

Eastern Shore

HITCHING

POST

THE SHORE'S ONLY LOCALLY OWNED NEWSPAPER



Davis Shares Local Flavor on Tide and Thyme

By Krystle Bono

Tide nor time wait for no man, and for Chincoteague resident Laura Davis, that was the quote her dad would always say that would eventually become the inspiration behind the name of her popular food blog, Tide and Thyme.

Davis, who began her blogging adventure back in 2007, started sharing her recipes, which would in time evolve into her blog, as a way to keep connected while she raised her three boys.

"I stayed at home and took care of my baby, and then it ended up being three of them, but it was a good connection to the outside world. I was sharing recipes with friends on message boards at the time. We were always asking what we were having for dinner, so it was always dishes that I was making for my family and taking pictures of and sharing it," said Davis.

The inspiration came from the quote, but Davis wanted to make sure it embodied the best of both of

her worlds.

"I had chosen the name 'Tide and Thyme' way back when. It's funny,

for a long time there wasn't much tide. I wanted something that incorporated kitcheny-ness, with coastal-

ness, so, I debated about a few things and finally settled on that. We were living in Pocomoke at the time. Once we moved back five years ago, we got a better boat and started spending more time out on the water at Little Beach. Plus, I mean this gorgeous landscape we have here, I'm always sharing a good sunset photo or beach photo or marsh photo, whatever it is, and I noticed I've started to get more of a return from those kind of posts and stuff like that more than food. The food is great, but I feel like what makes me unique as a food blogger or blogger in general is my lifestyle. So, I've been trying to branch out a little. It's still me, it's still fully authentic. I try and keep it real."

Davis pointed out where Little Beach was located, which could be seen from Memorial Park. The spot, which is angled parallel to the park's dock, boasts views of the Assateague Lighthouse, as well as the Chincoteague ponies during certain times of



Photo by Donna A. Good

Laura Davis shares a plate of steamed crabs on the dock.

(Continued on Page 5)

Chincoteague Ponies Receive Final Round of Vaccines

By Krystle Bono

The Chincoteague Volunteer Fire Company announced Saturday that the final round of swamp cancer vaccines for the north and south herds of the beloved Chincoteague ponies has been administered. The series of three injections began in April as a preventative following the deaths of seven of the island's resident ponies last year.

Swamp cancer, or Pythiosis, is a

rare, fungal disease that's characterized to bring about painful, draining lesions on the equine's body, costing thousands of dollars in treatments, with the potential to be fatal. The disease is prevalent in warm, wet areas that contain the infective-stage zoospores of *P. insidiosum*, and infect the animal's skin through small punctures or abrasions. Once exposed, the area erupts into various forms of growth

that can only be treated by surgical removal and antibiotics. If not treated in the early stages, it can be incurable.

The ponies have been monitored throughout the series of vaccines, and have been recorded as not having any adverse effects, according to Denise Bowden, CVFC public relations officer.

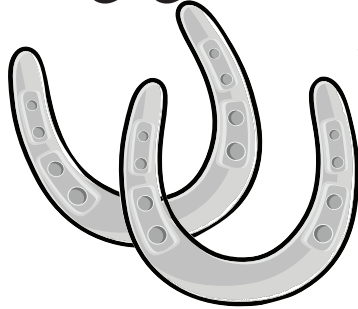
Bowden also reported the ponies looked, "pretty darn good" and were a "frisky and healthy bunch." One mare,

Lorna Dune, and her baby were transported to the carnival grounds, as the foal has what seems to be a rash to the fetlocks, and it will be bathed with medicated shampoo as a precaution.

With pony penning around the corner, the CVFC is in full swing with preparations to the annual, history-making event, which will flock thousands of spectators to the island next month from across the country.

Kids' Corral

With Isabella Bono-Evans,
Documented by Krystle Bono



Did you know the NASA Wallops Flight Facility has launched five Earth orbiting satellites, and they launch approximately 30 launches a year? We didn't either!

Isabella and I have watched a few rockets take off from the seaside down in Machipongo close to my parents' house, but we never knew much about what we were seeing, other than it was really cool to witness the blast from so far south.

We decided to explore the NASA Wallops Visitor Center this week, and we came out with a whole slew of information we will be sure to remember the next time we witness one lifting off into space.

The visitor center, located across from the Flight Facility on Wallops Island, is free to the public, and open from 10 a.m. to 4 p.m. You can pop in to learn all about what goes on behind the scenes at NASA. Currently, the center is open Tuesday-Saturday, but beginning July 1 through Aug. 1, it will be open daily.

When you first walk in, you are greeted by a friendly staffer who informed us, when I attempted to pull out my wallet, that the tour was free to the public and self-guided. The fact that it is a free facility is a big score for us, but even more so for the families that flock to Chincoteague and may want to find an easy, low-budget activity to pass some time on a day when mother nature prevents outdoor activities. Their website (<https://www.nasa.gov/content/wallops-visitor-center/>) describes the center as "a unique opportunity to explore the past, present, and future of NASA's Wallops Flight Facility. The Visitor Center features exhibits about aeronautics, orbital and sub-orbital rockets, scientific balloons, current missions, and the history of Wallops Flight Facility."

We went on a partly cloudy day, and the sun peeked

out towards the end of our tour, so we were able to look around at some of the rockets on display outside. Otherwise, all can be seen indoors. There is a walk-through tour, as mentioned, and an observation room, in which we sat down in the auditorium chairs and listened to lots of cool facts about NASA, the flight facility, and everything in between. There is also an observation deck, which was closed, and a gift shop in

the back part of the center.

One of the many things we learned was that NASA Wallops launches primarily sounding rockets. Sounding rockets are used mainly for research purposes, and are used to carry instruments designed to take measurements and perform scientific experiments during sub-orbital flights, and they take their name from the nautical term "to sound," which, come to find out, literally means to take measurements. NASA has been using these particular rockets since 1959 to provide information about the sun, stars, galaxies, and Earth's atmosphere and radiation. Who knew?

There were a few interactive exhibits Bella enjoyed, as well as photo ops. She also took some time to explore the gift shop. They have "moon rocks," NASA gear, and you can even grab your four-legged kid a NASA themed collar so no one in the family is left out. All-in-all, it was a really neat way for us to spend part of our afternoon, and if you have at least an hour to spare, we recommend stopping in to learn something new, because there is definitely a wealth of information available that everyone will walk away knowing something they did not know entering the building!

The visitor center also has a few upcoming events, and information can be found on the "special events" tab on their website, and a launch will be conducted by students June 20, with the viewing window opening at 5:30 a.m.



Photo by Krystle Bono
Isabella Bono-Evans, of Cape Charles, checks out a rocket at the NASA Wallops Visitor Center earlier this week.

Museum of Chincoteague Island

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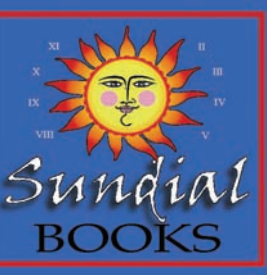
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Happy Hour
 Monday-Friday
 2pm-6pm



**FRIDAY
JUNE 14**

★10 a.m., 1:30, 4, 6:30, and 9 p.m. - **Movie: "The Secret Life of Pets 2"** - The Island Theatre, 4074 Main St. - Call 757-336-6109 for other show times.

★1-3 p.m. - **Captain Timothy Hill House Tours** - 5122 Main St. - 914-589-7733 - free admission - www.captaintimothyhillhouse.com.

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

**SATURDAY
JUNE 15**

★9 a.m.-1 p.m. - **Farmers and Artisans Market** - Chincoteague Cultural Alliance, 6309 Church St. - free admission and parking - www.chincoteagueculturalalliance.org.

★11 a.m. - **Investigation Station: Soda Straw Rockets** - NASA Wallops Flight Facility Visitors Center - free admission - 757-824-2298 - www.nasa.gov/centers/wallops/visitorcenter

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

★2 p.m. - **Tour of the Solar System** - NASA Wallops Flight Facility Visitors Center - free admission - 757-824-2298 - www.nasa.gov/centers/wallops/visitorcenter

★3:30 p.m. - **Trio St. Bernard in Concert** - Island Theatre, 4074 Main St. - \$15/adults, free/18 and under and students w/ID.

**MONDAY
JUNE 17**

★11 a.m.-1 p.m. - **Manna Cafe** - Christ United Methodist Church Social Hall, 6253 Church St. - free hot lunch every Monday - @MannaCafeCI on Facebook

★1-4 p.m. - **Board Games** - Island Theatre Annex, 4076 Main St., Chincoteague - free admission - www.ciarts.org

**WEDNESDAY
JUNE 19**

★9 a.m.-1 p.m. - **Farmers and Artisans Market** - Chincoteague Cultural Alliance, 6309 Church St. - free admission and parking - www.chincoteagueculturalalliance.org

Hitching Times, June 14-20: What to do this week on and around Chincoteague Island

**SUNDAY
JUNE 16**

★8 a.m. - **Episcopal Church Service** - Emmanuel Episcopal Church, Chapel of Fox Holston Funeral Home, 5049 Chicken City Rd. - 757-894-7078 -

www.emmanuelchurchjb.com

★2-4 p.m. - **Kitchen Gallery: Wind, Water, Waves** - Community Center for the Arts, 6309 Church St.

**TUESDAY
JUNE 18**

★7-8 p.m. - **Tuesday Nights at the Museum** - Museum of Chincoteague, 7125 Maddox Blvd. - \$4 adults, free/12 years old and under

**THURSDAY
JUNE 20**

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

★6-8 p.m. - **Annual Summer Sunset Cruise** - Chincoteague Island Library - Storm Date is Sunday, June 23 at 6 p.m. - Call (757) 336-3460 to reserve your seat - \$40/person

★8 p.m. - **Play Reading: "The Best of Everything"** - Community Center for the Arts, 6309 Church St. - \$5/donation

Day Trips and Side Trips Around the Eastern Shore

**FRIDAY
JUNE 14**

★1st Annual Ukulele Festival (June 14-16) - 814 Randolph Ave., Cape Charles - Beach jam, live music, workshops, swap meet, and more
★1-4 p.m. - **Read-a-Palooza** - Eastern Shore Public Library, Accomac - Clifford the Big Red Dog and Dog Man will attend

**SATURDAY
JUNE 15**

★7 a.m. - **Le Tour de Shore 2019** - Onancock Town Square, East St., Onancock - pre-registration begins at 6:15 a.m. - \$75/person - helmets are mandatory - rain or shine

★11 a.m. - **Cookies and Coloring** - Pocomoke Library, Pocomoke, Md.

★noon - **Otterly Silly Saturdays** - Delmarva Discovery Center, 2 Market St., Pocomoke, Md.

★noon-4 p.m. - **Juneteenth Festival** - Exmore Town Park, 3386 Main St., Exmore

**SUNDAY
JUNE 16**

★2 p.m. - **Bingo** - VFW Post 2296, Tasley - Doors open at 1 p.m.

★3-5 p.m. - **Juneteenth Festival** - Exmore Town Park, 3386 Main St., Exmore

★7:30 p.m. - **Experimental Film Virginia Launch Party** - Lemon Tree Gallery, 301 Mason Ave., Cape Charles - tickets: \$15/adults, \$10/students

- 757-331-4237

**MONDAY
JUNE 17**

★5:30-7 p.m. - **Golf Cart Tour of Cape Charles** - meet at Lemon Tree Gallery, 301 Mason Ave., Cape Charles

**WEDNESDAY
JUNE 19**

★5:30 p.m. - **New Roots Youth Garden Pop Up Garden Dinner Party** - 50 Fig St., Cape Charles - \$25/person - Music by Clark Lovelady and Sheila Sheppard

★7-10:30 p.m. - **67th Wachapreague Vol. Firemen's Carnival (June 19-22)** - Wachapreague Carnival Grounds

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

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

NAMEPLATE PHOTOGRAPH BY SOLID ROCK PHOTOGRAPHY, CHINCOTEAGUE.

~ Tide and Thyme ~ (Continued From Front Page)

the day. It's the local spot, and she said, it's been that way since the 60s.

Although Davis does admit she has thought about the possibility of opening a business, she is content with how things are now, grilling out and soaking up everything the island has to offer.

"It's always just been fun, I haven't really thought about it as like business. I think that's what's great, especially with the environment here with the small town and businesses. It's nice I'm not chained to anything physically, having to work there all the time. Maybe one day, when the boys are grown, I always thought it would be fun to have a bakery or a bistro. Restaurants are a lot of work though, I'd rather be making cheeseburgers on the boat!"

Cheeseburgers are a go-to meal on their boat, Flat Bottomed Girl, and Davis said other favorites are sweet-tea brined chicken, marinated shrimp skewers, crabs, or clam bake packets. She can prep most of these meals the day before, and the packets

can be substituted with lots of different foods, which makes for a variety of options as easy, but good, meals.

"I love local seafood and produce and try to use that as much as I can, and this is the perfect time of year for it because it is in abundance. We do a lot of camping and stuff like that, and we love the packet meals where you can just throw things and wrap it up in aluminum foil and throw it on the grill."

Davis' blog, www.tideandthyme.com offers not only food options, but drinks as well. The latest post offers a sweet Game of Thrones themed drink, Lannister Lemonade. Her recipes have been shared and featured in numerous online publications, as well as A Taste of Home and DelmarvaLife.

"It's very special here. It's a slice of life that people don't get to see, whether they come here on vacation, or they are in the midwest. Coastal stuff is hot right now. I feel like I've got it pretty made in the shade. I can't complain."

Cruise to Benefit the Chincoteague Island Library

Submitted Article

Tickets are now on sale for the Annual Summer Sunset Cruise to benefit the Chincoteague Island Library. The cruise will be aboard the Martha Lou with Captain Carlton Leonard. Everyone is invited to have a great evening on the water and support the library as it continues to serve the residents and

guests of Chincoteague and the Eastern Shore.

The cruise departs from Curtis Merritt Harbor Thursday, June 20, at 6:30 p.m., and returning to port about 8:30 p.m. (Boarding by 6:15 p.m.) Ticket price includes subs from Steve's Express II, dessert, beverages, and live music by Troy and Clare Outten. Tickets for this event are \$40 a person and

CLAMBAKE PACKETS

RECIPE AND PHOTO BY LAURA DAVIS

MAKES ABOUT SIX PACKETS

INGREDIENTS:

- 1 1/2 POUNDS LARGE SHRIMP, SHELL-ON
- 25 LITTLENECK CLAMS, SCRUBBED AND RINSED
- 12 OUNCES KIELBASA OR ANDOUILLE SAUSAGE, SLICED ABOUT 1-INCH THICK
- 3 EARS CORN SHUCKED, CUT INTO 1 INCH SLICES
- 1 1/2 POUNDS RED POTATOES, QUARTERED
- FRESH LEMON, SLICED
- 1/4 CUP OLIVE OIL
- 1 TBSP OLD BAY
- KOSHER SALT

DIRECTIONS:

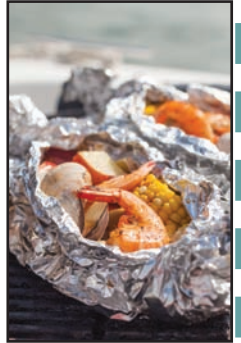
• DEVEIN SHRIMP BY CUTTING UP THE BACK OF THE SHRIMP WITH A PAIR OF KITCHEN SHEARS. REMOVE THE VEIN, BUT LEAVE THE SHELL ON (HELPS RETAIN MOISTURE). SET ASIDE IN A MEDIUM BOWL.

• PREPARE YOUR PACKETS BY TEARING 6 SHEETS OF ALUMINUM FOIL, EACH ABOUT 12-INCHES LONG. STACK IN A PILE AND ASSEMBLE INGREDIENTS INSIDE.

• DIVIDE POTATOES, CORN, SAUSAGE, CLAMS, SHRIMP AND LEMON SLICES INTO EQUAL PORTIONS IN THE CENTER OF EACH PIECE OF FOIL.

• FOLD UP THE SIDES OF THE PACKETS - ADDING OLIVE OIL, OLD BAY, AND A SPRINKLE OF SALT. GENTLY TOSS TO COMBINE. FOLD THE SIDES OF THE FOIL OVER THE INGREDIENTS, BUNCHING AND FOLDING UNTIL COMPLETELY SEALED.

• HEAT GRILL TO MEDIUM-HIGH HEAT. PLACE PACKETS ON GRILL, AND COOK FOR ABOUT 20-25 MINUTES - UNTIL THE SHRIMP ARE PINK AND THE CLAMS HAVE POPPED OPEN.



Wallops To Host OC Air Show Military Aircraft

Submitted Article

If you can't make it to the Ocean City Air Show, the NASA Wallops Flight Facility Visitor Center is an alternate location to see the military aircraft participating in the event depart and land June 14 through 16.

NASA's Wallops Flight Facility will host the U.S. Navy Blue Angels and other Department of Defense aircraft participating in the Ocean City Air Show June 15 and 16.

The visitor center will be open for

viewing the aircraft departures and landings when they conduct their airshow practice Friday, June 14, from 1 to 4 p.m., and when they perform in the airshow on Saturday, June 15. The visitor center parking lot will be open on Sunday, June 16, for viewing departures and landings for the airshow performances.

The NASA Visitor Center, located on Va. Rt. 175 about six miles from Route 13 and five miles from Chincoteague, is open Tuesday through Saturday, from 10 a.m. to 4 p.m. Admission is free.

may be purchased at the Chincoteague Island Library or Sundial Books on Main Street in Chincoteague.

Captain Carlton has generously donated his time and the Martha Lou for this event. All proceeds will benefit the Chincoteague Island Library programs and services. For more details, call the library at 757-336-3460.



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 **Chincoteague Cultural Alliance**
6309 Church Street



Fishing from the Shore

By Bill Hall



Despite having the freshest of baits, the latest in fish finding technology, and \$400 coolers to hold \$2 bags of ice, the one thing the fisherman cannot control is the weather. Last weekend was a prime example. But, despite less than ideal conditions, most of the anglers who ventured out in the sloppy conditions were justly rewarded for their efforts. One such group of women, fishing in a tournament out of Wachapreague, proved their worth and more by fishing in the winds and waves on Saturday while most of their male counterparts were home curled up on the sofa. Coming up at the end of next week, one local tackle shop, Bailey's Bait and Tackle, will mark a significant milestone, celebrating the 50th anniversary of its opening.

Cape Charles – Jeb Brady, at Bailey's Bait & Tackle, reported that cobia fishing was good over the last weekend, with some large fish landed and many smaller fish released. Spadefish have arrived and taken up residence around the Plantation Light structure. Anglers are gearing up for Spanish mackerel, multiple reports indicating a good early season population. The Cape Charles fishing pier has produced mostly small croakers, a few sea mullet (whiting), and an occasional keeper flounder. On June 22, from 2-6 p.m., Bailey's Bait & Tackle 50th anniversary celebration will feature fishing seminars, giveaways, in-store specials, live music, food, and more.

Lower Shore – Chris Snook, of Chris' Bait & Tackle, reported that keeper cobia were caught, despite the weather, with lots of smaller fish in the mix. Flounder catches have come from inside the Ditch, when the water has been clear. The waters around the fourth island of the Chesapeake Bay Bridge-Tunnel are holding spadefish. A good sea mullet (whiting) run contin-

ues just south of Kiptopeke and small gay trout are being caught just off the Kiptopeke concrete ships. Snook said that the surf should still be holding some red drum, but nobody has tried recently due to the weather.

Wachapreague – Captain Lindsay Paul, of Trident Tackle, reported anglers were finding "a few flounder" and that a recent Ladies Flounder Tournament produced some fish as well. He had not heard of any recent catches of drum in the surf. Paul said that the time is right for offshore action, but nobody has ventured off yet out of Wachapreague. Amanda Manzella, of the Wachapreague Inn, reported that the Wachapreague Shore Girls Flounder Tournament was held on June 7-8. Over 20 keeper flounder were weighed in on Friday with many more than that released. Saturday's nasty conditions produced a decent number of fish, but only three were weighed in for the tournament, two of which exceeded three pounds in weight! JoAnn Eshelman earned over \$500.00 for her first-place finish, followed by Tammy Hedspeth who pocketed over \$300.00 for finishing second. Manzella finished up in third place.

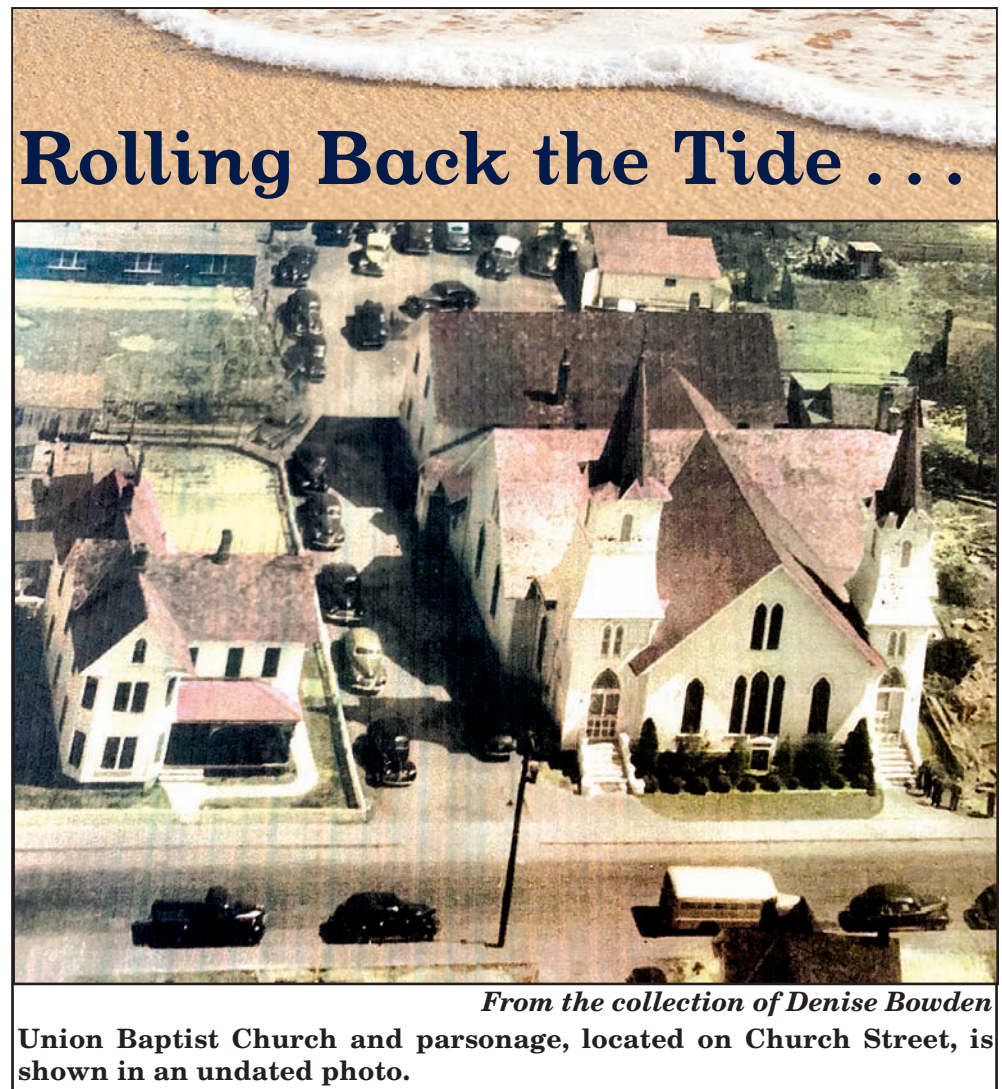
Chincoteague – Jimmy Vasiliou, at Captain Steve's Bait & Tackle, reported that poor weather wiped out most of last weekend's fishing activities. The shop will be hosting the Frederick Saltwater Anglers Tournament, June 14-16, with weigh-ins held daily beginning at 6 p.m. The surf on Assateague is producing a mixture of snapper blues, kingfish (whiting), large rays, and increasing numbers of sharks. Keeper flounder catches have come from the waters of Four Mouths and in Watts Bay. A few sheephead have been landed by anglers specifically targeting the species. Spadefish and trigger fish are staged over the

offshore reef, where a few cobia have been sighted. Vasiliou recommends that anglers keep a rod rigged with a cobia jig and a Gulp eel to take advantage of a possible cobia encounter.

Upper Shore – Allan Ring, from the Sea Hawk Sports Center, reported that the flounder bite continued on the seaside, but finding clear water was the key. Silversides and large minnows with Gulp baits, Ottertails, and "Bob's Your Uncle" Fish Bites were the top bait combinations. The bay-side shallows have produced catches of speckled trout, especially along the tidal rips, for anglers casting Bass Assassin Paddletails and curly-tailed grubs. Bait fishermen enjoyed success using fresh soft crabs and peelers. Rockfish action in the shallows was also described as good on jig heads rigged with Paddletails, MirrOlures, and suspending twitch baits. Topwater action was especially effective early in the morning and late in the eve-

ning up inside the tidal creeks. Black perch have taken up their summertime residences inside the brackish creeks and rivers. Ring suggested using bloodworms, peeler crabs, or casting ultralight spinner baits such as Tsunamis for perch action.

Bill Hall was the first Eastern Shore resident to achieve Virginia Salt Water Master Angler Status. He has been named Virginia Saltwater Angler of the Year and Virginia Saltwater Release Angler of the Year. Bill is an I.G.F.A. International Committee Representative and a longtime member of the Virginia Saltwater Fishing Tournament Committee. He is the Virginia Recreation Fishing representative on the ASMFC Striped Bass Management Panel and is a past recipient of the CCA-VA Virginia Outdoor Writer Conservation Leadership Award.



Rolling Back the Tide . . .

From the collection of Denise Bowden

Union Baptist Church and parsonage, located on Church Street, is shown in an undated photo.

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		Friday June 14		Saturday June 15		Sunday June 16		Monday June 17		Tuesday June 18		Wednesday June 19		Thursday June 20
Seaside	Assateague Beach	H 6:51 p.m. L 12:40 p.m.	H 7:08 a.m. L 1:29 p.m.	H 7:56 a.m. L 2:14 p.m.	H 8:42 a.m. L 2:58 p.m.	H 9:28 a.m. L 3:41 p.m.	H 10:12 a.m. L 4:24 p.m.	H 10:56 a.m. L 5:08 p.m.						
	Chinco. Channel	H 6:55 p.m. L 12:39 p.m.	H 7:12 a.m. L 1:28 p.m.	H 8:00 a.m. L 2:13 p.m.	H 8:46 a.m. L 2:57 p.m.	H 9:32 a.m. L 3:40 p.m.	H 10:16 a.m. L 4:23 p.m.	H 11:00 a.m. L 5:07 p.m.						
	Gargatha Neck	H 7:14 a.m. L 1:19 p.m.	H 8:04 a.m. L 2:08 p.m.	H 8:52 a.m. L 2:53 p.m.	H 9:38 a.m. L 3:37 p.m.	H 10:24 a.m. L 4:20 p.m.	H 11:08 a.m. L 5:03 p.m.	H 11:52 a.m. L 5:47 p.m.						
	Folly Creek	H 7:07 a.m. L 1:04 p.m.	H 7:57 a.m. L 1:53 p.m.	H 8:45 a.m. L 2:38 p.m.	H 9:31 a.m. L 3:22 p.m.	H 10:17 a.m. L 4:05 p.m.	H 11:01 a.m. L 4:48 p.m.	H 11:45 a.m. L 5:32 p.m.						
	Wachapreague	H 6:53 a.m. L 12:48 p.m.	H 7:43 a.m. L 1:37 p.m.	H 8:31 a.m. L 2:22 p.m.	H 9:17 a.m. L 3:06 p.m.	H 10:03 a.m. L 3:49 p.m.	H 10:47 a.m. L 4:32 p.m.	H 11:31 a.m. L 5:16 p.m.						
	Quinby Inlet	H 6:51 p.m. L 12:19 p.m.	H 7:08 a.m. L 1:08 p.m.	H 7:56 a.m. L 1:53 p.m.	H 8:42 a.m. L 2:37 p.m.	H 9:28 a.m. L 3:20 p.m.	H 10:12 a.m. L 4:03 p.m.	H 10:56 a.m. L 4:47 p.m.						
	Machipongo	H 6:48 a.m. L 12:48 p.m.	H 7:38 a.m. L 1:37 p.m.	H 8:26 a.m. L 2:22 p.m.	H 9:12 a.m. L 3:06 p.m.	H 9:58 a.m. L 3:49 p.m.	H 10:42 a.m. L 4:32 p.m.	H 11:26 a.m. L 5:16 p.m.						
Bayside	Tangier Sound Light	H 10:42 a.m. L 4:53 p.m.	H 11:35 a.m. L 5:41 p.m.	H 12:23 p.m. L 6:28 p.m.	H 1:08 p.m. L 7:23 a.m.	H 1:50 p.m. L 8:06 a.m.	H 2:31 p.m. L 8:47 a.m.	H 3:11 p.m. L 9:27 a.m.						
	Muddy Creek	H 10:58 a.m. L 5:28 p.m.	H 11:51 a.m. L 6:16 p.m.	H 12:39 p.m. L 7:12 a.m.	H 1:24 p.m. L 7:58 a.m.	H 2:06 p.m. L 8:41 a.m.	H 2:47 p.m. L 9:22 a.m.	H 3:27 p.m. L 10:02 a.m.						
	Guard Shore	H 10:50 a.m. L 5:24 p.m.	H 11:43 a.m. L 6:12 p.m.	H 12:31 p.m. L 6:59 p.m.	H 1:16 p.m. L 7:54 a.m.	H 1:58 p.m. L 8:37 a.m.	H 2:39 p.m. L 9:18 a.m.	H 3:19 p.m. L 9:58 a.m.						
	Chescon. Creek	H 10:25 a.m. L 4:36 p.m.	H 11:18 a.m. L 5:24 p.m.	H 12:06 p.m. L 6:11 p.m.	H 12:51 p.m. L 7:06 a.m.	H 1:33 p.m. L 7:49 a.m.	H 2:14 p.m. L 8:30 a.m.	H 2:54 p.m. L 9:10 a.m.						
	Onancock Creek	H 10:39 a.m. L 4:56 p.m.	H 11:32 a.m. L 5:44 p.m.	H 12:20 p.m. L 6:31 p.m.	H 1:05 p.m. L 7:26 a.m.	H 1:47 p.m. L 8:09 a.m.	H 2:28 p.m. L 8:50 a.m.	H 3:08 p.m. L 9:30 a.m.						
	Pungoteague Creek	H 9:55 a.m. L 4:10 p.m.	H 10:48 a.m. L 4:58 p.m.	H 11:36 a.m. L 5:45 p.m.	H 12:21 p.m. L 6:30 p.m.	H 1:03 p.m. L 7:23 a.m.	H 1:44 p.m. L 8:04 a.m.	H 2:24 p.m. L 8:44 a.m.						
	Nassawadox	H 8:40 a.m. L 2:32 p.m.	H 9:33 a.m. L 3:20 p.m.	H 10:21 a.m. L 4:07 p.m.	H 11:06 a.m. L 4:52 p.m.	H 11:48 a.m. L 5:35 p.m.	H 12:29 p.m. L 6:18 p.m.	H 1:09 p.m. L 7:06 a.m.						
	Occhohan. Creek	H 9:19 a.m. L 3:50 p.m.	H 10:12 a.m. L 4:38 p.m.	H 11:00 a.m. L 5:25 p.m.	H 11:45 a.m. L 6:10 p.m.	H 12:27 p.m. L 6:53 p.m.	H 1:08 p.m. L 7:44 a.m.	H 1:48 p.m. L 8:24 a.m.						
	Cape Charles	H 7:29 a.m. L 1:40 p.m.	H 8:22 a.m. L 2:28 p.m.	H 9:10 a.m. L 3:15 p.m.	H 9:55 a.m. L 4:00 p.m.	H 10:37 a.m. L 4:43 p.m.	H 11:18 a.m. L 5:26 p.m.	H 11:58 a.m. L 6:09 p.m.						
	Kiptopeke Beach	H 7:07 a.m. L 1:09 p.m.	H 8:00 a.m. L 1:57 p.m.	H 8:48 a.m. L 2:44 p.m.	H 9:33 a.m. L 3:29 p.m.	H 10:15 a.m. L 4:12 p.m.	H 10:56 a.m. L 4:55 p.m.	H 11:36 a.m. L 5:38 p.m.						

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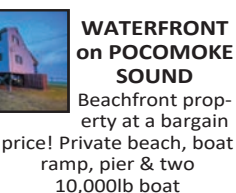
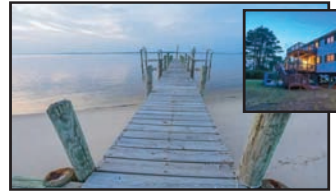
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