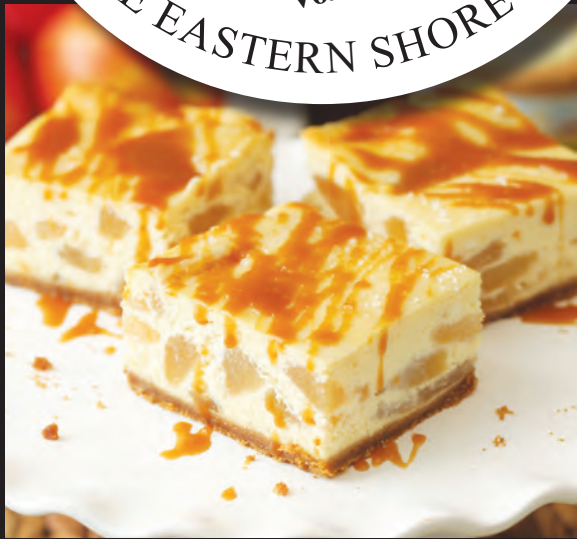


HISTORY • REAL ESTATE • FOOD • FUN • ON THE EASTERN SHORE OF VIRGINIA

# Shore First

October 2024  
Vol. 8, No. 5

**FREE  
TAKE ONE**



**SALTED CARAMEL APPLE  
CHEESECAKE BARS FOR FALL | Page 12**



**LEGENDARY POCOMOKE CITY DELI  
CLOSES - BUT NOT FOR LONG | Page 8**



## **SEARS KIT HOMES ON TOUR THIS MONTH IN CAPE CHARLES**

**National expert weighs in on unique houses | Page 6**

# Shore First

The Eastern Shore of Virginia's  
monthly newsmagazine

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of each month  
since May 2017

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CANDY FARLOW (1953-2017)

VISIT

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

## Shore First | Entertainment calendar

### Saturday, Oct. 12 | Exmore Exmore Rotary Oyster Roast

On Saturday, Oct. 12, from 5 to 8 p.m., the Exmore Rotary Club's annual Soule Arnold Oyster and Clam Roast will be held at the Exmore Town Park. Event features steamed seaside oysters and littleneck clams, clam chowder, pulled pork barbecue, slaw, vegetables, and an assortment of desserts. Tickets are \$65. Get tickets at <https://tinyurl.com/mrxryt6a>



### Saturday, Oct. 12 | Accomack County Fall Clean-Up

On Saturday, Oct. 12, from 8:30 a.m. to 4 p.m., the Accomack County Fall Clean-up will be held. Tipping fees for residential waste and recyclable materials will be waived for residents and nonresidents with an Accomack County solid waste decal. For additional information call 757-787-1468.

### Sunday, Oct. 13 | Cape Charles St. Charles Church Oktoberfest

On Sunday, Oct. 13, from 1 to 5 p.m., St. Charles Catholic Church, 545 Randolph Ave., Cape Charles will have its third annual Oktoberfest with authentic German food, beer, and wine. There will also be live music by The Shoal Shakers. To purchase tickets visit <https://tinyurl.com/p3tnppud>





# Looking for Prime Eastern Shore Property?

**Call Blue Heron Realty Co. for a free copy of our Waterfront Catalog 757-678-5200 or 757-331-4885**

*Let Blue Heron Help You Find Your Eastern Shore Dream Home!*

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\$1,895,000

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DUPLEX! 2 very upscale, 4 bedroom, 2½ bath homes. Total of 4,235 sq. ft. in the heart of Cape Charles. Close to Beach & Park. Furnished.

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Chesapeake Bay Cottage. Cute, cozy and furnished! Excellent opportunity to own a bayfront 3 bedroom, 1½ Bath home directly on the Bay. 1,060 sf. Eastville.

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Beautiful beachfront 2½ acre lot in very upscale beachfront area offering a mile & a half of very pristine beach. Located just south of Cape Charles.

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Coastal Living 1 block from water! 3 bedroom, 2 bath Home in waterfront village w/marina accessing Barrier Islands. Original details throughout. Dream kitchen

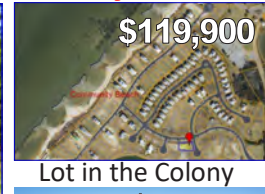
## Historic Home



\$448,000

4 bdrm, 2½ bath, 2,882 sf Brick Colonial Revival home (1937) in Cheriton. Large rooms, high ceilings & Historic charm! All on 1.95 acres. Great home!

## Bay Creek



\$119,900

Lot in the Colony

\$75,500

Lot Marina Village East

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4 bedrooms 3 baths. 1,728 sq.ft., Built in 2020. Open floor plan. Very near beach! Nice!

## Waterfront Home



\$759,000

2.5 Acre Peninsula

Dock, boat lift, 600'+/- of waterfront. 4 bedrooms, 3 baths, 3,894 sq. ft. with great elevation, nice woods, 2½ acres and access to beach, pool, tennis, etc.

## Acreage



\$595,000

17 Acres

Waterfront Farm perfect for boating, having horses, orchards, vineyards or just enjoying the nature!

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## Beachfront Home



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Information contained herein believed accurate but not warranted.  
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# ARTS ENTER 2024-25

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**NOV 9**            **AMERICAN EAGLE USA: EAGLES TRIBUTE**

**NOV 16**           **ARSONLAND: FILM PREMIERE**

**DEC 8**            **MERRY MOVEMENT: DANCE RECITAL**

**DEC 8**            **SHORE SINGERS: HOLIDAY CONCERT**

**DEC 18**         **GERRY GENNARELLI: AN ITALIAN CHRISTMAS**

**DEC 21**         **HOLIDAY BRASS: VA SYMPHONY ORCHESTRA**

**JAN 11**          **CHICAGO REWIRED: CHICAGO TRIBUTE**

**FEB 8**           **VALENTINE DANCE: WITH THE SHOAL SHAKERS**

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## BIG ART.



**FEB 1** **DMTB: DAVE MATTHEWS TRIBUTE BAND**

**FEB 15** **THE DELOREANS: 80'S COVER BAND**

**MAR 29** **TIDEWATER GUITAR ORCHESTRA**

**MAY 2-4** **CINDERELLA: A MUSICAL**

**MAY 24** **BRITAIN'S FINEST: A BEATLES TRIBUTE**

**JUN 21** **WILDER HORSES: ROLLING STONES TRIBUTE**

**JUL 18-19** **SUESSICAL JR.: SUMMER THEATRE CAMP**

**AUG 1** **FILMS THAT MOVE: FILMS PREMIERE**



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ARTS ENTER CAPE CHARLES



BUY TICKETS NOW!

This brick home in Cape Charles is a rare example of the Sears kit home Phoenix model. Kit home expert Rosemary Thornton said she has only found three or four others like it in the country.

SHORE FIRST/  
JANET BERNOSKY



## Sears kit homes on tour this month in Cape Charles

With a national expert leading the way, unique houses will get the spotlight

BY JANET BERNOSKY  
Shore First

Nan Carlton, a docent at the Cape Charles Museum and Welcome Center, was brainstorming fundraising ideas for the museum when she literally discovered it hiding in plain sight in the beautiful architecture of this quaint town.

Carlton's love for her own Sears kit "Walton" model bungalow built in 1930 served as inspiration.

Including her own, she has organized a tour Saturday, Oct. 12, of six examples of Sears home styles made popular in the first few decades of the 20th century.

Limited tickets are still available for two scheduled driving tours at 10 a.m. and 1 p.m.

Tours should last about 1.5 hours and are available through the museum before the tour date for \$10. Proceeds will benefit the museum.

Featured homes will include two

bungalows, two Dutch Colonials, and two American Four-Squares, with inside tours of two homes, including Carlton's.

As she planned the tour, circumstances got interesting when Carlton received a call from Portsmouth native Rosemary Thornton, one of the foremost experts on Sears kit homes, asking to help lead the tour.

"I thought it was a prank call at first," said Carlton.

It wasn't and Thornton, who has

been to Cape Charles and is familiar with its architecture, has plans to travel from her current home in Illinois to share her knowledge on the tours.

Carlton herself has spent countless hours researching these and other properties in town, including her own.

When she hit dead ends with county records, she tried tracking down relatives and former neighbors for information.

"Some of these homes are over a century old," she said. "Even the grandchildren of the original owners might now be older themselves, making it hard.

"They still have memories of these homes, but soon, that will all be gone, too."

Carlton counts herself lucky to be in touch with descendants of the original owners of her home, some of whom plan to take the tour.

Records show they bought the land first, then later built the home. Carlton has the original order form hanging in her dining room in the name of Esther M. Brimer, who then lived on Nectarine Street.

"Imagine, back then, the husband coming home from work and her saying 'Honey, I just bought our house,'" she said.

Sears Kit homes came with everything homeowners needed to build their homes, along with extensively detailed instructions.

This was meant to be an affordable solution to home ownership at the time. For a price, though, Sears offered construction services to purchasers.

However, Carlton said, not all kit homes in Cape Charles are attributable to Sears. Other companies, such as Montgomery Ward, Harris & Hodgson, or Aladdin, sold their kit home versions.

To figure out which one made their home, current owners need to become house detectives, said Carlton.

Clues to the company's origin may be found stamped on the underside of

(Continued on page 7)

## Sears homes

(Continued from page 6)

a floorboard, a piece of trim, a floor joist, or on attic trusses. It's often a way to also find the original owner's surname, which was often stamped there, too.

Carlton knew hers was a Sears Craftsman bungalow when she and her husband purchased it in 2014. She found her Walton model listed in the company's 1926 catalogue for \$2,471.

"We paid far more than that for it," she chuckled.

To purchase tickets, call the museum at 757-331-1008 or visit their website at [www.capecharlesmuseum.org](http://www.capecharlesmuseum.org)

### About the guide

Thornton's love of architecture began at an early age.

As a child, she spent numerous hours on her bicycle, both admiring and studying the homes found in the Waterview neighborhood of Portsmouth, where she grew up.

This love was also fostered by her mother, who would recite daily, "How blessed I am to live in such a beautiful home," as she walked through its rooms, like a mantra.

It only expanded further when she discovered "The Comfortable House" by historian Alan Gowans. Published in 1989, this book chronicled house styles found in suburban North America in the late 19th and early 20th centuries.

A few years later, she pitched a story idea to her editors to write about the 156 Sears kit homes in Carlinville, Ill., near where she lived at the time.

This helped parlay her passion into a profession, eventually resulting in her becoming a published book author, beginning with her 2002 "The Houses that Sears Built."

Thornton has traveled to 24 states over the past few decades, lecturing, making television appearances, and consulting with homeowners on their kit homes.

She is now regarded as one of the foremost authorities on Sears kit homes in the country.



COURTESY PHOTO

This bungalow is one of six homes featured in the Sears Kit Home Tour in Cape Charles on Oct. 12.



# Friday, October 11 from 5pm-8pm

# Alumni Block Party



- Live Music from Margot & Co.
- Food Trucks
- Alumni Presentations
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- Family Friendly with Kid's Activities
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SHORE FIRST/JANET BERNOSKY

Terri Coutu, left, and Bev Cowger chat with Mike Davis, of Greenbackville, at the inventory sale at Market Street Deli in Pocomoke City, Md. The restaurant will reopen in November under new management.

## An Eastern Shore dining institution closes — for now

BY JANET BERNOSKY  
Shore First

Most people seem to have a special restaurant that has become a go-to spot for some old-fashioned comfort food.

For its loyal customers, that place has been the Market Street Deli in Pocomoke City. It draws in the locals, but also people from elsewhere by word of mouth.

They make the slight detour off the

highway simply because someone recommended the meatloaf with brown gravy, mashed potatoes, or the soups.

Terri and Tom Coutu, who have run the restaurant and deli for the past five years, recently announced their retirement.

Word spread fast on social media, with people wondering what would happen to this beloved, iconic spot without this popular couple at the helm.

Saturday, Sept. 21, was announced

The Market Street Deli in Pocomoke City will reopen with new managers

as the last day for everyone to stop by, have one last meal, share some memories, and bid farewell.

However, the sign on the door on Saturday read “Sorry, we are closed.” An unexpected equipment failure had halted those plans.

The Coutus quickly regrouped and held a sale the following Monday for anything remaining.

Deli meats were sliced up and packaged, along with coleslaw, bean soup, baked goods, breads, frozen foods,

shelf-stable products, and beverages. Everything was offered at a discounted price.

“You’ve been a good ‘repeat offender,’” joked the very personable cashier, Bev Cowger, speaking to frequent customer Mike Davis, of Greenbackville.

Davis was disappointed he couldn’t purchase his favorite chicken salad but happily found other items to take home.

“See you in November — only me and Tommy won’t be here,” Coutu said to Davis as he left.

The Market Street Deli will reopen shortly with a familiar person at the helm.

Shelly Mitchell, who co-owns the building with her husband, Freddy, said their niece, Shannon Colonna, will take over the restaurant with her boyfriend.

Shannon worked for the Mitchells at the restaurant for over 10 years and learned the business from the ground up.

“We hope the town will support her as she continues this small, family-oriented business,” Mitchell said.

Employees including Bev, Lovey, and all-around-good-guy Will have been asked to stay on.

Tasley native Linda Matthews, who resides in Pocomoke, was hoping to get one last cheeseburger on Monday.

“It’s the only place to get a decent one,” she said.

“If I buy her these sweet potato biscuits, can you get them to her?” said one friend to another of someone who was ill and couldn’t make it there on Monday. “I know she will appreciate it”.

JoEllen Wimbrow, of New Church, said the deli is “where everyone meets to eat and for conversation.”

It’s that kind of place — where everybody knows your name and is a friend or soon becomes one.

Pocomoke resident Roberta Thornton said she loved the deli’s breakfasts and hopes they stay the same.

She added, “I will miss Terri and Tommy not only for the restaurant,

(Continued on page 9)



**'When Freddy and I leased the Market Street Deli to Tommy and Terri, they became extended family. I can't say enough good things about them. We wish them the very best in their retirement.'**

**Shelly Mitchell,  
owner, Market Street Deli,  
Pocomoke City**

**'The people of Pocomoke and our customers have touched our hearts forever — they were all just so wonderful to talk with, listen to, wait on, and enjoy.'**

**Terri Coutu,  
former manager, Market  
Street Deli, Pocomoke City**

## Market Street Deli

(Continued from page 8)

but because they are great people who have made us always feel welcome.”

That indeed seemed to be the consensus of those who stopped by on Monday.

Terri Coutu was pleased that a woman from the local American Legion stopped by and purchased lots of breakfast foods for their monthly Breakfast with Vets event.

Anything left at the end of the day was donated to the Samaritan Shelter.

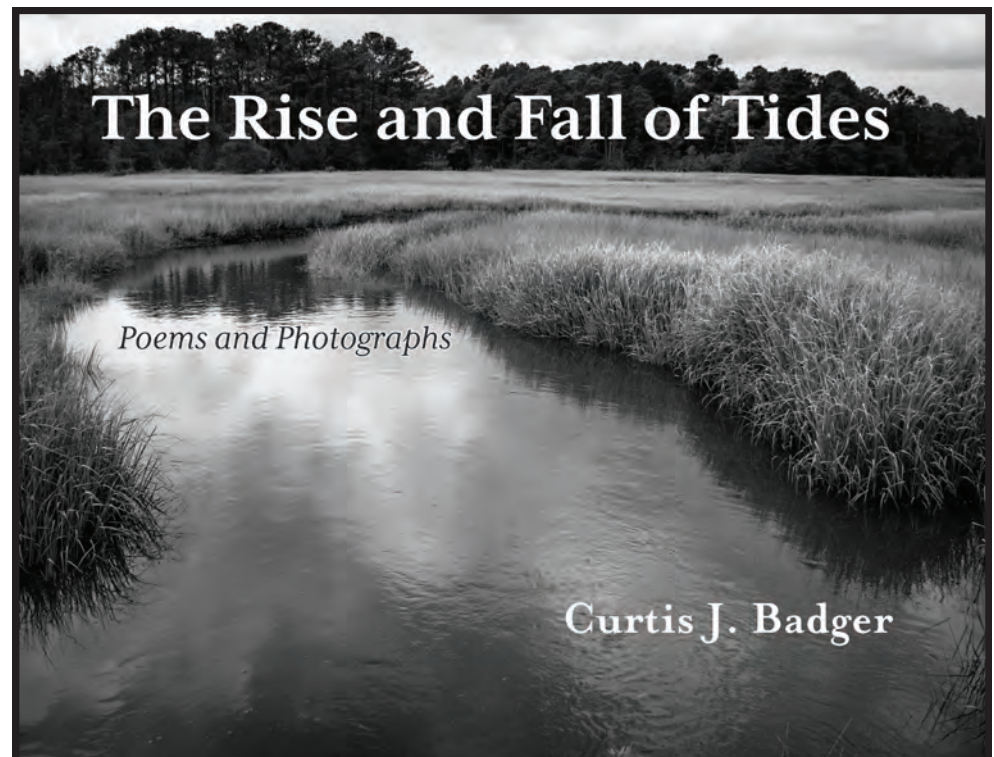
The Coutus plan to find work again at some point but first will spend some time on projects at their Willards home.

“We can work anywhere, but the people here are all just awesome. We will miss them,” she said.



FACEBOOK PHOTO

The Market Street Deli, a fixture in Pocomoke City, Md., has closed but it will reopen in November under new management.



## A New Book Celebrates the Shore Visually and in Verse

### *A Special Gift for Christmas This Year!*

Writer and photographer **Curtis J. Badger** has combined his talents in *The Rise and Fall of Tides* to celebrate Virginia's Eastern Shore both visually and in verse. While Badger is widely known for his books on the natural history and human history of the coast, he also is a talented photographer.

*"I have had a passion for photography all my life, especially black and white photography, and it seemed a natural marriage to join poems and photographs in this book. Black and white photographs seem to me a visual form of poetry. By removing color, you are reducing the image to its essence. And so it is with poetry. The challenge is to create an image not by adding words, but by subtracting them, mining a thought to get at its core."*

*The Rise and Fall of Tides* is a testimony to one man's love of family and landscape and how the two have become inseparable over time. Fifty poems are complemented by 25 black and white photographs printed on premium paper in a horizontal format, 11 by 8 ½ inch book.

Copies are available directly from the publisher, Salt Water Media of Berlin, MD. Softback copies are \$24.99 and hardbacks are \$34.99, plus shipping and taxes, if applicable.

Visit [www.saltwatermedia.com](http://www.saltwatermedia.com),  
or call 443-513-4422.

# Meet the new faces this fall at Eastern Shore Community College

Let's meet some of the new faces this fall semester at Eastern Shore Community College.

Susan Greer's new role is Allied Health Program Coordinator and nursing faculty.

Susan comes to ESCC from Riverside Shore Memorial Hospital, where she served as the nursing supervisor with 32 years of nursing experience, primarily in the emergency room.

Susan's most recent accomplishments were completing her bachelor of science and master of science in nursing at Regent University.

"I look forward to contributing to the success of our upcoming practical nurses," she said.

Tonya Martin joins Greer in the ESCC Nursing Program as the newest nursing faculty member. Tonya brings a strong commitment to fostering the next generation of licensed practical nurses here on the Eastern Shore in conjunction with other nursing faculty.

As a school health coordinator in the Accomack County Public School System, she was responsible for training and teaching students, parents, and staff about diabetes, seizures, anaphylaxis, and multiple other chronic illnesses.

"My professional journey has equipped me with the knowledge and skills that I am eager to share with our practical nurse students," she said.

Heather Coburn Marsh is the new Adult Education Regional Manager at Eastern Shore Community College.

Heather has been in education most of her adult life, working as a classroom teacher at the elementary and middle school levels and then in administration at the high school level.



SUBMITTED IMAGE

**Pictured are, top row from left, Susan Greer, Tonya Martin, Heather Marsh, and Keith Moody. Pictured in the bottom row are Shaun Thayer, Elizabeth Walraven, Towannia Williams, and Katie Dean.**

She was most recently the principal at Northampton High School.

"I feel like all my past experiences have led me to the world of adult education. I look forward to helping this awesome staff continue their work."

Keith Moody is the new College Success Coach in ESCC Student Services.

Keith graduated from ESCC in May 2011, attended Old Dominion University, and worked as a Child Protective Service and Foster Care worker for three years at the Accomack County Department of Social Services.

Keith considers mentoring a calling as he hosts a boys' mentoring group, "Ties with the Guys," at Kiptopeke Elementary, and is a Younglife Leader at Northampton High School.

"I'm thankful for this new and great

opportunity and look forward to being a part of your Eastern Shore Community College," he said.

Shaun Thayer is the new mathematics instructor at Eastern Shore Community College. Shaun has taught at the community college and university level for several years and spent the last two years working as a coordinator for student tutoring and mentoring services.

"I am excited to collaborate with colleagues and work towards providing the best learning experience we can for our students. Thank you to everyone for welcoming me to the team," he said.

Liz Walraven rejoins ESCC as the enrollment navigator. Liz began her journey supporting students on the

Shore over 14 years ago at ESCC as a library specialist before becoming the high school media specialist at Nandua High School.

"After six years away, I am happy to return to Eastern Shore Community College and to have joined the amazing Student Services team. I have dedicated my career to supporting this community's educational needs and am looking forward to continuing to assist students as they make the decision to say yes to ESCC," she said.

Towannia Williams is the new eligibility specialist and case manager with Virginia Career Works at Eastern Shore Community College.

For 11 years, Towannia has provided both direct and indirect case management and supportive counseling services to adults and their families.

"I am a graduate of Eastern Shore Community College, where I earned a certificate as an administrative assistant and an associate's degree in administrative support technology and went on to earn a bachelor's degree in human services from Old Dominion University."

Katie Dean is now a workforce generalist at Eastern Shore Community College. Katie moves from ESCC student to ESCC employee as her role at workforce development puts her on the other side of the reception desk.

Having recently completed several workforce development classes, including medical scribe and phlebotomy, Katie is very familiar with the current ESCC landscape.

"I am so excited to be working as workforce generalist and registrar. I hope to have the same impact on students as my previous instructors and support staff had on me," she said.

## 'Calendar Girls' performance at Historic Palace Theatre

Arts Enter Cape Charles is producing "Calendar Girls" under the direction of Clelia Cardano Sheppard.

A group of local thespians have assumed the roles in this very popular British play and will present it at the Historic Palace Theatre during the weekend of Oct. 25 to 27.

The stage play is based on the true story of a group of middle- to late-age British women who decided to pose nude for a calendar in order to raise money for a new sofa for the local hospital's waiting room after one woman in the group lost her husband to leukemia.

But while a lot of the show's laughs result from the concept, the play itself is not about nudity.

It's about friendship, female bonding, and the corrosive, corruptive force of sudden fame and notoriety.

Before it was a stage play, Calendar Girls was a successful motion picture.

But in 2008, Tim Firth adapted his film for the stage and that started a love affair during which British audiences made "Calendar Girls" the all-time number one box office hit in that nation's history.

Since 2011, U.S. audiences have also been getting to see just why the show has been so popular across the pond.

Born in 1964, Firth started writing at a young age. By 15, he was already penning full-length musicals for local schools, and a year before graduation he was even commissioned to write a television script.

While studying English at Cambridge, he had occasion to attend an Arvon Foundation writing course run by playwrights Willy Russell and Danny Hiller.

As part of the workshop, he wrote a play about two 16-year-olds trying to write a song. It was so compelling

that a fellow participant immediately optioned the work for his production company.

And with that, Firth's future as a writer was set. "I never wanted to be anything other than a writer," Firth conceded during a 1994 interview with Radio Times.

After three years at Cambridge, Firth was commissioned to write a play by the Stephen Joseph Theatre. He produced a one-act play titled Man of Letters which was such a success that Alan Ackyborn engaged him to write a full-length work.

The result was "Neville's Island," which tells the story of four businessmen who are shipwrecked on an island in the middle of a lake during a corporate training exercise.

Although the work has a very serious theme, it is nevertheless hilariously funny. The play premiered in Scarborough in 1992 but was quickly transferred to London's Apollo Theatre, where it met with critical acclaim, being nominated for various awards including four Oliviers.

It has since been produced regularly in the United Kingdom and all over the world, and translated into several languages. Following Neville's Island, Firth went on to write The Safari Party, the musical Our House (which won an Olivier Award for Best New Musical in 2002), "The Flint Street Nativity," "Sign of the Times" and, of course, "Calendar Girls," which won the Whatsonstage Best Comedy Award in 2010.

The performances are on Friday, Oct. 25, at 7:30 p.m., Saturday, Oct. 26, at 3 p.m. and 7:30 p.m., and Sunday at 3 p.m.

For tickets, visit [www.artsenter-capecharles.org](http://www.artsenter-capecharles.org)

For more information, call the Lemon Tree Gallery at 757-331-4327.

## Eastern Shore of Virginia Rail Trail



### Fact Sheet

The future **ESVA Rail Trail** will be a 49-mile walking and biking trail along the historic Eastern Shore railroad corridor. The completed trail will provide a safe and scenic route for outdoor recreation and tourism for people of all ages and abilities.

#### WHAT IS A RAIL TRAIL?

Rail Trails are **multipurpose public paths created from former railroad corridors**. Our corridor has been "railbanked" to preserve its infrastructure for potential future rail service. Railbanking is a federal program created in 1983 to prevent the abandonment of former rail corridors across the country by repurposing them.

#### NEXT STEPS

- The next major milestone is the **First Phase of Construction from Cape Charles to Cheriton in Spring 2025**. The projected completion date is no later than Summer 2026.
- Accomack & Northampton counties submitted VDOT SMART SCALE applications to fund trail segments from Parksley to Onley & from Birdsnest to Cheriton. The latter would fully fund the Northampton County segments of the rail trail. Only about a 4-mile stretch of trail in Accomack would be temporarily unfunded.
- The trail is funded with state and federal categorical grants. This means the funds are specifically for transportation purposes, such as trails.
- The future rail trail will have a 10 ft asphalt surface with park & ride facilities, bus shelters, benches, and trash receptacles at various trailhead locations.

#### GET INVOLVED

Help us increase community awareness & engagement by spreading the word to your friends, family, and neighbors! Stay in the loop and learn more by following our social media and signing up for updates at [esrailtrail.org](http://esrailtrail.org)!



SCAN ME



# Salted caramel apple cheesecake bars define fall

Caramel. Apples. Cheesecake. That's pretty much a trifecta of awesomeness, wouldn't you say?

These bars are also awesome because they're so darned easy to make.

A classic graham cracker crust, a simple cheesecake batter, and a can of apple pie filling are the base for this dessert.



Laura  
Davis

Then it's topped with a luxurious caramel sauce and topped with flecks of sea salt.

The perfect sweet treat to welcome the arrival of autumn.

I was so happy with how they turned out and how beautiful they looked — how the apples are suspended perfectly in the cheesecake?

I just used a can of apple pie filling for an easy time saving shortcut.

However, it would be the perfect opportunity to use up fresh apples if you've just been to a local orchard.

Or are lucky enough to have some of your own apple trees. Just peel, core and slice — then simmer with some sugar and cinnamon for about 15 minutes on the stove top.

I like to use a higher quality sea salt for this — ideally hand-harvested, so the salt grains retain their big, beautiful crystals.

Barrier Island Salt is made right here on the Eastern Shore of Virginia, and can be found in many of our local shops and boutiques all up and down the peninsula. Treat yourself to a jar — you won't be sorry.



PHOTO COURTESY LAURA DAVIS

**Salted caramel apple cheesecake bars define the fall — especially with fresh apples and local sea salt.**

Laura Davis, of Chincoteague Island, is a food writer and blogger at [www.tideandthyme.com](http://www.tideandthyme.com). Her recipes have been featured on Huffington Post and [www.craftbeer.com](http://www.craftbeer.com), among other publications.

She is a frequent guest on WBOC-TV's DelmarvaLife show, where she showcases her culinary talents for viewers. Her work appears monthly in Shore First.

# The recipe: Salted caramel apple cheesecake bars

- 6 Tbsp. butter, melted
- 1 1/2 cups graham cracker crumbs (about 1 package)
- 3 Tbsp. sugar
- 1/2 tsp cinnamon

For the filling:

- 2 (8 oz) packages cream cheese, softened
- 1/2 cup sugar
- 3 eggs
- 1/2 teaspoon kosher salt
- 1 (21 ounce) can apple pie filling
- 3/4 cup caramel sauce
- 2 tsp. sea salt

Heat oven to 350F. Line an 8-inch by 8-inch baking pan with aluminum foil and coat with non-stick spray. Set aside.

In a medium bowl mix the melted butter, graham cracker crumbs, sugar, and cinnamon until crumbly. Using the

bottom of a drinking glass, press evenly and firmly into the bottom of the baking pan.

In large bowl combine the cream cheese, sugar, eggs, and salt. Beat at medium high speed, until mixture is smooth, about one to two minutes. Carefully fold the apple pie filling into the cheesecake mixture. Spoon mixture evenly on top of crust.

Bake uncovered for about 1 hour, or until filling is set. Let cool completely. Once cooled slice the cheesecake into 2-inch squares. Drizzle caramel sauce on top of cheesecake pieces and sprinkle with a little sea salt.

Leftovers can be stored in an airtight container in the refrigerator for up to three days.



PHOTO COURTESY LAURA DAVIS

Fresh apples from a local orchard make for great salted caramel apple cheesecake bars.

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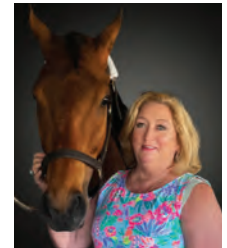
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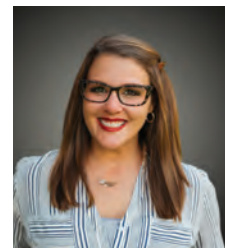
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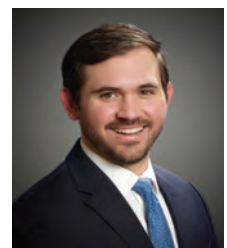
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# Is there an ideal time to improve yourself?

Is there an ideal time to improve yourself? No.

There are logical days to start like Mondays or the first of the month, the beginning of a quarter (we just started the last quarter of the year) or the most popular one, New Year's Day.

The best thing to do is just start.

We might want to eat healthier and then we find ourselves tempted by sweets and highly caloric foods everywhere we go.

Or we might want to start walking outside and the weather doesn't cooperate.

That's when you need to remember your "Why," why you decided to make the change in the first place.

We need to be able to overcome our obstacles and keep going one step at a time. It's worth it in the end but it takes work.

Here are five suggestions to



Betsy Seybolt

level up who you are:

■ Find people who share your values and support you.

Surround yourself with people who are on the same wavelength and provide support in good times and bad. Find positive, loving people who will lift you up even when they are not at their best.

Be clear about what matters to you so you attract like-minded people. If it means severing ties with people who bring you down or drain you, it's time to make the break or spend less time together.

Sometimes it's difficult to feel confident and believe in yourself, so surrounding yourself with cheerleaders will help. When we feel supported, we become bolder and more confident.

■ Get out of your comfort zone.

Get out of your comfort zone and do something that



PHOTO COURTESY PIXABAY

**Betsy Seybolt: When is an ideal time to improve yourself? The best thing to do is just start.**

scares you. That is how you grow.

And it is how you learn that it wasn't as bad as you thought, so it will be easier for you to challenge yourself the next time.

Last year I did a 30-day challenge. My goal was to do something that scared me or was out of my comfort zone for 30 days.

It was one of the best things I have ever done. I was surprised many times because the things weren't as scary as I thought.

If you do scary things, you grow and you become stronger because you truly believe you can do more than

you previously thought. And you feel great because you did it!

■ Develop a growth mindset.

When I took a tour of the Wallops Island facility a few months ago, I was intrigued by the way scientists think about the results of their experiments. They go into each experiment with an open mind.

If for some reason it does not yield the results they were seeking, they just chalk it up to experience and try again.

They don't look at it as a failure. And that's what we should do. We can learn a lot about what works and what doesn't by going out there and doing our best and being open to the outcome.

Things usually turn out better when we don't attach any meaning to the outcome and we value the experience for what it is.

So next time, tweak it a little, and try again. It's not the big deal that we think it is. When you have a growth mindset you learn from your experiences in order to improve the next time.

■ Just take the first step.

Just get started. That's the best way to get anything done — and sometimes it's the only way it will get done.

Just work on it a little bit at a time, especially if you are having a difficult time making headway. With consistent effort, you will begin to see how far you have come.

If you are working on a project, take your goal and break it down into manageable mini goals. Then break those down into individual tasks. How do you eat a big juicy steak or a big juicy watermelon? One bite at a time, of course.

■ Give yourself a break.

Let's say you're working on that project and you miss a day because of a family emergency. Cut yourself some slack and deal with what you need to do to be a good caretaker, caregiver, or helper, and remember why you are

(Continued on page 17)

Betsy Seybolt is a mindset and motivational coach who lives in Accomack County. She just started teaching her new course, Self Care Essentials. There's still time to register.

Go to [betsyseybolt.com/self-care-essentials](https://betsyseybolt.com/self-care-essentials) to sign up.



# Seybolt

(Continued from page 16)

working on your project.

When you have some order back in your life, pick up where you left off, and don't let one obstacle get in your way. Be kind to yourself and give yourself the same compassion you would give to someone else and keep going.

I'm going to let you digest the first five and I'll share the other five next time. There's a lot to think about — to find your people, stretch yourself, learn from everything you do, get out of your way to get started, and give yourself some compassion when you hit an obstacle. There's a lot right there.

If you were to do one thing, which area of your life would you work on?



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### Breast Self-Awareness

You know what is normal for your breasts. A change does not always indicate breast cancer. Still, be alert for the following:

- A lump in the breast or under the arm
- Skin changes, including a dimple, redness, or thickening
- Change in breast shape or size
- Nipple discharge
- Scaling or redness of the nipple and/or areola
- Nipple retraction or deviation
- New breast pain

If you notice any of these signs or something that doesn't look or feel quite right, notify your health care provider immediately.

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# In enigmatic Bullbegger, an enigmatic tombstone

One of the most enigmatic tombstones on the Eastern Shore lies aside the road that passes through Bullbegger.

Of course, Bullbegger itself is an enigma. Lonely and remote, it is reached by a single road heading north out of Jenkins Bridge through Jolly's Neck to Pitt's Neck.



Kirk  
Mariner

It has borne its strange and unexplained name — in an old English dialect it means “bugbear” or “hobgoblin” — since at least the late 1600s, though why the place received that name is unknown.

Early in the 20th century Bullbegger could boast a scattered collection of houses and a country store with a post office. The post office closed in 1935, and though the name still appears frequently on maps published since then,

the only thing to be seen there today is farmland, one large old house, and a few old gravestones, one of which is that of Julia Dix.

Julianna Taylor Dix (1819-1861) was the second wife of Thorogood Dix (1811-1861), who in 1847 purchased the largest and oldest farm in Jolly's Neck and moved his family out of the Guilford area into the big house in Bullbegger. The Dix family consisted of six children: John, Isaac, and Anna (Nancy), children of Thorogood's first wife, and Mary, Elizabeth, and James, children of Thorogood's second wife, Julia. The 1850 census reveals that Julia's adult sisters Nancy and Eliza Taylor also lived with them.

Though not a great deal is known about Thorogood Dix, he seems even across the years a hard and stern man. Like many of his contemporaries, he was a slave owner, and it is said that he was a



SHORE FIRST/TED SHOCKLEY

One of the most enigmatic tombstones on the Eastern Shore lies aside the road that passes through Bullbegger — spelled “Bullbeggar” on this road sign.

harsh taskmaster who broke his slaves as if they were horses.

According to family tradition, it is at his own request that his grave be located at the roadside, not at the house or back in the field, so that he could hear the sound of slaves being marched off to work. That he was a hard man is also suggested by his will. Thorogood Dix died in the summer of 1861, bequeathed money and slaves to sons and daughters, directed that his possessions be sold and the profits divided among his children (although not “until a settlement of the present existing difficulties between the North and South”), and to Julia, his wife of 18 years, left not one thing.

Even so, the widow Julia was not destitute. Though she owned no property, she was guaranteed by law a widow's right, or one-third “dower inter-

est,” which could, if she wished, hold up the sale of a third of Thorogood's land for as long as she lived.

Was it this dower interest or some smoldering family jealousy that proved her undoing?

The sale of Thorogood's personal property was scheduled for Christmas Day, December 25, 1861. Five days before the auction, one day after her 42nd birthday, Julia Dix sat rocking in her chair next to a window in a “nook” in the old house when a shot rang out.

A bullet crashed through the window, splintered off part of the chair, and struck and killed her.

An inquest was held — in those days a certain sign that the death was considered suspicious — but no suspect was named or identified. On Christmas Day the public descended upon the place for

(Continued on page 19)

The Rev. Kirk Mariner was an Eastern Shore author, historian, and United Methodist minister whose book, “Off 13: The Eastern Shore of Virginia Guidebook,” is an indispensable volume for natives and visitors alike. Mariner died in 2017. His work appears in Eastern Shore First courtesy of Miona Publications. This first appeared in his book, “True Tales of the Eastern Shore.”

# Bullbegger

(Continued from page 18)

the auction, and the sale netted \$5,781.49.

They buried Julia next to her husband's new grave at the side of the road and carved upon her flat, horizontal stone an inscription that neither family nor community has ever successfully explained:

Farewell, my children, my sisters and my brother dear. I had not long to stay with you here. It was not sickness that hurried me away from here. It was my enemies and the Balls and my enemies without a cause. I have gone to rest in heaven to share. I am not dead but sleeping here. Prepare for death, for die you must, and with your mother and sister sleep in dust.

For over a century one line in that epitaph — “It was my enemies and the Balls” — has puzzled virtually everyone who has read the stone. To add to the puzzle, many insist that the stone reads not Balls but Bulls — “It was my enemies and the Bulls” — and that the inscription cryptically identifies someone by the last name of Bull as Julia's murderer. Those defending “Balls” can cite the rhyme: “Balls” rhymes with “cause” and is consistent with the rhyming couplets throughout the inscription.

Those defending “Bulls” can cite the fact that in all the inscription this one word alone, apart from those at the beginnings of sentences, is capitalized, consistent with its being a proper name. And if to the modern eye the carved word looks more like “Balls” than “Bulls,” there is the family tradition that the proper reading is “Bulls” and that there was once more lettering on the stone than appears there today. In fact, one passerby is said to have been so indignant that the Bull name was indicted in the epitaph that the inscription was later surreptitiously altered.

But if it were the Bulls who killed Julia Dix, which Bulls, and why? Bull is a common name on the Eastern Shore, but there were no Bulls in Bullbegger, nor (at that time) in either Thorogood's or Julia's families. Five men named Bull showed up at the Christmas Day auction, but exactly where they came from is not clear.

According to one story passed down through the family of Julia's daughter Mary Ann, an old black man, once a slave on the Dix farm, confessed on his deathbed many years later that the only thing he did wrong was to kill “Miss Julia.”

He was, he insisted, told to do it and was paid by one or more of the stepsons. Descendants of Julia's stepson Isaac had their own family tradition: that an “unhappy” slave had fired the shot that killed Julia, without instigation of either of the brothers. From Bettie Dix, Julia's younger daughter, there descends no story at all — strangely, for 11-year-old Bettie was there in the house when her mother died.

Though the old house on the Dix farm in Bullbegger has been restored, there are persistent local traditions that it is still occasionally frequented by the ghostly presence of “Miss Julia.”

The chair in which she sat when she was killed, missing the spindle that was shattered by the bullet, was preserved in the family until destroyed by fire in the mid-20th century.

In recent years the descendants of Thorogood have restored the small family burial plot, even adding a footbridge across the ditch from the road to the site.

But the questions remain: Who killed Julia Dix, and why?

What, if anything, did the Bulls have to do with it?

And no less intriguing: Since it was almost assuredly not Julia herself who wrote it, who spoke for her when they carved the stone and left us that most mystifying inscription?

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# The Eastern Shore has had more than 150 post offices

Years ago, folks living on the Eastern Shore didn't have to travel far to get their mail.

Since mail delivery began in the early 19th century, the Shore has had more than 150 post offices, well over 100 of them in Accomack.

Many of the post offices still exist and are familiar place names in our community, but others, not so much. If you lived near LeeMont in the vicinity



Curtis Badger

of Hurst's Store, you probably got your mail at Grape, a long-forgotten settlement west of Route 176.

Thomas Gardner Jr., a local merchant, was the postmaster there from 1897 until 1902.

Jesse Hurst was named postmaster in 1903 and served for two years until mail service was consolidated in Lee Mont.

Grape may have lost its post office, but it will live forever in a 1906 road atlas, where it is prominently situated in the

center of the peninsula.

Historian Brooks Miles Barnes compiled a list of Eastern Shore postmasters while working on his dissertation in graduate school at the University of Virginia, and says mail delivery on the Shore closely reflects our history and geography.

Post offices abounded on the Shore largely for political reasons.

"In the early 1880s U.S. Senator William Mahone had post offices created wholesale in Virginia as he attempted to build a political machine," said Barnes. "It was a way of bestowing favors."

Our postal service closely reflects our pattern of settlement. The earliest post offices were in communities that thrived before the opening of the railroad in 1884.



COURTESY PHOTO

There was a post office in the Eastern Shore community of Grape, near Parksley, shown in this 1906 road atlas.

Among the first were those in our county seats. William Gillet became postmaster of Accomac Court House in 1824, and Leonard Nottingham was named postmaster of Eastville in 1827.

Other early post offices were in communities situated at the heads of necks and along well-traveled roads. Modest Town (1824), Belle Haven (1826),

Onancock (1826), and Pungoteague (1832) were among the first in Accomack.

In Northampton, the first post offices were in Capeville (1833), Franktown (1834), Sea View (1837), Bridgetown (1839), and Johnstontown (1843).

Prior to the railroad, people traveled and shipped goods by water, giving rise to post offices in harbor towns and at wharves.

A post office opened in Read's Wharf (now Morley's) in 1881. Cherrystone opened in 1845, Wilsonia Wharf in 1874, Broadwater in 1889, and Bayford in 1892.

In Accomack, most shipping points included post offices.

The Hoffman's Wharf post office was manned by James H. Hoffman beginning in 1874. The name was changed to Harborton in 1894.

Post offices opened at Pitt's Wharf in 1874, Shield's Wharf in 1878, Bogg's Wharf in 1879, and Finney's Wharf in 1881.

Of course, the major catalyst for the proliferation of post offices was the railroad, which in 1884 created stations up and down the spine of the Shore to service farmers and travelers.

And every station had a post office. One of the most intriguing was the station at Onley, which prior to the railroad was a crossroads community between Onancock and Locustville.

It was appropriately named Crossroads, but when the station opened it was called Only, so-named for the nearby home of Henry A. Wise, Virginia's first governor from Onancock Creek.

The Only post office opened on Nov. 11, 1885, with George W. McMath as postmaster, but four months later, on Feb. 10, the name was given a slight change, adding an "e."

Chances are, there already was a post office somewhere in Virginia named Only, so Onley added a vowel. And it has been there ever since.

---

Curtis J. Badger is a Delmarva native who majored in English at Salisbury University and, with the exception of four years traveling as a U.S. Air Force photojournalist, has enjoyed a career photographing and writing about his native coast. His books include "Salt Tide: Cycles and Currents of Life Along the Coast," "Bellevue Farm: Exploring Virginia's Coastal Countryside," and many others. He lives in Accomack County.



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100 years ago  
October 1924

## Del-Mar-Via trail to rival present route

New York to Florida via Salisbury. People living on the Del-Mar-Via Peninsula may see in the course of the next few years a steady stream of northern tourists passing down along the Dupont Highway of Delaware and through Salisbury on to Norfolk and the south if a project just launched by a group of publicity men succeeds. The plan calls for the completion of a concrete road from Pocomoke City to Cape Charles and the providing of adequate ferry facilities by the Pennsylvania Railroad across the mouth of the Chesapeake.

Immediately upon the accomplishment of this important highway and water link connecting the north and south by a new route, an effort will be made to divert to what will be known as the "Del-Mar-Via Trail" the extensive tourist traffic that now journeys southward from Philadelphia through Baltimore, Washington, Richmond, and Petersburg. The promoters of this great publicity movement for the Del-Mar-Via Peninsula declares that motorists traveling from Wilmington into the lower part of Virginia on their way to Florida and other points will shorten their distance from 50 to 100 miles and their time of travel approximately five hours by taking the more direct route, which is proposed to run from Wilmington, Del. to Courtland by way of Dover, Salisbury, Pocomoke, Cape Charles, and Norfolk.

It is thought by those sponsoring the movement that the Pennsylvania railroad will consider the lowering of the ferry charges on automobiles between Cape Charles and Norfolk if there looms up additional revenue from increased traffic as a result of the proposed new route to the south. Pressure, no doubt, will be brought to bear upon the project by the city of Norfolk, known as the Gateway of the South, as that city is now missing a large proportion of tourist travel to southern points by motor. The completion of the concrete roads on the Eastern Shore of Virginia would also open up a direct route for motor trade between Norfolk and Philadelphia just as is now established for rail purposes.

Salisbury would benefit immensely from the project, it is pointed out, inasmuch as the influx of people from other parts of the country would give this section a lot of publicity and bring to the attention of outsiders the many advantages of this peninsula in the development of not only its agricultural resources but also its industries and commercial possibilities. The new Wicomico Hotel will be able to accommodate in good style the tourists passing down along the highway. The latter could breakfast in Wilmington at the

Hotel Du Pont, have lunch at the Wicomico, and eat dinner in Norfolk the same day, it is pointed out. In this way, tourists could avert the heavy traffic on the Philadelphia to Washington pike and escape the slow movement through the cities of Baltimore, Washington, and Richmond on their journey southward. Another advantage, it is declared, would be the better time that could be made on the Del-Mar-Via Trail through a country level and abounding in beauty and picturesqueness.

— *The Daily Times*

## Barn burns at Exmore; 5 mules and horse lost

Five mules, one horse, and a large hog were burned to death early Tuesday when a fire of unknown origin totally destroyed the barns and stables, together with a large quantity of hay and farming implements and a carload of lumber stored in the building of the farm occupied by Capt. W.J. Broadwater, five miles from here. The buildings were property of J.W. Chandler, of Exmore, the owner of the farm. The loss is estimated to exceed \$15,000, none of which is covered by insurance.

Captain Broadwater was awakened about midnight to find the fire under such headway that efforts to get the animals out of the building were futile. One mule, which broke out of the stables, was so badly burned it had to be shot. A new automobile housed in the building was saved. The fire is thought to have begun in the hay loft.

— *Ledger-Star*

## Indict four in Roach murder; West is named

Four men were indicted jointly for murder in connection with the death of Ralph Roach last week by the grand jury. Frank West, manager of the West's Greater Shows, now at liberty on \$25,000 bond; T.A. Schultz, Gerard Leozzo, and Charles E. Miller, held in default of \$10,000 bail bond, were each indicted for being part of the mob which on the night of Aug. 14 murdered Roach within the Tasley fairgrounds. The case was set for trial Tuesday, Oct. 21, at Accomac courthouse.

Roach, 25, was shot to death while at the steering wheel of his automobile while leaving the fairgrounds just before midnight after rioting broke out.

The case has attracted much interest on the

**Special** **Excursion**

## \$4.00 Philadelphia

### Chester, Wilmington

AND RETURN

## SUNDAY, OCTOBER 12

SPECIAL TRAIN Leaves Saturday Night, October 11

Leave	P. M.	Leave	P. M.
Cape Charles .....	9.05	Parksley .....	10.34
Cheriton .....	9.21	Bloxom .....	10.40
Cobbs .....	9.26	Hallwood .....	10.50
Eastville .....	9.31	Makemie Park .....	10.54
Machipongo .....	9.37	Lecato .....	11.00
Birds Nest .....	9.43	New Church .....	11.05
Nassawadox .....	9.50	Pocomoke .....	11.16
Exmore .....	9.59		<b>OCTOBER 12</b>
Painter .....	10.06	Arrive	A. M.
Keller .....	10.11	Wilmington .....	4.45
Melfa .....	10.16	Chester .....	5.07
Onley .....	10.21	W. Phila. ....	5.29
Tasley .....	10.25	Phila. (Broad St.) .....	5.34

RETURNING, leave Philadelphia (Broad St.) 3.50 P. M.  
West Phila. 3.55 P. M., Chester 4.14 P. M., Wilmington 4.35 P. M.

Tickets on Sale Two Days Preceding Excursion  
Similar Excursion, November 9

See Independence Hall, Memorial Hall, Academy of Fine Arts, Commercial and University Museums, Fairmount Park, Zoological Garden, and the many other objects of interest of "The Quaker City."

## Pennsylvania Railroad

THE STANDARD RAILROAD OF THE WORLD Order No. 861

FILE PHOTO

This ad ran in the Worcester Democrat and the Ledger-Enterprise on Saturday, Oct. 4, 1924.

Shore and will be a hard fought legal battle. Commonwealth Attorney Jeff F. Walter will be assisted by Turlington and Doughty, while the defense will include Mapp and Mapp, Roy D. White, and Ayres and Reudiger.

— *Ledger-Star*

## Baltimore woman lands biggest fish out of Wachapreague

Fishermen from all over the country who angled at Wachapreague this season have got to take their hats off to a woman follower of the sport, and she's a Baltimorean, too.

She is Mrs. Althea F. Bradley, conqueror in many a hard-fought battle with channel bass and other game fish and who topped her own record last week at Wachapreague when she landed her biggest bass, which proved to be the largest caught by any fisherman, either man or woman, at the resort this season.

Mrs. Bradley, by landing the big fish, won a handsome

(Continued on page 23)

## Yesteryears

(Continued from page 22)

silver loving cup. How she caught the big drum is told in a letter to a friend in Baltimore. It reads:

Up until Oct. 12, while I had caught over 17 bass, none of them were in the prize-winning class. On that day I landed one of the gamest bass I ever hit. You will notice I had him weighed at the general merchandise store — but his length fooled me as to his weight. He was 50 inches long and 27 inches in girth, but I was disappointed when he only went 47 pounds. He was a real fighter and had my wrist pretty tired when I landed him. On Oct. 15, while fishing at Hog Island Inlet, I had a strike at exactly noon, and after 45 minutes of real scrapping I landed what I knew to be the largest bass I had ever seen.

Harry Bunting was afraid to use the gaff lest he miss, so he caught the fish under the gills and got him aboard. I caught four others that day but none over 42 pounds.

As soon as I reached Wachapreague, I had the fish weighed at Powell's, as per enclosed, and you will note his weight as 53 ¼ pounds, his length as 49 inches, and his girth as 32 inches. He was not weighed until 7:30 p.m., so he really lost about four pounds of wet weight, to which I would be entitled in a contest.

It seems they had a trophy down here, and when I went in to dinner that night a beautiful silver cup was on my table filled with flowers.

It was a great day and all the old-timers here are saying it is the largest bass they ever saw caught on rod and reel. I was using my No. 4 VonHoff rod and 0-4 VonHoff reel with nine thread Cuttyhunk.

— *The Baltimore Sun*

75 years ago

October 1949

### Action delayed on crabbing in two states

The Virginia Commission of Fisheries yesterday decided to postpone discussion of a bi-state crabbing proposal offered by Gov. William Preston Lane Jr., of Maryland, until the full board could act on it.

The proposal would allow crabbers of the two states to operate on either side of the boundary, "within limits to be worked out" by the two states.

First presented at the September meeting,

● AIR CONDITIONED FOR YOUR COMFORT ●

**Come And Get Those Delicious  
Chincoteague OYSTERS**

ANY STYLE—RAW - FRIED - ROAST - STEW

**BANQUETS**

Accommodations up to 200. Private dining rooms for 25 to 50 for special dinner parties and business meetings. Good foods, excellent service.

Open Daily 12 Noon to 10:30 P. M., Including Sunday

**PINE TREE INN**

The Perfect Spot for Atmosphere and Fine Food

VIRGINIA BEACH BLVD. PHONE 44906

Recommended by Duncan Hines—15 Minutes from Norfolk

FILE PHOTO

This ad ran in the Ledger-Star on Wednesday, Oct. 5, 1949.

the plan was given to commission members for further study. It may be brought up again for discussion at the November meeting.

Decision to postpone any action on the proposal came at an executive session of the commission. At the regular hearings, the commission, headed by Commissioner Charles M. Lankford Jr., refused two applications for oyster ground, approved one, and asked for further information on another.

Another man was told to remove oysters he has planted and two brothers were refused any relief from the rental they are now paying for oyster ground on the York River.

The application of Harry C. Smith for five acres of oyster ground in Nassawadox Creek was approved by the commission over the protests

of Roscoe Walker, of Bayford Oyster Company, Eastern Shore. Walker claimed the ground was not suitable for planting oysters.

— *Daily Press*

### Man arrested and returned to Accomack

John Alex McCoy, 36, of Alabama, was returned yesterday to the Accomack County jail, where he had escaped on Aug. 27.

McCoy had been arrested by City Police in Salisbury on Sept. 17 for being drunk and disorderly and refusing to pay a taxi cab fare. He was sentenced to 30 days in the Wicomico County jail and a \$50 fine.

McCoy's fingerprints were sent to the FBI in

(Continued on page 24)

## Yesteryears

(Continued from page 23)

Washington. A check there showed that McCoy was wanted in Accomack County. Police said he had been in the Accomack jail awaiting trial after he had been indicted by a grand jury there for burglary.

According to Accomack authorities, McCoy has a past record of larceny and disorderly conduct charges, and he served a six-month sentence on a Georgia chain gang.

His trial is scheduled for Oct. 25 at Accomac.

— *The Daily Times*

## Tangier Island slayer given life in prison

A jury in Accomack County Circuit Court today convicted Lawrence Dize, 39, Tangier Island waterman, of first degree murder in the pistol slaying of Alfred Crockett, fellow Tangierman. It fixed punishment at life imprisonment.

The red-haired crab fisherman, whose counsel built a defense on a plea of innocent by reason of insanity, stood stolidly as the jury foreman announced the verdict.

His counsel immediately moved to set aside the verdict as contrary to the law and evidence, but Judge Jeff Walter set no date for arguments on the motion.

Since he went on trial Monday morning, charged with murder in the first slaying on the remote Chesapeake Bay island in 25 years, Dize had sat placidly chewing as his counsel called witness after witness to the stand in an attempt to show he was not of sound mind at the time of the shooting.

The Commonwealth charged Dize fired five bullets into the back of Crockett, 32-year-old store clerk, in front of an ice cream parlor on Aug. 31.

It charged, too, the shooting grew out of a long smoldering grudge and sought to show Dize killed Crockett because the latter had struck him with a baseball bat in a poolroom altercation three or four years ago.

However, witnesses for the defense testified Dize had been greatly upset over the death of his mother a week prior to the shooting. Testimony was he talked and acted like an insane man.

Dize himself testified he took ten sedative pills the morning of Aug. 31 after several sleepless nights and remembered nothing until he found himself in jail the next day.

Dr. Frederick Woodson, of Norfolk, psychiatrist for the defense, and Dize's family physician, Dr. Charles F. Gladstone, both testified Dize was suffering from a dementia praecox, a form of insanity.

Another psychiatrist, Dr. Granville L. Jones, of Eastern State Hospital in Williamsburg, a Commonwealth witness, disagreed, however. Dr. Jones said he did not believe Dize was suffering from any major mental illness and expressed the belief the defendant was faking his purported loss of memory.

— *The Virginian-Pilot*

50 years ago  
October 1974

## Zoning issue may set pattern for Shore

Scarcely noticed by its neighbors in Maryland, this small rural community is on the verge of the biggest zoning decision ever made along the Eastern Shore and may set a pattern for development in the wake of the rush for offshore oil in the Atlantic Ocean.

Brown and Root, Inc., a Houston-based subsidiary of the Haliburton company, has asked for 1,762 acres of farmland encircling the town of Cape Charles. The company fabricates structures, decks, and pipelines for offshore oil and gas production.

Prospects are for offshore leases and drilling in the Atlantic off the Delmarva coast, and officials for Brown and Root, Inc., say they want to be part of the venture.

But Northampton County is zoned entirely for agriculture and does not even have an industrial category in its zoning ordinance.

Brown and Root, Inc., has already purchased a 2,000-acre tract of land bordering the Chesapeake Bay for \$5 million. It belonged to a single absentee owner in New York state and had been known for many years as the Scott estate.

The decision whether to rezone this land for heavy industry will be made by the Northampton County Planning Commission and board of supervisors after the completion of a three-month environmental impact study.

About 350 residents of the Virginia and Maryland Eastern Shore filled the Northampton County High School auditorium last week to hear about the proposal, which stands to make Cape Charles the first boom town on the Delmarva coast in the rush for offshore oil.

Executive Vice President of Brown and Root, Inc., Harry G. Austin, showed slides of the company's operation on a 200-acre site in Houston where

structures are fabricated for oil exploration in the Gulf of Mexico. He described a larger operation in Scotland for the North Sea oil field.

The two sites, however, are only a fraction of the size of the proposed fabrication site at Cape Charles.

According to Austin, the project has the blessings of Virginia Gov. Mills E. Godwin and the state's industrial development commission. Representatives of the state agency and the company joined together to try to convince the people of Northampton County that the plant would be good for them and the state's economy.

The lure is an estimated 1,500 new jobs within four years in a job-poor area.

According to Ed Helm, director of research for the state's Industrial Development Commission, the company would offer average annual earnings of \$10,000 for its labor force compared to an average wage of \$5,500 now offered by the two poultry processing plants that are the biggest industries on the Virginia shore.

The Eastville meeting came largely in response to the first sign of active opposition — a letter to the editor of a weekly Shore newspaper from George W. Reiger, an editor of "Field and Stream" magazine.

The letter described the arrival of Brown and Root, Inc., as the first step in turning the lower Eastern Shore into a "mirror image of New Jersey or the coastal country surrounding Galveston, Texas."

Andrew Lewis, a native of the county who now lives in Kensington, Md., came as a representative of the Potomac chapter of the Sierra Club. He said the operation would require extensive channel dredging and spoil disposal in order to float structures four and five stories tall from the fabrication yards out to deep water.

— *The Capital*

## Suspects arrested after bank robbery

Two suspects were arrested shortly after the holdup of a bank in Nassawadox Thursday afternoon, police said.

The National Bank of Northampton was robbed by a lone gunman who fled with an undisclosed amount of money.

Police said they arrested two suspects in a vehicle on the Chesapeake Bay Bridge-Tunnel about two hours after the hold-up. Both men were taken to Northampton County Jail for questioning.

No injuries were reported in the robbery.

— *Danville Register and Bee*

(Continued on page 25)



## Yesteryears

(Continued from page 24)

### 450 invited to dedication of college

About 450 invitations have been mailed for dedication ceremonies at the Eastern Shore Community College in Melfa on Oct. 19., according to Dr. John C. Fiege, president.

The new \$2 million dollar facility was completed just in time for classes to begin last Wednesday. Enrollment as of that day was 286 as compared with 210 on the first day of the fall quarter of 1973. More students are expected to enroll within the next few days, according to officials.

"We are very pleased with the enrollment," Robert Bloxom, chairman of the local college board, said.

Gov. Mills E. Godwin will be the guest speaker at the dedication event and Virginia's First Congressman Thomas N. Downing will attend, according to Bloxom.

The public is invited.

The college announced that a manpower survey of the Eastern Shore is being conducted in Accomack and Northampton counties. It will be coordinated by the college.

The survey, carried on in conjunction with the Delmarva Advisory Council, will seek to obtain information about employment opportunities and the demand for skilled labor.

This project is considered important because information gained will assist in the development of new training programs in areas where labor shortages are severe. Such information will also make the college more effective in helping students compete for jobs after graduation.

Further information may be obtained by contacting Barry King, placement coordinator at the college.

— *The Daily Times*

### Chincoteague man found guilty in shooting case

A Chincoteague man was found guilty of assault with intent to murder, assault and battery, and false imprisonment Thursday by a Worcester County Circuit Court jury in connection with a shooting Feb. 18 at Twin Tower Motel near Pocomoke City.

Sentencing of Herman Samuel "Sam" Cherrix, 23, was deferred by Judge Daniel Prettyman pending possible motion for a new trial in



This ad ran in *The Evening Sun* on Tuesday, Oct. 1, 1974.

the incident where Alfred Palmer Kellam, of Chincoteague, was shot in the face with a load of mustard seed fired from a .22 caliber pistol in the motel coffee shop at about 1:30 a.m. Monday, Feb. 18.

In his opening statement, Assistant State's Attorney Harrison Phillips told the jury that they would be listening to an "interesting and bizarre case" that occurred Feb. 17-18 and proved a horrible weekend for Kellam, a Wallops Island electronics technician working with the weather satellites.

Kellam testified that he met Cherrix at Pony Pines Sunday afternoon, Feb. 17, later took him to Twin Towers and then back to his (Kellam's) mobile home. Here there was a .22 caliber pistol and automatic, as well as half a box of mustard seed ammunition on the table. The revolver and shot were used to kill rats that infested the neighborhood.

Inviting Cherrix to use the second bedroom in the trailer if he wanted to stay all night, Kellam recounted that he went to bed about 11 p.m. after depositing the guns and his billfold under the mattress on his bed. About 2:30 a.m. Monday said he was awakened when a glass of cold water was thrown in his face and he opened his eyes to find himself looking into a barrel of the revolver held by Cherrix.

The electronics technician said he was ordered by Cherrix to drive him to Baltimore.

En route to Pocomoke, Kellam testified that the pistol was kept pointed at the back of his head and that Cherrix said several times he was going to kill him when they got to Baltimore. Approaching Pocomoke, Kellam said he feigned fatigue and suggested they stop at Twin Towers

for some coffee. After stopping the car, Cherrix stuck the pistol in his belt under his coat, took the car keys, and followed Kellam into the coffee shop, threatening to kill him in there if he tried anything.

Inside, the electronics technician testified that he sat on the stool at the end of the counter with Cherrix next to him. Robert Wayne Hudson, night manager, was brewing a pot of coffee when they entered and was the only other person in the establishment. Ordering four cups of coffee to go, the pair waited until the fresh coffee was ready. Hudson lined up four styrofoam cups at the end of the counter and was starting to pour the second one when James Latimer Wallace, of Wachapreague, walked in the door, Kellam said.

As Wallace walked in, Kellam reported picking up the full cup of coffee, flinging it into Cherrix's face and then running behind the counter to get to the kitchen door about 25 feet away. About halfway to the door, Kellam testified someone called, "Hey, Bob." He turned his face, saw Cherrix holding the gun, saw the flash as it was fired, and felt the shot strike his face. He then continued into the kitchen and hid himself in the storage room.

Hudson and Wallace substantially corroborated Kellam's account of the incident from the time he entered the coffee shop until the shooting occurred. They reported Cherrix fled on foot from the restaurant as soon as he fired the shot. Hudson then called the state police, who arrived in about five minutes.

State Trooper Donald H. Patterson Jr., who answered the call, had practically the same information on his report. In answer to the

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FILE PHOTO

## Yesteryears

(Continued from page 25)

defense attorney's question, Patterson replied that Kellam appeared to have been drinking but was not in his opinion intoxicated. A search involving four state police cars and one deputy from the Worcester County Sheriff's office failed to locate Cherrix that night. He was not taken into custody until May 5, when he was arrested at Twin Towers, where police found him hiding in the bathroom of a unit occupied by his fiancée. (He later married her while being held in Somerset County jail.)

Milton J. Hall, criminal investigator, assigned to the case by the state police, traced Cherrix's movements from Twin Towers the morning of Feb. 18 to Chincoteague and then to 627 S. Potomac St. in Baltimore. Police there never apprehended Cherrix and it was only after the defendant's two brothers had been arrested May 5 and state police were inspecting a car used by the brothers that was parked at Twin Towers that they found the defendant.

After being told of his right to take the stand or not, Cherrix elected not to testify.

The jury went out on the case about 4:15 p.m. and returned with the guilty verdict in about an hour.

— *The Daily Times*

25 years ago  
October 1999

### Small Eastern Shore cookie company wins big Navy contract

A tiny Eastern Shore cookie mix company went on the Internet and wound up with a big contract with the U.S. Navy.

Delisheries Ltd. won a three-year, \$400,000 contract to provide the Navy with dry mixes for sugar cookies, oatmeal cookies, and chocolate brownies.

The company already has shipped its first order of 20,000 five-pound cans and is working on a second, smaller run.

"We rarely left the building," owner Deborah Marshall said about making that initial batch. "When you get into government contracting, at least for the first few orders, it's not for the faint-hearted."

The eight-person company, housed in a small

brick building, is owned by Mrs. Marshall and her son, Chris Marshall. All the employees are mentally handicapped, hired through the Eastern Shore Community Services Board as part of its supported employment program.

Mrs. Marshall took the whole gang to Busch Gardens to thank them for getting Delisheries desserts onto the Navy menu.

"We pushed them hard," she said.

To get the contract, Delisheries plugged into US-ABID, an Internet search program that looks at the procurement needs of government agencies.

The company found a "request for proposals" from the Defense Supply Center in Philadelphia for dry mixes then called the contract officers to get an official proposal form.

Delisheries provided letters of recommendation and time studies showing how much it could produce in a day. Delisheries' products are carried by 500 specialty stores and seven supermarket chains, including Ukrop's, Harris Teeter, and Hannaford.

The Defense Supply Center provided the cookie recipes, which Delisheries enhanced to make them more flavorful, Mrs. Marshall said.

To win the contract, Delisheries had to provide seamed cans of cookie mix. The company had no can seamer, so it bought one.

Next came a battalion of inspectors.

At one point, Delisheries had to produce a 42-by-40-inch, shrink-wrapped pallet of cookie mix, with the cans all seamed and labeled.

"Then you stand there and you watch the inspector slash it open with a knife and take a can at random. It just kills you," Mrs. Marshall said.

Delisheries cleared one hurdle after another and started serious production.

Then the company discovered that the labels were peeling off the 12,000 cans that already had been processed. Employees spent five days unpacking the order and replacing the labels.

"That was a nightmare," Chris Marshall said. "We made too many mistakes the first time to make any money."

Still, the Marshalls are glad for the Navy contract.

"We'll make anything we can make to keep the equipment running," Chris Marshall said.

— *Culpepper Star-Exponent*

### Jump-starting Exmore business

When officials in Exmore visualize the future of their downtown, they see specialty shops and stores, business opportunities, wastewater disposal solutions, and the incorporation of sever-

al outlying areas into town limits.

In the short term, they see grants — lots of them.

Before an encouraging crowd composed of town and surrounding residents and the gaggle of political candidates that pre-election autumn meetings usually produce, Exmore officials Monday night detailed their hopes for jump-starting this community's moribund business district.

The plans are big and the price tag could be, too, so Exmore plans to apply to the state next spring for a \$750,000 Community Development Block Grant and has high hopes of getting two other grants — one to fund a full-time building code enforcement officer, another to pay up to 75% of a wastewater disposal project.

All three grants would help revitalize Exmore's once-proud business district. The town has already procured a pair of planning grants — one for a sewage-wastewater study and one to map the downtown's business revitalization.

The 12-member revitalization association meets frequently to prepare the grant application, which must be submitted to the state by May.

— *The Daily Times*

### Onley barber among last of dying breed

The twirling red, white, and blue barber pole has become almost as rare as local oysters on the Eastern Shore.

Old-time barbers have retired and hung up their razors, usually with nobody to replace one of the last bastions of male culture.

But hope remains alive in the form of Scott Harmon, 27, who plies his trade in a tiny shop across the tracks from the old Onley train station.

"Not many people doing it, they're (barbers) getting scarce," said Pete Young, of Morley's Wharf, who has been a regular customer since Harmon started in the business four years ago.

Harmon has customers from all over the Shore, including regulars from Chincoteague and a few from Cape Charles.

"This is a no-frills barber shop," he said. "Stylists make you pretty. Here you get an average haircut for an average price."

That would be \$7 a haircut, no matter the length.

Harmon's mother, Mary Paul, has a beauty

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## Yesteryears

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parlor in her Melfa home, and he says that probably had something to do with his chosen profession.

“She gives me a little advice and I give her a little, too,” he said.

One of his older customers can’t resist chiming in, “Yeah, she tells him to get his hair cut.”

Harmon, who has long hair and wears a diamond earring, learned his trade at a barber school in Delaware. After the required 1,500 hours of training that he completed in a year, he worked for two years with Freddie Pruitt, a legend of a barber in Onancock, until Pruitt retired.

“I learned how to use a razor with him and how to treat people,” Harmon said.

Harmon set up his own shop in Onley two years ago in a building that advertises what goes on inside with a small barber pole mounted by the front door and a smaller sign that is propped up on the front walk when Harmon is working. But don’t try to call him.

“I don’t like phones,” Harmon said. “Most of the regulars know when I’m here. My wife would like me to have one, but you can’t get anything done with a phone ringing.”

No appointments either. Just come in between 8 a.m. and 5 p.m. most days, half a day on Saturdays, which is a popular time for mothers to bring in their little boys.

Harmon knows he won’t strike it rich cutting hair, but he says the money is good for around here.

“I have enough to pay bills and buy fish bait and gas for my pickup,” he said.

— *The Daily Times*

## Life on Hog Island: Former resident remembers legacy of long-lost community

The communities that once prospered on Virginia’s barrier islands were swept away by the ocean and now the amazing histories of these unique places are equally threatened.

But the Eastern Shore of Virginia Barrier Islands Center has been working diligently to preserve the memories and mementos of an era that began with pirates and ended with the horrific

hurricane known locally as the Storm of ’33.

Recently the center, which was incorporated in February 1996, purchased the Poor House property in Machipongo, where it plans to display a growing number of barrier island artifacts — teaching locals and visitors the history of the islands that helped shape Eastern Shore culture.

Just one conversation with former Hog Island resident Virginia Simpson and one can feel the remarkable legacy the sea-kissed islands hold.

Ninety years old and spry as someone 20 years her junior, Simpson still lives independently, cooking and cleaning her solid clapboard home in the village of Oyster. The home was tucked in the woods of Hog Island, as were about five other buildings in Oyster.

Simpson lived on Hog Island 28 years, staying even after most islanders left when the Storm of ’33 swamped a thriving community of 250 that once had three grocery stores, a school, and a hotel.

“I hope I never see anything like it again,” said Simpson.

Talk of the fateful night the storm hit is the only time her illuminated face darkens.

“When you get that scared, you hardly realize what happens,” said Simpson, recalling how the skipper of the Hog Island Coast Guard Station interrupted a friend’s wedding shower to warn of the severity of the storm.

“He said, ‘I’ve been on the beach and I’m telling you people it’s the awfulest thing you’ve ever seen.’”

Simpson said the Hog Island community “was like a little city. We had right many houses and the prettiest gardens you ever laid your eyes on — vegetables and flowers and every kind of fruit tree. We ate real good. Everything was fresh.”

Simpson said her husband, John, and her father were “fishing men,” and the community that made its living from the waters and the marshes was especially close knit.

“People were so friendly,” she said. “Somebody got sick, the men would cut up the wood for them. The women would carry over big dishes of food.”

Simpson said she would not have left Hog Island had it not been for the hurricane.

“I’d be right there,” she said. “That I would.”

The Barrier Islands Center will host an open house today from 2 to 5 p.m. at the Poor House Farm on U.S. Route 13 in Machipongo.

— *The Daily Times*

## Woman rescued from mud

A woman was rescued early Tuesday after spending five hours stuck in mud with water up to her chest. She had fallen from her dock while checking her boat.

According to Sheriff Robert Crockett, his department received a report about 3 a.m. from a resident who lives on Folly Creek who said he heard someone calling for help. Four deputies found Ann Wilson, 61, near her dock on the south side of the creek.

Crockett said Wilson was exhausted and appeared to have hypothermia. She was transferred by the Onley Rescue Squad to Shore Memorial Hospital, where she is listed in stable condition.

According to Crockett, Wilson said she had been checking her boat at her dock on the south side of the creek at about 10:30 p.m., when she fell in the creek and became stuck in the mud.

— *The Daily Times*

## ‘Godfather’ cinematographer dies

John Franklin Kiser Jr., a Baltimore native and retired cinematographer whose film career included work on “The Godfather,” died Oct. 2 of cancer at his Accomac farm. He was 64.

Reared in Roland Park, Mr. Kiser attended St. Paul’s School for Boys and West Nottingham Academy in Rising Sun. He later attended the Maryland Institute College of Art.

His career as a cameraman began with the 1966 Joanne Woodward and Sean Connery film, “A Fine Madness.” He later worked on “Paint Your Wagon,” “Camelot,” “Ice Station Zebra” and “The Fisher King,” as well as “The Godfather.”

His television work included “The Dukes of Hazzard,” “The Waltons,” “The Greatest American Hero,” “Spencer for Hire,” “A Man Called Hawk,” and “The North and the South.”

His 1965 marriage to the former Melanie Carroll Dorsey ended in divorce. A memorial service is pending in Accomac.

He is survived by two sons, John Michael Kiser, of Ocean City, Md., and David Carroll Kiser, of Rehoboth Beach, Del.; a brother, Frank Sands Kiser, of Ocean City; and a sister, Mary Read Cooper, of Vienna.

— *The Baltimore Sun*

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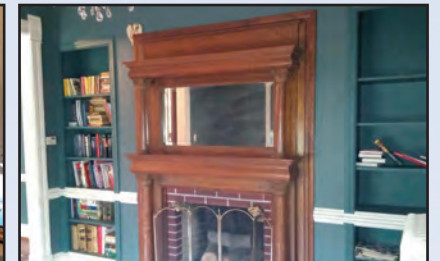


**CONTRACT PENDING**

**LOT 8 | ANNS COVE RD  
GUILFORD, VA**

MLS#57048

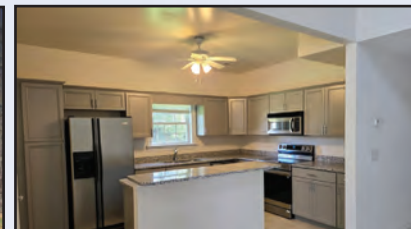
21 acres partially wooded,  
great hunting property  
\$56,000



**SOLD FOR \$289,000 ON SEPTEMBER 16**

**24234 MARY ST • PARKSLEY, VA**

MLS#60347 3BD, 1.5 BA Brick home with hardwood floors  
\$299,000



**CONTRACT PENDING**

**3494 JUSTIN LANE • KIPTOPEKE CONDOS • CAPE CHARLES, VA**

MLS#61898 3BD, 2 BA Condo includes one car attached garage,  
new kitchen cabinets and granite countertops.  
\$369,000



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