

VIRGINIA BEACH EDITION

VIRGINIA

CONNECTOR

PET FIRST AID
AWARENESS
MONTH

DOWN-
TO-EARTH
METAPHORS

THE RUINES
AT HANKINS
FOLLY

LOS SIETE
RESTAURANTES
DE LA SUERTE



NORTH END

VOLUME 2 • ISSUE 4

*Frances
Kahn*

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NEW YORK



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Editor's Note

The month of April is full of fun and exciting events in Virginia Beach. Whether you're searching for family-friendly events, food and drink events, live music or free festivals, you'll have plenty of options to choose from. Be sure to hold onto your copy of the Virginia Connector and pick up a local Virginia Beach Visitors Guide to find even more events happening throughout the year.

In this issue we have so much greatness to share. We have some spring time tips from local business owners to articles related to Pet Aid Awareness, The Ruines at Hankins Folly (formerly known as the Presidents Park), Top Mexican Restaurants in VB, Earth Day and more!



In every issue we do our best to highlight some of the must-go-to events (*please remember to keep sending them in*), local nonprofit organizations, artist, entertainers, up and coming business and social trends.

Special thanks to all our contributors, we love the content you provide in order for us to share the love and industry specific education with our readers. Connector Magazine strives hard to touch all parts associated with living here in Virginia Beach, we welcome your stories and ideas- please continue to share with us @ office@connectormagazines.com

Michelle

ON OUR COVER

The Ruines at Hankins Folly. Photo by John Plashal Photo. johnplashalphoto.com

Behind the Scenes

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April

“If the freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter.”

-George Washington

The Ruines at Hankins Folly is the proud home for this tribute to George Washington. Photo by John Plashal



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THE RUINES

AT HANKINS FOLLY

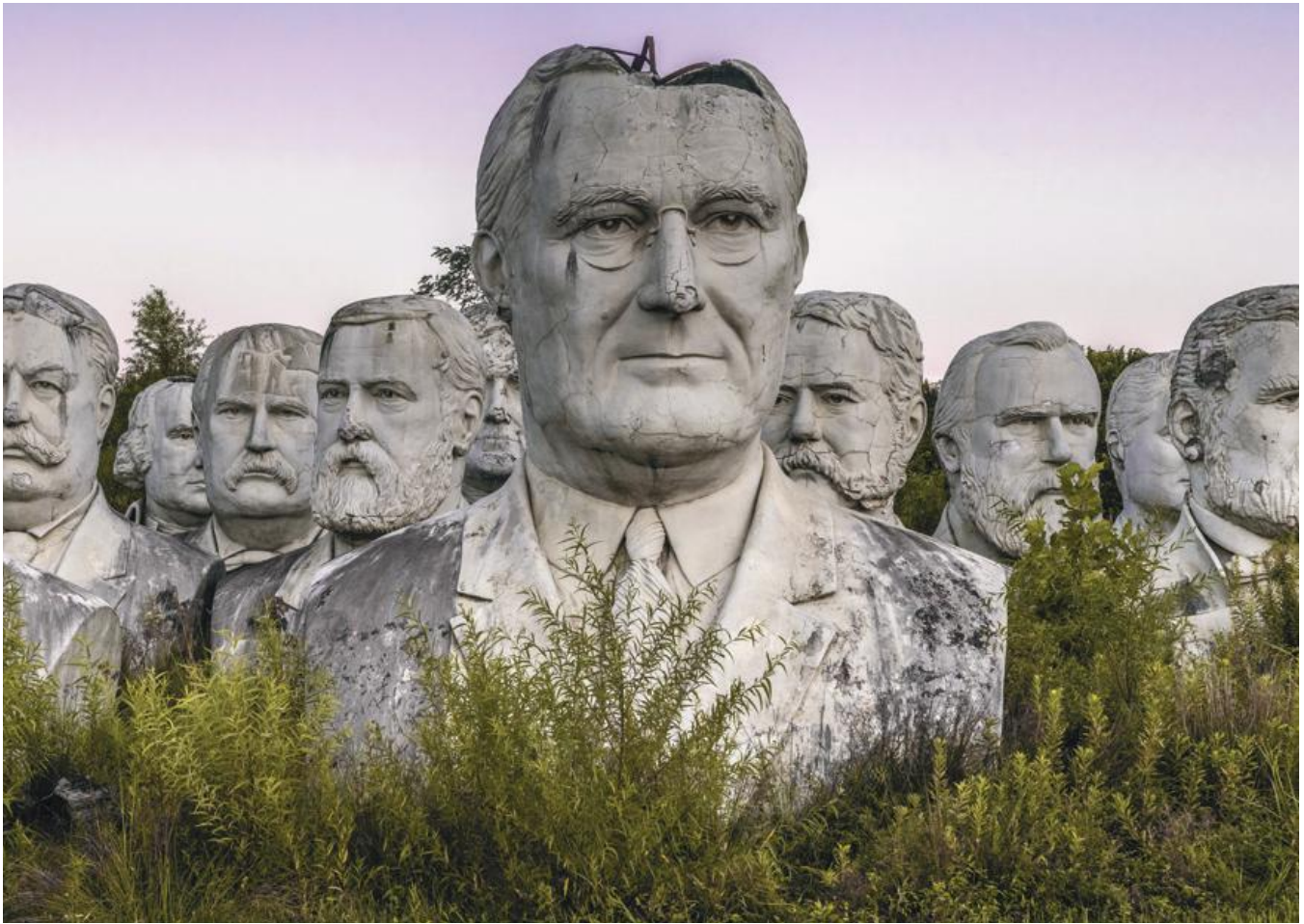
A New
Immersion
Experience
in the Making

Howard Hankins saved 42, 20 foot sculptures weighing 20,000 pounds from total destruction. Initially he was hired to destroy them after a presidential museum fell victim to a downturn in the market. Best decision he ever made.

He moved them to his family farm, a farm that has been in the family since the King of England deeded it to his ancestors. A proper home.

Given only a few days to move them, they transferred them ad hoc to make it to his farm. They were damaged along the way, just to make it under power lines. Not given the time to deconstruct. Their bumps and bruises have become part of their mystique and value.





“

THEY ARE THE EPITOME OF THE JAPANESE HAVE AN ART FORM CALLED KINSTUGI, WHERE SOMETHING BROKEN IS MORE VALUABLE THEN WHEN IT WAS IN ITS ORIGINAL STATE.

”

They are the epitome of the Japanese have an art form called Kinstugi, where something broken is more valuable then when it was in its original state. It actually translates as “golden seams” or “golden joinery” as they infill with gold, alas that is a bit pricey, but these statues, now Ruines -are going to be stabilized and renovated. NOT restored. The dings tell a story. They are now an art collective, and will be frozen in time as skilled engineers stabilize them and teams of artisans infil their holes with unique materials giving them a new yet quirky life, and live forever in a secret garden, under lock and key to protect them. Yet, available at times for us all to see and enjoy their now whimsical character.

To preserve the Ruines for posterity, we are embarking on a massive renovation project. Stabilizing them, then creatively working with their flaws in the spirit of Kentsugi. (And that is Ruines with an “e”, it’s the old english spelling.)

Our Vision

It’s been swirling in Howard Hankins heart for years. He is the the one chosen by his extended family to to create the their legacy. We will be unveiling the full vision of the next few months. The first phase is to stabilize the ruins of the presidential heads and move them their final home, a short distance north of their current location. They will be protected within a secret walled garden.

We are reclaiming the land from mining and restoring it to a beautiful natural state. Fitting since part of the existing farm is a commercial construction recycling operation. Turning concrete, steal and wood debris into reusable products to go back into construction.

The Plan

The Ruines will be the centerpiece of unique development, at its core is the vision of the county it resides in short: “To encourage sound and innovative design and to ensure that land is used in a manner that is efficient, in harmony with the environment and neighbors”.

Water permeable drives and walkways, native species and wildflowers fields. Low impact on the environment with high return.

Jogging paths, horse trails, stables, a two-story greenhouse. Farm to table restaurants, outdoor games. The mansion will be renovated to be the heart of the project, bowing to its history and finding a new life serving the community with fresh eats and delectable drinks with the hospitable that has been a Hankins Family tradition.

A model to invest a portion of the proceeds back into the community regarding initiatives for disabled vets, 4-H and affordable housing. We will open up a RFP on first stage to the community for feedback.

The Folly

The Ruines at Hankins Folly found its name in the traditional terms used in English and French architectural design. It pays homage to the colonial roots as well as the roots of the Hankins family. This land was deeded to them from the King of England. It has been in their family every since. Challenged by many requests to turn it into an industrial park and storage facilities, it has been their choice to turn down easy millions to leave a lasting legacy of art, music, food and country life for families to enjoy forever. This is of Folly in design and in spiri.

Our aim is to work with existing models, with a fresh approach combining the assets of modern technology,

understanding the history of the land and leave a light footprint. Working with it, instead of against it.

Again at its center is the Ruines, adjacent to the Amphitheater and tied together with what is known as a “haha” wall, but with a twist.

The Community

The community will rise around the Ruines to become of space to engage, enjoy and experience a place set aside from the chaos of life and provide a stand alone unique user experience.

Aside from the Secret Garden housing the Ruines, there will be a state of the art 3,000 seat intimate amphitheater. There will be VIP Club rooms surrounding a turf lawn for festival seating. A recording studio behind the stage with a nod to great musicians including in its walls. It will be a musicians amphitheater. A winery, a distillery, a brewery. Event space for weddings and private and community gatherings. Equestrian Center,

Short term rentals, commonly known as Airbnb’s that hover above natural landscape of wildflowers allowing native animals to roam based on Virginia Pollinator Program and Virginia Pollinator Smart program. Individual upscale mini houses with full amenities of a hotel, but stand alone. Glamping with walls. Dining in a two story greenhouse, behind the renovated homeplace, over 100 years old, brought to life again as a trendy cafe, farm to table and rooms above for guests.

Special thanks to **Alyse Hancock**, Director and Conceptual Designer of the Project. Reach out at Alyse@alysehancock.com

For more information on tours and scheduled maintenance visit www.theruines.com



THE WONDER OF CBD

THE FAMILIAR SOUND OF THE DOOR CHIMES as a friendly face enters the Queens Green Apothecary CBD dispensary. “Good morning, and welcome back, Julie!” the young ‘Budtender’, Andy, announces. The lady walks in and says, “OMG, Can I just give you a big ‘ol hug?” Surprised but excited Andy replies, “Sure, we love hugs! How did that CBD tincture work for your daughter?” The relieved mother replies, “My daughter has been in pain for several years and nothing we have been prescribed has done anything to help her severe back pain and anxiety. I came in last Saturday frankly very skeptical, but was desperate to find something that would help my child.” Andy had sold a small bottle of CBD Full Spectrum tincture with 99% CBD and .03% THC, the legal limit in VA, that lasted through the weekend. “I saw the joy in my daughter’s eyes, and the pep in her step as she got ready for school and can I just say I cried with tears of joy and relief! Thank you!” Excited for her, Andy replied, “Absolutely, I’m so happy for you!”

This story has played out over and over again for thousands of reformed customers who walked in as skeptics and walked out as believers. The Queens Green Apothecary(QGA) celebrates its third year in business on 4/20/2023 and has been at the forefront of helping educate and serve the Hampton Roads community about the do’s and don’ts of quality, all natural CBD and THC products. An Alice in Wonderland themed CBD Boutique, QGA owner and former Navy SEAL Veteran, Nick Rocha, got in the Hemp industry after his own daughter suffered from severe

anxiety and depression. After two years of various pharmaceutical experiments, she developed annoying verbal and motor tics known as Tourette’s Syndrome. Eventually they were introduced to hemp through a friend and it was the ONLY thing that relieved her symptoms within 3-5minutes and after a year of using hemp her motor-tics had all but disappeared. Now his daughter Andy is the Inventory Manager and a Nationally Certified Budtender helping others find relief. “We take pride in educating people about quality CBD Isolate, Broad Spectrum, and Full Spectrum products even if they don’t buy from us. Finding solid reputable manufactures that meet the highest standards of safe and quality all natural hemp products is our job so that our customers know what to look for in packaging, dosage, delivery mechanism, and time of onset of medicine so they can make an informed decision.”

A new Bill SB903 before the VA Governor would threaten to shut down the Virginia Hemp farmers and retail dispensaries in favor of out of state pharmaceutical monopolies. Nick and hundreds of members of the Virginia Hemp Coalition have been lobbying in Richmond to help advocate for local families and to encourage the VA Legislators and Governor to veto this bill. To find out more about Queens Green and their legislative efforts visit them at 2964 VB Blvd or online at QueensGreenVB.com or (757)486-0941.

Happy 4/20!

SAVE THC DATE!

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Learn more about VA Legislative Efforts

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8

Easy Tips on How to Sell Your Home in the Spring



1. Clean Windows and Mirrors
2. Clean Up the Yard
3. Clean Drapery
4. Interior Design Updates
5. Maintain AC and Heating Systems
6. Utilize Towels, Throws, & Pillows
7. Purchase Flowers
8. Polish Floors



Look & Feel Good

ADVICE FROM HIGH TIDE CONTRACTING

After the cold winter months, spring time offers a reprieve from the harsh seasonal elements. Springtime also means that your air conditioning system is gearing up for the summer months. A small piece of advice that can make a big difference is the condition of your filters in your home. Something as simple as a dirty filter, can disrupt the airflow in your home and cause your unit to work overtime to supply consistently comfortable temperatures. By addressing this often overlooked component, you will be extending the longevity of your system, conserving energy and preventing costly repairs. A little bit goes a long way.

ADVICE FROM MODVINTIQUE HOME

Spring is here, and it's the perfect time to freshen up your home's interior design! Whether you're looking to revamp a single room or give your entire home a new look, our team of expert interior designers is here to help.

With our fresh spring update package, we'll work with you to create a custom design plan that incorporates your personal style and preferences. We'll take into account your budget, timeline, and any specific needs or requests you may have. From selecting new furniture and decor to updating your color scheme and lighting, we'll guide you every step of the way. Our team has years of experience in interior design, and we're dedicated to helping you create a beautiful, comfortable, and functional space that you'll love coming home to.

Don't wait any longer to give your home the spring update it deserves. Contact us today to schedule a consultation and get started on your interior design project!

ENJEWEL: EQUALITY AND JUSTICE FOR EVERY WOMAN EVERY LAND

EnJewel - Equality and Justice for Every Woman Every Land is a 501 (c) 3 not for profit organization that is created to eradicate Human Trafficking locally and globally. Our primary form of action is to collaborate with local programs and resources to Engage community, Educate the possible targets and interested advocates, Empower victims, individuals, businesses, organizations and associations to Eradicate Human Trafficking.

Mission

Our mission is to advocate that all people have the right to the pursuit of happiness and to their rights of freedom. We are to be disrupters and make waves when that right is taken away.

Vision: To Engage, to Educate, To Empower and To Eradicate Human Trafficking

Engage individuals, organizations, associations and businesses to understand the impact they can make to help our communities be safe by starting with themselves. To help understand the signs and how their groups can help educate others can save others from being the next victim.

Education is half the battle. We will collaborate with local partners that can avail training programs to those interested in helping in this plight for all.

Empower local resources to meet their goals and objectives. As this cannot be done solely or in silos - we must collaborate and integrate our energies with the end goal to come together to end this problem.

Eradicate Human Trafficking - By collaborating with local partners to support preventive actions/training programs, partner with communications and technology initiatives that bring justice and equality to all.

There are many advocations to which one can attach themselves, but I believe this is The Calling. I believe that women and children are the “Jewels” of the Family. We must protect them and fight for them. Each of us have a jewel within us. I remember someone said to me “Are you looking at the “gift wrap” or the ‘Jewel’ within”?

No matter who we are - the challenge is the same - how do we focus away from the shiny gift wrap and focus on the Jewel within - the “Jewels” that we are. We all want someone to see the Jewel that is inside of us. We all have a value - our worth - jewels to be cherished. We want to make sure that we find our value and our worth - and protect that worth and not give it away or have it taken away. To remember that each of us have purpose and are precious. We all will have flaws, but that's what makes each of us - special individuals. It is our pursuit of happiness, our freedoms and our dignity - we choose to become who we want to be - what happens when that choice is not yours to have?

That is our fight - to fight for the right to pursue happiness, the right to freedoms and the right to be who we want to be. Help us fight for those who no

longer have that choice. Join us at EnJewel... End Human Trafficking.

Our logo was made specifically to who we are. We fight for the child – if you look closer at our logo – you can see a child hidden. But now that you see the child – s/he is no longer hidden – Human trafficking is just that – “hidden in plain sight.” Now that you see that child, won’t you join us in helping those hidden in our communities – or fallen through the cracks of our systems. The logo also signifies “Wings of Justice” and “Making Waves.” We hope that you will join us in making waves in fighting with wings of justice.

EnJewel reignited its organization in 2018. As a start-up not for profit, we were looking to help fundraise for safe sanctuaries, shelters and restorative homes for women and children in third world countries. We began in the Philippines, working on Venezuela and Morocco. We still plan to do this, but not just right now. Right now – and much more importantly, is our community. Upon our review of our own backyard, we re-examined our mission and decided to fight this problem first in the State of Virginia – starting in Virginia Beach. It has been an eye-opener. We are also grateful to see so many have the same passion to help our community be safe and to fight this monstrous epidemic. We have had great support from the hotel industry, the Port of Virginia, businesses, organizations and associations. You may check out our website, www.enjewel.org. You will see a US map and if you point to Virginia, we rank 15th in the country for Human Trafficking incidents, which you will agree are way too high. You will also see that we have report card grade of C in the country up from an F just five years ago and now back at an F – in 2022. Why? Because of Covid – more people have become vulnerable and so many have turned to a device for help – such as their internet, Ipad and even playing on games. We have a lot to do to engage our communities and fight to show that the State of Virginia is not a place for Human Trafficking. Let’s work together in Virginia Beach.

We need an office, but we have focused our donations to much needed programs. Our goal is to locate a restorative home in Virginia Beach for rescued victims. We have great search and rescue programs in the area but not many shelters to place those rescued especially homes dedicated to minors. Across the nation, less than 1000 beds are licensed specifically to minors. We have collaborated with The Butterfly House, an organization focused on restoration. They have a home that needs much work and furnishings. But as of today, they have closed down due to not having the support needed. We are doing several planned events that will help make this happen. And there are several girls already waiting for placement.

We have several schools: First Colonial, Kellam, Kempsville, Tallwood and Landstown in Virginia Beach, Granby in Norfolk and Grafton in Yorktown that are all awaiting to begin or continue training and education. We also have boys scouts and girl scouts leaders, churches, teachers and nurses that have elected to have training for their staff as well as organizations to which they belong to. Recently, we completed a financial literacy program for brownies and daisies – this is a great foundation so they may not go down a path to seek monetary support that they will regret.

With the need for event planning, organizing of printed materials and training and education, we are greatly in need for space. Your contribution for office space and utilities will allow us to focus on the use of donations to the programs and to the restorative home needed for women and minor shelters. We truly hope that you will strongly consider our request, time is of the essence. We know that the safety of our community and its people are a priority for you and your company, won’t you consider being an EnJewel Partner?

We look forward to a favorable response. Thank you for your time and consideration.

APRIL IS NATIONAL PET FIRST AID AWARENESS MONTH so this is the PURRfect time to get off on the right paw and learn to save your pet's life! Even before you attend a Pet First-Aid & CPR Class, there are 5 things you should do...

- **Know where your nearest Animal ER** is located, and learn the shortest route including after-hours entrance, services offered and what types of payment are accepted. Never miss annual veterinary exams where problems can be uncovered at their earliest stages.
- **Do a weekly Head-to-Tail Check-up** of your pet; familiarize yourself with your dog or cat's body and habits so that you can more quickly determine when something is not quite right. Feel for lumps and bumps, parasites and burrs, anything that should not be there. Notice what your dog or cat looks like when he sits and stands. How often do you refill the water bowl and how often does your pet answer nature's call?
- **Get down on all fours** and examine your house and yard from your pet's perspective. Anything on the floor is fair game and an animal's sense of smell can find hidden temptations behind cabinet doors. Cleaners and fertilizers not absorbed through paw pads will be ingested when your dog or cat grooms himself, so keep items out of paws reach and use pet friendly chemicals.

APRIL IS PET **FIRST AID** AWARENESS MONTH

- **Read your pet's food label.** The first 3-5 items listed are the bulk of your pet's diet. Make sure the first one is a high-quality protein - the name of the animal in the food (ie: chicken, lamb, salmon, or venison). Limit or avoid wheat, corn and soy which can cause allergic reactions. Can't pronounce it? Your pet probably doesn't need it. Feeding the right food just may prevent illness. Educate yourself as to which human foods are cat and dog safe.
- **Spend quality time together.** That's why pets are part of the family, so when you walk the dog, don't talk on your cell phone or text. Tune in to kitty rather than mindlessly petting her. Be in the now and keep your eyes open to your pet's environment to avoid disasters.

When you have a dog or cat, you have a four-legged toddler for life, and it is your responsibility to supervise where your pet goes and what they can get into.

Has your pup's tail ever been closed in a door? Have you discovered ticks on your gorgeous long-haired cat? What would you do if you found a dog left in a parked car, or if your pet gets bitten by a rattlesnake or stung by a bee? Bandaging, removing parasites and treating heat stroke and stings are basic Pet First-Aid skills every pet parent should know. Since April is National Pet First-Aid Awareness Month, there's never been a better time to learn how to save your pet's life or help him feel better.

Pet First Aid & CPR classes can make pet parents aware of the dangers dogs and cats may encounter along with teaching you what to do to help your pet even before veterinary care is available. According to Denise Fleck, The Pet Safety Crusader™, "Only one out of every ten dogs or cats will NOT experience an emergency during his or her lifetime. That is why pet parents must know how to handle whatever life throws their way!"

“IT IS YOUR RESPONSIBILITY TO SUPERVISE WHERE YOUR PET GOES AND WHAT THEY CAN GET INTO.”



**APRIL
IS PET
FIRST AID
AWARENESS MONTH**



**“25% MORE
ANIMALS
CAN BE
SAVED IF
HUMANS
PERFORM
FIRST AID
BEFORE
HEADING TO
THE VET.”**

Preventable accidents are the leading cause of death among our pets, but according to the American Animal Hospital Association, 25% more animals can be saved if humans perform first aid BEFORE heading to the vet. The most competent veterinarian cannot bring your pet back to life, but by knowing Pet First-Aid & CPR, you can keep your dog or cat alive until you reach professional medical help.

By knowing Pet First Aid, you can:

- **Lower your pet’s body temperature** if he suffers from Heat Stroke and prevent brain damage or death.
- **Stop bleeding and prevent infection** by properly bandaging a wound. Knowing where the critical arterial pressure points are on your pooch or kitty cat can be life-saving!
- **Prevent your pet from losing consciousness** by alleviating choking.
- **Expel poison from your dog’s system** by properly inducing vomiting, but it is equally important to know when NOT to induce vomiting.
- **Be the pump your pet's heart** can't be until you can get him to professional medical help.

Pet First-Aid is NOT a replacement for veterinary care but reacting quickly and confidently when injury occurs, can make a difference for your furry patient. You and your Veterinarian must work together as a team for the well-being of your pet.

When you have a dog or cat, you have a four-legged toddler for life, and it is your responsibility to supervise where your pet goes and what they can get into. It’s also important to have the right tool for the job when they get ill or injured.

Sponsored by



APPLE CRUMBLE PIE

THE APPLE CRUMBLE

PIE is a slight tweak on the classic apple pie that defines Americana at its finest. Spring time is a great time to indulge your taste buds and not throw one of those storebought pies in your cart. The recipe below can be modified depending on softness of the apples or how sweet you may want it. So test your skills and create your own personalized Apple Crumble Pie.



INGREDIENTS

- 1 of your favorite pie crust recipes or a premade crust
- 5 large Granny Smith apples
- Zest of 1 lemon, about 1-2 teaspoons
- Juice of half a lemon, about 2 teaspoons
- 1/2 cup granulated sugar
- 1/4 cup coconut sugar
- 2 tablespoons all-purpose flour
- 1-1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg

FOR THE CRUMBLE

- 1 cup rolled oats
- 1/2 cup coconut sugar
- 6 tablespoons all-purpose flour
- 1 stick cold butter cut into small pieces recipe

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. In a medium sized mixing bowl, make the crumble by combining all the dry crumble ingredients. Toss the ingredients together to evenly combine. Combine the cold butter into the dry ingredients by squeezing and breaking it up with your fingers until crumbs form. Cover with Saran wrap and put in the freezer.
3. Peel and core the Granny Smith apples. Slice the apples into slices that are 1/8" thick and 1" long. In a large mixing bowl, toss the apple slices with the lemon zest and lemon juice. Then, add in the 1/2 cup granulated sugar, 1/4 coconut sugar, 2 tablespoons all-purpose flour, cinnamon and nutmeg. Toss to evenly combine.
4. Take the pie crust and pour in the apple mixture. The apples should be about 1/4"-1/2" taller than the edge of the pie pan.
5. Take the crumb topping out of the freezer. Take a knife and break up into large pieces. Then, use your fingers to break into smaller crumb pieces, using medium pressure to press into an even layer to the pie.
6. Place the pie plate on a parchment-lined baking sheet to protect your oven if it bubbles over. Bake at 400 degrees for 20 minutes, then lower the oven to 350 degrees and bake for another 35-40 minutes, or until the crumb topping is golden and the pie is bubbling.
7. Allow it to cool at room temperature uncovered. Serve at room temperature. Serve with ice cream or whipped cream.

Afortunados Siete

SEVEN MEXICAN RESTAURANTS
TO TRY IN VIRGINIA BEACH

(LUCKY SEVEN)



Whether looking for a spot to celebrate Taco Tuesday, or just craving some great south of the border cuisine, there is no shortage of options here. From authentic Mexican fare to creative takes on this culinary staple, here are some of our favorite Mexican restaurants in Virginia Beach.



(left to right): Side Street Cantina; Pelon's Baja Grill; Los Cuates Taqueria; Gringo's Taqueria; Camino Real; Cantina Laredo; Taqueria Jessy's.



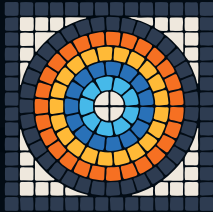
Cantina Laredo



Cantina Laredo, Town Center, Virginia Beach

Offering authentic Mexican food inspired by the cuisine of Mexico City with a modern twist, Cantina Laredo is filled with flavors you won't want to miss in Town Center. With options like grilled fish, chicken or steak topped with one-of-a-kind signature sauces like chipotle-wine and Portobello mushroom or sautéed artichoke heart and roasted red bell pepper, there's a lot from which to choose here. Pair that with an award-winning margarita, the Casa Rita, made from fresh lime juice and the finest tequila and you'll leave with a full belly and a smile on your face.

Side Street Cantina



@aalf3811, Instagram at Side Street Cantina

Side Street Cantina, located at the Virginia Beach Oceanfront, adds Peruvian fusion to their menu. This colorful spot, with fun decor and regular live music, is a great place to enjoy a tasty meal. If you're feeling extra hungry, try the Side Street Cantina Burrito Challenge. Eat all of this 9-pound steak burrito and it's on the house. Just save room for the homemade churros.



Gringos Taqueria



@visitvabeach, Instagram at Gringo's Taqueria

Gringo's Taqueria is the go-to choice for Taco Tuesday, and any other time you have tacos on the brain. For freshness and flavor, it's hard to beat Gringo's Baja Fish Tacos, made with locally-caught Mahi and a habanero cream sauce that will wake your tired taste buds right up. Whether you order them grilled or beer-battered and fried, these tacos are so good, you'll feel like you're getting away with something. Place your order to-go and take it next door to Back Bay Brewing to wash it down with some locally-brewed Cerveza.

Camino Real

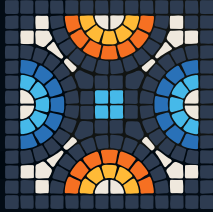


Camino Real, Inland, Virginia Beach

Camino Real, located in Inland Virginia Beach, is serving out the freshest ingredients in a festive atmosphere. With occasional live music and a huge selection of tequilas and margaritas, this place is as fun as it is delicious. Camino Real's menu is huge, but it's really hard to go wrong with anything you choose. Come on a nice day and enjoy a margarita out on the patio.



Pelon's Baja Grill

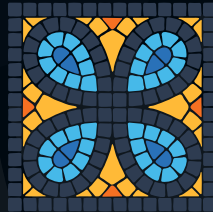


@snapback_zachh, Instagram at Pelon's Baja Grill

With their location just off of the Virginia Beach Boardwalk, Pelon's Baja Grill is serving up a taste of Cali with their Baja-style fish tacos that are perfect after a day spent on the beach. Tie your beach cruiser up out front and head inside for the deep-fried goodness topped with salsa Fresca and Baja sauce. Pelon's also offers breakfast until 11:30 every day, and we can't get enough of their bacon carnitas breakfast tacos.



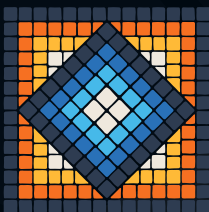
Taqueria Jessy's



@80zzbaby, Instagram at Taqueria Jessy's

It doesn't get more authentic than Taqueria Jessy's, located inland from the Virginia Beach Oceanfront. You can't really go wrong with anything you try at this favorite local dive. From Chile Rellenos, tortas and more, everything at Jessy's is cooked to perfection. Don't forget to try the Horchata, either.

Los Cuates Taqueria



@tacos.on.the.loose, Instagram at Los Cuates Taqueria

Voted by the Virginian-Pilot as the Best Tacos in Hampton Roads, Los Cuates Taqueria has earned the bragging rights, and for good reason. Their traditional street taco options like carne asada, pork carnitas, and beef-cheek barbacoa are all sure to please even the pickiest taco fanatic. Everything here is scratch-made and as authentic as it gets. This place is popular with locals and visitors alike, so go early and don't be surprised if there's a bit of wait. Grab one of their giant michelada cocktails while you wait and enjoy the festive atmosphere.



Down-to-Earth Metaphors

BY RICHARD LEDERER

HAPPY EARTHDAY TO ALL OF YOU on April 22. In 1970, the first Earth Day began a “grassroots” effort to recognize each year the fragility of the imperiled planet we are all riding.

We were once a nation of farmers, but by the turn of the twentieth century, most had moved to towns and cities. Today only two percent of Americans live on farms, and many have lost touch with our agricultural roots. In “God’s Grandeur” (1877), the Jesuit poet Gerard Manley Hopkins lamented how the Industrial Age has ravaged our feeling for the land:

And all is seared with trade;
bleared, smeared with toil;
And wears man’s smudge
and shares man’s smell: the soil
Is bare now, nor can foot feel, being shod.

Even though our shod feet may no longer touch the soil, most Americans speak and write the metaphors that spring from the earth and those who work it. These verbal seeds lie buried so deeply in the humus of our language that we are hardly aware that they are figures of speech at all. Let’s do some digging to uncover the rich, earthy agriculture from which grow so much of our speech and our writing, our thoughts and our dreaming.

Our fertile English language is cultivated by agricultural comparisons, and they’re not like trying to find a needle in a haystack. Down-to-earth metaphors cut a wide swath: a vintage year, a grass roots campaign, a budding movie star, gone to seed, seed money, seedy, cut and dried, farm team, reap the benefits, mow down, separate the wheat from the chaff, cut a wide swath, crop up, feel one’s oats, farm out, weed out, plow into, and the grass is always greener on the other side.

The song lyrics “This land is your land, and this land is my land” are so very true. Here, unearthed, is a bountiful crop of agricultural words and phrases:

- *Among the down-to-earth figures of speech that are planted in our language is the word broadcast, which first meant “to broadly cast seed on the ground by hand” and in 1922 took on its modern meaning with the emergence of radio.*
- *The lines in a worried forehead resemble the grooves in the earth made by a plow. We describe such a forehead as furrowed.*
- *Like well-farmed land, fertile minds are carefully tended and yield a bountiful harvest. We say that such people are cultivated.*
- *A harrow is a cultivating farm implement set with spikes or spring*

teeth that pulverize the earth by violently tearing and flipping over the topsoil. That’s why we identify an emotionally lacerating experience as harrowing.

• *A mentally talented child is often identified as precocious, from the Latin praecox, “ripe before its time.”*

• *European peasants, forbidden to cut down or pick from trees, were allowed to gather wood and fruit blown down by the wind, a bounty that required little effort on the part of the lucky recipients. By extension, we today use a word that describes an unexpected stroke of good luck: a windfall.*

• *Rooted in the Latin de-, “from,” and lira, “furrow,” is a word that metaphorically compares behavior that deviates from a straight course and swerves from the conventional path in plowing: delirious.*

• *In bygone days, the Old English math meant “mowing.” Nowadays a word that means “results, effects, or consequences” is an aftermath.*

• *The arduous job of hoeing long rows in uncooperative terrain gives us a hard (or tough) row to hoe, an expression that means “a difficult task.”*

• *Late spring frosts or pests can kill an aborning leaf or flower before it has a chance to develop. When we terminate a*

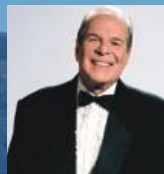
project in its early stages, we say that we nip it in the bud

• *Hay is made by setting mown grass out in the sun to dry. When we want to make the most of an opportunity, we make hay while the sun shines.*

• *Anyone who has ever tried to cut the tightly stretched baling wire used to bind a bale of hay knows how ornery the stuff can be. When someone or something behaves in an uncontrolled manner, we say that he, she, or it goes haywire.*

• *In the word towhead, tow descends from an Old English word that means “flax.” A towhead is a youngster—usually male, but not necessarily so—with white or pale yellow hair the color of flax. Avoid confusing tow with toe, as in this newspaper photo caption: “Linda Tinyon clutched her toe-headed son during the storm.” Even worse: “Linda Tinyon clutched her two-headed son during the storm.”*

A popular toast rings out, Here’s mud in your eye, which originally meant “May you find soft, rich, dark, and moist soil that will be thrown up as specks of mud as you plow it.”



Richard Lederer is the author of 60 books about language, history, and humor, including his best-selling *Anguished English* series and his current title, *Lederer’s Language & Laughter*. He is a founding co-host of “A Way With Words,” broadcast on Public Radio. www.verbivore.com

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April 15 (3pm - 10pm)

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NETWORKING WITH THE CONNECTOR



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Topiaries loving their front cover feature story! We see you Sharon!



These ladies reconnected after years when Leslie read Kelly's featured spotlight!



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My name is John Marshall, and I'm a Virginia native from Fredericksburg. I have lived in Virginia Beach with my wife Rocío and my son John V for almost two years. My wife and I believe strongly in the power of community. We spent several years in southern Mexico helping to build homes for those affected by the earthquake of 2017. We look forward to growing roots here in the years to come.

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