

YOUR GUIDE TO THE LOCAL GOOD LIFE

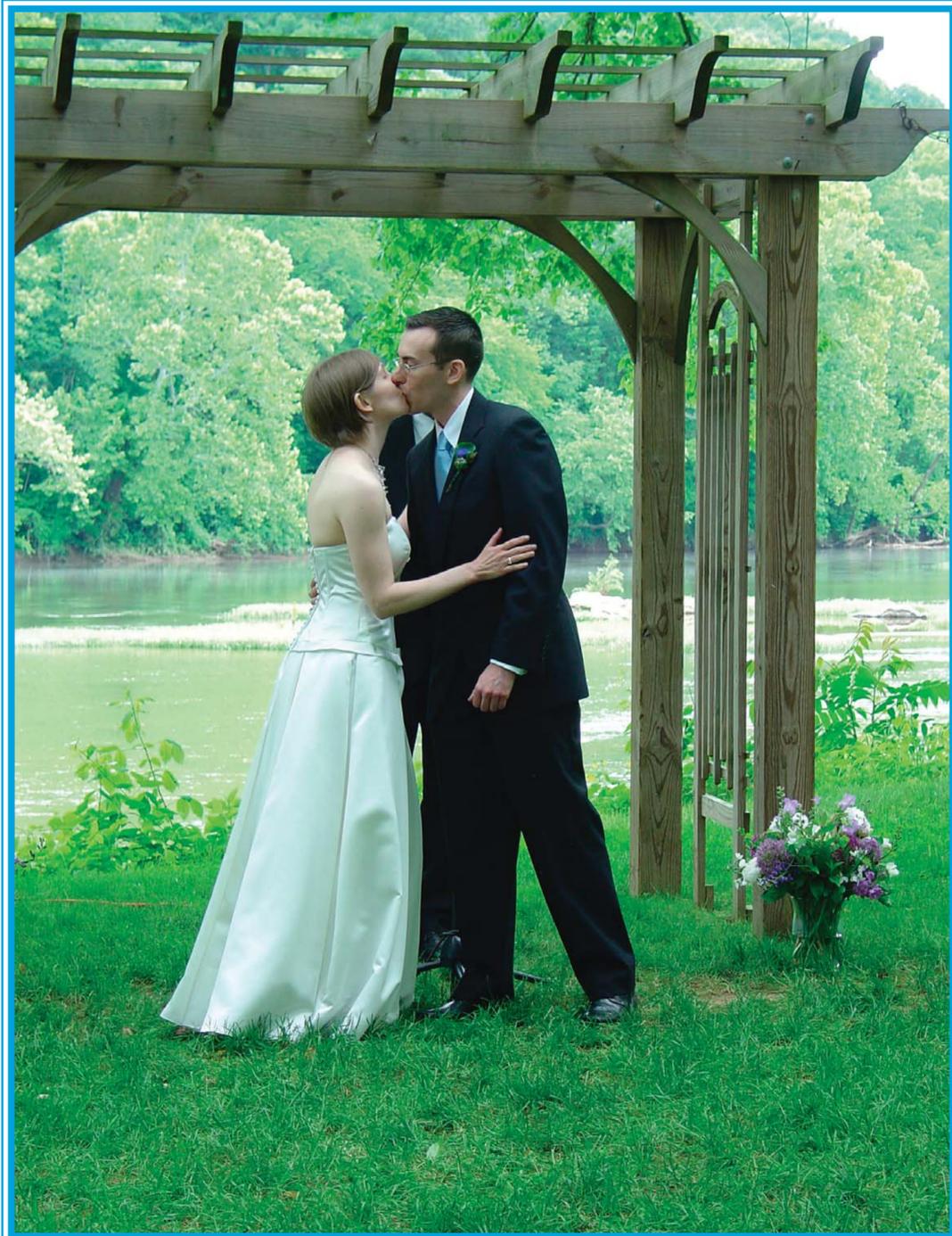
# FRONT PORCH

THE REGION'S **FREE** COMMUNITY MAGAZINE

Local Good News Since 1997

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*fredericksburg*



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## The Cat's in the Bag

### EMOTIONAL RESCUE

BY ROB GROGAN

If Norman Rockwell had been there, he would have set up his easel. It began the night before when Akari (Japanese for "Light or Brightness") went missing, stuck somewhere in the brush behind the circular top of our long gravel lane. Our property teems with wildlife and trees; from slithering snakes, to fox and deer, raccoons and groundhogs, hawks and vultures patrolling overhead for opportunity, and songbirds on-stage for morning coffee; and those trees! Bent by severe winds at this high point in Stafford County, locust, pine, mulberry and bamboo lean with the weather.

Alexis (our daughter) and I responded first, switching on a spotlight and pulling the car and truck to the edge of the woods to get good light on-location. Lexi finally figured Akari was up a tree. I figured she would be safe there overnight and at first light we'd try again. Lexi agreed.

First light came and launched a series of tactics to "Free Akari!" Three tree companies were too busy (one climber said he would grab the cat and toss her to the ground, but that she'd land on her feet). Joined by super-neighbor David Post, we rented a 40-foot ladder. Dave, a 37 years young native of hockey country, was physically up to the challenge. We cut away dozens of stalks of bamboo to clear a path to the locust tree, whose main trunk lay at a 45-degree angle - perfect for a young cat to explore new heights - but at 40 feet up, the tree splits with the right side continuing gradually up and out, and the left side shooting virtually straight up, and up, and up... to nearly 70 feet, too much for the ladder and too far for a freefall. (The thought of calling the fire company was fleeting. Our long lane is not easily accessible, nor is a water jet from a power hose the recommended rescue option.)

The morning light quickly turned to midday heat and, by the sound of her wimpers, Akari was beginning to dehydrate and feel hunger. Hawks flew overhead. Hopes faded... Then I posted a plea on facebook and within minutes, suggestions poured in. Janelle Kennedy called Aby Bethem with a lead to pass along to us. Acting on their "tip", I called Tanya at Bartlett Tree Experts, who had been expecting my call!

Tree experts who are "community minded and love cats" should be a Yellow Pages classification all to itself. Tanya, who said that Front Porch is community minded, too, offered us her services. Twenty minutes later, climber Grant Mullins, bucket truck operator

Patrick Rogers, and boots-on-the-ground t r o o p R a m o n R e y e s showed up. Armed with the right tools, the right skills and the right attitudes, they went quickly to work with a calming sense of humor. Patrick extended the bucket to its full 55-foot range, up and into the woods, but still out of reach of the frightened cat; Grant harnessed up and, armed with a duffle bag and cat food, climbed past the fork in the tree. Patrick and Grant put their strategy into action, while Ramon watched the cat's movements, and we (Lexi, my wife Virginia, and David, Ryder and Ronin Post and I) held our breaths and craned our necks.

Patrick swayed the bucket toward Akari, who scampered toward Grant, who coaxed her over and down with a handful of cat food. Silence reigned below as she trusted and reached the climber, who gently scratched her neck as she ate from his hand. Then came the moment - Grant whisked Akari into the open duffle bag. Silence turned to roars of joy, gratitude and relief. Patrick swooped down to take the bag from Grant, and 21 hours after it had all begun, Alexis reunited with Akari in her arms...

"I come to you, so silent in the night; So stealthy, so animal quiet; I'll be your savior, steadfast and true; I'll come to your emotional rescue."

— Mick Jagger and Keith Richards

That lyric fits here. It was an emotional rescue of a cat, a happens-all-the-time sort of deal, but not really. This cat rescue was a postcard "Greetings from Fredericksburg" kind of scene, steeped in community-mindedness. There should be a parade for them all, with Akari in a big pen on the main float, and our hometown Norman Rockwell, Bill Harris, painting the scene.

Rob Grogan recommends Bartlett Tree Experts or your tree-related needs. Reach them at 540-898-4442.



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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

## TO ALEXIS MARY

You did not come here from Russia to have a dog bite your nose. But one did, and you recovered. You did not come here to fracture your leg the day before Regionals. But you did, and you mended in time to medal at Nationals. You did not come here to break your back two months after your bronze medal at Junior Olympics. But you did, and you have grown through the disappointment. You did not come here to have your heart broken by a "dumb" boy, to lose a dog to illness, or be threatened by high school "mean girls". But you did, and you worked through it all. And you certainly did not come here to have your torso suffer second-degree burns from a scalding pot of coffee. But you did, and you will once again recover because, as Mama says, you are Courage.

You *did* come here to love and be loved by family and friends in a good community. You became, as the diplomat at the American Embassy in Moscow said, "the little lady that so many people care about." You came to learn, to find joy and achievement, to discover beaches and oceans, to make friends, and to feel the permanent, secure feeling of being loved always and forever.

So do not worry, baby girl. Noses heal. Legs mend. Skin rejuvenates. Mean girls are left behind. Many toads lead to one good Prince. But family is forever and love will find a way.

From the moment you looked at me with outstretched arms, cueing me to pick you up and carry you to your new land, you have made every day Father's Day for me. You had me at your photo 18 months before we met in person. You wrapped me around your finger the moment you clutched my hand at first sight and you never let go. I cannot wait to celebrate Father's Day and my birthday with you.

Life is full of milestones, Alexis. Some day I may walk you down the aisle, but there's no hurry for that. There is much more to learn and do and decide, and you should never settle for anyone who would love or respect you less than I do. You deserve the best when it comes to the heart. Your courage is amazing. Your intuitive way of reaching people is a gift. Your talents are unlimited. Your future is bright. Just remember, life isn't always what we want it to be but it is a great journey, no matter where the road may lead. I'll be there for you when you smile, when you cry, when you triumph, when you fall. Thank you for being there for me. Seeing you suffer pains me. Seeing you smile is the best Father's Day gift I could ever want. You have taught me so much by the way you give people the benefit of the doubt, the way you forgive, the joy you find in simple pleasures, your compassion, your open mind and listening ear.



Your life is a gift I receive every day. Thank you and God bless you always. Happy Father's Day to all you Dads. I hope you feel as blessed as I do. And thank you, readers, for 15 years of Front Porch. You have made the past 180 months all we could hope for.

Photo: Rob and Alexis Mary overlooking the Yenisei River, central Siberia, April 1996

*Rob Grogan*

## MESSAGES

Front Porch

We have always said that if one looked up "Southern gentleman" in the dictionary, one would see a photo of **Gene Brower**. Imagine our pleasure then when we read "A Day in the Life of a Gentleman," your feature in the May issue! We had the very good fortune of being next door neighbors to Gene and his late wife, Peggy, for many happy years, and we were delighted to see him recognized in Front Porch.

Bernie and Kathy Mahoney  
Fredericksburg

Rob & Virginia

Thanks for the coverage of Brush Strokes Gallery upcoming Exhibit "Nature's Spring" (May 2012). You are the best, indeed, always supporting the local artists. The art community is delighted to have you around.

Again, thanks.  
Merian C. Stevens  
Brush Strokes Gallery Publicity Chair

Rob,

I love this month's issue!! And your opening on "Maternal Instincts" was a moving piece for me. What a great man you are to appreciate that around you. It's wonderful. Thank you, Sonja

NOTE:

Sonja P. Wise is President of So Wise Co

Rob,

I enjoyed your story on **Gene Brower** in the May issue of Front Porch. I knew Gene many years ago when I was in cable television in Fredericksburg. I thought he had moved away. I'd love to communicate with Gene if you have an email address you could share, or if you could pass my name and email address to him.

Thanks and keep up the good work at FP.  
Donald Craig



# JUXTAPOSITION

## DAN FINNEGAN & TIMOTHY RYAN POE



Timothy Ryan Poe

Side by side, **Dan Finnegan** and **Timothy Ryan Poe** are entirely different in many ways yet mirror images in some others. Artistically, they ate both awesome and evolving, and both of course are local names and personalities the downtown culture finds enriching. Ryan

has made a film called "the ART of EARTH" that features Dan and tells the potter's tale in Dan's own engaging, compelling words, and in Ryan's skillful filmmaking techniques. It is like a double cone. You get not one but two great scoops of art in one film, the art of Dan and the art of Ryan. Pottery fans will lean forward to hear every word Dan speaks. Film connoisseurs will sit back and observe great filmmaking.

I purchased a copy of Ryan's film from Dan a couple weeks ago at LibertyTown. A week later, I sat down and viewed it all. I wrote to Dan and Ryan to say how inspired and amazed I am by both of them and their works. When you first see the shot of the Winchcombe Pottery in England where Dan studied and worked, it looks more alive and deeper than an ordinary piece of film. If you watch the entire CD, including the Director's Commentary, you will understand why. I found the entire film fascinating. Regarding Dan, learning about pottery from the film was a revelation for me. Better understanding his career now, I am even more admiring than ever.

There were two moments

watching the film that made me truly, on a personal level, feel connected to both artists. With Ryan, in his short film about his family ranch, I felt so much in common since my wife and I have a place here in south Stafford that is to our family what the ranch is to the Poe family.

And Dan, with the "Buffalo 360 miles" sign at your pottery, my wife Virginia lit up a smile (she's a native of Orchard Park, NY). For me, Dan's outlook on getting up in the morning excited to do his craft, and his conviction for his art that enables him to say no to repetition struck home with me and helped resolve similar conflicts I am experiencing of late with my craft. Thank you, artist, for the clarity!

Ryan says he "thoroughly enjoyed making the film and I'm thrilled when others get something from it as well." His newest short film had a screening recently at Read All Over, and you can see all of his work on Vimeo.

Dan is a Ryan fan who opened up and told his tale like few people have ever heard Dan reveal himself: "Ryan has a real talent and his quiet nature brought out the more reflective side of me. Most



Dan Finnegan

people don't get to see that side and it was a real privilege for me to have him make a record of some of the ideas that are always rolling around in my head. And that scene at Winchcombe is fantastic! I, like you, had to watch the director's cut to see what Ryan had done."

The overhead shot of Dan throwing clay is a highlight you will replay over again. His talk about his kiln and his explanation of how it works is an education in itself. And, he reminds Virginia, "that 360 miles to Buffalo is as the crow flies!" LibertyTown Arts Workshop is a lot closer. So walk on down to Liberty Street, plunk down 10 bucks and treat yourself to a great work of art on art.

- RG

## Days Gone By

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## “Gutsy Broads” Empower

“THE SHORTEST DISTANCE BETWEEN TWO PEOPLE IS A STORY” ~ PROVERB

BY JOHN SOVITSKY



When asked about their greatest fears, public speaking tops the list for many. For some it even outranks dying. Fortunately, **Megan Hicks** isn't one of those people. Megan embraces a fundamental truth: “One of the most powerful ways to heal ourselves is to tell our stories. Our secrets — the ones we keep from ourselves and the ones we hide from others — keep us sick. They bind us and enfeeble us. Once my secrets are spoken, they become part of my story, which gives them context, sense and meaning. Give a secret the context of your life's story, and you've become more rational. If you share your story as honestly as you can, it will not only make you stronger, it can give others courage and the comforting assurance that they are not alone. We tell stories in order to make sense.”

While Megan tells stories for a living, I don't think she's in it for the money. With few exceptions, storytellers are engaged in a labor of love. Telling stories empowers them. When Megan opens her heart, and bares her soul to her audience, they in turn are empowered. They realize they are not alone; they are not 'broken'. They too can tell their stories, and in doing so can take control over their own lives. In sharing stories, they help themselves as they help others.

It is especially fitting that Megan will be returning to perform her 'Gutsy Broads' stories. All proceeds from this performance will benefit the organization many of us know as RCDV (Rappahannock Council on Domestic Violence), as they begin operating under their new identity. June will be the first month using their new name, **empower HOUSE, Supporting Survivors of Domestic Violence**, however their mission remains the same, “To empower survivors of domestic violence and their children to believe in themselves and build new lives

filled with dignity, respect, safety and hope...” and their vision remains unchanged as well, “...to create a diverse network of community members working together to promote safe relationships, homes and communities.”

This identity change was designed to better convey their mission and the multitude of services they offer. Empowerhouse promises to continue to expand their efforts to reach out to our community and give victims the chance to become survivors.

Empowerhouse is a nonprofit, 501(C)3 Virginia accredited domestic violence program serving Fredericksburg, Caroline, King George, Spotsylvania, and Stafford. They have provided services to our community for 34 years.

Nationally, 1 in 4 women have experienced severe physical violence by an intimate partner. This chilling statistic is but one reason it is imperative that Empowerhouse continue their helping and educational programs, including a shelter, a 24-hour hotline (373-9373), victim advocacy, children's services, support groups for victims, teens and children, Spanish language and culturally relevant services, transition in-place housing assistance, court advocacy, accompaniment to court and healthcare visits, teen dating violence prevention, as well as batterer intervention programs.”

Please join Megan on June 15th (Stories start at 7:30 pm, reception to follow) at Read All Over Books, 307 William St. Tickets available at: RCDV, LibertyTown, Riverby Books, & Read All Over. Every dollar is tax deductible and goes directly to Empowerhouse. \$25 tickets, \$100 sponsors.

*Gutsy Broads - stories about ordinary and extraordinary women: journey, vulnerability, connection, and love. Article and photo by John Sovitsky.*

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## Blues in All Flavors

GAYE REACHES KIDS

BY SARA MATTINGLY

I have little doubt that **Gaye Todd Adegbolola** is the biggest name in music to ever come out of Fredericksburg, VA. Her depth of career and accomplishment, both civically and musically, is unparalleled. Yes, we have Keller, but I give the nod to Gaye. She goes back to my daddy's days with contributions to community that run far and wide, from music to education and gay rights.

In light of the bullying events that hit the news, Gaye got the nudge she needed to make a children's CD, *Blues In All Flavors*. It addresses bullying, health issues, kindness, the environment, and other timely important topics, not only for children but for all of us, too. Each song on the G Rated CD is written and performed in a “blues flavor” — from Piedmont to Delta to Chicago-style, jump to doo-wop, and funk to rock - and introduces listeners to a taste of blues forms. The CD also includes a 16 page booklet of lyrics.

My favorite taste of this whole package is the song list with its respective “flavors.” There's The Sunshine Shake - DC Go-Go; Blues for the Greens - Piedmont Blues then Blues Rock; The Cleanest Kid - Jump Blues with Boogie-Woogie; Zip-A-Dee-Doo-Dah - Rock & Roll; Please Please - Doo-Wop; The Thank You Song - Delta-Style Slide; Grandma and Grandpa's House - Piedmont Blues; Stop That Bully - Rock & Roll; It Hurts (The Picked Last Song) - Chicago Blues with Stop Time; The Kindness Song - Funk (in James Brown style); Don't Be Moody Do Yo Duty Song - Bo Diddley Beat; Hand Jivin - Street Rhythm; The Recycle Song - New Orleans Blues; and What A Wonderful World - Reggae Rhythm. Don't they all sound fun and delicious!

Gaye Todd was born and raised in the Burg. She graduated as valedictorian of the then-segregated Walker-Grant High School; finished Boston University with a major in biology; prior to becoming a teacher, she worked as a technical writer for TRW Systems, a biochemical

researcher at Rockefeller University, and a bacteriologist at Harlem Hospital; she has a Master's in Educational Media from VA State University. In the early '70s, she began teaching in the Fredericksburg City Public Schools, where she taught for 18 years and was honored as Virginia State Teacher of the Year in 1982.

She directed Harambee 360° Experimental Theater to creatively use performance as a tool to assist black youth in gaining confidence as they struggled with identity issues during the spread of “integration.” She moonlighted as a musician who maintained the blues legacy and “keeps the history alive, delivers the messages of empowerment, ministers to the heartbroken, and finds joy in the mundane.” She, of course, was a founding member of Saffire - the Uppity Blues Women, and became a full-time performer. Saffire ended in 2009 after 25 years. Gaye has toured nationally and internationally,

and has won numerous awards including the prestigious Blues Music Award (formerly the W.C. Handy Award - the Grammy of blues). As of 2012, Gaye has 14 CDs in national distribution, including four on her own label, Hot Toddy Music.

Gaye's biography is as impressive as her discography. She seems to be a person who creates and does a lot that benefits others along for the ride and those who need a lift and a hand up, or, as in the case of Blues in All Flavors, a boost of confidence and reassurance. She is quite a person, one to admire.

*Sara Mattingly is an Editorial Assistant at Front Porch Magazine.*



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# Extend Your Family

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For Cheryl Carter, caring for her son put her in a heart-wrenching double bind. She needed to hold down a job to support her family, but her son's health challenges caused her to miss a lot of work. She felt as though she wasn't doing a good job as either a caregiver or an employee. Cheryl eventually discovered that her son, who has intellectual and developmental disabilities, was eligible for the Medicaid waiver that would pay for much-needed services. For families who need help caring for a loved one, the waiver is a godsend, but one that can take years to materialize.

Her son, now 20 years old, was eventually approved. With funding from the Medicaid waiver, she is caring for him full time as a “sponsored residential provider” through Lutheran Family Services of Virginia.

“It has truly changed both his life and mine,” says Cheryl, who became a provider in 2011. “We are able to do so much more together. Getting a waiver can be a long process, but the end result is well worth it.”

“There is a little bit of confusion about how sponsored residential care works,” says Ryan Long, a residential program manager with Lutheran Family Services. “It is similar to foster care for adults with disabilities, but it can also be an option for families, who are often best suited to provide care.” Long adds that it is both better and much less costly for individuals and their families to be served in their own community rather than in institutional setting.

A family member is reimbursed as a non-relative sponsored residential caregiver would be in accordance to the number of service hours the individual requires, depending on individual's needs. Long says that for a parent or relative to be considered as a sponsored residential provider, the individual needing care and the circumstances must meet certain criteria set forth by the state. Becoming a sponsored family brings with it requirements for training, licensure and

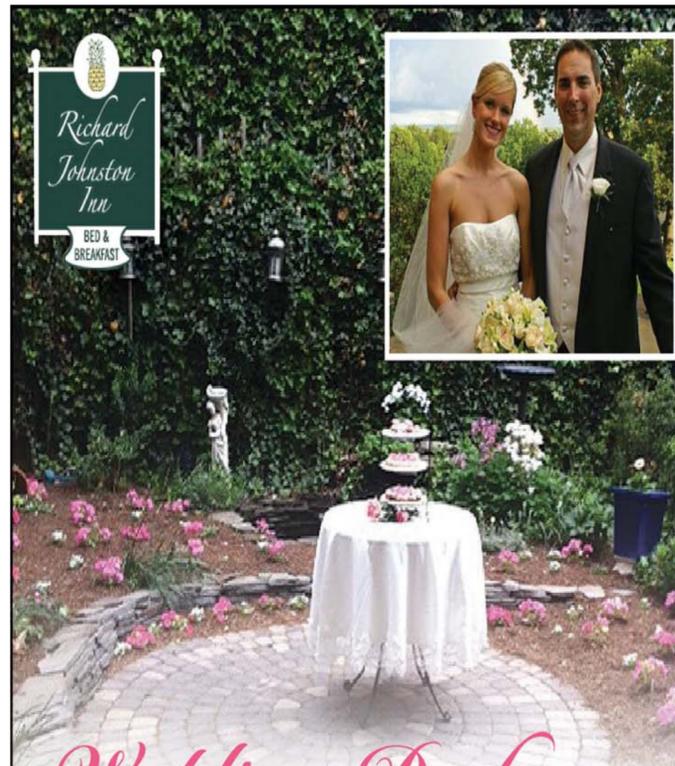
documentation. Providers also help develop and follow an individual support plan for the individual and meet monthly with the agency administering the program.

Sponsored residential care can also be a lifeline for individuals with no immediate family and who are at risk of being institutionalized. LFS recruits and screens families who have experience and training in supporting individuals with intellectual disabilities to help them meet their personal goals and achieve as much independence as possible in all areas of daily living, health, and leisure.

When David Brooks, a counselor at a school that serves children with intellectual and behavioral challenges, discovered that one of the school's students was at risk of leaving the school system and entering an institution, he immediately asked his own family about having the young man come and live with them. Because his wife and son had met the individual through Brooks' work and because of his experience with children with intellectual disabilities, the family was well suited to become a sponsor family. The icing on the cake was the fact that the Brooks' son is about the same age as the individual who now resides with them, and the younger Brooks has become a valued role model to him.

In the Brooks' home, their individual is part of activities and good-natured laughing and joking. “We treat him as our own family,” says Mrs. Brooks. “The best thing about being a sponsored residential provider is we get to be someone else's blessing and share our life with someone who otherwise wouldn't have that.”

Are you interested in becoming a sponsored residential provider or want more information about services? Call Lutheran Family Services program manager Ryan Long (540) 875-7993 for information about training and licensure or email [info@lfsva.org](mailto:info@lfsva.org). Visit [lfsva.org](http://lfsva.org) for Developmental Services.



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# DayTripper

COOPER IS SUPER  
BY SCOTT RICHARDS

In Central Virginia, in a corner of Louisa County, where people have a tendency to forget about the mad rat race that exists in more populated metro areas, is a place worth visiting to relax and get away from it all. **Cooper Vineyards** consists of approximately 15 acres of vines on a 100 acre tract on Shannon Hill Road just off of Route 33 as it meanders through this beautifully rural county. Cooper Vineyards, the dream of vested partners **Dr. Jacque Hogge** and **Dr. Geoffrey Cooper**, opened in July 1999.

In April 2011, Cooper Vineyards set themselves apart from other farm wineries when they opened their new tasting room, which set a standard for going “green” and energy efficient. Designed by architect **Michael Pellis**, AIA, LEED AP of Baskerville, with solar panels by Urban Grid Solar and built by Haley Builders, this is Virginia's first LEED (Leadership in Energy and Environmental Design) Certified wine tasting facility. Its green construction reduces operating costs and strain on local infrastructure, and might earn Cooper a Gold or Platinum Certification. The staff at Cooper is very knowledgeable yet laid back, infectiously enjoying what they do, including tastings, such events as the annual MINI Cooper Rally on July 14 (11:00-5:00, \$20/person), and a pet-friendly policy and facility - perfect for picnics.

With an impressive list of excellent wines, Cooper can easily say they have something for everyone. On the white side, the 2010 Chardonnay won a bronze medal at the 2012 VA Governor's Cup. The unoaked, stainless steel aged chardonnay hits the nose with a lush pear aroma followed by a definite citrus and melon taste in a lovely finish. For those who insist upon having their whites oaked, the Coopertage 2011, just released, gives flavors of warm cream with nectarines. The just-right oaking enhances the bouquet and the taste of this lovely Viognier and Chardonnay blend. The Petit Verdot 2009, the most beautiful of all the Cooper Wines, was awarded Silver in the 2012 VA Governor's Cup, Silver in the 2012 International Eastern Wine Competition, Best in Show for Red in the 2012 Chesterfield Celebration of the Vine, and Silver in the 2011 Atlantic Seaboard Wine Competition. For even the most

fickle of red wine lovers, its lovely finish follows the taste of dark fruit and caramel and is to be savored.

The Norton grape is Virginia's own, and the truth is, one either loves it or hates it. The Norton Reserve 2010, which won Gold in 2012, Best in Class, Best of Varietal in the New World International Wine Competition, Silver in the 2012 VA Governor's Cup, Silver in the 2012 International Eastern Wine Competition, and Gold in the Town Point 2011, is 100% Norton with all the intensity that implies. Quite the mouthful, it is not for the faint of heart. Clean, fruit forward taste, aged in Virginia oak, takes the palate on a journey that lingers long and lovely. Pair it with a steak that barely touches the grill, or afterwards with a nice cigar. Many have come to know and enjoy the Sweet Louisa, a blend of Norton, Concord and Merlot with six percent residual sugars; “grape juice with an attitude.” But by far one of the most unique wines in Virginia is the Cooper Noche, noted for winning Silver in the 2012 VA Governor's Cup, Best Dessert in the Wine 2011 Wine Lovers Spring Classic. This Norton wine with chocolate infused has stood the industry on its ear. Its berry taste with the taste of chocolate is a leader in dessert wines. Much of the competition can produce wonderful chocolate drinks but can't cut it as a wine. Cooper can.

Whether out for a June daytrip in the country or looking for an excellent wine to pair with a favorite dish, Cooper Vineyards is a stop not to be missed.

Scott Richards of Loch Haven Vineyards is a member of the VA Vineyards Association, blogs at [fromthevine.wordpress.com](http://fromthevine.wordpress.com), writes for Front Porch, and is a sports writer for The Caroline Progress.

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# What's It Worth?

PRAISE FOR THE APPRAISAL FAIR

BY ARCH DI PEPPE

Fredericksburg has been a large antiques market for many years, so it is no surprise that such appraisal shows as *Antiques Roadshow* and *The Home and Garden Network's Cash in the Attic* are very popular here. I was delighted when **Ellen Killough**, President of the Fredericksburg Area Museum and Cultural Center, called and asked me to be an appraiser in their Antiques Fair held in April. It was a great opportunity to meet and work with **Tim Luke** of *Cash in the Attic* and his partner **Greg Strahm**. They were terrific.

In addition, I worked with two local appraisers, **Bill Beck** and **Glenn Hyatt**. Bill and his wife **Susan** have been antique dealers since the mid-Seventies. Their fine reputations are well deserved. Glenn Hyatt has also been a friend for many years, and it would be difficult to find someone with more knowledge of militaria and firearms than Glenn. These appraisers have been extremely generous to me over the years with their time and expertise.

One thing that you can count on at an appraisal fair is that you will see a variety of remarkable items. Sometimes there is an interesting family history connected to the piece. One of my favorite moments was when a descendant of the locally famous Chancellor House of Civil War fame brought two items to be evaluated. He had a wonderful period glass doorknob from the home. It would be difficult to set a price on this item because of its historic value. You would have to put it up for auction and let local collectors fight over it. This isn't going to happen. He also brought a Civil War period bootjack with an American motif left obviously by a Union officer in his haste to avoid the pressing Confederate Army. Both the doorknob and bootjack are pictured here. Here again, because of its historical connection, you would have to put it up for auction to know the real local value.

I was glad that Glenn was sitting next to me when one couple showed up with an enamel metal plaque from Germany from the late Thirties. It was a road rally plaque with a motorcycle and 1930's sedan on it. Glenn went the extra mile when he couldn't find any information on the Internet, and contacted a friend of his who had retired from the Smithsonian. The friend was one of the foremost collectors of German items from the Second World War, and we were able to tell the couple it was very valuable. Another interesting German item was a pre-WWII Naval Officer's sword



with an intricately engraved blade with period ships, a biplane, and a submarine. The quality was outstanding.

One of the most interesting items that Bill Beck appraised was a wonderful small French oil painting on panel. It was an Eighteenth Century religious painting. The piece had come down through the owner's family from Nice, France. It was just beautiful.

Some people believe we can tell the value of all objects off the tops of our heads. The truth is that an appraisal is a market survey and the best appraisers are great researchers. We use the Internet and a wide variety of contacts we have acquired over the years.

Probably the piece with the best story was some native art painted on bark from the South Pacific. The owner's relative had brought it back from his service in WW II. He said he bought it from a cannibal. Believe it or not, there were examples of WW II vintage native art from the South Pacific islands for sale online. The cannibal story may not have added to the value, but it does conjure fascinating images of the transaction.

I sure hope the museum repeats the event next year.

*Arch Di Peppe is a personal property appraiser. Reach him at 373-9636.*

# Dance Matrix

ALL THE RIGHT MOVES:

LOCAL DANCE COMPANY, CONTEMPORARY CHOREOGRAPHY

BY A.E. BAYNE



A dark stage gradually brightens to a tempestuous glow as dancers rise from the depths of garbage strewn around them. Music pulses tensely as they pull their bedraggled bodies across the stage, scratching and clutching at desirable objects. Enter three innocents, lithe and fresh in their sweet, pressed dresses. But wait! The gang of primal wretches lunges from upstage, overtaking these bright ingénues. What follows, death and resurrection, reflects the current climate of live performance today, as companies like **Beverly Mendez's Dance Matrix** strive to revitalize attendance at dance concerts within the community of Fredericksburg.

First established by Mendez in 1993, Dance Matrix began as a company seeking to stretch beyond the immediate region. Over time and after the birth of

her children, Mendez reimagined the company as one where established dancers could collaborate and create within the constraints of family and the physical limitations that arise with age. "You have to be a dancer before joining us," Mendez explains. "Interested dancers will take adult classes with me, and if they have the necessary skill I will invite them to join us, after which they usually stay for years."

Mendez describes the dancers in her company, "When dancers come to us they are experienced and disciplined, so they're already in top shape and are used to the requirements necessary to stay fit. They go to classes on their own time; as a matter of fact, that's one of our rules." Inevitably, though, age takes its toll on the body, and the demands of dance often exceed one's abilities no matter how

strong or disciplined. Mendez describes opportunities available to dancers at Dance Matrix as they face their changing role in dance. "If we know people have limitations, such as not being able to jump or do the splits because of physical injuries or age, then we cast them in appropriate pieces. Eventually, they do retire, just as I did. Dancers know; they are usually much attuned to their bodies."

Another option for those ready to transition from active dance to retired status is to become choreographers. Mendez explains, "Dancers who have been with the company for several years and understand the group's dynamic are welcome to choreograph. Usually, they will start with a solo or duet piece, and later they will work on more complex pieces. **Rachel Decker** is a good example. She started with very small pieces, but she's just such a talented choreographer. This was her first year to have a full company piece and it is stunning." Mendez also relates the story of **Jennifer Leibowitz**, a long established dancer with the company who had a debilitating injury. Unable to overcome it, she now choreographs. Leibowitz adds, "I appreciate that Dance Matrix has given me the opportunity to continue collaborating with the dancers and to create new pieces for performance."

In the end, Mendez concedes that it is up to the community to keep performance alive. She says, "People so rarely attend local theater and dance performances, and we have seen audiences dwindle over the last few years. Today, we can stay in our pajamas and see anything we want online. We're losing a connection with the performing arts. That's the hardest part. You can have great ideas, build sets, create costumes, choreograph an incredible piece, and rehearse your butt off, and then you have to wait and see if anyone is going to walk through the door."

You can walk through the door and allow Dance Matrix to mesmerize you when they perform as special guests of the Avery Ballet Company at UMW's Dodd Auditorium on Saturday, June 2<sup>nd</sup>, at 8:00 p.m., and later in the summer on August 10<sup>th</sup> and 11<sup>th</sup> at the downtown branch of the Central Rappahannock Regional Library.

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



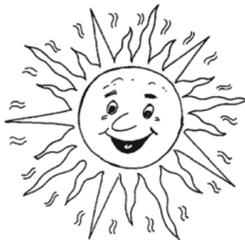
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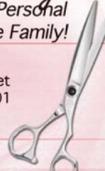
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# IN THE KITCHEN

WITH BONNIE DE LELYS

Summer is here - time to take munchies for a picnic or a pool party. The following recipes are easy and can be made ahead of time. For the 3rd year, we catered the Marine Corp Historic Half Marathon VIP party and served the following appetizers:

## CHEESY CRAB DIP

2 C Monterey Jack Cheese  
8oz cream cheese softened  
1 C sour cream  
¼ C red bell pepper  
¼ C green onion  
2 T fresh parsley  
2 T fresh lemon juice  
1 ½ t Old Bay seasoning  
¼ t red pepper  
1 lb jumbo lump crabmeat, picked  
¼ C parmesan cheese  
Preheat oven to 350.

In a large bowl combine all ingredients and gently fold in crabmeat. Spoon mixture into a 1 ½ qt casserole dish, sprinkle with parmesan cheese - bake 30 -35 minutes till bubbly. Serve with toasted French rounds or crackers.

## GUACAMOLE

4 ripe avocados  
3 T lemon juice  
8 dashes Tabasco sauce or 1 jalapeno pepper seeded and diced  
¼ C diced red onion  
1 large garlic clove minced  
Salt and pepper to taste  
1 medium tomato, seeded and diced

Cut the avocados in half, remove pits and scoop out the flesh into a large bowl. Dice fine and add remaining ingredients. Salt and pepper to taste.

## CHUNKY BLUE CHEESE AND YOGURT DIP

¼ C diced onion  
1 t minced garlic  
2 T lemon juice  
7 ozs plain Greek style yogurt  
¼ C good mayonnaise  
4 ozs blue cheese crumbled  
5 dashes Tabasco sauce  
Salt and pepper to taste  
3 T minced fresh chives

Place all ingredients in a food processor and pulse until mixture is almost smooth but still a bit chunky - stir in chives and transfer to a serving bowl, cover with plastic wrap and chill for at least 2 hrs. Serve with vegetables/crackers.

Bonnie De Lelys is innkeeper at the Richard Johnston Inn.

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# Vino

IN & OUT

BY MATT THOMAS



Like so much else we consume, wine is susceptible to trends. The only difference is that they take a long time; people don't change their tastes quickly. Every once in a while I like to talk about some of the trends I see from my experience working in the business. Here's my list of what's in and what's out for 2012.

### In: Rhone

Forty years ago, most wines from the Rhone region of France were consumed locally. Today these wines sell well pretty much everywhere wine is consumed. This is especially true of the Southern Rhone, where red blends made mainly from Grenache and Syrah come in different forms, from the fairly inexpensive Cotes du Rhone to the mighty (and pricey) Chateauneuf-du-Pape. The best of these manage to be rich yet well balanced, with standard dark fruit flavors and other not so standard flavors like smoke or olive tapenade. Stay ahead of the trend by trying a Vacqueyras, which are very similar to Chateauneuf-du-Pape but not as expensive.

### Out: Bordeaux

The top of the top like Chateau Latour still do well, but they always will. This region has let its brand fade by allowing anybody with some money and a desire to own their own "Chateau" to set up shop. Most Bordeaux I taste is either too expensive or just not good. There are still many great ones, but they've been drowned out. Too bad.

### In:

**Argentine Malbec** I don't know how long these will remain popular, but man do people ask for them a lot. Malbec is a French grape but Argentina has made it its own, and in recent years winemakers have gone away from copying the Australians to developing their own style of intensity, body, and fruit without the "jammy" texture. Oh, and setting up a winery there is a fraction of the price of doing it in California, keeping bottle prices low. Where else would you get individually hand wrapped wines for only \$12 a bottle? Chile, I guess.

### Out:

**Australian Shiraz** Australian Shiraz can thank two culprits for getting played out. First, relying on a style that emphasizes high glycerin content and soft tannins - the textbook "jammy" texture people talk about. Second, overly generous subsidies from the government

resulting in a glut of wine, too many of which taste the same. Lots of them are still great (I particularly like Torbreck), but too many are not.

### In: Bubbly Wines

I'm not really talking about true Champagne, but rather the 'everyday' fizzy wines - what the Italians call frizzante and the French call petillant. These can be white, pink, or even red. If you like sweet, there's Moscato, which has supplanted White Zinfandel as the semi-sweet wine. But even dry sparklers, which used to be a tough sell, are flying off the shelves. Try a fizzy Vouvray or other Chenin Blanc or a dry Lambrusco for a different twist on food-friendly red wine. Bubbles often make it better.

### Out:

**Big, Bulky Bottles** These aren't actually out, I'm just trying to start a trend here. It's a bit ridiculous to try to convince customers that your wine deserves a high price tag because it's in a large, heavy bottle. Wine packaging is already not exactly great for the environment with all that glass; do we really need to increase the carbon footprint dramatically with heavy bottles? North and South American producers are the worst offenders.

So there's the short list, anyway. Haven't tried some of the In's? Ask about them and see what the fuss is about.

Matt Thomas is IN at kybecca wine bar and shop, 400 William Street

# Season's Bounty

JUNEBUGS

BY VANESSA MONCURE

Snapshot on a faded Polaroid - a group of laughing children, barefoot and clustered around a large junebug, its back leg tethered to a length of string. I remember the summer sounds of chattering cicadas, the snapping blades of a hedge-trimmer, a lawn mower throwing arcs of fragrant grass. Memorial Day weekend is the unofficial usher of summer, but real summer began when school ended. Admonished by our moms to "stay out of the house!" we gathered, barefoot, down at the lake. The best part of the day was opening our paper lunch bags and comparing/trading the contents. Half a fluffernutter sandwich for a DingDong? How about bologna with mustard for peanut butter celery sticks? Fond memories all. But now the best junebugs for me are the cocktail and the bug-like crustaceans, the Chesapeake Bay blue crab. Boiled, steamed, spiced, broiled, fried, fire-roasted, stewed or pan-sauteed, crabs either soft- or hard-shelled are the essence of summer dining. I know I'd never trade a crabcake for anything in your brown bag!



### CRAB CAKES:

Don't let any of the cooked crab go to waste - pick them and save the meat (or buy a pound). Watch for place of origin on the label - Maryland and Virginia are known for delicious crab - yet my local grocery store carries only imported blue crab. For one pound of crab, beat together two eggs, ½ tsp. Old Bay, white pepper, 1 tsp. Worcestershire sauce, 1 tsp. dijon mustard. Gently fold in crabmeat then add just enough mayonnaise to bind. Form into cakes, then cover with cracker meal, breadcrumbs, or Panko. Saute over medium heat in mixture of butter and canola oil until golden brown, turning once. Serve w/ tartar sauce. The crabcake must be held together just by willpower; no bread or cracker filler.

### STEWED CRAB:

A summer version of oyster stew. Melt 4 oz. butter in 3-qt. deep pan. Add a sprinkle of cayenne pepper, white pepper and salt. Smash a large garlic clove and saute briefly (not to brown, just to soften). Pour in 1 qt. half and half and 2 c. milk - heat to a near boil, remove garlic, then add 1 lb. picked jumbo lump crabmeat, reserving 6-8 portions of lump crabmeat. Bring to a simmer, then ladle into 6-8 shallow bowls, top with reserved crabmeat and minced chives. Serve hot.

### AND A JUNE BUG COCKTAIL:

The old crab houses on the Maryland shore all had tall, cold specialty-of-the-house cocktails. Try this Junebug - Make a pitcher for quick refills. Use a tall, Tom Collins-style glass, fill with ice. Mix together 6 oz. Midori, 3 oz. each rum and banana liqueurs, 6-oz. container Coco Lopez, 6 oz. sweet and sour mix, and 1 qt. pineapple juice - keep refrigerated if you have any left over. Don't crabs remind you of a bug? That's what my grandsons think of lobsters - "big bugs that bite".

Vanessa Moncure evokes in us memories of her great Chez V Catering of days gone by.

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# 15 Principles

## GUIDELINE #3 - EAT SIMPLY

BY REBECCA THOMAS



Make It a Priority

These guidelines don't specify a meal plan, or give you a list of foods that are acceptable so like real life meal planning and food choices are fluid and entirely up to you. While that may seem frustrating or scary when embarking on a weight loss plan, the truth is you will have to make these food choices for the rest of your life, why not start right now? The guideline Eat Simply is meant to convey two messages, both will help you in making food choices that sustain good health, not cause you to overeat and keep you on track for a lifetime of healthy eating.

On the one hand Eat Simply means making sure all of your food is from real, discernible ingredients that are whole in nature. Hummus is a great example (be careful of grocery store brands that include soya oil and lower quality ingredients) since it should contain garbanzo beans, extra virgin olive oil, garlic, lemon juice, salt and tahini.

These are all relatively unprocessed ingredients and the result is a healthy and filling food. Today, when I think about mealtime I start from a place of ingredients. A ripe avocado, a soft-boiled egg and a Wasa cracker make a nice open-faced sandwich for lunch. On the occasion

I have to eat on the run or buy pre-prepared foods they must be made from whole ingredients (Trader Joe's is a great place to shop for that). Other great options are eating sushi from a good grocery store (skip the fried, mayonnaise-y options), raw walnuts or almonds with unsulphured and unsweetened dried fruit and my favorite stand-by hummus with veggies for dipping. Get to know the natural section of your favorite grocery, read ingredients and collect easy recipes that feature favorite legumes or vegetables. With practice you will learn to eat this way wherever you go and rarely feel tempted to go off course. Another benefit of eating whole foods? Besides controlling my weight I can't remember the last time I felt fatigued by a meal I just ate.

One of the best reasons to eat whole, natural foods is that they don't trigger the desire to overeat. Compare a bowl of pasta in a creamy sauce to a bowl of lentil soup (or some other bean you like better if lentils aren't your thing), which are you most likely to overindulge in? Viewed in this way it is easy to understand that food choices have the power to keep us on track or keep us caught in a vicious cycle of eating and feeling powerless to control our portions and appetites. Through experimentation, figure out what foods cause you to eat beyond hunger and then work to eliminate them. I love pasta, but rarely eat it because I find it so hard to stop eating when I am no longer hungry.

Eat Simply also means making a meal out of a few easy things. To most of us a complete meal includes a protein, a side, hopefully a salad and a drink. We feel less than satisfied if we didn't have the full deal and it causes us to snack and overeat later on whether or not real hunger is the main driver. It is not uncommon for me to make a meal out of a poached egg over a salad or just bring together a few healthy foods on a plate. It doesn't have to look perfect, or exactly what we think of as a meal as long as it satisfies and nourishes.

Every meal is an opportunity to better your health and align your health goals with your actions. Eating simply will help in this most important endeavor.

Rebecca Thomas is a downtown resident, aspiring self-publishing author and partner at kybecca. You can follow her posts at [Facebook.com/rebeccathomas.me](https://www.facebook.com/rebeccathomas.me)

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# The Beer Geek

## BEER CULTURE IN THE BURG

BY JOE GHERLONE



Last week, I judged the homebrew competition Spirit of Free Beer, sponsored by the DC area club BURP (Brewers United for Real Potables), and held at Mad Fox Brewing Company in Falls Church. I renewed acquaintance with many folks I've rarely seen over the last few years, since I rarely make it to BURP meetings anymore. It was great to see them, but it got me thinking about why I never see them anymore.

The obvious answer is that I commute 55 miles each way on the I-95 corridor daily, so it is not appealing to do so on a weekend. What I realized, however, while chatting with my friends, is that the biggest reason that I never get up that way is that I no longer need to. Mad Fox is owned by friends of mine, but they were open for nearly two years before I made it there. Still haven't been to Church Key, Rustico, Paradiso, Port City Brewing, Birch+Barley, and so much more. That's kind of sad, but it is a long drive and it is easy to be distracted. This is true mainly because the great Fredericksburg area has grown so much as a beer culture location. Let's hit a few of the high points:

**Blue and Gray Brewing** has been around for a while, but they've really enhanced their appeal with their brewpub, **Lee's Retreat**. Fritz's kitchen is rockin', and the beers I had for our anniversary dinner the other night were all very good (the kolsch was superb!).

**Capital Ale House**, aside from a massive tap list, also carries a great variety of Virginia beers. That is a key attribute for a guy who wrote about local beer within the last year.

I was not sure if kybecca still had the beer focus it had when its Plank Road

location (with all that lovely cooler and shelf space) was around, but by the looks of their ever-expanding William Street beer coolers, things are looking good there, too. They have a lot of great beer in the space, and **Matt Thomas** continues to be a tremendous resource to the beer community.

The **Virginia Wine Experience** is not just about the vino. **Edwin Wyatt** stocks a tasty selection of craft brew, and hosts the Fredericksburg Area Brewing and Tasting Society every few months.

The newer homebrew club, the **Fredericksburg Brewing Insiders**, is more focused than FABTS on the technical and competitive aspects of brewing. Check them out.

Hope I haven't forgotten anyone, but it is certainly possible - email me at [beergeekjoey@yahoo.com](mailto:beergeekjoey@yahoo.com) if you want to give me an update.

Guess we're doing ok. If that isn't enough for you, traffic is usually better toward Richmond than DC, and the beer culture there is growing as fast as DC or here. And if THAT isn't enough, there's even less traffic south of Charlottesville, where you can find Devil's Backbone Brewing, Blue Mountain, Starr Hill, Wild Wolf, and more. Yup, we're doing ok, beerwise.

*Joe Gherlone never makes it to BURP meetings anymore and is pretty content not to make the drive.*



# CALENDAR of events



## June 2012... Dads, Grads, Flags and Summer!

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

### first friday, June 1

Artful Dimensions's "Featured Artist": middle school Focus Art students in Stafford studying sculpture. Opening Reception 5-9P. 911 Charles

Art First Featured Artist Exhibit: "Water & Woods - Real and Imagined". Opening Reception w/ Ruth Ann Loving and Robyn Ryan. 31 more artists. 6-9P. Daily 11-5 thru July 2

Opening Reception for FCCA Regional Art Exhibition (Frederick Gallery) and member artist Susan Lenz (Members' Gallery). 813 Sophia. Up all month

Eli Cook, Blues guitarist, plays the Otter House! 21+. Cover

Art Exhibit: "Art of the 'rails" New large scale photographic works by Kevin Rodrigue. Opening Reception 6-730P. Thru July 31. Blackstone Coffee, 1113 Jeff Davis Hwy

First Friday at The Creative Side 5-9P. Artwork by students. Info:846-8920

Brush Strokes Exhibit: D. Elen Grigg, "People, Places, and Things". Thru July 1. Plus All-Member Show.

PONSHOP: Featured artist, Julie Maida, creating functional home goods to prints and paintings. Scarlett and Gabriel Pons; signature paintings by Joshua Barber, Nicholas Candela, Jeremy Gann, Ginger Huebner. Photography by Adam DeSio, Stephen Graham. 6P-10P

LibertyTown Opening Reception 5-9P for Michael Dean's "Wax Works" and Dan Finnegan's "The Good, The Bad, and The Ugly: The Best and Worst of My Wood-Fired Pots." Dan's Pots Yard Sale June 2, 8-10A

Virginia Wine Experience exhibit: "Sailing Away — All about Boats", preview of show inspired by Michael Dean's photos and paintings on Fairview Beach in the 70's and 80's. Rick Klingbeil continues show of Virginia Farmlands. Ed King, kayaks; Anderson Cunningham, red wine; river and lighthouse scenes.

Anything Goes continues at The Riverside Center, thru July 22. riversidedt.com, 540-370-4300

\*Fridays@The Last Resort. St. George's Church

Music Every First Friday: Wave on Wave acoustic duo plays Courtyard Marriott 6-9P. Country, Blues, Rock n Roll, with Doyle Green on guitar, Gina Clark on keyboard

Central Rappahannock Heritage Center and FAM&CC present Greetings from the Past. 1001 Princess Anne. Thru July 30. Museum admission price

\*Potomac Point Winery live music every Friday evening thru Nov 15. 275 Decatur Rd (Exit 143A, Aquia)

### saturday, June 2

First Saturday in Mary's Garden, MW House. Included w/ tour admission

Ballet and Beyond: Dance and piano performances in UMW Dodd Auditorium. 8P. \$15/adult, \$5/student

House About Tonight concert: Nashville native/songwriter to the stars, Craig Bickhardt's own music. Info: concertinfo@houseabouttonight.org

Soapmaking from Soapwort: Colonists version of liquid soap. Join head gardener, Jeannette, learn to turn a plant into liquid soap. Included w/ tour admission

Rabble Rousers: Mary Wash Alum band at the Otter House. 21+. Cover

Urban Decay 3 Opening Reception: Workhouse Arts Center 9601 Ox Road, Lorton. Panel Discussion 5-6P. Opening Reception: 7-11P. Thru July 24. Aesthetic of street art, urban culture and contemporary ideologies. FXBG's Kenny Brown, Jeremy Gann, Kevin Murphy, Kevin Rodrigue. Workhouse Arts Center.

Sustainability: Simple Steps: Grow and Use Your Own Herbs, by Master Gardener Ann Gorrell. 10A. Ten Thousand Villages, Central Park. Free herbs for participants. RSVP: 785-9967

Grammy Winner Jon Carroll at Olde Silk Mill. Rock, R&B, Soul & A Whole Lotta Love! FXBG native. Doors 7P. Show 8P. Tix: \$25/door. \$20/advance at Raven Hi-Fi and Olde Silk. Ted Garber opens

### sunday, June 3

\*AM1230 WFVA "Community Link" 8-830A. Glen Trimmer, Civil War Sites; Mary Lou Hollingshead/Jim Bachand, CPR Month/Cardiac Arrest. Host Ted Schubel. Listen at www.wfvaradio.com/

\*Jams: Read All Over Books: Jazz 230P; Colonial Tavern: Jazz 7P; \*Sunken Well Tavern: Bluegrass 7P

Improve Your Home & Life w/ Feng Shui: Cheryl Shotwell, Feng Shui Solutions. 10-4P (w/ lunch) \$50. Register: call/text name, #, to 878-8953, fengshuisolutions@live.com, www.cherylshotwell.com

### full moon monday, June 4

25th Anniversary Chamber Music Festival: F'burg Festival for the Performing Arts June 4, 5, 7, and 8. 7P. See article. Venue: St. George's Church. Tix: Visitor Center. 374-5040, FredFest.org

Music on the Steps: CRRL, 1201 Caroline, Mon's in June, July, & Aug - 7-8P. Bring lawn chair, blanket, picnic dinner. Rain venue: library theater. Tonight: Dixie Power Trio, Zydeco & N'Awlins Jazz

\*Women's gentle yoga class every Mon 7P. Thrive Healing Center

### tuesday, June 5

\*Picnic in the Park - Performers, moonbounce, more. Every Tues June & Sept. Hurkamp Park 1130-130P. Free. Bring lunch or buy on site

Buster Brown & The Get down (solo) plays Bistro Bethem, 309 William. 8-11P. 371-9999

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

### wednesday, June 6

Art of Aging - Life Begins at Fifty: Info on health & community services, assisted listening and ASL interpreters, health screenings. Free. 10-2P. FXBG Expo Center

Snead Farm CSA: Pick-ups every Wed thru Aug, first Wed Oct & Dec. www.sneadfarm.com 540-371-9328

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

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

\*Callin' all pickers! Scott Wagner & Emily Barker host weekly open mic/jam at Rec Center/Pool Hall. 9-11P

Live Music at The Courtyard: Ashleigh Chevalier performs. Marriott, 620 Caroline

Strategic Challenges in Northeast Asia: Implications for U.S. National Security Policy. Continental breakfast. U Hall, Rm 110; 8-1030A. Free to 180 people. Register: http://dahlgren.umw.edu/ or 663-4030

### thursday, June 7

\*Every Thursday Live Music: kybecca wine bar, 402 William. 8P; \*College Night at Otter House: DJs; 10P. No Cover. 21+; \*Kenmore Inn live music, 730P-1030P; \*Tru Luv's Live Acoustic Rock Thurs & Fri 7-10P; 1101 Sophia, 373-6500; \*Open mic 8P Yakadoos, VA Go Girls Jam, Hosted by Lisa Lim (Every Other Thurs)

### friday, June 8

Live Music at The Courtyard: Michael Geddes Sr. performs. Marriott, 620 Caroline

Tom Principato, guitar legend, at the Otter House. Tickets: \$10. 21+

### saturday, June 9

Yard Sale: Kenmore Club, (RACSB), 8A-1P. Donations accepted thru June 7. 632 Kenmore Ave

Celebrate the Rapp: on-water demos, races, stand up paddleboard clinics, paddling, tubing, educational sessions; river cleanups; interpretive trips; live bands, Reel Paddling Film Festival Under Stars

148th Anniversary of Battle of Trevilian Station Re-enactment at Bracketts Farm (1117 Nolting Rd), Louisa. Horses, cavalry battles, artillery, living history, parade of carriages, home tours, mock field hospital, sutlers' period wares, music, food. 10A-4P June 9, 10A-3P June 10. \$10/ages 16+ per day; \$15/2-day pass; \$5/ages 4-15 per day; \$8/2-day pass. www.TrevBattleVa.com or 967-4420

Wavos, 80's cover band at Otter House. 21+. Cover

Celebrate What Makes F'burg Grow: Celebrating Cooperatives, Community and You! Cabot Creamery invites you to join the 2012 Community Tour! 10-3 at Old Mill Park

Yard Sale 8-12Noon. Vendor Fair 9-2P. Held inside. Thirty One, Avon, Benjamin's BBQ. Homemade Crafts, vendors. www.choicebaptist.org

Afternoon Tea & Storytelling Honors Elizabeth Monroe: "It Happened in the White House: True Tales of the Eight VA Presidents and Their Wives." Lynn Ruehlmann. 908 Charles. 2P. \$25. Reservations: 654-1043

\*Second Saturdays at the Museum family program. Area Museum, 1001 Princess Anne

### sunday, June 10

All Things Bridal Show 12N-5P. Tuscany Hall, 21125 Kettle Club Rd, Culpeper. (540) 825-2285

\*AM1230 WFVA "Community Link" 8-830A. Former Navy SEAL Rob DuBois, author of "Powerful Peace", w/ editor Rob Grogan and host Ted Schubel. Listen at www.wfvaradio.com/

### monday, June 11

\*Music on the Steps: CRRL, 1201 Caroline, Mon's in June, July, Aug, 7-8P. Bring lawn chair, blanket, picnic. Rain venue: library theater. Tonight: Andrew McKnight & Beyond Borders, American Folk Music

### tuesday, June 12

Low Voltage plays Bistro Bethem, 309 William. 8-11P

### wednesday, June 13

Live Music at The Courtyard: Robert Davezac. Marriott, 620 Caroline

### flag day thursday, June 14

18th Annual "Golf for Kids' Sake" benefits Rapp. Big Brothers Big Sisters (RBBBS). F'burg Country Club. Tee Times: 8A/130P. Register: 371-7444 or michellehdrieh@rbbs.org

### friday, June 15

Megan Hicks returns to FXBG to perform her "Gutsy Broads" stories, 730P, reception to follow, at Read All Over Books, 307 William. Tix: RCDV, LibertyTown, Riverby Books, & Read All Over. Tax deductible, benefits Empowerhouse (formerly RCDV). \$25 tickets, \$100 sponsors. See article!

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

Venture Rays, innocent rock for guilty pleasures, at the Otter House. 21+. Cover

### saturday, June 16

Happy 60th to "Papa G" from Amy P, Sara M, and editorial crew

Soap Box Derby - largest in the nation! Ages 9-17 race gravity powered cars built themselves from kits. William Street hill. 830A to 430P

Mammas Love: American Rock Band plays Otter House for first time! 21+. Cover

American Music! - UMW Brass Quintet. Various Sat's thru Sept 7-9P in Market Square

Free Concert: Richard Green's Showtyme Band plays Rivahfest in Tappahannock

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

### father's day sunday, June 17

\*AM1230 WFVA "Community Link" 8-830A. Donna Phillips - Healthsouth Rehabilitation Hospital. Host Ted Schubel. Listen at www.wfvaradio.com/

### monday, June 18

Music on the Steps: CRRL, 1201 Caroline, Mon's in June, July, Aug, 7-8P. Bring lawn chair, blanket, picnic. Rain venue: library theater. Tonight: The Company Store Band, Good Ole American Music

### tuesday, June 19

Ray Wooduff plays Bistro Bethem, 309 William. 8-11P

### summer solstice wednesday, June 20

Live music at The Courtyard by Ray Woodruff. Marriott. 620 Caroline

Lecture, The Security Implications of the Arab Spring includes continental breakfast. U Hall, Rm 110; 8-1030A. Free. Limited to 180 people. Register: http://dahlgren.umw.edu/ or 663-4030.

### thursday, June 21

F'burg Photo Show thru June 24 at Dorothy Hart Community Center. www.fredericksburgva.gov. Free

### friday, June 22

Live Music at The Courtyard: Michael Geddes Sr. performs. Marriott. 620 Caroline

Brent Peterson - from reggae to rock, to country and funk. Otter House. 21+. Cover

### saturday, June 23

Civil War Canoe Paddle: canoe trip through history from river's perspective. Bring bag lunch. Min. age 8. 9-4P. Backup date: June 24. \$30 indiv/\$75 family

Lisa Liam Band: Blues rock and funk band's premier at Otter House. 21+. Cover

### sunday, June 24

\*AM1230 WFVA "Community Link". 8-830A. Kathy Anderson: New name, same mission, Rapp. Council on Domestic Violence; Ellen Killough: Area Museum. Host Ted Schubel. Listen at www.wfvaradio.com/

### monday, June 25

\*Music on the Steps: CRRL, 1201 Caroline, Mon's in June, July, Aug. 7-8P. Bring lawn chair, blanket,

picnic. Rain venue: library theater. Tonight: Angela Easterling, Homespun music

### tuesday, June 26

Parlor Soldiers play Bistro Bethem, 309 William. 8-11P

### wednesday, June 27

Live Music at The Courtyard: Wil Gravatt performs. Marriott. 620 Caroline

Art Film: Mary Cassatt - A Brush with Independence. Extraordinary woman defied tradition; work captivated Degas; only American asked to join French Impressionists; driving force for women's suffrage. (2003/ 57 min.). 7P. CRRL Theater, 1201 Caroline

### friday, June 29

Dueling Pianos: One of a kind event at Otter House. 21+. Cover

### saturday, June 30

Live Music at The Courtyard: Gerry Maddox performs 6P-8P. Marriott. 620 Caroline

Comedy at The Courtyard: Jeff Maurer, Last Comic Standing semi-finalist, brings comedy to the Marriott. 620 Caroline. www.coolcowcomedy.com for tix/info. 8-10P. \$20 Show, \$35 Show/Dinner

Big Daddy Love bluegrass and folk rock band at Otter House. 21+. Cover charge

American Music Series: FXBG Big Band concert. Various Sat's May thru Sept 7-9P in Market Square

St. Jude Summerfest: 50 juried crafters. Entertainment. Musical, dance groups. Food

For more music events, check in with our friends at http://fredima.com/

This 180th consecutive monthly issue completes our 15th year of publishing Front Porch Magazine, launched July 1, 1997. Thank you, Fredericksburg! - Virginia & Rob Grogan, founders.

If you are reading this 180th issue of FP, thank an advertiser! If you are an advertiser, list your event!

Deadline for July is June 20. Paste your event in an email to frntprch@aol.com or go to http://frontporchfredericksburg.com/calendar/su bmitcalevnt.cfm for both print and e-editions.

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## Fort Sumter or Alexandria

BY RALPH "TUFFY" HICKS

If asked the question, "Where did the War Between the States begin and end?" the majority of people would answer that it began in South Carolina with the surrender of Fort Sumter on April 12, 1861 and ended at the McLean home in Appomattox, Virginia on April 9, 1865.

I encountered my first debate of this question many years ago as a college American History student when the subject was raised. My answer was that the American Civil War began May 24, 1861 in Alexandria when Union troops under the command of Colonel Elmer Ephraim Ellsworth crossed the Potomac into the Virginia city. James Jackson, owner of the Marshall House there, was killed by Union troops after he mortally wounded Ellsworth, who had removed a Confederate flag flying over the Marshall House. Ellsworth has the distinction as the first Union soldier killed in the war. I recall that after a lengthy discussion I was told that my answer was quite innovative, along with my end of the war date of May 20, 1865, and the class discussion turned to another subject.



The Civil War did not start all at once with just one incident, as have many conflicts. In 1859, John Brown raided the arsenal at Harpers Ferry, which resulted in his execution by the state of Virginia. There remained a period of relative quietness until the confederate artillery fired on the Union steamer, Star of the West, on January 9, 1861; yet, after these two hostile events, war was not declared. In February 1861, twenty-one states attended a peace commission meeting in Washington to discuss the differences between the states. The commission was unable to find an agreeable solution between the states and was dissolved. Even after the surrender of Fort Sumter April 12, 1861, the federal government remained quiet and reserved.

The mood became hostile when Virginia voted to secede on May 23, 1861, and the next day President Lincoln and his generals looked across the Potomac to Alexandria and saw the potential for southern forts, artillery and troop fortifications. After the incident with Ellsworth, Inspector General Colonel Charles Stone stated that the only troops near the capital were 300 Marines in the barracks in Washington. The Union soldiers who crossed the Potomac began immediately to build fortifications on the Virginia side. Fort Scott and Fort Marcy were the first with a small detachment of soldiers.

The area now known as Arlington was once fertile land but was devastated by the war for their state's secession. Livestock and buildings were seized for military use and military roads, along with 30 named fortifications. More than 400 cannons destroyed the area forever by 1865. Today, the Pentagon and thousands of federal employees occupy the land that was a quiet sanctuary along the Potomac before 1861.

After the surrender of General Lee at Appomattox in April 1865, the Union armies marched north to attend the grand review by President Andrew Johnson that lasted two days starting on May 18, 1865. Every unit marched down Pennsylvania Avenue led by the famous Generals, including Grant, Sherman, Meade and Custer.

Many of the soldiers would say years later that their mustering-out was at their encampment at Arlington Ridge immediately after the Grand Review, and that this was the official end of the war for them on May 20, 1865.

Tuffy Hicks will debate the Civil War with any willing scholar.

## OUR HERITAGE

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

### WEDDINGS OF NOTE



I remember the stories surrounding the wedding of Elizabeth Taylor and John Warner at what is now my home in south Stafford. The late Dr. Samuel Emory had attended. And there are stories about other famous weddings in our area back in the earlier days, which is what the CRHC is all about - it connects today with yesterday in Fredericksburg.

There used to be a nifty little magazine called the *Fredericksburg Times*, which is well archived at the Center. Every January was its annual bridal issue, which is where I read, from 1992, an account of several weddings of note.

Maria Hester Monroe, age 17, was the first child of a President to have a White House wedding (March 9, 1820). In a simple Episcopalian ceremony, she married her 39-year-old first cousin, Samuel Laurence Gouverneur, who was also President Monroe's personal secretary and the son of Maria's aunt Hester Kortright Gouverneur.

The Chimneys at 623 Caroline Street may be vacant now but in 1820 it

was the home of John Glassel, "a merchant of large enterprises and holdings." Mr. Glassel was known as "a staunch Royalist" and owned an estate in Edinburgh Scotland. His only daughter, Joanna, married John Campbell, later the 7th Duke of Argyle. The couple - The Duke and the Duchess - had one son, the 8th Duke of Argyle. Joanna was considered "the outstanding beauty of all the debutantes and the one who taught others how to dress."

And did you know that the Princess Pocahontas became Rebecca Rolfe when she married John Rolfe, or that she was endearingly known as "Little Mischiefer"?

I am hoping that decades from now, a researcher delves into the archived issues of *Front Porch Magazine* and delights in his findings as much as I did in the *Times*.

—RG

## Road Shows:

### URBAN DECAY AND ARTOMATIC



Local artists Pat Thalman, Gabriel Pons, Kenny Brown, Jeremy Gann, Elstabo, Kevin Murphy, and Kevin Rodrigue hit the road in June, with Pat headed to Arlington and the boys going to Lorton for exhibitions.

Pat will display her distinctive fluid acrylic works in one of the East Coast's largest exhibitions, *Artomatic 2012*, a massive show staged in a vacant Arlington high-rise office building through June 23. More than 1,500 area visual artists and 500 performers are expected to be a part of the creative extravaganza, which occupies 11 floors and 380,000 square feet. Pat's exhibit is on the first floor in Room 124, just steps off the main lobby of the building.

Gabriel Pons' PONS SHOP is one of the sponsors for the *Urban Decay III* exhibit at Lorton's Workhouse Arts Center. 2012 marks the third annual installment of this highly successful exhibition that focuses on the aesthetic of street art, urban culture and new contemporary ideologies within the modern art world.

Gabriel is one of thirty-one featured artists (above: *Dark Horse* by Gabe Pons) and will be part of an exclusive Art Talk with the public, giving his insight on the state of contemporary low-brow art from vinyl sculpture to painting. Gabriel, Kenny, Jeremy, Elstabo, Kevin, and Kevin will participate in the exhibit that also includes live demonstrations, raffles, and live music. The Workhouse Arts Center is at 9601 Ox Road, Lorton. The Artist Panel Discussion is June 2, 5-6p.m.; Opening Reception: 7-11p.m.; Exhibition dates are June 2-July 24. For more information, visit [www.lortonarts.org/](http://www.lortonarts.org/).

Just north of there, Pat had visited the 10th annual *artomatic* event in Southeast Washington in 2009, and has had it in her sights ever since. "There was a wonderful energy and stimulating imaginative environment to the show that

was very appealing," Pat said.

This exhibit will be housed at 1851 South Bell Street in Arlington, just across the street from the Crystal City Metro station. Admission to *Artomatic* is free and hours are from 12 to 10 p.m. Wednesday and Thursday; 12 p.m. to 1 a.m. Friday and Saturday and 12 to 5 p.m. Sunday. There are no showings Monday or Tuesday. For schedules, directions and information go to [www.artomatic.org](http://www.artomatic.org).

Pat is an ex-President and current board member of Art First. A former member of the Fredericksburg Arts Commission, Pat was instrumental in the installation of the public art on the Caroline Street fence. She creates her paintings without brushes. Her technique involves pouring, splattering, dripping and floating acrylics on canvas, adding marbling affects for texture and motion. (below)



And as you may know, the PONS SHOP studio and gallery 712 Caroline, is Gabriel and Scarlett's baby. It will usher in the summer months by featuring the work of a selection of local and regional artists with a "First Friday" opening reception. PONS SHOP also welcomes Julie Maida to the gallery. "Julia is creating everything from functional home goods to prints and paintings. Her use of strong colors and elegant line work is sure to enhance any space," says Gabe. Also in the gallery are works from the two Pons, as well as signature paintings by Joshua Barber, Nicholas Candela, Jeremy Gann, and Ginger Huebner. Bringing an original touch to photography, Adam DeSio and Stephen Graham will have their latest images on display, too.

So whether you hit the road, Jack, or stay downtown, Brown, there will be art!

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# Companions

THE POWER OF TWO

BY WENDY SCHMITZ



There seems to be a prevailing thought process that we need to dominate our dogs. Popular "trainers" will tell you to have dominant energy, that you must be the leader of the pack. Books will tell you to do dominance rolls on your dog or stare them down in a show of dominance. We are told from many sources that in order to be a good dog owner, or have a dog who obeys the rules, we MUST be dominant.

Hmm... let's ignore the fact that dogs aren't wolves and don't actually live in a true hierarchy. Let's forget that when a dog feels threatened it might bite and that confronting a dog with dominance often leads to biting. Let's forget that behavior science has proven dominance isn't the best way to create a well-behaved dog, and in fact is likely to damage your relationship with your dog or create a dog that learns to mistrust humans. Let's just think of one thing, my two-year-old son and his 4 big dogs.

For the first time in my professional trainer life, I have the opportunity to observe a pure relationship between a human and a dog. My son hasn't read any books on dog training, we don't watch "that guy" on TV, and I haven't explained animal behavior principles to him. The only cues he gets on how to interact with dogs come from his observations of the dogs themselves, my interaction with them, and his own instincts of trying to get his needs met.

You will just have to trust me when I say my son is not dominant, nor does he give off a dominant "Energy". He is two, and while big for his age he is just a wild little boy who throws things around randomly and creates a lot of noise and unpredictable actions. However, the dogs listen to his commands, even those commands he made up himself. They have learned what he means with his tone of voice, his wild gestures, and his words; they listen to him, intently. I mean, after

all, he drops a lot of food and he throws a lot of balls.

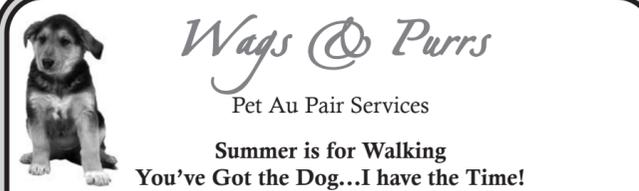
My son inadvertently practices positive reinforcement dog training. And without being dominant, he gets almost 100% compliance when he asks for the dogs to do something. All the dogs are twice his size, they could just steal things from his hands or knock him down and ignore his pleas, but they don't. To me this is the best proof that the need for dominance in training is a fallacy.

Yes, you can argue I have trained them well, or at least well enough, and I won't deny this. However, if you believe the dominance theory, then my son would have to be a dominant personality as well in order to get compliance, and he isn't. Also, he has made up several commands of his own that they all seem to understand and obey, that I have no clue about.

In light of this very unscientific study, I would like to use my son, and his amazing ability to control 4 big dogs, as a great example of the power of positive reinforcement training and a plea to all of you reading this to give up on dominating your dogs for good. His ability and relationship with the dogs proves without a doubt that dominance is not only unnecessary in dog training but should never be used when your goal is creating a close relationship with your dog.

When I watch my son play with his dogs it brings a smile to my face. Do they think he is a dog? No. Do they think he is a leader? I doubt it. Do they think he is a friend? I think so. He is a great friend. He says exactly what he means, his expectations never change, his reward system is random (the best way to train), and he always has a smile and a hug for them. If a two-year-old can do it, so can you.

*Dog Whisperer Wendy Schmitz raises two boys and four dogs with her husband, Jay, in Colorado.*



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# Urban SmallHolding

THE SIMPLE TRUTH

BY AMY WOODRUFF

Let me begin by asking this: Do you know anyone whose schedule is always packed and stretched so thin that they are constantly stressed out? Do they complain about everywhere they have to go and everything they have to get done (work, school, kids, shopping, social obligations, housework, projects, etc)? Are they showing signs of physical stress (overweight, underweight, headaches, depression, aging, illness?) How familiar does this sound?

I used to be one of these people. Somewhere along the line my life compounded with work, social scene, marriage, children... and with each addition came a new set of "obligations". The little free time I had was spent catching up on laundry, dishes and chores. I let my personal dreams and aspirations fade into the shadows until I no longer remembered what they were. One day I looked in the mirror and saw a stranger with sad eyes. I realized I was no longer enjoying my life - it was high time to reevaluate what was really important to me. My life had become a disheveled closet that needed to be cleaned out and reorganized. I needed to SIMPLIFY.

The first thing I will say about trying to simplify your life is to be careful not to over complicate the simplification process.

Begin by making a list of everything you want to do but can't seem to fit into your life. It can be as simple as having more time for yourself, your family, education goals, traveling, music, art, fitness or just relaxing. Put this list aside.

Next, make a list of everything you currently do and then evaluate each item individually. If the dislikes outweigh the likes, decide if this is something you can eliminate from your life. Be honest with yourself and don't let guilt of hurting someone else's feelings cloud your judgment. If you decide not to eliminate it, figure out a way to make it work better for you, perhaps limiting the amount of time you spend on it. For things that must be done but cannot be eliminated such as housework, recruit your family to help you with the tasks (everyone should be pitching in!) Learn to delegate.

The next step is the hardest - taking out the garbage. Simply stated: DO LESS. This will take some discipline. Stop making excuses. For example, stop spending time with people whose company you do not enjoy. Get rid of cable TV if you find it to be a more of a distraction than an enjoyable pastime. Cut down on

your 50+ hour work week, even if it means looking for another job. Remember, everything you eliminate gives you the time you need to do the things you really love. Don't let these changes stress you out - embrace them. It's all a matter of attitude.

Take the first list you made and decide which of these are most important to you. Incorporate these into your life first and stay focused. Be careful not to over clutter your new life. Reevaluate if necessary.

When you consciously choose less, you are more careful about the choices you make. This is true for all aspects of your life. Choose quality over quantity and you will enjoy everything you are doing and with greater intensity and appreciation.

For me, to simplify meant buying a small urban farm where I could raise chickens and grow a garden. It meant making more time for my family, reading, cooking, canning and soap making. It meant getting rid of cable TV and spending more money on books, shopping downtown and on the Internet. It meant not going to every big party I was invited to, preferring to keep gatherings with friends small and intimate. Taking the time to stop and smell the flowers - quite literally.

*Amy's mirror reflects a girl she knows with a peaceful smile.*

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# SENIOR CARE

## CHANGING CONVERSATIONS

BY KARL KARCH



Many things change as we age: wisdom, memory, health, physical changes, etc. I've written in the past and given presentations to groups about "having the conversation" with our older loved ones and covering difficult topics such as: Is it time to move out of your home? Should you stop driving? Do you have an advance medical directive or do not resuscitate order?

But, recently it dawned on me how our conversations change over the years. I talk to my sister who lives in Long Island every few months. We've lived apart for over forty years and connected infrequently, mostly over the phone unless there was a family gathering prompted by holidays, weddings or funerals. The conversations 40 years ago revolved mainly around our careers and then progressed to our children. Fast forward some to our children's late teen years and we talked about their college lives and then their first "real" jobs. As we became "empty nesters" we talked about our children's careers and "love lives". Then it was on how their marriages were doing, or not doing. Then it was about grandchildren. In between all this, we spent many conversations about our pets.

But what really struck me was reflecting back on our last several conversations. It was all about our aches and pains, doctor visits and surgeries: my brother-in-law's hernia and back problems, my sister's broken ankle and physical therapy progress, and my back and "pain in the butt" issues, and my physical therapy. My, how the conversations change as we age!

My co-worker told us a wonderful story about how a friend of hers took his mother on a yearly cruise for the last

several years. He talked about how their conversations have changed. At home they had the typical mother/son conversations: How are you doing? Isn't the weather great? How are you feeling? Is there anything I can do to help you? However, while on the cruise, things were different. They spent much of the time separately, but when they got together for breakfast and dinner, their conversations focused on family history. He learned about his grandparents and great grandparents, and some of the successes and struggles they had, and more about his other relatives. His mother also shared in greater detail her own life journey: her early years, teen years, how life changed because of the Depression and the impact it had on her throughout her life, what she did during World War II years, how her husband courted her and proposed, and how she raised her children growing up.

I reflect back on how little I know about my family history because as a family we didn't discuss these matters. Now, both my parents are no longer alive and I sit here saddened by the fact that I never had these meaningful conversations. So, make a date with your loved ones and find a comfortable setting (such as a front porch) to reminisce. Imagine how precious it can be if three generations get together. And, don't forget to document the conversations for future generations.

*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. go to [www.homeinstead.com/FredericksburgVA](http://www.homeinstead.com/FredericksburgVA)*

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## Green Remedies

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### BLUEBERRIES



It's that time of year again when I compete with the birds to harvest the blueberries in my back yard. In the past as a method of natural deterrent, I used the nylon mesh to cover over the fruit, until my husband Patrick and I had to release a bird's leg that got caught in the netting. Thank God we were both home at the same time and had a tiny pair of sewing scissors at our disposal, because that was quite a delicate and intricate ordeal! After the rescue and release of the bird, I decided no more netting. I will just try to be the first to collect the berries.

We planted eight blueberry bushes on the perimeter of the vegetable garden so we could share the bounty with wildlife and because the bushes offer beautiful red foliage to the garden in the fall. We love to have fresh fruit for our smoothies and utilize the medicine in the most delicious way. Blueberries are a great medicine for the eyes and blood cells.

Blueberries may help halt or prevent macular degeneration and help with night blindness issues as well as cataracts. Blueberries also have a tonic effect on the blood, making it a great antioxidant. The blueberries help control insulin levels and rejuvenate the pancreas, making this a valuable medicine for diabetics.

*JoAnna Cassidy-Farrell MH, CNHP owns Keep It Green Herbal Center, 540-361-1416, [www.mykeepitgreen.com](http://www.mykeepitgreen.com)*

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# WELLNESS

## INFLAMMATION: FRIEND OR FOE?

BY CHRISTINE H. THOMPSON, D.C.

I have read a host of articles in recent years targeting inflammation as the cause of our most widespread debilitating health issues. But what is inflammation? Is it really a sinister enigma ravaging our bodies as it is portrayed? Well the answer is, (does this sound familiar?): it depends. It depends on what is causing the inflammation, how long the inflammation hangs out and how much inflammation there is. First we need to understand what inflammation is.

According to the dictionary, inflammation is "a protective tissue response to injury or destruction of tissues, which serves to destroy, dilute, or wall off both the injurious agent and the injured tissues. The classical signs of acute inflammation are pain, heat, redness, swelling, and loss of function." The redness is caused by dilation of blood vessels. The heat and swelling are caused by increased blood flow and the influx of fluids containing antibodies and white blood cells to fight harmful invaders such as viruses and bacteria.

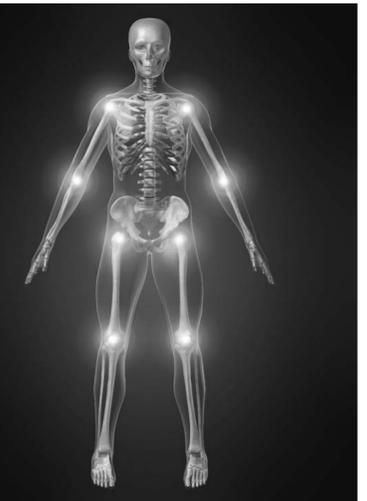
In reality, inflammation is a natural, healthy and necessary response of our body to injury. Inflammation is necessary to bring in all the cells that create the healing response, fight off any foreign invaders and repair the injured tissue. Without inflammation, damaged tissues of the body would never heal. So why does inflammation get such a bad rap?

Problems with inflammation arise when the irritation or injury is chronic or persistent, (which, by the way, usually means it is life-style related.) Inflammation can also persist when the body does not have the resources (energy and/or nutrients) to heal the injury. Lifestyle habits, such as poor nutrition or

exposure to harmful chemicals can cause inflammation for extended periods of time. Chronic or prolonged inflammation, instead of healing, can cause great damage to the tissues of the body.

Long term inflammation causes cellular changes that result in destruction of normal tissue. The body's attempt to destroy the irritant or invader actually results in destruction of the body's own tissues. If the body is unable to repair the damage, the inflammatory cascade continues, causing more damage. A common example is eating too many sugary foods. An over-abundance of sugar in the blood stream causes irritation to the blood vessel walls, damaging them and requiring the body to take emergency measures to prevent loss of blood or stroke. This is what leads to heart disease.

These days the word inflammation has very negative connotations, but I want to emphasize that it is the chronic, persistent inflammation that we need to be concerned about. Oh yes, acute inflammation is painful and uncomfortable to be sure, but we must remember that all the signs of acute inflammation are also signs that your body is attempting to heal and protect the injury site. If the pain and swelling are not debilitating, my advice is to use ice over the injury site for a few days. Anything that you do to oppose the body's attempt to heal will slow the process, but ice is the least invasive way to help ease the discomfort.



OTC or prescription anti-inflammatories, have many detrimental side effects - some just as bad as the effects of chronic inflammation. In a health crisis these medications may be called for, but in non-emergency situations I advise addressing the real culprit and eliminating the cause of chronic inflammation at its source, which is usually life-style habits. In my next article in August, I will discuss foods, such as sugar and trans-fats, that fuel inflammation and foods that combat inflammation. Stay tuned!

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# Chamber Music Festival

25TH CONCERT SERIES: JUNE 4, 5, 7, & 8



The Fredericksburg Festival for the Performing Arts will celebrate its 25th season of bringing the Grammy-winning Muir String Quartet and other world-renowned musicians to this historic community for the annual Chamber Music Festival. The festival will be held June 4, 5, 7 & 8 at St. George's Episcopal Church. All programs start at 7 p.m.

"There will be a special opening event for the 25th anniversary on June 4, featuring Fredericksburg native organist James Hicks who will perform on the great new organ at St. George's Episcopal Church," said Artistic Director Michael Reynolds, cellist of the Muir Quartet. "The visual setting and acoustics of St. George's are incomparable."

Another highlight of this year's festival will be the performance on June 5 of the chamber version of Aaron Copland's *Appalachian Spring*, conducted by Kirk Wilke, conductor of the Rappahannock POPS Orchestra. Other special performances will include Joan Tower's new flute quintet, premiered recently by Carol Wincenc, and chamber works by Schumann, Schubert, Mozart, Bach and other composers.

This year's festival artists include: Muir Quartet first violinist Peter Zazofsky, Muir Quartet founding cellist Michael Reynolds and violist Steven Ansell, Muir Quartet founding violinist Bayla Keyes. In addition guest musicians, pianist Max Levinson, oboist John Ferrillo, flutist Carol Wincenc, bassoonist Kathleen Reynolds, hornist William Scharnberg, clarinetist Alex Fiterstein, bassist Paul Glenn, Rappahannock Pops conductor Kirk Wilke, and local artists Minhui Luo, Christine Haritgan, Lisa Maroney, and Robyn Bauer.

The festival has been made possible, in part, through generous donations by local individuals and businesses and the Virginia Arts Commission. The 25th Anniversary underwriters of individual concerts include: Russell H. Roberts, Esq. (June 4 concert); Clinton and Maureen Jones (June 5 concert); PNC Bank (June 7 concert) and Union First Market Bank (June 8 concert). Angus and Barbara Muir are co-chairs of

the 25th Anniversary Festival.

Each program will open with a special performance by local musicians, including the top three winners of the 2012 FFPA Young Artists Competition. They include: pianist Andrew Liang; pianist Chris Yang and violinist Luke Gray.

Tickets for each concert are \$25 for adults and \$20 for seniors. Student tickets are free. They are available at the Fredericksburg Visitor Center, by calling FFPA at 540/374-5040, online at FredFest.org or at the door.

**Program 1 - Monday, June 4** - The concert will begin with an organ performance by James Hicks and Friends, and will include three sets of Swedish, Celtic and American music.

**Program 2—Tuesday, June 5** -The concert will begin with a performance by violinist Luke Gray, 3rd place winner in the Young Artist Competition.

**Program 3—Thursday, June 7** - The concert will begin with a performance by pianist Chris Yang, 2nd place winner in the Young Artist Competition.

**Program 4—Friday, June 8** - The concert will begin with a performance by pianist Andrew Liang, 1st place winner in the Young Artist Competition.

The festival, founded 25 years ago by harpist Heidi Lehwalder and a dedicated local board, has expanded to a year-round performing arts presentation organization. For complete information, visit FredFest.org

## Featured First: Young & Gifted

SCHOOLS AND GALLERY FOCUS ON ARTISTS

BY COLLEEN MCELFRISH

Artful Dimensions Gallery is launching a "Featured Artist" program that will highlight specific artists monthly in the new gallery at 911 Charles Street in Fredericksburg. The very first group to be highlighted as "Featured Artists" will be from the Focus Art program in the Stafford County Public Schools. The gallery is interested in encouraging and nurturing new artists growing into the field, and therefore will be featuring the middle school Focus Art students who have been studying sculpture this year.

The Focus Art program in Stafford County Public Schools provides services for students in grades 4-8 who have been identified as being gifted in the Visual Arts. Julia Barth Lawson (pictured) has been the art resource teacher for the

middle school program for the last 17 years, and has shaped some amazing artists through her instruction. She has encouraged the students to enter their pieces for this juried show, allowing them to gain the experience of offering their work to be judged by others in the Arts. By entering, they will be striving to meet their goals of developing personal style, working independently and risk-taking in their art. Each piece entered will be awarded an acceptance or rejection as professional gallery acceptance would operate, along with feedback from the jury. The pieces chosen will be highlighted at Artful Dimensions Gallery the entire month of June.

For Artful Dimensions, this will be the first of many "Featured Artist"

shows. The Focus Art students, along with the public, are invited to attend an opening reception at June's First Friday, to be held on Friday, June 1st from 5:00PM TO 9PM. Be sure to look each First Friday for a new show featuring a specific artist changing throughout the entire year. Each month will provide a detailed look into the work of one artist. A regular schedule of Featured Artists will begin in September with Dee Antil, followed in October by Ben Childers and November by Lynette Reed. December's featured artists will be All Members of the Gallery and January will be a Themed Show.

Colleen McElfresh is from the Bluebird Glass Studio in Stafford, [www.bluebirdstainedglass.com](http://www.bluebirdstainedglass.com)

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**Scene & Heard**  
by megan byrnes

Game 7 of Caps v Bruins on the big screen held up the live music at Otter House, but bassist John Buck wasn't ruffled. He cheered on Caps and demonstrated an admirable level of hockey knowledge, according to witnesses. L.A. rules again — After losing Chris Park and Joanna Krenich to L.A., the migration gods have ruled against us again. Brothers Garrison and Chris Rule are leaving for the City of Lights to pursue their artistic careers in film and illustration.

Local artists Jake Morgan (above with Alicia) and Joelle Gilbert presented their latest art at an opening at the Sunken Well Tavern on May 10th. Hannah Bloodgood, Jim Burton, Jess and Jeremy Sutton, Dan Telvock and Jake's wife Alicia were among the show's opening night visitors.

**Scene:** Elby Brass played in Market Square during the May First Friday festivities.

The German dance was held last month - Brad and Victoria Ellis, Claire and Kenny Ellinger, Dr. Chris Lillis and wife Amy, Byron Glazer and Rebecca Thomas were among the attendees of the annual event. In related news, I still have no clue why the dance is named "the German". Anyone? (Editor's note: Could it be the potato salad they served?)

**Heard:** Brian Lam and Will Mackintosh (below) are officially Fredericksburg homeowners; let the renovations commence!

**Well wishes** to Paula Rose (P Rose Gallery) recovering from an April surgery...

The 5th annual Marine Corps half marathon boasted a record number of runners as well as a Fredericksburg winner! Bert Jacoby won the race with an impressive 1:15:02 (I mean really, sometimes you can't even drive 13 miles up I-95N in that time on a weekday morning!). The Biggest Loser host Alison Sweeney also ran the race, beating her anticipated time by 10 minutes (so, totally, not a loser). Brandon Dick, also of Fredericksburg, came in 3rd.

**Happy Birthdays** to Jenny Hellier, Sarah Appleby, Andrea Hamlen, Eric Herring, Brad Hedrick, Tim Bray, Ashleigh Chevalier, Mike Craig and Larry "big deal" Tomayko!

Virginia Living Magazine awards were announced last month and our region had a strong showing among the best and brightest! Bistro Bethem placed 2nd in region for Best Bistro, The Schooler House took 2nd place in the Best B&B category and Hobby Lobby won 2nd place for the best craft store. I can personally attest to the accuracy of these awards, as I am something of a regular at Bistro Bethem, have put up out-of-town family at the Schooler House and visit Hobby Lobby on a weekly basis.

**Scene:** Mayor-elect Mary Katherine Greenlaw dining at Bistro with her husband; Cathy Stewart (above) and Wayne Gootee sipping espresso at Hyperion on a sunny afternoon; Cathy's sister, Lisa Olsson, dining al fresco at Sammy T's; Lisa (at left in photo) and Cathy sipping espresso together at Hyperion on yet another sunny afternoon; Lindsey Quinn strolling her two daughters down William Street to meet husband Paul Quinn at the train station; Kimberly Quarforth shopping downtown.

**Heard:** Fredericksburg's own Anne Little (below) won the Virginia Cox Conserves Heroes award and has been given a whopping \$10,000 for her non-profit, Tree Fredericksburg. And that reminds me - make sure you recycle this Front Porch once you're done with it!

**Congratulations** to two of my favorite Bistro-ians: Brian Downing and Kimberly Suttle (above) both graduated from UMW last month. Way to go, guys!

**Heard:** It's official! The business cards are printed for the Bethem's new venture, Vivify Burger Lounge, which will no doubt live up to its name and "enliven" William Street even more.

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# Revived & Thriving

## WITH A LOCAL TOUCH

### BY AMY PEARCE



Director **Justin Amellio** views Riverside Center's production of **Anything Goes** from this perspective: "Since its 1934 debut at the Alvin Theatre (now the Neil Simon) in New York City, *Anything Goes* has been one of the most oft-revived musicals the world has known. Full of madcap antics aboard an ocean liner, the show immerses us in all the things with which we are culturally obsessed: opulence, celebrity, wealth, and musical decadence - all brought to you by the incomparable wit of Mr. Cole Porter."

Joining Justin in this production is the familiar **Penny Ayn Maas** (Co-Choreographer), who follows her work in Cabaret with her second successive Riverside Center choreographic engagement. Penny was featured in **Front Porch** earlier this year.

Both Justin and Penny have the pleasure of working with **Kathy Halenda** (Reno Sweeny) in *Anything Goes*. Kathy (in photo) has performed in a dazzling variety of principal roles in over 180 professional productions, including eighteen national tours. Among her extensive portrayals have been Nancy in *Oliver!*, Mae West in *Ziegfeld*, Raffaella in *Grand Hotel*, Golde in *Fiddler on the Roof*, Maggie Jones in *42nd Street*, Mama Rose in *Gypsy*, Miss Hannigan in *Annie*, and in the title roles of *Mame*, *Hello, Dolly!*, *Evita*, and *Annie*, *Get Your Gun*. Her latest one-woman creative adventure, *Class and Brass*, recently debuted at The Center Stage in Richmond. Ms. Halenda is the recipient of Helen Hayes Best Musical and Irene Ryan Best Actress nominations as well as numerous regional Best Actress awards, and has been compared to powerhouse Ethel Merman. Kathy returns to Riverside following her critically acclaimed portrayal of "Miss Mona" in the

theater's 2011 presentation of *The Best Little Whorehouse in Texas*.

**Act Locally:** Of note locally among the cast members are **Christopher Hlusko** (Ching/Sailor), a graduate of Courtland High School in Spotsylvania County, where he performed in numerous stage presentations and regional honor choruses. Chris joins Riverside for his eighteenth mainstage show; **Jonathan Litalien** (Ling/Sailor), a 2010 graduate of Brooke Point High School in Stafford County, where he was a frequent participant in its theatre program, performed in Riverside's 2011 production of *Hello Dolly!*; **Maggie Wilder** (Virtue), who began her dance classes at Fredericksburg Ballet Center at age four, appeared in Riverbend High productions of *South Pacific*, *The Dining Room*, *Grease*, and *Brighton Beach Memoirs*, and later in Riverside's offerings of *42nd Street* and *The Secret Garden*; **Jake Cundiff** (Young-Male Swing), a sophomore at Colonial Forge High School, has been seen in such drama department productions as *Leaf Coneybear* in The 25th Annual Putnam County Spelling Bee and as "IQ" in *Hairspray*; **Stephanie Smith** (Ensemble, Bonnie u.s., Mrs. Harcourt u.s.), who performed as Shaindel in *Fiddler on the Roof* earlier this year and in multiple Children's Theatre presentations, looks forward to her new endeavor as the JV cheerleading coach at Riverbend High School...

*Anything Goes* runs through July 22. For tickets, call 540-370-4300 or visit [riversidedt.com](http://riversidedt.com)

Editorial Assistant Amy Pearce, who compiled this story, says "If you go to anything this summer, go to *Anything Goes*."

# COMMUNITY LINK

Courtesy of WFVA and Front Porch

## FLIPPING PERSPECTIVES MAKES POWERFUL PEACE

### BY MIKE CRAIG

**Rob DuBois'** new book *Powerful Peace* paints the world through the eyes of a Navy SEAL. The world is dualistic. On one hand, innocent Iraqi children loitering around a razor wire fence hoping for candy will, if you let a candy-distributing relationship develop, be exploited by "petty tyrants" who strap bombs to them. Women going to school risk being beaten, raped, or murdered by a "self-imposed local guardian of 'decency.'" On the other hand, humaneness is as prevalent - if not more so - than war.

Rob experienced Overwhelming Middle Eastern Hospitality at the hands of his friend Hayri's mother in Turkey. He innocently admired her crocheted doily. She insisted he take it with him. We hear about the Iraqi dentist who would not let the war prevent him and other "intrepid students" from attending Baghdad University. Rob's talented story telling puts the reader in the perspective of an "other."

This altered perspective is the root that grows into Rob's ideal American

Foreign Policy, based, oddly enough, on intervention. Rob believes we should dispatch our teams to help in the wake of disasters like the October 2, 2009 Indonesian Tsunami. Every time a soldier helps villagers pull a child from the rubble, the good deed reverberates by mouth, eroding uninformed prejudice until irrelevant distinctions like Christian and Muslim or Western and Eastern melt away. America would be, according to Rob, a humanitarian force that eliminates the Hate and Grievances that perpetuate the "Cycle of Harm."

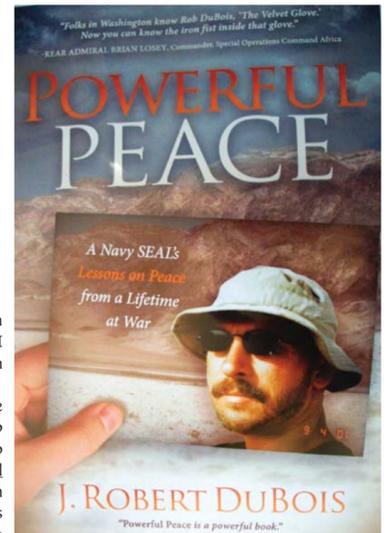
Our country, according to Rob, should no longer behave like the callous soldier barking aggressive orders - "I said *barbeque* sandwich!" - at a confused national working in the cafeteria of an American base that occupies the national's own neighborhood. Rob experienced this lazy intolerance personally, for example, when a lumbering oaf American serviceman cross checked a well-tanned Rob in the Kuwaiti airport because he thought he was an Arab and thus beneath

him, only to apologize with a bumpkin, "I'm really sorry, dude. I didn't realize you were with us" upon recognizing Rob.

Guns and ammo alone - "kinetic missions" - cannot stop terrorism before it starts. Rob conjures an ideal human in *Powerful Peace*, one who lives "between stimulus and response" and embraces the "power to choose" behavior. He wants our state to operate in kind. Rob argues convincingly that our military and State Department can together implement Applied Smart Power, the core concept of *Powerful Peace*, and prevent terrorists and dictatorships from ever being created. He makes a good case.

The powerful human's (state's) antithesis is the Pharisee, who grabs power through fear, violence and reactionary unthinking. Pharisees - the Media, Institutionalized Bigots, Couch Potatoes, Political Whores, etc. - abound domestically and abroad. A Pharisee tells people Armageddon and the End Times are upon us. Rob, a practicing Christian, identifies two Pharisees in his own community, Westboro Baptist Church (who claim to know God's judgments) and Pat Robertson (who says Haitians deserve to die in earthquakes), and condemns their poisonous hate opiates, which are antithetical to the "American experiment" of "institutionalized tolerance." America is strong, Rob says, because of its tolerance; because we have denied Pharisees institutionalized political power.

Rob's solid message is at its best when he draws on his own rich experiences rather than the trite and tried. Rob compares his friend, the Afghan cobbler, to the false idol Mel Gibson worships in *The Patriot*. The Taliban's theocracy spawned a religious mafia that



manipulated local behavior by punching the cobbler's neighbors, throwing them into cars, driving them to fields and killing them. Gibson's idol is scripted as the clear "good" in a fictional world of "good and evil." The differences between the two are palpable and the contrast relevant. All the elements of exceptional writing are present in *Powerful Peace* but the reader still must pick through common ore at points to get to the poetic gold.

Ultimately, Rob believes we should be people who "believe larger, and larger, and larger to help the material world become as it should be," a world "better than it is right now." I haven't felt good about America intervening on the foreign stage since 2003. Rob's *Powerful Peace* message is so strong, however, I am starting to believe again. I strongly recommend *Powerful Peace*, currently available for pre-order on Amazon.com. 5% of Rob's royalties go to Save the Children. Pre-order sales rose to #1 so quickly, the release date accelerated to early/mid June for the e-book and hard copies by the 30th.

Mike Craig last wrote for FP in September 2011 ("Saving 401 Sophia"). Rob DuBois appears on Community Link (AM1230 and WFVAradio.com) June 10 - at 8 a.m.

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## COMMUNITY LINK

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# Of Note

“PULLING MY HEART FROM MY CHEST”



The Company Store Band plays “Music on the Steps” June 18.

Peter Mealy goes Irish — Peter has traveled much of the world with his wife, Laurie Rose Griffith, but Ireland really has a hold on him. Pete, who by ancestry is eligible for citizenship in Ireland, toured with Laurie pub by pub, taking in the best local and regional live Gaelic (of course) music that the counties in-country had to offer. Now the duo, which puts on an eclectic show transcending many genres of music, is leaning toward old Eire, playing periodically at the Blarney Stone in downtown FXBG. Peter is practicing his Irish chords and the traditional songs of Ireland and getting his brogue on, all inspired by a listening tour that included a trio of guitarists who “parted our hair for three hours” at a pub in Strandhill.” Peter also described the joys of his first go at fatherhood as “Pulling my heart from my chest.” He’s definitely a songwriter. And writer Pete just finished the second book of his *No Fear* guitar instruction series. This one is called *Fear of Soloing*, and it presents all of the relevant scales, modes, and arpeggios in a very visual format. You can take a look at <http://ehub24.webhostinghub.com/~laurie20/BOOKS.html...>

Jesse Brown, a graduating senior at Courtland High School in Spotsylvania County, has been awarded the “Christine D. Hartigan Forte Music Studios Scholarship” for 2012. Brown will attend Virginia Tech University, where he received early admission into the business information technology program. An active volunteer at Lifepoint Church, he has taken viola lessons at Forte since 2005 when he was 11. His teacher is Elizabeth Piller, conductor of the Forte Youth Orchestra. The scholarship is named in honor of Christine D. Hartigan, who founded Forte Music Studios in 2005 and now serves as a cello instructor and artistic director at Forte. She has been

active in the Fredericksburg area music community for more than 20 years. “We are proud to continue the Forte tradition of presenting a scholarship to an outstanding high school graduate,” said Young Devereaux, Forte Music Studios owner-instructor. “Jesse Brown,” says Young, “represents the kind of talented, accomplished young person for whom the Christine Hartigan Scholarship is intended.”...

Music on the Steps of the Headquarters Library returns for another season of Monday concerts at 1201 Caroline, in June, July, and August, 7P-8PM. Bring a lawn chair, blanket, and picnic dinner. The rain venue is inside the library theater. See Calednar of events for the June lineup...

Call for Artists who are also Tradesmen or Jacks-of-all-trades: Think Michael Dean (painter, plasterer), Paula Rose and Cheryl Bosch (painters, master picture framers), Jeff Gandee (painter, house painter), Kirkwood Hall (musician, handyman), Larry Hinkle (musician, woodcrafter), and Connor Roberts (painter, skateboard designer), and you get the idea. We want to compile a list of artists (and how to contact them) who also do handy things. Then, any of us can call on them for repairs, custom commissioned projects, or maintenance, and at the same time support an artist at his/her day job. Dean has repaired plaster walls and ceilings in our antebellum home and Gandee has done interior painting for us. They do excellent work. If you know of anyone who fits this bill, or if you yourself are one of the go-to guys or gals, then email us at [frntprch@aol.com](mailto:frntprch@aol.com), at [localgoodnews@gmail.com](mailto:localgoodnews@gmail.com) or drop us a message on facebook at <https://www.facebook.com/pages/Front-Porch-Fredericksburg-Magazine/79606866029> Include a phone number for your business/trade...

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Here's the thing. Precious little critters are everywhere. Some are in our houses, others stay outside. Moles do yard tunnels hither and yon regardless of the weather. Over at the Kirkland Memorial Park by Sunken Road the tunnels in the grassland look like L.A. interstates. Mr. Mole loves grubs, and their grocery shelves are well stocked, because the rangers don't spray away their food supply. Thank goodness moles stay underground and don't climb up to get a berry or two from those gorgeous, huge mulberry trees in that park. In the spring my little Sheltie dog “Boo” and I always go there for breakfast. Plenty to pick off the trees to fill your “tum,” and Boo gets her fill from the ripened ones on the ground. We go back home with blue lips and a satisfied smile. After a rain is the best time to go. They've just been washed. What a treat for Boo and I to have our meal served alfresco at the U.S. Department of the Interior Café. There don't seem to be any cannonballs or

## Retired & Buck Naked On The Back Porch

CHILD'S MIND

BY JO MIDDLETON

miniballs in those trees, so maybe the grubs brought the mulberry seeds after the battles.

The other animals around and about are field mice. They have a tendency to wander into our house in winter. There's always dry pet food and water on the floor. If you want to find a mouse cache, open the bottom drawer of your oven. Food's in the back, nicely stacked, in the mousey pantry. If you've got an attic, they go back up there during the day, and come down at night to forage and feast. They are tiny, cute and adorable.

We've got moles in the backyard as well, and field mice in the attic. I'm well trained to love these little animals. I'm of the generation who grew up reading books about animals who were people. My first book was Kenneth Grahame's *Wind in the Willows*, published first in 1908. My 1939 version, illustrated by Rackham, so well known for his fairy tale illustrations, was my heart's delight. As soon as Tasha

Tudor did her illustrated version in the 60's, it was on my shelf as well. All these critters, Mr. Toad, Mr. Mole, Mr. Badger are in their houses with fireplaces and little dinner plates. It took me no time at all to enter that world, and I still do. When things get rough, out comes Wind in the Willows, and all is right with the universe again. I'm so glad I grew up in the world with Graham's gray, English-tweed coated Mr. Mole, Beatrix Potter's lovely print gown Mrs. Tiggy-winkle, and Ms. Tudor's Corgi village. As the song “Toyland” says: “everything is happy there!”

If there's reincarnation, I want to be a child's mind reading Wind in the Willows, or Beatrix's books. All the little critters are alive there, and I'll be with them. In the meantime, I'll ponder those aspects, out here, retired and buck-naked on the back porch.

Jo Middleton's column has won a VA Press Association Award and is perpetual winner of FP editor's informal “Ole Reliable Award” for her consistent word count and on-time record.

might make the gift list would be a Shelby Mustang or AC Cobra. And this brings up a sad, yet celebratory revelation, or axiom if you please... *Don't live to be too old or you will be the only one at your funeral.*

Carroll Shelby, the father of the muscle car generation, passed away last month at the age of 89. In the early 60's he took a Ford V8 and stuffed it in a little aluminum British AC/ACE to create the Cobra of racing and song lore. He then took Ford racing to the top by winning Le Mans with the GT 40 and created the iconic Mustang GT 350 and GT 500, which are still marketed as one of the top pony cars on the world. In the 50's he was a racer who drove with nitro pills under his tongue because his heart was bad and when they told him he couldn't race he became one of the best promoters the sport has ever seen.

Yet when he died in May it only hit the racing airwaves for a day. Our local paper said nothing. I heard it third hand from my wife who heard it from my son. When I mentioned this to some contemporaries at lunch I got, “Who is Carroll Shelby?”

He was a special breed you won't see again, a driving force in the car world, and a father.

Happy Father's Day from [autoknown@aol.com](mailto:autoknown@aol.com)

*Rim Vining is many good things, including a father.*

## AutoKnown Better

JUNE BUGS ME

BY RIM VINING

This month every day and every weekend offers something to do from graduations to weddings and from festivals to Father's Day. You can start your month with the AACA Car Show on Caroline Street Saturday the 2nd or spend the first weekend of the month at the Grave's Mountain Bluegrass Festival. From there it is a matter of whether you want to go camping and hiking or head up to Carlisle, PA for the Ford National Swap Meet at the beginning of the month or hit the GM Nationals at the end.

You can also dress the part and hang out at most area churches on Saturdays in June and then follow the wedding guests to the reception to score some free food and a relaxing beverage before they figure out no one knows you. Yes, June offers a host of opportunities.

However, of all the June events that are highly touted but woefully underplayed, Father's Day leads the pack. It just hasn't been elevated to a season yet like Mother's Day. Celebrities aren't designing special commemorative

jewelry to sell at Kay Jewelers or offering special getaway packages where dads will be pampered and treated as royalty. Father's Day is one of those awkward holidays, especially in these more casual times when men don't wear ties. I'm certain moms dread the, “What are we getting for Dad?” question as much as anything they deal with. There is no answer. He already has a beautiful loving wife and wonderful children... so what do you get the man who has everything?

Personally, I'm casting about for the new standard in Father's Day gifting. What do Dads really want? Is it single malt scotch and the time alone to sip it, or is it a shopping spree at Harbor Freight? Gentlemen, we have twelve months to reinvent ourselves, establish the new norm for Dad's Day and create our very own holiday season. If we market this correctly we could have an IPO by 2014 and be rich beyond our wildest dreams.

One of many a man's manly aspirations from my generation that

## THE POETRY MAN

- BY FRANK FRATOE

*You make everything all right.*  
*Phoebe Snow*

### Origin

(From *Genesis*, chapter 1)

In the beginning is the end,  
 in the end is the beginning,  
 which always will be so.

Light inverts to darkness,  
 darkness inverts to light,  
 which will always be so.

From everything comes nothing,  
 from nothing comes everything,  
 which always will be so.

Time is born as eternity,  
 eternity is born as no time,  
 which always will be so.

Life portends each death,  
 death portends new life,  
 and we always will be so.

*Frank Fratoe's most recent poems are his interpretation of Bible verses. We hope you will find meaning in this one and those to follow, as we did.*  
 Thank you, Frank.

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Taller...And Happy!

BY JANELLE J. BETANCOURT



Brothers Big Sisters had a very special little boy who really needed her! Taken by surprise, but not at all discouraged, she was introduced to seven-year-old Zach, who was attending Conway Elementary.

The match started off like any new relationship would; they simply got to know each other. Cynthia remembers they would chat after school and play board games and some days she would

Seven years ago, Cynthia Osband saw an advertisement to become a mentor, better known as a "Big Sister" for the Rappahannock Big Brothers Big Sisters School Based Program. Cynthia just knew she was at a great point in her life to mentor a little girl, just once a week, who was in need of some one-on-one time, but what she didn't know was that Big

go to the school and have lunch with him. Cynthia quickly discovered Zach's love for art. She noticed his talents right away and explains even now, "He is fearless when it comes to art. From the beginning he would draw me pictures, make cards for special occasions and I treasure every one of them!"

As the relationship progressed so

did their meetings. Zach was eventually going into Middle School and Cynthia decided, "I was just going to follow him wherever he went!" She was in this for the long haul and seven years later they are still going strong! Of course I wanted to sit down and chat with Zach on just how wonderful he thinks Cynthia is after all these years, so we scheduled a meeting for him to come by my office and seeing him interact with Cynthia explained it all.

Zach steps into my office with a huge smile on his face and says, "Look! Now I am taller than my Big Sister, Cynthia!" He is very proud as he observes he has by far surpassed Cynthia in height and clearly teases her about it. Cynthia laughs and responds with a "Yeah, yeah, I know, I know." I can't help but smile when watching the two of them together because one would never believe how wonderful their relationship is by simply asking. Zach quietly shares that Cynthia is nice and cool, helps him with homework, and has even taken him to King Dominion; I can see that the real success is just watching how happy Zach is to be around Cynthia - even if it is playfully teasing her.

He doesn't quite stop joking with her as I thank him for coming by and sharing his story he proudly belts out, "Cynthia almost forgot we were supposed to come by here, I had to remind her, she has some sort of memory loss being older now." Cynthia laughs and says, "Yes, Zach in my old age I forget sometimes, so thank you for reminding me". In the end she knows her role as a mentor and what she means to Zach, but humbly explains that she is the one who benefits the most from this relationship, she is lucky to be a part of his life, she looks forward to every single visit each week, and her day is ALWAYS better after seeing him.

Janelle J. Betancourt is Match Support Specialist and Fundraising Coordinator for RBBBS, (540) 371-7444.

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