

Eastern Shore

HITCHING

POST

THE SHORE'S ONLY LOCALLY OWNED NEWSPAPER



Ponies on Parade

Photo by Linda Cicaira

Members of the Chincoteague Pony Drill Team and their equine creatures wowed the crowd as they marched down Front Street in Accomac on the Fourth of July.

A Berry Good Time Is on Its Way: Blueberry Festival '19

By Krystle Bono

Blue will be everyone's color July 19-21, as the Chincoteague Blueberry Festival celebrates its 32nd year on the island as a kickoff to the big-

gest week of the year. The three-day annual festival, held from 9 a.m. to 4:30 p.m. at the Chincoteague Center, will host a variety of blueberry-rich recipes that include blueberry pan-

cakes, muffins, pies, ice cream, old fashioned shortcake, and of course, heaps of fresh blueberries!

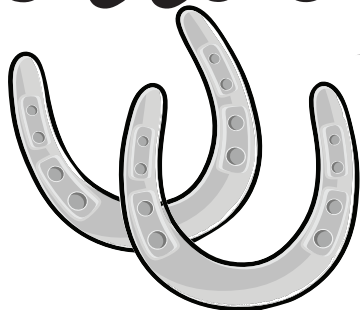
But why the blueberry? Well, the small, yet antioxidant rich fruit

serves up more than just a sweet treat; the U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University

(Continued on Page 5)

Kids' Corral

With Isabella Bono-Evans,
Documented by Krystle Bono



Tucked away on the southeast side of the island on Eastside Drive, the Chincoteague Veteran's Memorial Park was a perfect way to spend some quality time on a sunny afternoon.

The park features an abundance of playground equipment, from swings to slides to monkey bars, and even a pirate ship to play on—all of which were tested by Isabella more than once. There is plenty to keep the kids busy. It also has tennis courts, basketball courts, a ballfield, skate park, a pavilion/picnic area, restrooms, boat ramp, and our favorite, a fishing pier. There are larger equipment options for the older kids, and smaller options for the little ones. It is even parent approved, too! Bella wanted to have a competition between her and me as to who could swing the higher, and then who could slide down the slide faster. I won the swings, she won the slides, because I got stuck and had to push myself down the rest of the way. I forgot that with playground slides, you either burn to death on the metal ones, or get electrocuted on the plastic ones, and was nicely reminded of that when Bella ran over and we accidentally shocked each other so hard you could see the spark.

It was a great spot for a picnic, and the view was spectacular. You can see the Assateague Lighthouse overlooking the channel across the way to the left, and to the right, the local boating hot spot, Little Beach. We were told you can see the po-

nies from time to time over that way. Bella was disappointed there were none to be found from her position at the end of the pier that day, although she kept a watchful eye out the whole time.

Speaking of the pier, that was our favorite part of the park, as mentioned. The Town of Chincoteague purchases a license for it, so residents and visitors alike can fish their hearts out, anytime. You can also throw a crab pot over and try and bag some jimmies to steam. Bella enjoys fishing, but isn't much on eating them—crabs, however, she loves to catch, pick, and eat. The pier is of humble size, and was a bit crowded on one end by the gazebo, so we would suggest if you want a good fishing spot, make sure to stake out a place early. There is also a boat slip, but we learned you must have a pass to use it.

There is also a kayak ramp on the left side of the pier, and plenty of benches around to sit and be able to take in the views. The sign stated the park was made possible by generous donations by the Aliene Kingsbury, Lee Savage, and Lucy Toothill families.

Getting to the park is pretty simple—follow Main Street all the way down and follow the signs. You can



Photo by Krystle Bono

Isabella Bono-Evans, of Cape Charles, looks at the world upside down at Veteran's Memorial Park.

also take the Pony Express Trolley for 25 cents, as it has a stop right in front of the park! That has been our favorite mode of transportation around the island. Pack a lunch, jump on the trolley, and spend a few hours at this free waterfront park!

Also worth noting—the Town of

Chincoteague website (www.chincoteague-va.gov/recreation) reports that the pavilion may be reserved for groups through a permit issued by the town for approval, and there is no fee—but it is recommended that you contact the town office to check availability at 757-336-6519.

SNEAK PEEK OF MOVIE ABOUT ISLAND SETTLERS SHOWN LAST SUNDAY

By Krystle Bono

Last Sunday, many gathered in the Chincoteague Cultural Alliance Arts Center for the official first look at Pennsylvania native Gary Hubb's self-produced film, "Before the Lighthouse." A seven-minute sneak peek was presented, showing excerpts from some of

the scenes that have been filmed thus far, as well as some production stills.

The film takes place across a 100-year span after the first permanent European settlers arrived on the islands, and before the original lighthouse was constructed in 1833. Hubb, who frequently visited

Chincoteague from a young age, said the idea came through his passion for island and that he spent many years researching historic people and events to develop the script.

The film is still in the rough cut stage but is anticipated to be released by late 2020.



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**FRIDAY
JULY 12**

- ★1-3 p.m. - **Captain Timothy Hill House Tours** - 5122 Main St. - 914-589-7733 - free admission - www.captaintimothyhillhouse.com
- ★1 and 4 p.m. - **Movie: "Men in Black: International"** - The Island Theatre, 4074 Main St. - Call 757-336-6109 for other show times.
- ★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. - **Rocketry: Water Bottle Rockets** - NASA Wallops Flight Facility Visitors Center - free admission - 757-824-2298 - www.nasa.gov/centers/wallops/visitorcenter
- ★7 and 9:40 p.m. - **Movie: "Rocketman"** - The Island Theatre, 4074 Main St. - Call 757-336-6109 for other show times.
- ★7-11 p.m. - **94th Annual Chincoteague Vol. Fireman's Carnival** - 3648 Main St. - 757-336-6161
- ★7:30-9:45 p.m. - **NASA Astronomy Night** - Chincoteague National Wildlife Refuge, 8231 Beach Rd.

**SATURDAY
JULY 13**

- ★9 a.m.-1 p.m. - **Farmers and Artisans Market** - Chincoteague Cultural Alliance, 6309 Church St. - free admission and parking - www.chincoteagueculturalalliance.org
- ★9 a.m.-2 p.m. - **Artful Flea Market** - Community Center for the Arts, 6309 Church St.
- ★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
- ★2 p.m. - **History Tours of the Island** - Museum of Chincoteague Island, 7125 Maddox Blvd. - \$5/adults, \$3/children 2-12 - 757-336-6117
- ★7-11 p.m. - **94th Annual Chincoteague Vol. Fireman's Carnival** - 3648 Main St. - 757-336-6161

**MONDAY
JULY 15**

- ★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
- ★6:30-8 p.m. - **Playwriting Workshop** - Community Center for the Arts, 6309 Church St. - \$40/person
- ★7 p.m. - **Monday Nights at Main and Mumford: Rufus and the Red-Nosed Astro Pup** - Island Theatre Annex, 4076 Main St.

**WEDNESDAY
JULY 17**

- ★9 a.m.-1 p.m. - **Farmers and Artisans Market** - Chincoteague Cultural Alliance, 6309 Church St. - free admission and parking - www.chincoteagueculturalalliance.org
- ★2 p.m. - **Exploration Station** - NASA Wallops Flight Facility Visitors Center - free admission - 757-824-2298 - www.nasa.gov/centers/wallops/visitorcenter

*Hitching Times, July 12-18:
What to do this week on and
around Chincoteague Island*

**SUNDAY
JULY 14**

- ★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
- ★11 a.m.-1 p.m. - **Book Signing with David Parmelee** - Sundial Books, 4065 Main St. - 757-336-5825

**TUESDAY
JULY 16**

- ★9:45 a.m.-1 p.m. - **Global Rocket Launch** - NASA Wallops Flight Facility Visitors Center - free admission - 757-824-2298 - www.nasa.gov/centers/wallops/visitorcenter
- ★7-8 p.m. - **Tuesday Nights at the Museum** - Museum of Chincoteague, 7125 Maddox Blvd. - \$4 adults, free/12 years old and under

**THURSDAY
JULY 18**

- ★10-11 a.m. - **Tales for Tots** - Island Library, 4077 Main St. - 757-336-3460
- ★10-11 a.m. - **Young Explorers Prgm.** - Island Theatre Annex, 4076 Main St.
- ★2 p.m. - **History Tours of the Island** - Museum of Chincoteague Island, 7125 Maddox Blvd. - \$5/adults, \$3/children 2-12 - 757-336-6117
- ★8 p.m. - **Third Thursday Theatre** - Community Center for the Arts, 6309 Church St.

Day Trips and Side Trips Around the Eastern Shore

**SATURDAY
JULY 13**

- ★6-9 p.m. - **Summer Concert Series: BBQ and Bluegrass** - Chatham Vineyards, 9232 Chatham Rd., Machipongo - limited seating - \$40/ticket - 757-678-5588
- ★7 p.m. - **Bingo** - Eastville Vol. Fire Co., 17202 Courthouse Rd., Eastville
- ★7 p.m. - **Fundraiser Auction** - Onancock Elk's Lodge, 22454 Front St., Accomac - local carvings, artwork and other local items - doors open at 6 p.m.

**SUNDAY
JULY 14**

- ★7 p.m. - **13th Annual Revival (July 14-19)** - New Beginnings UMC, 32347 Chincoteague Rd., New Church
- ★4 p.m. - **Crabs, Corn and Wings on the Lawn** - Onancock Elk's Lodge, 22454 Front St., Accomac - \$25/ticket - 757-787-7750

**MONDAY
JULY 15**

- ★noon - **Lunch at the Library** - Northampton Free Library, 7745 Seaside Rd., Nassawadox
- ★1 p.m. - **A Sky Full of Stories** - Northampton Free Library, 7745 Seaside Rd., Nassawadox

**TUESDAY
JULY 16**

- ★noon - **Lunch at the Library** - Eastern Shore Public Library, 23610 Front St., Accomac
- ★1 p.m. - **Yoga for Kids** - Eastern Shore Public Library, 23610 Front St., Accomac

**WEDNESDAY
JULY 17**

- ★10:30-11:30 a.m. - **Pre-school Delmarva Discovery Club** - Delmarva Discovery Museum, 2 Market St., Pocomoke, Md. - 410-957-9933
- ★1 p.m. - **Summer Reading Prgm.: Perseus and His Myth Adventures** - Northampton Free Library, 7745 Seaside Rd., Nassawadox

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.

~ Blueberry Fest ~

(Continued From Front Page)

found that of the 40 fruits and vegetables they tested, the blueberry held the most benefits in a single serving. As we age, our bodies produce less antioxidants naturally, so to fend off unwanted signs of aging, as well as infections and other ailments, loading up on foods such as the mighty blueberry that is low in fat will help destroy those pesky free radicals and fight off cholesterols. Originally started as a fundraiser for a hospital, the blueberry festival was rumored to be heading for a shutdown when Sam Serio, an exhibitor at the time, worked with the Chincoteague Center to keep the festival going. Serio is now in his 14th year leading the event. The festival's website cites Serio as "a true blue devotee of the blueberry and a life long student of health and nutrition."

Your appetite is one thing you do not want to forget at home, but in visiting this large fine arts and crafts event with over 100 artists and vendors from 12 states, you'll want to be sure to bring some extra spending money to enjoy all of the shopping. This year's festival will feature Simply Ghee from Lancaster, Pa., Quickie Dips from Galloway, Ohio, Mason Dixon's Smoked Salsa from Crisfield, Md., Stone Treasures from Buckingham, Va., Bathing Bee Organic Bath Bombs, Soroptimist International of Accomack County, Nelsons Creative Wood Products of Leesburg, Va., SC Home Decor of Fairfax, Va., Jessica Schlegel Art of Salisbury, Md., CT Creations

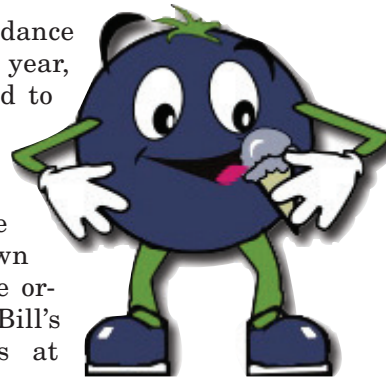
of Havre De Grace, Md., True Honey Teas from Woodbridge, Va., Gourmet Gifts, Magnetic Expressions Jewelry of Jeannette, Pa., Copper Creations, Pam's Crafts of Stephen's City, Va., EZ Hang Chairs of Morven, N.C., and so many more.

With the festival attendance numbers growing each year, fresh blueberries are noted to sell out quickly, and are available for pre-order by contacting Dick Jones at 540-273-2963. Ultimate Blueberry Pie is also known to go fast, and can also be ordered ahead of time from Bill's Prime Seafood & Steaks at 757-336-5831.

If blueberries aren't really your thing, don't let it make you feel blue, as many other not-so-berriful offerings will be available for those craving something else, including burgers, turkey legs, chick-wings, tacos, brats, and more.

The entertainment lineup will include Hemlock Hollow and Thrift Store Gypsies at 9 a.m. and 12:30 p.m. Friday, DD & Alpine at 1 p.m. on Saturday, and Jerry Perman at 9 a.m. on Sunday.

Tickets are \$5 for adults and \$1 for kids 12 and under. Be sure to get \$1 off adult admission with the Blueberry Festival coupon found on this page and come out to have a berry good time at this year's festival!



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6309 Church Street

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more info at Chincoteagueca.org

"Rufus and the Red-Nosed Astro Pup"
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Fishing from the Shore

By Bill Hall



Anglers split their time over the weekend watching the weather radar apps on the cellphones and catching fish. Fishermen that were able to dodge the several rain cells passing through the area were rewarded with good catches on both the Chesapeake Bay and the Atlantic Ocean.

Lower Shore – Chris Snook, at Chris' Bait and Tackle, reports that the cobia bite was "great" over the weekend, with fish caught from off Cape Charles down to the Chesapeake Bay Bridge-Tunnel. Both bait fishing and sight casting have been productive, but bait fishermen are encountering a lot of sharks and rays. Spadefish are now being caught at both the third and fourth islands of the bridge-tunnel, while flounder are being caught by jigging along the pilings of the high-rise section. Flounder catches are also coming from inside the ditch and out of Oyster. Croaker numbers have improved, especially off 262 and outside the concrete ships. The waters off the concrete ships are also producing small gray trout and sea mullet. Good catches of sea mullet have also been made just off the Sunset Beach Resort. Spanish mackerel have been caught trolling spoons and casting Got'cha Lures, especially just outside the bridge-tunnel and off buoy 36.

Jeb Brady, of Bailey's Bait and Tackle in Cape Charles, described the cobia fishing as "consistent" over the weekend, with anglers reporting keeper-sized fish both bottom fishing and sight casting. Some sight casters reported seeing hundreds of fish in a day's time from their towers. Nice-sized spadefish were caught around the Plantation Light and the fourth island. The Spanish mackerel bite has been decent with some larger fish mixed in the catch. Sea mullet (whit-

ing) has been the primary catch from the Cape Charles Fishing Pier.

Wachapreague – Captain Lindsay Paul, at Trident Tackle, reported that the flounder fishing was "still pretty good" inshore and on the wrecks. Spadefish were also being caught off #10 and over the wrecks. Spanish mackerel have been landed outside the inlet. Further offshore, Lindsay said the Heat Wave and the Teaser brought in nice catches of bluelined tilefish, some of which qualified for Virginia Saltwater Fishing Tournament citations. Out in the canyons, trollers found a few yellowfin tuna, mahi, and blue and white marlin. The shop is gearing up for the upcoming billfish release tournament, hosted by the Eastern Shore Marlin Club (ESMC). For tournament registration information, call 757-710-0128 or write to the ESMC, P.O. Box 138, Wachapreague, VA 23480.

Chincoteague – Donna Rae Roeske, at Captain Bob's Marina, reported that the flounder fishing has really turned on early in the week, with keeper-sized fish coming in the area between Daisey's Dockside and Captain Bob's. Legal fish have also come from the town pier and even in the surf. Live minnows, 4- and 5-inch Berkley Gulp Swimming Mullet (pink and white), smelt, and flavored squid strips have all put fish into the cooler, with the better catches occurring on an ebb tide. A wide variety of small fish are being caught in the surf, including kingfish (whiting), croaker, spot, and a few pompano, plus a variety of sharks, skates, and rays. The waters around the inlet are producing Spanish mackerel, kingfish (whiting), and sharks. The railcars on Blackfish Banks are holding flounder, triggerfish, and black sea bass. Larger sea bass are coming

from the Parking Lot wreck. Offshore of the Parking Lot out to the canyon, blue water anglers are encountering dolphin (mahi) and yellowfin tuna.

Upper Shore – Allan Ring, at the Seahawk Sports Center, reported the flounder fishing continues to be productive, especially near the inlets. He recommended minnows, silversides, Berkley Gulp, Ottortails, and Fish Bites for baits. Ring said that Spanish mackerel fishing in the Chesapeake Bay has been steadily improving, with bluefish also showing up in the catches for anglers fishing Clark Spoons behind small planers and in-line sinkers. Allan reported that cobia fishing had slowed from what it was, but fish are still being caught. Rockfish are being caught in the lower Maryland portion of the Chesapeake Bay. Casting crankbaits and suspending twitchbaits over structure has been productive in the deeper water, while paddle tails and top-water baits have been producing in-

side the creeks, especially at dawn and dusk. Perch fishing has been good in deep pockets inside the creeks and along the marsh edges for anglers using bloodworms for bait.

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
Allan Bowden enjoying a day at Assateague Beach in 1964.

TIDE TABLE

		Friday July 12		Saturday July 13		Sunday July 14		Monday July 15		Tuesday July 16		Wednesday July 17		Thursday July 18
Seaside	Assateague Beach	H 5:44 p.m. L 11:24 a.m.	H 6:35 p.m. L 12:17 p.m.	H 6:49 a.m. L 1:07 p.m.	H 7:36 a.m. L 1:54 p.m.	H 8:20 a.m. L 2:37 p.m.	H 9:04 a.m. L 3:19 p.m.	H 9:47 a.m. L 4:00 p.m.						
	Chinco. Channel	H 5:48 p.m. L 11:23 a.m.	H 6:39 p.m. L 12:16 p.m.	H 6:53 a.m. L 1:06 p.m.	H 7:40 a.m. L 1:53 p.m.	H 8:24 a.m. L 2:36 p.m.	H 9:08 a.m. L 3:18 p.m.	H 9:51 a.m. L 3:59 p.m.						
	Gargatha Neck	H 6:40 p.m. L 12:03 p.m.	H 6:54 a.m. L 12:56 p.m.	H 7:45 a.m. L 1:46 p.m.	H 8:32 a.m. L 2:33 p.m.	H 9:16 a.m. L 3:16 p.m.	H 10:00 a.m. L 3:58 p.m.	H 10:43 a.m. L 4:39 p.m.						
	Folly Creek	H 6:33 p.m. L 11:48 a.m.	H 6:47 p.m. L 12:41 p.m.	H 7:38 a.m. L 1:31 p.m.	H 8:25 a.m. L 2:18 p.m.	H 9:09 a.m. L 3:01 p.m.	H 9:53 a.m. L 3:43 p.m.	H 10:36 a.m. L 4:24 p.m.						
	Wachapreague	H 6:19 p.m. L 11:32 a.m.	H 6:33 a.m. L 12:25 p.m.	H 7:24 a.m. L 1:15 p.m.	H 8:11 a.m. L 2:02 p.m.	H 8:55 a.m. L 2:45 p.m.	H 9:39 a.m. L 3:27 p.m.	H 10:22 a.m. L 4:08 p.m.						
	Quinby Inlet	H 5:44 p.m. L 11:03 a.m.	H 6:35 p.m. L 11:56 a.m.	H 6:49 a.m. L 12:46 p.m.	H 7:36 a.m. L 1:33 p.m.	H 8:20 a.m. L 2:16 p.m.	H 9:04 a.m. L 2:58 p.m.	H 9:47 a.m. L 3:39 p.m.						
	Machipongo	H 6:14 p.m. L 11:32 a.m.	H 6:28 p.m. L 12:25 p.m.	H 7:19 a.m. L 1:15 p.m.	H 8:06 a.m. L 2:02 p.m.	H 8:50 a.m. L 2:45 p.m.	H 9:34 a.m. L 3:27 p.m.	H 10:17 a.m. L 4:08 p.m.						
Bayside	Tangier Sound Light	H 9:25 a.m. L 3:39 p.m.	H 10:25 a.m. L 4:32 p.m.	H 11:19 a.m. L 5:22 p.m.	H 12:06 p.m. L 6:09 p.m.	H 12:49 p.m. L 6:53 p.m.	H 1:28 p.m. L 7:43 a.m.	H 2:06 p.m. L 8:20 a.m.						
	Muddy Creek	H 9:41 a.m. L 4:14 p.m.	H 10:41 a.m. L 5:07 p.m.	H 11:35 a.m. L 5:57 p.m.	H 12:22 p.m. L 6:44 p.m.	H 1:05 p.m. L 7:38 a.m.	H 1:44 p.m. L 8:18 a.m.	H 2:22 p.m. L 8:55 a.m.						
	Guard Shore	H 9:33 a.m. L 4:10 p.m.	H 10:33 a.m. L 5:03 p.m.	H 11:27 a.m. L 5:53 p.m.	H 12:14 p.m. L 6:40 p.m.	H 12:57 p.m. L 7:34 a.m.	H 1:36 p.m. L 8:14 a.m.	H 2:14 p.m. L 8:51 a.m.						
	Chescon. Creek	H 9:08 a.m. L 3:22 p.m.	H 10:08 a.m. L 4:15 p.m.	H 11:02 a.m. L 5:05 p.m.	H 11:49 a.m. L 5:52 p.m.	H 12:32 p.m. L 6:36 p.m.	H 1:11 p.m. L 7:26 a.m.	H 1:49 p.m. L 8:03 a.m.						
	Onancock Creek	H 9:22 a.m. L 3:42 p.m.	H 10:22 a.m. L 4:35 p.m.	H 11:16 a.m. L 5:25 p.m.	H 12:03 p.m. L 6:12 p.m.	H 12:46 p.m. L 6:56 p.m.	H 1:25 p.m. L 7:46 a.m.	H 2:03 p.m. L 8:23 a.m.						
	Pungoteague Creek	H 8:38 a.m. L 2:56 p.m.	H 9:38 a.m. L 3:49 p.m.	H 10:32 a.m. L 4:39 p.m.	H 11:19 a.m. L 5:26 p.m.	H 12:02 p.m. L 6:10 p.m.	H 12:41 p.m. L 6:52 p.m.	H 1:19 p.m. L 7:37 a.m.						
	Nassawadox	H 7:23 a.m. L 1:18 p.m.	H 8:23 a.m. L 2:11 p.m.	H 9:17 a.m. L 3:01 p.m.	H 10:04 a.m. L 3:48 p.m.	H 10:47 a.m. L 4:32 p.m.	H 11:26 a.m. L 5:14 p.m.	H 12:04 p.m. L 5:55 p.m.						
	Occhohan. Creek	H 8:02 a.m. L 2:36 p.m.	H 9:02 a.m. L 3:29 p.m.	H 9:56 a.m. L 4:19 p.m.	H 10:43 a.m. L 5:06 p.m.	H 11:26 a.m. L 5:50 p.m.	H 12:05 p.m. L 6:32 p.m.	H 12:43 p.m. L 7:17 a.m.						
	Cape Charles	H 6:47 p.m. L 12:26 p.m.	H 7:12 a.m. L 1:19 p.m.	H 8:06 a.m. L 2:09 p.m.	H 8:53 a.m. L 2:56 p.m.	H 9:36 a.m. L 3:40 p.m.	H 10:15 a.m. L 4:22 p.m.	H 10:53 a.m. L 5:03 p.m.						
	Kiptopeke Beach	H 6:25 p.m. L 11:55 a.m.	H 6:50 a.m. L 12:48 p.m.	H 7:44 a.m. L 1:38 p.m.	H 8:31 a.m. L 2:25 p.m.	H 9:14 a.m. L 3:09 p.m.	H 9:53 a.m. L 3:51 p.m.	H 10:31 a.m. L 4:32 p.m.						

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