shared dream. Deborah’s sons Joey and Jacob, as well as her grandchildren, had stepped up to help. Just over a month after losing Jon, the family cleared debris out of two of the houses, filled a dumpster, and participated in a community yard sale. Keeping the same momentum, Deborah and her sons had completed the first renovation project through their family contracting business, E3 Construction.

Next door to the Tavern, the White House, as it is affectionately known, is to be their first tourist accommodation. The original floors have been restored, and the formerly dark rooms are now bright and sunny. Deborah said, “I enjoyed choosing the eclectic furnishings and used light coastal colors.”



Renovations on the “Purple House” that began in October will be more complicated. The family hopes to have both houses ready for occupancy by March. Deborah said, “Unfortunately, the yellow house may have to come down.” Deborah is working with engineers to solidify a decision about it. Whether the Tavern restoration can continue will depend on the engineers’ reports and community interest in supporting the project.

Lancaster Tavern has a long, but poorly documented history. In the 1790s, the Court granted Henry Hinton permission to build a tavern, considering it a “public advantage.” It operated for over a century as a public house and inn. Robert Randolph Carter, a descendent of Robert “King” Carter, wrote of his 1886 visit to the “clean and cozy inn.” From 1894 until 1982, the Tavern was a private home and later a dental office. Anne Thomas Parsons Carter reestablished the inn in 1982.

In 2008, the Tavern came under the management of Brenda Jackson. Brenda lovingly restored it to a vintage Bed and Breakfast with loyal followers, and it became a destination known for good food, good spirits and great hospitality until it was sold in 2019. It operated as a restaurant until it was destroyed by fire on April 1, 2020.

Deborah said, “The owners at that time had no fire insurance.” When she and Jon purchased the building, it had been left without a roof for several months, and there was a great deal of water damage. “We got up on top of the building in the summer heat, and the two of us built a temporary roof. We always worked hand-in-hand and side-by-side.”

“We have been amazed and overwhelmed with the community support for these projects so far,” Deborah said. Such support is vital because they have chosen not to use government or public funds. The historic sycamore tree between the Tavern and the White House is a focal point for their plans. Under its majestic branches, Deborah and her sons hope to build a community memorial garden. She said, “People would be able to purchase memorial bricks so they can honor their own loved ones. I can imagine having live music in the back yard,” Deborah said. “A number of musicians have already offered their services.”

“Our mission is to move forward, holding space for Jon’s vision, creating a community venue for all to enjoy.” Before moving ahead with fundraisers and events, Deborah hopes to hear from the community members if they are still interested in offering support for the Tavern restoration at 8373 Mary Ball Rd, Lancaster, VA.

Please contact Deborah at Deborah Edgar Real Estate Group to let her know if you want to see the Tavern restoration continued. Call her at 804-337-0977 or email deborah@deborahedgar.com or visit 8864 Mary Ball Road Lancaster VA. 22503. Updates will be posted at www.deborahedgar.com. Photo Credit: Deborah Edgar Real Estate Group



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By Tracy Graham Lanum

The Courthouse Restaurant is known as “A Great Mom and Pop Restaurant” and still a welcome place to go after fourteen years of operation. It’s one of the few places in the area where you can get breakfast all day. As the folks there say, “We have an incredible list of breakfast items for you, from mouthwatering omelets to lip-smacking pancakes to breakfast burritos! And you can get free coffee every day.” The lunch menu includes the traditional lunch sandwiches, hot plate dishes with mashed potatoes and gravy with the vegetable of the day, salads, BBQ & Baked Beans, chicken, fish or shrimp baskets, and other favorites.

The building that houses the Courthouse Restaurant in Gloucester was originally built in 1932. Although it has always been a restaurant, it was also a poolhall with beer and snacks for a time. There were gas pumps close to the street in the 1940’s and 1950’s. The well-made wooden benches were made by students in their last year of high school in 1972.

Fourteen Years of Southern Comfort Food

In 2009, Doug and Kim Hibbs purchased what they came to call the Courthouse Restaurant. They give credit to their son, Josh Hibbs, who had been working as a cook and who learned of the sale of the building. It took some time to learn the restaurant business, but the Hibbs were walking by faith and believing without knowing in the tradition of the words in 2nd Corinthians. Their faith, and hard work, was rewarded, and business became busy as they were open seven days a week.

Then on March 12, 2020 our government closed all inside dining as a result of the pandemic and the Courthouse Restaurant had to shut its doors. When the Hibbs were able to reopen their beloved bistro, they were restricted by the “six feet rule,” which meant they could only serve meals to every other table. The Courthouse restaurant has faced the same problem as others in getting enough staff to operate.

Now here we are heading toward the end of 2022. Changes have been made. The Hibbs now have a staff of 18 servers and kitchen help, but only five full time. There are two shifts; 6 a.m. to 10 a.m. and 10 a.m. to 2 p.m. They are no longer open on Tuesdays in order to give the staff some time off. The cost of food to serve has increased, which is a significant worry for the Hibbs, but the prices of the meals have changed only three times in the past fourteen years. The Hibbs’ son, Josh and his girlfriend, Dawn, continue to be active in the restaurant. They

The Courthouse Restaurant *Style Spotlight*

now have a three-year-old son, Aris, whom everyone adores.

As they have done over many years, the Courthouse Restaurant will be open on Thanksgiving Day for a free Gloucester community dinner as a thank you from noon to 4 p.m.

Doug and Kim Hibbs have been honored by the Gloucester community. They were the Grand Marshalls in the Daffodil Parade in 2015. In April of this year Kim received The Hope Award from the Sisters in the Spirit Ministries, and recently Kim was the keynote speaker for the Matthews County Women’s Club. All the honors speak to their deep caring for and involvement in the community the Hibbs have.

The Hibbs have succinctly said, “We are a sense of calm in this chaotic world.



This is where God wants us to be.”

You’ll enjoy visiting the Courthouse Restaurant located at 6714 Main Street in Gloucester. They are open every day except Tuesday from 6 a.m. to 2 p.m. If you wish to call, the number is 804-210-1506. Their website is www.thecourthouserestaurant.com/ and you can find The Courthouse Restaurant on Facebook.

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By Ann Skelton

Kristine Stables left the corporate world to enjoy the Chesapeake breezes 16 years ago. Owner and mastermind of *Mermaid Home Organization*, Kristine capitalized on her own talent and experience in the corporate world. She paired her experience with the needs of homeowners for help organizing the spaces in their homes.

Kristine dipped her toes in the water and was not

at all surprised to find eager clients looking for assistance to refresh their home spaces. She had an appealing business plan for a start-up: *provide expert advice on how to organize the home to provide peaceful and functional spaces*. This seemingly novel idea emerged from her years of experience in the corporate world.

As we might expect, her beginning met an unexpected roadblock when the COVID quarantine was announced. In the space of a few hours, Kristine was prevented from going personally into people's homes. So, what was a good entrepreneur to do, but shift to virtual organizing via Zoom. For Kristine, working through the web was a logical shift. Recall, as we think of the early days of the quarantine, that elementary schools emphasized *virtual classrooms*. Families, faced with supervising the education of their children, welcomed advice on how to organize a virtual workspace for children who suddenly needed to do their work online at home.

How to Have a Stress Free Holiday

Now in this less stressful time Kristine, through her web site *Mermaid Home Organization*, advises clients on a range of home staging and organizing tasks.

With the prospect of guests arriving for holiday celebrations, we all want to present our home spaces in a creative manner. The cooler breezes of autumn remind us of coming holidays and the prospect of gathering family and friends for special events. Time to decorate for Halloween and Thanksgiving; time to think about the special family occasions that provide some of our best memories. To help prepare for holiday visits and celebrations, we talked to Kristine.

Kristine notes that holiday company may enhance our anticipation of the celebration, but also signals the importance of thinking through the needs: both meal preparation and décor. How did that spare room become a storage area? Where did I put the photos, the wreaths, the knick-knacks used last year? Or you wish to use items from the natural world, but how to display that fern or dry the flowers?

Through *Mermaid Home Organization* Kristine develops steps for special family events that will keep the preparations anxiety free. She has shared several tips for organizing for an event while keeping it from becoming overwhelming:

Mermaid Home Organization

Style Spotlight

1. First make a plan that establishes the most important priorities;
2. Eliminate tasks that you recognize as unduly difficult;
3. Create lists that are tied to the calendar.

Mermaid Home Organization helps clients to build both plans and the corresponding lists. She reminds us to establish priorities and stick to them. A clear, achievable plan reduces the anxiety that can spoil the host's enjoyment of her guests.

The challenge might be to decorate the home while projecting an image of welcome and ease. Ideally, we also want the holiday décor as well as precious memorabilia in a room. Of course, we may also need information on how to pack and store those precious items where they can be easily retrieved – labeled of course. Kristine has emphasized an important tip: *store holiday decorations and silverware in airtight containers, one container designated per room. And store the containers in a climate-controlled area.*



Kristine has devised ways to maintain client contacts virtually, and to share her recommendations, meaningful tips, and photos of reorganized spaces. Photos of closets and storage areas from the Mermaid Home Consulting website provide images; but speaking with Kristine directly gives the most concrete advice.

Here's one more tip: check out Kristine's website: Mermaid Home Organization at <https://www.mermaidscs.com>.

Contact Kristine directly in the office at (804) 758-5814, by email at kristine@mermaidcs.com or on her Facebook page Mermaid Home by Mermaid Consulting Services.



Books in *Style*~ Carronia Incursion

By Denise DeVries

Few people know I'm a science fiction fan. I started out watching Star Trek with my father. I read all the "sci-fi classics," although I could never identify with the male protagonists. I still enjoy interplanetary adventures and stories about artificial intelligence. When I met Ted B. Hale, I was intrigued by his use of a canine character. I don't remember any others from my science fiction reading.

I began reading *Carronia Incursion* from a writer's perspective. I wanted to see how Ted would handle the challenges of science fiction, such as worldbuilding, language and culture. Ted copes neatly by setting his story in a colony world several centuries after settlement by Earth pioneers. At the beginning of each chapter, log notes show how colonists modeled the territory after their home planet.

Carronia has a simple agricultural monarchy with hints of the old West, but without the pistols. At the time the story opens, the most advanced weapons are swords and arrows.

Galactic Union law, like Star Trek's "Prime Directive," closes the planet to visitors and prohibits the introduction of advanced technology. When outsiders smuggle in firearms to support their suspicious activities, Enforcement is called in.

Officer Teo Silva and his canine partner Rasta are sent to investigate events on Carronia, but without revealing their origins or allowing their machines to be seen. Teo receives unexpected help from Nora. He soon finds out that she is much more than a village barmaid. Nora is an inspired character choice and sets Ted's work apart from

traditional science fiction. This capable young woman saves the protagonist's life multiple times. She has more resources than Teo realizes, and when she needs to be rescued, her own personal cavalry arrives. Nora also provides humorous notes when she challenges Teo's assumed authority.

Nora's inadvertent discovery of the technology on Teo's vessel will later save his life. One of my favorite touches is Nora's introduction to coffee on the ship. This becomes a running joke as Teo tries to control her consumption. At one point, he thinks, "at least she doesn't know about chocolate." Later, Teo's former girlfriend appears, bringing more trouble ... and chocolate. I confess I'm not a fan of romance, but Ted manages it subtly and without unnecessary drama.

On Carronia, Teo must choose between maintaining secrecy and helping those in need. We learn that Teo's strong sense of ethics often sets him at odds with his superiors. Everything he does increases his risk of losing his job or his life. A leader on the planet wants his technology. The visitors want him dead. There are fireworks, gunfights and shoot-outs, mercifully without detailed descriptions of bloodshed.

This is a fast-paced read, and I recommend having all three books on hand. They're a bit like chocolate. You won't want to stop with one.

Carronia Incursion, Carronia Uplifted and Carronia Enlightened are available on Amazon. Find out more about Ted B. Hale at <http://tedbhale.com/>.

Two Former Cat Cove Residents Write From Their New Home

By: Kaitlyn Dzvoniik

Hi there! Our names are Dahlia and Andrew and we are siblings from the same litter. We are very grateful for the attentive care we received during our time at Cat Cove, Inc. (CCI) in Lancaster. A loving family adopted us quite a few months ago. We may be partial, but we think two cats are better than one! Nowadays, we enjoy spending our time birdwatching from the windows or chasing each other up and down the stairs. We are also very observant and respectful to our family's newest edition, a baby girl.

Many of our pals at Cat Cove are ready for adoption or fostering. If you are interested in opening your heart and home to a cat or two, CCI has plenty of cats like us from which to choose! Donations and volunteers also play a huge part in the success of adoption stories like ours. Please consider a donation or a donation of your volunteer time to assist with the essential care and nutritious needs of our cat friends awaiting adoption.

You may contact Cat Cove at www.catcove.org for more information.



By Tracy Graham Lanum

Did you know the Fire & Water Company of Gloucester, Virginia is owned by a father and son who “get it done”? They are Mark Sr. and Mark Jr. Frizzell who began their business in their homes. Due to the number of customers that had grown to 6,000, they moved to 6890 George Washington Memorial Highway four years ago (see picture.) They have employed several workers and three girls to assist them in their busy schedules. They now have eight trucks, which you cannot miss due to the Fire & Water logos covering the entire vehicles. They upgrade the equipment on each truck repeatedly, which often may be \$10,000 or more. Yes, the price of goods is high, but this company buys hardware that helps lower the cost.

I was so intrigued by the variety of household issues they cover, I made an appointment for my own home. I have a Rinnai Hot Water Heating System, which had not been tested for several years. In just three days Billy Burton, and a man he was training arrived. During the cleaning of my Rinnai, Billy shared

Father and Son “get it done”

with me some of the creatures he had found in exhaust fans throughout the years: mostly bees, but also snakes, lizards and even a bat! Billy has worked for Fire & Water for fourteen years and has a wealth of information.

This is a “one-stop-shop.” They sell, service and install a multitude of systems every home requires. They are one of only two companies who sell propane tanks in our area including Hampton.

The pictures are of the owners, Mark Jr. and Mark Sr. Frizzell and the colorful design that appears on all of their trucks.

Call them today for worry-free service at 804-824-7085 or 804-832-9379. Their office is at 6890 George Washington Memorial Highway in Gloucester. The website: <http://www.thefireandwaterco.info.net> or email them at fireandwaterco@cox.net. father and son who “get it done”. Get a hold of them. You won't be sorry!

The Fire & Water Company *Style Spotlight*



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Coffee and Wine Bar

Garfield's Rescue

By Ann Bedford

Snickers, a beautiful long-haired calico cat, was the sole companion of a senior Northern Neck resident who suddenly passed away. Since Snickers was not comfortable around small children, the family could not keep her. The family considered euthanasia, but one son would not agree to euthanasia because his mother loved Snickers so much as she was a member of the family and provided love and comfort to his mother.

Snickers was rehomed to Garfield's Rescue, Inc. (GRI), one of the larger Northern Neck homeless cat rescue organizations. Snickers went into a deep depression having lost all that was familiar with her. She did not like being with other cats; she spent her time hiding, and did not eat. Her foster mom tried hard to comfort Snickers, but she would hiss and strike out. Her foster mom kept working with Snickers, and in three months with patience, Snickers started



to turn around. Snickers became attached to her foster dad!

Eventually Snickers became a member of the foster family! She learned to tolerate other cats. She was her foster dad's constant companion overseeing his work at the computer and even became his *sous chef*! Snickers' foster

mom reported that she once heard a conversation going on in the other room and thought "dad" was on the phone. Nope, he was conversing with Snickers! Snickers' foster parents had almost decided that Snickers was going to become

Mike, the Match Maker

another one of their several "foster fail" cats, but that suddenly changed.

Garfield's Rescue, Inc. featured Snickers on CBS Richmond affiliate WTVR, Channel 6's Paws for Pets, hosted by Mike Goldberg, on the morning weekend news program. Mike's segment features adoptable pets from local rescues. Snickers was featured Saturday morning August 27, and by noon, her foster mom received a call from a lady who had viewed the Paws for Pets episode featuring Snickers. After talking with her, Snicker's foster mom knew that this was the home for Snickers. Snickers and her new mom met, and a love affair began! Snickers' new mom sent a video of Snickers walking out of her carrier upon arrival home. Snickers was so calm as she knew she was home.

The nurturing role of a foster parent to help an abandoned, surrendered feline adjust, is critical in preparing the cat for adoption into a loving "forever home." Finding homes for surrendered pets is a humane way to reduce the numbers of suffering, homeless felines on Virginia's Northern Neck.

GRI's 100% volunteer work force provides Northern Neck communities with education on the importance of spaying/neutering their pets to reverse the endless cycle of reproduction. Fosters work hard to help the cats adjust to new surroundings and to become flexible in a variety of surroundings.

You can contact Garfield's Rescue Inc. at P.O. Box 257, Kilmarnock, 22482, (804) 480-2066 or www.garfieldsrescue.org. Photo Credit: Garfield's Rescue, Inc.

Making a difference on Virginia's Northern Neck – one cat at a time!

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Brain Injury: Does Gender Make a Difference?

By Martha M. Hall

Brain injuries occur at a rate of one every 18 seconds, and traumatic brain injury (TBI) is approaching epidemic proportions, affecting almost 10 million people worldwide each year. The incidence and effect of TBI on men has been widely researched, but recent studies have shown that women, particularly in the sub-group of women athletes, are more likely to sustain concussions than men and to have longer recovery times and poorer outcomes. Why?

One reason for frequency may be related to the type of sport. While much attention is given, for example, to increased head and neck protection for football players, women athletes usually play contact sports like soccer, basketball, and cheerleading which do not require or use protective head gear. Yet the opportunity to hit or be jarred by another player, a piece of equipment, or the ground is just as great for a female player as for her male counterpart. Protective head and neck gear is critical in minimizing injury, particularly for women who do not usually have the neck strength that male players have, but few of the contact sports that women play involve protective head gear. Gymnastics or cheerleading, while very physical sports which involve consistent contact with equipment or other players, are often not regarded as needing protective requirements or regulations. A fall from a cheerleading pyramid, for example, can jar the body severely--- even if the head is not struck---if the fall is sustained on a surface that is not adequately padded or appropriate for the particular move.

How about recovery time? Women tend to experience worse symptoms and longer recovery times following concussions, a fact that researchers are now focusing on in their attempts to answer the question, "Does gender make a difference?" Although there are remarkably few studies on head trauma in women, some current studies are finding that the brains of men and women are wired differently, with physiological factors such as differences in size and reproductive hormones possibly accounting for differences in recovery time and the severity of response to injury.

Societal factors also come into play. Many women hesitate to report head injuries, or they minimize effects such as debilitating pain, confusion, or memory loss for fear of not being taken seriously by family or medical providers. Women tend to return to work or domestic responsibilities--- despite experiencing continuing physical and mental symptoms---more quickly than their male counterparts. Many women who experience a TBI as a result of domestic violence often don't seek medical treatment for fear of their abuser or being stigmatized by the justice or medical system, thereby going without treatment and putting themselves at greater risk for subsequent injuries.

Regardless of your gender, head injuries are serious business, should always receive prompt, competent treatment, and require plenty of recovery time. Prevention is the key to avoiding head injuries, but prompt diagnosis and adequate treatment are essential once you suffer one.

For more information on brain injury, contact the Brain Injury Association of Virginia at 1-800-444-6443 or at www.biaav.net.



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Books in *Style* ~ Entheóphage

By Vince Gurioli



We hear about environmental issues nearly every day. In conversation and in the news. In and out of politics. Yet, for many of us, there is no feeling of urgency to these real-life issues. There is no palpable immediate consequence. Headlines can come across as alarmist or political even when we know the issues are real. In short, the issues are easy to ignore because we don't feel a strong connection.

In *Entheóphage*, a medical science-fiction novel, Drema Deóraich addresses this by forging a direct link between global environmental issues and the one thing that hits home the hardest—the physical well-being of our children. The eco-fiction novel explores an all-new pandemic, one in which a novel virus affects only the pre-pubescent youth. It is a scientific anomaly in makeup and behavior, one which puzzles brilliant scientists and medical professionals alike. When it is purported that the virus could be acting in cohort with global environmental issues, the reaction from researchers and the common public alike is one of disbelief and scorn, as one would expect. However, over the course of the novel, circumstantial evidence mounts, and the connection becomes too difficult to ignore.

Entheóphage is a novel large in scope. While the setting is primarily in Austin, Texas and at a coral reef by the Nlaan Islands, the implications of the narrative are global. Deóraich recognizes this with her cast, delivering in spades in the area of diversity. Varying races, family compositions, and religions are represented here, and the effect comes across as natural, if intentional, never forced.

This is a well-researched novel, adept in its medical terminology and authentic feel. However, what is perhaps most impressive is how easily it is for the average reader to follow—PhD in biogenetics not required. From “bacteriophages”

to “protein fragments” and the “blood-brain barrier,” *Entheóphage* has no shortage of biogenetic discussion which, under less skilled penmanship, could have easily tripped the reader. I didn't even stumble in these conversations, and the urgency of the narrative kept them interesting throughout.

Entheóphage is a novel of difficult choices. Though it is fiction, it challenges our real-life thinking on environmental issues. Through the narrative, Deóraich has succeeded in forging a connection between these issues, which can seem so far away, and the immediacy of our and our loved one's lives. For that reason, I can highly recommend *Entheóphage* for not only readers of eco-fiction, but for everyone. *Entheóphage* will be available in paperback and ebook on Amazon beginning October 14, 2022.

Drema Deóraich is a Southeast Virginia writer of speculative fiction that asks big questions. When she isn't writing, she's helping her legal-eagle boss to save the world one case at a time, petting her husband's cats, or spending time in Nature, surrounded by flora and fauna. Contact her at niveymarts.com, where you can also sign up for newsletter updates on her upcoming books.

Sign up for Vince Gurioli's newsletter at <https://www.tobiasyoungblood.com>.

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Downy Woodpecker



YellowBellied Sapsucker

Nature in *Style* ~ Winter Woodpeckers

By Joanne Chewning

As the last of the autumn leaves fall, and bare trees fill the landscape of the Chesapeake Bay region, migrant birds have long gone to their winter homes. The cold months are an excellent time to observe our permanent residents, including woodpeckers. Usually there are plenty of sunny winter days with no snow underfoot to get outside for a bird hike or settle in front of a window with binoculars, plus it's easier to spot these beautiful birds without the thick green canopy of summer.

A familiar backyard woodpecker is the adorable Downy. About the size of a sparrow, Downies are black and white, with the male sporting a bright red patch on the back of the neck. Often seen clinging to the bark of trees with strong claws, using their stiff tails as props, these abundant woodpeckers are found in open woods, towns and suburbs and come readily to suet feeders. They are often seen in mixed flocks of chickadees and nuthatches and are less skittish than other birds, allowing a close approach. (Take note, wildlife photographers!) Hang a clean suet feeder in your yard, and chances are you'll attract Downies, especially with peanut butter suet.

A loud, ringing call echoing through the woods, followed by a deep drumming sound, announces the presence of the formidable Pileated Woodpecker, and if dusk is coming on, it might be a bit scary! At seventeen inches, this woodpecker is secretive and often hard to observe, but very impressive, black with white neck stripes and white wing linings and a noticeable red crest. The Pileated is primarily a forest bird, but can be seen lurking in neighborhood trees. A winter hike at Hickory Hollow in Lancaster County or at Westmoreland State Park might well result in a sighting of this unmistakable woodpecker. Look for a red "mustache" on the male if you're lucky enough to spot one.

A woodpecker with "belly" in its name is the Yellow-Bellied Sapsucker. Quiet and furtive, it has black and white feathers on its back, a red crown (and red throat on the male) and pale yellowish feathers below. Apart from a few whines and squeaks, the Yellow-Bellied is silent and shy, and tends to hitch around a tree trunk when approached. The best look I've had came in an unexpected place. I had been hiking and birding all morning with few sightings (it goes that way sometimes), and stopped for lunch at a fast-food place in Warsaw, parking in a shopping center lot next to a rather pitiful looking tree. And there on that skimpy tree trunk was a Yellow-Bellied Sapsucker boring away, just outside the passenger side window, very close and unconcerned, and still there twenty minutes later when I left.

Summer or winter, keep your eyes open to the birding world - you never know what you might see!

Photo Credit: U.S. Fish and Wildlife Service Digital Library.



Pileated Woodpecker

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Miracle on Fairport Road as told by Warren H. McNeal Jr

By Denise DeVries

Main Street in Reedville, once called “Millionaire Row,” is known for its magnificent old homes. Several feature “widows’ walks,” rooftop balconies where sculptors, painters and poets depict women anxiously pacing while waiting for the safe return of their husbands’ fishing boats. After listening to watermen’s tales, I learned that women did much more than just wait while the men were out braving the sea.

Warren H. McNeal Jr., born in 1933, grew up in Fairport and spent a great deal of time in Reedville before retiring to Virginia Beach. Mr. McNeal recalled a store in Reedville called Reed & Rice. “Upstairs, they sold ladies’ dresses and fabrics. My grandmother Ethel McNeal used to row over from Fairport with her mother to shop for fabric since they both sewed.”

Mr. McNeal shared a story about how besides keeping their households running without modern conveniences, women had to think of their own safety when the men were away. In 1935, when his father had just left on his first new boat, called the *Promised Land*, two men showed up and said they’d missed the boat. They asked Grandma Ethel for money for transportation so they could catch up with the boat in New London, CT. She asked one of the men, “Is that you, Bitter Johnson?” He said yes, but she knew Bitter was already on the boat, and this man didn’t have Bitter’s distinctive voice. You see, one Saturday night, Bitter came home after too much partying. The next morning, he wouldn’t get up when his wife, Ms. Ida, called him for breakfast. Trying to get some sympathy, he went out to the porch and pretended to hang himself. His foot slipped. While he was dangling there, Ms. Ida took the large cleaver she was using to cut chicken, ran out and cut him down. The damage to his throat gave him his unique

A leak at the Fairport Baptist Church saved his mother’s life.

voice, and this man didn’t sound like Bitter Johnson. “Knowing that she was dealing with imposters, Grandma said she’d go get the money, then she sicced the German shepherd on them.”

Mr. McNeal also told how a leak in the Fairport Baptist Church roof saved his mother’s life. Before her marriage, Florence Haynie McNeal went to Longwood College for two years, taught for two years in Knoxville, Tennessee and another two in Portsmouth. When she came home by steamboat, Warren McNeal Sr. would meet her the dock. The steamboats’ locations rotated during the week, so on the days that the boat didn’t land in Reedville, Mr. McNeal Sr. would drive to Bluff Point. This was quite a drive in the days when roads were so bad. A car could have several flat tires just driving to Kilmarnock.

After Florence and Warren married, they lived in Fairport. In late September of 1946, Fairport Road had been recently retarred. The heat that day caused the oil to come up, making the road slippery. The church’s slate roof had a slight leak and two men were up there making



repairs. “My mother was driving the first new car available since WWII. A thunderstorm was threatening; the sky turned black, and my mother wanted to rush home to close the windows. Near the church, she approached a turn going too fast. She braked, but the wheels locked and skidded on the oily surface. The driver’s door opened, and my mother fell onto the road. The car continued its turn and stopped with the left front wheel resting on her chest. The only nearby resident wasn’t home. One man on the church roof witnessed the silent accident. Two of them ran to her and somehow managed to lift the car off her. At the time, there was no hospital in Kilmarnock or Tappahannock, and no rescue squad. She was taken by private car to a hospital in Richmond. She stayed more than two weeks, being treated for eleven broken ribs, a collapsed lung, and a leaky heart valve.” Mr. McNeal concluded, “Thanks to the leak at Fairport Baptist Church, my mother survived.”

Photo Credit: Warren H. McNeal Jr.

Healthy Harvest Food Bank

By Cindy Balderson



Bethany Baptist Church Volunteers

Imagine the desperation and embarrassment an individual visiting a pantry for the first time must experience, often a feeling of sheer hopelessness. Food is a basic human need, and no one is immune to hunger. Households in our rural area struggle with food insecurity that runs deep, impacting generation after generation, faced with limited opportunities to escape the cycle. These faces of hunger are children, veterans, individuals with disabilities, seniors and working families who cannot afford access to the right food to lead a healthy life.

Last year, I was invited to write an article for a church newsletter.

In preparation, it occurred to me that everyone has a story. Mine started right here in the Northern Neck following my uncle's call to pastor Morattico Baptist Church in the late 1950's. You see, my parents met, fell in love and married because of that call, and over a decade later, I was born into a close-knit family. My childhood was filled with the kind of joy many people never get to experience. I not only had loving parents, but also a loving uncle. Rev. E. Nelson Lea or to me, simply Uncle Nelson. We are all inspired by different people at various times in our lives, and sometimes that inspiration forms our path in life even if we never see it coming.

What's Your Story?

I didn't grasp the importance of Uncle Nelson's influence in my life until about six years ago when I accepted a position at the food bank. As a pastor, I watched him take care of people his entire life and he loved the Northern Neck and its residents. In his later years, I had what I now know was the **honor** of taking care of him. We spent many days reminiscing about his time here and the people he cared about. He loved hearing stories of my work as part of the food bank team. I am incredibly blessed to carry on his legacy. The circumstances may have changed, but the goal is still the same...I get to take care of people through an amazing organization in the place I call home.



Cuddlebugs Field Trip to HHFB



The Beloved Church gleaning group

Our core program provides healthy nutritious food to those in need. Backpack buddies provides weekend meals to children. Volunteer gleaning ensures those in need get the freshest produce available. Food pharmacy teaches healthy eating to combat disease.

One of the greatest lessons I've learned in my time at the food bank is that one small change can have an enormous impact, creating a ripple effect for generations to come. While the next change coming to the food bank is



Healthy Harvest Fresh Rendering

not small, it will impact our region beyond imagination!

Healthy Harvest Fresh Aquaponics Facility and Educational Center will grow fish and plants together providing fresh food to those in need while educating our youth. Our goals are simple yet systemic because education is one of the greatest empowering tools we can provide children to give them hope for a brighter future.

Everyone has a story...what's yours?

Cindy Balderson
Vice President & Development Director
Healthy Harvest Food Bank
(804) 250-250-2777 www.hhfb.org
Photo Credit: Healthy Harvest Food Bank



By Chelly Scala

Fall is an exciting time in the outdoors. Even though the temperatures have cooled down, the excitement is heating up!

For anglers, we now have three recreational striped bass seasons available in Maryland, the tidal Potomac River, and Virginia. Be alert: you cannot combine striped bass possession limits across fisheries management jurisdictional lines. If you are fishing, law enforcement considers any striped bass you have aboard when they check you as applicable to the possession limits where you are then located.

Techniques for catching striper in Chesapeake Bay or the tributaries include live lining spot or casting bucktails with sassy shads or trailer baits. These techniques work best around obstructions and areas where tidal currents create refuge for smaller fish. Saltwater Gulp baits are also a good option, both as trailer baits and drift fishing.

Prefer open waters? Trolling is a good option. Try edges that can hold both baitfish and striped bass. For a starting point, the 40-foot contour depths and heading in a direction towards the shipping channels are a good plan for fall striper trolling. The areas offshore of the Southern Maryland Middlegrounds and east of the Smith Point Light House fit this option.

The Chesapeake Bay should have bunkers or menhaden that attract foraging striped bass. Areas to try include structures and edges of channels throughout the Chesapeake Bay and its tributaries including the Potomac, Great Wicomico, and Rappahannock Rivers.

The fall 2022 recreational striped bass season in Virginia opened October 4 and continues through December 31. The minimum size permitted is twenty inches and maximum size is thirty-six inches. During this season, anglers are limited to one striped bass per person possession while fishing in Virginia waters, and it is illegal to gaff striped bass. Additional information is available at the Virginia Marine Resources Commission website: <https://www.mrc.virginia.gov/>

The current recreational striped bass season in Maryland Chesapeake Bay and tributary waters continues through December 10. The possession limit is one fish per person per day with a minimum size of nineteen inches. When fishing in Maryland waters, anglers must use non-offset circle hooks when live-lining spot or chumming or if they are using fish, crabs, worms or processed baits as bait and striped bass are their targeted species. For information about the 2022 recreational striped bass season, see: <https://www.eregulations.com/maryland/fishing/striped-bass>.

Tidewater and Timber

Fall into Great Outdoor Activities

The ongoing recreational striped bass season in Potomac River Fisheries Commission (PRFC) waters continues through December 31. The minimum size limit is twenty inches in length, and the possession limit is two fish per person. The PRFC website is at <http://www.prfc.us/pdfs/BLUE-SHEET.pdf>.

Others are shifting their attention to the hunting seasons. Check the Virginia Department of Wildlife Resources (DWR) website <https://dwr.virginia.gov/> for available deer, turkey, and squirrel seasons. These seasons may include archery, muzzleloader, and general firearms opportunities. Regulations are specific for each season.

Safety is paramount! Let someone know where you will be and when you will return. Carry permission to hunt and carry your phone, making sure you have reception. Do not forget to wear your blaze orange.

Slow down and appreciate what the outdoors has to offer.

Deer processing or donation: Northern Neck Meat Processing, 6720 Courthouse Rd, Lancaster (804) 436-6588 for Hunters for the Hungry, donate also at <http://www.h4hungry.org>. Photo: Steve Scala with Striped Bas. Photo Credit: Chelly Scala



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Simple & Delicious Favorites, Italian-American *Style*



By Lee Casazza

I have been making this pasta recipe for years. This dish comes together in less than 30 minutes, making it a quick and inexpensive weeknight meal.

Have everything cut up on a cutting board first. Then, you just slide them into your pan!

There are two items in this recipe that are optional, white wine and sun-dried tomatoes. Feel free to omit them and your dinner will be equally delicious. Buon Appetito!



Spaghetti With Tomatoes, Olives, & Capers

1/2 lb spaghetti or pasta of your choice
 2 T olive oil
 1/2 t red pepper flakes
 1/2 medium yellow onion, thinly sliced
 2 cloves garlic, thinly sliced
 1/2 pint cherry tomatoes, cut in half
 1/4 cup green olives, cut in half
 1/4 cup Italian or Kalamata olives, cut in half
 1/4 cup capers, drained
 1/4 cup chopped sun-dried tomatoes in oil, optional
 1/2 cup dry white wine, optional
 1/4 cup chopped fresh Italian parsley
 2 T chopped fresh basil
 1/2 cup pasta cooking water
 Salt and freshly ground black pepper
 Extra-virgin olive oil, for finishing
 Freshly grated Parmigiano-Reggiano cheese

Cook spaghetti for about 6 to 7 minutes, just before al dente. Save 1/2 cup of the pasta cooking water. Drain pasta and set aside.

Meanwhile, in a large skillet that will hold the pasta sauce and pasta, sauté red pepper flakes, and onion in oil for 5 to 6 minutes. Add garlic and sauté a couple more minutes. Add tomatoes along with olives, capers, sun-dried tomatoes, and wine. Cook 2 more minutes. Add pasta and cook another minute. Add parsley, basil and pasta water, and heat through. Season to taste with salt and pepper. Toss to combine. Drizzle on a little extra-virgin olive oil and mix in.

Top with grated Parmigiano cheese and serve. Serves 2 to 3.

Photo Credits: Lee Casazza



Wild *Style* Cuisine~

By Wendy Hyde



Last winter I had the opportunity as a volunteer Hunter Education Instructor to guide several mentored hunts coordinated by the Virginia Hunter Education Association and the Virginia Department of Wildlife Resources. Mentored hunts are specifically intended as a starting point for new hunters to learn how to safely hunt, understand the habits and biology of the animal being pursued, and gain confidence to go afield alone or as part of a group. Hunters of all ages and backgrounds are partnered with experienced, certified instructors and

have the opportunity to harvest ducks, pheasant, deer, and even go gigging for frogs!

Workshops focusing on specific species or skill sets have become more common in the last several years, creating opportunities across Virginia for hands-on outdoor learning beyond the required basic hunter education classes. Some events include presentations from a DWR biologist, giving participants a well-rounded introduction to the topic. Workshops without a hunting component include deer and turkey hunting tactics, introduction to waterfowl hunting, field to table deer processing, and more.



A number of events are in the planning stages for this winter, including mentored duck and pheasant hunts in Remington, VA. Information and dates will be available on the Virginia DWR Events page (<https://dwr.virginia.gov/events/>) or on the Virginia Hunter Education Association website (<https://www.vahea.org/>). For archery hunters with some experience, a “Next Level Bow Hunt” for deer will be offered February 3-5, 2023, at the Triple R Ranch in Chesapeake, VA.

This pheasant soup was served at the conclusion of a pheasant hunt last year, giving hunters a taste of what could be made with the birds they took home. After several hours in the chilly January weather, a bowl of warm soup with a touch of heat from the chilies was a welcome treat.

Pheasant, Butternut Squash, and Green Chile Soup

Serves: 4
Time: 1 hour

1 1/2 tsp. olive oil
1 large white onion, chopped fine
6 cloves garlic, minced
1 1/2 tsp. ground cumin
1 tsp. dried oregano
1 (4 oz.) can of mild green chiles (or use 1/4 c. freshly roasted and seeded chopped hatch green chile)
4-6 c. butternut squash, 1/2” dice
4 c. (32 fl. oz.) pheasant or chicken stock
1 small lime, juiced
1/2 tsp. salt + more to taste
Freshly ground black pepper
1 lb. cooked pheasant breast and thigh meat (see note)
1 1/2 c. frozen whole-kernel corn
1/4 c. diced fresh cilantro

Heat a large pot over medium high heat and add oil. Once oil is hot, add the onion and sweat for several minutes until it becomes translucent. Add garlic, cumin, and oregano and cook 2-3 minutes until spices begin to let off a toasted aroma. Stir in green chiles, stock, salt, pepper, and lime juice. Bring to a boil, reduce heat, and simmer for 20-30 minutes until squash is almost tender. Stir in corn and shredded pheasant meat and cook 5-10 minutes more, until squash is tender, and corn is cooked. Adjust seasonings to taste. To serve, divide between four soup bowls and top with chopped fresh cilantro.

NOTE: To cook pheasant legs and breasts, cover meat with enough cool chicken stock to cover, gently bring to a low simmer, and poach until tender. Cool until able to handle, remove meat from the bones and chop to desired size. Stock can be used to prepare the soup.

Wendy Hyde is a Virginia DWR Master Hunter Education Instructor, the IHEA-USA 2022 Virginia State Instructor of the Year, and Virginia's William Dixon Morgan Memorial Award winner for 2021. Photo by Wendy Hyde. Original recipe from <https://www.ambitiouskitchen.com/butternut-squash-green-chile-chicken-soup/>, with edits. All recipes included in this column are original by Wendy Hyde unless otherwise noted. She can be contacted at wildstylecuisine@gmail.com; follow her on Instagram as [girlgamechef](#).



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