



CITIZENS FOR A BETTER EASTERN SHORE SHORELINE™

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New Help Proposed for Tangier Island

By Sue Mastyl

Much has been discussed in the last few years about the fate of Tangier Island in the face of rising sea levels and erosion. As was noted in the September 2018 issue of *ShoreLine* (“Ongoing Efforts to Address Sea Level Rise”), Tangier, with an elevation of 3 feet above sea level, is projected to experience about 2 feet of sea-level rise by 2050. At that time, Earl Swift, author of *Chesapeake Requiem: A Year with the Watermen of Vanishing Tangier Island*, noted that erosion “is not a separate issue from sea level rise – the two are interlinked. The higher the water climbs, ... the more erosive the power of the waves.”

Recent experience highlights the danger – during the king tide event on October 29, the water was higher than either the 1933 or 1960 storms, according to Tangier ferry captain Mark Crockett. The Army Corps of Engineers (ACE) has projected that, without major intervention, the island could be abandoned by 2053 – 30 years from now.

Help for Other Bay Islands

A few projects have been undertaken to protect Tangier from rising seas and erosion:

- A stone jetty was installed in 1990 on the western shoreline to protect the island’s runway.
- A jetty was completed in 2020 on the northwest side of the island, to reduce localized erosion and protect the harbor, for \$2.6 million.

However, the Bay islands in Maryland have fared better, while

Tangier residents have watched in frustration:

- The most well-known project is Poplar Island, where dredging spoils from the Port of Baltimore are being placed as fill for a total of

Without major intervention, Tangier Island could be abandoned by 2053 – 30 years from now.

1,715 acres of wildlife habitat (776 acres of tidal wetlands and 829 acres of upland). The project, to be completed by 2032, will cost \$1.4 billion.

- Once the Poplar Island project is completed, the Baltimore dredging spoils will be used to restore 2 additional islands, James and Barren Islands, to create 2,100 acres of new wildlife habitat at an estimated cost of \$1.9 billion.
- Another project will protect Smith Island, giving it another 15 to 20 years or more, according to Scott Hardaway of Coastline Design PC. The project uses living shoreline design concepts, with the installation of breakwaters along almost 4 miles of shoreline to control and create headlands; it is funded through U.S. Fish & Wildlife Service at a cost of \$9 million.

New Proposed Funding for Tangier

ACE has estimated that saving Tangier would cost \$250 to \$350 million, while the town’s 400 residents could be relocated for \$100 to \$200 million. However, even without

acknowledging the cultural and human factors involved, there is an economic argument for saving the island – in addition to tourism dollars, it represents the heart of the hard-shell and soft-shell blue crab industry, valued at \$22 to \$38 million annually.

The island’s current state, at about 700 acres, is one-third of its size in 1850.

On August 31, Sen. Tim Kaine, along with Rep. Elaine Luria, announced a plan to include \$25,050,000 in the Fiscal Year 2023 appropriations bill, which would need to be approved by both the House and Senate. Similar to the Poplar Island project, the Tangier project would use dredge spoils from the Cape Henry Channel at the mouth of the Chesapeake Bay. ACE constructs walled “cells,” which are then filled with the dredge material. Exactly where the material would be applied is still to be determined, but could include the eastern side of the island, where residents are routinely expe-

See **Help for Tangier**, *Cont’d on p. 4*

Contents

New Help Proposed for Tangier Island.....	1
The Eastern Shore Deserves Better!.....	2
Managing the Railroad – The Past 5 Years..	3
Cape Charles Rosenwald School Restoration Initiative.....	5
Recycling Corner.....	6
Keeping Track.....	6
Recipe: Spiced Squash Casserole.....	7

The Eastern Shore Deserves Better!

Opinion by Steve Atkinson, President, Virginia Saltwater Sportfishing Association

This month, we continue a discussion of the impacts of the menhaden fishery on the Shore.

Steve Atkinson served on the VMRC menhaden advisory committee until early this year, representing recreational anglers. He resigned when it became clear that Omega Protein was not going to agree to make any substantial changes, including a proposed no-netting safety buffer around the CBBT and a “pay back,” in which wasted menhaden from net spills would count as part of the harvest quota. Steve has a home on the Eastern Shore and is an avid fisherman in the Bay.

After a summer of big blue industrial ships, noisy spotter planes, repeated net spills, contaminated beaches on the Shore, and a deadly bycatch of red drum, it's time to ask... when will this end? Why is Virginia allowing a foreign-owned company (Omega Protein is a division of Cooke Inc., a family-owned fishery company based in New Brunswick, Canada. The company operates 7 manufacturing facilities, located in the United States, Canada, and Europe.) to harvest menhaden in the Chesapeake Bay, arguably the most important fish in the sea, and wreak havoc on our

pristine Bay shores? This summer has been particularly brutal: Omega Protein has fished the Bay almost every day with their full fleet of 6 to 7 ships. They told Virginia Marine Resources Commission (VMRC) last month they were fishing the Bay in an effort to catch their quota of 112,000,000 pounds (51,000 metric tons) so that their quota doesn't get cut. And after the big spill at Silver Beach in July, an Omega spokesperson stated, “fishermen act like the Bay is their playground.” Does this sound like good, shared stewardship of our Bay?

Over the past 15 years, we have witnessed the inexorable decline of our striped bass population. These fish form the largest marine recreational fishery in the U.S., contributing \$382 million to Virginia's economy in 2009. In recent years, this value has declined by well over 50%, with a corresponding loss of jobs, impacting charter boats, bait shops, and the watermen who catch striped bass for a living. Gone are the big tournaments that drew thousands from all over the state and filled coastal marinas, hotels, and restaurants during the fall.

Ask at Shore bait shops – they know all too well. The striped bass population has struggled to recover, partly due to high fishing mortality (a reason why many anglers and fishing groups supported harvest reductions), and partly due to localized depletion from decades of industrial fishing of menhaden, a vital food source for striped bass and other species.

Ecosystem models show that striped bass populations are directly tied to industrial menhaden fishing in the Atlantic. Massive numbers of menhaden are removed every year from the most important striped bass nursery on the East Coast, the Chesapeake Bay. Inedible menhaden are reduced to fish meal and other by-products, and are often exported for animal feed. This industrial

“reduction fishery” has been controversial for decades, and is outlawed by every other state on the East Coast. Omega Protein harvests 75% of the entire East Coast menhaden quota in Virginia waters, leaving fewer fish for the predators that rely on them, most notably striped bass, but also other fish, mammals, and sea birds. Menhaden are not considered “over-fished,” but that designation applies to the entire Atlantic coast and has little to do with conditions in the Bay.

Then there is “bycatch,” e.g., when 12,000 pounds of red drum were killed at Kiptopeake State Park in July. Bycatch figures are largely unknown, as there are no observers on ships. NOAA Fisheries states that bycatch is less than 1% for the purse-seine fishery. Imagine it is only half that – in the Bay alone, that would be 500,000 pounds a year! Ever wonder why fishing for croaker, spot, and bluefish seems off? How many crabs are killed by having large nets scrape across the bottom?

Standard 4 of the Code of Virginia (Section 28.2-203) requires that “conservation and management measures shall not discriminate among user groups,” but that's what's happening – industrial menhaden fishing has priority over recreational fishing groups and conservation interests; it is undermining the recreational fishing economy and small businesses throughout Virginia, as well as conservation efforts that anglers and boaters have been supporting for years. By allowing Omega Protein to catch a third of its total quota from the Virginia waters of the Chesapeake Bay versus the Atlantic Ocean, Virginia is, in effect, subsidizing this fishery. (As of this writing, Omega Protein still has not hit its Bay quota, yet claims there are plenty of menhaden in the Bay.)

Thousands of Virginia anglers and Shore residents have been requesting that this fishery move out of the Bay

See Menhaden, Cont'd on p. 4

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Managing the Railroad – The Past 5 Years

By Spencer Murray, in collaboration with George Mapp

At the September Accomack-Northampton Transportation District Commission (ANTDC) meeting, Chairman Donald Hart announced that for the first time in years, the group could take a deep breath and exhale. Five years ago, the Bay Coast Railroad (BCR) had lost most of its freight business and still had 18 years on their lease. Bayshore Concrete Products, a major customer, was about to close and put the plant up for sale. The ANTDC and their wholly-owned private management company, Canonie Atlantic, were in a quandary, wondering what to do about the contract with BCR; 70 miles of inactive railroad, railyards, and sidings; an obsolete railcar barge; and a still-active terminal in Little Creek.

Now, prospects are much improved. Old business has been settled and the rail-to-trail initiative is well underway. In an era where many lack confidence in government, it's heartening to look at the milestones achieved in recent years:

- Canceled the long-term lease with BCR. All 3 BCR employees qualified for railroad retirement.
- Settled a \$238,000 debt with the Virginia Department of Rail and Public Transportation.
- Ceased operations between Cape Charles and Hallwood. Shut down signals.
- Applied to the federal agency that manages railroads, the Surface Transportation Board (STB), to convert the railroad between Cape Charles and Hallwood into a multi-purpose trail per the National Trails System Act.
- Contracted with Delmarva Central Railroad to take over operations between Hallwood and Pocomoke.
- Contracted with Buckingham Branch Railroad to take over operations in Little Creek.
- Settled a lawsuit regarding the ownership of the Cape Charles harbor bottom.
- Assessed a proposal from a nonprofit organization to transform the Hallwood-to-Cape Charles section into a tourist line. The proposal lacked sufficient funding and was denied.
- Hired the law firm Clark Hill PLC, whose specialty is railroad law, to assist with STB negotiations.
- Hired a Virginia law firm to establish the Eastern Shore Rail Trail (nonprofit) Foundation, to partner with Canonie and ANTDC to manage the rail-to-trail project. Secured IRS and Virginia State Corporation Commission approvals.
- Obtained Directors and Officers insurance to protect Board members from lawsuits.
- Through a county EPA Brownfield grant, hired Cardno Environmental Services to work with the Virginia Department of Environmental Quality to remediate minor environmental issues at the Cape Charles rail yard.
- Hired National Salvage and Service Corporation to remove rails, signals, and ties on 49.5 miles, and pave over 50 crossings. The salvage value of the materials will more than pay for the project.
- Sold St. Julian's railyard in Little Creek, where Amtrak services its passenger trains. Negotiations involved state and federal agencies over a period of 4 years.
- Hired the law firm of Kaufman & Canoles to research the Cape Charles railyard deed regarding the rights of William Scott's heirs. Scott was a co-founder of the railroad and financed construction of the town of Cape Charles.
- Cleaned up the Cape Charles railyard. Removed track, railcars, and locomotives.
- Worked with the Accomack-Northampton Planning District Commission and received a federal grant of \$2.5 million to fund the first phase of the trail, from downtown Cape Charles to Route 13. The plan includes a trail head at "the hump" in Cape Charles, 2.3 miles of trail, a pedestrian crossing at the Food Lion traffic light, and a parking lot beside the Dollar General.
- Negotiated a long-term lease with the Hampton Roads Sanitation District for a wastewater main along the corridor from Nassawadox to Onley. Completion is expected in December.
- Established a bookkeeping system and completed successful audits.
- Maintained railroad spraying operations.



A former Bay Coast Railroad car reflects the Cape Charles sunset. Photo credit: Emily Machen, Eastern Shore of Virginia Tourism Commission.

All this has been achieved by Canonie's staff of 2 full-time employees: Spencer Murray, the former Chair of the Northampton Board of Supervisors, who voluntarily works without pay; and Jim Outland, the Canonie Atlantic General Manager.

See Railroad, Cont'd on page 4

Help for Tangier, *Cont'd from p. 1*

riencing salt spray, or the northwest side of Uppards, just north of Tangier. ACE official Gregory Williams indicated that “It’s very early in the process, and [still] very conceptual.” ACE marine biologist David Schulte said that further work on Tangier would likely include raising homes as well as more fill projects.

Kaine acknowledged that the \$25 million won’t be enough to fully protect the island, but indicated that ACE is more likely to continue funding future projects once it has invested in an area. “Let’s get this started with a big number, not a small number,” he added. 

Sources:

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Vaughn C. Accomack supervisors approve more employee bonuses. Eastern Shore Post, Nov. 26, 2021. <https://www.easternshorepost.com/wp-content/uploads/2021/11/11.26.2021.pdf>



Railroad, *Cont'd from p. 3*

Currently, they are working to prepare railroad-owned real estate for sale: portions of the Cape Charles rail yard, a parcel for Coastline Chemical, and a portion of the Exmore siding to be developed into affordable housing. They are also negotiating easements on railroad property for several parties in Cape Charles, including the Yacht Center, the Cape Charles War Memorial, the Cape Charles Brewery, and a few others. Canonie is committed to working with towns, businesses, farmers, and other landowners regarding access and safety; and to make sure that their operations will not be negatively impacted by the Rail Trail. Final design will include parking, lighting, restrooms, and wayfinding kiosks.

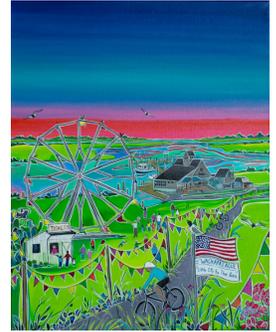
Finally, they are pursuing federal and state funding for the remainder of the trail, including a future link-up with the Southern Tip Bike and Hike Trail. 

Cherish an Original Keepsake – Join the Raffle Excitement!

Take home* a quintessential Eastern Shore scene in Bethany Simpson’s popular Coastal Folk Art style. This year’s theme is the 2022 Bike Tour Host Town:

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Little City by the Sea.**

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Show your Shore Pride with Between the Waters Apparel. It’s not just for cyclists. Choose from V-Neck/Crew Neck Athletic Shirts, Long/Short Sleeve Jerseys, Jackets, Caps, and more...

For Raffle Tickets and Apparel Store, go to www.cbcs.org. All Proceeds Benefit CBES 29th Annual Between the Waters Bike Tour and its mission: Pedal to Protect Virginia’s Eastern Shore

*Drawing December 8, 2022

Menhaden, *Cont'd from page 2*

and into the ocean, where it will do less harm. Some have called for additional research, but scientists state it will take 7 to 10 years to get a thorough assessment of Bay menhaden. We do need more research, but we don’t have years to watch the Bay get pillaged over and over. And as for a 1-mile “buffer” to prevent net spills, that would be like a bandaid on a bullet wound. There is only 1 good solution.

A coalition of organizations, including the Virginia Saltwater Sportfishing Association, the American Sportfishing Association, the Theodore Roosevelt Conservation Partnership, the Marine Retailers Association, and the Coastal Conservation Association are calling on Governor Youngkin and VMRC to move industrial reduction fishing out of the Bay until science can show it is not causing harm. The Governor states he wants to clean up the Bay; he needs to listen to the thousands of Virginia residents who support changes to the current situation. Importantly, this would not impact the much-smaller menhaden bait business, which supplies crabbers and fishermen. In fact, moving reduction fishing out of the Bay may help the commercial watermen who provide food for our tables.

For more information, and to access a petition to request changes to the current situation, please go to TRCP.org/VAMenhaden. 

New Life For a School Inspired by Booker T. Washington

Cape Charles Rosenwald School Restoration Initiative

Submitted by Maria Brazda, CCRSRI Media Department

The Town of Cape Charles has an important piece of history within its boundaries: the former Cape Charles Elementary, “Rosenwald School.” It was built around 1929 as part of the movement birthed by education pioneer Booker T. Washington, in partnership with Jewish philanthropist Julius Rosenwald, to educate black children during the period of legalized segregation. These 2 men – 1 black, 1 white – forged a unique and lasting relationship beyond race and class. Booker T. Washington, former slave-turned-founder of Tuskegee Institute, and Julius Rosenwald, wealthy entrepreneur, part-owner of Sears and Roebuck, became friends and collaborators in a transformative educational enterprise that stands 100 years later as a symbol of hope and the power of commitment to innovate change. Both men were believers in the power of self-determination. Their collaboration led to the construction of more than 5,000 schools to educate black children in the rural segregated South. Washington believed that education was the building block on which people would build better and stronger lives.

According to Stephanie Deutsch, author of *You Need a Schoolhouse: Booker T. Washington, Julius Rosenwald, and the Building of Schools in the Segregated South*, “At a time when blacks were excluded from public libraries, public playgrounds, and many other public facilities, the Rosenwald schools were really theirs.” At the time, rural southern communities 1 or 2 generations out of slavery wanted a better life for their children. Committed to getting education for their children, many of these communities joined the strong Washington-Rosenwald alliance. The Rosenwald Fund contributed matching or challenge grants, and the remainder of the cost was generally funded by the communities – both black and white. The relationship between Washington and Rosenwald was emancipatory for communities across the South. They relied on one another, with mutual trust and respect, and their collaboration continued until their deaths.

The Cape Charles Rosenwald School incorporated state-of-the-art elements of school design. The brick schoolhouse had 4 classrooms, an auditorium, and an office. It was staffed by 3 teachers and a principal/teacher, with children in grades 1 through 7, and was an important part of the community for many years. In 1954, the Supreme Court ruled segregation in education unconstitutional; the school closed in 1966. The property was later sold and used as a seafood processing plant until 1977. Although the building has sat vacant since 1977, it was never forgotten by its community.

In 2002 the National Trust for Historic Preservation placed Rosenwald Schools on its 11 Most Endangered Historic Places list. After learning about the history of the abandoned school in Cape Charles from her grandmother,

Northampton County native and Virginia businesswoman Tevya Williams Griffin became determined to give the school new life. The Cape Charles Rosenwald School Restoration Initiative (CCRSRI) was formed in 2009 from a group of alumni, civic and religious leaders, and others who recognized the former school’s importance. Initially, the focus was on documenting its history; purchasing the property was not possible. The Virginia Historical Highway Marker in front of the school was dedicated in 2011. The CCRSRI incorporated in 2012, becoming a not-for-profit entity in 2014. Virginia Humanities awarded 2 separate grants in 2014 and 2018. The first funded the Oral History Project, and the second funded the research and publication of an informational booklet, *The Heart of a Community, Cape Charles Elementary – A Rosenwald School*. The CCRSRI also collaborated with the Cape Charles Historical Society on an exhibit featuring the school, which was shown in the Cape Charles Museum and Welcome Center for 2 seasons; pictures are still viewable on their website (<https://capecharlesmuseum.org/exhibits>).

After nearly a decade, the CCRSRI was able to purchase the building in 2019 free and clear of debt. Since then, over \$600,000 has been raised toward rehabilitation of the building. The Town of Cape Charles gifted 6 beautiful acres, expanding the campus to nearly 9 acres of land, which will be used for outdoor education, recreation, and events. Phase 1 of the construction plan is fully funded and underway, with the roof replacement projected to commence this Fall.

The CCRSRI’s mission is to recognize the Cape Charles Rosenwald School legacy and offer experiences that engage and enrich the community, promote cultural awareness and understanding, and support self-sufficiency and economic mobility. The school will be reopened with a certified commercial kitchen, meeting and event space, and classroom space for workforce development, including classes brought to the lower Shore by the Eastern Shore Community College. The rehabilitated school will create a home for multiple programs, designed to include shared and coordinated activities between a consortium of employers and community partners, that will improve the spirit of our community. It will be a multigenerational center for education, entrepreneurship, arts, and culture where all races can gather and inspire generations to come. It will be an investment in the future, just as it was 100 years ago.

To learn more, get involved, and support this mission, please visit our website, sign up for our newsletter, and follow us on Facebook, Instagram, and Twitter. Contact CCRSRI Media Department (703) 475-1500, maria@leopardmediagroup.com, or go to the website: www.ccrosenwaldschool.org. 

RECYCLING CORNER

By Sue Mastyl

Make Your Morning Coffee or Tea Plastic-Free

Many of us enjoy a cup or more of coffee or tea every morning, but we may not be aware of how much plastic comes with that warm brew, in many steps of the process.

Single-Use Cups

The Styrofoam or coated-paper cups commonly used for coffee and tea are rarely recycled (they can't be on the Shore), so they end up in landfills or, worse yet, littered in the environment. And beyond the environmental impact, contaminating water and soil and harming wildlife, they're also affecting human health. One study showed that more than 1.5 trillion plastic particles are shed from a single 12-ounce plastic-lined paper cup, and the particles are shed more rapidly from hot liquid.

Luckily, many restaurants and coffee shops provide non-plastic cups for dine-in customers – and we should be encouraging the local shops who do. You can also bring your own reusable mug or thermos, to fill at your local coffee shop or bring from home.

Plastic Coffee Makers

Unfortunately, plastic is now the main material in many coffee makers. It's cheap and insulates hot liquids, but there are alternatives. These may be more expensive initially (although you might find a good second-hand bargain), but will last longer.

- Manual coffee makers – these include manual or electric stainless steel or ceramic burr coffee grinders, glass pour-over carafes, glass siphons, single-cup glass or stainless pour-over brewers, glass or stainless-steel French presses, stainless-steel percolators, or stainless-steel stovetop espresso makers.
- Automatic coffee makers and accessories – look for those made of stainless steel and glass, with a glass carafe and a stainless-steel funnel.

Tea Bags and Accessories

Although they look like paper, in reality most tea bags are made from plastic. Thankfully, there are alternatives:

- Look for tea bags labeled as plastic-free.
- Brew loose-leaf tea with a stainless-steel strainer.
- You can also purchase linen or cotton tea bags, and place your own loose tea leaves inside.
- Look for a ceramic mug-and-strainer combo, or plain glass, ceramic, or cast-iron teapot (avoid painted or enamel finishes, since they may contain toxic cadmium or lead).

Keeping Track

Water Wise Home Challenge: Reducing or Eliminating Garden Chemicals



The Eastern Shore Soil and Water Conservation District (ESSWCD) has introduced the Water Wise Home Challenge (<https://www.esswcd.org/copy-of-scholarships>), with 9 challenges for folks to do more to help protect our water quality. Once you've adopted at least 3 of the action challenges, you can claim a yard flag or sign by contacting Julie.

head@esswcd.org. This is the third of 3 reprints of these challenges for our readers. We thank ESSWCD and Eastern Shore First for their permission.

Here's why you should reduce your use of pesticides, herbicides, and fertilizers:

- **Pesticides and herbicides are toxic.** They can contribute to human illnesses, ranging from skin irritation to cancer. Their use is best left to professionals with specialized training.
- **They can all contribute to air, water, and soil pollution.** Not only do they pollute the soil where they have been applied, but rainwater and runoff can carry these chemicals to other areas. In waterways, they can kill fish and other aquatic wildlife. Some chemicals can evaporate into the air, resulting in reduced air quality.
- **Many pesticides are broad-spectrum.** This means they kill both the good and the bad bugs. Many pollinator populations, such as butterflies, bees, and other beneficial insects, are declining. Using pesticides can make this worse, and can also cause a problem for migrating birds that depend on these insects as a feed source.
- **Overuse can lead to resistance.** When we use pesticides and herbicides, only the very strongest plants and insects survive, resulting in needing more powerful toxins to kill the resulting insects or weeds.
- **Too much fertilizer is not a good thing.** The use of excess fertilizer may lead to nitrogen leaching into ground water and phosphorus washing into surface

See Water Wise, Cont'd on page 7



Sourcing Your Coffee and Tea

It's also important to know where your coffee or tea is grown, and make sure you're supporting fair labor and sustainable environmental practices. Look for organic, shade-grown, and fair-trade labels.

Source:

Plastic Pollution Coalition. Make your coffee or tea plastic free. July 15, 2022. https://www.plasticpollutioncoalition.org/blog/2022/07/15-plastic-free-coffee-tea?utm_source=ppcnewsletter-0722

Assateague Beach Plan: Progress

As was discussed in *ShoreLine* in July 2011 (“Parking Lots for Assateague Beach at Issue”) and February 2017 (“Why Dunes and Beach Replenishment Won’t Work for Assateague”), the Comprehensive Conservation Plan proposed by the Chincoteague National Wildlife Refuge, which was finalized at the end of 2015, involved moving the beach parking lot 1.5 miles north, with a new 961-space parking lot protected by existing dunes. At that point, the estimated cost was \$22 million, with the project to be phased in over an 8-year span.



To date, nothing has been done to move this project forward. Following a recent discussion with Rep. Elaine Luria’s office, U.S. Fish & Wildlife Service, the National Park Service, Accomack County, and the Town of Chincoteague, the Accomack Board of Supervisors voted at their August 17 meeting to contribute \$250,000 for third-party assistance in preparing federal grant applications to obtain federal funding for this project. The \$250,000 was initially approved for local match requirements for the Chincoteague Inlet Study, but won’t be needed since state funds will cover the match.

The beach parking lot relocation is now estimated at \$40 million.



Water Wise, *Cont’d from p. 6*

waters. Excess fertilizer washed into water bodies can result in oxygen-depleting algae blooms, and can lead to fish kills and “dead zones.”

Here are some alternatives to consider:

Fertilizer substitutes

- Eight homemade garden fertilizers: <https://www.farmersalmanac.com/8-homemade-garden-fertilizers-24258>
- Four free fertilizer alternatives: <https://www.foxnews.com/real-estate/four-free-fertilizer-alternatives>
- Five foods you can substitute for fertilizer: <https://modernfarmer.com/2020/06/five-foods-you-can-substitute-for-garden-fertilizer/>

Alternatives to pesticides

- <https://magazine.scienceconnected.org/2022/04/organic-gardening-alternatives-pesticides/>
- Ten eco-friendly alternatives to pesticides: <https://candide.com/GB/stories/4091d44f-17ad-4df9-b01d-7d95180cc37e>

Getting rid of weeds

- Seven ways to get rid of weeds without glyphosate (Roundup): <https://instead.com/blog/homemade-weed-killer/>

Spiced Squash Casserole

’Tis the season, down our way, where neighbors are just about throwing produce at each other. The last of the tomato vines are bowed over, squash is creeping out on to the lawn and pepper plants look like Easter baskets.



Drop-offs of bags of extra vegetables around the neighborhood are beginning in earnest, and then you come home to find your porch steps filled with someone else’s paper bags of garden overflow. If you’re ratatouilled out, here’s a variation on the traditional down-home summer squash casserole that’s been a favorite for generations. The combination of cooked and raw squash gives a satisfying crunch – the Mideast spice gives a distinctive warmth. And like all the best southern vegetable casseroles, it’s rich and creamy, with a nicely browned crispy topping.

Squash:

- 6 tbsp butter, separated
- 3 yellow summer squash, cut into chunks
- 2 zucchini, sliced thin
- 1 small onion, chopped
- 2 eggs, beaten
- 8 oz sour cream
- 6 oz grated cheese, cheddar, Swiss, etc.
- ½ cup mayonnaise
- Chopped fresh thyme (or 1 tsp dried)
- 1 to 2 tsp Zaatar or other fragrant Mideast spice or blend
- Salt and pepper to taste
- Grated nutmeg

Topping:

Crush 1 to 1 ½ cups Pepperidge Farm stuffing mix, melt 3 tbsp butter, and combine with crumbs – add more crumbs until mixture is coarse and loose.

Melt remaining 3 tbsp butter in sauté pan until sizzling, then add yellow squash and onion. Let cook without disturbing until browned – flip all and brown the other sides. Drain in colander to remove excess liquid. Mix beaten eggs, sour cream, grated cheese, mayonnaise, and seasonings. Fold in squash, onions, and raw sliced zucchini – pour into buttered 11" x 7" baking dish. Grate nutmeg over all. Spread evenly with topping. Bake 20 to 30 minutes in pre-heated 350° oven until top is golden brown and squash mixture is bubbling.

The Kitchen Hive – Mary Miller

Reprinted with permission: <https://www.talkrealnow.com/spiced-summer-squash-casserole/>

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