

YOUR GUIDE TO THE LOCAL GOOD LIFE

FRONT PORCH

THE REGION'S **FREE** COMMUNITY MAGAZINE

Local Good News Since 1997

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fredericksburg



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COVER PHOTO BY ARCH DI PEPPE

Pride and Passion

AN ACTOR'S STORY

BY LYN MILLS



How many 14 year-olds have you met who knew what their passion was and pursued it from that point on? I know one who did.

He is a local 23 year-old. He is a 2007 graduate of Massaponax High School where he excelled in Drama. He attended The Governor's School for Performing Arts in Theatre the summer following his

sophomore year. He won many awards while in high school including Best Actor in the State his junior and senior years.

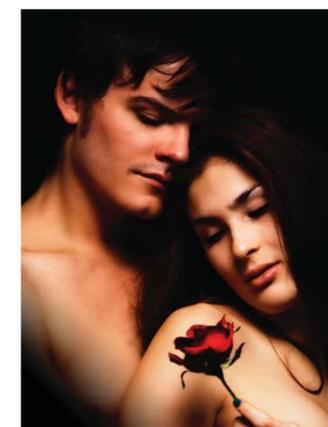
He attended college where he had a starring role in the fall production and enjoyed his brief time on the college stage. However, things weren't going as planned. He says of that time, "I didn't feel like I belonged. I felt like a stranger on the campus that I was supposed to be calling home. I wasn't loving my college experience and that's the reason I chose to move on." So he made the decision to leave school to follow his passion.

He returned home in the summer of 2008 and was quickly cast in a local production that featured his drama coach from high school and a fellow graduate. As it turns out, a founding member of **Synetic Theater from Crystal City, VA**, was in attendance at the performance. He was

so impressed by what he saw that he invited our young actor to Crystal City for an audition. The audition went well and he was immediately accepted into the Synetic family.

He's been with Synetic now for four years, about to start his fifth, and has had great success. He has garnered several Helen Hayes award nominations including lead actor, supporting actor, and ensemble and has had several leading roles; namely Puck in *Midsummer Night's Dream* (May 2009), Iago in *Othello* (June 2010), and Romeo in *Romeo & Juliet* (December 2011). He will be starring as Jekyll and Hyde in the upcoming fall season at Synetic. He is currently performing as John Quincy Adams in *Bloody, Bloody Andrew Jackson* at Studio Theatre.

As you may or may not have guessed by now, this driven, focused, hard-working, handsome, talented, and charming young man is my son, **Alex Mills**. His Dad and I are so incredibly proud of



him. We have never known anyone more passionate about pursuing his dream. We unquestionably give him our support and love. This is not an easy career to pursue, but for Alex it's not a choice—it's his passion.

Lyn Mills is a high school business teacher and proud mom.

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- | | |
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| Ana Brigos | Joshua Camelli |
| Collette Caprara | Ashleigh Chevalier |
| Bonnie De Lelys | William Colligan |
| Arch Di Peppe | Frank Fratoe |
| JoAnna Cassidy Farrell | Joe Gherlone |
| William Garnett | Ralph "Tuffy" Hicks |
| Mike Jones | Karl Karch |
| Heidi Reszlie Lewis | Lyn Mills |
| Jo Middleton | Vanessa Moncure |
| Amy Pearce | Mary Lynn Powers |
| Regina Price | Susan Carter Morgan |
| Paula Rose | Wendy Schmitz |
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| Sara Mattingly | Matt Thomas |
| Rebecca Thomas | Christine Thompson |
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The mission of Front Porch Fredericksburg is to connect the diverse citizenry of Fredericksburg with lively features and informative columns of interest to our community's greatest resource, its people.

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

BEGIN AGAIN

"You never know the impact you have on a child." Every year at this time, while parents are shuffling their children off to Target, Old Navy and Comfort Shoes ahead of the new school year, teachers are prepping for the academic and social rigors of a new crop of kids and classes. At various points during the year, those same parents will communicate with those same teachers, and all year long parents and teachers will be communicating with the children. It isn't easy - for any of them - child, parent, student or teacher. But it is essential and the outcomes matter.

Looking back, I recall that "impact" both ways as though it were yesterday. Since studies have shown that young children retain negative experiences more clearly than positive ones, it is important how we adults approach the new school year. It's a fresh start, and as Buddha says, "No matter how hard the past, you can always begin again." Begin again - no greater opportunity exists than that; a chance to make amends, spread positive karma like sprinkles on a cone; instill positive memories into the psyches of children.

Parents matter in that; teachers do, too. I can still name most of my elementary school teachers from 1957 to 1966, and their impact. Mrs. Bradshaw taught us to be thoughtful of others; Mrs. Wise taught cursive writing; Miss Jost gave us an enduring thirst for history; Mrs. Pawlak was Mrs. Discipline; Mrs. Bracken let us get hands-on with science; and Mr.

Ayles taught us leadership. No SOL's. No 'No Child Left Behind'. Yes to music classes, 3D projects, and Phys-Ed everyday.

High school was so different; Christian and all male. Two teachers stick out - Brother James Farrell, who explained how Genesis and Darwin do not conflict with each other; and Brother Andrew, who encouraged me to become a writer. College memories include Professor Cornelius McCarthy and Judge Raymond Novak engraving my mushy skull with lessons about "doing what you know and love" and "not taking kindness as weakness". Judge Novak taught "juvenile justice". I met up with him again - in family court - at a hearing of one of the juveniles I taught. Ray Novak had always given this repeat offender a break in hopes of his potential. Not this time. Not after stealing a car. "Son, you have taken my kindness as a weakness," he ruled, then ordered the boy to serve the maximum juvenile penalty allowable under the law.

As a counselor-teacher, I learned two valuable lessons about "impact." First, Charlie T returned to our treatment program but not before telling the court he would prefer juvenile lockup because "Mr. Grogan doesn't like me." After soul-searching, I discovered the roots of Charlie's sense of discord: he had reminded me of my younger self and I knew he just needed a push to do better. Second, James C came to me from north Philadelphia. Physically threatening, tall and muscular, and with a knife scar on his



face, James was a true peer leader - in a negative way. He was also blind to his potential within. Our nine months together were mentally draining, and when he left for vocational school, I had but a glimmer of hope for him. Two years later, James approached me on a Philly street, wearing a custom-tailored suit of his own creation. He introduced me to his beautiful wife and darling little girl. And then he thanked me...

Beginning again, we each have the chance to start over once the bell rings to open this school year. I hope we are on the same page. And I hope you will enjoy the pages of this month's magazine.

Rob Grogan

MESSAGES

I catch every issue of *Front Porch* and love the hometown feel of this publication. I love that it features everything from news to recipes to travel to the arts, etc.
Lyn Mills, Spotsylvania

NOTE: Read Lyn Mills' story about a local actor she knows so well, in this issue.

Hi Rob:

Thank you so much for publishing the Joe Wilkinson article in *Front Porch*. All of us at Brush Strokes Gallery are grateful to you and pumped up by your support to the local artists. It is very encouraging to have someone in town with your caliber doing this great service of public interest and free of charge.

Again, Thank you!
Merian C. Stevens, Brush Strokes Gallery
PS: I wish I had done that nice write up on Joe. Collette Caprara did it. She is a great writer!

Rob:

Just finished reading the account in July's *Front Porch* of your delightful birthday dinner ("Paired and Personal") - thanks so much to you, and to Brian (Downing), for all the compliments! Brian and I were serendipitous counterpoints and worked well together behind the scenes, which is vital for a successful event. But it was the fact that you and Virginia are ideal hosts - gracious, amiable and accommodating - that made the entire exercise, from planning to cleanup, a complete delight. Thanks again for including me in the fun!
Drema

NOTE: Drema Apperson is a Personal Chef (540-907-6069) and member of the U. S. Personal Chefs Association

Hi folks,

Love the paper and was hoping we could get a subscription sent to the office. I figure any paper that promotes a head shop like you did with *Natural Mystic* needs to be read every time it comes out.
Jeff Curtis, Orange, VA

NOTE: Jeff Curtis is with the Orange Downtown Alliance. We now distribute the magazine in Orange.

In Memory of Linda Kay McAfee

May 23, 1962 - July 3, 2012
Front Porch joins the community in its prayers and condolences, and shares the joy of knowing that Linda was an angel who touched so many hearts and lives, especially Roy's.

My error.

It must have been the heat!
Last month's art piece was written by Collette Caprara, who has a story in this issue as well. - Rob

About the Cover:

On his way to a photo shoot, Arch Di Peppe was seduced by a crepe myrtle tree.

YOGA ALL OVER

"THIS SENSE OF STILLNESS AND PEACE"

BY STEVE WATKINS I

When I first came to Fredericksburg 22 years ago, the only yoga in town was taught by **Ren Fields** in what was then the Unitarian Universalist Church, and is now Eileen's Bakery and Cafe, on Caroline near the library. They had to clear out the chairs from Sunday Service to make room for yoga mats. And not everybody had mats back then, either. Some used towels.

Ren now has a beautiful studio over in the old hospital building at 2400 Fall Hill for her Fredericksburg Healing Arts & Yoga. And seemingly every gym and certainly every YMCA offers yoga classes. With dozens of yoga teachers in the area, I'd say Fredericksburg's even becoming something of a yoga Mecca. Check out our Facebook group some time - Project Yoga Fredericksburg - to find the names of teachers and practices that might interest you.

I've been teaching power yoga at the Stafford Y for several years, but knew there wasn't much being offered downtown. I've been interested for awhile in doing something there as well -

convenient for downtown folks before or after work. So when **Paul Cymrot** mentioned some available space in his Read All Over Bookstore at 307 William, I jumped at the opportunity to add some more classes.

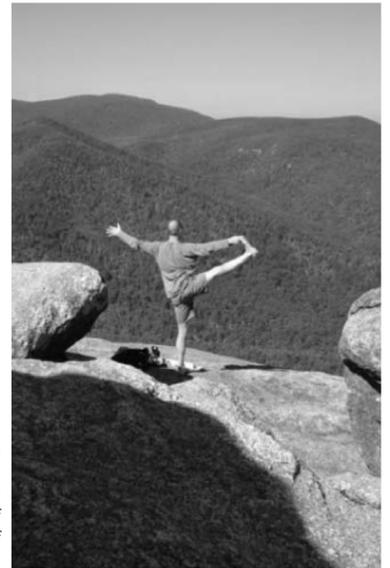
For now, we're doing a Family Yoga session at Read All Over on Tuesday evenings at 7 in the back room on the first floor. (Don't be put off by the ghost; he seems to like yoga a lot, and he definitely likes young people.) This past Tuesday, 25 of us - 10 kids, 15 adults - gathered for an introductory vinyasa/flow yoga class. Highlights of the evening: Everybody in a big rocking, roaring Lion pose. And, of course, savasana, the corpse pose.

Friday mornings at 9, I teach an advanced vinyasa/power/Ashtanga class at Read All over - basically an athletic form of yoga with more movement and strength poses (and sweating) than you'll find in most hatha yoga classes. (There's also more cardiovascular benefit to the kind of yoga I do - though perhaps a little less sweating - than in hot or Bikram yoga.) Though the Friday morning class is

fairly advanced, even relative beginners are welcome and should be able to keep up, and benefit, as long as they're mindful of necessary modifications, and occasional breaks in Extended Child Pose.

Yoga for me has become something more than a daily practice, certainly more than a physical workout - though it's that, too. Yoga's a lifestyle, and a mindset, and a spiritual path for me and millions of others. I love the physical benefits of yoga: the strength it gives me, and the flexibility, especially now that I'm well north of 50. But I'd be lying if I didn't tell you that it's this sense of stillness and peace I get through my practice that is the greatest gift I've received from yoga. Teaching these classes, I get an opportunity to give a little something back.

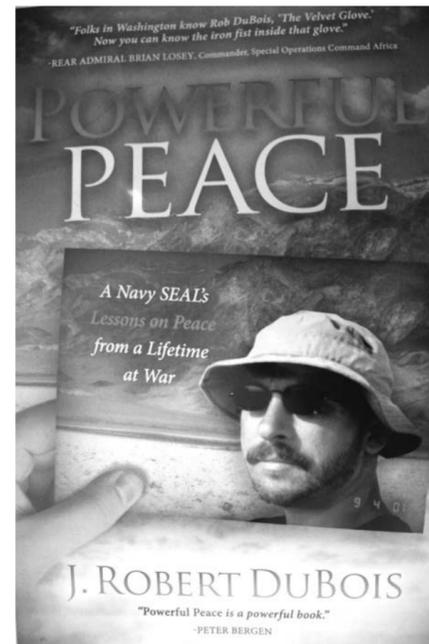
You get some, you give some. You be thankful always for your blessings. The world seems to work best that way.



Steve Watkins is a professor emeritus of English at the UMW and author of several award-winning books, including "Down Sand Mountain" and "What Comes After." For information about his yoga classes, email swatkins000@gmail.com.

Drop-ins welcome at his power yoga classes at Stafford YMCA (Mon 9 a.m., Wed 9:10). Cost is \$7. Suggested contribution for yoga classes at Read All Over is \$5/individual, \$10/family.

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Author: J Robert Du Bois Edited by Rob Grogan

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FRED CAMP

“BE OPENHANDED”

BY MARY LYNN POWERS

I am not one who is good with tools. So when Pam Jewett-Bullock, “Keeper of Small Details” and recruiter extraordinaire, mentioned a volunteer position for the Fred Camp mission, I kind of backed up and tried to explain to her that any handy tool guy kind of stuff I usually turn over to more capable hands! She explained there were many roles to make a camp like this work. So, I agreed to fill in the first two days as go-fer (the guy who goes searching at Lowe’s for the right piece to a toilet, or other things that the crew has not taken to the site.) Let me explain first that this is a camp for teens run through numerous churches in our area that fills a need for repairs to homes where the owners are financially or physically unable to do the repairs themselves. The camp runs one week a year.



So back to the volunteer position - I reported for duty at Fredericksburg Christian School in Spotsylvania where the campers resided for the week. The kids were already out at their assigned sites, but the gofers and dispatchers were there to fill their roles as needed. All of the work sites were spread throughout the area, one almost as far as Orange, and one in the opposite direction in King George. I was amazed at the amount of work that the teams planned to accomplish in a week. There were eight crews, with an assigned adult camper and a handyman,

St. George’s community and Fredericksburg, but many were from other churches in the area, and all seemed to welcome each other back as old friends. As a newbie, I was made to feel that each cog in the wheel was important. The camp is in its 14th year, and the staff list is close to 50 people who perform the above duties, and some behind the scenes jobs (like cooking, clean-up, dispatching etc.) By this point, Fred Camp has been organized to a science, and runs as precisely as military drill.

The website for Fred Camp (Fredcamp.org) has photos of the different sites, and archives that show previous years. It is pretty amazing what the kids accomplish alongside the seasoned handy people. I could describe some of these dedicated individuals who come back year after year to give their time to the community, but there were so many I feel I would be slighting someone. One volunteer explained that the reward in seeing the pride in the young faces was enough for them. I am hoping to be able to join this group again next summer. Their motto for the year was “Be Open Handed,” which was derived from a quote in Deuteronomy 15:11 - “There will always be poor people in the land. Therefore I command you to be openhanded with those of your people who are poor and needy in your land.” - The volunteers involved with the Fred Camp project take this quote seriously.



and then 6-8 teens to actually do the work with them. These teams performed things from replacing screen doors to building entrance ramps to facilitate handicapped individuals. Each site had an extensive list of repairs that would be accomplished by the end of the week.

Though I really did not have much of a job to do, I felt part of this group immediately. Some I know from the

Mary Lynn Powers is a Stafford County resident and frequent contributor to *Front Porch*.

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Days Gone By

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Looking south on what is now Caroline Street shows “Main Street” with several horses & buggies and properly dressed pedestrians. The tall utility pole at right is an odd eyesore, like a cell tower today.

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One Big Historic Makeover

“MRS. REYNOLDS, SPRUCE UP THAT WALL!”

BY SARA MATTINGLY

Evoking a twist on the words of Ronald Reagan to Mikhail Gorbachev may be a bit hyperbole, but the excitement *is* building for the BikeWorks wall mural at 104 William Street, scheduled for an artistic makeover from August 1-28. Art student interns are teaming up with artist/teacher Mirinda Reynolds to scale the 35-40’ vertical wall together and give that part of the downtown cityscape a welcome makeover.

Students Mallory Morgan (Colonial Forge HS), Will Baker (James Monroe HS), Kaitlyn Novalski (Stafford HS), Cami Parrish (Fredericksburg Academy), Rachel Kaufman (Brooke Point HS), and Ray Wygant (Germanna Community College), with the help of mentor-painters Carol Coffman and Troy Howell of the local arts community, and, of course, Mrs. Reynolds, will do the artwork in time for a First Friday, September 7th reception at the mural,

from 6-8P, in celebration of their collaboration.

The 40-foot cinderblock side of 104 William Street, home of the Bikeworks bicycle shop owned by Tom Eskam, currently shows a red outline of a biker with ivy creeping up the faded wall. The wall will be thoroughly scraped, cleaned, primed, re-painted with a base coat, and a new design will welcome 18,000 Chatham Bridge drivers a day!

The new mural will feature a young bicyclist viewing the city from Chatham Heights and will have a vintage postcard feel to it, with a feature showing the year, 1728, that Fredericksburg was founded by an act of the General Assembly of the Commonwealth.

Mirinda, whose first mural was an unauthorized “choo-choo in my childhood bedroom” at age 2, says the five students received a week-long one-on one training and hands-on experience with mural-

painting. Each will be awarded a \$100 scholarship and be recognized by the City Council and the Fredericksburg Arts Commission, who are funding the project in cooperation with property owner, William Sale. This arts funding is the first large city project to be completely funded by the city, and more projects are being planned currently (see page 27).

The art-in-action begins August 1 and is expected to be completed by August 26 or 28. “Stop by and watch the creative forces add some local art to Fredericksburg’s cityscape,” Mirinda posts on the project’s web page. The First Friday reception will be, as Mirinda says, “the celebration of one big wall!”

Sara Mattingly, senior editorial assistant for the magazine, is at the Olympics in London, as a writer.



OUR GANG IS HEADING BACK TO SCHOOL !



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Master of Awe

JAKE WALTHER

BY A.E. BAYNE



rather assist with something fun like a fireworks display, and they can be trained to set up a display without prior expertise. Once the physical set-up is finished, I am integral to the action because I compose the display prior to the show and control the firing of the shells from my laptop and chair during it."

Through word of mouth, Internet advertising, and repeat customers, Walther has seen Southern Exposure flourish. It is

Ever since he was a kid, **Jake Walther** has had a talent for lighting things up. From his first forays into fireworks during family trips to Pennsylvania, and throughout his training with light and sound at Full Sail University in Florida, he has been drawn to spectacle. Even after a severe spinal cord injury derailed a promising career with Ringling Brothers in 2005, Walther never wavered from his dream of owning his own business and working in public arenas. **Today, he runs Southern Exposure Pyrotechnics in Fredericksburg**, combining creativity and expertise to dazzle crowds across the state of Virginia with jaw dropping fireworks displays.



Spectators at Walther's shows know they are witnessing something special. With the use of composing software and integrated equipment, and with the help of a trained physical crew, Walther electronically fires shells from his laptop and controls on his chair. He designs with the thrill in mind through use of close proximity consumer class fireworks; and whether he uses ground based displays or rockets, the effect is always intimate and unique.

Walther credits the VA Department of Rehabilitative Services as being instrumental in getting Southern Exposure off the ground, assisting with everything from paperwork for ATF licenses to fronting the initial capital that allowed him to purchase his computer. He quips, "I can't go out there and strap a road flare to my wheelchair. The firing system that they helped me purchase in the beginning was the key to making Southern Exposure happen."

As it turns out, Walther's greatest challenge in running Southern Exposure has not been confinement to a wheelchair, nor did the accident hinder his creativity; rather, the challenge has been patience with his crew while giving expert directions. He lauds them for their professionalism and enthusiasm, "I had to consider what people would be excited to help with when I decided on a business model. Lighting is time intensive and requires skilled technicians. People would

unique in Virginia in that most companies concentrate on large, professional class shows that run upwards of \$30,000 to \$50,000 a pop. While he holds a license to do large shows, Walther prefers to provide smaller ones for community events and weddings at a lower cost to the customer. He elaborates, "For the past three years I've been doing the All American Barbeque at the YMCA on Butler Road, which I will do again this year, and I did the 2011 season opener of the Celebrate Virginia Live concert series. I've done a number of weddings across the state. This is my second year doing a July 4th display for a neighborhood in Chesterfield, and I recently did a large show for Trump Winery. I prefer the smaller shows, which allow me to be part of the action; larger shows are exciting too."

Walther says, "The best thing about my job is definitely the 'ohs' and 'ahs' from the audience, and being able to do something special for people that they can't otherwise do for themselves. There are many things I can't do for myself, so when I can provide something for others in that same situation, man, does that make me feel good. When clients say, 'You really made my night,' that's what makes me happy."

For information about Southern Exposure Pyrotechnics visit www.southernexposurepyro.com, or contact Walther directly at info@southernexposurepyro.com

A.E. Bayne is a teacher and writer who has lived and worked in Fredericksburg for 14 years.



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E`Una Bella Cosa

THE BURG'S ITALIAN RENAISSANCE
IS "A BEAUTIFUL THING"

BY WILLIAM COLLIGAN

In the 15th and 16th centuries a single people dominated Europe and all its affairs. Was it the Spanish kings and queens of Aragon and Castile, flush with New World gold? Was it the French Valois and Bourbon monarchs whose military might and nationalistic fervor inspired by Joan of Arc consolidated the glory of France? Was it the powerful Austrian Hapsburg emperors and their German princes who ruled from the Danube to the Rhine? No, it was the Italians from their fractious city-states of Florence, Genoa, Pisa, Pavia, Milan, Rome, and Venice who conquered Europe, not with armies, but with ideas, with art, with invention, with food, and most of all with style!

By the mid-16th century, all the major cities of Europe had embraced Italian architecture, sculpture, paintings, customs, and fashion. The Italians of the Renaissance had inspired the Europe that American tourists know and love. Monuments to this creative people are seen around the piazzas of Florence, the chateaus of the Loire, and the palaces of Madrid. The Renaissance was a rebirth that enriched commerce while enriching the creative soul.

We may be seeing history repeating itself, albeit on a much smaller scale, here in Old Town. A commercial rebirth is happening on William and Caroline. Growth and design has begun to flourish downtown. Anchored by such original innovators of art and intellectual pursuit as LibertyTown, Riverby Books, and Hyperion, new and expanding businesses combine art and innovation; places like Horseshoes and Hand Grenades, Kybecca, and Bistro Bethem. Even with Weymouth Upholstery's retreat into the countryside, Maestro Weymouth's incredible work in textiles, like the Gobelins tapestries of the Renaissance, can still be commissioned and adorns many homes and businesses.

Of course, no Renaissance would be complete without the inspiration of the Italians. **Luigi Castiglia** (in photo) from Naples has taken his well-established William Street eatery and transformed it into a palazzo of wood oven pizza and other food fit for a meal with the Medicis. Luigi, a culinary Michel Angelo, is an artisan who paints our palates with a palette of flavors. On east Caroline, **Carmelita Scholes**, originally from Sicily, and her business partner **Pam VanCuren** (the Dutch Renaissance gave us the Flemish masters) have created an atelier of home decorating, called Emporio, that allows the Fredericksbourgeois to adorn their homes with European style and fine



hand painted furniture. If Raphael or Rembrandt were here, they would have to buy their Annie Sloan chalk paint from Emporio as it is the only authorized dealer around.

The newest Italian to inspire downtown with her artistry is **Paola Barral** of the ornate fashion salon Cose Belle Boutique on west Caroline. This chateau of couture brings us European fashion sure to seduce and satisfy Fredericksburg's feminine side. The former native of Piemonte on the Italian/French border is a Renaissance woman who holds a doctorate in biological science and had donned a white lab coat at VCU as a cancer researcher. Paola's eye for beautiful design clothes the women of Fredericksburg in beautiful things, or, as she says in her native tongue, "cose belle."

Fredericksburg has been enriched by these three Italians — Luigi with his cuisine, Carmelita and her decorative arts, and Paola with her fine fashion. But one does not need to be Italian to embrace and add to our local Renaissance. Still more entrepreneurs with creative vision excite our senses. Some may find this article overindulgent with its hyperbole but the Renaissance was all about overindulgence and self-promotion, wasn't it? So let the Italian Renaissance continue and thrive in Old Town Fredericksburg; we are all enriched by its presence!

William Colligan, Lt. Colonel, U.S. Army (ret., Iraq War, Bronze Star), is a second generation Italian American (mother's side), Director of Undergraduate Studies at National Intelligence University, Washington DC, and a Docent/Guide at the James Monroe Museum.



Retired & Buck Naked On The Back Porch

HUMMINGBIRD READY

BY JO MIDDLETON

One meaning for the word "august" is venerable by reason of age. I qualify, therefore, for being venerable, or, if you prefer, august. This is my month. Old. Venerable. August. Who'da' thought? There is an exception, however, to my venerability, so to speak, and as it were. That is when, in August, I'm outside in the heat and humidity pulling weeds in the early dawning hours. August, in that activity, I am not. What I am is wringing wet with perspiration. I, as those in the know say, thermoregulate in bucketfuls. My poor white head is wringing wet, and no matter how beautiful my shampoo from the early morning shower smells, my head has a decided vinegar odor. I am, in truth, a mess.

I used to exercise at Jazzercise. While jumping about in those high intensity moves my venerable self, let's be frank, I sweated profusely. I'd look around and most of the women there were like me. Dripping. But, there were always the cool girls. In spite of their jumping and pumping there was not a wet spot on them. They will qualify in their old age, in August, as august. One can but hope that when they reach menopause their glands will come alive, and they will, perish the thought, sweat.

As long as I stay on the porch, drinking the house wine of the South, eating cantaloupes, the superb fruit of Virginia's sandy fields, and Farmer Sneed's "Sweeties," slathered with that French butter to which the girls from gourmet Feast-O-Rama introduced me, I'll be august in August. Dry as a chip, white hair smelling like that wonderful coconut shampoo, instead of rancid vinegar. I'll add a little soothing summer music from my portable disk player, perhaps David Wilson's "there's a small hotel," which I picked up from Bob Whittingham's shop when he featured those easy listening tunes.

Soon August will be gone, and I'll have to try for age's venerable demeanor during the coming months. September is a good month even though a little confusing. It was named for the Latin word meaning "seven," which September once was when the year started in March. But, what the hey, this seventh/ninth month is hummingbird time. They'll be flying over on their way to be languishing among the flora and fauna out there in beautiful Costa Rica. They'll be stopping by to eat lots of nectar so they can weigh about a penny and have energy for the long journey. Of course they waste so many calories battling each other for a special place at the feeder, that you wonder how they ever gain weight. Their flights of fancy as they do their alpha thing are incredible to

watch. They remind me of kindergarten boys pushing and shoving each other to be first in line. But my nectar filled feeders are in position, my house wine filled with ice is in place, and off I go for a nap, retired and buck naked out here on the back porch.

Jo Middleton is august from January through December.

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When Matt Ferguson first discovered ShelfGenie®, he realized the design solutions they create would solve the problems and frustrations that he had heard his mother and his wife Beverly complain about when they used their kitchens. In fact, he realized everyone with a kitchen could benefit because the frustrations are universal. Amen to that! I spend more time clinging and clanging pots and pans or searching for cupboard items than I do cooking.



So along comes Matt who says, "Everything just clicked, and the idea of creating organized and efficient space where everything is accessible in the heart of a home made sense." To us, to Matt.

ShelfGenie® custom designs, builds and installs the amazing Glide-Out™ shelving system into existing cabinets.

Space Magic!

SHELFGENIE COMES TO FXBG

BY AMY PEARCE

They turn cluttered cabinets and pantries into organized spaces, where all items easily glide out of a finger. I sound like a spokesperson, but it's true what this system will do.

difficult base cabinet space with the touch of a finger. I sound like a spokesperson, but it's true what this system will do. "The product is so versatile, and while most home improvement projects are costly and time consuming, adding our Glide-Out system is affordable and easy," cheers Matt. A professional designer does a complementary consultation to develop a custom solution for the existing cabinet or pantry to increase storage by up to 50%. As a homebuilder, Matt realized how ShelfGenie would improve the design and functionality of frustrating kitchen space.

"Since we retro-fit existing cabinets, we are a home improvement that is fast and affordable and has tremendous and immediate impact. We are in and out in less than a day so you don't lose use of your kitchen for an extended period of time. We are a fraction of the cost of a kitchen renovation."

What really excites Matt about ShelfGenie is how much his clients like their space afterward. They don't have to crawl into cabinets to find lids or pots (like I said). "Plastic storage containers are not tumbling out of the cabinet."

Matt's design solutions are based on customers' needs. "What frustrates them about their cabinets comes out during a design consult, which is really a creative brainstorming session unique to each client. We create designs to help them de-stress, get them organized and make the space more efficient by making sure everything fits."

While kitchens and pantries are the most popular places to use Glide-Out shelves, they work in almost every cabinet in the home. Bathrooms, closets and home offices all benefit from added storage space and organizational options where none existed before. Cabinets are organized, and storage is accessible, efficient and clutter free.

Shelfgenie is a national brand with truly local roots. Fredericksburg native P. Allan Young (the son of the Rev. Paige Young), at left in photo with Matt, is the CEO and became involved with then "Shelf Conversions" in 2004. The concept started in Richmond in 2000 and Young was hired as a consultant. He bought and franchised the business in 2007 as ShelfGenie, which now has 60 independently owned franchises nationwide with more to come.



Matt and Beverly were among the early franchisees. They operate the Fredericksburg and Richmond Markets. "We have built a strong national brand and that's important because we put a lifetime warranty on the product and the installation. Our growth shows our strength as a company, and our customers can rest assured we are going to be here to service that lifetime warranty," Matt says. So there, the genie's out of the lamp! www.shelfgenie.com

Editorial assistant Amy Pearce organized the editor's workspace and wishes she'd known about ShelfGenie then.

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Loving summer! Outdoor picnics, hiking, summer festivals - and these recipes will travel well in a picnic basket or make a cool supper at home.

SALT AND VINEGAR POTATOES

(or get a bag of Salt potatoes at Wegmans, follow instructions and sprinkle with malt vinegar)

6 T olive oil
2 lbs small red potatoes
14 oz kosher salt
3 T malt vinegar

Bring 2 qts of water to boil, stir in potatoes and salt, cook till done - 20 - 30 min. Drain and transfer to a wire rack, let dry for 10 min. Transfer potatoes to a oiled, lipped baking sheet and flatten

potatoes with a large spoon, brush potatoes with ½ of the vinegar and season with pepper. Roast until well browned, 25 - 30 min, brush with remaining vinegar and transfer to serving dish. Leftovers make great home fries!

GRILLED CHEESY CHICKEN BREASTS WITH PROSCIUTTO

4 - 6 oz boneless chicken breasts
2 ozs Taleggio cheese cut into 4 sticks
8 thin slices of prosciutto
3T olive oil

Cut pocket in the thickest part of the chicken and insert 1 stick of cheese, season with salt and pepper. Lay 2 slices of prosciutto on work surface, place chicken in center and wrap slices around

it. Repeat w/ remaining chicken. Brush w/ olive oil, grill over medium fire 8 min. per side. Transfer to platter and tent w/ foil, let rest for 5 min.

SHRIMP AND ARUGULA SALAD WITH LEMON VINAIGRETTE

1 lb jumbo shrimp (Costco is the best)
1 garlic clove
2 t balsamic vinegar
1 t zesty mustard
1 t Dijon mustard
½ t lemon zest plus 1 t lemon juice
8 oz baby arugula

Season shrimp with salt and pepper. Heat 2 T olive oil in skillet over medium high heat, ad shrimp and cook until

pink. Transfer to plate and let cool. Combine vinegar, mustard, garlic, lemon zest and juice in large bowl and slowly whisk in 3 T olive oil. Toss arugula and dressing together, top with shrimp and shaved Parmesan cheese to taste. Great for a cool supper or a picnic (do not add dressing until ready to serve).

Bonnie De Lelys is innkeeper at the Richard Johnston Inn.

DINE LOCAL
FREDERICKSBURG

Vino

TO BE YOUNG AND FRESH

BY ABY BETHEM

It's August, it's hot! For your late Summer sipping there's a region in the world with wines perfect for this time of year. **Vinho Verde** refers to not only this wine's style, but also the northwest region of Portugal known for its fresh, aromatic, white wines. It means "green wine", but it is not green in flavor, rather it refers to its youth and exuberance. It is a seasonal wine, not meant to age, and should be drunk within the first 18 months of its release.

The region is bordered by the Atlantic Ocean, Rias Baixas, Spain, mountains and a river on each side of it. The region is then divided into nine sub-regions. The recommended white grapes for the DOC are Alvarinho, Arinto, Avesso, Azal, Batoca, Loureiro and Trajadura.

Another, very interesting fact of the region Vinho Verde is the vines are grown trellised up ten feet off of the ground. They train the vines to go high on trees, fences, telephone poles. Many growers then use the land below to plant their family's vegetables. A lot of rain comes off of the Atlantic Ocean so the grapes are protected from waterlogged soils.

The two most successful and dominant white varietals are Alvarinho and Loureiro. **Conde Villar Alvarinho**, 2010, offers mild and refreshing grapefruit and pineapple with delicate acidity. Alvarinho tends to produce low yields and can reach higher alcohol levels; generally (and in this case) it is grown in the Minho area in the very north by the Spanish border.

My current favorite hot day wine is **Encostas do Lima Vinho Verde**, 2011. The grapes are Loureiro and Trajadura. The Trajadura is blended with the Loureiro. Trajadura offering lower acidity, higher alcohol. The Loureiro contributes the aromatic, peach, apricot, apple and orange blossom accents. It hails from the Lima sub-region of Vinho Verde. It's low in alcohol, has a light spritz and light tropical fruit flavors. It's good for a luncheon white, or as a good friend said, "it's a great example of when a simple wine can offer the greatest pleasure and most perfect fit for a weekday meal." Sardines and other seafood are the local staple and Vinho Verde is ideal for them.

The region of Vinho Verde is a large geographic area, but the region is filled with small growers. In supporting small growers this time of year, stay cool with your local foods and this refreshing summer wine. A perfect pairing (and you don't need to turn the stove on) is **Snead's Farm's** Cantaloupes and peaches.



spanishablewines.com

See Chef Blake's soup recipe below. Ahhh!

- 3 Cantaloupes
 - 2 C Greek Style yogurt
 - 6 Peaches
 - 3 cucumbers
 - 1 C mint simple syrup
 - 1/2 C Rice wine vinegar
 - 1/4 C lemon juice
- Blend & season with sea salt. Add fresh crab, fried oyster or chili marinated grilled shrimp.

Aby Bethem offers the wines in this article for retail sale at Bistro Bethem.

Season's Bounty

THIN MAKES THE CAKES

BY VANESSA MONCURE

Well, there are all kinds of pancakes in the world — the thick buckwheat cakes your great-grandmother makes for you, with at least a pound of butter and a healthy dose of King Syrup... or the breakfast pancake buffet at home, w/ bowls of mix-in fruit, chocolate chips, even sausage and bacon. And how about summer corn cakes, fresh-cut-off-the-cob corn mixed in batter and pan-fried? Or maybe scallion pancakes or the annual Shrove Tuesday Pancake Suppers, or Western oatkakes with berries.

The very-thin pancakes - we call them crepes; they originated in France - are served sweet or savory. 'Crepe' means curled - so they are usually filled w/ a dessert filling or a dinner filling, then folded on themselves. The recipe is just like the usual pancake recipe except the batter is very thin, and is swirled in a hot buttered crepe pan, cooked on one side, then picked up on an edge and turned over to briefly cook. Stack w/ wax or parchment paper rounds until all batter is used. Extra crepes can be frozen.

The first crepe I ever ate was a 'mille crepe', so called because it seemed like 1,000(mille) crepes were layered together and sliced like a pie - every layer had a caramel glaze, barely dusted with cinnamon. Wow! Anyone making buttery crepes in the vicinity of children, with fruit, maple syrup or whipped cream, should make lots of extra. That pancake-y irresistibility combined with quick-folded goodness: yum.

BLENDER CREPE MIX

Prepare and refrigerate about one hour before making crepes. Resting the batter makes a smoother, sturdier crepe. Place in blender 2 eggs, 3 T. melted butter, 1 c. all-purpose flour mixed w/ ¼ each salt and baking powder, ¾ c. milk and ½ c. either tap water or sparkling water. Blend 30 seconds or until smooth. When

ready to fry, stir completely, then melt a small amount of butter in a crepe pan or any short frying pan (5-8", nonstick), swirling around just enough butter to cover the pan. Cook crepe on one side until is possible to pick up and turn over. Cook approximately 15 seconds or until firm. Stack as above.

CHICKEN AND MUSHROOM FILLING

Rehydrate one 4-oz. pkg. wild mushrooms, reserving the water. When rehydrated, saute in 4 oz. butter, additional 8 oz. crimini, white mushrooms, ½ c. minced shallots - add ½ c. white wine, 1 tsp. chicken base; reduce by half. Add S&P, garlic powder, tarragon; stir in 1 c. heavy whipping cream, reduce again by half. Stir in 2 c. diced white meat chicken, 1 T. minced fresh parsley, shredded Parmesan cheese, until cheese melts and mixture heats through. Fill cooked crepes, arrange in buttered pan. Grate mixture of Swiss and gruyere; sprinkle liberally atop. Bake uncovered 375F until cheese melted and dish golden brown. Two per person for lunch, three at dinner w/ a nice mixed green salad and crusty bread.

DESSERT FILLINGS

To the original blender mixture, add 3 T. sugar, 2 tsp. grated lemon zest for dessert crepes made w/ fruit. Spread crepe w/ sweetened cream cheese, fold, saute til brown in buttered pan, turn out, serve next to seasonal fresh fruit. For any fruit filling - Macerate fruit in mixture of sugar and juice or liqueur. Fold cooked crepe into quarters, heat in buttered skillet until lightly browned. Place 3 on plate, cover w/ fruit mixture, sprinkle w/ 10X sugar. Traditional French crepes Suzette cover w/ grated orange zest and Grand Marnier, then set alight before serving. My childhood memory of a mille



crepe has many layers w/ caramel between each layer, cut to resemble a cake, served w/cinnamon-scented sweet whipped cream. A great mille crepe w/ a Southern touch has layers of apple butter, w/ maple ice cream.

Almost every country in the world has a variation of crepes, pancakes, and waffles that is quickly grilled, sauteed, baked or fried - a quick confection, or filling savory. Not hard to concoct or to saute, but OH the compliments you receive - plus the bonus of eating every slightly torn crepe; have butter and syrup handy!

Vanessa Moncure was FXBG's premier caterer back in the days of her Chez V Catering company.

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15 Principles

PRINCIPLE #4 - SAY NICE THINGS TO YOURSELF

BY REBECCA THOMAS



To be clear I am not advocating someone skip therapy if that is needed, just that it isn't required to repair flawed thinking patterns.

My revelation began about five pounds into my own weight loss journey. I made the decision that I was no longer enduring the put-downs. It was only causing me unnecessary pain. I committed to replacing every negative thought with a genuine compliment and taking the time to proactively say nice things to myself. Let's just say it didn't come naturally at first. In fact, it felt like I was being a big phony. I was so out of tune with being kind to myself that I had to fake it in the beginning. To get the ball rolling I began admiring what I did like right away. I focused on attributes I was proud of and reminded myself of my value as a whole person. More than waiting for the negative thoughts to come and pushing them away, I tried to take charge of my thought process and set it in the right direction. When negative thoughts crept in (and sometimes still do) I called them out immediately and replaced them with a kinder observation. You've no doubt heard the phrase 'fake it 'till you make it'? That is exactly what I am telling you to do. Even if it feels strange and unnatural, do it. It has taken work for positive affirmation to become reflexive and I am still vigilant.

Supportive thoughts will propel you forward because you will feel you deserve to do well. They will give you confidence in your ability to meet the challenges ahead and help you to feel more comfortable in your body, now and when you have realized your goals. I was living my life cringing at the next unkind thought. No wonder I found weight loss so challenging. I was working in a hostile environment.

One of the biggest rewards of saying nice things to yourself is the internal peace it brings. Critical thoughts keep you anxious and wary, kind thoughts calm the mind and leave you free to pursue healthy behaviors that will get you the trim body you desire. Instead of facing the scale and waiting to feel good about yourself, you will be starting from a place of worth.

The simplest ideas can be the most difficult to implement, at first. Practice saying nice things to yourself until it becomes a habit and once you get the hang of it, never stop.

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

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Love On Tap

FIRST-EVER AUGUST VIRGINIA CRAFT BEER MONTH

Virginia's reputation as a destination full of local flavor has a new experience to tout with the first-ever Virginia Craft Beer Month. "Love on Tap" is a nod to the state's *Virginia is for Lovers* slogan and local craft beer on tap at more than 40 breweries and hundreds of restaurants across Virginia. The month-long celebration culminates with the first-ever Virginia Craft Beer Festival, August 25, at Devils Backbone Brewery in Nelson County.

The Virginia tourism office has created a new, interactive map on www.Virginia.org/craftbeer to help visitors find craft breweries open for tastings and tours, and to plan a visit. The site also features special events and Virginia craft beer travel packages.

Rita McClenny, interim president and CEO of the Virginia Tourism Corporation, calls our state's craft breweries "ideal places for people who love local beers, outdoor adventure and exploring small towns and cool cities." She cites "The Virginia craft beer scene, combined with our 220 wineries" as a reason that "Virginia a top destination for culinary travelers looking for true local flavor."

"August Craft Beer Month is a huge opportunity for us to show what Virginia craft beer is all about," says Michael Killelea, Chairman of the Virginia Craft Brewers Guild and brewer at Legend Brewing Company.

Below is just a taste of special events that beer lovers can experience in Virginia, with many more listed on www.Virginia.org/CraftBeer:

Virginia Craft Beer Month Sunday Brunch at Blue Mountain Brewery - Celebrate Virginia Craft Beer Month with a delicious brunch menu featuring local sausage gravy over toasted buttermilk biscuits, veggie and sausage breakfast burritos, quiche of the day, waffles and more. Live music at 2:30 p.m. Enjoy the brewery's craft beers and stunning views of Blue Ridge Mountain views from an indoor seating area or the outside terrace. 11A to 3P. August 5, 12, 19, and 26.



Virginia Craft Brewers Fest at Devils Backbone Brewing Company - Taste Virginia's award-winning craft beers in an amazing outdoor setting with music, food and more at Devils Backbone Brewing Company, located in Roseland at the base of Wintergreen Mountain. Craft brewers from around the state will be on hand to pour local beer and compete in the Virginia Beer Cup competition. August 25. 11A to 8P.

Craft Beer Dinner at Wild Wolf Brewing Company - Celebrate Virginia Craft Beer Month with the chef's presentation of fresh seasonal dishes paired with Wild Wolf craft beers. August 28. 6P.

Our local **Fredericksburg Brew Pub and The Blue & Gray Brewing Co.** can be reached at <http://brewpubfredericksburg.com/> and <http://www.blueandgraybrewingco.com/> for information on their events and activities.

Compiled by Sara Mattingly, senior editorial assistant at Front Porch.



CALENDAR of events



august 2012... Get ready for school, and enjoy summer's final events.

*Some events run same day weekly or more than one day.

wednesday, august 1

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

Phantom starring Patrick A'Hearn opens at The Riverside Center thru Oct 14. riversidedt.com, 540-370-4300. See story!

*Events at The Kenmore Inn, 1200 Princess Anne, 371-7622/•kenmoreinn.com: Wine Dinner Series 1st Wed every month! Live music every Thurs 730P! Elegant Sunday Brunch in Main Dining Room 1130A-230P

*First Annual Fredericksburg Music Festival throughout the month at the Colonial Tavern, 406 Lafayette Blvd. Weekly, Wed-Sat w/ two bands each night. Tickets: \$10 a night (Wed-Sat); \$20 Sat

*The Soup & Taco, Etc. 4th Anniversary: All-month specials begin today! Thru Aug 31. 813 Caroline

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

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

Art Journey: An Exhibition of Paintings by Virginia Artist, Barbara Duke Jones at The Montpelier Center for Arts & Education thru Aug 29

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

F'burg Area Museum & Cultural Center Thrill on the Hill exhibition looks at history of Soap Box Derby in FXBG. Thru Aug

thursday, august 2

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

*Events at The Kenmore Inn, 1200 Princess Anne, 371-7622/•kenmoreinn.com: Wine Dinner Series 1st Wed every month! Live music every Thurs 730P! Elegant Sunday Brunch in Main Dining Room 1130A-230P

first friday, august 3

PONSHOP's T-Shirt Showcase, "Tailor-Made 2." Opening Reception 6-10P. Screen-printed shirt designs from PONSHOP, Nightmare Inc., Icy Grape Incident Clothing and Somaphony. Exhibition: Thru Sept 2

Brush Strokes Gallery "Hot Fun!" Exhibit & First Friday Reception: All Member show invokes theme of summer and characteristic weather w/ its call to summer pleasures and pastimes. Thru Sep 3. 6P-9P

Summer Juried show "Fredericksburg Plein Air Exhibit." Main Gallery, LibertyTown. 5-9P. 41 landscapes; local spots of interest depicted. Ed King's Rappahannock Triptych won first place. Ends Sept. 2

Sabor Afro cubano plays Market Square 7-9P

Sunset Syndicate at The Otter House: Local Favorites playing own organic blend of Blues and Rock. The Otter House, 1005 Princess Anne. 21+

FCCA Frederick Gallery exhibition: John Holmfeld Collection. See story in this issue. Opening Receptions 6-830P. 813 Sophia

Art Exhibition and Opening Reception 6-9P. Virginia Wine Experience, Upstairs Gallery. 826 Caroline

Opening Reception: Art First Gallery's new show. 6-9P. Exhibit up daily, 11-5

Music Every First Friday - Wave on Wave acoustic duo at the Courtyard Marriot 6-9P. 620 Caroline. Country, Blues, Rock n Roll, w/ Doyle Green, guitar, Gina Clark, keyboard. No cover

First Friday at The Creative Side 5-9P. 846-8920

Artful Dimensions: 911 Charles

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

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

saturday, august 4

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

*Orange Downtown Alliance, Orange, VA: 2012 Farmers & Artisans Market every Sat in Faulconers Hardware parking lot. Food Fest, Aug 11. orangedowntownalliance.org

Family Restaurant Week: Go to VisitFred.com for menus and schedule of events. Farm fresh food, family and fun! Festival opens 10A-2P at Hurkamp Park. Family Restaurant Week runs thru Aug 12 w/ Early-Bird, 2-course dinners for \$20.00 and kids' meal specials at over a dozen restaurants

*Bluemont Concert Series 730P at Maury Stadium. \$5/person, \$4/Bluemont Friends, Seniors, \$2/under 12; no pets, alcohol or smoking. Rain venue: JMHS. Aug 4 - Pan Masters; Aug 11 - Bill Emerson & Sweet Dixie; Aug 18 - Furnace Fountain, Appalachian folk

Luau Party at Massad Family YMCA, 212 Butler Rd. 7P-Midnight. Island Gerry and Ocean Drive. Prices and details: 540/371-9622, x1016

It's Salsa Night at The Otter House! Hot n' Spicy! 930P-130A. 1005 Princess Anne. 21+

sunday, august 5

*AM1230 WFVA "Community Link" 8-830A. Meghann Cotter of Micah Ministries. Hosted by Ted Schubel. Listen at www.wfvaradio.com/

*Events at The Kenmore Inn, 1200 Princess Anne, 371-7622/•kenmoreinn.com: Wine Dinner Series 1st Wed every month! Live music every Thurs 730P! Elegant Sunday Brunch in Main Dining Room 1130A-230P

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

monday, august 6

*Pat Egan & Alex Caton (Irish Fiddle Tunes, Ballads) play "Music on the Steps" 7-8P. CRRL, 1201 Caroline. Bring lawn chair, blanket, picnic. Rain venue: library theater

Fraternal Order of Eagles (FOE) Fredericksburg Aerie #4123 is proud to host the Doobie-Doo Golf Classic at Lee Hill Golf Course. All proceeds benefit Brian Strobel Memorial Fund

Art Opening for Elizabeth Seaver at Bistro Bethem. 6-9P. Hors d'ouvres, cash bar. 309 William

Donations Needed for Aug 10-11 School Dressing Days: New and gently worn school clothes, shoes in all sizes, backpacks, new socks, new boxers and underwear, toiletries. Drop off at Bragg Hill Family

Life Center thru Aug 10. Donations by check payable to Interfaith Community Council School Dressing Days

tuesday, august 7

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

Tour Spotsylvania water treatment facility, learn process of cleaning water from flush to river and how Spotsylvania recycles 100% of biosolids. Pre-register online. 930A-12N. Free

Mary Lawrence Hicks: Live music w/ 3\$ drink specials. 8-11P. All ages, no cover. Bistro Bethem, 309 William

friday, august 10

*School Dressing Days: community event assists financially disadvantaged families w/ school clothing and supplies. Bragg Hill Family Life Center, 400 Bragg Hill Dr. Fri & Sat, 9A-6P. Info: 373-2294, 785-2682

The Blues Tips : A Night at The Otter - Rock n Soul Rhythm Revue. 10P-130A. 1005 Princess Anne. 21+

saturday, august 11

*School Dressing Days: community event assists financially disadvantaged families w/ school clothing and supplies. Bragg Hill Family Life Center, 400 Bragg Hill Dr. Fri & Sat, 9A-6P. Info: 373-2294, 785-2682

Orange Downtown Alliance, Orange, VA: Food Fest. orangedowntowalliance.org

*Bluemont Concert Series 730P at Maury Stadium. \$5/person, \$4/Bluemont Friends, Seniors, \$2/under 12; no pets, alcohol or smoking. Rain venue: JMHS. Aug 11 - Bill Emerson & Sweet Dixie; Aug 18 - Furnace Fountain, Appalachian folk

Second Saturdays at the Museum! 10-2P. Students 12 and up at Area Museum. Tour and sketch architecture, brainstorm about its future. \$10; bring lunch. RSVP Janelle Kennedy by Aug 8: jkennedy@famcc.org, or 540-371-3037, ext. 142

Tie One On — Learn many different ways to wear versatile batik sarongs and try your hand at tying one on! Join us at Ten Thousand Villages at 1030A and 130P for free workshop. 785-9967 to RSVP. 1937 Carl D. Silver Pkwy, Central Park. fredericksburg.tenthousandvillages.com

sunday, august 12

*AM1230 WFVA "Community Link" 8-830A. Elizabeth Barnett, Rappahannock Area Health District Caroline Office-Dental program for kids; Chris Folger, Spotsylvania Greenways. Host Ted Schubel. Listen at www.wfvaradio.com/

Ladies High Tea for a Cause at the EverSewEnglish Shoppe in Eagle Village 3P-7P. Learn about PSC (Primary Sclerosing Cholangitis) and how you can help! Free food and drink provided by EverSewEnglish. Chocolatier provided by Thrivent Financial. 1217 Jeff Davis Hwy. 540-371-3547 www.eversewenglish.com

monday, august 13

The Sunday Times Band (Rock 'n' Roll favorites) plays "Music on the Steps" 7-8P. CRRL, 1201 Caroline. Bring lawn chair, blanket, picnic. Rain venue: library theater

tuesday, august 14

Larry Hinkle & Friends play live music w/ \$3 drink specials 8-11P (all ages, no cover) at Bistro Bethem

thursday, august 16

Under the waters of the Rappahannock: Join FOR Executive Director, John Tippett, for refreshing swim and snorkel. Gear provided. Minimum age 8. 6P-8P. \$5 indiv/\$15 family

friday, august 17

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

The Hackensaw Boys Live at The Otter House. Old time mountain and bar music. American songs about life. 10P-130A. 1005 Princess Anne. 21+

saturday, august 18

*Bluemont Concert Series 730P at Maury Stadium. \$5/person, \$4/Bluemont Friends, Seniors, \$2/under 12; no pets, alcohol or smoking. Rain venue: JMHS. Aug 18 - Furnace Fountain, Appalachian folk

Massad YMCA: DJ Tony B, Sunset Syndicate Band, Zumba w/ Cheryl Martinez; Games, contests, prizes, hula hoop lessons, free food by Kiki's Lunchbox, flaming hula hoop shows; fireworksdisplay by Jake Walther (see profile story!). Prices and info: 540/371-9622, x1016

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

The Former Champions Play the Otter House. Live Electronic Rock. Dance if compelled. 10P-130A. 21+

sunday, august 19

*AM1230 WFVA "Community Link". 8-830A. 1st District Congressman Rob Wittman; Rob Grogan and newly-elected Arts Commission president Seth Casana w/ commission member George Solley. Host Ted Schubel. Listen at www.wfvaradio.com/

monday, august 20

*Sabor Afro cubano plays "Music on the Steps" 7-8P. CRRL, 1201 Caroline. Bring lawn chair, blanket, picnic. Rain venue: library theater

tuesday, august 21

Jon Wiley Trio - Live music w/ 3\$ drink specials from 8-11P. All ages welcome, no cover. Bistro Bethem

thursday, august 23

Happy 20th, Alexis!

friday, august 24

Love Canon Live at The Otter House brings back the Rad. 80's covers, Bluegrass Style! 10P-130A. 21+

saturday, august 25

Improve Your Home and Life w/ Feng Shui! Cheryl Shotwell, Feng Shui Solutions, Session 1 of 5: 1-4P. \$30. Intro to Feng Shui, Color Secrets and Application, 5-Elements Crucial Balance. Healing Arts & Yoga Center, 2300 Fall Hill Ave, S-211. Info: 540-878-8953, cherylshotwell.com

Gender Defender 5K aboard Marine Corps Base Quantico. Pink- and blue-themed challenge. 7P. Runners 16 and older. \$35: receive pink or blue technical T-shirt. All finishers get race coin and carnation or bottle opener. Award winners earn MCM champagne flutes and beer steins. Register: marinemarathon.com

The Recliners: A Night at The Otter — For the Lounge Lizard in us all. 10P-130A. 21+

American Music! Concert Series. UMW Faculty Jazz Combo. 7-9P. Market Square. Free. famcc.org

sunday, august 26

AM1230 WFVA Community link: Karen Hedelt, City tourism/eco dev issues; Clint Van Zandt, Retired FBI agent & Spotsy resident, Latchkey kid safety. Host Ted Schubel. Listen at www.wfvaradio.com/

monday, august 27

*Denim & Lace (Country, 50's & 60's Rock 'n' Roll) play "Music on the Steps" 7-8P. CRRL, 1201 Caroline

tuesday, august 28

Tyler Reese Jazz Duo: Live music w/ 3\$ drink specials 8-11P. All ages, no cover. Bistro Bethem

wednesday, august 29

Art Films at The Library: 7P. Statue of Liberty - Filmmaker Ken Burns' definitive portrait that won nominations for both an Academy Award and an Emmy. (2004/60 min.). 1201 Caroline

thursday, august 30

Via Tutori Workshop #3: Get dirty w/ this year's Via Colori artists. Learn more about street painting from local artists. Panel discussion. Moderator: Via Colori FXBG Director, Sue Henderson. Artful Dimensions Gallery, Charles St. 6P. Free.www.viacolori.com

friday, august 31

Full moon canoe float. Minimum age 6 years. Meet at City Dock. 730P-10P. Backup date: Sept 1. \$15 indiv/\$45 family. Register: riverfriends.org/events

If you are reading this 182nd issue of FP, thank an advertiser!
If you are an advertiser, list your event.

Deadline for Sept is Aug 20. Paste your event in an email to frntprch@aol.com or go to <http://frontporchfredericksburg.com/calendar/su-bmitcavevent.cfm> for both print and e-editions.

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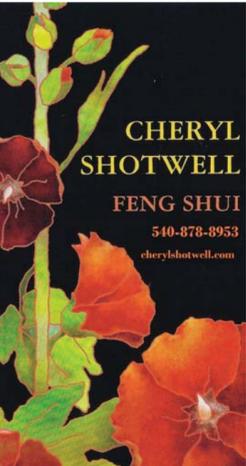
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Moncure Daniel Conway

BY RALPH "TUFFY" HICKS

- a man of words, a man of peace

Across the Rappahannock River, the small community of Falmouth (which, like Fredericksburg, was established by the General Assembly in 1728) is the birth place of several famous people. Basil Gordon, a merchant from Scotland is believed to be the first millionaire in the United States that lived there along with Gari Melchers, whose Belmont is a historical shrine. There is one man not much is written about and he is **Moncure Daniel Conway**, an American abolitionist, author and Unitarian minister.



Moncure was born in Falmouth in 1832 at 305 King Street near the Rappahannock River. The home is still standing.

His father was a judge and farmer and owner of several slaves. He graduated from Dickinson College in 1849 and after a short period of time he became a Methodist minister in Virginia. During this period of time he became influenced by Ralph Waldo Emerson and Emerson's religious and political views on "transcendentalism." Conway entered and graduated from Harvard University. He accepted ministry in the Unitarian Church; however, his anti-slavery views along with his involvement in the attempt to rescue the fugitive slave in Boston, resulted in his moving to Ohio where he was the editor of a paper. Conway escorted several of his father's former slaves to safety in Ohio after they had fled from Virginia.

He became editor of the *Commonwealth* in Boston and wrote "The Golden Hour" and "The Rejected Stone", strong stories about emancipation. In 1862 he left his ministry due to his dissatisfaction with the social conservatism of Unitarianism. In 1863, Conway went to London to convince the British that the Civil War was a war of abolition. His efforts failed, as the Confederacy would not communicate with him.

He refused to return to the United States as he no longer felt welcome. He resided in Venice, Italy with his family for a short period of time before moving to London. In 1868 he was one of the speakers at the first open meeting supporting women's suffrage in England. He was a good friend of Robert Browning, Charles Darwin and Charles Dickens. In 1875 he reconciled with his Falmouth family. In 1897 he returned to New York with his wife who wished to die in the United States, which she did on Christmas day. Conway became dissatisfied as the Spanish American War started and he moved to France to devote his life to the peace movement and writing. Moncure Conway died alone in a Paris apartment on November 15, 1907. The Conway Hall in London is named in his honor.

Tuffy Hicks, like Moncure Conway, has a prevalent and prominent name in Fredericksburg. "Hicks" and "Moncure" as surnames are known to everyone who has lived here for any length of time.



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OUR HERITAGE

HISTORIC ROUTE 1 REMEMBERED

BY EMILY TAGGERT SCHRICKER

If you follow the signs of US Business Route 1, winding your way through Downtown Fredericksburg, you may be traveling on a road that holds more history than you realize. Today we call the road Princess Anne Street; in 1926 it was named US Route No. 1; during its construction, the newspapers referred to it as the Washington-Richmond Highway or the Richmond-Washington Highway (depending on the location of the writer), and when it opened in 1927 it was billed as the Jefferson Davis Highway. Today we know these names, which call to mind a variety of roads. Yet when the automobile was still a novelty and road maintenance was still a new idea, these were all the same location, the one main highway from Maine to Florida by way of Princess Anne Street, Fredericksburg, VA -- US Rte No. 1.

What started out as a muddy road that hindered as well as helped automobiles, had been transformed into a smoothly paved concrete surface after 24 years of legislation, meetings and construction. On May 28, 1927 the splendid celebration of its completion would be fitting of all the work that went into it.

For the opening of the Washington-Richmond Highway, Fredericksburg prepared to host 30,000 visitors. The Virginia highway, part of the larger Jefferson Davis Highway, was now completely concrete and inspired an illustrious day of ribbon cuttings, luncheons, pageants and formal dances. The festivities began at 10 o'clock in the morning of May 28th, when one blue ribbon was cut a mile and a half north of Occoquan by the Mayor of Alexandria, William Albert Smoot, and one grey ribbon was cut 19 miles north of Fredericksburg, by Virginia Governor Harry Flood Byrd. The parties then progressed on to Fredericksburg and their places in the reviewing stands to watch a grand two-hour pageant unfold.

Presented in the pageant was a collection of American History as well as

English History. Three generations of transportation history, an array of bands, costumes and armed forces rounded out the show. That evening, two large dances were hosted in town to bring the grand celebration to a close, one at the Maury Hotel, the other at the Elks Home. Perhaps the best news of the day was reported by *The Washington Post*: "Every highway leading into the city was filled with automobiles and, while traffic was dense, there was no accidents or disorder reported."

If you enjoyed this step back into history, then join us on September 8, when the Historic Fredericksburg Foundation, Inc (HFFI) sponsors a celebration of Historic Route 1 and Downtown Fredericksburg through the 20th century. Events will focus on the original Route 1 corridor along Princess Anne, exploring the heyday when this simple road brought a non-stop flow of travelers through Downtown Fredericksburg.

The day-long **Vintage Route 1 Event** will include a ticketed Streetcar Tour of Princess Anne (the original Route 1), a free self-guided tour of Caroline and William Streets, children's activities, classic cars, oral history collection, a vintage fashion show and much more. All events, except the Streetcar Tour, are free to the public and suitable for all ages. For more information, to purchase tour tickets or find out how you can get involved, visit the Historic Fredericksburg website www.HFFI.org, call our offices at 540-371-4504 or contact me at route1@hffi.org. For a closer look at the Jefferson Davis opening archives, visit the Central Rappahannock Heritage Center (CRHC), 900 Barton St. #111 (540-373-3704).

Emily Taggart Schricker, a volunteer and board member at HFFI and a volunteer at the CRHC, works at Dovetail Cultural Resource Group. Emily lives in town with her husband and their pug, "Dookie".

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Belle Amie

MEANS "BEAUTIFUL FRIEND"

BY SUSAN CARTER MORGAN



But her most interesting job had to be with Miller and Rhoads in Richmond. Her son **Allen Green III** calls it her "spy" job. "They would dress me up with a hat and pocketbook and send me off to check prices in other stores. I guess that's legal, right?" she asks, smiling. "Some days I'd go out two or three times with different hats so people in other stores wouldn't notice I'd been there."

Her face lights up talking about the Bahamas in the late 60s when Codger took a

You may know her for when she was married to the late **Allen "Codger" Green**, who created the Fredericksburg Lamp at his Copper Shop. Or perhaps through **Missy Mama**, the stray cat who guarded her front porch. Or maybe you have lived downtown forever and know her broad smile and her "Come on in!" These days her memory isn't what it used to be, but within minutes her stories ring with contagious laughter.

Mary Belle, 85, has lived a full life, and she loves to talk about it. Stories punctuated with, "Lord Claude," and "Heavens to Betsy," are always followed by a laugh you can't help but reciprocate. Her eyes shine through her glasses as she explains why she doesn't nap in her pink, wing-backed living room chair, angled to see what's happening outside. "I am afraid someone will look in the window and think I'm dead!"

On good days, she'll regale you with stories of growing up in the city. Riding her bike up and down Caroline, sneaking off to Jones Grocery store for a soda with friend **Pat Clark**, or babysitting our now-Mayor **Mary Catherine Greenlaw** while her mother shopped. These, of course, were simpler times.

Mary Belle's family hailed from the Northern Neck, where she spent most summers. As one of the first waitresses at the Tide's Inn in Irvington, she got all the big tables of locals. "I'd introduce myself, and it never failed... someone would say, 'I know who you are. I'm your cousin!'"

During high school and a few years after, she was lead singer with **Jesse Pine's** orchestra, touring locally — "always with their mama as chaperone." It was during one of those performances that Codger first laid eyes on her. "I guess I was pretty good," she says. Codger and Mary Belle made a life together, moving around the Burg, then to Richmond, and even the Bahamas. There's hardly a place in town she hasn't worked: The Apothecary Shop, the gift shop above Ulman's Jewelry, J.C. Penney's (on Caroline before the mall), to name a few.

job there in real estate. Working at a seaside hotel, Mary Belle often ran into the rich and famous - like Bob Hope and Tennessee Ernie Ford (who loved her Virginia roots). Even though she told Diana Ross she "couldn't carry a tune in a bucket," they eventually became friends. "They were all just like real people," she says. Which is probably what they'd say about her.

These days Mary Belle doesn't go out much, but doesn't lack for company. When she isn't feeding the stray bunny in her backyard or watching *The Today Show* "to figure out what day it is," she'll read from the stacks of magazines surrounding her chair. Allen, who now owns the Copper Shop, will stop by with lunch, son **Bill** drops in from Virginia Beach, and daughter **Hertzie** drives up from Richmond — recently with a mantle clock. "I forget these days," Mary Belle says, "what day it is, what time it is." But those moments don't fluster her. "I guess things don't ruffle me, except when I get all the way to the top of the stairs and can't remember why. I usually bring down an extra roll of toilet paper in case that was the reason." She laughs at the 18 rolls she now has downstairs.

Mary Belle's wooden cane sits handy for walks to the corner or to threaten friend and neighbor Wilson Greenlaw, who stops by to tease and give her a hard time. She gives it right back. **Robyn Danchik**, who delivers her mail, makes a point to notice if her newspaper is gone ("she's up") or her door is closed ("AC's on or she's resting"), and always stops for a story. And when Mary Belle takes to the red bench on her front porch, people honk and wave, calling "Hey Mizz Gi!". "Lord Claude, it's never quiet around here," she says, in a drawl as thick as honey. I get the feeling she doesn't mind at all.

Susan Carter Morgan writes from her Downtown Writing Studio at LibertyTown Arts Workshop.

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Companions

EMERGENCY PREPAREDNESS

BY WENDY SCHMITZ



not just their vaccinations but information on any medications or special foods they need. I suggest keeping a copy in your glove box, a friend's house, and in your email inbox; this way no matter what happens you have them for boarding or medication refill needs, and your pet will be accepted and cared for properly.

Next, I suggest you keep a bag handy with a three day supply of items your pet may need should you

Colorado was burning in June. Not only were there record-breaking temperatures, but there was a raging wildfire encroaching on the city causing mandatory evacuations of many neighborhoods. Shelters had been opened at local high schools for people that had nowhere else to go, but the shelters didn't take pets and that created a problem for those with furry family members. Where would they go? Who would take care of them?

Many of you may think, no problem just head to a hotel; well with 35,000 folks evacuated for almost a week there weren't enough hotels taking pets and some folks didn't have the funds to pay for them. What about boarding them at kennels or vets? Boarding facilities filled up fast and without proper vaccine documentation, many animals couldn't find a room at the inn. This left volunteer organizations to find not only large spaces for hundreds of pets, but all the supplies for them as well. This got me thinking, what would I do in an emergency?

Everyone should have a plan for their pets in case of emergency. Frankly, your plan should have a backup plan just in case. For instance, maybe some of the evacuees had a plan for their pets to stay with friends down the street; well that is useless when the whole street has fire damage. So what is the best way to plan for the unforeseeable?

You can't foresee all the potential problems you may face in an emergency, but you can help by being prepared. I'm not talking paranoid, doomsday, conspiracy theory prepared, just organized and thoughtful prepared.

First, have copies of your pets' medical records on hand. This includes

be forced from home. This is what the Red Cross recommends for people, and I think your pets should be no different. In addition to three days of food and water, be sure to have at least three days of medications, and pack the following:

- ✓ Backup collar with current ID tags (include your vet information on the ID)
 - ✓ Two leashes
 - ✓ Bowls
 - ✓ Blanket
 - ✓ Crate or collapsible crate
 - ✓ Something to chew on for dogs to relieve stress
 - ✓ Towels
 - ✓ First aid kit for pets (you can find them online or some stores carry them)
- List of locations you can go with your pets (family, friends, hotels, shelters)

This is just a list to get you thinking and hopefully to increase your awareness that your pets need you to consider them as well. Luckily Colorado Springs is a pet friendly city and according to reports no pets died in this fire, not even horses, because everyone worked together to care for every misplaced creature, not just the humans.

Keeping your pets safe is your responsibility. Sadly, Fido can't do it for himself and many cities will not devote resources to helping pets. If you take steps now to prepare for a disaster, then hopefully your entire family, including the furry members, will survive any tragedy. It takes a little bit of time and preparation to create a survival kit for yourself and your pets. Heck, it's so easy go ahead and make two! You can never be too prepared. I hope you never have a reason to use those kits, but if you do, you'll be glad you took the time to make them.

Wendy Schmitz lives in Colorado Springs.



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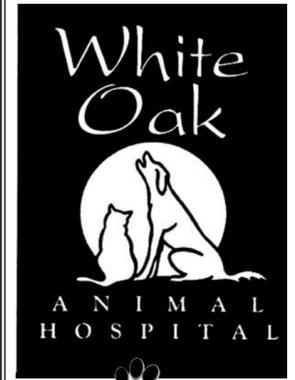
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Arts of the Titans

CELEBRATING THE 18TH ANNIVERSARY OF HYPERION ESPRESSO

BY ANA BRUGOS



The Titan Hyperion has brought the sun over the skies for centuries, and we have been providing our community with coffee and latte art for 18 years. There is more to the staff than just Rosettas in your cup of joe, and we invite you see what Arts our staff has to offer on Sunday, August 26. Musical talents will fill the caffeinated air as we debut the art pieces of several talented members of our

Hyperion staff. We encourage you to come out to see and hear what these hard working Titans have to offer. All sales from artwork on display will be matched by **Hyperion Espresso** in the form of a donation to **Empowerhouse**, Supporting Survivors of Domestic Violence.

The pieces will be on display until the end of October, but the musical talents, including **Nathan Masters (above)** and **Ray Woodruff**, will be heard exclusively on **Sunday, August 26th**.

Thank you for making us a successful part of your community! We hope to see you for our celebration this month through October.

Ana Brugos is a partner in Hyperion Espresso, 301 William. Hyperion's name means "watcher from above" or "he who goes above" from the Greek words hyper and ion. In a sense, Hyperion Espresso has been watching over downtown Fredericksburg for 18 years now. Congratulations, and thank you to Ana, Dan Peterson, and their barista bunch. - RG

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Quiet Moments

A HALF STEP FROM 1900

BY ARCHER DIPEPPE

As soon as the electricity goes out, I get that same sinking feeling I get when I look at a bad poker hand. Now, I do have flashlights. I probably have at least eight of them in all shapes and sizes. The problem is finding one. Of course, the ones I can find have no batteries or dead ones. There is a bulb and that is promising, but I won't find out that it is bad until I find some batteries. I do have candles, but they are never in the same place as the matches. I stumble around in the dark because dark is the only time the lights go out. Why is that?

Ok, I have the matches and the candles, and I haven't set myself on fire yet bringing one to the other. We now have some flickering light, so I go to the kitchen, not so fast as to make the hot wax spread across the candle hand. I have

done that before. I have to find a saucer because I only have candles that produce copious amounts of melted wax, and I don't want to spend time scraping the hardened wax off the dressers, walls, and pets, if and when the lights come back on. You would think I would be better prepared. You would be wrong.

These are familiar rituals but not necessarily good ones. I have often thought about preparing some kind of emergency box with all the things I will need when the lights go out. I never get past the "thinking about it" stage. I do have an old 1960's transistor radio, and I even know where it is. It takes one of those square (really rectangular, we have always called them square) nine volt batteries. I think there are only six nine-volt batteries left in the universe. We

would lick the top when we were kids, and if your tongue tingled, there was juice. Who invented that ritual? I want to listen to the radio so that they can tell me they have no idea when the lights will be back on. For fun we call the electric company and listen to the recording telling us they too have no idea when the lights will come back on.

The house will soon be 900 degrees, so we go around trying to open as many windows as we can. This is another one of those bad rituals where we suddenly discover all over again how many windows refuse to open.

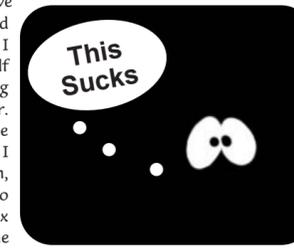
Did you know it is possible to get a hernia trying to open windows? We never open windows except when the electricity goes out. We live in a climate-controlled box that stays 70 degrees all year long. Why does 70 degrees feel so cool in the summer and so warm in the winter? I would

recommend the government study that, except we already have enough government studies.

There will be no sleeping tonight. We will just lay there in a puddle of sweat and pray for morning. I remember the days before air conditioning. My room was upstairs and the pointed roof trapped the heat. It isn't easy to sleep in an oven. I got a morning paper route just so I would have a legitimate reason to get up at four-thirty in the morning and escape the puddle and the heat.

Suddenly, after about 72 hours (Rob and Virginia Grogan once lost electricity for ELEVEN days) the lights suddenly return to a big cheer. Yeah!!!!!! We have learned our lesson. We will be prepared next time. No, we won't.

Archer Di Peppe's book of Quiet Moments was published in 2000.





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SENIOR CARE

PROTECT SENIORS FROM FRAUD

BY KARL KARCH



fastest-growing segment of the population. Second, these older adults may be financially stable during an unsettled time in our economy. They are also viewed as being more vulnerable and trusting. And, when crimes do occur, scammers feel less likely to be captured. Part of the problem is the lack of reporting of the crime. An AARP study found only 25 percent of victims over age 55 have reported to authorities that they've fallen for a scam. They may keep quiet because they are ashamed. Or, because they are afraid to be seen as vulnerable or unfit to live alone, a perceived threat to a loss of independence.

However, by arming older adults with information and helping them feel more secure, seniors can have the confidence they need to protect themselves from scammers and fraudsters. Our organization feels this is such an important issue that we launched a website www.ProtectSeniorsFromFraud.com specifically to educate families and seniors about how to protect themselves from financial abuse. The website includes many excellent videos, articles, and tips. I highly recommend downloading the "Senior Fraud Protection Kit" which includes valuable information and checklists to help seniors stay safe at home. I particularly like the "Scam Proof Your Senior Checklist", and the "What to Do If Your Senior Has Been Scammed" one page guide. A great tip is to have a family member monitor a senior's bank account for unusual activity.

According to experts, the top three crimes targeting seniors are identity theft, Medicaid/Medicare and medication fraud, and financial exploitation. A 2011 MetLife study reported the annual financial loss by victims of elder financial abuse is estimated to be at least \$2.9 billion, a 12 percent increase since 2008. Local senior care experts like me are urging families to be alert for scammers who may be targeting their senior loved ones with a variety of sophisticated cons. These frauds have the potential to put local seniors at greater risk of losing their life savings, their homes, and their trust in others. They can also have a physical and emotional impact. Their quality of life can be affected by becoming reclusive, embarrassed and distressed, and/or suffering from poor self-confidence.

So, what makes seniors such an attractive target? For one, they are the

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



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CUKES



Often called a vegetable but really a fruit; **cucumbers** are one of nature's many medicines that grow out of the flower and bear seeds of the plant like an apple.

A vegetable is any plant that consists of the seed (garlic), root (potato), a leaf (lettuce) or a stem (broccoli) that is used as food before it flowers.

A cucumber comes to us in the heat of summer because it literally cools the body temperature down when eaten. This makes a great natural medicine for hot flashes due to menopause, a hot body temperature from sunburn or from a fever.

When a cucumber is eaten, it becomes a natural cleanser for the colon because it is a water plant bringing irrigation to the body. The fiber, if eaten with the peel, not only flushes the colon but also coats and protects the lining of the colon with mucilaginous properties.

The cucumber is also good medicine for the bladder, spleen, stomach, large intestines. It is used in skin products and its juice is a refreshing preventive wash for acne. If you remove the peel where the mineral content is the highest, it will lose 25% of its nutritional properties of vitamin A, C, Iron and calcium.

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

Part 1: All About Beef

As promised in my June article, "Inflammation, Friend or Foe?" I want to give you information on pro-inflammatory foods to avoid. Since I wrote in February on the dangers of sugar, I will focus on fatty acids now. One way you can help keep inflammation under control is to be careful of the types of fats in your diet. The most damaging is the trans-fats. Trans-fats are naturally occurring in small amounts, but occur in much greater amounts in fats that have been chemically altered, such as hydrogenated fats, or polyunsaturated oils that have been heated too high or too many times.

In recent decades saturated fats have been given a bad name. The most maligned of these is animal fats. It is important to understand that all naturally occurring fats contain a variety of saturated, mono-unsaturated and polyunsaturated fats in various proportions. Some contain a much higher percentage of one of these types of fats. For example, animal fats are higher in saturated fats so they are labeled as such. Polyunsaturated fats include the omega-3, omega-6, and omega-9 fatty acids. All of these fats are important and combine to make up the composition of our cell walls. The saturated fats, such as cholesterol, give the cell walls structure and solidity; the polyunsaturated fats give it flexibility. Healthy cells need both qualities.

In talking about inflammation, we concentrate on omega-3's and omega-6's since they are essential fatty acids, meaning that our bodies cannot make them and we must get them from our

diets. Omega-3 and Omega-6 fats are anti-inflammatory and pro-inflammatory, respectively. Many experts believe our diet in past decades provided an even balance of omega-3's and omega-6's or a 1:1 ratio. Today, the typical American diet tends toward a ratio of 1:10 or worse. This means for every anti-inflammatory gram of fat in our diet, we consume 10 grams of pro-inflammatory fats. Is it any wonder inflammation has become such a health problem?

So let's discuss that most dreaded of the saturated fats - red meat. Most cattle today are grain fed, a very unnatural diet for a cow that results in beef that is very high in the pro-inflammatory fatty acids. Add



to this the growth hormones and other drugs given to the animals and you start to see how red meat has earned its bad name. By contrast, grass-fed cattle have a much higher percentage of the omega-3 or anti-inflammatory fats. However, it seems all grass-fed cattle are not created equally. I recently attended a talk by local farmers, **Mike and Molly Peterson**, who practice "sustainable agriculture" at Mount Vernon Farm in Sperryville. They explained that sometimes a cow called grass-fed has only been pastured up until the last 90 days, and then is fed grain until slaughter.

Since a cow puts on most of its fat in the last 90 days, this beef is not much different than a wholly grain fed cow. Conversely, according to Pasture

Perfect, by Jo Robinson, grass-finished beef (from cows pastured up until slaughter), is four times lower in fat than grain-fed beef. To top that off, not only is the overall fat content of the beef much less, but the percentage of the anti-inflammatory omega-3 fats is much higher. In fact, the omega-3 to omega-6 balance of grass-finished beef is almost 1:1, compared to up to 1:5 in grain-fed beef.

As you can see, there is much to learn about the types of foods that promote and combat inflammation. Stay tuned for my next article in October as I continue to illuminate the anti-inflammatory diet.

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The Late John D. Holmfeld

GIVING BACK ... AGAIN



"Joan's Still Life" by Paula Rose

Pragmatic and passionate in life, the late John D. Holmfeld had made his wishes clear - he would remain that way after he was gone. This month, his family honors his wishes, as **The John Holmfeld Art Collection** (61 artworks, all created by local artists) is the focus of a special exhibit and silent auction at the Fredericksburg Center for the Creative Arts through Aug. 31 (Opening Reception First Friday).

The show catalog is available at www.fccava.org/ under the Frederick Gallery tab, August 2012 (21 pieces have already sold online). The "John Holmfeld Art Collection" was donated by his family after his passing in October 2011. All proceeds benefit preservation of FCCA's Silversmith House "Building Fund".

Joe Di Bella, a distinguished Professor of Art at the University of Mary Washington who served as chair of the Department of Art and Art History and Director of University Galleries, and was instrumental in the establishment of UMW's Ridderhof Martin Gallery, offers this testimonial (excerpted here) to Mr. Holmfeld:

"Too infrequently do individuals of candor, discernment, fine-tuned intellect and gentle nature come into our lives. But then, because of this rarity, those individuals impact us and challenge us in ways that make them memorable

above so many others. John was one of those rare ones... He was passionate but not in a theatrical way. You could see in his eyes the intense mental processes at work before he spoke... Let's say John often spoke with annotations. He was, after all, a writer."

John Holmfeld, Di Bella explains, was known as a skilled, professional writer who exercised the highest standards of grammatical structure and clear syntax, and also, he goes on to emphasize, "...a hands-on, face-to-face kind of person and was committed to the art of direct, persuasive communication..."

The "Pragmatic, rational, insightful, opinionated" Mr. Holmfeld was, says Di Bella, "...at the same time compassionate and temperate. His broad smile often ended long and learned discussions on a full array of topics. That smile also would precede his greeting of a friend. In both



"Life with Grapefruit" by Heidi Reszies Lewis

circumstances John took pleasure in the worth of the individual. He made each one of us feel important to him... of course we all found great worth in him as friend, advocate, mentor, and example of a generous and active life."

John Holmfeld cared about art in every form. He once walked into a downtown bar, not for a drink but to hand bartender and Front Porch owner Rob Grogan a slip of paper on which John had listed the month and year of every issue of Front Porch that was missing from The Virginia Room at the Central Rappahannock Regional Library. John wanted to be sure the archive would be maintained and complete.

His passion for the arts was well known and demonstrated by his countless actions. After retiring from a

distinguished career in the space industry working on rockets in California, researching for the Library of Congress and the Science & Technology Committee in the U.S. House of Representatives, and writing several technical reference books, John Holmfeld came to Fredericksburg looking for an active arts community where he could join arts organizations and support the full spectrum of the arts.

John loved books, poetry, literature, history, music, nature and probably most of all art. He supported many organizations including the Richmond Ballet, the Richmond Symphony, the Fredericksburg Pops Orchestra and the University of Mary Washington music programs and art galleries. He served on many boards including the University Gallery Council and the Fredericksburg Center for the Creative Arts, where he sponsored and arranged an annual Docent Luncheon to honor the volunteer docents at FCCA.

The John Holmfeld Art Collection exhibit is one to attend as both a tribute to John and as an active show of support for the FCCA building fund. John would like that, passionately.

Many people from the arts community contributed to this story. - RG

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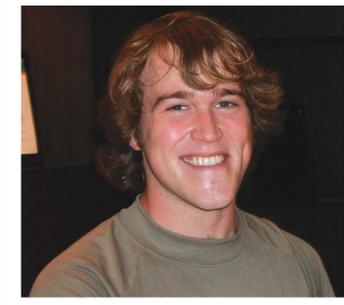
scene&heard
by megan byrnes



Ken Higgins (at left) of J.F.Fick gave a "Tips" workshop on serving responsibly, to participants from Bistro Bethem including **Matt Mastalski** and **Derek Shea** on a recent day-off Monday. All 11 aced the multiple-choice test and snacked on pizza. Sounds like my kind of test (Because booze and pizza).

Overheard at Otter House: (talking about an ex-roommate) "She would never clean up, and I like to run around the house naked a lot." I mean, I can't blame them. Who wants to run around naked in a dirty house? Ew!

Seen: **Dave Hitchens** (below) scored a new spot behind the front desk at the Courtyard Marriott downtown. If affable were to be personified, Dave would be that person(ified). Seriously, go down there and say hi to him and get back to me. Perfect position for a guy like that.



From the sound of things, you may think NASA is building a new headquarters on William Street, what with the LCD screens, stars on the ceiling, glow in the dark bar and other space-y, cosmic accoutrement, but no! It's not NASA! It's the Orion, the new sushi restaurant/lounge/bar that's opening up smack in between Castiglia's and the soon-to-be-open Vivify burger lounge. Owner **Ryan Bullock** has got his head in the clouds, in the best way.

Seen: Two of my very favorite former Hyperion co-workers were in town for a brief time last month. **Sarah Appleby** put in a few hours behind the bar and **Alex Pittman** breezed through for (literally) 15 minutes at the start of one of Sarah's shifts.

86'd: Bistro Bethem long-time favorites, **Brian Downing** (below) and **Kimberly Suttle** clocked in for the last time last month. Both graduated from UMW in May and apparently wanted to "start careers" and "use their degrees". We will miss you!



Seen: **Rebecca Thomas** working/people watching at Hyperion Espresso, Eyeclips Studio's **Ken Crampton** smelling the fresh peaches at Wegman's, **Mike Skinner**, owner of Horseshoes and Hand Grenades, bespectacled at bistro, **James Zitz** (below) hanging out at 909 Saloon, **Dan Peterson** and **Ana Brugos**, owners of Hyperion Espresso, making a quick stop at Giant, catching me making a rather girly purchase (ok, ok, I'll tell you since you begged. 2 Fashion magazines and 2 pints of gelato. It's summer.)



Lauren Roan-Parks and **Chris Parks** welcomed baby **Grace** (below) into the world last month; the little lady is their second kiddo. Their first, **Liam**, seems to love his new role as big bro.

Heard: **Jay Stirling** played a surprise Brokedown Boys show at the Kenmore Inn, **Green Boys** played a impromptu show at the Otter House, as their original venue, Market Square, was rained out (tell me, what wasn't rained out last month?).

Happy July birthdays to **Garrison Rule** (now in LA), **Michael Geddes** (voice of the Idiomatics), **Jessica Sutton** (expecting), **Brandon Newton** (below, currently at the



Cape), **Amber Hildebrand** (eating ice cream in Alabama), **Ray Woodruff** (celebrating a particularly monumental number), **Ashley Poe** (my current Pinterest crush), **Seth Casana** (Sethfest XXX1) and **Blake Bethem** (yet another monumental number - met with a monumentally surprising party put on by his crafty wife **Aby**).

When life hands you a days-long power outage-inducing storm on the eve of your best friend's baby shower that you've been planning for months, you...wait a week and throw her a mini-shower at your house. While it was a big bummer to cancel **Laura Craig's** big baby BBQ bash due to the no power thing, her friends **Danielle Payne**, **Alex Capshaw-Taylor**, **Betsy Park** (and me), quickly pulled together a Mexican food-themed bash. We had gifts to give and polka dotted straws to use!



Oh, and speaking of babies and **Danielle Payne**, congrats to her and her bearded husband, **Michael Payne**; the pair is expecting their first bebe on the eve of 2013!

Cheers to **Robert** and **Jose Gonzalez** and the rest of the Soup and Taco crew! The beloved Fredericksburg spot is celebrating 4 years this month. Be sure to stop by through August to take advantage of their celebratory deals and specials!

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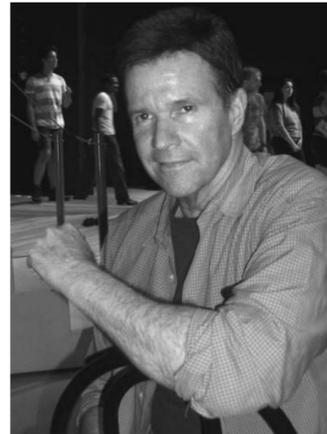
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Phantom of Choice

A WINDOW TO ERIC'S SOUL



What's behind the mask? The renowned Broadway version is unrevealing. If you want the back story, the finely-written glimpse into the lead character's soul - and the answer to my question - you must hear and see Maury Yeston and Arthur Kopit's rich score, convincing narrative, and dramatic musical performance. They come together in the critically acclaimed version of *Phantom*, now playing at Riverside Center.

And who better to play the lead character, "Eric", in the Virginia dinner theater premiere production at Riverside than Patrick A'Hearn? (above) "No one else" says Rollin Wehman, Riverside's General Manager.

Patrick, who is Rollin's associate artistic director, has been there, done that. In St. Louis, Mo, and in West Chester and Syracuse, NY, his performance as Eric in the Yeston-Kopit version of Gaston Leroux's classic novel, *Phantom of the Opera*, added dramatic depth to the lead character. It is Patrick's *Phantom of Choice*, and he should know - he's also played in the touring company of the Webber version.

"The back story in this version reaches Eric's inner soul. There is not a lot of 'what's behind the mask' in the Webber version," he tells me as we sit backstage just before a rehearsal for the August 1st opening of *Phantom*, which runs through October 14.

"This one is a little more demanding," he says of the role, "both vocally and dramatically," adds Rollin.

Once again networking with New York City, Virginia Commonwealth University, and Richmond's Barksdale Theater, just as he has for some of the previous Riverside productions, Patrick

BY ROB GROGAN

has signed an experienced actress and director to his *Phantom* roster. Quinn Vogt-Welch, a New York City-based actress and singer, co-stars as "Christine", the phantom's love interest. Patty D'Beck, (below) a theater professor at VCU, directs this very first dinner theater production of *Phantom* in the United States. This musical version is sure to please even the staunchest supporter of the Andrew Lloyd Webber version.

And the critics agree whole-heartedly. For example, the *Chicago Tribune's* review of the Yeston/Kopit version says the "musical score is superior to the Webber version" and "comes with a deeper human story that relies more on relationships than crashing chandeliers."

Patrick A'Hearn and Quinn Vogt-Welch (whose voice enchants listeners of both



recorded music and live theater scores alike), pull off a stunning performance of the relationship between Eric and Christine. And it's all at Riverside. Call 540-370-4300 for tickets and dinner theater reservations, or visit riversidedt.com...

As we wrap up our interview, Patrick foreshadows next season's theater schedule with a couple of hints of what is yet to come: Next July, look for something from show-biz about the French Revolution... and look for the possible return of a smash hit star in a trans-Atlantic classic... Names? You'll have to wait until Patrick A'Hearn takes the mask off the next big thing at Riverside Dinner Theater.

Rob Grogan and his staff write about regional theater every other month in *Front Porch*.

COMMUNITY LINK

Courtesy of WFVA and Front Porch

AS A MATTER OF F. A.C.

BY COLLETTE CAPRARA

In 2008, local artists lodged the complaint that the City was not doing its part to support the arts. Councilman George Solley (in photo) responded with statesmanlike leadership, working with fellow Council member Kerry Devine to explore what the City could do better. Their conclusion was to broaden the mission, community participation, and activities of Fredericksburg's Fine Arts Commission. "Almost every city that has a viable arts community has some sort of official or quasi-official organization to institutionalize support for the arts on the part of the government," said Solley.

Thus, the Fredericksburg Arts Commission (fredarts.com) was created to advise council on "artistic, aesthetic, and cultural aspects of the city," and make recommendations to promote art, art education, and awareness, while continuing to serve as a conduit for arts grants. The commission, comprised of up

to 11 members, includes representatives from organizations that develop arts projects (schools, the university, non-profits), and local artists. Julie Perry, of the city's tourism and economic development department, serves on the committee, as do councilors Solley and Devine. "Some artists may not be used to working in the organizational environment of an official government entity, so we serve as a liaison between the really, really 'government' part and what the commission does," said Solley.

Action-oriented community involvement continues to be envisioned as well. "It's critical and essential to how the commission can best serve the community," said Solley. "We can't do things by ourselves and we want to work with people not on the commission to move forward and implement our various projects... (and) initiatives (they) want to do themselves..."

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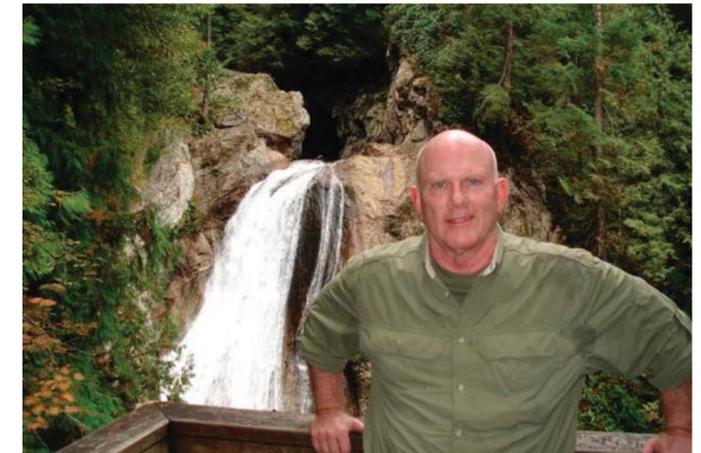


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The commission established an Arts District downtown that offers waivers and tax incentives; accomplished the mural panels in the 800 block of Caroline, and the "awareness" banners throughout the city (created by Bill Harris, Betsy Glassie, Johnny Johnson and Paula Rose).

The city will again host *Via Colori* (ViaColori.com), September 21-23 at Riverfront Park on Sophia. Michael William Kirby, its Featured Artist this year, was hailed by *The Los Angeles Times* as "one of the best street painters in the world" and has won the title of Master Street Painter in every major European Street Painting festival. Local artist Carol Iglesias is the Signature Artist. Solley considers *Via Colori* a gateway to an even larger event in the future - an annual three-day Arts Weekend featuring arts, music, and performances by the full spectrum of the arts community (Note: *FXBG's Music Festival* runs Aug 1-Sept 1; *Art Attack* is Sept. 8th. Both are private sector initiatives).

The Arts Commission recently welcomed four new commissioners - Michelle Crow-Dolby (Gari Melchers/Belmont), Harvey Gold (Rappahannock Pops, Arts & Cultural Council, UMW Philharmonic), Kimberly Kemp (Stage

Door Productions), and Ryan Poe (Rapp. Independent Film Festival, Fredericksburg All Ages) - and its new chair, Seth Casana (founder/ leader of Elby Brass), whose can-do, innovative, solution-oriented leadership style and experience brings a bevy of creativity and energy to the helm). The public can attend Arts Commission meetings on the first Tuesday each month, 7:00PM at City Hall.

Casana and Solley will appear on WFVA's *Community Link* on Sunday, Aug. 19 at 8:00 a.m. (listen live at WFVARadio.com or AM1230 WFVA) to underscore the importance of establishing a permanent performing arts venue and to promote the removal of outdated/counterproductive restrictions on artistic ventures.

Collette Caprara, a local writer and artist, is a member of the Arts Commission. Amanda Palmore contributed additional information on *Via Colori*.

COMMUNITY LINK

Join AM1230 WFVA every Sunday morning at 8, for an in-depth discussion about our community.

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FXBG Music

FROM STUDIO TO STAGE WITH
RENAISSANCE MAN MATT MONTORO

BY ASHLEIGH CHEVALIER



His name is **Matt Montoro**. Guitar Player, Studio Owner, Producer, Songwriter, and the list goes on and on. Matt is a renaissance man - and in this current progressive music industry, one has to be.

Matt's studio, Third Stream Music & Design, is a top tier local studio. There is something to be said for a radio-ready recording that meets pro-level specifications. A produced sound can open doors a standard demo might not. And, Third Stream Music & Design can develop a solid professionally designed promotional package around the music, including websites, video, photography, press kits, and other necessary promotional materials. Matt has worked with various artists including **Keller Williams** and Matt's own all-star band, **The Third Stream Giants**.

Matt's eclectic blend of influences and inspirations bridging from Zeppelin to Pearl Jam to Phish to Charlie Hunter and Curtis Mayfield have led him to funk and jazz, which is effortlessly expressed when he performs with The Giants. It undoubtedly comes through in his custom compositions, which have been used for

several Indie film scores, with Scholastic, and ABC's hit show, *Cougartown*.

Matt founded the The Third Stream Giants four years ago. Fronted by Fredericksburg's favorite vocalist and NBC Today Show Talent Winner, **Anthony Campbell**, with **Ben Hite** on keys, **Toby Fairchild** on drums, **Percy Bert** on bass,

and a funky horn section, this act never fails to get a crowd grooving. Their debut album *Cool Human* is featured with well modern funk original music and their live performances have earned them regional and national recognition, including winning DC's Hottest 5. Yes, they are working on a new album — so stay tuned.

You can see this funky, soul crew break it down at the Colonial Tavern downtown Saturday, August 18 at 10p.m. as one of **Fredericksburg Music Festival's** featured acts. Stone Music Management & Entertainment has produced this month long local music festival. It begins **August 1 and rocks on through September 1** with Fredericksburg's best independent musical acts and other traveling acts as well. The line up covers a variety of genres: **Ask Fred** (R&B/Soul/Blues), **Lisa Lim Band** (blues/funk/rock), **Hunter Wolfe & ARE** (blues/rock), **Sunsette Syndicate** (Pop/Rock), **Sabor Afroclubano** (Latin beat), **Gaye Adegbalola & Roddy Barnes** (Blues), **Sons of Solomon** (Reggae), **Pete Mealy & Laurie Rose Griffith** (Americana/Folk), **The Idiomatics** (Modern Indie Rock), **The Dixie Power Trio** (Zydeco). There are a few solo and duo acoustic acts as well: WAMMIE Nominated duo **Chatham Street**, **Denim~N~Lace**, **Cori Blanch**, **Abbe Buck**. There are so many more, so find out at FredericksburgMusicFestival.com

Visit Third Stream Music and Design at 3SMD.com or contact Matt at 3sm@3SMD.com. Anthony Campbell and The Third Stream Giants are at ThirdStreamGiants.com. Like it. Love it. Share it.

Ashleigh Chevalier, who is classically trained in vocal performance and has performed everything from Gilbert & Sullivan to Mozart and Henry Purcell, chooses to share her soul on stage belting rockin' blues.

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Strength
(From *Psalms 3:7*)

In the darkest hour
when all seems lost,
right is incoherent
and beyond our power.

The meek will inherit
earth's fate to come,
as abundance of peace
if they fight within.

Only courage inborn
will storm men free,
where past victories
and fires have been.

Frank Fratoe "celebrates life and its sources" with his current poetry.

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WELCOME TO BLUE MOON MOTORS!

BY RIM VINING



Yes folks, every few years we bring you Blue Moon Specials on vehicles that can only exist in my imagination. Much like the magical Scottish town of Brigadoon which only comes to life for a single day every 100 years, Blue Moon Motors only operates in those months with two full moons... the second one being the Blue Moon. (See disclaimer information below.)

Since we won't be coming back around until 2013, any of you with warranty work or service needs on the vehicles bought since *Autoknown* and BMM started business in February 2000, please contact us to schedule your appointment in August of 2013 when we will once again be open for business, however briefly.

In the meantime check out our 2012 Blue Moon Specials!

2012 Derecho. Zero to Ninety MPH in seconds, absolutely no control over when you will get started, where you will end up or how long the payments might last. We can, however, pretty much guarantee one hell of a ride.

2007 Haboob. Paint is only slightly dull from the wind whipped sand. Be the first on your block to hit 70 MPH on the crest of a wall of sand.

1980 Sirocco. VW made a good try with this one but they missed the point by not tying it to all the other winds of the Mediterranean. The *Sirocco* was quick, but like the wind they didn't last long.

2011 Mistral. Also a wonderful play on the Mediterranean wind theme but this one is a cold dry French wind from the northwest. Think of pairing it with a Pinot.

Yes folks, there is little but the wind whipping around in my brain this month. Kind of like holding a Coke bottle out the window of a moving car... great sound but kind of fleeting.

This thought process all began with the harsh storms in late June, which unfortunately did a lot of damage and there was a tragic loss of life. For this we are saddened and pray we won't see that magnitude of storm again. But come on! When the weather geeks informed us it was *Derecho* we were all pretty sure they were making it up.

(Actually, Gustavus Detlef Hinrichs first used the phrase in 1888 to describe a July 1877 storm that swept across the state of Iowa. Super fast, no trees or mountains or much of anything to slow it down but no way to record the speed either. Kind of like a run on the Bonneville Salt Flats before the stopwatch.)

As for the Blue Moon disclaimer...

Even though the blue moon is touted as the second full moon in a month and even I put faith in that myth, a little research has revealed I was wrong. Yep, wrong. The blue moon is actually the third full moon in any meteorological season having four full moons.

This is a lot like figuring out when Easter falls but different. Actually, while this August does have two full moons, one on the 2nd and the second on the 31st, there is not a blue moon this year because the next full moon isn't until after the autumnal equinox in September and therefore does not fall in summer, hence, i.e., therefore and what-what... there are only three full moons this summer.

This information is not intended to stop devotees of Blue Moon Brewing Co. from planning some serious howling at the moon beer festivals on the 31st. I don't think we should tell them.

Rim Vining's moon mission has not left the ground; you can still reach him at autoknown@aol.com

"10 1/2 WON'T DO"

BY REGINA PRICE



There is a song called, "Ninety-Nine and a Half Won't Do" but for Big Sister **Penny** and Little Sister **Shakyra**, Ten and a Half Won't Do. Their relationship began with the **Rappahannock Big Brothers Big Sisters (RBBBS)** when Little Sister Shakyra turned 10 1/2. During their first outing Big Sister Penny took Shakyra to a local restaurant to celebrate her 10 1/2 birthday. "I was so surprised because I didn't know I was 10 1/2" says Shakyra. Penny had spent countless hours getting to know as much as possible about her new Little Sister prior to being matched. When Penny learned of Shakyra's birth date she realized Shakyra was now 10 1/2 and thought not only will it be a birthday celebration but a "teachable moment" for her Little Sis. This was the beginning of a mentor and mentee relationship built on lifelong learning beyond 10 1/2 years.

Big Sister Penny and Little Sister Shakyra have been matched in the RBBBS program for over a year. They live in close proximity of one another and since that introduction Shakyra has become family to Penny and her 21-year old son. Penny says "I really like kids a lot and enjoy being around them so when my son left home for college, it was not a hard decision to make to volunteer as a Big Sister and the opportunity to be a friend and mentor to Shakyra has been a great learning experience for me". Penny describes Shakyra as "funny and smart with a gentle soul, she keeps me on my toes"! Big Sis says watching Little Sister grow and become more confident in her abilities has been very rewarding, and all the rewards are definitely worth the commitment of being there for Shakyra.

Something else very exciting about Shakyra is her love for gymnastics and cheerleading. Most of their initial conversation at the beginning of their relationship evolved around Little Sister's enthusiasm toward becoming a gymnast. Shakyra didn't stop there but decided to further pursue gymnastics by enrolling in the local Parks and Recreation beginner's class. Penny supported her throughout this endeavor by picking her up from school every Thursday and taking her to gymnastics practice. After practice was over, they would grab a bite to eat and talk about some of Little Sister's strengths and areas for improvement. Since that time, Shakyra has graduated from the beginner's class and was accepted in the Level 3 Gymnastics team that has local competitions in the King George area. Big and Little often discuss topics such as healthy eating and making better decisions. To be a successful gymnast, it is also important for Shakyra to keep focused on getting good grades, especially

since she is an honor roll student and is taking advanced math classes.

Shakyra comments, "I am so happy that I met my awesome friend and Big Sister Penny!" When asked of Shakyra what is her favorite thing to do with Penny, Shakyra replies, "being part of the Guinness World's record as Vampires at Kings Dominion". Shakyra also experienced bungee jumping, rock climbing and participated in the Relay for Life for the first time with Penny. Some of the other activities you might find them doing are swimming, biking, canoeing, skating, constructing a dollhouse, going out to eat and just hanging out. Penny writes, "Little Sister Shakyra is really starting to evolve into a young lady; when I look into the future, I can see myself attending her high school graduation, preparing her for college, watching her get married, and holding her first child". Big Sister Penny is a "BIG" for life!

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

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Close Enough For...

HORSESHOES AND HAND GRENADES

BY JOSHUA CAMELI



When I first walk in to **Horseshoes and Hand Grenades (1009 Princess Anne)**, I am transported back to my childhood. Vintage pinball and arcade games line the walls and around them hang a collection of art by up and coming local artists. There are stacks of comics that you can rummage through and the floor itself is a stunning collage of comic book covers. Racks of vintage clothing fill the floor and classic console games such as Super Nintendo are available to play and purchase. A customer comes up and asks to listen to a selection off of a Cat People's album from the wide selection of vinyl albums in the store. But it's not really a store, Horseshoes and Hand Grenades is a multimedia antique and art gallery for the lost generation, and is the brain child of Fredericksburg native, **Mike Skinner**, whose stated mission on facebook is "To supply our demographic with the greatest threads and grooves in town."

Mike grew up in the various antique stores that were owned and operated by his parents and has a love for vintage clothing and vinyl albums. He always envisioned having a place of his own that would celebrate the past and tie in today. After getting away from his parents business, Mike worked for a couple of record labels, but hated having to answer to someone else and knew his calling lay elsewhere, so he saved his money and opened a booth in an antique mall downtown.

Business went well and in late 2009 to early 2010 Horseshoes and Hand Grenades opened up on Caroline. Mike chose to open his business in downtown Fredericksburg, because "it feels like one big family," Mike says, "When you come downtown it feels like going to Cheers." He also noticed what he calls an "Awesome, blossoming art community"

and wanted to have a place where these artists could display their work. As a result of this vision, Mike set his sights on a bigger space and opened his current space on Princess Anne on June 23. So far, Mike is very happy with the new location, "I think it's the perfect time and the perfect place."

Already, every artist who has had their work displayed there has sold one or more of their pieces illustrating a desire for the work of a new generation of artists to be seen, and making Horseshoes and Hand Grenades a new showcase for local artists. The new location is also large enough to host bands and it is not uncommon on a Friday night for them to be holding an all-ages show with a lineup of up and coming musicians. In essence, Horseshoes and Hand Grenades is trying to cultivate the future of downtown Fredericksburg and channel its artistic energy.

Stepping into Horseshoes and Hand Grenades is like taking a step back and a step forward at the same time. Come in take a look around and play a vintage 1970's pinball machine, get a comic, browse through the records (no cd or mp3 ever could sound as good as a piece of vinyl), or support your local artists' amazing work on the walls inside.

One last thing, before you enter Horseshoes and Hand Grenades a stand up piano sits outside against the window. I asked Mike what was the purpose, he replied, "Because it (Fredericksburg) is an art driven, music driven town. It's there for all to play and to fill the streets with music. It's also there just to have one more thing for people to scratch their heads about." Remember to support your local artists and the artist within.

Joshua Cameli is big brother at The Otter House and The Sunken Well Tavern.

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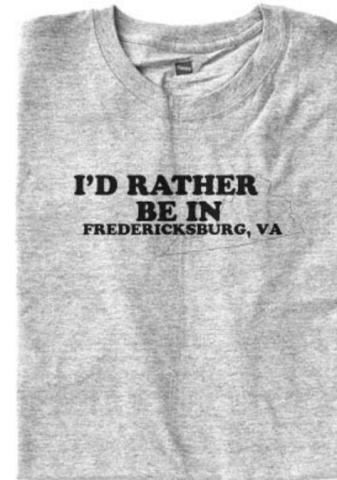
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The Ten Stages of Fred

BY MIKE JONES



For the first time, the science behind people who move to Fredericksburg is revealed as a helpful tool in identifying others and understanding ourselves.

Stage I - Hidden Treasure. Whether as a recruit or happenstance adventurer, all who visit here have the same initial reaction: "How cute! I can't believe this is so close to Washington and I've never even been here!" The enchanting architecture downtown, sense of history and patriotism, and the charm of what sounds like Southern accents spawns deeper exploration followed by a return visit and Stage Two.

Stage II - The Wrestle. As the return visitor wanders Caroline and Princess Anne streets, and detours on residential arteries like "Charles" or "Prince Edward," he imagines moving to what he now simply calls "Fred." He envisions a life of brass bands and mechanical cash registers, of butchers and

bakers, of friendly handshakes and "suppers" that begin at five. Peaceful, well-adjusted people happy to watch the fireflies twinkle complete his vision of this good life.

Stage III - The Quill. A visit to a real estate office heralds this most critical leg of progression. Stage Threes are often identified by overheard conversations like, "I would have to pay TRIPLE for a place like this in Alexandria."

Stage IV - My Oyster. Stage Four occurs when you begin to believe that FXBG has everything and cite a handful of local businesses like Goolrick's and Sammy T's as examples why Fred is the best of all worlds: Cosmopolitan and quaint, savvy but simple, city and country, Northern and Southern, big and small.

Stage V - Ruby Slippers. Even the Technicolor wonders of Oz can't keep a Stage Five from the monochromatic comfort of Fred, and he rarely travels beyond Stafford or Spotsylvania. Vacations to Myrtle Beach or Rehoboth are replaced by daytrips to Colonial Beach. Visits to NYC yield to afternoons in our Central Park.

Stage VI - The Stirring. The Stage Six almost never goes beyond city limits and begins to notice little things, asking himself such tough questions as: *Is that really a Southern accent? Was that a smile or a grimace? Why do only the store owners make eye contact? Why does that man look scared? What do they mean when they say that's how they "do things" in "Ole Fuddricksbu?"*

Stage VII - Panic. The road configuration here was designed to handle the rebelliousness of Stage Seven. Streets are one-way or end and begin again in unrelated areas, and the Seven can't remember how to get out. If he manages, he is lured onto Route 17, only to be directed through loops and circles into exhaustion.

Stage VIII - Acceptance. Like the caged hamster who figures out his wheel goes nowhere, the Stage Eight retains a vacant calm, traveling by foot on the same streets that lured him. Erratic, often swinging his arms wildly or with no visible head motion, he is usually quiet but occasionally misbehaved. In his mind, he is home.

Stage IX - The Snap. After weeks or years, magic happens; an epiphany, really. Stage Niners recognize there actually IS nothing outside FXBG; the rest is only a purgatory from which newcomers appear. Everything this world has to offer is right in front of him - and within walking distance.

Stage X - A New Beginning. The giddy Stage Ten craves more. He studies art forms, embraces the mores, begins to replace words like "right here" with "rah-cheeah," and speaks of "salt fish" as though it were real. He appears as local color, when he may be from New Jersey originally. Those memories pop up only in dreams; he lives in bliss.

The Stage Ten recruits outsiders. The truly gifted are appointed to positions in wheeled trolleys or faux steamboats. Everyone shares the responsibility of Greeter. Parking spaces are limited to newcomers who still drive. A train station houses a German restaurant to attract people from really far away. The blissful Ten assumes his role in the circle of life, spreading the word of ultimate joy to the newcomer. He is at peace.

Mike Jones' family moved here in 1979 to a house that his father, a diplomat, still owns and always returned to between overseas assignments. Mike, a graduate of William and Mary whose career in casino marketing has taken him across the country, moved back from Sonoma, CA last February and lives on Caroline Street, Downtown.

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