

YOUR GUIDE TO THE LOCAL GOOD LIFE

# FRONT PORCH

THE REGION'S **FREE** COMMUNITY MAGAZINE

Local Good News Since 1997

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*fredericksburg*



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COVER BY ARCH DIPEPPE

# Freshmen Artists

## TAKE ROOT @ FXBG ART SCENE

### BY AMY PEARCE

March is a time of sprouting and new growth. Growth as you know does not start in the spring, but many months earlier as seeds develop beyond view, vibrating with the anticipation of their emergence into the world, to the delight of all who are lucky enough to see.

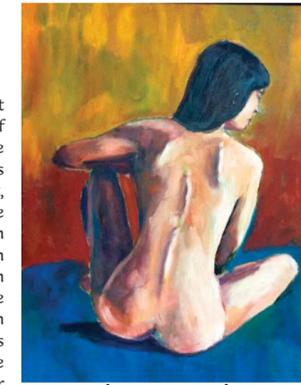
Two such 'seeds' are Fredericksburg locals **Dave Honaker** and **Mary Woolls**. These friends, patrons of the area for many years, are taking an opportunity to contribute their talents to the locale by collaborating in the first ever showing of their art. This shared show of two artists with complimentary styles and subject matter is being held **March 3<sup>rd</sup> at Raven Hi Fi**. Occupying one of the great spots on William Street, Raven, with 'music as art' as their offering, has been a longtime supporter of local art and is making their foray into the First Friday scene.

Dave Honaker has been painting for just a few years using oil paint on canvas. From the very first stroke of paint he says he knew he was unleashing a creative seed that, once bloomed, could

not be ignored. Dave's paintings are bright and colorful with compelling images of detailed neon scenes, local architecture and the human form. Art is judged as good or bad by those who experience it, and Dave and Mary both feel that "the feeling generated is more valuable than the art itself." Yet, this is valuable art in the money sense, too, because they both are simply good artists who will continue to emerge and become better with experience. Their "soul of the artist" is already present; it is something you see when you stare into a painting. It's either there or not, and these two got it.

Mary's experience with oil painting began several years ago in **Bill Harris's** art class, at LibertyTown. Her subject matter is varied; old trucks, local landscapes, and still life, and she paints as often as her day job will allow. "I love the way time goes by unnoticed when I'm concentrating on a painting," says she, and she is most intrigued by the nuance of color and light.

Raven Hi -Fi (specialists in



by Dave Honaker



by Mary Woolls

Delving into their backgrounds, talking to a couple people in the know, I find they already do have standing in the arts community as - in Dave's case - a musician, singer/songwriter, and in Mary's - as the supportive spouse of musician **Stuart Whitford**. Dave, I might add, is quite the adventurer and writer; just read some back issues of **Front Porch** - Google [goodsporting.blogspot.com/](http://goodsporting.blogspot.com/). Mary, like Dave, takes in art exhibits and live music shows. Both support the downtown food community.

customized home theater installations of quality audio and video products in new or existing homes), the host to local house concerts, has graciously opened their doors to allow these two friends and artists a quality venue for their first show. Although this is the first show for both of these budding artists, it is certain this is the first of many contributions they will make to the community.

In a town as gentle and supportive of its peeps as FXBG is, you still have to deliver the goods to impress. "Freshmen" artists Dave (Image: "Lost in Thought") and Mary (Image: Blue Truck) get it done. See their show in March, opening First Friday the 2<sup>nd</sup>, at Raven Hi Fi, 214 William.

Amy Pearce edits and writes for Front Porch.

## Heart Throbbing



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Messages from our readers are welcome. All submissions must be received by e-mail by the 19th of the month preceding publication.

Writers are welcome to request Writer's Guidelines and query the Editor by e-mail.

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# ON THE PORCH

## REACH HIGH

When **Chris Park** told his employer he was leaving in eight weeks and moving to California with his girlfriend, his boss simply said, "Reach high."

The employer, **Rob Alling**, has reached high all his life with great international success, some of it right here in Fredericksburg with The Kenmore Inn. An endorsement like that from a man like Rob had to be a positive boost for Chris, and for his partner **Joanna Krenich**, as they prepare to go West.

But Chris is a confident guy, and although he really feels great about Rob's blessing, he's not easily discouraged nor in need of approval. In fact, Chris asked me to let **Danny McBride** know that Chris is on the cover and Danny on page 8. (Why is it that all the creative talents I know have a wit to match their wisdom and talent?)

Speaking of the cover, it was shot by **Archer Di Peppe** at **Goolrick's**, home of the romantic Valentine milkshake. Chris Park and Joanna Krenich share the chocolate shake at the downtown Fredericksburg icon just weeks before they leave for L.A., where Chris is planning to follow his passion, and Joanna will launch a career in the food industry. Her **chirpblog** on Wordpress is an entertaining and well-written start.

I wish them both, both of them my friends, farewell and many blessings.

We'll weep together in person, guys, before you go. It will be tears of joy and my selfish tears of letting go of two sweet people to too many miles away. I wish you the best, you know.

There's a lot we can take from Rob Alling's words to Chris, and from Arch Di Peppe's photo of them, especially this month when we celebrate romance. What better a cover picture than these two lovers sipping a shake together? A throwback to the 50s and clearer times. The simple bond between kindred spirits in love at a soda fountain with big plans to move and begin anew, and feeling it is so doable together. And what more appropriate words of encouragement from someone who's done it - lived a dream and now passes the vibe along to two lovers?

Danny McBride did it. **Brandon Newton** did it. And as you'll read about them, you'll come across local legend **Jim Burton**, who did it, too. There are lots of dreamers, in fact, profiled in this issue - people who are happy because they are living life, not living in a well-conforming box.

That should be what love is, what life is, what community is. It doesn't have to be comfortable, or as **Andrew Hellier**



told me one recent Saturday night, "If you live in Fredericksburg, you are not secure." What he meant is, "Reach high." He just said it in different words.

So reach high this month, Fredericksburg. Love deeply. Laugh loudly. Dance as though no one is watching. And enjoy our inspired issue, cover to cover.

*Rob Grogan*

## MESSAGES

*Rob's comments regarding Micah and the area's homeless did indeed shed some light on a lack of compassion issue we see in this city. Your comments (On the Porch, November) were moving and right on. Thank you for saying what you said.  
Scott Sweeney*

*I read Saving 401 Sophia (November, by Chris Park and Mike Craig). I really liked the collaborative approach and tone of the piece. That's something we absolutely need to foster. Job well done!  
Sean P. Maroney  
Executive Director, Historic Fredericksburg Foundation, Inc.*

*If I write 'Thank You' a thousand times it will not translate to how appreciative I am for the article (December - Pop-Up Shop, Just Great Things for Just a Few Weeks). Both my mom and I love it and we are so excited to be in the magazine. I've already had new traffic come in telling me they heard*

*about us from the article!! Thank you, thank you, thank you!!!  
Many Thanks again!  
Kathryn Pankow  
Just Great Things*

*What a great edition (December's e-edition) - starting with a very Audrey Hepburn-like girl on the front page, then the editor's family in their cool shades (another fine editorial), Jeb Stuart article, Lady Gaga, Zen cocktail (Do you make it at the Bistro?), beer tasting guidelines, Santa, cute dogs - it's got it all! Really liked that Breakfast at Tiffany's photo - black and white w/ a touch of red - very classy. And the rolling pics are very nice, also. Now, relax a day and get started on January's paper.  
Jay Bigenwald  
Rochester, NY*

*From Mr. Bob Whittingham (of Whittingham, and The Kitchen At Whittingham): The new (December 2011) Front Porch just came - The cover is Wonderful! Fun. Interesting. Love it! Love it! Love it! Love it! You did great. (cover by Arch Di Peppe and Bill Green)  
We had great crowds at our Chamber Concert on Sunday and a*

*decent crowd at the Fridays@the Last Resort - I give the Front Porch and our article (January) much of the credit!  
Todd Schwartz  
St. George's Episcopal Church*

**NOTE:**  
*We've reached maximum space limits and will publish more Messages next month...*

**OOPSI - Rob**  
*Rachel Lee of Ferry Farm pointed out my two unsuccessful attempts at describing the South's secession from the United States. In "Our Heritage" (December), I erroneously wrote: "...with the talk of succession." Later in that same paragraph, "Virginia succeeded in 1861." Well, the talk was of secession and Virginia did secede in 1861. Thank you, Rachel. Please keep reading with a critical eye and enjoy us cover to cover.*

*Nancy Hanson pointed out that writer Matt Thomas and I missed a misspelling in his "On the House" beer column (December) on a brewery in Delaware: the city is spelled R-e-h-o-b-o-t-h. Nancy used to live there.*

# AutoKnown Better

JACK, HENNY, AND HINNY

BY RIM VINING



Gifts that are freely given should be shared.... and this one might explain why Mr. Ed. decided to move Mr. Autoknown from the obscure and hidden back pages of this monthly to just opposite his countenance on the editorial page. You remember the day the teacher singled you out and moved you to the front of the class where they could keep a better eye on you and separate you from your hoodlum associates? I do.

So, having already received my gift of an article topic when a public body as auspicious as the United States Supreme Court decided to address my concerns over On-Star and the possible abuses of "tracking" our whereabouts without our knowledge, I was then given a second gift of such staggering import that I had to start over. Ready?

All I am doing is getting my morning coffee when the beautiful barista which almost rhymes with senorita (and who is in the market for a used car, I might add) says, "I can't find a good used car so I'm just gonna' buy myself a donkey so I can take my ass to work."

I don't care who you are, that is a great line. I wouldn't use it as a pickup line but as memorable lines go it is spot on. It also begs the question, is a donkey an ass? Was Baba Looney, the burro sidekick of Quick Draw McGraw, a donkey or an ass and why was his alias "The Whippersnapper?"

These really are gifts. For you followers of my tirades against the evils of the Onstarion menace... the Supreme Court has upheld a lower court ruling that decided placing a

GPS devise on a vehicle without a warrant and using information obtained in tracking that vehicle to bring charges and a conviction was an invasion of privacy and in violation of our Fourth Amendment rights. They also mentioned that a critical point in this case was that the GPS device had to be physically placed on the vehicle, so they foresee future cases and further rulings dealing with vehicles that have GPS capabilities already on board... like On Star? Hmmm? You mean all that data available to General Motors might be used to track your whereabouts without your knowledge? Not in America.

And for those of you who need to know more about the donkey issue well... did you know?

The donkey, or ass, (*Equus Asinus Asinus*) is a species unto itself. The male being a Jack and the female being a Jenny. Notice only the males are called jack-asses. However, as in any global economy, if you mate the Donkey Dad with a Momma Mare, which does sound very French, you get a Mule. Much rarer is the scenario of a Stallion hooking up with a Jenny and producing a Hinny. Hang in there with me a minute...

(Andy down at Earl's has a black Lab / Beagle mix... full black Lab with four-inch legs. Max is a riot!)

So what we need in this leap year is a leap of February faith that will find the barista senorita a suitable ride, preferably with four-wheel drive and a stick shift so she can get her assets to work. But nothing with On-Star. Think of a 90's something 'pick-uppy' 'Explorerish' vehicle that you would feel good putting your daughter in. Come on, they are out there and I am serious... let's find this babe a ride. Send your proposals with a picture to [autoknown@aol.com](mailto:autoknown@aol.com)

Do burros get better mileage than mules? They are smaller.

*Rim Vining will one day appear before the Supreme Court, or maybe The Supremes.*



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# Retired & Buck Naked On The Back Porch

"I'D LIKE TO BUY THE WORLD A COKE"



February is rainy and cold. Soup's on and so is the dilly bread. This is the smell-well season and I love it. Sometimes the weather is too much for me to venture out, and I am shamed by my outdoor walking friends, for whom the postal creed applies, "Neither rain, nor snow, nor heat, nor gloom of night stays these [walkers] from their completed rounds."

I hasten to add neither they, nor I, wear those two-ton "walking" shoes advertised with "specific mechanics and strike path." An old pair of Keds, frayed at the seams, takes us around Alum Springs and along the Appalachian Trail.

But in the cold and gloom I do not join my outdoor friends. I'm hanging tough indoors. I used to turn on the TV on these February days, and listen to the ads. John Cleese talking for pups was my delight, but the best of all were the Coca-Cola™ ads with children singing such ditties as "I am the future of the world."

Usually, I'd just listen to the ads until the kids came on. Not only did they sing "in perfect harmony", but they were gorgeous. They had a Coke bottle in their little hands. That's where Coke went wrong. You can't make beautiful music holding a blankety-blank tin can, which hasn't a "return for refund" written on it, not to mention the name of where it was bottled on the bottom of the glass.

I used to love to watch those Coke trucks roll out of the plant down there on Princess Anne Street. They'd inspire me to walk over to Charles Street

BY JO MIDDLETON

Market and get a carton of Cokes, a pound of bologna, and a loaf of "builds strong bodies 12 ways" Wonder Bread from **John Skinner** (who could carve a haunch of meat the like of which hasn't been done since, though that butcher fellow currently up on William Street is coming in a close second).

I need to point out, by the by, that November past I hit my 74th year, well and kicking, thanks to all those health foods I bought from Big John on Charles Street.

Now-a-days, however, as my late, great, Virginia author friend, **Barbara Holland**, pointed out, pleasures such as martini, bacon and naps are out. If TV ads are to be believed, malfunctioning body

parts below the waist are in. I want never to meet the bride whose wedding reception toast is Phillips Colon probiotic to ease malodorous constipation and bloating. What happened to the good old Phillips Milk of Magnesia my mother gave me without the benefit of wedding speeches? And am I to pity the poor sod whose sex life has been

limped away due to over-consumption, probably, of hamburgers whose erstwhile steers consumed too many female hormones?

Nope, TV ads are sadly disgusting. I'll go to WETA and giggle John Chester playing Khachaturian on this winter's day, and drift off for a nap, retired and buck naked on the back porch.

*Jo Middleton has her wits about her and at least writes regularly. Coca-Cola's slogan from 1932 through 1937 - the year Jo was born - was "Ice-Cold Sunshine".*

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# Jim Burton

REAL GOOD FOLK

BY BRITTANY DE VRIES

The steep wooden staircase is the only murmur in an otherwise blank stairwell, each step a low purr like a sleepy bear awakening from his slumber. The door welcomes one into a long room with faded green narrow floorboards and soft lighting. Each piece of furniture emits rich smells of weathered oak and mahogany. Wooden mallards with muted yellow beaks nest on coffee table books like "Living with Folk Art." Above hangs a luscious purple banner, which befittingly reads "Welcome to Mount Pleasant."

Jim Burton's apartment transports a guest from the 900 block on Caroline to a splendid Americana cabin where stories are written in each scratch on the floor and book on the shelf. Burton himself seems part of the intricate décor: he sits in a wooden chair, his face softly illuminated by a vintage Budweiser reading lamp with a shade reminiscent of Matisse. In the center of it all sits in any other environment an ordinary silver stereo; here, the unearthly square lines command attention... "Want to listen?" he asks, and without waiting presses play. This homemade music recording is

familiar—Burton's crooning, Nate Leath's ethereal fiddle, Dave Jensen's masterful guitar, notes from John Buck's bass, followed with unison laughter and quipping—yet for all the times I've heard it, Burton makes me really listen.

"Most people who play here, their soul is really in it," he says of FXBG's plethora of ardent musicians. "Any night of the week you can hear good music." There is a fervent, talented and, at times, hilarious group who surround Fredericksburg's tradition of local music, and the extraordinarily Jim Burton is a nod toward the past and present music community. He is all smiles, remembering The Bluegrass Butchers, a fun-loving group that included Jake Crosley, Tommy Mitchell, Larry Southworth, Sara Southworth, Rosemary Oakley, Carol Phillips, Bob Haley and Chip Remy. "My official part? I was the pledge," Burton jokes.

"That's where my music career began. We were as bad as anything but we had a great time." The Bluegrass Butchers weren't bad at all, even playing with singer and guitarist Charlie Waller at the

Birchmere. One of Jim's most memorable moments was a party they played in Virginia Beach: "Jake Crosley was quite the high dollar lawyer, and he had a buddy who had us come play for a party of about 150 or 200. Gorgeous veranda, and just all the food you've even seen in your entire life. He even rented a bus for us—this guy had spent money to set this up. So we get out there and we play one song and everyone in the whole place cleared out! Every soul left. I will never forget that if I live to be a million."

Over the years, he has played with and helped found many musicians and bands. "Bluegrass music is soul music. Not over complicated, so it's easy to play and you can pass it on." The tradition is apparent in the bluegrass found around downtown today. Regulars fill every seat when The Bluegrass Believers play the Pool Hall on First Fridays, or at the sight of the ever-evolving group belting it out at the Sunken Well on Sundays: "This group with me now [The Wellions] sort of fell into me.



It started about 20 years ago with Ben Eldridge. It has turned into a community that likes to make real good music and are real good folk."

For Burton, that's what it's about: good music and good folk. "It's a peaceful community. I'm glad to have the people I know." He was there at the beginning, watching memories unfold, musicians appear and bloom, bands grow and lives raveling together under the wing of this treasured town. As for that one jam session recorded in his apartment, the one that relives its own memory in the room that produced it: "Every single person there was dead on top of it. Whoa, as for me it doesn't get any better than that."

Brittany E. De Vries of The National Horseman writes regularly in Front Porch.

# Exile On Main Street

THE REAL FREDERICKSBURG ALTERNATIVE

BY PAUL CYMROT AND SCARLETT SUHY PONS

What I like about downtown Fredericksburg is that it is a real place. It was not constructed to look like something; it is something. It could not be made from scratch. It could only be made by generations of people living in it, working in it, and adapting it to fit their needs. I like that I can get a cup of coffee and a tattoo and an eighteenth century silver spoon and a bag of second hand books in the two blocks between my favorite restaurant and the free outdoor concert in the park.

It can appear disorganized, even ramshackle, but it is more than the sum of its parts. It is the sort of community that people everywhere are trying to simulate. The downtown has more than 200 businesses — retail and restaurants, art galleries and accountants, bar and churches — sharing not-quite-enough parking with hundreds of apartments and houses and historic sites and tourist destinations. Its roots run as deep as any city in the country. It is unlike anywhere else. Authenticity is difficult to simulate. We have it.

What we do not have is an organization designed to give it a voice with which to sing its own praises or converse with the city officials who govern it. We don't have a forum where business owners can pool their knowledge, air their concerns, and cooperate towards common goals. We don't have an entity whose sole purpose is to recognize, organize, and nurture what makes our town different from the towns we all decided not to live in.

The National Trust for Historic Preservation has put a lot of years into studying and celebrating neighborhoods like ours. They feel we are something of an endangered species. And they've noticed that towns with good, active, professional organizations tend to thrive more than those that don't. The National Trust has put together a program called

'Main Street' that has taken the best of what works in successful community organizations and made a template out of it. They make this template available to other communities. They promote good ideas; they give awards; they spread the word about nice or interesting or historic places. They've built a brand of Main Street, and it's been successful, on the simple theory that it's good for people with common goals to work together.

Fredericksburg has all the qualities of all the best of the Main Street communities, except for an organization to lend businesses a hand when there's a problem that needs solving or an event that needs promoting or a misconception that needs correcting or a vacancy that needs filling. A number of us who own businesses or property (or both) downtown are working to put together such an organization right now. It will share many qualities with the Main Street template, but because we are Fredericksburg and are not like other places, we are not calling it a Main Street. We want it to reflect what we are. We're calling our organization 'Real Fredericksburg.'

The goal of Real Fredericksburg is to work with businesses, property owners, and residents of the downtown to achieve our common goals. What are those common goals? We'll only know if you'll tell us.

We want Real Fredericksburg to tackle the issues that are present and pressing among our neighbors; we have no other objective. Right now Scarlett and I are talking to as many people as we can to enumerate all the things that can be done (or not done) to maintain the vibrant and authentic flavor of our unique downtown. We'd love to talk to you. Give us a call or stop by our shops. I'm at Riverby Books (805 Caroline St). Scarlett is at PONSHP (712 Caroline). The more people who can get involved, the better.



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# Danny McBride

AND HIS KINDRED SPIRITS

BY ROB GROGAN

Lucky is the man who's had a friend or two the entire ride. Such a man is **Danny McBride**, actor and Fredericksburg native son. Neither fame nor fortune has cut his ties to old local pals whose experiences and qualities forever bond them with a gift as unique as an award for film, art or music.

Danny's relationships are at an all-time high, with friends like **Brandon Newton** and **Kenny Ellinger** intact, and wife **Gia Ruiz** his true love. Whether filming in New Orleans this spring or making a few runs down the Rappahannock this summer, Danny remains the smiling guy who happens to write, act and direct. "I met Danny in grade school," says Brandon. "I think he found my harassment of teachers entertaining."

Danny, who moved here "before route 3 was a nightmare and Central Park was still a golf course" did "a tour of duty in a bunch of local schools — I kicked my Virginia learning off at Salem Elementary then on to Battlefield Middle, did some time at Chancellor Middle, and then on to Courtland where I graduated." His take on Brandon is in sync: "I met him in second grade. He was a troublemaker and I thought that was cool. **Kenny Ellinger** I met in seventh grade. Both are to this day two of my closest friends. Both were in my wedding." Both played music, while Danny looked to film.

"I was interested in storytelling and filmmaking. I crafted a thrilling tale about Leaf Man — a pile of leaves that could magically turn into a man and walk around and talk. Very exciting. In high school, I wrote several plays; one we took to the state one-act competition. We didn't win. We were snubbed," he jests.

From Hollywood, he stayed in touch with Brandon. "This was hard for me," recalls Brandon. "I looked to Danny for energy and inspiration; I had never met anyone quite like him." Brandon,

recalls Danny, "would draw intricate half pipes and skateboarders. Glad to see he moved off of stick figures grinding imaginary skate parks and into the world of painting." Their mutual jousting is a brotherly love shared with Kenny.

"When times were tough in LA I moved back to the Burg for a bit and crashed on Kenny's couch off Wolfe Street. Fredericksburg is a touchstone for me, not only a way to stay grounded but a really nice place to live." The NC School of Arts ('99) filmmaking grad had headed west for fame and fortune. "Instead, I found a wonderful job as a waiter at the Crocodile Cafe in Burbank."

Then he wrote and acted in an independent film called *The Foot Fist Way*, buddy **Jody Hill**'s first feature. "I was more interested in working behind the camera but we didn't know any actors so both of us had to step in front of the camera to make the movie" — in 17 days, financed with credit cards. At The Sundance Film Festival, **Will Ferrell** and **Adam McKay** saw what became a calling card that opened doors: "We used the moment of heat to set up *Eastbound and Down*" (Season 3 premieres Feb. 19 at 10PM on HBO).

Still, Danny would love to flex that directing muscle and step behind the camera this year to helm his first feature. "We'll see how it goes." It still goes well with friends. "We still hang like we use to except baby sitters have to be called," Danny smiles. Gia, and their son Declan, bring out his biggest smiles. "I met Gia in LA at a Super Bowl party. Neither of us liked the game so we set our sights on each other." Setting their sights on summers



here, they look forward to opportunities for Declan that Danny did not have — like future painting lessons from Brandon Newton? "Depending on how much Brandon is charging, yes."

The banter among kindred spirits fills the downtown air just a block from the McBride's apartment. The evening brings out friends, or as Brandon sees it, kindred spirits... timeless: "I do think we are still good friends because it still feels like we are hanging out at Orbits listening to music every time we go out. And the more you get to know Danny, the more you want to be around him."

*Rob Grogan makes Moscow Mules on request for good people like Danny McBride.*

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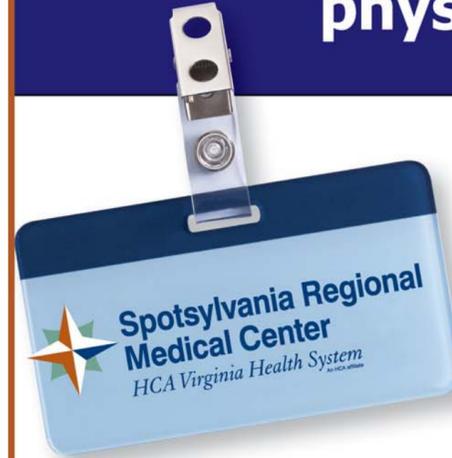
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## These Cellars No Cellar Dweller

### JAMES RIVER IS ON THE RISE

BY SCOTT RICHARDS

In the Bordeaux region of France, it is said that grapes and wineries are found on every piece of ground not claimed for something else. As the Gironde River enters the region, it splits, and on the piece of land between the two bodies of water, grapes are grown and wine is made. Along that same line of thinking, in Virginia there exists a winery that lies in the midst of a sea of industry just south of Glen Allen on Route 1. No one would expect a winery to be across from a heavy equipment sales and rental facility, but there in the midst lies James River Cellars.



Owner, Mitzi Batterson  
& Future Vinters

wineries are growing with new ones being added, Virginia wines make up less than five percent of the wine sold in the Commonwealth. Now Virginia has branded itself as a wine state with an emphasis on visitors tasting and talking about wines, and on educating the consumer on making wine, and food and wine pairings.



Founder, Ray Lazarchic

The wines at James River Cellars are full of excellent character with quite a variety of tastes for even the most fastidious of wine drinkers. While they are



Winemaker, James Batterson

The owner, Dr. Mitzi Batterson, holds a PhD from the University of Virginia in pharmacology and was involved in cancer research and teaching at Randolph Macon College until 2007. She describes the winery as a family hobby gone a little out of control. What started as her father's experiment in Montpelier opened to the public in June 2001 with four wines; it is now one of the anchors on the growing Heart of Virginia Wine Trail. The vineyard in Montpelier includes 20 working acres of vines needed to make the 15 wines on their tasting list.

To help cope with the demands of a very successful winery and being a mother of two small children, Mitzi hired a nanny at the winery and established a day care in the basement. Ever thinking, she has instituted mother groups at the winery where mothers come and try wines while their children receive care.

Known for their Friday Night Summer Jazz sessions, the framework for a covered patio remains in place. When the weather is right, the canopy is installed for either special or regular warm weather events. In the upper story of the winery is an airy and open banquet room for formal dinners to the most relaxed of parties.

While running the winery, Mitzi is also the elected head of the Virginia Winery Association. Although she likes to do things rather slowly, her involvement in the Virginia Wine Market has catapulted her to the top in a short time. Dr. Batterson refers to the wine market in Virginia as recession proof and has done a lot to keep it that way. While Virginia

very refreshing, their taste structure is such that they may be used in both a formal as well as an informal setting without over powering the dining experience. James River's portfolio offers wines created to meet culinary needs. Of the 15 wines tasted, two stood out: the Reserve Chardonnay (fermented in stainless steel tanks and aged in French and American oak barrels for about six months) is a perfect compliment for fried seafood or seafood in a lighter sauce; and, the 2006 Petit Verdot (Petit Verdot is principally used in classic Bordeaux blends. It ripens much later than other varieties in Bordeaux, often too late, but has attracted attention in the New World, where it ripens more reliably.

James River Cellars is a nice day trip and a source of good wine. So think small, think local, and pay Mitzi a visit.

Scott Richards of Loch Haven Vineyards writes at [fromthevine.wordpress.com](http://fromthevine.wordpress.com)

## Urban SmallHolding

### IRON MAIDEN

BY AMY WOODRUFF



An icy wind blows with iron determination and biting intensity. An endless, barren landscape of washed-out grays and browns. Grapevines with their dark tendrils in a death grip around the cold wires, appearing as lifeless husks. Stark silhouettes of trees stretching up against the cold sky, sculpted in ice that glistens like crystal in a rare beam of sunlight. Winter has arrived at long last.

At The Croft, this means wearing waterproof galoshes to traipse through the muddled yard to the chicken run, de-icing chicken water, buying extra feed and getting less eggs. The tropical bonsai trees are cozy in their basement vacation home whilst the deciduous ones remain outdoors - twisty, gnarled-looking twigs in tiny pots. Taking a flashlight out at 5pm to harvest some ice-encrusted rosemary for the Dublin Coddle on the stove. It's time to use the food we grew and preserved for harvest to keep us well-fed in these colder months.

I like to say that cooking is a casual hobby for me that, I admit, take a bit too seriously on occasion. The Iron Chef I am not, but I do have a desperate love for creating meals from scratch; I obsess about ingredients and quality. Oh, and I love to eat.

For me, the right tools, techniques and equipment are just as essential as the perfect ingredients. And in the case of pots and pans, I feel strongly that the wrong equipment will not only produce a meal that is sub-standard, but can also be as detrimental to your health as processed foods and poor ingredients (Google "polytetrafluoroethylene safety" - read and weep.)

And so I am an advocate for my culinary cookery of choice: **Cast Iron**. This was your grandmother's and great-grandmother's original non-stick cookware for a good many decades before the birth of the Teflon skillet in the 1960's. Yes, it is heavy - good for building muscle tone. In good, cured, ready-to-use

condition from your local antique shop yes...it can fetch a high price. But remember - it will be the last cookware you will ever buy. E-V-E-R. It is absolutely worth it - the stuff is amazingly indestructible. And they come in nearly every size and shape imaginable.

Still need to satisfy your inner frugal...? You CAN find rusty, unseemly cast iron cookware at junk shops and flea markets cheaply - all they need is a little TLC. To bring rusty pans back to their former glory, you will need some cooking oil (I prefer EVOO), rough sand paper, a wire brush, steel wool, gloves, dish soap, paper towels and some elbow grease. It's best to work in or near the sink, because you WILL make a mess. Begin with your wire brush and a little water. Try to get as much chipped material off as possible. Dry your pan and add a tablespoon or so of oil. Take a piece of coarse sand paper and begin sanding. Pay special attention to the inside of the pan but you will want to work the outside as well. Add some dish soap and water, rinse, dry and repeat several times, finishing with steel wool instead of the sand paper. After the final rinse and dry, coat your entire piece lightly with fresh oil and place in the oven. Turn it on to 350 degrees (this works for EVOO as it is below the smoke point of the oil.) Let it bake for an hour and then shut off the oven. Let the piece cool overnight and when you pull it out, it should be blackened and smooth.

To continue the curing process, USE your pan! Never wash it in the dishwasher, clean only with water and a copper metal scrubbie. Rub a few drops of fresh oil inside your clean pans before storing them.

*-Amy is a wife, mother of three, local banker, bread baker, soap maker and hoarder of cast iron cookware... Oh, and sorry Tom Byrnes...*

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1 Duncan Hines German Chocolate cake mix (prepare and bake in a 13 x 9 pan - let cool)  
1 - 16oz container of chocolate frosting  
1 ½ C chopped pecans  
1 C coconut

Cut cake in small squares and place in a large bowl. Scoop frosting over cake crumbs, add coconut and pecans; stir gently until blended. Using a cookie scoop, scoop mixture into 1 ¼ inch balls and roll by hand, place on wax paper - cover and chill 1 hr. At this point you may freeze these or add a dap of hot fudge sauce and serve. These can also be used as lollipop balls.

## BANANAS FOSTER CHEESECAKES

1 pkg of mini nilla vanilla cookies  
8 oz cream cheese softened  
1/3 C brown sugar  
2 lg eggs  
2 T sour cream  
1 T rum  
½ t cinnamon  
3 med bananas  
Caramel topping

Preheat oven to 325. In a mini muffin tin, place the mini cupcake papers with a nilla vanilla cookie on the bottom. Beat cream cheese until creamy, add brown sugar, eggs, sour cream, rum and cinnamon. Mash 1 banana and add to cream cheese mixture. Spoon mixture into the mini cupcake papers and bake 18 minutes - cool. Cover and chill 4 hrs. To serve, thinly slice a banana and top each cupcake with a slice, pour caramel topping over the banana and enjoy!

## GRAMS INSTANT COOKIES - my Grandmother hated to cook let alone bake so these were her favorite...

3 C oatmeal; 1 t vanilla  
5 T cocoa; ½ C walnuts  
1 C coconut

Bring to a rolling boil 2 C sugar, ½ C butter and ½ C milk for about 3 minutes, add above and stir together. On wax paper drop by spoonfuls and flatten. Let harden and store in a cookie jar.

Bonnie De Lelys has her feet up and hand in the cookie jar at The Richard Johnston Inn downtown.

An evening to remember...



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# Vino

WINTER WINES

BY MATT THOMAS



Whether we think about it or not, most wine drinkers change their preferences with the seasons. In general people drink light in the summer and heavy in the winter. That's a good guideline to follow, but here are some suggestions for great winter wines that you may not have tried.

Because I like to have my wine with my food, my wine selections in winter follow my winter meals. I love cooking seasonally, and during cold months I prefer hearty, warming, stick-to-your-ribs type food. One of my favorite things to make is beef stew with its many incarnations. Any medium to full-bodied red will pair okay with this, but my preference is **California Syrah**. It bridges the divide between the Australian variety, which tends to be dense and fruity, and the French, which has a smoky, rustic flavor. California Syrah has nice dark fruit flavors and hints of smoke, plus its rich enough to pair with any beef stew. Unlike many other California wines, it's also an excellent value and very under-rated. I particularly like **Arnot-Roberts**, a naturally made Syrah that manages to be full-bodied yet bright and lively. Its low alcohol at 12.4% means you can even pair it with chili, since high alcohol tends to magnify spiciness. (Pictured are **Duncan Arnot Meyers** (left) and **Nathan Roberts** of Arnot-Roberts.)

People often ask me what to pair with ham in the winter as well. It doesn't seem like a particularly cold weather dish at first, but that's when most people make it. Unlike other meats, pork matches well with fruit flavors - think pork with applesauce and similar dishes. This means that reds that are too fruity for beef or lamb work well here. The most obvious

example would be **Zinfandel**, which isn't always fruity but usually leans in that direction. If you prefer white wine try a **German Riesling** with **Spatlese** on the label. Spatlese means "late harvest" and these Rieslings have a rich body that will stand up to meat. They are also sweet, but ham and sweet flavors mix well.

If you prefer vegetables then this time of year you might be making something like roasted root vegetables or braised leeks. Root vegetables are savorier than greens or summer vegetables, but they are still vegetables, so white wine is probably the best. Any dry, full-bodied white will do. **Chardonnay** is good as long as it's not too oaky. **Chenin Blanc** from South Africa is also a good choice, as is **VA Viognier**.

When I'm in the mood for seafood and it's cold outside, I prefer it in soup or chowder form, and I like using oily sea fish like salmon or monkfish. Most of the whites I've mentioned would work here (especially Riesling), but if red wine is your thing try a **Pinot Noir**, or better yet a **Beaujolais** (not Nouveau, just regular Beaujolais). Beaujolais is made from the Gamay grape, which not only produces food-friendly wines but the acidity is a nice balance to the richness of the soup and the oily fish. It's a similar principle to putting lemon juice on your fish. Many reds, especially common ones such as Cabernet Sauvignon or Merlot, have low to moderate acidity and tend to taste flabby and metallic when paired with fish. Save those for your braises or standing rib roasts.

Matt Thomas reintroduces his Wine 101 intro to wine, plus tasting, on February 4<sup>th</sup> at kybecca.

# Season's Bounty

ROMANCE OF FOOD

BY VANESSA MONCURE

Flowers and velvet-flocked chocolate boxes; a hand-crafted paper doily Valentine; romantic dinners a deux; poems, gifts of lace, perfume and glints of gold - a shining day in the midst of winter dark meant for love for that special someone. But did you know that **February is National Heart Month**? And Valentine's Day can be the perfect day to begin (or continue) eating a heart-healthy diet. Plenty of exercise and a continuing diet of moderation will ensure many years with your Valentine. Following is a romantic meal to show your Valentine you care about their healthy heart, and you won't have to sacrifice deliciousness!



## WILD RICE

Actually not rice, but seeds of a grass plant. Purchase the dark rice and cook in chicken broth as package directs for broth amount and time (usually 45 min.).

## DILLED SALMON

Purchase wild-caught salmon, either in steaks or a 12-oz filet, both with skin on. Mix together 1 tsp. each dried dill weed, tarragon leaves and garlic with 1 tsp. olive oil. Brush top of salmon with mixture and preheat broiler. Broil salmon on metal pan until browned, then reduce oven to 350F and cook through. (Should only be an additional 5-7 min. after broiling, but depends on thickness of fish). Remove from heat, squeeze fresh lemon juice (1 tsp) over fish. Serve w/ sauce made from Dijon mustard and fresh dill.

## FLOATING ISLANDS

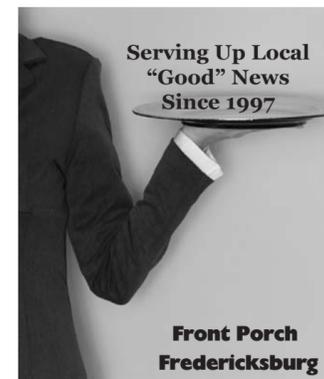
Prepare early in the day. Beat 3 egg whites with ¼c. Splenda until they form very stiff and glossy peaks; fold in 1 tsp. vanilla extract. Place in 2-inch mounds on parchment-covered baking sheet, then place in preheated 300F oven for 1 ½ - 2 hours or until dried and very lightly browned. Let cool on a rack. When ready to serve, mix 1 ½ c. lowfat raspberry yogurt with enough pure pomegranate juice to make a creamy consistency, like soup. Place yogurt mixture in bottom of cream soup bowls, place 1-3 meringues atop the mixture, then sprinkle with fresh raspberries. This meal is filled with heart nutrients - antioxidants in the fish, olive oil, asparagus, pomegranate juice and nuts - fiber reduces levels of harmful LDL cholesterol, found in rice and nuts - electrolytes and phytonutrients, ensuring healthy heart rhythm and having anti-inflammatory properties. Happy Heart-Healthy Valentine's Day to you!

## GRILLED ASPARAGUS

Toast ¼ c. pine nuts over medium-low flame in non-stick skillet - when they just begin to brown, watch them carefully as they can easily burn. When they color, turn out of pan onto paper towel. Let cool. Wash and cut woody ends of asparagus - use a narrow or medium-stalk. Brush 8 oz. of asparagus with olive oil, place on metal pan and broil along with the salmon, turning if they get too browned (or grill). If they're not yet tender, continue at 350F w/ salmon. Place asparagus on plate, sprinkle w/ pine nuts.

**PS** Perhaps the most romantic of three versions of St. Valentine - the original St. Valentine was a priest during the reign of Emperor Claudius. He ruled that unmarried men must serve in his army, and to that end banned all marriages. Valentine performed marriages in secret, but was discovered, jailed and sentenced to death. Young lovers felt the injustice and visited the prison with gifts of flowers and loving notes. After Claudius was put to death February 14, 269AD, the ban was overturned. Since then, poems, notes, flowers and love tokens prove true love is sacred; St. Valentine's sacrifice is memorialized annually.

Vanessa Moncure, a Cupid at heart, combines romance with culinary delights.



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# Southern Style

LOVE YOUR MEAT!

BY SUNI MCMATH

One of the simplest dishes by which to tell a Southerner from an elsewhere is the Steak. Some prefer filet, some rib-eye or strip. I try to buy top quality but the challenge in today's market is price. If prepared with respect for what it is, you can actually take a cheaper cut and make it more wonderful, and therein lies the "secret" to coaxing the truth out of most whole foods.

To start, crank up your oven to 500. Portion your steaks and season with KOSHER or SEA salt (taking this moment to warn that ALL iodized salt should be removed from your kitchen AT ONCE), and cracked pepper (it brings sparkle to your mouth). The purpose of said salt is not to make the food TASTE salty; it is to coax the juices to the surface.

Let the meat stand for at least 30 minutes to allow the salt to find all that beautiful flavor and let the steam come to room temperature. Steak is a MUSCLE, after all, and what do YOU think is going to happen when you take a COLD muscle and throw it into a HOT pan? Right? It's like the famous scene from *Seinfeld* in reverse... shrink! In other words, it goes from tender and relaxed to a tight little ball.

**A quick physics lesson:** Using either a stainless steel or iron skillet, get the pan HOT (a droplet of water should dance across the surface and expire before it gets to the edge). This is important. Even steel and iron are porous under a microscope, so to prevent sticking you have to close these "gaps" in the surface BEFORE you fill them with oil. Heat expands. Problem solved. Then, add a very light drizzle of oil to act as a "film" between metal and meat. Very light! You are not frying, you are searing to seal the flavor.

Add the steak(s). Do NOT crowd the pan. Too much juice and suddenly you're steaming, not searing. Not good. Let the steak sizzle for 2 minutes. You are now sealing and will know it's time to turn when the juices have caramelized and the steak releases itself from the surface of that properly prepared pan. Repeat on the other side, then immediately put the pan in the oven for 5 minutes.

Next, remove the steak from the pan with tongs, put it on a platter, cover it lightly and LEAVE IT ALONE for at least 5 minutes. You are allowing it to "rest" — which means you have just taken a muscle, seared it closed — heating all those wonderful juices into a mad dash to escape the heat, but they are trapped inside the meat and in their haste for release have now properly cooked your meat! "Rest" is code word for, "Calm Down! Stay where you are!" so when you cut into the meat, the juice goes in your mouth and not on the plate. And that is the magic moment when your meat gets to love you back!

Now, in order to truly enjoy your food in all its potential, a meal should involve ALL five senses. (That's why we call it a "foodgasm", which should be achieved with every bite):

**SEE** - what is more appetizing than rich caramelized crust on a steak offering the promise of a perfectly cooked, juicy burgundy middle?

**HEAR** - some would say the sizzle for "hearing". Wrong! If it's still sizzling, then you better duck, because all those beautiful juicy flavors are gonna come flying at ya! (Remember: They are in a panic to escape!) So, unless you want the juice on your table and NOT in your mouth, sizzle no good. The auditory pleasure is from first bite to burp. You may not actually hear yourself, so share with a partner and listen to them!

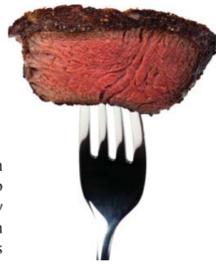
**SMELL** - this is a no-brainer. The smell is there... you couldn't avoid it if you tried.

**TASTE** - this is a mid rare steak, the perfect balance of flavor to texture. Anything cooked over that point, then you are not interested in anything but the chew. Don't waste a cow, buy toffee.

**TOUCH** - the crunch, texture, chew, juices filling your mouth, are touching your mind, but if you just want to put your fingers in it then, by all means, PLAY WITH YOUR FOOD!

"Southern Cooking" — what most people think means comfort foods fried and full of butter. True, there is nothing better than a Fish Fry and Pig Pickin' in the middle of summer, but the South is more about *slow* food, most of which our grandparents grew themselves in a little garden by the back door. We ate what we harvested and cooked what we had: A lesson learned from the hard times and, after the "great conflagration" there were many. The South was poor but oh Lord, were we proud and grateful for what we had, and most "comfort foods" came from the creative spirit of the true Steel Magnolias, grandmothers who refused to be beaten down or let anyone go without a good meal... Southern Cooking, therefore, is about nothing more than love and faith handed to you on Nanny's best china. It's memories of simple times, good food, big hugs and a gentle heart of steel. So respect your food, understand its chemistry, trust your mouth, and it's all love from there. And when the world is being mean and you just want a hug from your mommy, come to my table... That is "Momma's" southern style. She loves you back!

Suni McMath is the owner of Buttermilk & Olde Lace, 623 Caroline, where's she's known as "Momma".



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# The Beer Geek

A BEER GEEK COMES OF AGE

BY JOE GHERLONE

I was wondering aloud over Christmas what to write for February, and received what should have been an obvious answer from my daughter, Elysia. (pictured with dad) She turns 21 in February, so she said I should write about that. I realized there was a fair chance of it devolving into a rant about the "drinking age," but found that I had a lot more to say than that.

The drinking age is a counterproductive policy that encourages binge drinking at an arbitrary date, glorifies alcohol, and does nothing to stop underage drinking. It's only considered "bad" because of an arbitrary mark on a calendar - alcohol abuse is bad at any age; likewise, responsible consumption can happen at any age. How many folks' parents had blackberry brandy in the house to ease digestive issues when they were kids? Further, all 50 states arrived at the common age of 21 by what amounted to Federal blackmail against the States, violating the spirit of the Constitution's balance of powers.

It is, in a sense, a coming of age. In America, there is a tendency to puritanically think of alcoholic beverages as "adult", and the kids just want to "be adult," irrespective of quality, but the real difference between young and old is the ability to appreciate real quality. That applies for a great many things, but we're here for the beer.

I remember when I drank beer like my daughter's friends do - then it was Genny Cream, and Matt's Beer Ball. Bud was the "good stuff." Now it is Natty Light (the Busch product, not Natty Boh) and similar, cheap, mass-produced lagers. Not sure what the "premium" is, but I'll bet it is another more expensive macrobrewed lager.

I grew into appreciating the broad range of beer styles slowly, but in retrospect, I am not sure why. I had the perfect learning tool at my disposal: a pub in downtown Troy, NY called Holmes and Watson. They had well over 100 beers available, quite unusual at the time, and at least 5 or 6 that were not BudMillCoors on draft. I loved all the great different styles that one could try there, but somehow still went back to mass-produced lager after each visit. I guess my coming of age was really rather later than 21, as I all too rarely sought out different beers until I was in my 30s.



I hope that as my daughter turns 21, she'll not only pass that arbitrary date that our laws specify, but will also experience the coming of age that will allow her to appreciate the variety that beer can offer. Unfortunately, she doesn't like any beer I've ever let her try, so I suspect what I'll really need to wish for her is that coming of age with respect to food, and other drinks, and other experiences. But I'll enjoy the fact that I've come of age with respect to beer.

*Joe Gherlone is looking forward to heading down to Capital Ale House when Elysia is back on spring break, so he can buy her a drink without people thinking of it as child abuse, as silly as that is.*

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# CALENDAR *of events*



## february 2012... An extra day to play!

\*Some events run same day weekly or more than once monthly. Look for their first-time listings.

### wednesday, february 1

Black History Month

P Rose Gallery hibernates for February to get some art painting done

Art at VA Wine Experience: February-March artist at the Upstairs Gallery is photographer Sandy Skipper. Meet and greet Sandy on First Friday, 6-9P. 826 Caroline

Register soon: The next LEGACIES — The Memoir Writing/Healthful Eating Workshop for Women Only! - is March 10 from 10-4P. Contact Sandra Manigault: (540) 720-0861, 659-6725 or [sandra.manigault@gmail.com](mailto:sandra.manigault@gmail.com)

Keller Williams' latest album on sale at one exclusive FXBG location: The 909 Saloon, 909 Caroline

Study Abroad Showcase featuring returned study abroad students and international exchange students at UMW. Lee Hall, Rm 411, 4-6P. Free. 654-1434

Fiddler on The Roof starring Jim Lawson at The Riverside Dinner Theater thru March 4. [Riversidedt.com](http://Riversidedt.com)

Cinderella's Glass Slipper at Riverside Center Children's Theater thru March 24. [Riversidedt.com](http://Riversidedt.com)

Mid-Atlantic New Painting 2012 exhibition. Ridderhof Martin Gallery. To Feb 24. <http://galleries.umw.edu/>

Crowded Spaces: Art from Allison Long Hardy. To Feb 5. <http://galleries.umw.edu/>. 654-1013

First Wednesday, F'burg Blues Society. 7P. Shannon's Bar & Grille, Central Park

\*Callin' all pickers! Scott Wagner and Emily Barker host weekly open mic and jam at the Rec Center/Pool Hall. Every Wednesday 8-11P. 213 William

Brandon Newton completes his show at Bistro Bethem this week during regular dining hours through Sunday. Stylishly expressive views of both natural and urban landscapes. 309 William

Brush Strokes Gallery, 824 Caroline, "What Moves My Heart", a show dedicated to the celebration of passion and emotion. Artwork includes inspiring human beings, memorable landscapes and cherished sites. Daily hours. First Friday reception 6-9P. [brushstrokesfredericksburg.com](http://brushstrokesfredericksburg.com)

### thursday, february 2

Cathy Stewart's Birthday. If she sees her shadow, she'll stay inside Smithsonia for six more weeks (this message was approved by Cathy Stewart, btw)

Ground Hog Day: Motts Run Nature Center. Ages 4-7. \$6. Instructor: Linda Bailey. What do groundhogs, woodchucks, whistling pigs all have in common? Pre-register: FXBG Parks & Rec, 408 Canal. 372-1086 x213

\*Chappell Great Lives Lecture Series. GW Hall, Dodd Auditorium. 730P. 654-1065

\*Live Music @ kybecca, 400 William, 373-3338. Talented musicians play at a moderate volume in a grown-up, comfortable atmosphere. Acoustic music and your conversation. 8P every Thurs, 830P weekends

\*College Night at Otter House: area's hottest DJs; special guest. 10P. No Cover. 21+

\*Kenmore Inn live music every Thurs, 730P-1030P

\*Tru Luv's Live Acoustic Rock every Thurs & Fri 7-10P; 1101 Sophia, 373-6500

\*Open mic Thurs 8P Yakadoos, VA Go Girls Jam, Hosted by Lisa Lim (Every Other Thurs)

### first friday, february 3

PONSHOP second annual Student Art Show. Educating as many 98 students in 2011, the gallery will exhibit a cross section of paintings and ceramics completed by PONSHOP students over the past year. Opening Reception 6-10P. Exhibition up thru Feb 26

LibertyTown Arts Workshop: 5-9P. Opening Reception of "Young Fredericksburg" A Show of Young Talent. 7th year of popular show curated by Bill Harris. Through Feb 26

Brush Strokes Gallery, 824 Caroline, "What Moves My Heart", dedicated to passion and emotion. Artwork includes inspiring human beings, memorable landscapes, cherished sites. Opening Reception 6-9P

Art First Gallery Opening Reception, 824 Caroline, 20<sup>th</sup> Anniversary Celebration. All Members Exhibition of original artwork from 30 local artists. 6P-9P. Exhibit up thru Feb 27 daily 11-5P

Fredericksburg Center For The Creative Arts Regional Juried Show in Fredericks Gallery; Hubert Jackson's art in Members' Gallery. 813 Sophia, through Feb 29. Open Wed-Mon 12-4P, w/ First Friday hours til 8

Meet and greet photographer/artist Sandy Skipper at the VA Wine Experience Upstairs Gallery, 6-9P

The Creative Side's First Friday celebration. 513 Jackson. Featured artists Delaney Munro, Philip Mantz, Connor Mantz. 846-8920

Jack Ass Flats - Bluegrass, country, western swing band. 21+. \$5. The Otter House, 1005 Princess Anne. 10P

Sabor Afrocubano plays Bistro Bethem, 309 William. Beat the cold with hot sizzling danceable Latin jazz - a unique blend of salsa, reggae, Caribbean, African, Cuban

\*Live Music @ kybecca, 400 William, 373-3338. Talented musicians play at a moderate volume in a grown-up, comfortable atmosphere. Acoustic music and your conversation. 8P every Thurs, 830P weekends

### saturday, february 4

Workshop: Financial Aid Workshop. H.S seniors/parents. Also 2/18. Assistance w/ application for Federal Student Aid. Combs Hall, Rm 349. 10A. Register: <http://adminfinance.umw.edu/financialaid>

\*Live Music @ kybecca, 400 William, 373-3338. Talented musicians play at a moderate volume in a grown-up, comfortable atmosphere. Acoustic music and your conversation. 8P every Thurs, 830P weekends

### sunday, february 5

AM1230 WFVA radio's "Community Link" in cooperation w/ Front Porch. 8-830A. Rob Grogan on The Arts and Sherri Beck from Wounded EOD Warrior Foundation

Read All Over Books: Open Jazz Jam 230P

Colonial Tavern: Open Jazz Jam 7P

Sunken Well Tavern: Bluegrass Jam 7P

Super Bowl: G-MEN V PATS, deja vu all over again

### monday, february 6

Christopher Rok opens his photography show at Bistro Bethem, 309 William, with a reception at 6P

\*Women's gentle yoga class every Mon 7P. Other days as well. Thrive, Healing Center ([Thrivehealing.org](http://Thrivehealing.org))

### tuesday, february 7

\*A. Chevalier Show airs every Tues 930P at FredericksburgLive.com, bringing local and live music coverage from FXBG and region

\*Broke Down Boys every First Tues at Sunken Well Tavern, Hanover at Littlepage

\*Restoration Yoga: Tue & Thurs Noon-115P. Free trial: 582-9600

\*Black Dynamite Trio at Otter House: Jazz, Fusion, Funk from best around. 9P. No Cover. 21+

\*Live music every Tues at Bistro Bethem, w/ \$3 drink specials, 8-11P. No cover, all ages. 309 William

\*Chappell Great Lives Lecture Series. 654-1065

### thursday, february 9

"Chocolat" -One-Hour Cooking Class w/ Chef Laurie Beth Gills. The Kitchen at Whittingham, 1021 Caroline. Sweet & savory recipes to please the devout chocolate lover's palate. [shopwhittingham.com](http://shopwhittingham.com), 374-0443

2012 Relay For Life hosts a special Heart of Relay Survivor and Care Giver Meeting. Refreshments. 730P. VFW, Princess Anne. Cancer Survivors and Care Givers invited to share their stories. [www.relayforlife.org](http://www.relayforlife.org)

### friday, february 10

Larry Keel returns! Bluegrass flat-picking champion. 21+. \$5 cover. Otter House, 1005 Princess Anne. 10P

### saturday, february 11

Alpaca Love Valentine Event: 12-4P in lot next to Gemstone Creations, 606 Caroline. Visit, take your picture w/ Alpacas from Maranatha Alpaca Farm. Alpaca Teddy Bears, etc. for purchase for your Valentine

Man Bug - Classic rock band back at the OH! 21+, \$5 cover. The Otter House. 10P

Moan Over Buffalo, UMW Theatre & Dance. Klein Theatre. To 2/26. \$. 654-1111

Wounded EOD Warrior Foundation's 5th Annual Polar Bear Plunge. City Dock on Sophia. Thrill of the Chill! Silent auction, costume contest. \$50/person. Details: [WoundedEODWarrior.org](http://WoundedEODWarrior.org)

For the Love of Dance, featuring Kathy Harty Gray Dance Company, Avery Ballet, UMW's Performing Arts Club. Benefits Sonja Dragomanovic Haydar Scholarship. Dodd Auditorium. 730P. \$20/advance. \$25/door

### sunday, february 12

AM1230 WFVA radio's "Community Link" in cooperation w/ Front Porch. 8-830A. Karen Heddel on downtown city issues; plus, Happy Birthday, George! Events at Ferry Farm

Cooking Classes "At The Movies" at The Kitchen at Whittingham. \$42. 1P. Joy Crump of Foode. "The Breakfast Club" - Power starters to keep you going all day long. 374-0443

### tuesday, february 14

Valentine's Day, when men splurge at the last minute to avoid drama, but call too late for a good table...

Victor Goldberg, Russian-Israeli pianist, is back for a special concert. "To Fredericksburg with Love." Beth Shalom Temple. Doors: 630P, Music: 7P. Info: [magiclapet@cox.net](mailto:magiclapet@cox.net)

### wednesday, february 15

James Farmer Visiting Professor Lecturer. Black History Month Keynote featuring Angela Davis. Dodd Auditorium; 7P. 654-1044

Opening Reception: Senior Student Exhibition. duPont Gallery. 5-7P. 654-1013

Alzheimers: Know the 10 Warning Signs - When to Take Action. 630-730P. Scott Insurance & Financial Services, 2115 Lafayette Blvd. Free. 370-0835

### thursday, february 16

Cooking Classes "At The Movies" at The Kitchen at Whittingham. \$42. 6P. Laurie Beth Gills. "Guess Who's Coming to Dinner" - Sure-fire Oscar Winner from your kitchen. 374-0443

Moan Over Buffalo, UMW Theatre & Dance. Klein Theatre. To 2/26. \$. 654-1111

### friday, february 17

3rd Friday, 830A business ladies' free networking "TIPS". Call Ellen Baptist, 548-0652

John Stone - Reggae group back at the OH! 21 and up, \$5 cover. The Otter House

Poetry Open Mic at The Griffin Bookshop - Bring your own poems or lyrics, or those of a favorite author. Share the verse! 7P-9P

Senior Student Exhibition to 2/26. UMW. 654-1013

Workshop: Landscape Oil Painting. Belmont. 654-1851

### saturday, february 18

Cooking Classes "At The Movies" at The Kitchen at Whittingham. Scott Mahar of Poppy Hill. "Like Water for Chocolate" - Why drink water when you can eat chocolate? \$42. 1P. 374-0443

Free Vegetarian Cooking class every 3rd Sat. 2-330P. Free Meditation 4-5P. Porter Library

### sunday, february 19

AM1230 WFVA radio's "Community Link" in cooperation w/ Front Porch. 8-830A. NPS' John Hennessy on Lincoln in Fredericksburg

UMW Choirs Lighter Side. Dodd Auditorium. 730P. 654-1012

### monday, february 20

All-Ages Art Day. Belmont. 654-1851

### wednesday, february 22

George Washington's Birthday. Local boy would be 280 years old today

Cooking Classes "At The Movies" at The Kitchen at Whittingham. Susan Worrell, UMW - "A Fish Called Wanda". A simple and easy catch. \$42. 6P. 374-0443

### thursday, february 23

"Woman On Top" -One-Hour Cooking Class w/ Chef Laurie Beth Gills. The Kitchen at Whittingham, 1021 Caroline. Exotic, Brazilian dishes. [shopwhittingham.com](http://shopwhittingham.com), 374-0443

### friday, february 24

FXBG Songwriters' Showcase: Brady Earnhart, Brother Lou, Gene & Gayla Mills, instrumentalist Mike Dougherty. Original acoustic music. Last Fridays, 8P, Picker's Supply Concert Hall, above 902 Caroline (alley around back). \$10 (\$5 children, students). Info: 540-898-0611, [www.webliminal.com/songwrite](http://www.webliminal.com/songwrite)

### saturday, february 25

Wavos - Everyone's favorite 80's band back at the OH! 21+. \$5 cover. The Otter House

Step Show, Black History Month & Cultural Awareness event; Dodd Auditorium. 7P. \$7. 654-1044

### sunday, february 26

AM1230 WFVA radio's "Community Link" in cooperation w/ Front Porch. 8-830A. Debra Joseph of the Fredericksburg Area SPCA (see article, p. 27), and Rob Grogan of Front Porch

Art First Gallery, the oldest cooperative gallery in FXBG, celebrates its 20th anniversary. Silent auction of new original 12" x 12" artwork. Bidding in progress all month, ends 4P today. Open daily 11-5P

### monday, february 27

Cooking Classes "At The Movies" at The Kitchen at Whittingham. \$42. 6P. Raymond Renault of La Petite Auberge. "Ratatouille" -Remy the Rat would approve of this gastronomic adventure. 374-0443

### wednesday, february 29

Extra Day! In a year divisible by 4 - a Leap Year - we get an extra day in Feb, so make the most of it!

For more music events, check in with our friends at [www.fredericksburglive.com/fred-live-music-calendar](http://www.fredericksburglive.com/fred-live-music-calendar)

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Deadline for March Calendars is February 20. Submit events at: [http://frontporchfredericksburg.com/calendar/submitcalvent.cfm\(e-zine & print\)](http://frontporchfredericksburg.com/calendar/submitcalvent.cfm(e-zine & print))

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# Rappahannock River

BY RALPH "TUFFY" HICKS



We often take for granted the importance of the Rappahannock River in the forming of the state of Virginia. The name of the river comes from an Algonquian word, *Iappihanne*, meaning where the tide ebbs and flows. The name was used by the Rappahannock tribe, which was made up of thirteen villages along the north and south banks of the river. Their capital town was Topahanocke (Tappahannock) in the Powhatan Confederacy. Actually, in 1607, John Smith was taken to Tappahannock during his capture.

There were a few small hamlets along the Rappahannock during colonial times. The settlement began in earnest in the first part of the eighteenth century with Governor Spotswood. It was when he encouraged immigrants to homestead on the land he controlled near the confluence of the Rapidan and the Rappahannock, known as the "Germanna settlement", in search of iron ore.

One obscure event was in the War of 1812 when seventeen British boats captured four American privateers. During the War Between the States, the Rappahannock River played a major role in the Battle of Fredericksburg. In some earlier documents the Rappahannock above the Rapidan River is referred to as "Hedgeman's River", named after Nathaniel Hedgeman, one of the early settlers in the region.

The Rappahannock is approximately 195 miles in length from the Blue Ridge to the Chesapeake Bay. The river drains an area of 2,848 square miles. The Rappahannock rises at Chester Gap in the Blue Ridge Mountains just southeast of Front Royal at a point where Warren, Fauquier and Rappahannock counties come together. It flows past Remington, Kelly's Ford, and Richardsville, where it meets the Rapidan River rapidly moving past Fredericksburg and slowing as it passes Port Royal. The river begins to widen as it reaches Tappahannock and is over a mile wide at this location. At Stingray Point, where it enters the Chesapeake Bay, it is over three miles wide.

The Rappahannock River has played a significant part in the history of Fredericksburg. The River furnished the waterpower for the early mills and travel for the canal boats. The power for the turbines in the Virginia Electric Power Company came from the water in the canal. The water we drink and use every day is from the river.

The City of Fredericksburg has a full time River Steward for the protection of the river and its natural beauty.

*Tuffy Hicks may not be a natural beauty but he's as free flowing and deep as that river.*

# OUR HERITAGE

THIS MONTH'S LOOK AT THE CENTRAL RAPPAHANNOCK HERITAGE CENTER COLLECTION

## JOHN DEBAPTISTE

John DeBaptiste, originally from Spotsylvania County, was one of as many as 10 black sailors who served on the *Dragon*, one of the fleet of boats and ships patrolling the Rappahannock and Chesapeake Bay during the Revolutionary War. In a battle with a British ship, the *Dragon*, built in Fredericksburg in 1777, had the distinction of having more African-Americans serve on her than any other ship during the war.

Today DeBaptiste, honored by Revolutionary heritage groups, lies at rest in Falmouth's Union Church Cemetery. Black soldiers also fought in the Continental Army (or, some for the British) on the promise of freedom for service. DeBaptiste may have received a bounty of land in Ohio in return for his service as a soldier in Virginia, according to the National Archives (as cited in Ruth Coder Fitzgerald's *A Different Story: A Black History of Fredericksburg, Stafford, and Spotsylvania*, whose notes are preserved at the CRHC).

DeBaptiste came from the island of St. Kitt's to Falmouth, where he soon owned a wharf and built a ferry business. In 1792, the Virginia Legislature granted him the concession at French John's Wharf for the Falmouth Ferry across the Rappahannock before there were bridges. His heirs were bricklayers, plasterers, builders, shipping workers, fishing laborers, real estate sellers, some possible loan-sharers, and grocery store owners. Some had spats with the law; others may have been involved with a secret school for black children downtown. Several helped with the Underground Railroad in Fredericksburg.

John had at least six children. One named George met with John Brown and Fredericks Douglas in 1859 in Detroit before the Harpers Ferry raid, and also helped raise and organize a black volunteer Michigan unit for the Union.



Grandson Richard DeBaptiste became a Baptist minister in Chicago. The local DeBaptistes were pioneers of Fredericksburg's western movement from the river to the Fielding Lewis farms.

Several generations of the DeBaptiste family sought justice, succeeded in business, and were active, not docile, "citizens" — despite the social shackles of race and their official status. Were they around today, no doubt downtown would gain positive results from these entrepreneurs and skilled workers.

The inscription on his tombstone reads: *Here lies the body of JOHN D(E). BAPTIST(E) a native of the island of St. Kitt's in the West Indies who departed this life September the 3d 1804 in the 64th year of his age.* (Photo by David Perrussel for Union Church).

**Note:** In January's piece on *Harambee 360*, we failed to say that some whites were also involved in the theater and dance company. Also note that Gaye Todd Adegbalola has donated her files to the CRHC. We look forward to their wealth of rich history to enlighten us all.

— RG



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# Companions

LORD OF THE FLIES

BY WENDY SCHMITZ



*Lord of the Flies.* That is what my life has come to, every dog for themselves. Since I had a baby less than four months ago, the poor dogs have gotten less attention. I soothe myself with the knowledge that I have provided the dogs with over five fenced acres to frolic and play on. I soothe myself with the belief that the wild hare they get to chase somehow makes up for the lack of human contact they used to receive. I tell myself that many dogs have worse lives and I shouldn't feel so bad.

Don't get me wrong. I am still a pretty good dog owner. They get regular vet care, quality food, custom doghouses, preventative care, and a cozy place by the fire on a nice leather sectional at night. I still love on them all each night before I go to bed, but it isn't the same. We don't go hiking, I don't have time to work with them, they aren't constantly by my side, and they all could use a bath.

But the worst part is the mayhem that has now become my pack. My boys used to be respectful of each other with each dog knowing their place. I credit my ability to read the hierarchy and respect the natural order but still keep the upper hand, for always having a healthy pack with normal dog behaviors. But alas, without my watchful eye the situation is now *Lord of the Flies*; each dog for themselves, and strange new behaviors on the rise.

I've got a bully Swiss Mountain Dog, a Hyperweiler, a Doberateer, and a simple old man. Without any human supervision they have regressed. The Greater Swiss thinks he can control the group because he is bigger. The Rottweiler is so busy running the fence line protecting us from wild tumbleweeds he often forgets to eat and we have to schedule time outs for him, or I suspect he would run until death or exhaustion. The Doberman searches the property for random objects he shouldn't be eating, but for some reason still does. My old mutt stands and barks all day knowing I

will let him in to spare my neighbor from having to hear him. When they are not indulging in their favorite solitary activities, they wrestle in the yard vying for superiority (much to the delight of the children next door).

All of this is just a gentle, in my face, reminder that when humans domesticated dogs we made them dependent on us, and to ignore this fact is to do them a disservice. I can't expect them to take care of themselves or each other anymore than I can expect my two-year-old to take care of himself and his four-month-old brother. Even if his heart is in the right place, his execution of said care would be ridiculously lacking; and that is what is wrong with buying dogs and leaving them outside to fend for themselves, or worse, buying them a buddy in place of human companionship and guidance.

Dogs need more than basic care. They need guidance, structure, rules, and love. To give them any less is to fail as an owner. My current situation is temporary, and I've made a promise to my boys to step up my game and get back to being the benevolent leader they know me to be, but what about all the other dogs out there? Are your dogs behaving badly? Ask yourself, "What is my role and responsibility in this problem?" The answer may surprise you, but more importantly I hope it will motivate you to do more.

If your dog spends a significant amount of time alone, you should look for ways or alternatives to your schedule to include them. Taking the kids to a soccer game? Take the dog. Looking for more exercise? Walk the dog. Bored during commercials? Teach new tricks till your show returns. Just do a little more, they will behave a lot better.

Wendy Schmitz and her family are now living in Colorado, but she remains our go-to canine correspondent.



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| FEBRUARY 19: THE BIG DAY - BRIDAL & EVENT EXPO              | APRIL 8: ST. MARY CATHOLIC CHURCH EASTER MASS                   |
| FEBRUARY 24-26: FREDERICKSBURG RV & CAMPING EXPO            | APRIL 13 - 14: NO. VA CIVIL WAR RELIC HUNTERS' - CIVIL WAR SHOW |
| MARCH 2-4: THE WOODWORKING SHOW                             | APRIL 21 - 24: WEECYCLED WARDROBE CHILDREN'S CONSIGNMENT SALE   |
| MARCH 17 - 18: INNOVATIVE BEADS EXPO                        | MAY 18 - 19: MARINE CORPS HALF MARATHON HEALTHY LIFESTYLE EXPO  |
| MARCH 17 - 18: SOUTHEASTERN GUNS & KNIVES SHOW              | MAY 20: MARINE CORPS HISTORIC HALF MARATHON                     |
| MARCH 23 - 25: FREDERICKSBURG SPRING HOME & GARDEN SHOW     | JULY 19-22: HISTORICON (HISTORICAL MINIATURE GAMING)            |
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# Porch Light

STORIES TO SHINE A LIGHT ON LIFE...

## LONG JOURNEY HOME

BY LORI M. IZYKOWSKI

It was just after September 11, and I was emotionally reeling from the events of that day. Not being a regular church-goer, but having explored Unitarian Universalism in the past, I decided to go to a service at the UU Fellowship of Fredericksburg. Ironically, the day I chose to attend was the day Reverend Jeff Jones was scheduled to speak about forgiveness. And it was exactly what I needed.

In the ten years since that fall weekend, I've often reflected on the importance of having found my spiritual community. I was never much on religion, always seemed to have more questions than I could find answers for. It had been my experience that questioning religion was not acceptable. You were raised with a faith and you accepted that faith's tenets. Trouble was, I hadn't been raised with a particular faith. So I 'dabbled', but nothing seemed to fit. I continually felt like an outsider when it came to religion, and felt stifled, keeping my doubts and questions close to the vest.

My first breakthrough moment came while I was living in Monterey, CA. I became an adult student at community college, and my world opened up. All of a sudden I was having conversations about all those things I'd previously kept inside. And I wasn't alone. At this point I didn't quite realize that there was a 'place' for me, but I was very relieved to know that there were other people that had similar questions and were willing to discuss them.

Then life happened. I was married at the time, and we left California and lived in Japan for two years; we had a daughter, and we got caught up in family life. Once during that time I did hear about the UU church in Norfolk, and paid a visit (after a stern warning from my Baptist friend to be careful, she heard "they were a cult"...), but at the time I wasn't ready for the 'touchy feeliness' of it all. Then we moved to Stafford, and before long it was that awful day in September.

And now here I am, just over a decade later. I have to say, it's an incredible feeling to be middle-aged and

realize there is so much still to learn, about myself, the people around me, and the world. And more than anything, that has been the most important aspect of finding my spiritual home at the Unitarian Universalist Fellowship.

Now, practically as we speak, that community is getting a new home of its own. The UUFF has experienced its own long journey, from its humble beginnings over fifty years ago as a small discussion group that met in various locations (including a bar), to the space on Caroline Street now know as Eileen's Bakery and Café, to a brand new building on land located near the YMCA and Pratt Park this spring. As with my own personal journey, arriving to this point had its fits and starts. There were struggles and triumphs. There were doubts and dead ends. But there have also been many, many people who have given their input, creativity, experience, and personal time in the long process of arriving to this point. With the growth that speaks to the need for the UUFF within our larger community of Fredericksburg, came the need for tough decisions about how best to handle that growth. There were countless committees and meetings, there were successes that wound up as dead ends. But I can say with absolute certainty that each and every person involved served a vital role in getting us to this point. And that is ultimately what the journey is all about. It's about the people within the community. The people ARE the community. The people of the UUFF are reaching a milestone on their journey, as they come back to Fredericksburg. Welcome home.

Lori M. Izykowski, a UUFF member, is the office manager for Advancement & University Relations at UMW.

# SENIOR CARE

## RESOLUTIONS

BY KARL KARCH



We are now two months into 2012, and I wonder how your resolutions are going. Being a first year BOOMER, I'm now 65 and proud to display my red, white, and blue Medicare card. I'm also not ashamed to ask for senior discounts, another benefit of reaching this "old age". Somehow I don't feel old. I guess there's some truth to the saying 65 is the new 50.

As we go deeper into another new year, it's time to review or consider making traditional resolutions. This year, one of my resolutions is to execute at least a couple of my resolutions, something I confess not to have done in past years. Here are a few that seniors and family caregivers should consider. Resolve to:

**Get more exercise.** Our area is fortunate to have three excellent YMCAs that have programs specifically for seniors. For example, water aerobics and arthritis aquatics are wonderful exercise programs. One of our clients is 85 and we take her to the Butler Road YMCA twice a week for water aerobics.

**Eat at least one healthy meal per day.** I remember cleaning out my father's apartment after he died and finding stacks of TV dinner trays in the closet. It doesn't take much effort to cook a simple, but healthy meal, so resolve to do it. (And heed Dr. Thompson's word about sugar, in this issue.)

**Get an annual physical.** In my opinion, regardless of what health studies say about not needing mammograms or PSA tests, get them done. I am now cancer free for two years because of PSA tests. If you are due for a colonoscopy, make that appointment. Adult children, learn more about your loved ones' medical conditions, medications and doctor contact information.

**Contact family members often.** My parents rarely initiated the phone call

and I was too absorbed in my daily activities to call other than special occasions, something I regret to this day. So seniors, don't wait for the call, make it yourself. And adult children, resolve to call more often.

**Become more technologically literate.** Start with your computer. Learn Skype. That can be a fun way to keep the prior resolution to contact family members. Learn how to use search engines like Google and Bing, entire libraries with a few key strokes. Learn more about social media, but take proper precautions to avoid scams and identity theft (search social medial precautions).

**Review your financials** and "rest" of life planning, which includes "end" of life planning. Somehow the word "end" psychologically causes me to procrastinate making a plan. If you don't already have an advance directive, do it now. This could be the most significant and life-affecting resolution you've ever made and fulfilled. Also, if you don't have a will, get one prepared ASAP. You don't want the court system to make these decisions for you. Designate someone to be your power of attorney for healthcare and financial matters. Discuss your plans with your family.

Now that we have had sufficient time to settle into 2012, I hope this year brings your family closer together, healthier, and better prepared for the future.

*Karl Karch is a local franchise owner of Home Instead Senior Care, a licensed home care organization providing personal care, companionship and home helper services. Please go to [www.homeinstead.com/FredericksburgVA](http://www.homeinstead.com/FredericksburgVA)*

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## Green Remedies

JOANNA CASSIDY-FARRELL

### ASPARAGUS

It is that time of year when the garden starts to show some life again. Last year's fall crop of lettuce will start to rejuvenate and my favorite early crop is the **asparagus**. This wonderful vegetable is a powerful remedy for the liver, blood and urinary system.

The kidneys filter waste acids from the blood. When the kidneys are insufficient at their task because of lack of water to flush the kidneys and because of excess acids going in (caffeine, soda, alcohol and processed foods), the body uses minerals like potassium and magnesium from the muscles and calcium from the bones to buffer these waste acids and remove them from the body. This can result in muscle stiffness and cramping (magnesium loss), muscle twitching (potassium) and osteoporosis (bone calcium).

Cooked asparagus dissolves uric acid deposits in the extremities removes them by inducing urination, causing a strong urine smell because of the detoxing.

After the asparagus is cooked, the left over water is a great source that may be used as a natural face wash for general sores related to acne or skin problems.

*JoAnna Cassidy-Farrell MH, CNHP owns Keep It Green Herbal Center, 540-362-1416, [www.mykeepitgreen.com](http://www.mykeepitgreen.com)*

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Back in June of 2006, I wrote an article on the perils of refined sugar. Now I would like to re-emphasize the insidious danger of that tasty substance and expand upon the health threats it creates. When I speak about nutrition, I always tell people that refined sugar is one of the main causes of most of our health problems today. According to the USDA web site and the most recent data available, Americans consumed 30 teaspoons of added sugars and sweeteners per person per day in 2005.

First you need to understand the basics of how your body uses food. Your body is designed to take the foods found in nature and use them to create the energy needed to run and repair itself. So, *you really ARE what you eat!* Glucose, a form of sugar, is the fuel your body uses to run all of its processes. But wait! Sugar is our fuel and we eat sugar - we're cool, right? Wrong! Your body is designed to digest, or break apart, whole foods and extract the nutrients, fiber and sugar. It is a step-by-step process and allows glucose to be slowly introduced to the blood where it is carried to the cells. Insulin, a hormone that enables the glucose to get into the cells, is released in response to blood-sugar levels.

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# WELLNESS

## WHEN SWEETNESS TURNS BITTER

BY CHRISTINE H. THOMPSON, D.C.

This is all good, unless there is too much sugar in the blood. Enter refined sugar. The nutrients and fiber have been removed from refined sugar. Refined sugar is dumped quickly into the blood stream. Since sugar left in the blood will damage the blood vessels, the body wants to quickly remove it, so large amounts of insulin are called in. Since there is more sugar than can be immediately used, insulin causes the extra sugar to be stored as fat. Are you getting the picture? Weight gain is caused by excess sugar. And weight gain leads to many other health issues. Additionally, if the body is not able to produce enough insulin to meet the demand of refined sugar, the blood vessels are damaged, leading to disastrous problems such as heart disease and stroke. Not to mention diabetes, a terribly damaging disease.

Now to paint an even clearer picture of what is happening in our country today, let's discuss how stress contributes to this scenario. Long-term stress causes high levels of the hormone cortisol, which has many functions, including reducing inflammation and generating and releasing glucose into the blood. This response is certainly life-saving if you are in imminent danger, but

cortisol, especially long term, is actually very damaging to the body when there is no real physical threat to respond to.

I am hoping that all of this is leading you to an important conclusion: refined sugar is deadly and must be avoided if you are to have a life of health and well-being. Avoiding sugar takes some real effort, since it is in almost every packaged food and also food in restaurants. Sugar added to foods can be called many different names, such as sucrose, fructose, maltodextrin, maltose, lactose, and high fructose corn syrup. Read your labels!

If you concentrate your diet on whole, organic foods like fresh fruits, vegetables and good proteins, like eggs, fish, chicken, nuts and seeds, you will find it easy to avoid refined sugars. Remember, your body is very adaptable and when you adhere to my two favorite nutritional mottos, "Eat REAL foods" and "Everything in moderation", your body can take up the slack.

Review of my article from 2006, [frontporchfredericksburg.com/archives/Detail.cfm?FListID=2883](http://frontporchfredericksburg.com/archives/Detail.cfm?FListID=2883)

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**Art First Member Kit Otto O'Neil watches paint dry**

Art First Gallery's 20th Anniversary celebration commemorates two decades as a premier venue for the display and purchase of works of local artists, and the longstanding friendships and camaraderie that predate the launch of the co-op. **Jane Woodworth**, the prime mover of the creation of Art First, had not sought to establish a co-op. In the early 1990s, she was simply hoping to find a studio downtown. At the time, **Paul Rose** (a founding member of Art First and owner of **P.Rose Gallery**) was proprietor of an arts supply store in the 900 block of Caroline. Paula was the hub of information on the arts community, as a spectrum of locals continually visited her shop. Paula knew what Jane was seeking and alerted her when the small building at 108 Hanover became available.

But Jane found she could not afford the rent — \$400 a month. Always a problem-solver, Paula suggested Jane ask other artists to share the space with her. In short time, no less than 24 artists were interested, including some who painted together in King George at **Jack Darling's** North Windsor farm. Jane took the leap and signed the lease in 1992; the first incorporated artists' co-op in FXBG was established. **Dee McCleskey** suggested the name *Art First*, in recognition that "art should be considered as a priority in life."

At a recent gathering to reminisce, Jane, Paula, and Dee joined with **Shirley Whelan**, **Elsie Hagenlocker**, and

**Helen Butler** and recalled a bevy of fond memories: To open, a determined and resourceful crew arrived with tools and materials. Word was everyone should bring any white or off-white latex paint they had around the house. Excitement mounted as bucket after bucket was poured into a 32-gallon trashcan and stirred with an old cue stick. "We could never duplicate that color again," Jane mused.

But as the first brush moved across the wall, the paint literally slid off. The building had served as a Bikers' Bar and the clientele and cooks had left behind a good share of grease and nicotine. So out came the scrub brushes! The finished gallery included space for **Jane** and **Ann Newton's** papermaking, drawing classes, student exhibits, sketching with live models, and art discussions. **Elsie** recalls two women coming by, surprised and amused to see that the space they had known had been transformed from a bar whose crowd had "more tattoos than teeth!" into a beautiful art gallery.

The founders were a trailblazing crew who sought out additional venues for art exhibits. GEICO not only made a substantial purchase from Art First for its permanent collection, but invited the artists to display their works in rotating shows at its headquarters in Stafford. The artists sought inspiration on two tours to Siena, Italy and to galleries in DC, Philly, and New York - where one night a teen

# 20 of Plenty

ART FIRST GALLERY  
CELEBRATES 20 YEARS OF MEMORIES

BY COLLETTE CAPRARA

triggered the hotel fire alarm and there stood the 'Burg friends outdoors in nightgowns and pajamas. **Elsie** accessorized her bathrobe with black leather gloves, opting for warmth but being dubbed "cat burglar" by her pals.

In the early days, the 100 block of Hanover was an artists' enclave with **Dan Finnegan's** pottery shop, **Michael Bender's** jewelry, and a pewter shop, and was site of the Pear Blossom Festival, with face painting by **Joan Limbrick**, carnival-style refreshments, and full-sized carousel ponies. Only minor glitches are recalled, like the theft of two paintings and Jane's offer of a \$50 reward, "No questions asked." Her artwork returned, Jane mused, "I guess the thief considered \$50 to be of greater value than my painting!"

In 2004, the co-op moved to its current location, **824 Caroline**, fulfilling

the dream of becoming a "main street" gallery and community asset, hosting such exhibits as cat and dog paintings to benefit the SPCA and this month's 12" by 12" paintings in a 29-day silent auction to benefit high school art programs. The Anniversary Exhibit runs through Feb. 26. Opening is 6pm First Friday, Feb. 3. **Ruth Ann Loving**, who has documented the gallery's history, will be on hand among the other artists.

*Collette Caprara is a local writer and artist.*

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**scene&heard**  
by megan byrnes

**Welcome to the world,**

**Finn Bethem!** The little guy decided to show up a bit early (probably to try and snag a reservation at his parent's restaurant - where BB Team (below) celebrated Finn - for Restaurant Week; or maybe because he wanted to tell them in person how proud he was of their rave *Free Lance-Star* review). Congratulations **Blake, Aby, Jacob** and **Parker Jules!**



**Heard:** **Dave Jensen** (below)

was in town for a one-night-only performance last month. The former Fredericksburg musician (and current Colorado resident) brought out old friends **Ryan Green**, **Mia Mullane** and the rest of the Whale Oilers to the 909 Saloon for a reunion gig.



If you weren't feeling lame enough for already slacking on your new year's resolutions (you better believe **Wayne Gooete** is keeping track of how many times you've punched in your pin so far this year), check this out: **Megan Mason** actually started an *entire school* last month! Village Montessori officially opened for business in January and already has kiddos learning, painting and tying their shoelaces in its classrooms!

**Hearty congratulations**

to Foode - and, more specifically, to its creators - **Joy Crump** and **Beth Black** as they celebrated their first 365 days in Fredericksburg last month. New to the Foode 2012 agenda? Cooking classes with **Beth** right across the street at **Whittingham**.

**Seen:** **Misha Sandborn** with a girlfriend grabbing a bite at **Bonefish** in CP; former governor **Tim Kaine** sneaking downstairs at **Bistro Bethem** for a private meeting with local biz peeps; **Matt Kelly** and his wife **Cindie** at **Soup and Taco**; **Tom Byrnes** and **Bill Harris** stopping in to the **Ponshop** for an early meeting.

Fredericksburg artist **Jen Callahan** (below) took her painterly talents to Florida where she nabbed Best in Show with her - fittingly - aquatic themed piece.



F'burg fan **Adrienne Jeske** flew from Chicago to Philly then hopped a train to be here for a 30-hour visit with her goddaughter, **Lexi Grogan**; they dined at **Bistro** with **Virginia G** alongside and **Papa Rob** behind the bar. "AJ" was back in Chi for her late January birthday with hubby **Michael**.

Happiest of winter birthdays to **Carole Garmon**, **Jonathan Burkett**, **Dan Telvock** and **Scarlett Suh-Pons!**

**NRBQ** and **Madi Wolf** (below) and **the Pack** (pictured strumming and singing on WFVA's "Community Link") played at the Otter House last month to much fanfare. Local favorite **Larry Hinkle** was on board as a pack member, who, incidentally, had to all set up on the dance floor like an orchestra pit (NRBQ's equipment just couldn't be contained). Reports from **Madi** manager/concert attendee **Bill Green** had nothing but nice to say.

Speaking of the Sunshine state, **Rebecca Thomas** and **Lynn Greer** (saluting with **Corona** below) took a mid-winter vacy to go free diving in Florida. Listen, I don't even know what free diving is but it sounds adventurous and exhilarating.



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# If You Got It...

FLAUNT IT!!

BY MARY LYNN POWERS

**Flaunt!** is a fitness program designed for women who are interested in building their bodies and spirit at the same time. The beginnings of the enterprise coincide with the history of its founder, **Melissa Furlo**. Mel was a dancer from the age of three, dancing her way through ballet, jazz ballet and a variety of styles. She said dancing is just part of who she is. She belonged to the Performing Arts Company at Mary Washington where she graduated with a degree in elementary education.

After teaching in the public schools for eight years, she returned to her early passion, teaching a class at the American Family Fitness Center in Southpoint. She taught both pole and chair dancing, classes you will not find everywhere. Both Mel and her students love the way these classes make you look and feel. It was at this time that she created Flaunt! to bring this experience to a wider audience by training other instructors to teach the principles of pilates and exotic dance.

Her goal was to instill a positive, self-confident model for her two young daughters. The motto of Flaunt! is "Strong, Sexy, Self-confident." Mel explained that if a woman feels strong and self-confident, the sexy part will automatically be sandwiched in between the other two traits. Women, or divas -as Mel describes her clientele - get a solid workout while exercising in an atmosphere that's fun, motivational and positive.

There is a sample chair dancing class on **February 10 at 5:45 PM**, which is open to the public, for \$5.00 at Gold's Gym on Rte. 3. Mel also gives private pole

dancing parties. One example of the camaraderie that these classes initiate is Flirty Fridays, available at the American Family Fitness Center. The class is 45 minutes of Zumba and Flaunt, then on to girls' night out.

Now in its second year, Flaunt! is offered at several gyms in the area, and is now available at **BodyWorks Downtown Fitness Center** on Caroline Street. BodyWorks offers a variety of classes, and the addition of Flaunt! is just the normal progression to keep women interested in physical fitness. You can check on the website [www.iflaunt.net](http://www.iflaunt.net) for other locations.



Mary Lynn Powers will flaunt her literary talents for us again soon.

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# COMMUNITY LINK

Courtesy of WFVA and Front Porch

## THE SPCA AND DEBRA JOSEPH



March 2000 was pivotal for the Fredericksburg SPCA. Just six months earlier, **Debra Joseph** had begun as an SPCA volunteer working on fundraising events at the local Society for the Prevention of Cruelty to Animals. "We became a No-Kill shelter in March 2000," Debra says.

In April 2009, the SPCA moved from Olde William Street to a facility five times larger and able to hold three times as many dogs and cats - animals whose lives will be saved, not ended. "It also has individual rooms like a staff lounge, a volunteer room and a community room (sponsored by the City) where dogs can be trained and meetings held," reports Debra. Cats are held in snuggle and condo rooms. Some dogs are in real-time rooms resembling home space, allowing staff to calm them from fright or shelter noise.

"Many people say it is a pleasure to visit our site, as it is so different than the average shelter." It would have to be above average, thanks to **Joe Wilson**. "Joe has been a great supporter over the years, not only donating the land for this facility;

he helps sponsor our ads and events. He has always been there for us."

Debra has lived downtown for 20 years. Of course, she owns three dogs and three cats (all from SPCA), and feeds a feral colony daily. Such devotion makes Debra make the SPCA click. "We do try to transfer as many animals as we can out of county shelters and help individuals who contact us to reduce euthanasia in this community," Debra appeals to a radio audience. "I go to **B101.5** every Tuesday morning and Thunder 104.5 every Friday morning." On air, Debra will talk about particular animals up for adoption, as well as timely tips and reminders for pet owners.



unnecessary euthanasia. "It is the missing link" - a link that can be found through community support.

SPCA public events include **Feb. 10 & 11's Chocolate Extravaganza** (Feb. 10, 6:30-8:30PM at Classic Car Center (5 wines/ 5 desserts by Virginia Wine Experience). Reservations: \$25 at 898-1500, ext. 302 or [burgspca.org](http://burgspca.org), and **Feb. 29's Taking A Leap for the Animals** (for Leap Day), a 12-hour live fundraiser with Thunder 104.5 (dollar-for-dollar matches with call-ins and visits to donate. SPCA is also collecting for its **Yard Sale** (1340 Central Park Blvd. Ste. 102) on **March 17**. Volunteers take donations for 5 weeks prior. (Info: 898-1500, ext. 302 or online.) The **8th Annual Paws & Claws** is **March 24** at Fredericksburg Country Club, 6:30-9:30PM (\$55, silent auction, food, one free drink ticket, **The Glass Onion Band** and emcees **Chris Centore & Dee Daniels** (B101.5). Proceeds directly benefit the No-Kill facility and future spay/neuter clinic, whose low-cost spay/neuter program will directly reduce

**Photo: "Penny,"** by **Shelley Impressions**, has been with the SPCA the longest (since 2008). "She would be perfect for a one-pet household. She loves treats and likes attention but will walk away when she has enough," pleas Debra. Adoption fee: \$15. There has to be an FP reader for Penny!

"I thought your January Front Porch was the best you had ever done. I read it cover to cover about all the talented artists we have in our community. It also made me think that even quarterly it might be a good read for people to read a themed piece like this. I did think an issue dedicated to all the non-profits and all the good work they do might be a good theme... Just a thought," says Debra, whose thoughts - and actions - contribute greatly to our community. To hear Debra on *Community Link* with **Ted Schubel**, tune in at 8 a.m. Sun., **Feb. 26** on AM1230 WFVA ([wfvradio.com](http://wfvradio.com)). See pp. 16-17 for *Community Link's* lineup.

- RG

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# FXBG Music

THE PARLOR SOLDIERS

BY ASHLEIGH CHEVALIER



This town is full of rock stars, the seasoned and the new. From Keller Williams to Andrew Hellier to rising star, Madi Wolf, (just to name a few) and now to **The Parlor Soldiers**. **Karen Scuderi Jonas** and **Alex Culbreth** have been singing their rich and dusty folk songs through the halls and walls of this town as solo singers and songwriters. Now they have joined forces, blending their voices, guitar, harmonica, a modest trap kit (no cymbals), and even the occasional kazoo. Chesapeake Bay Governor's School teacher **Dan Dutton** joins them on the upright bass. (He is the strong, silent type on stage... but he does smile. And he head bobs a little.)

Fredericksburg loves Karen's voice and Alex's river twang and clever lyrics, and others across the country are discovering they do, too. The two bring a surprising kick and grit to their tunes, and tell a darn good story. **When The Dust Settles**, their debut album released in December 2011, is as good performed live as it is in your earbuds. (And ya might say even better if you are a live music fan. This clan can really bring a crowd together.) It is Joni meets Gillian meets Dylan meets Nelson (the Willie variety) meets the brilliance of Scuderi-Jonas and Culbreth - fresh, new Americana folk, alt-country, echoing of the sounds era gone by but still remembered.

*When the Dust Settles* has already made quite a splash. The Parlor Soldiers are already scheduled to open for **The Spirit Family ReUnion** in New York this month, folk legend **Jonathan Byrd** (yes, THE BYRD) and country good ol' boy **Chris Knight**. (It isn't even the end of January folks. In music biz world, that is QUICK, especially when doin' it DIY like they are.)

You can, and should, catch them around town at a few places this month. On Saturday, **February 11**, 9p.m. at Colonial Tavern, Karen and Alex will perform a special couples singer/songwriter showcase for Valentine's Day. (Yes, Karen and Alex are a LOVERly duo.) Jenna and Jay Kole and Dorian and Bethany Cleveland (also very well known and loved musical duos) will be performing as well. THIS is going to be a very special treat. It will be smushy mushy, but not too over the top - just enough. It will also be funny because all of them have a great sense of humor. A few other dates include the full band 7p.m., **February 3** for First Fridays at The Griffin Bookshop downtown; Tuesday 8p.m., **March 27** at Bistro Bethem. There are more dates, and each show has its own flavor. Discover more about them at [www.TheParlorSoldiers.com](http://www.TheParlorSoldiers.com). Talk about them. Tell your friends. Like them, share them, all that "tell people about awesome" stuff we do on the facespaces of the Web 2.0 world because these guys are worth hearin' and talkin' about.

BUT... Be ye prepared. Be ye prepared to fall in love with Karen AND Alex: Karen with her deep brown eyes, sweet shy smile, and delicate voice, and Alex with his piercing big baby blues, the pearly whites shining through his Bunyan beard, and his true Rappahannock drawl. And who doesn't like the strong, smilin', silent type, like bassist Dan? See ya there.

Ashleigh Chevalier hosts the *A. Chevalier Show*, Tuesdays at 9:30PM at [FredericksburgLive.com](http://FredericksburgLive.com)

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**Apr 7:** The Seldom Scene

**Apr 27:** Zack Deputy

**May 18:** Charlie Hunter

**June 8:** Tom Principato

# Steve Watkins

## A NARRATIVE VIEW

BY A.E. BAYNE



**Steve Watkins** calls out over the din of patrons at Hyperion Espresso and slides lithely onto the back corner bench. Leaning into cross-legged repose, he grins widely while relating the story of a scrawny kid who realizes that through literature he has a voice.

"I wasn't athletic. I was short, slow, and uncoordinated, and in the small Southern towns where we lived sports were everything. I spent my time in the library reading, especially the Hardy Boys books. The librarian recommended *The Virginian*. I told her I liked it and she said to find another one by the same author, Owen Wister. I just looked at her like, 'What are you talking about?' She explained to me that the author wrote the book. I was struck. As dumb as it may sound, I thought books just were. It was then that I thought I would like to be an author, though I had no idea what that entailed."

Though only a first step toward publication, Watkins marks it as a decisive one. For him, writing has always been about making sense of the world, "I see events in narrative fashion, so most of the time I'm trying to figure out the story. As a writer, you are an observer of the human condition, and that's always changing. You have to develop your lens and world view, but the minute that becomes fixed is when you start writing the same thing over and over if you're not evolving."

That evolution stems in part from publishing for a wider audience. While writing in isolation may satisfy a writer's need for expression, Watkins believes the pivotal point of a project falls in collaborating with an editor. He notes, "It's one thing to sit at your desk and write, or share work with your friends or a writing group to get feedback. The key moment is when your editor gets that finished draft of your manuscript. That's when the revisions begin." Watkins suggests that while egos and personal interpretations are involved in the process, it comes down to trust. "It's not

always as major a difference in vision as you might expect, though it can become time consuming. I like my editor a lot, in which case I'm going to be a fool not to give serious consideration to her recommendations."

Whether through his experiences as a UMW professor, a yoga instructor, or Court Appointed Special Advocate (CASA), his observer's prescience has garnered Watkins accolades for his voice in literature. Despite rave reviews for his fiction and nonfiction, publication in national magazines, a Golden Kite Award for *Down Sand Mountain* (Candlewick Press, 2009), and a recent Virginia Commission of the Arts Artist Fellowship, Watkins humbles himself in light of the recognition: "My feelings about awards are that you never get them when you need validation. There are so few out there; the chance of winning one is slim... I wrote four novels before I published the first one and have spent years of my life polishing my craft. I don't know if I would do anything differently if I didn't win an award, because I'm going to write the next book whether they pay me to do it or not; however, the receptiveness that an award offers is a bonus."

The awkward boy with a knack for finding the narrative continues to speak through Watkins' novels today. He has opened his eyes to tell us a story. Watkins surmises, "To be a literary writer, to explore character, culture, the way psychology, relationships, and external pressures of society drive events, that's complex. You have to be an observer if you are going to treat it honestly."

Visit Steve's website at [www.stevewatkinsbooks.com](http://www.stevewatkinsbooks.com)

A.E. Bayne is a teacher and writer who has lived and worked in Fredericksburg for thirteen years.

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# What The World Needs Now... CIVILITY

Where is **Burt Bacharach** when we need him? "What the world needs now, is love, sweet love. It's the only thing that there's just too little of..."

Author **Sara Hacala** has taken Burt's plea a step farther in a more serious tone. Her newly-minted book is **saving Civility... 52 Ways to Tame Rude, Crude & Attitude for a Polite Planet** ISBN 978-1-59473-314-7 [www.skylightpaths.com](http://www.skylightpaths.com).

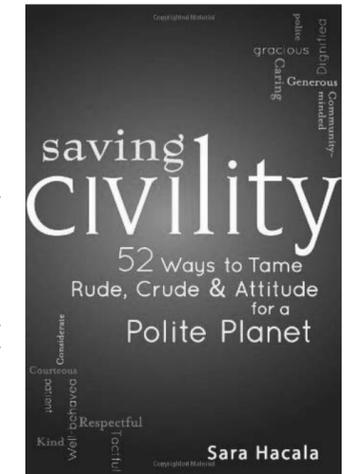
If we needed another reminder of how far our culture has fallen, we recently read of clashing football fans crashing through the windows of a local eatery. We're not saying that Sara's book will help them (reading is required), but those of us who process the book's message and redirect our energies in a more civil way just might lead this positive change that Sara urges for our planet.

Her book is not a speech. It is as practical as it is inspirational, and hopeful. The book made its debut in August and is getting rave reviews, including from *The New York Journal of Books*, *NPR*, and newspapers in Sara's home state of Connecticut.

We, at **Front Porch**, have known Sara and her husband **Tom Hacala** for years through mutual friends, and have watched their daughter, **Katie**, grow into a brilliant, beautiful and civil woman. If Katie's generation is to carry the torch of civility, our generation better get the ball rolling. Sara offers suggestions to get it done. "I want my message to resonate and make a difference in people's lives. I honestly believe that, if we bring back those 'smaller enclaves' that can adopt behavioral codes and civility politics within various sectors - families (the way we raise our kids), business and professional arenas, healthcare, organizations, college campuses, etc. - together we can create a positive cultural shift in our society. At the very least, I hope to inspire individuals to recognize and improve their own behavior."

That said, I revisit my implied comment about rowdy football fans unable to read - not the most civil way to address my concern - and that exemplifies one of the smaller things that Sara is writing about in her book; but small things can make big ripples, and we all should pay attention.

Sara is not a pie-in-the-sky thinker. She is well aware of what matters to people for their families first. Her book is pragmatic that way, addressing such desirable outcomes as benefiting your own health and well being; adaptability as a survival skill; business profitability through respect and courtesy; defusing



conflict, and preventing personal and business setbacks, as well as enriching the greater good.

Sara, a certified etiquette and protocol consultant, presents that kind of mindset: Change. Parents will absorb her comments on cyberbullying. Citizens will get it as she addresses polarizing political infighting. Her discussion of our culture



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# It Was First A Whim

IT SOON BECAME A PASSION

BY PHYLLIS CAMPBELL WHITLEY



I had thought, a "picture book to share with others" would be nice, but Mrs. Lowry changed that. I was hooked! It was a whim that soon became a passion.

Over the winter I defined what I wanted to accomplish: a book about barns built in the county before 1950, to chronicle stories about the barns, the people and life in one small county in southern West Virginia, and to publish a book, "Barns of Summers County, West Virginia Heritage".

The ultimately evolved into three of the most rewarding years in my life's journey.

When I learned that my grandfather's barn would be torn down, I was filled with sadness. The old chestnut barn, no longer in use, was about to fall down. The sadness was for my failure to photograph that vernacular structure during years it stood at its best, during my summer visits as a young person on his farm in a small county in Southern West Virginia. I took photographs when I visited there in 2007. That was all that was on my mind. The course I ultimately took was nothing like my thoughts that day. I am an amateur photographer with a few awards for work in that venue; much of my business career involved technical writing (some published in technical journals); I never dreamed of publishing a book.

The idea to photograph the barns began the fall of 2008. I took a few photos with my cousin, Joyce Waltman, showing me around. At an early visit with Christine Lowry she told me how her barn was once on another ridge and how her husband's great-grandfather moved it to its present location. He used a keel to mark each board before he dismantled it and moved it to the present location. Mrs. Lowry, 90 years young at that time lamented that she would love to restore the barn but just wasn't up to it. Three years later she is as active as ever but is leaving restoration to others.

When Basil Bowles' grandfather's farm sold, he was determined to bring it back into the family. He did so and is restoring the property's structures, recently replacing the wood shingle roof with tin. (picture below)



Phyllis C. Whitley —The Barn Lady of Summers County —and her husband, A. C., have lived in Spotsylvania since 1977. They enjoy a summer home in West Virginia. To learn more and order books, visit [www.barnsofsummerscounty.com](http://www.barnsofsummerscounty.com) or call 540-786-7010.

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# Flowers & Chocolate?

RELAX INSTEAD

BY BRIAN K. THALER

Massage Matters Operating Manager **Linda Osorio** has lived in the Stafford community for 25 years and has fallen in love with the bustling little haven of country meeting city. She had been practicing massage and promoting wellness for over five years when she saw the need for increased awareness of people's personal wellness goals.

Linda helped establish Massage Matters LLC, a center of knowledge and wellness practices, promoting good health through massage. She has brought together the best therapists in the area under one roof for every resident of Stafford and the surrounding areas of Fredericksburg, King George, Spotsylvania, Woodbridge, and all the way up to Northern Virginia to enjoy relaxation, stress relief, pain relief, and therapeutic massage for their everyday health.

"We believe that preventative care and routine treatments help to make a healthy lifestyle," says co-owner **Linda** (pictured).

She is also organizing chair

massage and wellness classes for local businesses and the community. While she no longer does massage, Linda's passion for massage and wellness still spearheads the mission of our business to bring preventative health education to the Stafford area.

Located in North Stafford, Massage Matters provides high quality massage therapy to the region, with everything from the light-pressure Swedish massage to the very beneficial Deep Tissue massage to the limbering Thai Yoga massage. More than 15 certified massage therapists are on staff.

"There is always someone available to address your needs, from just a little bit of back pain all the way to recovery after an accident or surgery... and we are open daily, so clients have ample opportunities to get their little dose of massage harmony."

One of the greatest advantages to receiving massage on a regular basis is the heart-healthy benefits that massage provides: massage is good for the heart,

literally. Beyond the common knowledge that massage reduces stress, it also helps to combat such conditions as hypertension, anxiety, improves circulation, and assists the heart in clearing toxins from the body, specifically in our muscles. Massage can also reduce blood pressure and slow the heart rate, not to mention release endorphins into the body to deal with the many pains our bodies endure on a daily basis.

Linda and her staff work with various doctors and other specialists in the area on other conditions, such as fibromyalgia, recovery from automobile accidents, or physical problems that come after years of manual labor.

Between the countless hours you spend at your job, log while commuting, or doing odd jobs around the house, a little relaxation is a perfect gift to give — or get.



"Even our men and women in uniform use massage to keep themselves at their physical and mental peaks. Each weekend, the office is flooded with members of the armed forces stationed from Marine Corp Base Quantico, looking to maintain their bodies to be fighting fit and ready for action."

Brian K. Thaler, a Culpeper native and UMW grad, is Manager at Massage Matters. Photo by Karen Presecan.

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## Man and Woman (For Jane)

- BY FRANK FRATOE

Love might deceive  
giving the illusion  
it should multiply,

since we often need  
to enhance pleasure  
and have good times,

but concede romance  
happens just once  
despite how we doubt,

when the hour comes  
for a man to vow  
affirming every word:

you are the woman  
I want to be with  
the rest of my life.

*Frank Fratoe lives in the city and  
writes from the heart.*

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Toni  
lost **50**  
lbs  
RESULTS NOT TYPICAL\*

