



CITIZENS FOR A BETTER EASTERN SHORE SHORELINE

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Culture on the Eastern Shore of Virginia*

TM

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Coronavirus Crisis Highlights Underlying Conditions at Poultry Plants

By Sue Mastyl

New Emergency Workplace Safety Rules

More than 4 months into the COVID-19 pandemic, on July 15 Governor Northam announced the first state-wide emergency workplace safety rules, prompted in part by protests from poultry workers.

As of July 24, the Eastern Shore has seen 1,351 confirmed COVID-19 cases, with 121 hospitalizations and 43 deaths. At least 260 of these cases have been linked to workers at the Perdue and Tyson plants in Accomack County, according to Northam.

Poultry workers had protested, including a drive-in rally on April 27 across from the Perdue plant, that the companies were slow to respond to the growing pandemic, and had few safety precautions in place before these new guidelines were announced. Perdue Farms stated that the company “instituted extensive incremental safety measures” at the plant in Accomack, after which infections have decreased. Tyson Foods said it has “consistently met or exceeded” guidelines from the Centers for Disease Control and Prevention and the Occupational Safety and Health Administration.

The new safety rules mandate physical distancing, masks and other protective gear, additional sanitation measures, and notification of new positive cases. The new rules also protect

workers from discrimination or firing if they report any concerns related to the virus, or if they feel unsafe in returning to work.

“The meat and poultry industry is built on the labor of Black, Latinx, undocumented, and refugee workers.” – National Employment Law Project

Advocates noted that workers in the plants often can’t socially distance on the line, and that most of the workers are Latinx, with a risk of contracting COVID-19 4 times that of non-Hispanic whites. Jason Yarashes, head of the Virginia Justice Project for Farm and Immigrant Workers, noted that the new standard was prompted by the activism of the workers it was designed to protect. “Those workers spoke up and now have protections not just for themselves, but for all the workers throughout the Commonwealth,” he said. One of the organizers, a former poultry worker who was identified only as H because she is undocumented, said, “It was hard, with the Latino community to get them involved because they don’t want to draw attention to themselves because so many are undocumented.”

Bringing Working Conditions to Light

The pandemic has brought to light underlying conditions for poultry workers. A civil rights complaint filed with the USDA on July 8 alleges that meat packers Tyson and JBS have engaged in racial discrimination

during the pandemic; of the 32,151 COVID-19 cases at 291 plants, 87% “occurred among racial and ethnic minorities, even though they make up 61% of the worker population,” according to a *Washington Post* report. The complaint alleges that the companies’ operating procedures during the pandemic, including a lack of social distancing and declining to slow down production lines or add additional shifts, “have a disparate impact on Black, Latino, and Asian workers.” The National Employment Law Project added, “The meat and poultry industry is built on the labor of Black, Latinx, undocumented, and refugee workers.”

In fact, a waiver was granted by USDA in April for 15 poultry plants

See Coronavirus, cont’d on p. 5

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What Is Implicit Bias? What Can We Do About It?

ShoreLine Staff, using background research by Cora Johnston, Ph.D.

When viewing and making decisions about the world, we all have biases. We can think of these as the simplifying assumptions that are shaped by a lifetime of experiences. For the most part, this process is useful – it simplifies the world based on our experience so we can more quickly operate without a lot of analysis or thought.

But sometimes, our interpreted experience has flaws, includes inaccurate information, or is simply incomplete. Suffering a dog bite as a child may make us fearful of all dogs. Yet rationally, if we really analyze the data on dogs and dog bites, most dogs are not frightening but quite lovable. But a childhood experience may have created a bias against all dogs because they are “dangerous.”

The term “implicit bias” describes when we have attitudes towards people or associate stereotypes with them without our conscious knowledge. Ascribing characteristics to categories of things, and particularly ascribing characteristics to types of people, can cause us to make decisions without being aware that we may be leaning on stereotypes.

When stereotypes are used as a simplifying “shorthand” to understand individuals, it is a recipe for misunderstanding and bias. Unfortunately, our own biases are often hidden or implicit. The whole “benefit” of bias is that we do not even think about it or question it anymore. It takes effort and thought to not use our simplifying stereotypes.

Many of us have experienced bias from others because of where we live, where we came from (“come here’s” or “from here’s”), our accent, what we do for a living, how much money we have, or how we look or dress. Such bias makes us uncomfortable and affects how we interact with others. In its extreme form, bias causes fear and anger, and creates dangerous interactions within our community.

One way to start identifying our unconscious biases is to take an online implicit bias test. An example of such testing can be found at <https://implicit.harvard.edu/implicit/takeatest.html>.

Claude Steel offers an exploration of the impact of bias on others and ourselves in his book, *Whistling Vivaldi*. Youtube has talks by Claude Steel titled “Whistling Vivaldi: How Stereotypes Affect Us and What We Can Do” at <https://www.youtube.com/watch?v=-YbE3ljT3t4>, or a shorter summary of the discussion at <https://www.youtube.com/watch?v=failylRONrY>.

There is a lot of evidence that with effort, we can all mitigate impacts of our biases. Strategies to do so generally involve trying to broaden our social networks to include folks with different points of view from our “norm.” It is well-documented that closer interaction with those we oppose tends to humanize our opposition and facilitates better understanding of those in whatever group we are biased against.

Many of our community challenges on the Eastern Shore cut across social networks. Involvement in causes – from improving health care, to providing high-speed internet, to improving our public schools – are great ways to broaden our network across racial or income divides.

Other cultures use types of non-verbal or subtle communications with a style that we may not understand or appreciate. It is similar for groups with different life experiences from our own.

Multicultural awareness (i.e., a sensitivity to cultural differences) is often more helpful in dealing with differences than ignoring them. It is not easy to understand cultural differences, but awareness that they exist is a good first step.

Starting by understanding our own biases, and making sure we are aware of them when making decisions and judgments of others, will help to foster inclusiveness and tolerance of the many cultural norms that exist on the Shore. We each have a role in making our community more inclusive. This is not “social engineering,” or reflecting a particular political point of view. It is simply common courtesy to try our best to understand and respect each other.



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Help Your Neighbors



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The Great Paper Caper

Submitted by Karen Jolly Davis, Shore Delivery Service Marketing

COVID-19 hit the Shore hard. Outbreaks in 2 chicken plants and a nursing home exposed low-income employees – and their families and friends, mostly minorities – to the virus. Then they were deemed “essential,” and encouraged to work.

Basic supplies, like toilet paper and paper towels, became scarce. People stood in line near dawn on days that paper products were delivered to Food Lion, hoping to get a few rolls.

“One older woman got her paper products, turned around, and her cart and purse were gone,” said Jeff Holland, with Shore Delivery Corps. “She went to the manager and her purse had been returned. But they took the toilet paper.”

Shore Delivery Corps stood up to fill that need, offering free paper products to anyone who called. In short order, Corps volunteers took 12,623 rolls of toilet paper and 5,340 rolls of paper towels to people in the community.

“The people I was delivering to were definitely the people who needed it,” said volunteer Taylor Dabney, who drove more than 100 miles one day to drop off big bags of paper.

Shore Delivery Corps was organized in March to protect Shore neighbors, especially those who were most vulnerable to the virus, by helping them to stay safe at home. Volunteers would pick up food and medicines at local stores, then deliver them, for free, to the doorstep of anyone who called.

They made 150 deliveries in April, which was much slower than expected. People wondered if the lack of computer knowledge, or lack of internet service, kept the elderly and other vulnerable populations from knowing about the service.

In May, Dr. Betty Bibbins, chair of the Corps’ Needs Committee, told other volunteers about the dire lack of availability of paper products in the community. Accomack County supervisor Ron Wolff, with the Supply Chain Committee, contacted Holt Paper Company.

The Holt representative said the Corps could get as much product as necessary at pre-pandemic prices. So an anonymous donor bought a truckload.

On May 15, Shore Delivery Corps announced its paper-products giveaway. The phone banks exploded, logging as many as 68 calls a day. In one week, volunteers made 565 deliveries.

“We’re gradually papering the Shore,” said organizer Pat Coady.



Shown in the Shore Delivery Service’s distinctive red t-shirt, Dr. Betty Bibbins hands out flyers at local grocery stores, informing people about the organization and the paper product giveaway. Photo by Paul Bibbins.

In the process, Corps volunteers got a good look at local poverty.

“The majority were poor people who didn’t have credit cards to order stuff from the grocery store,” said delivery volunteer Karen Parker. She took bulk orders to a housing project for low-income, elderly people. And in Onancock, an old couple – both on walkers – waited for her on their porch, a tear in the woman’s eye.

“Some people said, ‘I don’t know what I would do without your help,’” reported Grace Pratt, another delivery volunteer. “It makes it all worthwhile.”

Although the paper-products giveaway has been rolled back as supplies have increased in local stores, Shore Delivery Corps is still serving the community, albeit with fewer hours. More than 100 volunteers are ready to gear up and serve on a larger scale should their services be needed. 🐦

ShoreLine comment: *The speedy mobilization of this organization is a great example of how community activism can work to help area citizens. SDC has been and continues to be an important part of the mission to protect the vulnerable among us. CBES is gratified to join others from around the Shore to assist in this effort. PLEASE CONSIDER VOLUNTEERING! Many SDC volunteers are teachers who are returning to work. For information on Call Center and delivery hours, go to www.shoredelivery.org*

Changes Proposed for Northampton County Comprehensive Plan

By Mary Miller

The Northampton County Planning Commission (PC) is currently conducting the State-mandated 5-year review of the county's Comprehensive Plan (the Plan). The Plan will include a Future Land Use Map (FLUM), and both will be used to guide future zoning. The Commission is considering trends of growth, community needs, and public input in its review. Comments at community workshops, as well as survey responses, showed a fairly consistent pattern of things that continue to be important to residents, shared concerns now and for the future, and the types of development needed in the county. The county contracted with the Berkley Group as planning consultants.

Public Input

Rural quality and sense of community, clean air and water, and support for local industries ranked high in importance, as they have for the past decade. Lack of emergency services and health care facilities, limited job opportunities, the high cost of housing, and the ongoing conflict between natural resource protection and development were major concerns. Hopes for the future included more economic development, environmental preservation, affordable housing, emergency services, recreation opportunities, and management of development. Future residential needs included single-family, apartments, duplexes, and senior housing. And future commercial development needs included health care facilities, general and specialty retail, restaurants, and professional services.

The Plan and Map Control Future Land Uses

The Plan includes goals and strategies for better education, broadband availability, improving access to emergency services, transportation, natural resources, etc. But it's the Land Use chapter of the Plan, renamed the "Community Character" chapter, and the FLUM (map) that will probably have the most impact on residents, on their properties, and on their neighborhoods. What can I do with my property – what can my next-door neighbor do? Am I satisfied with my area now? How should Land Use be changed – if at all? Zoning will provide details going forward, but zoning changes must respect Map designations.

In the past, many communities' future planning and zoning followed an urban/suburban pattern of strictly separating residential from commercial, industrial, and agricultural areas. Many Virginia rural counties, especially older historic communities like Northampton, have now mapped the land uses on their FLUMs based on long-established patterns, some dating from the 1700s. New subdivisions and planned communities were added and mapped – and enclaves were identified as Villages, Hamlets, Waterfront,

Subdivisions, etc, instead of the generic "residential." The historic settlements often included small neighborhood commercial and institutional uses – a general store, post office, café, school, church, train station or dock, and specialty shops and services. Many of those uses still co-exist with residential – and continue as mixed-use communities with infill development available, and with specific setbacks and densities. Current required farmland setbacks from these rural enclaves serve as protective buffers from intense agricultural and other uses – industrial poultry farms, manure biofuel facilities, etc.

Specific Proposed Changes and What They Could Mean

The following are some of the changes the Berkley Group proposed recently to the PC.

Rename the "Existing Subdivision" category to Rural Residential. Currently, the county has scores of barely developed/undeveloped, legally conforming residential subdivisions with thousands of available lots, with or without covenants and restrictions. The county's Subdivision Ordinance provides guidelines for new development. Unless the new District Intent statement is carefully written to identify currently platted subdivisions, an open-ended Rural Residential District may lead to haphazard development on agricultural land, especially waterfront, with no planned infrastructure.

Eliminate the "Waterfront" Villages and Hamlets. There is great public support for protection of the distinctive, historic, fragile nature- and water-based economies of these historic areas. Their unique locations merit very different development standards from inland Villages and Hamlets.

Eliminate Cottage Communities. These small-lot historic settlements, vulnerable to flooding and erosion and not intended for expansion, are now protected as legally conforming parcels in a named Zoning District. How would a change affect that status?

Increase Village density for multi-family structures to 4 units per acre. No water/sewer infrastructure is planned for this increased density. Many established Villages already have serious drainage issues.

More Suggestions for Change – and Questions They Present

- **Increase the size and density of Town Edge districts.** Since infrastructure is proposed for these districts, are the Towns willing to provide it? How will it be funded? Will Towns fund any increase in police protection?
- **Consider whether "commercial destinations," like large regional shopping centers, should be located in**

See Comprehensive Plan, cont'd on page 5

Comprehensive Plan, *cont'd from p. 4*

Town Edge Districts. Are the Towns willing to provide infrastructure and police service for adjacent large commercial sites? With acres of undeveloped parcels already zoned commercial on Route 13, does the county need more “commercial destinations”?

- **Retain the current concept of a “small area planning process” for Villages and Town Edge districts** – similar to the template provided by the Willis Wharf and Oyster vision statements incorporated in the current Plan. Will Hamlets like Franktown, Weirwood, and Cheriton Crossroads be included in the process?
- **Add “Urban Development Areas.”** With 5 incorporated Towns, and several undeveloped commercial sites on Route 13, is there a need for these?
- **Add new recreation/camping/vacation destinations.** Would a floating zone, with development guidelines, be practical?



Waterfront village

Staff photo

- **Massive residential zoning increases for Oyster and Willis Wharf.** A barely noticed proposal doubles the residential density – where flooding and poor drainage are already problems. Current zoning boundaries between the core villages and the surrounding low-density buffer areas would be eliminated. A massive density increase on hundreds of acres of farmland would result. The Villages would be rezoned for 2 to 4 units per acre, all with no wastewater infrastructure – draining down into waters that support the aquaculture industry. This change would make the 2 Villages larger, with more residential density, than 3 of the incorporated Towns. There’s a possibility that this is a mapping error.

None of the proposed increased densities are supported by State projections, which indicate the county population will decline 15% over the next 20 years. Since this is actually a Plan review, and not a rewrite, there is also the option of no change to the current Comprehensive Plan if it continues to reflect the community’s vision for the future.

Working Plan documents are available at https://www.co.northampton.va.us/government/departments_elected_offices/planning_permitting_enforcement/planning_comp_plan

The Planning Commission voted to hold a short, monthly information session on the Plan – followed by their regular meeting, including a public comment period. The Commission meets on the first Tuesday of the month.

The Commission will draft changes, and 2 Public Hearings will be held before a vote by the Board of Supervisors. *ShoreLine* readers will be kept informed. 

Coronavirus, *cont'd from p. 1*

across the country, including 6 Tyson plants but not including the 2 plants on the Shore, to increase their line speeds from 140 (a long-established industry standard) to 175 birds per minute. Worker density in meat packing plants is more than 3 times the U.S. manufacturing average, making social distancing even more of a challenge. Poultry workers also experience work-related injuries and illnesses (before COVID-19) at rates 60% higher than other industries. Workers at meat, poultry, and fish plants experience carpal tunnel injuries at 20 times the rate of other injuries, and have seen 750 amputations in a 7-year period.

In part because of ongoing labor issues, many poultry companies, including Tyson, JBS, Case Farms, and Pilgrim’s Pride, are investing in automation and technology for part of their processing, which could replace up to 70% of workers in some plants.

Life for a Poultry Worker

Although it can be hard to get solid information on conditions for poultry workers – companies are less than forthcoming, and many workers are reluctant to talk – some data are available. Starting pay at both plants on the Shore is \$15.60/hour, close to the industry average of \$15.92/hour. Adjusted for inflation, wages in the industry have fallen 50% over the last 45 years. Chicken catchers (who receive no benefits, since they work for third-party contractors) are paid about \$2.25 per 1,000 birds.

Although both Perdue and Tyson provide benefits to their workers, many anecdotes have surfaced of workers being denied time off, sick pay, or health insurance when they can’t work due to illness or injury. Some workers are hired through temp agencies, which provide no benefits. Online comments reflect certain common themes – fear of retaliation, fear of getting sick with inadequate protections during the pandemic, fear of not being told when coworkers test positive, fear of immigration raids. 

ShoreLine comment: *The local protests by poultry workers and community organizers, reaching all the way to the Governor’s office and resulting in protections for all workers, are a great example of citizen action at work. We applaud all involved.*

Editor’s note: *A full list of sources for this article is available at www.cbcs.org/ShoreLine_Issues.*

An Interview with Karen Downing of the Eastern Shore Diverse Coalition of Preachers

By Donna Bozza

What was the genesis of the group? Why now?

“The Eastern Shore Diverse Coalition of Preachers (ESDCP) was founded by Elder Quintavion Washington in early June. The police brutality and racial tension around the country formed the impetus that sparked the desire for Elder Washington to do more locally. He then began to reach out to local clergy (Pastors and Ministers) with the idea of their coming together from different denominations, ethnic groups, and geographic areas to address issues affecting the people on the Eastern Shore. “

What is the mission of the group?

“The mission of the ESDCP is to promote equity and social change as well as the eradication of systemic racism and societal oppression in our communities. We seek to accomplish this through interfaith collaboration, collective social consciousness, and the inclusion of diverse voices.”

How would you characterize the churches and communities this group represents?

“The 13 preachers [who lead ESDCP] represent several different denominations, most with one primary race



The ESDCP held an ecumenical memorial service to remember COVID-19 victims on June 27 at the Exmore Town Park. Pictured above are: (front row, l-r) Associate Minister Karen Downing, the Rev. Jo-Ann McCrary, Bishop David Sabatino, the Very Rev. Rick Willis; (back row, l-r) the Rev. Phil Bjornberg, the Rev. Gregory Duncan, the Rev. Willie Justis.

Staff photo

attending, with various socioeconomic and educational backgrounds.”

There are those who say the onus is on white people to change our racist society. Why do you feel it is important for this to be an inclusive effort on the Shore?

“We understand that it is not an “us versus them” issue, but a heart issue and who better to speak to the heart of the people than the preachers. If we can’t come together, stand together and work together, than what chance do other people have?”

What are some of the problems related to racism/inequality you feel the Shore needs to tackle? How is the Coalition looking to address some of these?

“The ESDCP has five primary targets of engagement: (1) Address inequities or the inability of marginalized or disenfranchised students to have access to technical equipment and viable connectivity options (wifi/internet). Each student should have access to internet devices and appropriate technical software and resources. (2) Investigate punitive and disparaging disciplinary actions against students of color in the public schools. (3) Host a public forum, preferably outdoors to afford social distancing, to address those “uncomfortable questions” and challenges as they relate to race and systemic issues. (4) Promote Implicit Bias and Cultural Training for all public school staff. (5) Seek diversity in Sheriff’s Department personnel that reflect proportionately to diverse ethnicities within the community.

“We seek to work collaboratively with persons, organizations, and agencies responsible for the 5 identified target areas to address concerns and bring reform. Properly identifying these entities will permit our organization and others to hold them accountable for policies, procedures, and practices.”

How can people help the Coalition’s efforts?

“We appreciate those who supported the March on the Eastern Shore on June 26 and 27 in Accomack and Northampton Counties. It was important for us to have voter registration and census information available to let the community know how important it is to vote and also how funds are allocated to our communities based on the census. We also invited community and elected officials to come together and march with us, which several of them did, to their credit.”

“Now, it is important to not just march, but to roll up our sleeves and begin to do the work to bring reform and
See Interview with Karen Downing, cont’d on p. 7

Sheriffs Respond to Two Questions

ShoreLine Staff

To help inform our community about law enforcement practices on the Shore, *ShoreLine* asked both County Sheriffs these 2 questions:

1. Does your office currently outfit all on-duty police officers with a body-worn camera and require that the body-worn camera be turned on immediately when officers respond to a police call?
2. Does your office currently employ evidence-based police de-escalation training?

From Accomack Sheriff Todd Wessells:

1. The Accomack County Sheriff's Office currently does not possess body cameras; however, effective July 1, 2020, funding has been allotted in the FY21 Budget to purchase body cameras for all certified law enforcement officers. Body cameras shall remain in record mode during all responses to calls for service, and this procedure shall be incorporated accordingly in the departmental policy.
2. Yes. Accomack County Deputies are required to undergo basic training at the Hampton Roads Regional Academy of Criminal Justice and must maintain certification for the duration of employment. The Department of Criminal Justice requires 40 hours of in-service training for deputy recertification every 2 years, which includes cultural diversity training as well. Crisis Intervention Training (CIT) is a grant-funded program through the Eastern Shore Community Services Board (ESCSB); 2 deputies are CIT-certified trainers. At this time, there is a 75% CIT participation rate, with an expectancy of 100% in the upcoming future, since this knowledge is pertinent to the operation of the department and is the key to enabling every agency to better protect and serve the community.

From Northampton Sheriff David Doughty:

1. All of our Patrol Deputies are issued body cameras, and around 90% of our patrol cars have in-car cameras that record everything in front of the vehicle, as well as passenger and rear seats. They are recording whenever the vehicle is running, so everything is documented. Regarding the body cameras, they are required by policy to be activated whenever we are handling a police matter. The only exception would be during casual contact, for example if someone was just having a general conversation about something like the weather while in a convenience store.
2. All of our Patrol Deputies, a vast majority of our correctional staff, and I have all completed a 40-hour CIT Course within the past 2 years. The training is available

to all first responders and is provided by ESCSB. There is also a training session for civilians, and one for educators. We currently have approximately 6 instructors on our staff. It directly addresses the use of communication skills when interacting with persons who are in crisis, which also carries over to our relations with the public. Most who complete the course find that knowing your community resources along with effective communication, understanding, and compassion will help you work your way through just about any situation. We also receive additional training through our 40-hour recertification, which occurs every 2 years. 



Interview with Karen Downing, *cont'd from p. 6*

change to the practices and/or policies that oppress people.

- We invite and encourage individuals to attend Board of Supervisors and School Board meetings in both Shore counties. It is important to know what is going on in your county and to hold those we have elected locally accountable.
- If people are having issues related to any of the 5 primary targets mentioned, we ask them to contact us.
- We also ask for the community to support us through the sharing of information that is posted to our social media pages. It is important that we get the word out about events, activities, and changes happening on the Shore.”

ESDCP Leaders: Elder Quintavion Washington is the CEO/President with the following members: Rev. Felton Sessoms, Pastor, First Baptist Church, Cape Charles; Bishop David Sabatino, Founder and Pastor, Foundation of Faith, Belle Haven; Rev. Paul Nolz, The Rock Church of the Eastern Shore, Onley; Rev. Gary Miller, Pastor, St. John's U.M. Church, Atlantic; Rev. Dr. Lisa Johnson, Pastor, Tabernacle Baptist Church, Horntown; Rev. Rick Willis, Interim Rector, Holy Trinity Episcopal Church, Onancock; Minister Wisteria Robinson, Associate Minister, Bethel Baptist Church, Franktown; Rev. Milton Bunting, Pastor, Ebenezer Baptist Church, Exmore; Rev. Gregory Duncan, Pastor, Adams U.M. Church, Parksley, and House of Prayer, Bloxom; Rev. Phil Bjornberg, Rector, St. George's Episcopal Church, Pungoteague; Rev. Stephanie M.C. Webber, Pastor, St. Joseph's A.M.E. Church, Belle Haven; and Minister Karen Downing, Associate Minister, Jerusalem Baptist Church, Temperanceville.

ESDCP contact information: Elder Quintavion Washington at 757-709-9527 or esdcp2020@gmail.com. Social media pages will launch soon. 

RECYCLING CORNER

Update on Hazardous Waste Collection

Since we reported on the new permanent Regional Household Hazardous Waste Collection Facility in Painter (see November 2019 *ShoreLine*), the list of materials that can be accepted has been revised, as follows:

- **Batteries** – single-use, household batteries will not be accepted, and should be disposed of with household waste. Lead acid batteries, rechargeable batteries, and used car batteries are accepted at any of the convenience centers in Accomack County.
- **Fire extinguishers** – these are better dropped off at any local Fire Department, where they can be recycled, or reconditioned and refilled for resale.

A full list of items accepted at the facility can be found at <http://www.a-npdc.org/wp-content/uploads/2020/03/50393-ANPDC-Hazardous-Waste-Materials-Brochure-1.pdf>. Additional information on the facility and the history of hazardous waste collection on the Shore can be found at <http://www.a-npdc.org/accomack-northampton-planning-district-commission/ground-water-management/projects-programs/household-hazardous-waste-collections/>.

FREE COVID-19 Testing Available

You can get tested for COVID-19 at Eastern Shore Rural Health System, Inc. even if you don't feel sick!

Tests at No Charge for ALL – Including Those with No Symptoms

Testing is offered at no charge to you; the fee will be billed to your health insurance with no copay. If you don't have health insurance, there is no charge. Results typically come back in a few days – we will contact you confidentially with test results. You must call in advance to schedule an appointment for testing at the Atlantic, Onley, or Eastville Center. <http://www.esrh.org/covid-19/>

Contact:

Atlantic Community Health Center
757-824-5676

Onley Community Health Center
757-787-7374

Eastville Community Health Center
757-331-1086

Southern Summer Peach Upside Down Cake



We all know the great pineapple upside down cake – this southern twist has a personality all its own. Beautifully ripe southern peaches of course, but the syrupy praline-like topping guarantees that one slice will not be quite enough. Use a favorite one-layer cake recipe, or even a half-package of yellow cake mix (measure carefully and halve the liquids!) will do just fine for the cake base. It's the fresh peaches and topping that make the cake. Prepare the cake batter, then make the topping.

Topping:

2-3 ripe peaches – peeled and sliced

½ cup packed light brown sugar

¼ cup melted butter

Scant ½ tsp allspice

½ cup lightly toasted, chopped pecans

Preheat oven to 350°. Cut butter into pieces, place in glass pie plate, and melt butter in oven as it heats. Stir together brown sugar, allspice, and chopped toasted nuts. When butter is melted, brush some up the sides of the pie plate, then spread sugar mixture over the butter. Place the peach slices in a circle around the plate and fill center with slices. Pour cake batter evenly over peaches to cover. Bake for 40 to 45 minutes until center is firm. Let cool for 10 minutes or so, then invert cake on large platter and let it settle onto platter. Cool before cutting. A dollop of brown sugar-sweetened mascarpone or sour cream only adds to the indulgence.

Reprinted with permission: The Kitchen Hive – <https://www.talkrealnow.com/southern-summer-peach-upside-down-cake/>



28th Between the Waters Bike Tour
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IN MEMORIAM

Dr. Henry B. Dixon II

Dr. Henry B. Dixon II died age 85 on Friday, June 26, 2020. Henry attended Duke University, studying religion and marine biology as an undergraduate before entering medical school. A cardiologist, he practiced internal medicine in High Point, North Carolina, and on the Eastern Shore of Virginia. He served for 2 years as a Captain in the U.S. Army Medical Corps, Fort Eustis, Virginia, during the Vietnam War. A true Anglophile, Henry and his wife, Kathryn, traveled to London as often as his schedule would allow.



Although the practice of medicine was his primary interest, he was also a sailor, musician, and bibliophile. He later became an avid bicyclist and was a founder of the annual CBES Between the Waters Bike Tour. Henry was a longtime and faithful member of CBES, often helping with Bike Tour routes and other logistics.

A devout Anglican, he was a member of Hungars Episcopal Church, Bridgetown, Virginia. A virtual service will take place from Hungars at a time to be announced.

In lieu of flowers, memorial contributions may be made to the Citizens for a Better Eastern Shore, PO Box 882, Eastville, VA 23347.

Please visit Henry's memorial page at: www.TheGroffs.com.

John T. Ordeman

The Shore recently lost an elder statesman, a Shore champion for decades, a beautiful human being – Jack Ordeman. The loss to CBES of a guiding light, Past President for 7 years, and much longer Board and *ShoreLine* Edit Board member is not one easily put into words. Though he and his wife, Mary, moved to Baltimore in 2016 to be near family, he remained faithful to CBES, continuing his editing assistance of the *ShoreLine* newsletter. The Shore was always close to his heart.

CBES will share obituary details when they are available. Further tributes will be published in the September *ShoreLine*; to contribute personal anecdotes or photos, please send to info@cbes.org.

CBES Membership 2020

New _____ Renewal _____ *ShoreLine* by US mail _____

Name _____

Phone _____

Address _____

City _____ ST _____ Zip _____

Email _____

_____ 1 yr. Regular Membership (includes *ShoreLine*) \$25

_____ Life Membership (includes *ShoreLine*) \$500

_____ Optional add'l tax-deductible contribution of \$ _____

_____ Gift subscription to *ShoreLine* for a friend \$25

Please provide recipient's name, email, and mailing address so we can send a welcome card; otherwise, we will welcome them via email _____

Please consider renewing your membership and/or sending a donation now!

*Help CBES continue our Mission
 – and keep ShoreLine going –
 during this challenging time.*

Send to CBES, PO Box 882, Eastville, VA 23347
 Join online at www.cbes.org – Thank you!

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

Address Service Requested

Nonprofit Organization
U. S. Postage Paid
Eastville, VA
Permit No. 8

INFORM, ENGAGE, EMPOWER!

Check your label - if it doesn't show '20 or Life,
you need to renew (cbes.org).

Shore Neighbors Are Still in Need of Help

Call (757) 787-2557
for dropoff locations/times

FOODBANK SHOPPING LIST

Lean Protein: canned tuna, chicken and turkey, peanut butter, dried or canned beans. **Fruits and Vegetables:** canned fruits and vegetables, pasta sauce, 100% fruit juice, fruit preserves, dried fruit. **Whole Grains:** cereal, pasta, oatmeal, rice, crackers. **Meals:** soups, stews, boxed meals, canned pasta. **Baby Products:** formula, baby food, diapers, wipes.

Please Remember: Low Fat - Low Sodium - Low Sugar Products Preferred. • Non-perishable food • Non-breakable containers • Nutritional labels intact • Check dates (items can be up to 6 months past printed date).

Thank You!

Community Calendar*

**NOTE: As of press time, some in-person public meetings in both counties have been cancelled. Some are available to view or join online; for current status, go to the appropriate website or contact by email or phone.*

Accomack County
757-787-5700
www.co.accomack.va.us

- | | |
|----------|--|
| 1st Wed | Board of Zoning Appeals
10 AM, Accomac |
| 2nd Wed | Planning Commission (PC)
7 PM, Accomac |
| 3rd Tues | School Board
6:30 PM, Accomac |
| 3rd Wed | Board of Supervisors (BOS)
5 PM, Accomac |
| 4th Tues | PC Work Session
7 PM, Accomac |
| 4th Thur | Wetlands Board
10 AM, Accomac |

CBES and Other Activities

- | | |
|----------|---|
| 1st Wed | VIMS Public Seminar
7:30 PM, Wachapreague |
| 3rd Tues | ES Ground Water Committee
10 AM, Accomac |
| 3rd Tues | CBES Board Meeting
7 PM, Eastville or Belle Haven |

Northampton County
757-678-0440
www.co.northampton.va.us

- | | |
|----------|--|
| 1st Tues | Board of Zoning Appeals
10 AM, Eastville |
| 1st Tues | Planning Commission (PC)
6 PM, Eastville |
| 2nd Tues | Board of Supervisors (BOS)
6 PM, Eastville |
| 3rd Wed | Wetlands Board
Meets as needed, Eastville |
| 3rd Wed | PC Work Session
6 PM, Eastville |
| 4th Tues | BOS Work Session
5 PM, Eastville |
| 4th Tues | School Board
6 PM, Machipongo |

For membership and other
CBES information:
www.cbes.org