

Why Crozet: Who Does This? Albemarle Outdoorsman Finds Humor and Happiness in Extreme Adventure

February 3, 2023



Tom Garstang's hunting skills enabled him to bag 47 animals in his 43 days on "Alone." Photo courtesy the HISTORY Channel/Brendan George Ko.

Why Crozet is a long-running feature examining the positive aspects of living in this beautiful area. This month, we tell the story of a local outdoorsman who learned many lessons in rural resourcefulness from his life

here, as well as from more exotic locations overseas. Tom Garstang appeared on season nine of 'Alone,' the popular HISTORY channel survival series, where contestants are dropped in the wilderness with only ten items of their choosing, and directed to film their own survival techniques, with the longest-lasting winning \$500,000. Please note that the following will preview the outcome of the show for those who haven't yet watched all of season nine.

When the producers of Alone chose Tom Garstang for their ninth season, they expected him to be one of the most successful hunters among the 10 contestants. They were right: In his 43 days in Labrador, Garstang bagged 47 animals, an assortment of grouse, rabbits, squirrels and fish.

What they didn't know was that he'd be unfailingly cheerful and upbeat during his time in the frigid north woods, through storms, injuries, loneliness and a damp cold so numbing that he had to carry hot rocks in his pockets to warm his fingers enough to pull a bow. "I remember the first night," Garstang said. "I found what I thought was a great spot, nice and flat, with no vegetation." Contestants generally seek out the most obvious space for their first night's shelter, usually just a tarpaulin draped over a branch, until they can find the ideal spot for a more permanent shelter.

"I failed to notice that I was sleeping on a peat bog," Garstang said. "It rained and I slowly sank into the mud." So, in the early morning hours of his first night, he hauled his tarp and a collection of his few soggy supplies (contestants can bring only 10 things with them) to a better spot in the pitch dark. "I was grinning from ear to ear, kind of like 'who does this?'" he said.

For some of his hunting skills, he credits his father, a conservation biologist who ran programs in South Africa, and later in Pakistan and Afghanistan. Richard



Tom Garstang. Photo courtesy the HISTORY Channel/Brendan George Ko.

Garstang enlisted his son to track, move, cull and capture animals for various reasons. Tom learned that patience and observation—as well as a deep knowledge of the habits and needs of each animal through the seasons—were important tools for the hunter. Tom's time in the bush was to influence his later life in ways he couldn't imagine.

But Tom credits his mother for qualities that are just as important to his success: his equanimity and joyful outlook. His family went through many changes, some of them painful. They left Africa—the only home the children had known—because of apartheid. The parents split up, there was no money to spare, and the young boy believed he didn't fit in here. The extended family had rural land near Earlysville, and that's where he chose to spend his time, in the woods and fields, observing and hunting. His mother supported him in his desire to be outdoors most of the time. He also played music with friends, and did odd jobs as needed around the family farm.



Tom Garstang was one of ten accomplished outdoorsmen to compete for \$500,000 on Season 9 of Alone. Photo courtesy the HISTORY Channel/Brendan George Ko.

“Through it all, she was never bitter or miserable,” he said about his mother. She refrained from criticizing Tom’s father—with all his worthwhile attributes, he was a hard man, Tom said—even giving him ideas about how the two of them could get along better. “She taught me that you didn’t need money to have a good life, that you could be uncomfortable and still be happy.”

No one was happy with Tom’s decision to drop out of high school and live a vagabond life for a while, but it added to the random survival skills he was steadily accumulating.

Survival School

At home, Tom immersed himself in tracking, fishing and hunting, while also

learning the value of the medicinal and edible native plants that surrounded him. He became a musician, joining a band playing Appalachian roots music. On the road, he hitchhiked, jumped trains, went to music festivals, did all kinds of manual labor and service jobs. There wasn't a hands-on skill that didn't interest him. He became a prescribed fire practitioner, learned about regenerative agriculture, and pitched in on the family farm. "On a farm, you're always relying on ingenuity," he said. "You'll spot a problem and figure out how to fix it with baling twine or something else you already have."

For years, he had his eye on another skill, one that would require him to stay in one place and invest a chunk of time. "I wanted to learn leather work," he said, "but there never seemed to be an opening at Pinnell's (Pinnell Custom Leather in Crozet). Finally, one of the small, tight-knit crew left and Tom began an apprenticeship, learning the skills needed for high-end leather crafting. He stayed there for six years, until the pandemic shut the shop down for a while.



Besides survival skills, agricultural skills and leather work, Tom Garstang learned to play the guitar, here displaying


In his job, Tom was just as patient and easygoing as he was on film, Chuck Pinnell said. "He learned quickly and worked hard." Pinnell said his own first experience with turkey hunting was with Tom as a guide. "He made sure I got a turkey. He's a very generous, loyal man."

When the world shut down in 2020, Tom was better suited than most of us for seclusion. "I don't even own a television and seldom go online," he said. But his girlfriend had been watching *Alone* and he began to join her. "I was fascinated, and watched every episode, right from the beginning." Finally, he applied for season 9 with a short video. "I'd learned a little about filming from helping my father."

Behind the Scenes

There are more people steeped in wilderness survival skills than you might think. More than 4,500 applied for Season 9, which initially was narrowed down to 500. Tom was chosen for this pool, but he didn't know it because he didn't check emails. He did answer his phone, though: One day, he picked up a call from a Hollywood area code and found he'd neglected to answer four different emails sent by the producers. He made it through every subsequent cut and finally found himself at the crew's orientation site in Labrador, along with nine other skilled survivalists.

"We spent some time in training, mostly to learn the filming equipment," he said, "and we got to know each other really well." To be sure everyone has a fair chance, there's a triple-blind process where no one knows where they'll end up, or the order in which the helicopter will take them to their spot. The order of the drops is very important, because someone dropped off in the morning will have a great deal more time to find a suitable night's shelter than someone, like Tom, who's dropped off at the end of the day. The areas are remote enough, and distances great enough, that there's no chance of the contestants overlapping.



The timing of each contestant's arrival at their space in Labrador is important. Tom was picked up and dropped by the helicopter late in the day. Photo courtesy the HISTORY Channel/Brendan George Ko.

Tom looked around and saw Juan Pablo Quiñonez, who had gained 60 pounds for the competition, drinking a gallon a day from a camelback dispenser of milk before his final drop. When Tom found out he never cleaned it, Juan Pablo said he believed that growing up in an area with little sanitation, he was pretty resistant to bacteria. He was right, Tom said. Juan Pablo drank directly from the river with no ill effects.

He pegged Kari Lee Knoke, a 57-year-old woman who had also put on a lot of pounds, as an early departure, because she was always laughing and singing. "I was wrong, and I'm sure I'll be wrong again," he said. "She had awesome skills. Like me, she was interested in having fun with the whole thing. It goes to show that you can't make superficial judgements." Kari Lee did extremely well, leaving after 75 days, the last one to leave before Juan

Pablo was declared the winner.

Tom said the contestants from his season, and sometimes from other seasons as well, stay in touch constantly, one reason he still answers his phone. "All of us immediately recognized we were in the company of people like us—misfits and weirdos—a kind of community we hadn't found before." He said they respect and learn from each other rather than dwelling on differences or mistakes.

Tom, who is naturally thin, had tried to gain weight but his job outside in the heat (after leaving Pinnell's, he became a cattle herder for a farm in Keswick) worked against him. But he made other ingenious preparations. Frederick Drieir of Outside Online magazine called him one of the most creative contestants of all time. One example: Tom, realizing he couldn't fit fishing lures into his limit of 10 objects, died his hair pastel in spots, then cut and tied the hair into tiny bundles for lures. "I actually had quite a few colors," Tom said, "but some of them faded."

It Gets Real

After Tom left the peat bog, he built an amazing shelter, including what a comment on the channel's website said was the best fireplace ever on the show. He built into a hillside, digging with his hands and feet. "I learned this from my dog," he told the camera. He adapted his woven walls from fences he'd seen in East Africa.

His hunting skills did indeed help him, and he rarely felt hungry, but lost weight daily. "That's because almost everything I ate was lean meat," he said. "You just can't live on protein alone. You need carbohydrates and fat." He knew how to find some of the minerals and vitamins he needed from berries, mushrooms, fir, and spruce. For fat, his plan was to find a bear when the time was right. "But it's a tricky window," he said. "It's hard to preserve bear meat in the wild. If it's too warm, it will all spoil. Then, shortly after it's

cold enough, the bears hibernate." Tom took a lot of risks the others avoided. He was so confident of his archery skills that he stored meat in and around his shelter, hoping to attract a bear at the right moment. "Black bears in Labrador aren't like the ones that look for scraps around my cabin in Virginia," Tom said. "They're more like Grizzlies, much more aggressive, especially when they're hungry."

Still, Tom's former life among large predators overseas as well as here in the mountains gave him some insight into their behavior. "You have to convince them that it would be just too inconvenient for them to attack you," he said. "On the other hand, an animal that knows it's the prey will fight for its life." Tom has disdain for hunters who hunt only for the sport of killing. "They give hunting a bad name and cause a lot of damage," he said.

While waiting to spot a bear, Tom had his eye on a plump beaver, and even got a good shot at one. "Beavers are good food," he said. "People have eaten beavers for centuries." He noted that some woodsmen (and many critics in the Alone audience) believe that beavers are more likely than other animals to contain the parasite giardia. In fact, some call giardia "beaver fever." Benji Hill, a clear frontrunner, who'd eaten grouse cooked in beaver fat, left the show with an agonizing stomach infection. Tom's experience living with people in rural Africa and Afghanistan taught him about avoiding food poisoning in primitive conditions. "These people are always super conscious of what they've touched," he said. "The most common source of infection is your own hands. You train yourself not to touch your face, or your food, unless you're certain your hands are clean."

Tom had skills less easy to quantify than his hunting. He didn't have demons and regrets that haunted him during the long, dark nights. He was very comfortable being alone with his thoughts. "If you're somewhere with no distractions you might think one thought for more than two days." He sang familiar songs in the darkness, made some earrings for his girlfriend, basically enjoyed the whole process.

He said many of the contestants build fires only to cook or boil water, because the calorie cost of finding firewood for heat is so great. Juan Pablo, the winner, deliberately kept his shelter very cold and exerted little energy towards the end when food sources dried up, so his body would go into a state akin to hibernation. Tom would build small fires in the morning but didn't try to keep them going all day, or keep the shelter warm at night.



Photo courtesy the HISTORY Channel/Brendan George Ko.

Starvation was catching up with Tom, though. "I began to feel uncomfortable lying down, and realized there was just no fat to cushion me." He felt like he was wearing lead boots. "The quadriceps seem to go first," he said, "so even just lifting your leg over a log feels like a huge ordeal." He became clumsy and slow in his movements and the audience could see two very painful falls recorded by the cameras set up around his shelter.

It was perhaps his first, unrecorded, fall on the ice that affected him the most, though, he said. "I realized that I could easily die out there without

anyone knowing." He believes if his falls had happened a little later, he might have weathered the injuries with rest, but knowing the caliber of the other contestants, he knew he was nowhere near the time frame it would take him to win. "It seemed pointless to lie in my shelter for a week, lose more and more weight, and still not win."

Most of all, he didn't feel the need to hurt himself seriously for the cash prize, he said. "I have a great life. I don't need a lot of money to be happy. I knew I could be back in the Virginia woods by bow season. I had everything to look forward to already."

That includes any opportunity to return to Alone: "I had so much fun," he said. "I'd go back in a heartbeat."

*Find Tom's adventure, and all seasons of Alone on the HISTORY channel. See a short clip of Tom building his shelter and fireplace:
play.history.com/shows/alone/videos/shelter-from-the-storm-hillside-shelter?playlist_slug=alone-shelter-from-the-storm*



Tom Garstang learned leather work from Pinnell Custom leather in Crozet. Courtesy Charles Pinnell.

Multi-talented Historian Connects Culinary Past with Future

May 5, 2023



Leni Sorensen gives classes on provisioning at Indigo House. Photo: Malcolm Andrews.

If you're a fan of trendy, exclusionary ways of eating, Leni Sorensen doesn't want to hear about it, and she'll tell you so in blunt language salted with profanity. "People are so afraid of food," she said. "I think my mission right now is to help them get over their fear." Don't get her started on avocado toast, kale smoothies, or no-carb diets: "Of course, it's different if you have a medical condition," she conceded.

The truth is that Dr. Sorensen has dozens, maybe hundreds, of missions: helping people learn a little self-sufficiency, bridging the gap between urban and rural sensibilities, even finding a way to encourage the cyclists who

pedal past her Brown's Gap home to show a little courtesy.

That's only a glimpse, a tiny fraction of her ideas for the future. The 81-year-old Sorensen has been a professional singer in San Diego, a serious farmer in South Dakota, a middle-age student (she got her Ph.D. in her 60's), and an interpreter of history in Williamsburg, Monticello, and at other historic landmarks. More than three decades ago, she and her late husband, Kip, landed at a homestead near Crozet, where they added gardens, a chicken house, an outdoor oven, and hundreds of edible and useful plants. When their house was destroyed by fire they rebuilt and kept on planting. There are many more chapters in her wonderful, courageous, offbeat life, so many that it seems a disservice to try to summarize them.

"No one wants to hear about that ancient history, anyway," she said. She likes to focus on what's ahead, and to say that she's prepared for almost anything is an understatement. "Now, I'm not stocking up for the zombie apocalypse, but most people don't think much ahead, and I'd like to change that." On a chilly day in early spring, her kitchen is full of seeds ready to plant, although she scoffs at all of us who sometimes jump the gun. "Plant potatoes now? Insanity!"



Leni Sorensen makes cranberry juice when cranberries are in season during the holidays. Photo: Malcolm Andrews.

It's hard to see just where she might put the fruit of her next garden harvest. Colorful jars of canned meat, fruit, vegetables and juice completely fill her cupboards, her freezer's so full that she's trying out various ways to keep track of what's in its depths, and there's a pantry crammed with dried goods. She's the provisioner for family members who live nearby, and she firmly believes that everyone does better when they are well-fed. That's the thread that weaves through her many interests, and most of her enterprises: It all seems to come back to the food.

Cooking has been her profession as well as her hobby. It was something to fall back on through all the changes in her life. Partly, it was out of necessity, she said, not only when she needed extra money but from early childhood when her mother simply didn't cook. "She just refused to," Sorensen said. She's peddled whole-grain bread to early hippies; fed her children on good food she grew herself; made pita bread for Charlottesville connoisseurs,

and hosted dinners for those wanting to learn ancient foodways or modern techniques for preparing real food from real ingredients. She was an expert in farm-to-table cuisine long before it became a familiar term in the food world. Her historical research on the meals prepared at Monticello—whether eaten by the enslaved community or Jefferson’s family—catapulted her into the national spotlight as the go-to person for historically accurate food lore.



Ginger and squash are ready to plant as soon as the ground warms up. Photo: Malcolm Andrews.

These days, Sorensen offers classes in a variety of kitchen skills, plans historical and garden to table dinners—some in conjunction with neighboring Montfair—and is working on a home provisioning book.

There are some cooks she admires, especially Edna Lewis, one of the first Black cooks to show that meals put together from humble American ingredients could be as uplifting as any continental cuisine. She developed a grudging admiration for Martha Stewart, although her first exposure was not so positive: “I had trouble growing Brussels sprouts, so when I saw this

attractive young woman talking about them on television, I paid attention. She mentioned how she instructed her gardeners to tend to them, but she kind of lost me at 'gardeners.'"

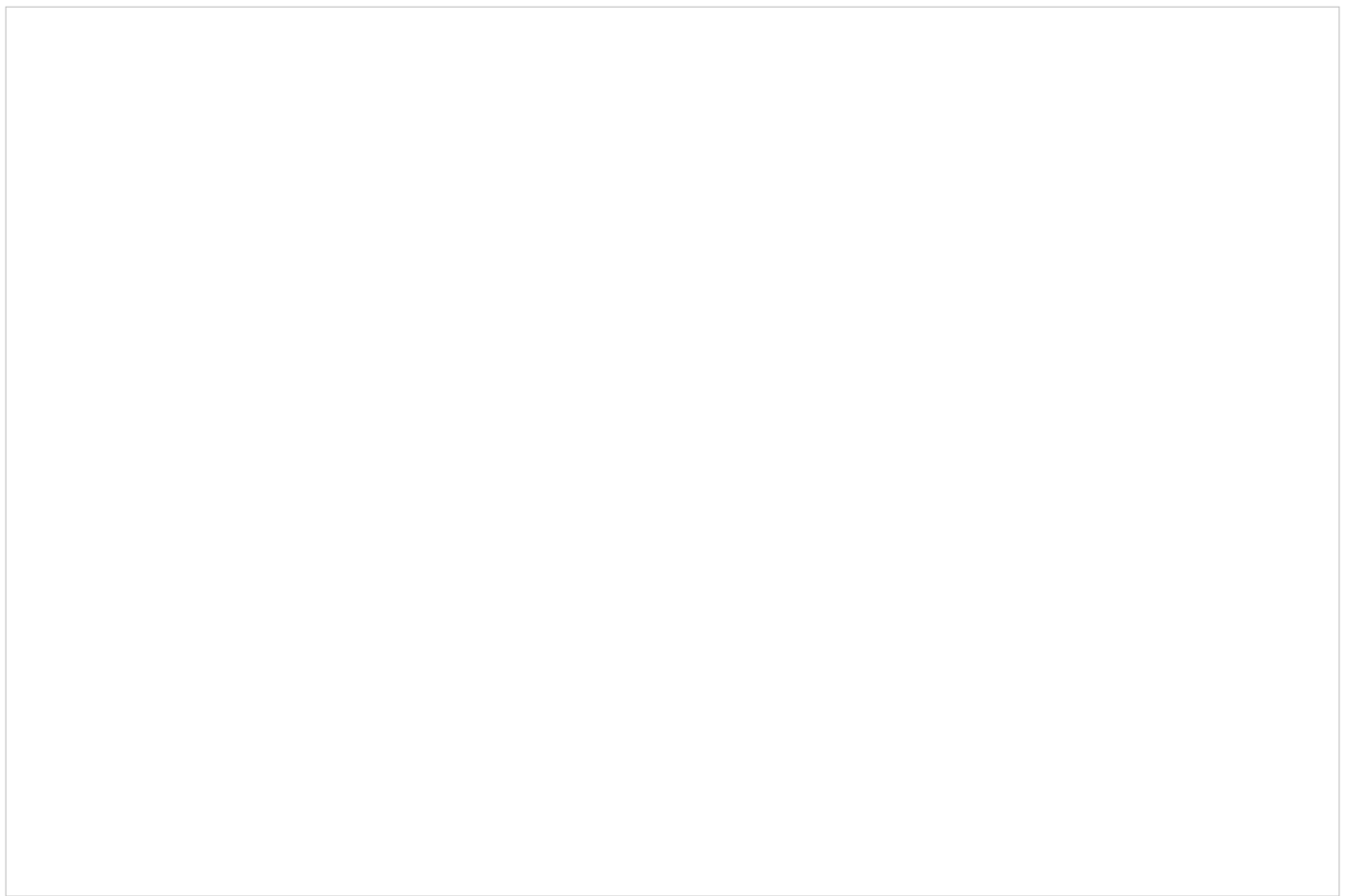




Leni Sorenson. Photo: Malcolm Andrews.

Food is also in the plan for some of her goals that, on their face, don't seem food-related. The urban-rural conflicts she mentioned at the beginning? "Sit all of them down at a meal and see what they have in common," she said. The rude cyclists might not get off so easy: "They'd have to listen to me rant a little first."

Step into the kitchen at Sorensen's Indigo House and you'll understand that her artistic sensibilities aren't confined to music and cooking. No set designer could have created the blend of practicality, warmth and color that Sorensen has assembled in the large light-filled, handmade space. With the eye of an artist, she's juxtaposed ancient kitchen tools with modern appliances. Crockery, cutlery and basketry provide warmth. Teapots and pitchers, bottles and jars, colanders, funnels and huge pots are all within the cook's reach.



In addition to her gardens, Leni Sorensen raises chickens at Indigo House. Photo: Malcolm Andrews.

Despite her considerable ability as a chef, Leni Sorensen is not a food snob. She has a heart for those struggling to afford today's dizzying and expensive variety of processed food, sometimes the only edible things available at the corner convenience store. "If all you can afford is \$40 worth of canned or frozen food, or if you get a bag of items from the food bank, put it on the table, sit down and think about what meals you can make from the little you have," she said.

She has ideas, lots of them, about how to correct the lack of affordable, wholesome food in poor neighborhoods, but they involve wider societal changes. Where to start? One way—the way she's always chosen—is to produce some of your own food. That in itself makes people feel less helpless, and a lot of good can come from that. "If you have just an apartment and can grow basil in a pot, do it. And maybe the next year you'll grow two pots of something. Soon, you're a gardener," she said. "Start where

you are."

Indigo House is a non-profit foundation devoted to furthering community engagement in rural arts and research. Find more about Sorensen's work, donate, buy her books, read her blog or sign up for a class or a dinner at indigohouse.us.

Author Documents Unsolved Murders in Shenandoah Park

April 10, 2023

“A beautifully written account of a great American tragedy. I couldn’t put it down.”

—JOHN GRISHAM, #1 *New York Times*
bestselling author

TRAILED

ONE WOMAN’S
QUEST TO
SOLVE THE
SHENANDOAH
MURDERS



KATHRYN MILES

AUTHOR OF *Quakeland*

Kathryn Miles, author of "Trailed" spoke in Crozet as part of a Virginia Festival of the Book preview event.

It's a tale of violence, fear and multiple threads leading in different directions. At first, Kathryn Miles did not believe she was right one to tell it. Miles, the author of *Trailed*, talked about her book in mid-March at a Virginia Festival of the Book's "preview" session at the Bluebird & Company Annex in downtown Crozet. The preview sessions were a new feature of the 2023 festival, now concluded. Director Kelila Williams said there were dozens of events in six Virginia towns and cities, with more than 60 authors.

"There are a lot of people fascinated with true crime these days," Miles told her audience. "I'm not one of them." She said she doesn't like being steeped, day after day, in evil and murder. She came to writing about the 1996 murders of two women in the Shenandoah National Park from a different angle: she's a nature writer and covers outdoor adventure for a number of publications. "I also write about the environment, and that's discouraging enough," she said.

Life was conspiring to draw Miles into the chronicle of the two young women who were found in their tent with their throats cut on a chilly day in May, not far from Skyland Lodge. Julie Williams and Lollie Winans were highly-skilled outdoorswomen who found the perfect remote campsite just a short distance from Skyline Drive.

"At the time, I didn't know anything about it," Miles said. "I was graduating from college and perhaps not keeping up with the news." But she was

offered a teaching job at Unity College in Maine, an institution specializing in environmental education, which included courses in backcountry skills. Once she got there, in the fall of 2001, she heard plenty about the murder: Lollie Winans had graduated from the school years before, but it was as if she were still a presence there. "Her death, despite being her being very knowledgeable about safety in nature, made a huge impact, and the classes coming after her all knew the story."



Author Kathryn Miles wrote "Trailed" despite her reluctance to immerse herself in a story of violent crime. Photo: Amy Wilton.

However, few knew the real end of the story: "Most people, including me and the Unity College Community, thought the murderer had been found," Miles said. The FBI Richmond Field Office, the National Park Service, and the Virginia State Police were all involved, and they found the perfect suspect in Darrell Rice, a mentally ill man who was caught after he terrified a woman cyclist in the Park a year after the deaths. So, when the FBI issued an appeal to the public in 2021 for information about the 25-year-old case, Miles was intrigued, and became drawn into doing her own investigation.

It turned out that DNA evidence at the scene exonerated Rice, who did admit to and serve time for the incident with the cyclist. Even so, law enforcement pulled out all the stops to prove his guilt, including planting a trained agent in his cell to pose as a criminal who openly expressed his hatred towards women and his desire to harm them, hoping Rice would commiserate.

The tapes of their conversations would be funny, if not so dark. Rice attempted to counsel his cell mate, suggesting he take up yoga or do a number of other things to calm down and resist his violent urges. After his stint in jail, the charges against Rice were dismissed "without prejudice," meaning that he could be charged again, if new evidence became available.

After that, Rice was unable to have a life, Miles said. Wherever he tried to live, he was reviled. For a while, he kept in touch with his lawyer, but he moved out West, eventually became homeless and has disappeared except for occasional contact with his attorney.



An old photo shows Lollie Winans and Julie Williams in the Park with their dog, Taj. Submitted photo.

Anyone who lived in Virginia in the late 1990s will remember that there was more than one reason for women to be fearful. In Spotsylvania County, two young sisters were abducted off their porch and murdered. In the same month as the Park killings, a man known as the Route 29 killer tried to stop at least 20 women driving alone under the ruse of spotting sparks coming from

their car, and was successful in stopping and killing Alicia Showalter Reynolds, who was on her way from Baltimore to Charlottesville to meet her mother.

The murderer of the kidnapped sisters was eventually solved, but that perpetrator killed himself as law enforcement closed in on him. Was he responsible for the Shenandoah and Showalter murders, too, or was Rice who responsible for other deaths? Or was it someone else, someone whose DNA, unlike Rice's, might be match for that found on the gags and under the duct tape used by Lollie and Julie's killer.

That question can't be answered, Miles said, but there are plenty of theories. Over and over again, she talked to the families, the friends, law enforcement, and Rice's attorney. There were so many people with so many conflicting agendas: the Park Service didn't want to frighten people away from national parks; the FBI, once settling on a suspect, did not want to focus on another; Rice's attorney strongly believed he was not capable of that level of planning and violence.

Trailed is written with painstaking detail. Nothing is left unexamined, including the motives Miles had in finally deciding to write it. "I wasn't so comfortable with this part," she told the crowd at Bluebird & Company. "I'd much rather be the one asking personal questions than answering them." She explained why she turned to nature, like Lollie and Julie, for healing, and describes her anger that a predator could make other women too fearful to do so. In her research, she explores many tangential issues, like the relative safety of National Parks (safe, but not as safe as they'd like you to think); the fraction of murders that are actually solved (one-third); and notable mis-steps of law enforcement that result from confirmation bias.

Without giving away the theory Miles came to embrace, it's important to say that the true answers to this crime, and possibly others, could be fairly simple to find. The DNA from the Park murders has been kept in an FBI vault in Richmond. For whatever reasons, law enforcement has refused to test it

against the DNA from other potential suspects, including the Spotsylvania murderer.

The story doesn't end with the publishing of *Trailed*. One law enforcement officer was so angry with the questions Miles raises that the publisher found him to be a credible threat to her, and the book tour for *Trailed* was postponed. And a Canadian company intends to make a documentary based on the book, with Miles as the executive producer.

Trailed, including signed copies, is available at Bluebird & Company, at the Crozet Library, and at other booksellers.