

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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Breaking Good News*

TO BE CONTINUED...

BY NICOLE HART

Living with open hearts and minds, **Kris and Robert** (they asked that their last name be withheld) entered my life to share their story with a larger audience. I was greatly relieved in meeting with them, to feel an instant connection and I am honored to write their story. They have great patience and have been trying to adopt for a couple of years now. Kris and Robert have been in touch with eight birth moms and came very close recently to having their dream of adopting become a reality.

They are a young, energetic couple, and lead full lives. Robert is from England and has been to every continent except Antarctica. He embraces being an American. He speaks of it with a sparkle in his eye, calling it "A place where we have it pretty good". In preparation for becoming a dad, he recently took a job where he's home by five every day and no longer travels. His wife Kris thought he would be bored, but he says he enjoys simple routines, such as reading the morning paper. Kris is from Kentucky, a writer who works from home. She is also working on her yoga certification. She too

has traveled extensively with work, experienced much and is ready to be a parent.

The last birth mom that Kris and Robert were in touch with is the closest they have come to realizing their dream of adopting. In the end, the mother decided to keep her baby. Every part of a journey presents room for growth and self-reflection. That is what Kris and Robert did with their recent disappointment. They took that experience as a lesson to further prepare. Coming so close to fruition, they recognized they had no nursery set up, but they do now.

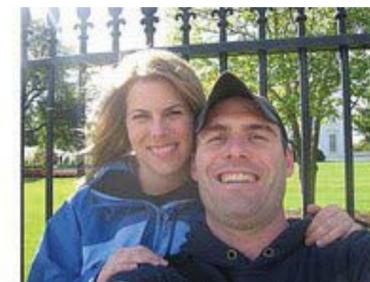
The steps to find their child have been stressful. They compare it to dating. In the process of being approved for adoption, they were probed and every detail of their lives was exposed. Expectations and continuous waves of disappointment have been a challenge. I asked Kris what gets her through her day and helps her to continue her journey? Her answer simply put, "Robert".

After doing research and meeting with agencies and lawyers, Kris and Robert decided against working with an adoption

agency. Unlike some states, Virginia does not allow an adoptive couple's lawyer to seek a child on their behalf. This led Kris and Robert to create cards, flyers, and write a blog in their attempts to reach out. They have much to share and see the world in a holistic light. They leave me with no doubt that it will happen. They are not overly eager, just ready. They try not to let it consume their lives, but stay true to who they are and continue to stay positive.

Robert shared a ritual with me. Every morning when he wakes, he turns on the light in the room they've prepared for their baby... inviting the new life.

Few things have brought me greater joy than being a parent. It's a gift and an opportunity to share a life and contribute to future generations. My son keeps me young and I have learned a great deal from him. Kris and Robert yearn to teach their own of the hopes of a better tomorrow.



Their story did not start here and this is not the last chapter. *In fact, as we prepared to go to press, Kris emailed me the good news that she and Robert have been matched up with a birth mom. She is due April 14th, and it sounds like this may finish their search! Follow their journey at <http://krisandrobertadopt.blogspot.com/>

Nicole Hart is a writer and textile artist right here in Fredericksburg. Visit her Etsy site for a look at her fiber art creations at www.etsy.com/shop/turquoisemama

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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

BY EXAMPLE

Throughout our lives, we learn by example. Children watch their parents, who watch their children. Boys and girls experience peer groups and authority figures. Adults learn by living life. Authority wanes as a role model and we forge our own identities, continuing to look to others we respect. Our aging parents pass along their wisdom, and as we age, we do as well. We have ourselves and our circle for guidance and good example. Faith is of the essence in this equation, too, however you define that.

Randy Walther, who lives in Falmouth, often posts insightful, thought-provoking comments on facebook. Some are his thoughts, others he passes along from sources. Recently, this one captured me: *As we age, even those of us with perfect eyesight will generally lose some of our acuity, but this loss is usually replaced with inner vision. This is the time of life when we are meant to turn inside and take what may be the first steps of a journey that cannot be traced on a map.*

With that in mind, look at who is turning inward, fulfilling a journey, and, by example, giving us a foothold on truth and wisdom, a result to grow by, by example. This issue reveals some of these people who are leading and changing and adapting quite beautifully in their lives, and by extension, enriching ours as well.

Two artists quench their inner itch to complete a project. A man mentors

a boy through the Big Brother program. A sculptor-father who lives his life in sculpture, leads his children on their journey. A senior citizen renews his life in a new residence. A friend shares her principles for change. A musician tries to master an unmasterable instrument. An environmental group stands by our majestic bay's inhabitants...

It is National Poetry Month, and several poets have spoken. It is International Adoption Month, near and dear to my wife and me, and a local couple fulfills its dream of a child. And it is Easter, when multitudes turn to the prophet Jesus of Nazareth, perhaps the quintessential role model in the history of civilization.

In a global age of incivility and narcissism, it is refreshing to see examples of how to do right. It is good that our children turn to us for what we can teach them. And it is good we have songwriters, so often the voice of reason. Here, Crosby, Stills and Nash offer what may still be the best message regarding example:

*You who are on the road
Must have a code that you can live by
And so become yourself
Because the past is just a good bye.*

*Teach your children well,
Their father's hell did slowly go by,
And feed them on your dreams
The one they picked, the one you'll know by.*



*And you, of tender years,
Can't know the fears that your elders grew by,
And so please help them with your youth,
They seek the truth before they can die.*

*Can't you see we must be free to
Teach your children what you believe in.
Make a world that we can live in.*

Amen. Here's wishing you your own renewal through our 'by example' issue, cover-to-cover.

Rob Grogan

Just finished the February issue, only the second issue I've read in the 12 years I've lived here. Where has this magazine been??? Excellent writing, features, photography, etc. I'm hooked!!! Gregory Drake, Stafford

Wow! Thank you for taking the time to read Saving Civility and for crafting such a splendid and thoughtful review. I am truly grateful! As you are well aware, getting a message such as mine out there is an uphill climb, but every bit of exposure helps. I'm appreciative of your compliments. Warm regards, Sara Saving Civility... 52 Ways to Tame Rude, Crude & Attitude for a Polite Planet (ISBN 978-1-59473-314-7)

Please note: The Brian Strobel Benefit Concert is April 22 at the Fredericksburg Fair Grounds.

About the Cover:
Vintage Morton Salt Girl, a harbinger of April showers? Model Alexis Grogan arrived in the USA from Siberia this month in 1996. Dress: Megan Parry, Beaucoup Vintage. Parasol: Laura Ragland, R&R Antiques. Photo: Archer DiPeppe. Misty rain: Ashleigh at kybecca.

AutoKnown Better

SO HERE'S THE DEAL, SPARKY...

BY RIM VINING



Every now and then you get a spring that is truly a spring. Where the air is warm enough to enjoy being outside but not so hot you have to stay under your Sundowner. This is a spring.

I have seen more classic cars on the street in just a few weeks than I saw all of last year. Maybe it was the generally warm weather that we have had all winter that kept the cars from going into really deep hibernation or perhaps it is that the recession seems to be fading in memory if not in reality. Whatever the reason, cars

and crocus alike are showing their colors early this year. So join in...

Friday night cruise-ins at Virginia Barbeque sponsored by the Fredericksburg Classic and Muscle Car Club start in late March and run all season. Stop in with your ride or simply come by for dinner and check out all the beautiful colors. Corner of Fall Hill Avenue and Route 1 / Jefferson Davis Highway... Really a good time. www.fredericksburg-car-club.org

April 21st is the date to set aside for the **5th Annual Classic Car Center Swap Meet**. It is a free event open to all vendors of classic parts and automobiles. Famous Dave's will be there to provide lunch and the Classic Car Center is open with some great examples of rare cars. The center is located at 3591 Lee Hill Drive right next to the Food Bank. www.classiccarcenter.net

Spring Carlisle is the next week April 25th through 29th where acres upon acres of car parts and classics create a universe of their own as people from across the US come looking for that elusive piece to finish their project or bring their project to find a new home. Lots of activity on every level. Carlisle then goes on to sponsor the Ford Nationals, GM Nationals and MOPAR Nationals throughout June and into July. www.carsatcarlisle.com

And there is more... the annual **AACA show on Caroline Street** in downtown Fredericksburg is the first weekend in **June (2-3)** as is **British Car Day at Lilly Pond** in Maryland. Plenty to do and there is no excuse not to smell like high-test and warm leather.

And should the editor think this is all just a straightforward article with no hidden agenda let him think again. While sitting in a hospital room over the weekend helping my nephew get through the first phases of what will prove to be a long road after a bike accident last week, I began watching the screen saver that loops on the monitors in all the patient rooms. It has some great advertisements for the hospital and has all kinds of information about what to do and who to call in emergencies or if something is not working. I especially liked the one that gave me the number to call if the phones were out. autoknown@aol.com

Rim Vining is as straightforward a writer as the curves at Monte Carlo are straightaways.



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PROJECT PLANT IT!

CULTIVATES LEARNING

BY AMY PEARCE

Arbor Day is 140 years old this April 27th, and J. Sterling Morton, the founder of the annual tree-planting celebration in 1872, could have never projected that nearly 1,800 elementary students in Fredericksburg and Spotsylvania County would be participating in Project Plant It!, a program developed by Dominion to educate children, plant trees and improve the environment.

Morton's legacy, the National Arbor Day Foundation, is recognizing Project Plant It! by distributing free tree seedlings to each participating student in the project. Teachers receive a comprehensive kit of lesson plans, posters, stickers and other tools that align with Standards of Learning in core curriculum subjects, enabling the program to reach more than 100,000 students since 2007 so far, and earning it the Public Awareness of Trees Award from the National Arbor Day Foundation this month.

Schools love Project Plant It! "Each year, we closely evaluate all programs that are offered to our students and Project Plant It! continues to provide

high quality instructional materials," said Dr. Jean R. Young, Supervisor of Science for Spotsylvania County Public Schools. "The science lesson plans, for example, sharpen a student's skills in scientific observation and analysis." Best of all, students can watch videos and play interactive online games at www.projectplantit.com. On the "Student" tab of the website, there are several videos to learn all about trees and how to care for them. And Project Plant It! has three fun games to teach students about plant life and vocabulary, including:

Timed Jigsaw Puzzles

These interactive brain-benders offer three tree puzzles with increasing levels of difficulty. Kids move the pieces by dragging them to their proper place in the tree-shaped puzzle while fighting the clock. Each completed puzzle will reveal facts about the tree being created.

Leaf Identification and Memory

Children can improve their memory while learning about the different types of tree leaves through a clever matching game. Cards that are successfully matched will display a larger



image of the leaf and a short paragraph of information about it.

Tree ID

Which tree is the tallest? Which tree is the youngest? What type of tree thrives in Virginia? Which tree has leaves of three? This interactive game of identification will use comparative images to teach children how to recognize each species of trees, as well as the developmental stages of a tree.

The "Teacher" tab of the website has downloads at no charge. "Get Active!" (found in the "View teacher resources") features ideas for families to enjoy personal encounters with Mother Nature.

Last year, students at Wilderness Elementary earned \$2,000 for their school by winning first place in the "Tree Me!" contest on the Project Plant It! website. "We were wowed by their creativity and originality," said Irene Cimino, Manager-Corporate PR for Dominion, parent company of Dominion Virginia Power. For info or to download lesson plans, view videos and play educational games, visit www.projectplantit.com. Also, "Like" Project Plant It! on Facebook to view photos and stories about kids making a difference!

Amy Pearce is a frequent contributor to Front Porch.

Coach, Cheerleader, Shepherd

FOR MENTAL WELLNESS FOR ALL

BY CHRISTINE McBRIDE

May will be Mental Health Month. Linda LaFave reminds me of this as we share plates of sushi. As a licensed professional counselor, Linda understands the importance of mental health and quietly crusades to make others understand the importance as well.

Once described as a pioneer woman with an iPhone, Linda appreciates the simplicity of the past, but recognizes the need for a commitment to the future. Whether she is enjoying the stillness the Rappahannock at sunrise or paddling amongst alligators in a southern swamp, the serenity, solitude and comfort of a natural setting provide Linda with the inspiration for her work and life. As she notes, "I realize that I really value health: mental health, physical health, and the health of our planet. To me, they are all inextricably entwined and it's really difficult to have one without the others."

Linda views her work as multidimensional and rewarding. "Sometimes I feel like a coach, sometimes a cheerleader, and sometimes a shepherd. I try to help people see that they are worth investing in, find their strengths

and use them, and learn better coping skills." It is Linda's knowledge of the power of words to effect personal transformation that drives her to volunteer for Mental Health America Fredericksburg, an organization that has been part of our community for more than 50 years and is dedicated to improving the lives of people with mental health problems. As a past president and former board member of this organization, Linda recognizes the need for quality mental health services. She is particularly proud of the time she spent developing a strong board of directors for MHAF. She lights up as she recounts one particular MHAF meeting. "Someone commented, 'there's a lot of love in this room.' I felt really good about that; it was a good place to be; I was a part of making it happen."

She looks concerned, however, as she describes the lack of access to mental health care in the Fredericksburg region and her difficulty in managing a growing waiting list of clients. "There is really a shortage of therapists in this area. This is very unfortunate because many people

wait until they are really in crisis before they make a call. I understand why they do this — we all want to solve our own problems, but then if they can't get an appointment quickly, which is often the case, they get scared or frustrated, because the stakes have gotten so high." Linda is thankful for MHAF's helpline where she knows someone will respond to a distraught caller's need with information and referrals. The helpline handled over 2,500 calls in 2011.

To support the helpline and other vital programs delivered by MHAF, Linda is currently helping plan the 5th annual Walk for Mental Wellness. Scheduled for 10am on Saturday, May 5th, the walk begins at Hurkamp Park and includes fun activities for adults and children including a moon bounce, sketch



artists, and live music provided by local band "Second Chanz". The generosity of several local businesses and talented local artists means the silent auction tables will be full of wonderful gift baskets, paintings, pottery, and a hand needle felted animal that Linda will make and donate. And don't forget Fido! A prize for best Cinco de Mayo dog costume awaits. www.mhafred.org/walk2012.

Christine McBride is a Professor of Psychology at UMW.



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Experience only counts if it has proven to be productive.

Attending four years of college doesn't necessarily mean a student deserves to be a valedictorian. Matt Paxson's opponents both cite their experience as qualifications to be Mayor, but their City Council *experience* has resulted in *decreased* economic development, *declining* city revenues and an over-reliance on paid consultants for decision making.



VOTE
MAY 1!

"Working together" means actually involving you and me.

A record-breaking number of green campaign signs say, "Let's work together." Have we forgotten City Council failed to work together with you, me and our Architectural Review Board in the decision to build a massive courts complex? Can we believe those involved in this unilateral decision to approve one of the largest public projects in our city's history?



May Love Rain Down

ALAHA AHAR

BY A. E. BAYNE



**O knowledgeable youth, O awakened generation of this land
Seek knowledge, for it is a decoration for men and women*

Our pasts often dictate our medium of expression, so it is no surprise that Alaha Ahrar chooses poetry. The UMW student and winner of a 2011 World Poetry Peace Ambassador and Youth Poet Award was nurtured by a family of renowned Afghani poets during a time of Taliban rule. Women, once holding respected careers, were secluded and denied a voice. Smiling, yet solemn, Ahrar considers her past, "I'm sure we definitely had many female poets and writers, because Afghanistan is a poetic land. No one knew these women because they were oppressed. During the Taliban period, my family supported me and taught me poetry, but none of it was allowed."

*The ignorant ruined your country to this extent
You can rebuild it with knowledge. Listen to me!*

Under the auspice of free speech in America, Ahrar believes that her poems will carry her message of peace, not only to the people of her country who believe poetry to be images from the heart, the seat of God within humans, but to people around the world. She humbly acknowledges, "I am very young, and people, including myself, wouldn't expect this recognition to be given to me. It's so amazing that educated and wise people respect me and listen to my poetry. My father has always told me that when our

intentions are pure there is great power in our words, our poetry, and our pen." By using poetry as her loudspeaker, she hopes her message will resonate with the women and youth of Afghanistan.

*Your country's hopeful eyes are drawn toward you, O youth
So that you may make a garden & prairie from this desolate desert*

Beyond all else, Ahrar believes it will be the youth of the world who will make positive changes toward peace, and she sees education as the solution. It will be through their sincere enthusiasm for freedom and progress that war-ravaged countries around the world might enjoy the boon of knowledge. She professes, "I love all my teachers, my American classmates, and our extraordinary president of the university (Richard V. Hurley)... but when I walk around and see that young

people here are happy having many resources and freedoms, I wonder why I wasn't allowed these things as a young girl, and why our people don't have these facilities. Then I realized that Afghanistan went backwards instead of progressing, and that during the wars we lost our educated nation. Some of them died, some lost their land, some became disabled, and some left... I realized the solution is knowledge, so I decided to write poems to encourage them to seek education."

With her own quiet wisdom, Ahrar believes that poets have a moral and ethical responsibility to leave behind a message that benefits humanity and should use their emotive and empathetic traits to serve hearts beyond languages. She muses, "We should respect our pen, and when we take it up to write a poem we should write it so that when we are gone people can take a good lesson from it... People should listen to poets and writers, because they see the world differently. In turn, poets and writers have a responsibility to leave a positive message..."

*Alaha begs the All Mighty
Instead of hate, may love rain down, and instead of war, peace*

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

*Alaha's award winning poem, "Instead of Hate, May Love Rain Down," is printed in its entirety on page 28

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Looking north on Main. Which beloved FXBGers recently left the "Exchange Hotel" ?

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David Post

LIFE IN SCULPTURE

BY GRACE OFSLAGER

David Post, local sculptor, is a true artist. He utilizes leftover materials, basic saws, welding tools, and other simple metal-working devices from a back-yard, shed-like shop to create artwork that draws on human emotion, which often reflects his own upon the moment of production.

While his mom had always taken him to art shows as a kid, he began his interest in sculpting when two of his friends were getting married. Post was working as a welder and figured he could make a metal candle/flower holder that looked like a man proposing, kneeling on one knee. He crafted the piece and gave it to his friends as a wedding present. Since then, he has worked out many functional, decorative, and artistically moving pieces, including stick-men made out of thin metal rods that show a variety of human experiences. One set mimics people dancing; another reveals two people in a straight jacket. He was living in Cleveland with his wife Jen and was ready to leave because he felt constrained there. As he was attempting to make one piece, he couldn't help but form two people, side by side in strait jackets. He couldn't hold back from expressing his feeling at the time in his artwork.

Many of his various works display either the initials "DP" or "DG," depending on the period of his life in which they were made. Post had gone through a period where he dealt with many of the issues of his childhood and took on the name Diego Giovanni, with Giovanni meaning "young" in Italian, and Diego meaning "David" — to him at least; it was the first name he picked out for his high school Spanish course. Post used this name to sign all of his sculptures until one day when he gave something to his mom that was signed "DG." She asked, "What's so wrong with David Post?" He realized there was nothing wrong with David Post and switched back to signing his works thusly. His signature reveals the point of his life and his outlook he held upon creating the piece. However, Post claims when he creates something for a friend, he refuses to sign it. For those instances, he feels something deeply personal, and since they know who created it, the identification is unnecessary.

Post's backyard also displays a wooden dog, standing at attention, with actual dog collars around its neck. He sculpted it as a tribute to Blues, his late black lab who helped pull him through some of the toughest times of his life — the collars were those that Blues had worn, and Post says when the wind blows, it seems like she's still there. His yard also



sports a swing-set, slide, and wooden vehicle all made from whatever materials Post could get his hands on. He had his son Ryder (4 years old) help him build it. David expressed his love for teaching his kids through hands-on experiences, allowing them to learn how to put things together on their own and how they can make things from what others have thrown away. He sees these lessons as invaluable and is excited that his children, also including Ronin (2 years old) and Jagger (3 weeks), are learning them, too.

Post's shop itself also reflects deeply on the sculptor's personality and philosophy. He believes every personality that exists is in each of us, and we can choose which ones we want to draw out and show. To remind himself of this, he has "self-portraits," or faces he has sculpted, showing various personas. One looks oblivious, another goofy (Post strongly identifies with these two), and another, which looks angry, is what he describes as a "chauvinistic pig" — reminding him of how he does not want to act. Among the memorabilia (patches and bumper stickers that come from friends or moments of his past) posted around the walls, Post has a picture hanging above the shop doorway of a goofing-off, teenage Jimi Hendrix standing in his front yard with a guitar in hand. He said once we lose touch with the kid inside us, we lose touch with who we are; so he keeps this picture to remind him of his own inner child.

David Post's personality and outlook on life seep into all of his work and surroundings, and thus they speak volumes of who he is — an occurrence that comes naturally for the artist. He draws deeply on his past experiences and connections to continue to produce a creative, meaningful body of work.

Grace Ofslager is a UMW grad and a feature writer for Front Porch.

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A Rose And a Rhone

FINE ART AT ART FIRST

Like a new spring flower and a fine French wine, Paula Rose and Sally Rhone-Kubarok will fill up our senses together at Art First Gallery for the next four weeks.

After not painting in oils for almost 3 years, Paula decided to spend some extended time "in studio". Rather than beginning with a series, she decided to explore whatever came to mind. Using still life set-ups and photographs, Paula returned to subjects she has been exploring for years — white cats, teapots, postcards in still life, and Italian landscape.

On a winter morning at Hyperion, she told me she would be closing her gallery/frame shop for a couple months to get back into painting fulltime. As a writer, I emphasized with that inner conflict between the daily grind and the creative urge. Not doing your craft regularly tears you up inside. So when Art First announced Paula



would join Sally as featured artists this month, I could not have enjoyed the news more. I am anxious to see what has transpired with Paula since that winter day when Paula returned to her art.

She soon found she was back in touch with her love of color and the pure enjoyment only larger oil paintings can provide. A new idea for a series, "2 Cat Neighborhood", began to assert itself and several paintings in the exhibit at Art First will carry that theme. Be sure to see it!

Sally, meanwhile, has finished a favorite project of hers — an ABC book illustrated in batiks on rice paper and written in alliteration with 27 original illustrations. The book is called "Mini Mysteries in the Middle" and is available at the Art First Gallery's First Friday Opening Reception from 6-9P at 824 Caroline.

"One of my first occupational goals was to become an illustrator," writes Sally. "As a child I collected folders of my favorite illustrations and illustrators. When I enrolled at Syracuse University, College of Fine Arts to pursue my goal, I discovered that illustration was dying and photography was taking over. The "hot" area was advertising and I moved in that direction. However, I was still fascinated by telling a story with pictures. Through the years I have written and drawn pictures for a number of children's books."

Two artists dealing with their internal drive to return and complete a mission. Their example should be well noted by any artist who may have some unfinished business of their own. Enjoy this exhibition. — RG

Purdy Good

REBECCA PURDY'S COMMUNITY OF READERS

BY MARY LYNN POWERS

Anyone who has spent any time at the Headquarters Branch of Central Rappahannock Regional Library will know the kind, friendly face of Becky the librarian. Rebecca Purdy is the Youth Services Coordinator for the CRRL. Her influence can be found at all the libraries in the region. She explained that the library is more than a book hub, it's a destination point for the city. She believes in the strength of the system to change and evolve with the times, in order to meet the needs of the community.

Becky literally grew up in the Headquarters Library. She was a page there at 14, and progressively worked her way up throughout the years. She went to college with the intent of becoming a psychologist, but missed the library and its people. She graduated from Mary Washington with an English degree. She went on to acquire her Masters in Library Science from Catholic University. She worked briefly as an Art Librarian, but her roots took her back to the public library.

I met Becky almost ten years ago, when I volunteered at my son's middle school. It was a program called Café Books, a cooperative effort between the schools and the library where groups of students



would read the same books, then meet for lunch in the library once or twice a month to discuss them. It was a great way to promote reading. My son, then a "reluctant reader", enjoyed quite a bit of fiction he normally may never have touched. This program now extends from Stafford to Spotsylvania and 13 schools.

As for the future of libraries, Becky sees the importance of the public library on a variety of levels. Embracing the technological advances that have taken over the publishing world, and finding ways to bring these new methods to the public, makes the library systems more valuable than ever. The availability of e-books and e-audios is a big draw in the Young Adult sections. There are selections from Café Books available in both of these programs. The library has numerous classes in basic computer skills, as well as art exhibits, music, movies and theatre. The fun part is a majority of these events are free.

During the month of this interview there was a teen art exhibit going on, and a pending poetry contest. There is a gaming night where they blend video game interests with reading and art. One project that Becky champions is VOYA (Voice of Youth Advocates). This is a journal style paper that reviews websites for appropriateness for teens. Teens and Becky review the sites then recommend some for the library database. Becky blogs via the library website and writes bi-weekly book reviews for the Free Lance-Star.

When I was researching the library website, I ran into a blog post she had written about her husband's recent climb of Mt. Kilimanjaro in Tanzania. As nerve-racking as this kind of thing would be, it amazed me that she proceeded to recommend books to the aspiring mountain climber! Her other blogs address early literacy and books for the preschooler, and her passion is evident that the world of reading is a gateway to success. Rebecca has received numerous awards and accolades, and she serves on endless committees that revolve around book selection and youth related issues. I feel honored to have had the pleasure of talking to one of the creative and dedicated people that make up our community.

Mary Lynn Powers covers the community of unique people that makes up Fredericksburg.



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IN THE KITCHEN

WITH BONNIE DE LELYS

April is here - clocks have been turned ahead and Easter is at hand! The following recipes are what will be served at The Richard Johnston Inn and The 1890 Caroline House Easter Weekend, along with marshmallow bunnies decorating the tables. It's such a pretty time of year, so take a walk and enjoy this special day!

ZUCCHINI AND GOAT CHEESE QUICHE

- 1 1/2 pounds medium zucchini or a mixture of summer squashes
- Kosher salt
- 4 tablespoons extra-virgin olive oil
- 1 1/2 cups 1-inch, day-old bread cubes, preferably sourdough
- 1 medium white onion, chopped, about 1 cup
- 1 clove garlic, thinly sliced
- 2 tablespoons chopped flat-leaf parsley
- 1 tablespoon chopped fresh dill
- 1 teaspoon chopped fresh marjoram or oregano
- 2 cups half-and-half
- 2 large eggs
- 2 egg yolks
- Freshly ground black pepper
- 6 ounces young goat cheese, such as Montrachet.
- 2 ounces grated Swiss or Gruyere cheese, about 1/2 cup

Preheat oven to 350 degrees F. Shred the squash on the large holes of a box grater, into a colander. Sprinkle with a heaping tablespoon salt and toss well. Place in the sink and drain for 15 minutes. Rinse and the squeeze firmly, by the handful, to remove excess water. Set aside. Meanwhile, pulse bread into crumbs in a food processor. Heat 2 tablespoons olive oil in a large skillet over medium heat; add bread crumbs and stir until evenly toasted, about 5 minutes. Evenly spread crumbs in a 9-inch glass or ceramic pie pan. Place pan on a baking sheet. Wipe out the skillet, add remaining 2 tablespoons oil, the onions and garlic and season with 1/2 teaspoon salt, cook over medium-high heat, until onions are start to brown, about 5 minutes. Add the zucchini, and cook, stirring, for 2 minutes. Stir in parsley, dill and marjoram or oregano. Remove from heat, cool slightly. Whisk half-and-half, eggs and yolks in large glass measuring cup. Season with salt and pepper to taste. Spread the zucchini mixture in the prepared pan. Crumble the goat cheese and evenly scatter on the vegetables. Sprinkle Gruyere on top and pour the custard over the fillings. Bake until the quiche is just set in the center, about 40 to 50 minutes. Cool completely on a rack before serving.

MIMOSA PUNCH WITH STRAWBERRIES

- 1 (12-ounce) can thawed orange juice concentrate
- 1 liter club soda
- 1 to 2 bottles sparkling wine

Put 1 can cold but thawed orange juice concentrate into a punch bowl or in a large pitcher. Stir to soften. Stir in 4 cups cold club soda. Then add the sparkling wine and stir gently. Pour into Champagne flutes or coupes and serve with 1/2 a strawberry

BONNIE'S EGGS BENEDICT - lots of flavor, less calories

- Large slice of tomato seasoned with Mrs. Dashes garlic and seasoning
- Slice of Canadian bacon
- Slice of Swiss cheese

On a cookie sheet lined with parchment paper, place tomato and roast for 20 minutes @ 350 - cool
Top with Canadian bacon and Swiss cheese, cover and refrigerate overnight. In the morning place in a warming oven until ready to serve (about an hour) serve with choice of eggs on top (home fried potatoes if needed)

Bonnie De Lelys is Innkeeper at The Richard Johnston Inn.

Vino

FRESH & NEW

BY CHRISTOPHER

touches of citrus blossoms dotting the edge. The refreshing minerality screams 'oysters' — but it could even serve as a contrast to high-fat dishes like pork belly or housemade sausage.

A more fruit-forward by-the-glass offering is the 'Petit' Chenin Blanc from South Africa - a mouthful of juicy guava sliced by zippy acids. Enjoy this as an aperitif, or with buttery local cheese and cured ham.

Bistro Bethem has many more fresh wines to explore, and we plan to finish the new menu by the time this article goes to print. It's a wonderful gift from Spring when we spot familiar and unfamiliar faces popping in to dine after a downtown stroll. We also love to share our finds with your family and friends at home, so most bottles are available to take out-of-store at retail cost. We hope you're just as passionate as we are about these new gems. Thank you, and we'll see you soon!

Christopher, Mary Lynn, Aby, Blake, & staff are at 309 William Street downtown.

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Season's Bounty

THE NON-HOARDING HOMEMAKER

BY VANESSA MONCURE

I'm writing this under a fine coat of plaster dust. A peek at our house's original insulating material assured us that hidden asbestos is alive and well in older homes (as it hasn't been touched, I'm sure not to fall for the late-night ambulance-chasing fare of "have you been diagnosed with mesothelioma?")... For the first time in my life, I am kitchen-deprived, gadgetless, and will share a life lesson with you - hot and cold running water is definitely one of the seven wonders of the modern world.

The kitchen of my dreams is being installed, bit by bit; we will soon have a not-from-the-1950s bathroom; and I won't have to unplug the espresso maker to make room for the pasta machine, to make room for the Belgian waffle maker. I don't need a copper Dutch pancake cooker, and of the 17 English tin molds for plum and savory puddings, I need only two. No one needs 55 Chinese cookbooks or two complete sets of mother-of-pearl caviar spoons. Or marrow spoons. Or 40 sizes of decorating tips. A medium LeCreuset covered Dutch oven, 2-qt saucepan, 1/4 -size sheet pan and some cast-iron cookware cover for the gas oven, and a few Pyrex microwave-safe bowls and dishes take care of the rest. I won't be giving up mother's 1950s egg beaters or grandmother's cookie cutters, but the electric wok, anything Teflon, and the bread machine? Kneading is something alive in your hands; you never really "learn" food with all our timesavers.

DELICIOUS BRAISED SHANKS WITH COUSCOUS

Pork shanks or lamb shanks, or short ribs of beef prepared the same way: Heat olive oil in Dutch oven (preferably LeCreuset), cover 4 shanks or 6-8 short ribs liberally in flour; brown over medium-low heat, turning until all sides dark golden. Meanwhile, mix 1 lb. peeled carrot chunks; chunks of two large onions; peeled/ smashed garlic cloves (2-6); 3 ribs

of celery w/tops; 1/2 tsp. each thyme leaves, black pepper; one bay leaf; sea or kosher salt to taste; chopped fresh parsley; 2-3 oz. tomato paste; 20-32 oz. chicken broth (beef for ribs); - stir around in pot until well combined; cover and place in 300F oven 2 1/2 -3 hours. Remove from oven and, using tongs, set meat aside. Using either immersion or tabletop blender, blend vegetables (except bay leaf) and broth until smooth. Add more stock if necessary (should be like thick soup) and 1-2 T. butter, return meat to Dutch oven, then return to oven for 20-30 min. During this time, prepare Israeli cous cous to serve w/dish - this is a large pearled pasta, not like Moroccan yellow cous cous. Prepare in chicken broth for added flavor.

ROCKFISH GRILL

Have you heard the Happy Clam is reincarnating back here? Really fresh seafood and fish year-round, Rockfish being my favorite... For it, I use a large cast-iron fish cooker (you can use an oval or rectangular grill-proof pan). Clean large 1 1/2 - 2lb. filet, place in olive-oil coated skillet, skin-side up. Surround w/chunks or rings of onion, chunks of a celery stalk w/leaves; chopped parsley, kosher salt and black pepper, a lemon squeezed over fish then placed around, 2 smashed cloves garlic and 1-2 c. water. Top w/2 T. butter, then cover w/lid or tin foil - cook on med-high heat 30 min or til fish flakes and is done, adding water if necessary. Serve w/remoulade sauce (jazz up tartar sauce w/capers, whole grain mustard and some tarragon leaves), fresh lemons and a fresh tomato relish. Brush asparagus spears w/olive oil, grill till tender then sprinkle w/kosher salt and black pepper.

These easy meals allow me to return to the kitchen clutter. Anyone need a Chinese scallion pancake roller?

Vanessa Moncure is a happy homemaker, as happy as a clam.



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15 Principles

A ROADMAP FOR SUCCESS

BY REBECCA THOMAS



how to tackle your own thought process, eating and exercise yourself. Using these principles you can create a program that will put you in the driver's seat to manage your weight and health.

The upcoming columns can be read as a narrative or individually chapters as they pique your interest. Some of these principles you will be able to directly translate into your life, some may take more time and practice. The goal of these principles is to help you learn to enjoy meals and let your body tell you what it needs, when enough is enough and how to enjoy activity so you develop the daily practice of achieving and keeping a healthy weight. These 15 principles create a framework that will guide you in making the daily decisions that affect your weight and overall health.

Let's face it, every day we are presented with a multitude of choices that have a tremendous effect on our health. Having personal guidelines means that before you are even presented with a choice (a little cake with your cappuccino?) you already have the answer. The result is achieving a healthy weight through an automatic process. I don't mean to imply this is always easy but unlike following a set diet plan these principles make it possible for you to eat, drink and exercise the right amount for you. More importantly because you are learning to eat and move intuitively it will be a plan you can live with and evolve to meet your particular needs as you live your life.

Lasting weight loss is a process.

One that involves soul searching, changing priorities, sorting out the emotional motivations from the physical cravings and a willingness to reframe how you view yourself. It is possible to change your life and as a result your weight. I have done it after many years of fits and starts, feeling defeated and never quite having all the pieces together at the same time. After years of failed attempts at lasting weight loss I created 15 principles for holding myself accountable, changed my thought process and constructed a life that supports success in managing my weight. The results have not only helped me achieve my weight loss goals but changed me as a person. They helped me to understand that discipline is a function of how you make choices and not a referendum on how strong or good of a person you are (or how deserving you are). It is not an understatement to say that the process of creating and living these principles has set me free. My body and health are mine again.

These principles are not a specified diet or exercise plan. I've read and tried enough of those to know that once the excitement wears off all the old behaviors come right back. I also found them far too limiting and after a short time not natural to how I liked to eat or the type of exercise I wanted to do. If you are looking for advice on your food in particular I would suggest meeting with a nutritionist. Instead I want to show you

Rebecca Thomas is a downtown resident and co-owner of kybecca. You can subscribe to her posts at [facebook.com/rmtisme](https://www.facebook.com/rmtisme)

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The Beer Geek

BEER TASTINGS:
 WHO, WHAT, WHERE, WHEN, WHY, HOW

BY JOE GHERLONE

A friend mentioned the other day that he intended to do a beer tasting in the near future. He had single bottles of rare and/or interesting stuff that he wanted to make sure people got a chance to try. This inspired me to consider that approach versus what I see at so many beer festivals. Those venues tend to be dominated by larval stage drunks, metamorphosing into full-blown cretins as the day goes by, rather than enjoying beautifully crafted beer for its own sake. The best strategy is to there at opening time, stay a couple of hours, and head out before they push the fool button.

I have previously talked about how to approach tasting and evaluating beer. This month, I thought I would address the conduct of a tasting event, and in the true journalistic style that my rhetoric prof taught us back in the day. Here are the 5Ws of a beer tasting:

Who: Beer geeks, aficionados, lovers, drinkers. It doesn't matter what you call them, they don't have to be judges or brewers or particularly educated in beer terminology or the industry. What they do need is to appreciate the wide variety of experiences that beer offers (even if they don't like all of them) and appreciate the value-added of artisanal craft production.

What: Good beer. I recommend at least an ounce but normally less than 2. This is enough to let one develop a thorough understanding of the beer without too much palate fatigue as you go through an assortment of beers. At Fredericksburg Area Brewing and Tasting Society (FABTS) meetings, we usually pass the bottle and each pour our own - with a caveat - you go overboard and you may not get invited back. Heads up comments like "only 1 12 oz bottle" are usually a good idea.

Where: The ideal venue is relatively quiet, isolated, comfortable with plenty of seating and tables, and free of strong aromas. A closed restaurant or back room is great. We have used an upstairs room at the Virginia Wine Experience intermittently, as well as the homes of the beer geeks we know. FABTS is looking for businesses who will support our meetings, so if there are interested parties, let us know.

When: Any time that you have a selection of good beer to sample. FABTS meets monthly to taste a variety of beer selected based on a theme or style of the month.

Why: This one ought to be pretty obvious: good company, enjoy good beer,

explore the variety of the medium, and compare notes.

How: As I said above, I've addressed this part of it in these pages before, most recently this past December.

Feel free to join us at FABTS (we pronounce each letter separately), and enjoy the diversity of beer. Or, if you are so inclined, gather some of your beer-loving friends and some fine beers, and have your own tasting. Prosit!!

Joe Gherlone eagerly awaits Chris getting off his duff and holding that beer tasting. Meanwhile, FABTS meets monthly - email fabts@googlegroups.com.

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CALENDAR of events



april 2012...Easter, Earth Day, Arbor Day, National Poetry Month

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sunday, april 1

April Fool's Day - Grand Opening of Kalahari !

Easter Balloon Sale: Less than a week to go! Special sale items marked by balloons. Present & Past Treasures, 411 Chatham Heights Rd

Snead Farm CSA Membership (\$600) Deadline: May 2 (first pickup, too!) Pick-ups every Wed thru Aug, first Wed Oct & Dec. Details/Contract: www.sneadfarm.com Questions: 540-371-9328

Save the Date - May 23 - for Golf Tournament: Spotsylvania Regional Medical Center's first annual, to benefit Rappahannock United Way. Fawn Lake Country Club, May 23, 1230P. Info, Registration, Sponsorship: Jeanne Burkett at Jeanne.burkett@hcahealthcare.com, -498-4054

AM1230 WFVA radio's "Community Link" 8-830A. FXBG Mayoral candidate Mary Katherine Greenlaw. Chef Blake Bethem and Rob Grogan talk RG3. Host Ted Schubel

Tickets on Sale: An Evening with Grammy Winner Shelby Lynne, April 4, Old Silk Mill. \$27.50; \$32.50. www.shelblylyne.eventbrite.com

Art First Gallery featuring Ed King and Brandon Newton through April 2, daily 11-5

*Jazz and Blues Jam every Sunday at The Sunken Well starts around six-thirty

monday, april 2

Chris Rok's Photography Exhibition continues at Bistro Bethem through April. Tuesdays-Sundays during restaurant hours. 309 William.

Featured Artist Sarah Flinn presents "Here and There" - her oil paintings of favorite FXBG sites, VA scenes, special landmarks across the nation. Plus All-Member show thru April 29

*Women's gentle yoga class every Mon 7P. Other days as well. Thrive Healing Center

Making an Impression. Prints from Permanent Collection. Ridderhof Martin Gallery. Thru Apr 27

tuesday, april 3

*A. Chevalier Show airs Tues 930P at FredericksburgLive.com. Local/live music coverage

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

Live Music: BNW at Bistro Bethem. John Buck, Matthew Norris, Jon Wiley get funky! 8-11P. 309 William

wednesday, april 4

Art Opening: Nancy Brittle opens *Around the House and in the Garden*, a new show of 15 oil paintings at The Atrium of the CRRL Headquarters, 1201 Caroline. To April 30.

Kenmore Inn Wine Dinners: join us for two spirited wine dinners in April! Enjoy a culinary treat as Chef Jacquie prepares a 5-course dinner paired with exquisite wines. 4/4 - Spring forward with Sinsky Wines. 4/28 - Portuguese Winemakers' Dinner. 1200 Princess Anne, 540-371-7622, kenmoreinn.com

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

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

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

thursday, april 5

*Live Music: Ray Woodruff @ kybecca wine bar, 402 William. 8P (Music every Thursday)

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

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

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

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

first friday, april 6

Art Opening for artist Jeremy Moore at Sammy T's. Up thru May during regular restaurant hours.

Sally Rhone-Kubarek and Paula Rose opens shows at Art First Gallery: Paula shows recent works and Sally's finished a favorite project, an ABC book illustrated in batiks on rice paper and written in alliteration. 27 original illustrations. Published copies of "Mini Mysteries in the Middle," available 6-9P. 824 Caroline

FCCA Opening Receptions: Regional Artists' juried exhibition in Frederick Gallery; Deborah Herndon in Members' Gallery. 813 Sophia. 6-9P

*Live Music: Mercutio @ kybecca, 400 William, 373-3338. 830P Fri/Sat. No cover

Brush Strokes Gallery: Sarah Flinn is featured. 824 Caroline. Opening Reception 6-9P. "Here and There" displays oil paintings of local sites, VA scenes, landmarks in nation. Plus All-Member show through April 29

PONSHOP: pottery by Scarlett Pons, signature paintings by Gabriel Pons. Also: work from local artists Joshua Barber, Nicholas Candela, Jeremy Gann, Ginger Huebner, Rob Landeck, Adam DeSio, Stephen Graham, others. Opening Reception: 6-9P. Up to 4/29

Opening Reception: "Feast for the Eyes" Art About Food. 5-9P. 6th Annual Juried Exhibition. Also, "Edible Art Competition" Food About Art. Vote for your favorites! LibertyTown Arts Workshop

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

Creative Side's First Friday celebration, 5-8P. 513 Jackson St. Featured artists include Rebecca Behring's art students from Brock Road Elementary and others. Info: 846-8920

Upstairs Art Gallery at VA Wine Experience, 826 Caroline: About area farms/their histories, 'Bucolic Wanderings, Farms, Flora & Fauna. Rick Klingbeil, Michael Dean, Renee Gauvin. 6-9P. Up all month

Live Music: William Walter & Co. High energy rock band w/ blend of funky twang. 21/up, \$5. The OH

saturday, april 7
Free Poetry Open Mic: England Run Library, 806 Lyons Blvd. 2-330P. Adult & teen poets & poetry lovers! Read your originals or poems you love. 540-899-1703 for more info

Seldom Scene Live for the first time at the Otter House! Award winning American Bluegrass band comes to grace us with their performance. Tickets on sale now: \$30/per. 21& up

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

Annual Student Exhibition featuring student artists. duPont Gallery, College at Thornton. Thru 4/20

sunday, april 8

Easter
AM1230 WFVA radio's "Community Link" 8-830A. FXBG Mayoral candidate Fred Howe; Laurie Foster of Lotus Blossom Learning. Host Ted Schubel

Read All Over Books: Open Jazz Jam 230P

Colonial Tavern: Open Jazz Jam 7P
Sunken Well Tavern: Bluegrass Jam 7P

monday, april 9

"Name Day": Alexis Mary officially Grogan this date in 1996!

tuesday, april 10

*Live Music Tues at Bistro Bethem. 8-11P. No cover. All ages. 309 William. Sarah Lee Hall returns to woo us w/ golden voice she lost before March performance. Don't miss this girl in full-force

wednesday, april 11

Art Films at Headquarters Library: Cairo Museum. The Egyptian Museum in Cairo. (2010/27 min). The Egyptian Collection at The British Museum. The Rosetta Stone featured. (1991/26 min). 7P. 1201 Caroline

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

thursday, april 12

Live Music: Ashleigh Chevalier @ kybecca wine bar, 402 William. 8P. No cover

friday, april 13

Live Music: Laurie Rose Griffith & Peter Mealy @ kybecca wine bar, 402 William. 830P. No cover

Sky Dog Live at The OH: Allman Brothers cover band is back! 21 & up, \$5 cover

saturday, april 14

10th Annual Celebration of Poetry: Salem Church Library, 2601 Salem Church Rd. 930A-4P. Poets recite / perform in open mike readings/slam. Riverside Writers Club; performance by Jackson Harlem; guest speaker Michael McCarthy, UMW. riversidewriters.com or 710-2518 or 785-5727

Stafford Hospital 5K: 830A. Rain/Shine. Register: \$30 at www.racetimingunlimited.org Info: 741-1512

Virginia Gentlemen's Spring Dance and Beach Party, 8P-MN, FXBG Eagles, 21 Cool Springs Rd: Band of Oz. Tickets:\$60/couple. Beer/Set-ups included. BYOL, light snacks. Benefits R'nock BB/BS. (540) 371-7444

22nd Annual Multicultural Fair featuring entertainment, children's activities, international and American food, ethnic craft vendors. UMW Ball Circle 10A-5P

F'burg Area Museum, National Park Service, UMW welcome renowned historians Dr. David Blight and Dr. Thavolia Glymph examining slavery, emancipation. 1-5P. F'burg Baptist Church. Book Signing to follow

Sons of Temperance Live at The OH. This rocking funk band has got everything you need to have a great time downtown dancing the night away! 10P. 21 & up. \$5 cover

sunday, april 15

Tax Day

AM1230 WFVA radio's "Community Link" 8-830A. Mayoral candidate Matt Paxon; F.O.R. John Tippett. Host Ted Schubel

tuesday, april 17

Latin-infused jazz by Sabor Afrocubano at Bistro Bethem, 309 William, 8-11pm. No cover; all ages welcome

wednesday, april 18

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

thursday, april 19

Live Music: Bobby Thompson @ kybecca wine bar, 402 William. 830P. No cover

friday, april 20

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

Re-Enactment: New Wears & Sizings w/ Mary Frances! Present & Past Treasures, 411 Chatham Heights Rd

Trinity Episcopal Church Huge 2-Day Yard & Bake Sale 9A-2P. Different items each day! Outdoor starting 830A, rain or shine! Corner William & College, across from UMW

Live Music: Gray Gurkin @ kybecca wine bar, 402 William. 830P. No cover

Local favorite band the Transmitters plays the Otter House! 21 & up, \$5 cover

saturday, april 21

Garden Week in Virginia means the Windows at Whittingham are in full bloom through April 30

Earth Day Celebration at Caledon Natural Area. 10-3P. "Trash to Art" free event for all ages. Prizes. Individual/teams remove and assemble litter into art forms. Register by 4/19: 540-663-3861. Info: xmorgan@hotmail.com or 760-6928

Man Bug This classic rock band is back at the Otter House! 21 & up, \$5 cover

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

sunday, april 22

Earth Day

AM1230 WFVA radio's "Community Link" 8-830A. 1st District Congressman Rob Wittman and John Hennessy, National Park Service

Wings Over Wine Country & Kickoff of National Park Week. 2-6P. ducardvineyards.com -923-4206

tuesday, april 24

Mother's Day Balloon Sales Start: Unique sale items marked by balloons in every booth. Present & Past Treasures, 411 Chatham Heights Rd. Thru May 12

Local legend Jay Starling plays Bistro Bethem. 309 William, 8-11P. No cover; all ages welcome

wednesday, april 25

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

thursday, april 26

Live Music: Levi Stephens @ kybecca wine bar, 402 William. 8p. No cover

friday, april 27

National Arbor Day

Live Music: Laurie Rose Griffith & Peter Mealy @ kybecca wine bar, 402 William. 830P. No cover

Zach Deputy's island-infused drum/bass, gospel, ninja soul in an awesome performance! 21 & up. The OH

F'burg Songwriters' Showcase original acoustic music by award-winning Ellen Bukstel, Nick Annis, Stephen Lee Rich, Sandy Andina. Last Fridays, 8P, Picker's Supply Concert Hall, above 902 Caroline (center back alley). \$10 (\$5/children, students). Info: 540-898-0611, www.webliminal.com/songwrite

saturday, april 28

Celebrate Noon-6P at beaucoup vintage, 208 William. 2-year anniversary party + Luna Rosa handmade jewelry trunk show. Yeah, that

Trees On Fire: Band dedicated to sustainable environmental practices. Fusion of reggae, hip hop, rock, electronica, funk. The OH

*Snead Asparagus Festival Spring Fling! Today, 10-4P; Sunday, Noon-4P. Free entry. Reasonably priced food from Sunken Well Tavern features asparagus in many ways! Homemade BBQ, Wally's ice cream, Chamber's cupcakes, Kettle corn in working farm setting. Farm-To-Table Dinner by Sunken Well Tavern chefs: cocktails/hayride 6PM, dinner 7:30-10PM. \$85, \$160/couple. Call The Well for reservations: 370-0911

Kenmore Inn Wine Dinners: join us for two spirited wine dinners in April! Enjoy a culinary treat as Chef Jacquie prepares a 5-course dinner paired with exquisite wines. 4/4 - Spring forward with Sinsky Wines. 4/28 - Portuguese Winemakers' Dinner. 1200 Princess Anne, 540-371-7622, kenmoreinn.com

Yard Sale Benefits Open Hand of FXBG - 8-2P. VA BBQ Parking Lot on US-1 and Fall Hill Ave. Sell your own - \$25/per space. VA BBQ vendor. Contact Pat Sherwood, 834-4455

Grab your BFF (Best furry friend) and head on down! Live music, dog adoptions, doggie contest, educational groups, k-9 Demo, vendors, more, no entry fee. Lake of the Woods, Rt. 3 west. Hrs. 11-4. 102 Lakeview Pkwy, Locust Grove. lowa.org/map.htm

Live Music: Michael Geddes, Sr @ kybecca wine bar, 402 William. 8p. No cover

sunday, april 29

AM1230 WFVA radio's "Community Link" w/ Front Porch. 8-830A. Rob Grogan and Rebecca Thomas, healthy living; Kathy Valentine, R'nock Adult Activities (Mayfest)

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

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Patawomeck Nation

BY RALPH "TUFFY" HICKS

I have vivid memories of my Grandmother, **Bernice Green Withers**, speaking of our family's Indian heritage. I never had a clue that over 60 years later I would wake one morning as a member of the Patawomeck Indians, having been voted into the family by the Tribal Council. My son **Allen** started the quest with research into our family genealogy. With the assistance and knowledge of tribal historian **Bill "Night Owl" Deyo**, White Oak Museum owner **D. P. Newton** and genealogist **Don "Flying Eagle" Shelton**, all tribal members, I came up with interesting facts about my ancestry.



It was not until 2010 that the Patawomeck Indians were officially recognized as a tribe by the Commonwealth, with thanks to the efforts of **Patawomeck Chief Robert "Two Eagles" Green** (pictured) and the support of **House Speaker Bill Howell** of Stafford County. Two Eagles Green found it ironic it took so long: "After all, archaeologists say we have been living here at least 12,000 years."



Historic Garden Week's 79th Annual House & Garden Tour in Fredericksburg blooms on Tuesday April 24, sponsored by The Rappahannock Valley Garden Club from 10 a.m. to 5 p.m. This tour features the fashionable neighborhood around Kenmore, George Washington's sister's home and the first restoration project by the Garden Club of Virginia using proceeds from Historic Garden Week.

This is now, but when that was then, some 71 years ago, in 1941, war changed the financial mission of the garden tour for that one year. **Mrs. John G. Hayes**, President of The Garden Club of Virginia that year, and **Mrs. Daniel D. Talley, Jr.**, Chairman of Garden Week in 1941, wrote "Restoration is the outstanding undertaking of the Garden Club of Virginia, and the purpose of these annual tours has been the restoration of grounds and gardens of publicly-owned historic shrines in Virginia. This year, however, in view of present world

conditions and in view of our wish to lend all possible aid to the (war) stricken people of England, the Garden club of Virginia has voted to send the proceeds of the 1941 Spring Garden Tour to the relief of Britain."

During the tour's 79-year-run, the grounds and gardens of Kenmore (1929, 1940) and the Mary Washington Monument (1938) have received restoration proceeds.

For tickets and additional information about this year's tour, visit VAGardenweek.org or call The Fredericksburg Visitor Center at 373-1776.

And visit the Central Rappahannock Heritage Center on Barton Street downtown to do scholarly research of our local history and heritage.

OUR HERITAGE

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

GARDEN WEEK IN VIRGINIA

Fredericksburg. The Patawomeck Tribe befriended the colonists and actually refused to join Chief Opechancanough, the brother of Powhatan, in his efforts to massacre the English in 1622 and in 1644. The survival of Jamestown was credited to the Patawomecks' supply of food to the settlement during times of shortage. The Tribe was settled in what now is King George and Stafford. The English pronounced Patawomeck "Potomac." Chief Powhatan's brother, called "Japasaw" by the English, was "Chief Passapatanzy," in deference to his home site in what is now Stafford.

Pocahontas, according to "Night Owl" Deyo, was visiting Japasaw's family when taken prisoner by the English for exchange for English captives taken by Chief Powhatan. Pocahontas' family ties to the Patawomecks included her sister (one of Japasaw's two wives) and her own first husband, Kocoum; he the younger brother of Chief Japasaw. "Night Owl" says they had a child raised by the Patawomecks. Pocahontas, after capture by the English, converted to Christianity, married John Rolfe in 1615, and gave birth to Thomas Rolfe (the first recorded child of a VA Indian woman and an Englishman). When she died at age 22, Pocahontas was taken to England for burial.

Japasaw's son, Wahanganoche, ruled the tribe after his death, during troubled times when greedy colonists sought to take tribal land and accused the chief of wrong doing (he was acquitted at trial in Williamsburg, 1663). The Chief was then ambushed and killed near Camden Plantation on his way home from trial. A silver badge given him for safe passage by the authority of the English King was found on the grounds two centuries later and is currently on display at the VA Historical Society. A replica is purchasable from the Patawomeck Heritage Foundation.

The Patawomecks became extinct after 1666 when the English, by order of the Governor, launched a full-scale massacre against Virginia tribes to take away their land. Several of the orphaned children were raised by area colonists. Their descendants, who along with others who had married English colonists, kept up the blood line that allows many of us today to say, "Proud to be a Patawomeck."

Tuffy Hicks, proud to be a Patawomeck, dedicates this month's story to the memory of his friend, Brian Strobel.



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Companions

WHAT IF THE DOG GOES OFF SCRIPT?

BY WENDY SCHMITZ



reality. Most of us have been bitten by a puppy and I think most would agree it isn't pleasurable and we'd prefer it not be repeated, so why do they think babies would feel any differently about being bitten? I would argue the harm that could be done to their delicate skin or their tiny fingers should outweigh how cute the video may be, but it doesn't.

All of this has led me to wonder if parents would think this interaction is as cute if they saw a video of babies with puncture wounds or bleeding eyes? Of course those videos would get you a visit from child services but the "super cute" video that led up to it just gets you a few hundred thousand "hits" and high rank on the Internet. Something is clearly wrong here, so I thought I should issue a gentle reminder about the unpredictable nature of dogs.

Dogs are independent beings that reserve the right to choose their own actions. Training can help

I've been seeing a fairly disturbing (though I'll admit cute) trend on the Internet lately; viral videos of babies and puppies playing together in that super cute way that only beings new to the Earth can muster. The videos show giggling soft babies and playful, bouncing, fluffy puppies. Everyone is happy, bright, and excited. Babies and Puppies and mom or Dad can be heard laughing in the background. I keep seeing these videos, even in the news, and I am surprised that I am the only one who thinks this is a bad idea.

Here is the truth, babies and puppies can have innocent interactions where everyone walks away a winner, but more often the opposite can happen. While puppies are young and lack giant teeth and strong jaws that can cause extreme damage, they do have extremely sharp teeth and the drive to investigate everything with their teeth, which can lead to painful bites and possible permanent disfigurement.

These cutesy interactions could just as easily have ended up in an emergency room as they could on YouTube, so all I keep thinking is, "What is wrong with these people?" Am I the only ultra cautious baby mama in the world? Are these videos shot by cavalier dads while their wives are making dinner? Or is the overwhelming cuteness too much to resist, and even the sanest mother would lose all rational thought and get caught up in the moment of capturing this rare interaction for posterity and "like" points?

I don't know if the videos are the work of parents in denial or ignorant of

modify their choices, but they will always possess the ability to act upon their independent thoughts, and owners need to be mindful of their possible options. Puppies are creatures that have little or no training or inhibitions. They explore whatever they encounter using their teeth and paws. These encounters are impossible to predict and even with proper monitoring can, and do, lead to injuries and destruction. Don't believe me? Ok, I dare you to leave a 10-week-old puppy alone in your living room with your new leather couch and favorite pair of shoes... go on, I dare ya. So why oh why are people allowing a creature that can destroy tough cowhide to be alone with their helpless children is beyond me. If you won't let something chew on your shoe, why is your baby ok?

I agree these videos have a certain appeal, but I still ask parents to think twice before letting babies and puppies co-mingle; this way you never need to start a conversation off with, "Well, sure you can't see out of your left eye but wait till you see the cute video of you and Rex right before he bit you, I'm sure you'll agree it was worth it."

Wendy Schmitz is a dog whisperer, a mom, and a wife in Colorado. And she is spot on about this issue.



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Porter Branch Community Garden Grand Opening

April 28, 2:00-4:00! The Porter Branch community garden will be a demonstration garden for the community and produce will go to SERVE. Join us to learn more about local farming and how easy it is to grow a little or a lot of your own food.

- Storytime and movie for children. Pot a plant to take home
- Jeff and Ginny Adams of Walnut Hill Farm present information about local farming
- North Stafford High School Horticulture Program will have plants for sale
- Free packets of seeds, both vegetable and flower, will be available compliments of the North Stafford County-Garrisonville Rotary Club
- The Master Gardeners and The Master Naturalists will be available to answer your questions

Watch for events at all CRRL branches through October!

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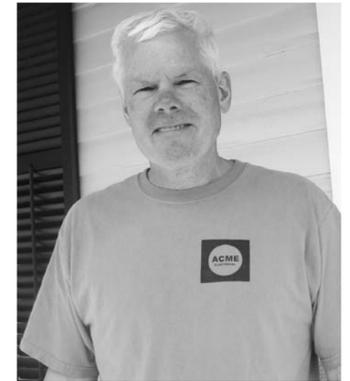
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What's It Worth?

FREDERICKSBURG EPHEMERA

BY ARCH DIPEPPE



When I think about antiques and collectibles from Fredericksburg, one of the first names that comes to mind is **Jerry Brent**. Like most early collectors, he started with stamps, coins, and baseball cards. After college, his interests moved to antique furniture and collectibles. Jerry's mother and **Bill Beck's** mother had an antique shop together here. It's in his blood.

The problem with sitting down with Jerry is deciding in which direction to go. I could write a different column a month for a year on a different aspect of his collection without scratching the surface. I asked him which area he would like to talk about and he said Fredericksburg ephemera. **Ephemera are transitory written or printed materials never meant to be saved.** It could be old newspapers, handbills, broadsides, advertising, or other pieces of the ebb and flow of a community.

God bless packrats. Without them, very few of these items would survive. Think of the endless pieces of junk mail that comes to your house. Our forefathers were much better at reusing the things that passed through their

everyday products. Even the newspapers that tell us so much are a slice of ephemera. The thing that matters most to Jerry is the Fredericksburg imprint that shows it was printed here.

One of the earliest known printers was Timothy Green, who also published *The Virginia Herald* newspaper here in the 1770's. It was the newspapermen who also printed the handbills and broadsides that kept the economy rolling. They also printed religious and political tracts. Jerry has a copy of the first pamphlet published by Moncure Conway of Stafford County with a plea for community-supported education. Ephemera are how we know what ancestors were thinking and saying years ago.

Southern newspapers from the Civil War are much rarer than their Northern counterparts. When the Yankees showed up here, the newspapers closed within a couple of months. There were papers printed in town by the Northern occupiers, but are not considered Southern papers. Jerry has copies of the real ones.

Like most die-hard collectors, Jerry still looks for very rare items. There is an early mid-Nineteenth Century photograph of the panorama of Fredericksburg he would love to find. He checks eBay several times a day, but that means competing with other collectors. Jerry is so well known, sellers seek him, and his network of trading collectors is vast. He likes to attend auctions and ephemera shows.

Serious collectors of local items provide an extremely valuable service. Every item found is saved for today, and will be available for generations to come; without which, many wonderful things would be lost.

Arch DiPeppe speaks to civic groups on collectibles in the FXBG region. Call him at 540-373-9636.



hands. Eventually, most of the paper ended up as a way to start a fire. Others saved every scrap, every notice, every bill they received. These large caches will turn up and even the envelopes evoke an earlier, more expressive time with lovely lithographic images.

Jerry will tell you he had to start collecting ephemera because his house wouldn't hold any more furniture. Even so, shelves, drawers and endless folders house his collection. Open one and you will find early to mid-Nineteenth Century insurance policies, broadsides with rewards for runaway slaves, and offers of horses for stud fees. Each one is a captured moment in the history of our town. There is the insurance policy that states the location of the property by telling who owns the lots on either side. The advertising cards give us a glimpse of

SENIOR CARE

DO YOU NEED LONG TERM CARE INSURANCE?

BY KARL KARCH

Thanks to advancements in medical technology people are living longer. However, that also means more people will experience multiple long-term illnesses that require assistance. Between 2000 and 2040 the number of older adults with disabilities will more than double, increasing from about 10 million to 21 million.

Our offices often receive calls from people asking if we accept Medicare, Tricare, or other major medical insurance. Many are surprised to learn that our services are classified as custodial services and are not covered by typical insurance providers. In-home care is paid directly by the client or their families, paid by Medicaid (if qualified based on low income and assets), or paid entirely or in part by LTC insurance. The typical LTC policy requires a doctor to state that the individual is either cognitively impaired or requires assistance with two or more activities of daily living (ADLs): bathing, feeding, dressing, toileting, continence, or transferring.

It's too late for our clients to obtain LTC insurance if they don't already have a policy. But, our clients' families are becoming much more aware of the need for LTC policies. People should consider LTC insurance if: they can afford the premiums, want to protect assets, want to stay independent, or want to have the flexibility to choose the care setting they prefer.

So, what's the probability that you will need LTC insurance? What may be surprising is that not all people needing LTC are elderly. Only 63% are 65 or older, which means that 37% are 64 or younger. The lifetime probability of becoming disabled with two or more ADLs or cognitive impairment is 68% for people 65 or older. So much for the statistics, but what's the real risk to you? Simply stated, it is either 0% - you will never need it, or 100% - you will need it.

So, how lucky are you? If you have no LTC insurance, don't get any, and you are fortunate to never need it, then you made a good choice by not paying for something that you didn't need. But, what if you are the 100% statistic? Now it comes down to: How long will you need care? Who'll be there to provide care? Will you deplete your savings? Will you be waiting in line for whatever government program exists at the time?

The vast majority of people want to remain in their home as long as possible. They can achieve that goal better now than in the past with in-home non-medical care and home health skilled care agencies. But, the key factors in the decision process are: care requirements, quality of life, and financial resources. Too often, prospective clients make less desirable quality of life decisions because they cannot afford to pay for in-home care. And, that can lead to taking healthcare risks such as falls, not taking medications properly, or poor personal hygiene, which over time result in increased care needs. LTC insurance provides the additional financial means to achieve the quality of life most people prefer for a longer period of time. And that is something everyone should seriously consider sooner rather than later.

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

Genworth Financial 2011 Annual Cost of Care Survey

Virginia - State Median:

Home Care 44 hours/week:
\$ 42,328

Adult Day Care
8 hours/day 5 days/week:
\$ 14,170

Assisted Living Facility
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Nursing Home Care:
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NASTURIUM

Nasturtium, also called *Tropaeolum*, is a beautiful companion plant for the garden. Not only is it a natural repellent against cucumber beetles, squash bugs and caterpillars, its beautiful presentation of bright red, orange and yellow flowers through out the vegetable garden makes the landscape pleasing to look at.

All parts of the plant are edible making it easy to use your food as medicine. The leaves have a peppery taste when chopped up and added to cream cheese, soups and egg dishes. The edible flowers look nice when added to a salad. Unripe seeds can be pickled in vinegar as substitute for capers and the ripened seeds can be dried and ground in a pepper mill for seasoning.

I like it as a medicinal plant for respiratory infections. The "mustard oil" it produces is similar to that of the mustard plant, which breaks up and removes excess mucus from the lungs. It is also useful as a wash externally for poor skin and hair problems. The wash has a natural antiseptic property and helps control fungal and bacterial infections as well. This plant retains water so it may be used in juicing for culinary or medicinal use.

JoAnna Cassidy-Farrell MH, CNHP owns Keep It Green Herbal Center, 540-361-1416, www.mykeepitgreen.com

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Revelations 22:2

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WELLNESS

BRUSSELS SPROUTS, BROCCOLI AND KALE, OH MY!

BY CHRISTINE THOMPSON, D.C.

Mmmmmmmm, my favorite yummy veggies! Not so much, you say? If your immediate response on reading the title was "Ewww!" "Yuk!" or you were reluctant to continue reading, you may need some convincing to give these much maligned, slightly bitter, and more-than-slightly-aromatic vegetables another chance. Hopefully this article will serve as motivation.

Cruciferous vegetables belong to the brassicaceae family and include broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi, mustard, rutabaga, turnips, bok choy, arugula, horse radish, radish, wasabi, and watercress. Cruciferous vegetables are high in nutrients, or phytochemicals, considered to have numerous health and anticancer benefits. These nutrients include vitamin C, carotinoids, fiber, diindolylmethane, sulforaphane, selenium and **glucosinolates**. When we chew, glucosinolates break down into **isothiocyanates** and **indoles**. When we explore how these chemicals behave in the body, these odd veggies become quite interesting.

The link between the nutrients and cancer prevention is fairly well-studied. A review of research published in the October 1996 issue of the *Journal of the American Dietetic Association* showed that 70% or more of the studies found a link between cruciferous vegetables and protection against cancer. According to the American Institute for Cancer Research, lab studies have shown isothiocyanates and indoles decrease inflammation, a risk factor for cancer, and inhibit enzymes that activate carcinogens and stimulate enzymes that de-activate carcinogens. Studies suggest these

compounds "turn on" genes that suppress tumors, slowing cancer cell growth and stimulating apoptosis, in which cancer cells self-destruct.

The December 2004 *The Journal of Nutrition* reported that indole-3-carbinol (one of the indoles produced in chewing cruciferous vegetables) promotes phase I and phase II liver detoxification, converting toxic substances from fat-soluble to water-soluble so they can be excreted through the intestines. The article described the efficacy of indole-3-carbinol in the treatment of prostate cancer.

Additionally, the July 2003 issue of *The Journal of Nutrition* reported indole-3-carbinol's role in preventing the development of estrogen-enhanced cancers including breast, endometrial and cervical cancers. These substances shift the active form of estrogen into a weaker form, resulting in a natural balance of estrogen that is cancer protective.

Now you might be thinking, "This is all great information, but it still leaves me with my original problem: Ewww!" How do you make these veggies tasty enough to want to eat them on a regular basis? These veggies will not become a staple of your diet unless you find a way to enjoy them. That's where my innovative, gourmet cooking skills come into play. I'm being facetious! Here's my secret weapon in the kitchen: lots of butter, salt and seasonings (yes, butter and salt are good for you! But that is another subject for another day). So roast them, sauté them,



steam them, put them in smoothies, or take them as supplements if you can't stomach any of the above. You may even start to crave them, like I do. Those sneaky cruciferous will grow on you!

A note of warning: cruciferous vegetables also contain enzymes that interfere with the formation of thyroid hormone in people with iodine deficiency. Cooking them significantly reduces this problem. If you have a thyroid problem, limit the amount of raw cruciferous vegetables in your diet.

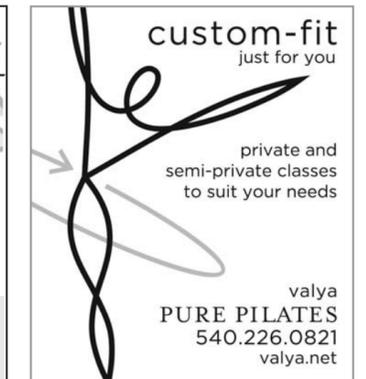
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scene & heard

by megan byrnes



Seen: Sarah Appleby studying post-Vegas Spring Break trip at Hyperion, Brandon Newton in the fast lane at Wegman's, Amanda Pickett just being fast at Wegman's, Mark, Candis, Eve and Cam Wenger munching on edamame at Umi, Michael Colaneglo at La Petite Auberge, Chris Kilmartin at Oyamel in the district, mayoral candidate Mary Katherine Greenlaw dining at bistro with her husband.



Heard: Peter Mealy (above) of Picker's Supply has published his second guitar instruction book: "(No) Fear of Chords". This venture is the first in a new series for simplified theory for guitarists. So no fear, you scared strummers, help is on the way!



Rebecca Thomas, (above) who launches her FP column this month, celebrated her birthday last month with a few close friends at her downtown loft (that sounds fancy); her bestie, Kellie Walsh, also

celebrated a birthday last month, as did Jeremiah 'Frogg' Lazenby, Dawn Darby, Alex Capshaw-Taylor, and Tammy Cooke.



I learned a hard lesson about Fredericksburg last month: people - your friends, even! - are allowed to leave the city! I had been under the impression that we had a "once you're in, you're in" community pact, but I guess not. Chris Park and Joanna Krenich (above) left the east coast for the brighter, shinier lights of the city of angels. The Kenmore Inn played host to their going-away soiree and the guest list was heavy on cool, check it: Andrew Hellier and the All-Stars performed and Earl Pence and Emma Harrison, Rebecca Thomas, Kellie Walsh, Brooke Farquhar, Dave Minkler, Brian Downing, Laura and Mike Craig, Tara Gallagher, Rob Grogan, Blake Bethem, Jim Tharp, Kelly Pawlik, Tommy Manuel and Laura Eubanks, Danielle and Mike Payne, Seth Casana, Lori Izykowski, Drew Fristoe, Kenny and Claire Ellinger, and Amber Hildebrand AND MORE (yes, more) turned out to say their goodbyes.

Speaking of people leaving and Amber Hildebrand: she and her husband, Brad, are packing up their kiddos and heading even further south to Montgomery, Alabama. Good luck you guys!

And let's share some good news, shall we? Mary Wash prof Will Mackintosh and his partner, Brian Lam (of Skin + Touch Therapy) have made it Facebook-official - they're staying in Fredericksburg! The pair tried the city on for size this past year and decided they liked the way it fit. Cool.

Seen: Anne Holton, Tim Kaine's wife, visiting downtown businesses

accompanied by Rebecca Thomas and Hap Connors. The group visited Read All Over Books, Kybecca, Beaucoup Vintage and Olde Town Butcher and chatted about the local economy, health care and Fredericksburg itself.

Blind item: What young, awesome Fredericksburg couple found out they are expecting a baby girl! in August?

Wow! Time flies! Amanda Kate Jones (below) celebrated her 10-year anniversary at Hyperion Espresso last month. The barista with the most-ista has been a constant at the 301 William Street scene and I know we all appreciate her hard work (since, ya know, we all have gotten coffee at Hyperion).



Congratulations to local artist James Coleman and his wife Christie, as they celebrated their 5-year wedding anniversary last month. The pair had a party with friends and family at the Blarney Stone.

And yet another anniversary worth celebrating: Moms of Fredericksburg (perhaps you've seen them on Facebook?) are celebrating their one-year anniversary! Congrats to founder Dina Young and MOF!

And lastly, a bit of a correction. It seems the name Smash (for the Bethem's burger bar) wasn't such a smash hit after all. That said, the Bethem's are back to the R&D phase of naming their new burger place. Stay tuned for the final - which I will be sure to announce only once business cards are printed and signs are ordered.

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Cabaret's Choreographer

CO-DIRECTOR PENNY AYN MAAS

Though the subject of Nazi Germany is indeed serious, the cabaret nightclubs in the late 20's were all about fun and music and the naughty, bawdy nature of Weimar Germany, which is what the musical performance is all about. "I focused my choreography on highlighting those elements," explains Penny Ayn Maas, the choreographer and Patrick A'Hearn's co-director of *Cabaret* at Riverside Center (through April 29; riversidedt.com, 540-370-4300).

Penny's favorite number in *Cabaret* is "It Couldn't Please Me More," "or as I like to think of it, the Pineapple song." This is the courting song Herr Schultz sings to Fraulein Schneider. "For me, they are the real love story and the real tragedy at the end. At that time, having an exotic piece of fruit like a pineapple to give to someone was very special and symbolically represents the romance and prosperity of the future that Herr Schultz hopes for," she says.

Penny is another among the growing number of Broadway veterans who have made their way to Riverside for a stint or two, often at the request of A'Hearn, who Penny is pleased to be working with in this small world: "It

turns out that the Artistic Director, Patrick A'Hearn, and I know several people in common from New York City," where she was a five year cast member of the most recent revival of "Cabaret" on Broadway.

"That version, which was very different from the original or the movie, is what we have based this production on. It is a more gritty, dark and realistic approach to this show. We like to think of this production as having the best elements of all the versions!"

Penny has lived and worked in New York for the past 20 years, performing in three Broadway shows during that time: "Crazy For You", "Damn Yankees" and "Cabaret". She also worked as a choreographer for several Off-Broadway shows including the recent hit "Sessions" and the National Yiddish Theatre's production of "Pirates of Penzance."

She is currently in Virginia, and for more than one reason. There is riverside, but also VCU. "I am currently an adjunct professor at Virginia Commonwealth University, teaching Audition Technique and Movement, and working towards my MFA in Theatre Pedagogy."

Up next, her local stint will continue, as Penny will be choreographing "Anything Goes" for Riverside. "I have found the Riverside family such a supportive and talented group of people - a real pleasure."

Penny, shown here in an earlier picture on Broadway with New York City theater friends, directs her choreography of the raw emotions of the 1920's cabaret scene in Germany with passion and aplomb, turning Riverside into a naughty



little venue away from Fredericksburg life, if only for a few hours. It's OK, and encouraged, for you to step inside and let your hair down for this performance. You will walk away with a better sense of history, and singing "the pineapple song" in your head all the way home. -RG

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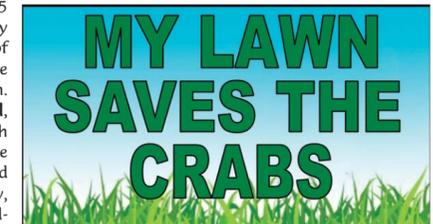
BY LORI IZYKOWSKI

How do you review 25 different films in 500 words? By describing the overall feeling of inspiration and hope you were left with after watching them. The Wild & Scenic Film Festival, started in 2003 by the South Yuba River Citizens League (SYRCL, as "circle"), is held annually, usually in Nevada City, CA, with over 100 award-winning films.

From two minutes to 18 minutes long, each film offered a message on the importance and interconnectedness of our water systems. This was the first time Friends of the Rappahannock screened films from Wild & Scenic, in FXBG, where I had the opportunity to man one of many booths set up by FOR, all geared towards environment or sustainability, from Blenheim Organic Gardens' CSA to Virginia Paving's permeable asphalt demonstration. FOR member and UMW grad Hannah von Oeyen also manned the 'Save the Crabs, Then Eat Them' booth, encouraging folks to pledge to forego fertilizing lawns until fall, when chemicals are less likely to be washed away and end up in the Chesapeake Bay, the habitat of the blue crabs so many locals enjoy.

"Each year roughly 20 miles of deep water in the lower tidal Rappahannock becomes "dead", so depleted in oxygen not even a worm can live. The cause is excess nitrogen and phosphorus, coming from sources ranging from agriculture to wastewater plants. But there is one source we can all do something about: lawn fertilizers," explained John Tippett, Executive Director of F.O.R., in an epilogue to these cautionary, inspirational films.

The audience paid rapt attention as the films brought their messages on the condition of water throughout the world and the difference individuals and communities are making. From opening



shots of Skip Armstrong and Ryan Bailey's *Seasons: Fall*, one of four films featuring a kayaker, to the poignant and beautifully shot *Chasing Water*, featuring photographer Pete McBride's "intimate look at the [Colorado River] watershed as he attempts to follow the irrigation water that sustains his family's Colorado ranch." The two-minute *A Liter of Light* is a moving story of one man's efforts to bring light to his crowded Philippines neighborhood with "a little bleach, water, and good will." *One Percent of the Story* describes a "global movement of businesses committed to a healthy planet."

The films illustrate challenges facing our planet and what communities are doing about it. The stories give a sense of place and stewardship.

To view some, visit www.wildandscenicfilmfestival.org/2012-award-winners/. To learn about One Percent, visit www.onepercentfortheplanet.org/en/aboutus/.

To learn about F.O.R., visit www.riverfriends.org/

Lori M. Izykowski is an F.O.R volunteer and an employee of UMW. Community Link with Ted Schubel airs 8 a.m. Sundays on AM1230 WFVA (wfvradio.com). John Tippett of F.O.R. guests April 15.

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FXBG Music

ROB MARTINO

BY ASHLEIGH CHEVALIER



Envision the infamous caricature of Einstein with the top of his head hinged and numbers and formulas flowing in to his brain. Don't remember that one? That's ok. This article isn't about him. It is about a brilliant resident musician in our midst. After enjoying an enlightening conversation with Chapman Stick player **Rob Martino**, I began to envision Rob the same way as the Einstein caricature, but with the diatonic scale note letters, diverse musical influences, his own mirrored fourths tuning, and pieces of computer languages like C++, Fortran, BASIC, and HTML flowing in to his musical brain. (Rob is a computer science graduate from Northwestern University in Illinois and he works in the music technology and software development industry. Totally cool.)

Rob first started playing the Chapman Stick in 1995. He admits it took a few years for playing the instrument to sink in. But, Rob plays a TWELVE stringed Chapman Stick. "It combines guitar, bass, piano, and percussion into one instrument," he explains. After a few years, Rob began using a mirrored fourths tuning instead of the standard fifths tuning. This limits some of the bass range, but opens up more opportunity for melodic playing. Rob implements several styles of playing the instrument, including tapping. Rob has actually coordinated a few tapping seminars in the past few years, featuring nationally recognized players such as Greg Howard of Charlottesville. He also recently performed at **909 Saloon** with fellow contemporary stick player, **Flint Blade**.

Rob has been a solo performer for eight years now, performing all over the world in various settings. One notable was an annual TED conference in Orlando, dedicated to exploring innovative

technology and ideas in vast disciplines. This is a propos considering the complex Chapman stick was invented by Emmet Chapman, from whom Rob has taken lessons.

To this day, there are only a few thousand Chapman Stick players in the world. Perhaps that is why Rob has also played Progressive Rock music festivals. The Chapman Stick is undoubtedly a progressive instrument with incredible versatility and acoustic dynamics. Rob's original music captures this well. With a multitude of influences like Geddy Lee (RUSH), Chris Squire (YES), Dream Theater, Jethro Tull, and composers like Ralph Vaughn Williams, it is no wonder. "As a form of musical direction, it [the Chapman Stick] has allowed me to express my thoughts and distill down my influences." Martino considers himself a composer and arranger, and would argue he is not technically proficient. But watch him play the instrument, and you will wonder how he could be anything but technically proficient. His music is innovative, melodic, peaceful and refreshing. It is particularly inspiring to hear such beauty from an acoustic instrument only forty years young.

Don't miss Rob LIVE. It is a performance to behold. He and **Adam Smolonski**, a Berklee grad jazz bassist, will perform at Bistro in May. He will make a solo guest appearance at Grammy Winner and Fredericksburg Favorite **Jon Carroll's** show June 2 at The Olde Silk Mill. Learn more about Rob at RobMartino.com.

Ashleigh Chevalier performs live at *kybecca April 12 and at the Brian Strobel Benefit Concert, April 22 at the Fredericksburg Fair Grounds.*

"Instead of Hate, May Love Rain Down"

BY ALAHA AHRAR

O knowledgeable youth, O awakened generation of this land
 Seek knowledge, for it is a decoration for men and women
 Living with knowledge and wisdom is humanity's pride
 It is the era of knowledge, be aware! For one cannot live in ignorance
 The ignorant ruined your country to this extent
 You can rebuild it with knowledge. Listen to me!
 Your country's hopeful eyes are drawn toward you, O youth
 So that you may make a garden & prairie from this desolate desert
 Bring peace and security to the country! Unity and cooperation,
 So that all countrymen be one body, one soul
 Alaha begs the All Mighty
 Instead of hate, may love rain down, and instead of war, peace.

Read about Alaha Ahrar on page 8

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THE POETRY MAN

- BY FRANK FRATOE

You make everything all right. -
 Phoebe Snow

Day-Care Center

Cable-wire taps against a flagpole in the courtyard, here is another chance to explore with the heart what our mind conceives.

A frog inflated to ride commands the playground, he feels the throb of life and bears its joy at recess through a luminous sense.

Do we accept our gift from time, or reject it, do we leave the generations behind us and collapse into the abyss of self?

Impulsive robins scatter when the carefree run about, an opportunity comes now for us to rediscover the lost childhood of man.

Frank Fratoe celebrates National Poetry Month.



Here are a few things it is not too late to add to your wish list for the Easter Bunny. First, a foot massage. I'm not talking about that reflexology manipulation that puts your qi in line with your qui, quae or quod, the latter of which the good sisters donned in penguin suits, and brandishing a ruler, drilled into your pea-brain. Reflexology is done without the benefit of lotions, or any sort of smell-well-slippery-sweet stuff that is the hallmark of heavenly foot rubs. It is designed to move the qi, serious business that puts the squeeze on your heels, pads, and toes to get your liver and onions in working order. To find out if the massage person has a relaxology method in mind, see if the foot massage will take place in a kick-back easy chair, where the massagist has easy access to your waiting toonies and leg calves. This is the necessary

Retired & Buck Naked On The Back Porch

WEATHER OR NOT

BY JO MIDDLETON

equipment for a really fine gentle rub to put you in the Nirvana zone, and there is never an extra charge for your dropping off to sleep during the blissful footsie rubbing. The calf part is required because if that aching muscle is not gently soothed the foot massage will have been in vain. After all this bliss your feet and legs will be jelly, so get somebody to help you home, and Happy Bunnies to all and to all a good time.

Next on the Easter Basket list is a request for one of those glorious Virginia April snow storms with blustery wind, but no power outages because the TV has to stay on. Be sure you have lots of hot chocolate and cookies stored up and firewood for the fireplace. Oreos are the best for dunking into the hot cocoa, and if anybody can explain why there's an "a" on the end of the cocoa word this paper will give you a free subscription. The point of this gift is not the snow, it's what you'll watch on TV while consuming the goodies and toasting your massaged toes at the

fire. What you are hoping for is to see that crew of goofy weather people reporting smack dab in the middle of the storm. They've got their Weather Channel down coats with ear muffs and eyes protected from blowing sleet with those froggy goggles, but the fun begins when the wind gusts, thunder rolls and lightning strikes. They are digging their heels in for dear life, and you've got to wonder why they're out there. It is, in a word, pitiful. No comedy show is quite as good.

So, there's your list. Foot rub, April snow with the Weather Bunnies tripping the light fantastic, and to really top it off, a box of German Chocolate Bunnies. So, it's time for me to eat my Easter lemon tart, retired and buck naked on the back porch. Happy Snowy Spring everybody, may it be filled with lots of tulips and snowbells!

Jo Middleton is considering a comeback as a weather person.

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THE IMPORTANCE OF KEEPING CHICKENS

BY AMY WOODRUFF



Roosters are indeed noisy animals, but hens (females) are not. Yes, they will cluck on occasion, but the noise is usually short-lived and MUCH quieter than barks, mowers, blowers, trucks, playing children and other neighborhood sounds. Chickens do not attract predators to the city - the predators are already there, folks. The proposed ordinance includes the chickens being kept in a secure structure. They will attract no more predators than a bunny hutch. Ok, what about the smell factor? Chickens themselves are not smelly. Any possible odor would come from a buildup of their droppings and unsanitary conditions - a likely occurrence at Factory Farms. A well-maintained backyard coop will not smell at all. Backyard coops can be attractive and certainly no more of an eyesore than a shed, hot tub or play structure. Their droppings can be composted as fertilizer for the garden. Chickens also eat ticks, garden grubs and other insects.

Maybe you have heard about the group called "Birds and Bees in the 'Burg" (B&BB), whose recent actions are making a buzz around town as they pluck up to face City Council and attempt to overturn the 57-year-old ordinance that prohibits residents from raising chickens and bees within city limits. These busy gals have been doing their homework to make their case and hatch a proposal that is fair and considerate of their neighbors. They have petitions for signing at several local businesses, a Facebook page they update regularly, and they were recently featured on page one of the *Free Lance-Star*.

But the process has certainly ruffled a few feathers. I spoke to a few area residents who raised questions and oppositions to the matter: noise, pollution and health concerns were among the most pressing.

So WHY were chickens prohibited by earlier lawmakers? The decades following WWII gave birth to the modern suburb and many people sought to define themselves as more sophisticated, like those in a cosmopolitan city, rather than in a small rural town or farming community. Consequently, a TV in every home, a car in every garage and Industrial Agriculture were all propagandized as the "Way of the Future." Chickens did not create a nuisance - they were just not considered modern.

For thousands of years chickens, like cats and dogs, have lived alongside humans in backyards of all sizes. They are small, entertaining, intelligent, social, low-maintenance and inexpensive to keep. They are quieter and cleaner than most dogs, offer an educational experience for children and give everyone an opportunity to produce a little of their own food.

And for public health concerns, let it be noted that Avian Influenza contagious to humans has not been found in North America. Bird flu is spread by contact of contaminated feces of wild migratory birds, which makes the key issues sanitation and contact with wild birds. Free-roaming rural chickens who may share a pond with wild birds are higher-risk but, according to studies, if the H5N1 virus hits our turf it will more likely be seen in highly unsanitary Factory Farms rather than urban homesteads. GRAIN (an international sustainable agriculture group) concluded in a 2006 report: "When it comes to bird flu, diverse small-scale poultry farming is the solution, not the problem."

I would like to thank all of you who have spent the last two and a half years sharing my adventures in chicken-rearing, farming and gardening. I learned more in that time than I ever expected to, and I look forward to coming home to my flock each day. My hope is to help Jennifer, Rebecca and Kelly (the B&BB gals) with their cause, so you have the opportunity to enjoy your own bit of Urban Smallholding, right here in Fredericksburg.

GOT EGGS? Any forgot to mention all of the amazing and delicious eggs you can get from your backyard.

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A Significant Relationship

CHUCK & LARRY

BY REGINA PRICE

"No significant learning occurs without a significant relationship" are the words of Dr. James Comer and the motto of Big Brother Chuck and Little Brother Larry, whose relationship began with the Rappahannock Big Brothers Big Sisters in January 2010.

Larry is a 14-year old middle school student being raised by his grandmother along with his two siblings after the death of their father. Big Brother Chuck doesn't replace his father, but Larry says, "Having a Big Brother to keep me focused, give me good ideas to solve problems and teach me the ways of life is the best thing any young man like myself could ask for."

Chuck, a Retired Air Force Veteran, mentored young cadets: "It's what I am called to do". Chuck realizes the challenges young men face and subsequent consequences of actions, both good and bad. Most of all he sees his potential to achieve success, as the following story shows:

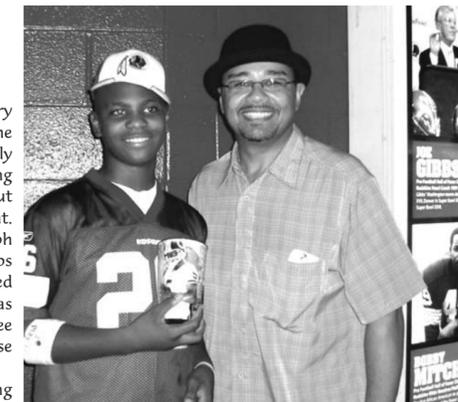
Chuck and Larry received tickets to the Washington Redskins vs. Baltimore

Ravens Pre-Season game in 2010, compliments of RBBBS. Larry, a huge Redskins fan, was attending his first-ever game. They arrived early to do some tailgating. Little Brother Larry was amazed to see the Washington fans in the massive parking lots wearing jerseys and playing games, with a passion behind their special tailgate settings. As game time neared, they walked through the sea of Redskins and Ravens fans to see first-hand and up close the home of his favorite team.

They passed signs that clearly marked special parking and VIP areas. Big Brother Chuck explained the difference between the areas and noted the section named "Platinum Parking". Just then, Coach Jim Zorn and another gentleman exited a vehicle near them. Chuck pointed out Coach Zorn as the former Head Coach of the Redskins and now Quarterback Coach for the Ravens. "Wow," came from Larry, who grabbed a pen and ticket envelope and ran over to Coach Zorn. Big Brother saw the exchange but was too far away to hear what Coach told Larry.

"Anyone who knows Larry can tell you he's quite the introvert and not overly enthusiastic at meeting people," says Chuck, but Larry seized the moment. Coach Zorn's autograph closed with "Proverbs 22:1." As they watched the game, Larry was absolutely thrilled to see his favorite team up close and in-person.

The following day, Chuck helped Larry write a thank you to RBBBS for the opportunity. They looked up Coach Zorn's biblical reference together, Proverbs 22:1: "A good reputation and respect are worth much more than silver and gold," a wonderful message about the lessons they had been focusing on - making good decisions, choices, and being a good citizen. Chuck says, "There were hundreds of fans between Platinum Parking where Larry received his autograph and the entrance to FEDEX field



where Coach Zorn entered, but Larry's was the only autograph given." That autograph message and the character of a man is Chuck's lesson for Larry to carry the rest of his life.

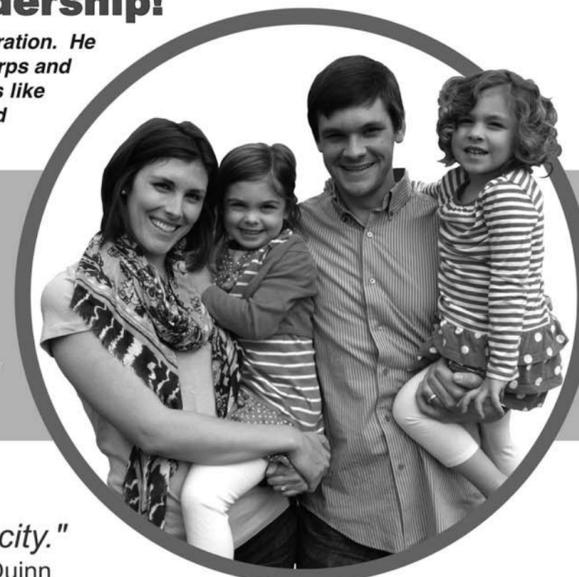
Regina Price is Enrollment and Match Support Specialist at Rappahannock Big Brothers Big Sisters.

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Paul Quinn is a VMI graduate with a Master's Degree in Business Administration. He served as an Infantry Officer and Platoon Commander in the US Marine Corps and works now for a Northern Virginia defense contractor. Paul believes Dads like him should have more job opportunities right here in Fredericksburg, and that's one reason why he's running for City Council.

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