CITIZENS FOR A BETTER EASTERN SHORE

SHORELINE

A Journal of Natural Resources, Public Affairs and Culture on the Eastern Shore of Virginia

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2021 Between the Waters Bike Tour

Staff Report

Organizers, volunteers, and hundreds of cyclists enjoyed beautiful weather during the 28th CBES Bike Tour, this year starting at the southern tip of the Eastern Shore, at the World War II bunker that is now part of the Eastern Shore Wildlife Refuge. Thanks to a coordinated effort with law enforcement, the Chesapeake Bay Bridge/Tunnel, the Anheuser Busch Coastal Research Center (ABCRC), Exmore Town Park, and local businesses, CBES was again able to host a successful event.

Participants came from states far and near; one repeat cyclist from California said he comes every year to ride with friends from Cape Charles. The common denominator was a cheerful attitude and the gratitude riders shared with volunteers.

Bike Tour 2021 Coordinator, Mary Ehmann, did a superlative job, maintaining her considerable energy until the last table was folded and the last sign tucked away until next time. (*Photos by ShoreLine staff and volunteers*)



Some hundred-milers looked happy and determined at Exmore Town Park.



Bikers here, bikers there – bikers, bikers everywhere! Photo by Jim Baugh Outdoors TV



A glorious day for a ride down a country road.



The Bike Tour is a good time to share with friends, with 95% coming from off the Shore, providing an off-season shot in the arm for local businesses.



Local musician Jeff Madsen provided entertainment at the ABCRC.

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A Letter From the CBES President

Dear Friends and Supporters of CBES,

It is hard for me to believe that it is time for my annual letter to you. Fall has flown by quickly this year. I know part of that perception is good news – just like many of you, CBES has been getting back to a new COVID "normal." Most of us are getting busy again, seeing family, attending "safer" events, and living life a little more fully.

CBES just had one of our best bike rides ever, with 800 registered riders. Cyclists enjoyed beautiful weather, great scenery, and especially the friendly Shore folks hosting it all. It really was a community accomplishment, with both new and repeat volunteers. But COVID meant we had a smaller tour this year, without our usual oyster roast. It made me sad not to be able to invite more people to come, since we sold out so quickly.

COVID concerns also meant we were unable to host voter forums in person this year. An inside event with politicians and citizens was just too risky. We substituted a written forum, thanks to the flexibility of the candidates and our volunteer Editorial Board, who produced a special *ShoreFacts*.

I am probably most proud of CBES work this year on broadband

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Printed on Sustainably | Produced Paper and in trying to get everyone behind a goal of universal, affordable access as soon as possible. In all, it has been a good year for CBES – and one of improvement and positive change on the Eastern Shore.

But we still have a long way to go Our community reflects many of

But we still have a long way to go. Our community reflects many of the divisions across our country. We have new residents, many of whom hail from urban areas, mixed with long-term residents who have lived their lives in a rural space. Perhaps that's why we seem to have all political positions well-represented across our community. Add in a little Eastern Shore quirkiness, and some of the unique personalities that seem to be attracted to this place, and you have a recipe for potential conflict.

CBES tries hard to keep the conversations moving forward whenever we can. To make this a Better Eastern Shore requires the community to work together to bring about positive change. In today's climate, it is not easy. I like to think that CBES plays an important bridging role, striving to keep the conversation honest while avoiding the political potholes that could prevent us from communicating with each other. The work is continuous, important, and often complicated.

Sea level rise and adaptation will continue to present new challenges all over the Shore in our infrastructure and in our planning. The broadband debate is just starting, as we focus on new funding and new actions to provide the service to all our citizens. In a world of remote work, medicine, education, and other services, high-speed connections are necessary for so much of our future.

And where will we end up in the debate between in-person versus Zoom-type meetings? COVID and subsequent policy responses are rippling changes throughout our community. Hiring enough labor to support our tourism industry is getting a lot harder. Affordable workforce housing in the world of short-term rentals is that much tougher.

Our schools continue to struggle and need creativity and leadership. Our community's diversity ensures that lots of debate is needed to build any consensus on planning for the future. I could go on. Clearly there is a lot to think about to make our shared home "better."

The main point of all this is to convince you that CBES is worth your support. I would be remiss if I did not point out that our organization has a paid staff of 1 person, Donna Bozza, and contract employment with 2 parttime workers: to organize the Bike Tour, and to edit and produce our ShoreLine publication each month. That is a small group – and truthfully, almost everything is done by volunteers who are willing to contribute their time to making a difference on the Eastern Shore of Virginia. We have no endowment or outside grant support to keep us going. We depend on our community to support us and the work we do.

The Shore is a small community to support an organization like ours. Can you help us? I know that this time of year, a lot of organizations plead for your support. I hope CBES is one of those that you consider. Thank you.

Arthur Upshur CBES President



The lunch stop bunch for the 100-milers, at Exmore. CBES is all about the volunteers. It's what has kept the organization strong for over 3 decades – thank you!



Maria Dunn with her beloved father, Joe Dunn Sr., the patriarch of Team Maria.

Team Maria: 2021 Bike Tour Marks 10 Years Celebrating Love

By Joe Dunn Jr.

Maria Dunn was a dedicated civil servant as the Deputy Chief of Staff, G-2 at US Army INSCOM.

In October 2011, she cycled the Between the Waters 25-mile route, collapsed at the finish and died of a heart attack. Because the CBES staff were so caring and generous to our family in the following hours and days, we collectively decided to ride Between the Waters every year in Maria's honor.

Every year 30 to 50 family members and friends, who have become family, gather to celebrate Maria's extraordinary life. These are joyous celebrations. Maria was a passionate, outgoing, and positive person. She would not allow us to be morose. This is our 10th year of celebrating our love for Maria and our good fortune for having known her.

CBES is honored and grateful that Team Maria continues to pay joyous tribute to Maria Dunn through the Between the Waters Bike Tour. We want to thank Phyllis Tyndall, who was CBES Bike Tour Coordinator in 2011. It was her compassionate strength that helped the Dunn family through a very sad day and into a life-affirming celebration.



Some of this year's Team Maria at the ABCRC in Oyster.

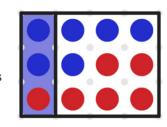
Northampton County Redistricting

By Mary Miller

Every 10 years, after the US Census numbers are available, localities review their election district boundaries to obtain a relatively equal population distribution among the voting districts. The principle of "1 person -1 vote" is supported by the requirement that districts do not have a population difference of more than 10%.

According to Terry Flynn, Northampton County General Registrar: "The other 2 guiding principles are that districts must be *contiguous*, meaning that they share a

common border; and *compact*, meaning that people in that district generally live near each other. For example, a district that starts south of Cape Charles and has a corridor that runs up Seaside Road to Marionville would not be compact." In



addition, the Equal Protection Clause of the Fourteenth Amendment to the Constitution of the United States has been interpreted as prohibiting districts from being drawn to segregate citizens into districts based on race.¹

Population increases in certain locations mean that both District 1 (Cape Charles area) and District 5 (Exmore area) now exceed the 10% allowable difference between districts, and some or all of the districts will need redrawing to meet the equal population criteria. VA Code § 24.2-305 also requires that districts have a "clearly observable boundary" – any named road or street; any road or highway which is a part of the federal, primary, or secondary state highway system; any mapped river, stream, or drainage feature; or any other officially mapped natural or constructed or erected permanent physical feature. No property line or subdivision boundary shall be deemed to be a clearly observable boundary unless it is marked by an official, permanent, mapped physical feature.

A Public Hearing on the proposed redistricting map will be held on Tuesday, November 23, at the Board's work session. A Comparative District Map is shown at https://go.boarddocs.com/va/northco/Board.nsf/files/C7YR3Q69B268/\$file/Comparison%20Map.pdf.

Accomack's Proposed Redistricting

Accomack County's Board of Supervisors held a hearing on proposed changes to their election districts on October 25 (https://go.boarddocs.com/va/coa/Board.nsf/Public). A more detailed discussion of these changes will be provided in the December issue of *ShoreLine*.

Tides and Currents, Part I

By George Mapp

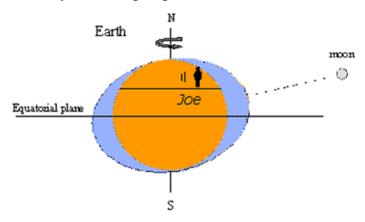
When we were children, our moms taught us how to swim at Bayford by tying a rope around our waists and having us jump in and dog-paddle to the ladder. Once we were allowed to jump in without the ropes, we learned quickly to head straight for the ladder so as not to get carried away by the at-times-swift tidal currents. Later, when I first swam on the seaside, the currents felt even stronger.

Anyone who has spent much time on the Shore knows how important tides and tidal currents can be to those who work, play, or live on the water. What causes the tides? How do they predict highs and lows? And why do waterfront neighborhoods flood occasionally?

Astronomical Influences

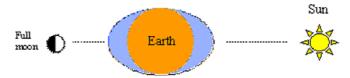
In most coastal places, including the Eastern Shore, there is either a high or a low every 6 hours and 12.5 minutes. So, the times of high and low tides advance daily by about 50 minutes.

This occurs because of the gravitational attraction of the moon, which pulls a "mound" of water on the hemisphere of the earth facing the moon; and somewhat less intuitively, a matching bulge on the other side.



As any point on the earth (for example, Joe's location above) spins on its axis in its daily cycle, it passes through the 2 bulges, experiencing 2 highs and 2 lows. Note that the 2 highs are slightly unequal.

The sun also pulls, to a lesser extent, and when the sun and moon line up, we have spring tides – higher and lower than normal. This occurs at the new moon and the full moon, so twice a lunar month (29.5 days).



Conversely, at half moons, we have neap tides, with smaller ranges: lower highs and higher lows.

The third most important astronomical effect is related to the moon's relative orbit around the earth, which is elliptical. When the moon is closest, the tide is called "perigean." When a perigean tide coincides with a spring tide, we have extreme highs and lows, often referred to as "king tides." This happens 6 to 8 times a year.

Astronomical factors occur in regular, predictable frequencies, and form the basis of tide forecasts.

Meteorological Influences

Weather can cause higher or lower tides. The atmosphere presses down on the earth's surface: a high pressure system lowers tides; a low pressure system raises them. Winds can push water onshore, a frequent phenomenon during Nor'easters. When the most recent Nor'easter passed through this October 10 through 12, it flooded streets in some waterfront communities.

The Ash Wednesday Storm of 1962, another Nor'easter, brought 6 feet of water to the streets of Chincoteague. According to Wikipedia, "it was 1 of the 10 worst storms in the United States in the 20th century. It lingered through 5 high tides over a 3-day period, killing 40 people, injuring over 1,000, and causing hundreds of millions [of dollars] in property damage over 6 states."

We are fortunate that, in recent years, no hurricanes have made landfall on the Shore. Storm surges from hurricanes can raise water as much as 20 feet above sea level, as with Hurricane Camille on the Gulf Coast in 1969.

The Virginia Institute of Marine Science has a computer model that predicts flooding 36 hours in advance using astronomical and meteorological data along with a network of water-level sensors. The model is run twice a day and can predict specific areas destined to flood.

Boon, J., 2013. Secrets of the tide. Burlington: Elsevier Science.Boon, J., 2021. Tides and Currents Tutorial. https://www.vims.edu/research/units/labgroups/tc_tutorial/index.php

Chesapeakebay.net. 2021. *Watershed* | *Chesapeake Bay Program*. https://www.chesapeakebay.net/discover/watershed

NOAA, 2021. What is a perigean spring tide? Oceanservice.noaa.gov. https://oceanservice.noaa.gov/facts/perigean-spring-tide.html

Vims.edu. 2021. StormSense FAQ's. https://www.vims.edu/people/lof-tis_jd/StormSense/stormsense-faqs/index.php

Tides and Currents, Part II will cover river flow, basins, tidal currents, and measurements.

Ed. Note: The Nature Conservancy has developed a useful Coastal Resilience Tool. For more information, including long-term flood projections, and to explore various scenarios on the Shore and beyond, visit https://maps.coastalresilience.org/virginia/.

Living Shorelines — Providing Equivalent Habitat to Natural Marshes

By Sue Mastyl

A webinar on August 11, hosted by the Virginia Institute of Marine Science (VIMS) Center for Coastal Resources Management, highlighted a 2018-2019 study comparing living shorelines with natural fringe marshes. More information on the webinar and the study can be found at https://www.vims.edu/ccrm/outreach/workshops/2021/index.php. The study assessed 13 paired sites, each with a living shoreline 2 to 16 years old and a natural marsh within 1 kilometer, both with connectivity to other marshes. They included both urban and rural sites on the Middle Peninsula and in Hampton and Norfolk.

Functional Equivalence

Robert Isdell, Assistant Research Scientist at VIMS, presented the overall results, showing that "living shorelines achieve functional equivalence to natural fringe marshes across multiple ecological metrics." The parameters measured included soils (carbon, nitrogen, phosphorus, and organic matter), plants (*Spartina alterniflora* density), invertebrates (ribbed mussels, oysters, periwinkles, and burrowing crabs), nekton (biomass for fish, crabs, and shrimp; abundance of fish, juvenile fish, and forage fish; and fish diversity), presence of herons, and terrapin density. Except for soils, all values were "very similar" for the living shorelines and the natural marshes, although there were exceptions at some sites.

The soil results were "not particularly surprising," Isdell noted, since the clean sand fill used in living shorelines doesn't have the same characteristics as marsh soil, which is built up by decomposing plant material. "The process has to take time," he continued, but added that the rates of accumulation are similar between the 2 systems.

Isdell concluded that living shorelines can provide the same level of ecological function as natural marshes, although not every living shoreline will provide the same level of overall function, depending on how it's built and the surrounding environment.

Fish and Crustacean Communities

Amanda G. Guthrie, PhD Student at VIMS, noted that marshes provide refuge, food, trophic transfer to the greater estuary, reproduction, and nursery support for nekton (fish and crustaceans). Until now, there have been limited comprehensive studies assessing living shorelines for their value as nekton habitat.

The results of this study indicate that "living shoreline marshes provide similar or enhanced marsh habitat"



Uptown Cranberry Relish

Ubiquitous or not, for many of us, a good cranberry dish is a must for a holiday dinner. But it doesn't have to be "same old, same old" – this relish packs a tiny punch in addition to its crisp, sharp taste. The whole project takes about a half hour – then chill and store to let the flavors develop.

- · One bag of fresh cranberries, rinsed
- · One large navel orange
- ½ cup water
- ¼ cup dark brown sugar
- 1/4 tsp allspice
- 2 to 4 tbsp orange liqueur, like Cointreau
- Salt to taste

Remove the stem end of the orange and grind or finely mince the whole orange. Mix water, sugar, salt, and allspice, and boil gently until sugar melts. Add the ground orange and simmer gently for 4 to 5 minutes. Add the cranberries and simmer until berries burst and the mixture starts to thicken – at least 7 to 8 minutes. Add liqueur and simmer for another minute or two. Cool, then refrigerate in closed container until ready to use.

Reprinted with permission from The Kitchen Hive. https://www.talkreal now.com/



for forage fish and juveniles, Guthrie said. She added that the looser, less nutrient-rich soils in living shorelines do not have a substantial effect on nekton, and the sills in living shorelines provide potential refuge for juveniles and forage fish. In addition to protecting shorelines, these results show that living shorelines can be used to combat marsh habitat loss, and provide additional fish habitat under climate change.

RECYCLING CORNER

More Ways to Avoid Plastics

Every day, there's more news about how harmful single-use plastics are – to human health, and to the environment. A few statistics:

- Over 5 *trillion* plastic bags are used around the world every year; they can last more than 500 years in the environment.
- The U.S. (with 4.25% of the world's population) accounted for 37% of food service disposables in 2010.
- Each year, 21 to 34 billion plastic beverage bottles end up in the ocean. Using a reusable water bottle instead of buying and recycling water bottles can reduce your global warming impact by up to 98%.
- Americans used 158 million disposable razors in 2010.

As we all try to reduce our "plastic footprint," Judith Enck, President of Beyond Plastics, suggests looking at the plastic we throw away every day to assess our individual consumption, and then find ways to change our habits. Here are some ways to avoid plastic in our everyday lives:

Foods and Beverages

- Orange juice switch from plastic jugs and cartons to frozen concentrate.
- Tea bags avoid the fancy pyramid-shaped tea bags; they release microplastics into your tea and into the landfill.
- Frozen foods avoid buying these as much as possible, since almost everything is wrapped in plastic. Transfer to another container before cooking or microwaving.
- Beverages bring your own coffee cup or travel mug to the coffee shop or restaurant. Travel with a reusable water bottle; fill it with tap water.
- Sparkling water make your own with tap water and a soda maker.
- Plastic wrap switch to silicone covers, beeswax wraps, or aluminum foil.
- Restaurants bring your own container for leftovers.
 Cut back on takeout; if you do takeout, request that condiment packets, cutlery, and straws be left out.

Personal Hygiene

- Razors switch from plastic disposables to metal razors with replaceable blades.
- Tampons and pads switch to all-cotton pads and tampons with cardboard applicators and paper wrapping.
- Diapers switch to cloth; wash with full loads and airdry if possible to reduce your environmental impact.

Keeping Track

ESVBA Program Still Active

According to Robert Bridgham, Executive Director of the Eastern Shore of Virginia Broadband Association (ESVBA), the Association has implemented an installation assistance program (IAP) that was approved by the board at their July 2021 meeting. The funds, which when approved, totaled \$189,737, were the remaining balance of unexpended funds from 2018 bond proceeds.

The IAP is loosely modeled after the Federal Communications Commission's Emergency Broadband Benefit (EBB) program, implemented earlier in 2021, which is designed to help low-income individuals and families obtain internet service. Information on the FCC program can be found at https://www.fcc.gov/broadbandbenefit.

ESVBA program rules also state that eligible users will be provided up to \$1,000 off their installation bill; any installation costs exceeding \$1,000 will be the customer's responsibility. The program applies only to new residential customers and not business subscribers. It can be used at only 1 location, and cannot be applied retroactively.

The IAP will remain in effect until the total funded amount has been fully expended. As of October, there are still funds available for the program. For more information about installation assistance, please email info@esvba.com, go to https://esvba.com/, or call (757) 414-0304.



Cyclists take a break at the iconic Cape Charles sign.



• Toothpastes and exfoliating scrubs – avoid products with microbeads, which are tiny plastic balls.

Other Practices

- Shop local instead of ordering online, to reduce packaging. If you do order online, request no plastic packaging.
- Sanitizing and flushable wipes switch to cloth rags, since these wipes are often made of plastic fibers that clog sewers and don't degrade in landfills.
- Trash bags use these sparingly there's no need to line most wastebaskets.

Source: Santanachote P. How to quit plastic. Consumer Reports. Sept. 8, 2021. https://www.consumerreports.org/ environment-sustainability/how-to-quit-plastic/



New State-wide Organization Coordinates Services

Unite Virginia is a coordinated care network of health and social service providers. Partners in the network are connected through Unite Us' shared technology platform, which enables them to send and receive electronic referrals, address people's social needs, and improve health across communities. Unite Virginia is built in partnership with the Office of the Virginia Secretary of Health and Human Resources, the Virginia Department of Health, Optima Health, Partnering for a Healthy Virginia, Kaiser Permanente, Virginia Mental Health Access Program, Ballad Health, Virginia Department of Social Services, Virginia Hospital & Healthcare Association, and the STRONG Accountable Care Community. The network is supported by a Virginia-based Unite Us team focused on community engagement, network health and optimization, and customer success. Joining the network is at no cost for community-based organizations as well as many organizations that are considered part of the safety net, like community health centers, tribal clinics, and mental health centers. Interested organizations, churches etc. can find out how to join the network by contacting Crystal Isaac at crystal.isaac@uniteus.com, 202-964-7593.

The Facts on the *ShoreFacts* Candidate Forum Publication

A long-time CBES member commented that the October *ShoreFacts* appeared to favor certain candidates for elected office over others because of the different amount of space for responses to the questions each candidate was asked..

The imbalance was the result of the varying lengths of their submissions. No one at CBES edited the content for space. The process was this:

- Questions were sent to candidates; each was also asked for a bio.
- Candidates emailed their answers to a member of the Editorial Board, who edited them only for punctuation, marking them up using the redlining process so the candidates could approve of (or not) each suggestion.
- Candidates were given time to comment on the proposed copy; each of them approved what was published.
- The size of the overall piece was then established to accommodate the approved text.

The *ShoreLine* Editorial Board welcomes feedback on articles we publish, and requests that any such feedback be sent to info@cbes.org. It helps us set the record straight, if necessary, and to make *ShoreLine* and *ShoreFacts* better reflections of CBES mission overall.



Thanks for a Great Bike Tour!

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Funding provided by a Northampton County Tourism Grant

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1 yr. Regular Membership (includes ShoreLine) \$25						
	Life Membership (includes <i>ShoreLine</i>) \$500					
	Optional add'l tax-deductible contribution of \$					
	Gift subscription to <i>ShoreLine</i> for a friend: \$25					
Please provide recipient's name, address, and email:						
	Bike Tour	Community U	nity Day			
Oyster Roast		Clean the Bay Day				
ShoreL	ShoreLine reporter Hospitality					
1	Fundraising	Candidate	Forums			
Administrative		Wher	e needed			
Send to CBES, PO Box 882, Eastville, VA 23347 Join online at www.cbes.org						

Citizens for a Better Eastern Shore P. O. Box 882 Eastville, VA 23347-0882

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INFORM, ENGAGE, EMPOWER!

Check your label – if it doesn't show '21 or Life, you need to renew (cbes.org).



Eugene P. Hampton 1934 - 2021

On October 6, CBES and the Eastern Shore lost a true friend, a quiet and gentle man with a wonderful sense of humor, a quick yet deep wit, and an abiding drive to look out for the Eastern Shore. Gene Hampton has been an important behind-the-scenes contributor to *ShoreLine*. He will be sorely missed. We will publish a more complete tribute to Gene in a future issue.

Community Calendar*

Nonprofit Organization U. S. Postage Paid

Eastville, VA

Permit No. 8

*NOTE: For current status of public meetings, go to the appropriate website or contact by email or phone.

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	,	Accomack County 757-787-5700 www.co.accomack.va.us	w	Northampton County 757-678-0440 ww.co.northampton.va.us		
	1st Wed	Board of Zoning Appeals	1st Tues	Board of Zoning Appeals		
		10 AM, Accomac		10 AM, Eastville		
	2nd Wed	Planning Commission (PC)	1st Tues	Planning Commission (PC)		
		7 PM, Accomac		6 PM, Eastville		
	3rd Tues	School Board	2nd Tues	Board of Supervisors (BOS)		
		6:30 PM, Accomac		6 PM, Eastville		
	3rd Wed	Board of Supervisors (BOS)	2nd Thurs	School Board Work Session		
		5 PM, Parksley		6 PM, Machipongo		
	4th Tues	PC Work Session	3rd Wed	Wetlands Board		
		7 PM, Accomac		Meets as needed, Eastville		
	4th Thur	Wetlands Board	3rd Wed	PC Work Session		
		10 AM, Accomac		2 PM, Eastville		
CBES and Other Activities		4th Tues	BOS Work Session			
1st Wed	1st Wed	VIMS Public Seminar		5 PM, Eastville		
	7:30 PM, Wachapreague	4th Thurs	School Board			
	3rd Tues			6 PM, Machipongo		
		10 AM, Accomac or Machipongo	E0	r mamharchin and other		
	O T	ODEC Described	For membership and other			

CBES information:

www.cbes.org

3rd Tues CBES Board Meeting

7 PM, Eastville or Belle Haven