

# Eastern Shore

## HITCHING

# POST

THE SHORE'S ONLY LOCALLY OWNED NEWSPAPER



## More Island Events After Summer

By Krystle Bono

After a summer of celebrating 50 Years of Love on Chincoteague Island, of enjoying fresh seafood, blueberries, and witnessing a record-setting Pony Penning week, the dust will start to settle around the little town and transition into the fall season, giving local businesses a break until it's time to do it all again next year. Although summer is officially coming to an end this weekend, and with it, many businesses will be adjusting hours and activities will start to wind down, there are still many things coming up for those who choose to travel to the island in the autumn months, as well as those locals who are still around to enjoy Chincoteague in the off-season.

Take a Chincoteague Island History Tour Friday, Aug. 30, 2 to 3 p.m., meeting at the Museum of Chincoteague, 7125 Maddox Blvd. Learn about the town's past and interesting characters, important houses and buildings, and hear the stories that keep generations of locals living on the island and generations of visitors coming back for more. The tour vehicle is an air-conditioned school bus (not wheelchair accessible). Adult tickets are \$5 and children's tickets are \$3. For more details, call 336-6117 or email [museumofci@gmail.com](mailto:museumofci@gmail.com)

NASA Wallops Flight Facility Visitor Center will host Rocketry: Water Bottle Rockets Friday, Aug. 30, 2 p.m., at NASA Wallops Flight Facility Visitor Center. Learn about the suborbital sounding rockets and see the principles in action by launching water bottle rockets. The event is geared toward ages 5 and up. Water bottle rocket launches are weather permitting. For more details, visit [www.nasa.gov/centers/wallops/visitorcenter](http://www.nasa.gov/centers/wallops/visitorcenter)

The Chincoteague Cultural Alliance will host Story Swap Friday, Aug. 30, 7 p.m., and doors open at 6:30 p.m., at CCA Center for the Arts, 6309 Church St. Get the creative juices flowing and join in the fun. For more details, visit [www.chincoteagueca.org/chincoteague-storytelling-guild.html](http://www.chincoteagueca.org/chincoteague-storytelling-guild.html)

The Farmers and Artisans Market will be Saturday,



Photo by Angie H. Crutchley  
Chincoteague ponies enjoy lunch in the marsh.

Aug. 31, 9 a.m. to 1 p.m., at 6309 Church St. Food from farm, field, and bay, plus quality arts, crafts and attic treasures will be available for purchase. For more details, visit [www.chincoteagueca.org/markets.html](http://www.chincoteagueca.org/markets.html)

The Museum of Chincoteague will host Summer Saturdays Aug. 31, from noon to 3 p.m., at 7125 Maddox Blvd. A local carver will give decoy carving demonstrations. For more details, visit [www.chincoteaguemuseum.com](http://www.chincoteaguemuseum.com)

The 29th Annual Chincoteague Island Decoy and Art Festival will be Aug. 31 through Sept. 1, 9 a.m. to 4 p.m., at the Chincoteague Center, 6155 Community Dr. Joe Engers, of Decoy Magazine, will be a vendor at the show and will assist in appraisals and identification of decoys. Lunch will be available, along with

decoy carving, fine art, jewelry, photography, paintings, and raffles. A two-day pass is \$5; single day is \$3; 12 and under are admitted free. For more information, contact Cinda or John Walls at 410-546-1635 or 410-726-4049.

The Wine & Beer Festival will be Saturday, Sept. 7, from noon to 5 p.m., at the Chincoteague Island KOA Resort, 6742 Maddox Blvd.

The 16th Annual Plein Air Art Show and Sale will be Saturday, Sept. 14, from 6 to 9 p.m., at the Chincoteague Center, 6309 Church St. Each year, the second week of September brings more than 50 fine artists to paint "en plein air" (French for painting outdoors) on Chincoteague and Assateague. On Saturday evening, see what they've created at a show and sale that is free to the public. For more details visit [www.chincoteagueca.org/](http://www.chincoteagueca.org/)

The Shop The Dock event will be Sunday, Sept. 15, from noon to 4 p.m., at Robert Reed Downtown Waterfront Park. There will be kids crafts, local art, and a giveaway. For more details, visit [www.facebook.com/events/816855431985850/](https://www.facebook.com/events/816855431985850/)

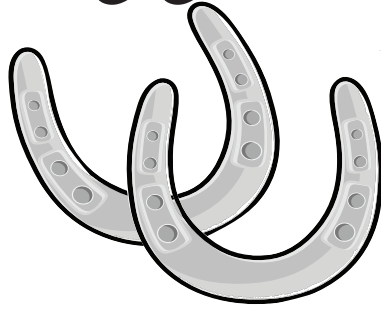
The Annual Chili Chowder Cook-off & Car Show will be Saturday, Sept. 28, from 11 a.m. to 5 p.m., at the Chincoteague Island Carnival Grounds. There will be live music, arts and crafts, vendors, food, raffles, Little Miss Chili Pepper and Mr. Hot Stuff Competition, and more. Call 757-894-8771 or visit [www.cvfc3.com](http://www.cvfc3.com) for more information and event applications.

The Annual Car Show registration is from 10 a.m. to noon. Trophies will be awarded at 3 p.m. There is a \$10 registration fee. The first 50 registrations receive a commemorative dash plaque. For more details visit [www.facebook.com/ChiliChowderCookoffCarShow/](https://www.facebook.com/ChiliChowderCookoffCarShow/)

The Chincoteague Oyster Festival will be Saturday, Oct. 12, from 10 a.m. to 4 p.m., at Tom's Cove Park, 8128 Beebe Rd. The festival is held to promote the seafood industry and mark the arrival of the oyster season. Tickets are \$45 per person and children under 5 are free. For more details visit, [www.chincoteagueoysterfestival.com](http://www.chincoteagueoysterfestival.com)

# Kids' Corral

With Isabella Bono-Evans,  
Documented by Krystle Bono



And just like that, summer is gone. It seems like every year, the seasons fly by more quickly than the last, and time surely does fly when you're having fun! Isabella can say she had a blast exploring all the different kid-friendly activities this summer on the island, and we racked up such a list that we still didn't quite get to do everything we wanted, so we will continue through the end of the warm season and she is excited to visit into next summer. We sat down and I asked her what her all-time favorite activity was, and surprisingly she said our impromptu visit to the Chincoteague Pony Centre was her absolute favorite part about spending time on Chincoteague.

Why the Pony Centre? Well, she said of all the things we got to do, it was just really special to her. She very much enjoyed seeing the ponies that live by McDonald's and the Refuge Inn, which we covered in our first story, and she now loves being able to visit them regularly when we are on the island. She said the Pony Centre was really cool, being a horse lover, she said she didn't think she would get a chance to really meet the ponies up close. She not only got to meet them, but was able to hold the pony Chinco and watch some of his training session. It ignited that fire in her that keeps her hooked on anything equestrian, and it inspired her to want to look into volunteering opportunities. She also enjoyed the wide selection of Breyer Horses and looks forward to going back for more. As a

parent, I think the Pony Centre was great because it is one of the many things for free, minus the money you may spend in the gift shop. We were able to do so many free things this summer, which we felt was great for families who have multiple littles. It is also indoors, so it is a great rainy day activity.

I asked her to rank some of the other activities, and some other ones that made the top of her list were meeting the ponies beside McDonald's and the Waterpark. She said she did not rank the waterpark at the top, although it was "really fun" and she had been begging to go since last year, because she said you can go to a waterpark anytime and it will be the same, whereas seeing the ponies is different every time, in her eyes. Love her heart. She really emphasized the fact that she enjoys doing things that have some sentimental value and will bring her unique lasting memories.

The carnival also ranked in the top five, naturally. It's an island staple, no doubt. Something we didn't include in our corral coverage, but she attended as part of the Hitching Post's pony penning week coverage, was the beach walk, and she said that was definitely one of her favorite things she did this summer. See-

ing the beach walk is what gave her the idea and inspiration to say she wanted to become a Saltwater Cowgirl, after seeing the cowboys herding and helping the ponies. We were able to get a great spot for us so that she could see the northern herd walk down the beach, and so I could capture some photos. We got to spend the night on the island the night before so we could be on the beach at 5 a.m., and after the walk we made our way over to the corrals to take more pictures and so she could see all of the ponies. She said you should definitely add that to your list next summer as a must-do, but to make sure you are on the refuge by at least 5 a.m. or earlier, because if not, you will have to park a million miles away and not have a good viewing spot. It is hectic trying to get out. Be prepared to wait at least an hour. It is something worth seeing.

Honorable mention is the Veteran's Memorial Park and Pico Taquerio, which are now her two go-to spots when we are there. She always requests a Chincoteague Classic and then for us to head over to the park to picnic and allow her some time to play. The view is amazing, so I don't blame her for enjoying the pic-

nic scene. This has also been my spot to sit and write our corral stories. She can play, I can work, and there's always a nice breeze coming off the water with the lighthouse in the distance peeking over the tree line.


Speaking of the lighthouse, she also said she really enjoyed that tour because it was "really tall and cool," and she hasn't gotten a chance to do something like that before. She has since been plotting to try to take her Mimi and Grandad up so she can show them.

Her least favorite, she said, was the bike trail. She loves riding bikes, but she said it was just really long, parts were uphill, and she doesn't think younger kids would enjoy it as much because of the length of the trails and the mosquitos.

It was a busy but fun summer for us, and Bella is excited to continue visiting her favorite spots on the island that she discovered thanks to our list. For now, it's back to school time! She said she can't wait to tell her teacher and classmates all about her column and the many fun things she got the opportunity to do. She said she hopes it motivates other people to come to Chincoteague and explore.



Photo by Krystle Bono  
Isabella Bono-Evans, of Cape Charles, gives Chinco a kiss at the Chincoteague Pony Centre.



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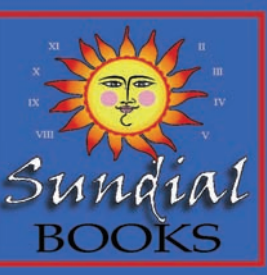
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**Happy Hour**  
 Monday-Friday  
 2pm-6pm



**FRIDAY  
AUG. 30**

★1-3 p.m. - **Captain Timothy Hill House Tours** - 5122 Main St.- 914-589-7733 - free admission - [www.captaintimothyhillhouse.com](http://www.captaintimothyhillhouse.com)  
 ★1, 4, 7, and 9:15 p.m. - **Movie: "Toy Story 4"** - The Island Theatre, 4074 Main St. - Call 757-336-6109 for other show times.  
 ★2 p.m. - **History Tours of the Island** - Museum of Chincoteague Island, 7125 Maddox Blvd. - \$5/adults, \$3/children 2-12 - 757-336-6117  
 ★2 p.m. - **Rocketry: Water Bottle Rockets** - NASA Wallops Flight Facility Visitors Center - free admission - 757-824-2298 - [www.nasa.gov/centers/wallops/visitorcenter](http://www.nasa.gov/centers/wallops/visitorcenter)  
 ★7 p.m. - **Story Swap: Local Folklore** - Community Center for the Arts, 6309 Church St.

*Hitching Times, Aug. 30-Sept. 5  
 What to do this week on and  
 around Chincoteague Island*

**SATURDAY  
AUG. 31**

★9 a.m.-1 p.m. - **Farmers and Artisans Market** - Chincoteague Cultural Alliance, 6309 Church St. - free admission and parking - [www.chincoteagueculturalalliance.org](http://www.chincoteagueculturalalliance.org)  
 - Artful Flea 9 a.m.-2 p.m.  
 ★9 a.m.-2 p.m. - **Kiwanis Yard Sale** - across from the Chincoteague Carnival Grounds located on South Main St.  
 ★9 a.m.-5 p.m. - **Chincoteague Decoy Carvers' & Artists' Association Decoy Show** - Chincoteague Community Center, 6155 Community Dr. - \$3/person, under 12/free, \$5/two day pass - 410-546-1635 or 410-726-4049  
 ★noon-3 p.m. - **Carving Demonstrations with David W. Farlow Jr.** - Museum of Chincoteague Island, 7125 Maddox Blvd. - 757-336-6117  
 ★2 p.m. - **Tour of the Solar System** - NASA Wallops Flight Facility Visitors Center - free admission - 757-824-2298 - [www.nasa.gov/centers/wallops/visitorcenter](http://www.nasa.gov/centers/wallops/visitorcenter)  
 ★2 p.m. - **History Tours of the Island** - Museum of Chincoteague Island, 7125 Maddox Blvd. - \$5/adults, \$3/children 2-12 - 757-336-6117

**MONDAY  
SEPT. 2**

★11 a.m.-1 p.m. - **Manna Cafe** - Christ United Methodist Church Social Hall, 6253 Church St. - free hot lunch every Monday - @MannaCafeCI on Facebook  
 ★1-4 p.m. - **Board Games** - Island Theatre Annex, 4076 Main St. - free admission - [www.ciarts.org](http://www.ciarts.org)

**WEDNESDAY  
SEPT. 4**

★9 a.m.-1 p.m. - **Farmers and Artisans Market** - Chincoteague Cultural Alliance, 6309 Church St. - free admission/parking - [www.chincoteagueculturalalliance.org](http://www.chincoteagueculturalalliance.org)

**THURSDAY  
SEPT. 5**

★2 p.m. - **History Tours of the Island** - Museum of Chincoteague Island, 7125 Maddox Blvd. - \$5/adults, \$3/children 2-12 - 757-336-6117

**SUNDAY  
SEPT. 1**

★8 a.m. - **Episcopal Church Service** - Emmanuel Episcopal Church, Chapel of Fox Holston Funeral Home, 5049 Chicken City Rd. - 757-894-7078 - [www.emmanuelchurchjb.com](http://www.emmanuelchurchjb.com)  
 ★10 a.m.-4 p.m. - **Chincoteague Decoy Carvers' & Artists' Association Decoy Show** - Chincoteague Community Center, 6155 Community Dr. - \$3/person, under 12/free, \$5/two day pass - 410-546-1635 or 410-726-4049  
 ★2-4 p.m. - **Kitchen Gallery: Wings and Wildlife** - Community Center for the Arts, 6309 Church St.  
 ★7:30 p.m. - **Shakespeare in the Park: Measure for Measure** - Robert Reed Waterfront Park - bring a chair or blanket - Christ UMC will be new location in case of rain

**Chincoteague Island Library Fourth Annual Labor Day Weekend Yard Sale**



**Saturday, August 31,  
 8 a.m. – 2 p.m.  
 Monday, September 2,  
 8 a.m. – noon**

There will be items of all types! Tools, household goods, collectables, books, furniture, jewelry, puzzles, bedding, and so much more!

*Day Trips and Side Trips Around the Eastern Shore*

**SATURDAY  
AUG. 31**

★7 p.m. - **Harbor for the Arts Concert: Schooner or Later** - Central Park, 301 Plum St., Cape Charles - 757-331-2087

All listings are provided for information only; call or check websites for updates and confirmation.

THE HITCHING POST IS A PUBLICATION OF THE THE EASTERN SHORE POST, ONLEY, VA. CONTACT US AT 757-789-7678 OR ANGIE@EASTERNSHOREPOST.COM. EDITOR, ANGIE H. CRUTCHLEY; COPY EDITOR, DAVID MARTIN; REPORTER, KRISTLE BONO; AD MANAGER, TROY JUSTIS; ADVERTISING ASSOCIATE, SAM SELLARD; AD DESIGNER, KIMBERLY PERRY.

NAMEPLATE PHOTOGRAPH BY SOLID ROCK PHOTOGRAPHY, CHINCOTEAGUE.

# Arts on the Island This Weekend

## Submitted Article

Labor Day weekend brings a range of free arts activities to Chincoteague, beginning with storytelling on Friday and winding up with the annual performance of Shakespeare in the Park on Sunday.

The theme of this month's Story Swap on Friday, Aug. 30, is "Local Folklore." Hear about the life of Ocrow Brinney, who was brought to the Eastern Shore as a slave and became a major island landowner, about the legend of the Fairy Stones, and about other local characters and happenings. Everyone is invited to share a story or just listen. Admission and refreshments are free and doors open at 6:30 p.m. at Chincoteague Cultural Alliance, 6309 Church St.

On Sunday, Sept. 1, at 7:30 p.m., the Brown Box Theatre Project returns to Chincoteague with its largest and most ambitious production yet, Shakespeare's "Measure for Measure."

What happens when corruption reaches the highest level of court? Explore the price of principle, and witness what happens when the law is bent by

those who serve to uphold it. A duke in disguise leaves the fate of his people in the hands of a ruthless judge. A loyal sister is faced with an important decision: save the life of her brother, or uphold her honor? Come witness Shakespeare's timeless tale of deception, virtue, and honor.

Co-sponsored by CCA and CIAO, the performance is in Robert Reed Downtown Waterfront Park so bring a chair or blanket. Christ United Methodist Church Hall is the backup location in case of rain. CCA and CIAO would like to thank the following businesses for making Shakespeare in the Park possible: Long & Foster/Chincoteague Resort Vacations, Flagship Cinema, Somerset Regional and Pocomoke Animal Hospitals, Poseidon's Pantry, The Art Garage, H&H Pharmacy, Harbour Realty, Refuge Inn, Sundial Books, and Taylor Bank.

Earlier on Sunday, from 2 to 4 p.m., visit CCA's Kitchen Gallery for works by local artists on the theme "Wings and Wildlife." On Saturday, Aug. 31,

from 9 a.m. to 1 p.m., visit the Island Farmers & Artisans Market at CCA for a great selection of locally produced seafood, meats, vegetables and plants, plus a wide selection of arts and crafts, including jewelry, paintings, pony photos, woodwork, and home decor. Live music will be by Ally Tarwater throughout the day. The market continues through Oct. 5.

For more information, visit [Chincoteagueca.org](http://Chincoteagueca.org)

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**FRI AUG 30 • 7PM**

**Story Swap** Theme this month is "Local Folklore"  
Free admission & refreshments

**SAT AUG 31 • 9am-1pm**

**Farmers & Artisans Market**  
THE place for locally produced  
seafood art vegetables jewelry meats  
home decor plants woodwork & MORE

**SUN SEPT 1 • 7:30PM**

**Free Shakespeare in the Park**

**MEASURE FOR MEASURE**

Bring a chair or blanket to Robert Reed downtown waterfront park  
Rain location: Methodist Church Hall  
**Co-sponsored by CCA & CIAO**  
Thanks to: Long & Foster/Chincoteague Resort Vacations • Flagship Cinema • Somerset Regional & Pocomoke Animal Hospitals • Poseidon's Pantry  
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## Fishing from the Shore

By Bill Hall



Northeast winds, which moved into the area on Sunday, combined with a front that developed off the Carolinas on Monday, led to blustery conditions that severely curtailed most angling opportunities early in the week. On the plus side, the noticeable drop in air temperatures has triggered a bit of a speckled trout feeding frenzy.

**Lower Shore** – Jeb Brady, at Bailey’s Tackle Shop in Cape Charles, reported that the recent rough weather conditions have resulted in tough fishing. Anglers were still catching Spanish mackerel when they can get out. Some red drum have been caught in the evenings with a few cobia mixed in. Brady said the cobia are starting to work their way south, out of the bay. The speckled trout fishing was described as “pretty good” along the bay-side creeks and on the seaside. The Cape Charles Fishing Pier has reported recent catches of flounder, croaker, puppy drum, and ribbonfish.

Chris Snook, of Chris’ Bait & Tackle, said that there have been a few red drum caught near buoys 13 and 16, but she is hoping that the fishery improves. Some puppy drum and speckled trout have been caught on the seaside, while speckled trout are being landed inside the bayside creeks. There are still plenty of Spanish mackerel and bluefish in the lower bay. Sea mullet/whiting are coming from just outside the channel off Cape Charles as well as just south of Kiptopeke. Croaker catches are still coming out of Oyster and near buoy 262. Some nice flounder catches have been made, despite the conditions. Frankie Newsome boated a 6-pound, 9-ounce doormat while fishing in the Good Old Boys Flounder Tournament. Snook said there are a “pile” of ribbonfish still being caught off the Kiptopeke State Park Pier.

**Wachapreague** – Captain Lindsay Paul, at Trident Tackle, reported that anglers were still finding some flounder inside of the inlet, as well as some spot and small croakers. Flounder fishing on the inshore structures has been slow, with anglers catching “one or two.” Spadefish and cobia have been around buoy 10. Paul said that he has not heard of anybody targeting Spanish lately, but they should still be along the oceanfront. His only offshore report consisted of a catch of tilefish.

**Chincoteague** – Donna Rae Roeske, of Captain Bob’s Marina, reports the flounder bite has slowed inside the Chincoteague Channel with most of the reported keepers having come around the bridge over Queen Sound. Minnows tipped with Berkley Gulp remain the top flounder bait combinations. A variety of small panfish has dominated the catches off the Robert Reed Park Pier. Sea mullet/whiting fishing remained consistent between buoys 15 and 11, but it was the area around buoy 21 that gave up a 2-pound citation whiting for New Jersey angler Austin Racer. Sharks remain the dominant species from buoy 11A to outside the inlet and up along the shore of Wallops Island. Offshore fishing and inshore wreck action have slowed considerably since the arrival of the northeast winds on Sunday.

Jimmy Vasiliou, of Captain Steve’s Bait & Tackle, called in to say that Chaya Muth caught a 27-inch, 12-pound, 4-ounce sheepshead off the downtown pier. The northeast winds have pushed a school of croakers within reach of the pier anglers with catches sometimes exceeding 30 fish. Vasiliou said that the surf anglers have been catching spot, kingfish, bluefish, a few Spanish mackerel, and a variety of sharks and rays. The

shop’s youth fishing tournament has attracted a field of almost 60 kids!

**Upper Shore** – Captain Matt Abell, at the Sea Hawk Sports Center, reported that he had a couple of red drum and a cobia during a recent trip in the lower Chesapeake Bay, where sharks are occupying most of the anglers’ time. Abell commented that it has been the best red drum fishery in Maryland waters in recent memory, which may explain why the bite out of Nassawadox Creek has not been as good as usual for the end of August. The talk around the shop has centered on the good speckled trout fishing that has been occurring over the last couple of weeks, with everyone hoping that it will be a precursor to a good fall season. Flounder fishing remains good for this late in the year inside of the seaside inlets, but the inshore flounder bite on the wrecks has been subpar recently. Spanish mackerel are still being caught by trollers inside the bay. Overall, Abell commented that it has been a “crappy” week.

**Virginia Beach Billfish Tournament** – The Top Hooker, a 61-foot Blackwell, owned by Will Atkinson, of Painter, took home a check for \$41,475 for winning the 1st Bill Fish Daily Catch Award on the second day of the 16th Annual Virginia Beach Billfish Tournament. In addition to Atkinson, the crew consisted of Major Jones, Gregory Keith Parks, Max Anderton, and Trick Standing. The tournament was held August 21-24, based out of Rudee Inlet in Virginia Beach, Va. *Bill Hall was the first Eastern Shore resident to achieve Virginia Salt Water Master Angler Status. He has been named Virginia Saltwater Angler of the Year and Virginia Saltwater Release Angler of the Year. Bill is an I.G.F.A. International Committee Representative and a longtime member of the Virginia Saltwater Fishing Tournament Committee. He is the Virginia Recreation Fishing representative on the ASMFC Striped Bass Management Panel and is a past recipient of the CCAVA Virginia Outdoor Writer Conservation Leadership Award.*

## Rolling Back the Tide . . .



*From the collection of Denise Bowden*  
Nancy Williams (left) and friends enjoy a day at Assateague Beach in 1963.

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		Friday Aug. 30	Saturday Aug. 31	Sunday Sept. 1	Monday Sept. 2	Tuesday Sept. 3	Wednesday Sept. 4	Thursday Sept. 5
<b>Seaside</b>	Assateague Beach	H 8:27 a.m. L 2:52 p.m.	H 9:20 a.m. L 3:46 p.m.	H 10:12 a.m. L 4:39 p.m.	H 11:04 a.m. L 5:34 p.m.	H 11:56 a.m. L 6:32 p.m.	H 12:50 p.m. L 6:48 a.m.	H 1:48 p.m. L 7:41 a.m.
	Chinco. Channel	H 8:31 a.m. L 2:51 p.m.	H 9:24 a.m. L 3:45 p.m.	H 10:16 a.m. L 4:38 p.m.	H 11:08 a.m. L 5:33 p.m.	H 12:00 p.m. L 6:31 p.m.	H 12:54 p.m. L 6:47 a.m.	H 1:52 p.m. L 7:40 a.m.
	Gargatha Neck	H 9:23 a.m. L 3:31 p.m.	H 10:16 a.m. L 4:25 p.m.	H 11:08 a.m. L 5:18 p.m.	H 12:00 p.m. L 6:13 p.m.	H 12:52 p.m. L 6:35 a.m.	H 1:46 p.m. L 7:27 a.m.	H 2:44 p.m. L 8:20 a.m.
	Folly Creek	H 9:16 a.m. L 3:16 p.m.	H 10:09 a.m. L 4:10 p.m.	H 11:01 a.m. L 5:03 p.m.	H 11:53 a.m. L 5:58 p.m.	H 12:45 p.m. L 6:56 p.m.	H 1:39 p.m. L 7:12 a.m.	H 2:37 p.m. L 8:05 a.m.
	Wachapreague	H 9:02 a.m. L 3:00 p.m.	H 9:55 a.m. L 3:54 p.m.	H 10:47 a.m. L 4:47 p.m.	H 11:39 a.m. L 5:42 p.m.	H 12:31 p.m. L 6:40 p.m.	H 1:25 p.m. L 6:56 a.m.	H 2:23 p.m. L 7:49 a.m.
	Quinby Inlet	H 8:27 a.m. L 2:31 p.m.	H 9:20 a.m. L 3:25 p.m.	H 10:12 a.m. L 4:18 p.m.	H 11:04 a.m. L 5:13 p.m.	H 11:56 a.m. L 6:11 p.m.	H 12:50 p.m. L 6:27 a.m.	H 1:48 p.m. L 7:20 a.m.
	Machipongo	H 8:57 a.m. L 3:00 p.m.	H 9:50 a.m. L 3:54 p.m.	H 10:42 a.m. L 4:47 p.m.	H 11:34 a.m. L 5:42 p.m.	H 12:26 p.m. L 6:40 p.m.	H 1:20 p.m. L 6:56 a.m.	H 2:18 p.m. L 7:49 a.m.
<b>Bayside</b>	Tangier Sound Light	H 12:42 p.m. L 6:47 a.m.	H 1:34 p.m. L 7:36 a.m.	H 2:25 p.m. L 8:25 a.m.	H 3:17 p.m. L 9:13 a.m.	H 4:10 p.m. L 10:03 a.m.	H 5:05 p.m. L 10:55 a.m.	H 6:03 p.m. L 11:50 a.m.
	Muddy Creek	H 12:58 p.m. L 7:22 a.m.	H 1:50 p.m. L 8:11 a.m.	H 2:41 p.m. L 9:00 a.m.	H 3:33 p.m. L 9:48 a.m.	H 4:26 p.m. L 10:38 a.m.	H 5:21 p.m. L 11:30 a.m.	H 6:19 p.m. L 12:25 p.m.
	Guard Shore	H 12:50 p.m. L 7:18 a.m.	H 1:42 p.m. L 8:07 a.m.	H 2:33 p.m. L 8:56 a.m.	H 3:25 p.m. L 9:44 a.m.	H 4:18 p.m. L 10:34 a.m.	H 5:13 p.m. L 11:26 a.m.	H 6:11 p.m. L 12:21 p.m.
	Chescon. Creek	H 12:25 p.m. L 6:45 p.m.	H 1:17 p.m. L 7:19 a.m.	H 2:08 p.m. L 8:08 a.m.	H 3:00 p.m. L 8:56 a.m.	H 3:53 p.m. L 9:46 a.m.	H 4:48 p.m. L 10:38 a.m.	H 5:46 p.m. L 11:33 a.m.
	Onancock Creek	H 12:39 p.m. L 6:50 a.m.	H 1:31 p.m. L 7:39 a.m.	H 2:22 p.m. L 8:28 a.m.	H 3:14 p.m. L 9:16 a.m.	H 4:07 p.m. L 10:06 a.m.	H 5:02 p.m. L 10:58 a.m.	H 6:00 p.m. L 11:53 a.m.
	Pungoteague Creek	H 11:55 a.m. L 6:19 p.m.	H 12:47 p.m. L 6:53 a.m.	H 1:38 p.m. L 7:42 a.m.	H 2:30 p.m. L 8:30 a.m.	H 3:23 p.m. L 9:20 a.m.	H 4:18 p.m. L 10:12 a.m.	H 5:16 p.m. L 11:07 a.m.
	Nassawadox	H 10:40 a.m. L 4:41 p.m.	H 11:32 a.m. L 5:36 p.m.	H 12:23 p.m. L 6:31 p.m.	H 1:15 p.m. L 6:52 a.m.	H 2:08 p.m. L 7:42 a.m.	H 3:03 p.m. L 8:34 a.m.	H 4:01 p.m. L 9:29 a.m.
	Occhohan. Creek	H 11:19 a.m. L 5:59 p.m.	H 12:11 p.m. L 6:54 p.m.	H 1:02 p.m. L 7:22 a.m.	H 1:54 p.m. L 8:10 a.m.	H 2:47 p.m. L 9:00 a.m.	H 3:42 p.m. L 9:52 a.m.	H 4:40 p.m. L 10:47 a.m.
	Cape Charles	H 9:29 a.m. L 3:49 p.m.	H 10:21 a.m. L 4:44 p.m.	H 11:12 a.m. L 5:39 p.m.	H 12:04 p.m. L 6:35 p.m.	H 12:57 p.m. L 6:50 a.m.	H 1:52 p.m. L 7:42 a.m.	H 2:50 p.m. L 8:37 a.m.
	Kiptopeke Beach	H 9:07 a.m. L 3:18 p.m.	H 9:59 a.m. L 4:13 p.m.	H 10:50 a.m. L 5:08 p.m.	H 11:42 a.m. L 6:04 p.m.	H 12:35 p.m. L 6:19 a.m.	H 1:30 p.m. L 7:11 a.m.	H 2:28 p.m. L 8:06 a.m.

Disclaimer: Tides are provided for information only and are not guaranteed for accuracy.

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# THE AMERICAN CANCER SOCIETY'S 2019 RELAY FOR LIFE OF NANDUA IS CHANGING THE CHANNEL AT THE NANDUA HIGH TRACK



**Funds raised go to local services and programs:**  
- Road to Recovery transports

patients to treatments  
- Cancer research  
- Screening & prevention

## Sept. 7

**5 p.m. - Survivor & Caregiver Reception**

**Register today at:  
800-227-2345**

**7 p.m. - Luminaria Ceremony**

**Speaker will be JoAnn McCrary**

**FREE  
& OPEN  
TO THE  
PUBLIC**

**Purchase bags at:  
[lanterns@relayforlife.org/nanduava](mailto:lanterns@relayforlife.org/nanduava)  
or on the track the day of.**

## Schedule Sept. 7

**11 a.m. - Opening Ceremony with survivor and caregivers laps. Speakers: Melissa Melody and her friend Ping Pong Pat**

**3 p.m. - Lap for all caregivers, including professionals, family and first responders**

**5 p.m. - Cross Fit with Nadj**

**10 p.m. - Steppers**

**11 p.m. - Talent Show**

## Sept. 8

**5 a.m. - Yoga**

**7 a.m. - Closing Ceremony - Awards**

