

YOUR GUIDE TO THE LOCAL GOOD LIFE

# FRONT PORCH

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Local Good News Since 1997

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COVER ART BY BILL HARRIS

**Rich Serbay**

**THAT BIG HEART**

BY KATIE HORNING



Ask anyone who works in education, and they'll tell you teaching is a tough profession. Most aren't referring to the almost adequate salary or the out-of-school time requirements, either. To be in the business of high school education, you have to be a bit of a masochist - You have to love, believe in, and foster students who may never be able give anything back during those four years. Famed James Monroe High School football coach and educator **Rich Serbay** calls this love optimistic realism.

His belief is that his "kids," who are his priority, can always make something positive happen, but he recognizes that there are some who step backward rather than forward. Still, he asks them to try and understand the opportunities they have in front of them. Those who do not, he confesses, break his heart. He continues, however, to insist that they play for those who came before them and set the standards for those who follow.

Rich is a man who is fixed in the present but has a great perspective on the future. It's his main concentration that keeps him rooted in the moment: *Get the kids to play good football; get the kids to graduate; and hopefully get a number of the kids to go to college.* Part of that focus means he recognizes the grief that the one-point loss at State Championship of 2011 affords; however, what is more important is that the 2012 kids got to go back there, play their hearts out, and make their own mark on the history of James Monroe. Rich's philosophy is when an opportunity presents itself, you take it and do something good.

A self-professed "kids' coach," Rich knows that he has always wanted to be the one to provide them with something that no one else has.

Sometimes he might go overboard and do some things others tell him he shouldn't, like buy the kids food, socks, shoes, clothes - give them a roof to live under when their own home isn't the best.

That "big heart," as many of his close friends refer to it, he attributes to his mother, **Eva**. He beams when he speaks about her and her love of Polish, carbohydrate-loaded cooking. **Sam**, Rich's father, gets credit for the work ethic that places this record-breaking coach at the high school seven days a week.

**Chris Larimer**, a seventeen-year-old James Monroe senior offensive lineman, is one of those kids who now understands Rich's philosophies. This young man grew up watching JM football games and knowing he wanted to play for Coach Serbay one day. In his freshman year he did, and he was so appreciative of Rich's personal words of encouragement: "You're going to be a great football player. All you have to do is work hard and play with your heart." After a rough season, however, Chris decided not to return to the team. Out of respect, Chris was worried he'd upset Rich with his decision. It was Rich's response that moved Chris most. He said, "I don't care what sport you play as long as you're doing what you love."

Chris returned to the team this year and played for Coach Serbay in the State Championship at Liberty. After they lost, Chris recalled that Rich remained calm and told him how proud of him he was in that moment and that he was so grateful Chris had come back to play for him.

The esteem afforded to Rich Serbay is great - as great as the number of young men he has supported in his last thirty years of educating and coaching. His success, perhaps, resonates best in the words Chris Larimer uses: "Knowing Coach Serbay and being able to play for him has been the biggest honor I've received in my life. If I could play for a state championship winner coached by someone else or a 0-10 team coached by Serbay, I'd choose the 0-10 team in a heartbeat with absolutely no remorse. Coach Serbay just has that effect on people. When you play for Serb, you aren't just playing on a team or for a coach, you're in a family and you have a father."

Katie Horning is an English teacher and journalism advisor at The James Monroe High School.

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

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

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# ON THE PORCH

## SACROSANCT

Christmas cards arrived one after the other bearing pictures of children. With each card, I teared up at the images of those precious children in my life - grand nieces and nephews, and the children of friends. I can't imagine anything short of a long and complete life for any of them.

It's been weeks since Newtown, CT became our sister city and the entire world adopted Sandy Hook Elementary's children. Children - our most sacrosanct priority. We hold them dearly. We protect them with nurturing and laws, starting with our Constitution. It contains 27 Amendments that are sacrosanct, except not all of them are. Some are open to reason for the good of us all.

Take the First Amendment. It allows us to make whatever movie we want, write any song lyric, make and sell and play virtually any conceivable video game, or view pornography if we choose. But wait, we do have restrictions even on Amendment One: We can't yell "fire" in a crowded theater, or threaten the life of a public servant, or give or receive child pornography. And all for good reason.

So what makes the 2nd Amendment (that one broad-stroke sentence) totally, unequivocally sacrosanct to some? Why is there no room for reasonable restrictions within this law when there is room within others? There is nothing in that lone sentence to suggest that limiting the lethality and speed of a weapon, or requiring some information about its seller and owner, will infringe upon the right guaranteed therein.

Having friends on both sides of the "gun control" debate, I hear intelligent reasonable arguments from both sides. A friend in suburban Connecticut posted his priority of life over unrestricted gun ownership. A former high school classmate commented on gun ownership, responsibility, and the types of

environments where citizens carry guns, as he does in rural Tennessee. Yet, these two intelligent, reasonable people from entirely contrasting environments are able to discuss the issue civilly and believe we can get to what is reasonable. Why we struggle to reach a consensus when it comes to our children's safety, and our rights, is uncivil to them and to me. No guns, period; or, more bigger, badder guns are not reasonable answers. Arming the entire USA may make a good western movie but not a safer culture. Stripping away our right to bear arms may make us vulnerable. Somewhere in between is the answer to this one factor in gun violence, of which there are many.

What about armed guards? At Columbine, two experienced former police officers described the scene: "There was an unknown inside a school. We didn't know who the 'bad guy' was but soon realized the sophistication of their weapons. These were big bombs. Big guns. We didn't have a clue who 'they' were." The guards wisely avoided a shootout. And what about firepower? Jesse Clear, who supplies ballistic rubber media to firing ranges (which safely encapsulate the fired projectile and its byproducts - lead dust, ricochet shrapnel, back-splatter), wrote on *Fredericksburg Patch*, "Neither style weapon - nor its accoutrements (30-50-round magazines, 100-round drums, unjacketed or hollow-point bullets, stockpiled ammunition) have any business in the hands of civilians. If one wants to outfit themselves with such an arsenal, I suggest they join a WELL-REGULATED Militia - as detailed in the 2nd Amendment - Marine Corps, Army

send Christmas cards, but I think I will make one and send it to Jo Middleton (Retired & Buck Naked...). Is Whittingham a genius or what? (Anatomy of a Window Display) So so many people look forward to Front Porch every month. It is a hot steaming cup of FXBG overflowing with the sights and sounds of this fair town. Beautiful issue, "cat herder." Ho! Ho! Ho!  
Arch Di Peppe

And... Karina Maddox wrote: "Love it! My 5-year-old calls her the "hot cocoa lady." He made the mistake of touching the replacement - the alarm went off and scared the living daylight out of him!

Rob: About our December cover: Love it! I also think we should elect Rim Vining (Autoknown Better) Pope of FXBG. I don't



infantry, Seals, Delta Force, Virginia National Guard, or any big-city police SWAT team."

Other answers do exist, some simple, some complex. As for schools, sophisticated entry systems that protect buildings from invasion (visit [schoolsafetyssystem.com](http://schoolsafetyssystem.com)) are economically feasible. We just need a polled consensus to mandate our elected officials, not wait for them to move off square one. We need to make public safety sacrosanct. After all, when you tuck your child into bed, read her a story, or lead him in prayer, the only thing that truly matters is their peace. Everything else is open to reason.

As the Preamble to our Constitution says, "We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America." Wise words from wise and reasonable men in 1787. Here's to a wise and reasonable 2013.

*Rob Grogan*

Delighted to see your review of my book, "Fredericksburg, Then and Now." Such kinds words and so appreciated. The book has been doing very well. In fact it has been reprinted by Arcadia.

Tony Kent

About the Cover:  
Artist Bill Harris drew this pen & ink study for an oil painting for our January cover. The drawing sold for \$100 to a patron of Bill's as a donation to EmpowerHouse and its Empty Bowl event this month. The painting is a commissioned work in progress. Collette Caprara tells us Bill's views on the arts community in this issue.

# WINTER HOME MAINTENANCE

## ENSURE YOUR HEATING SYSTEM WILL KEEP YOU WARM

### BY MIKE APPLETON

Winter has arrived. If you haven't done so already - now is the time to have your heating system checked and serviced by a trained professional so it will keep you and your family warm this winter. Heating system check-ups should be done once a year.

**What Are the Benefits of a Heating System Maintenance Check?**

The key reasons to have an annual heating system maintenance check-up include:

Making sure your system will run problem free throughout the entire heating season \* Increasing safety \* Ensuring your system runs as efficiently as possible to conserve energy and keep your heating costs down \* Saving money as small problems are uncovered before they become larger, more expensive problems \* Extending the life of your current system and delaying replacement costs.

**What Should a Heating System Check Include?**

Your heating system check-up should be tailored to your specific system. The following items should be checked carefully and serviced to ensure a comfortable, efficient, problem-free heating season:

**Indoor Components**

Indoor coil \* Primary drain for dirt, cracks, rust \* Flush condensate drain \* Auxiliary drain pan (if applicable) \* Blower for dirt, balance \* Blower motor bearings, amperage \* Air flow \* Filters \* Thermostat \* Wiring, connections.

**Outdoor Components**

Outdoor coil \* Outdoor fan for balance \* Fan motor bearings \* Relays for contact wear \* Capacitors for proper capacitance \* Reversing valve operation \* Defrost cycle \* Compressor voltage, amperage \* Operating temperatures, pressures \* Check that all covers, caps, and seals are in place.

**Gas Furnaces Only**

Heat exchanger \* Draft inducer motor, fan \* Flue pipe \* Drain on condensing furnace \* Clean flame sensor \* Pressure switch, temperature-limit switch, draft switch, roll-out switch \* Gas valve operation \* Gas pressure \* Burners \* Operating temperatures.

**Electric Heat Only**

Relay/sequencer operation \* Heater voltage, amp draw \* Operating temperatures.

**Oil Furnaces Only**

Burner \* Clean, adjust electrode, nozzle assembly \* Replace oil nozzle, filter \* Test oil pump operation \* Flue pipe, barometric damper 8 Test; adjust safety, operating controls \* Electronic combustion analysis for peak performance.

**What Can You Do for Your Heating System?**

Increasing your home's energy efficiency takes some of the burden off your heating system, reduces your energy consumption, and lowers your energy costs. The following efforts can make a significant difference:

Change or clean your air filters regularly year-round. Dirty filters cause heating systems to overwork and can cause heating system failure. \* Remove your floor registers and using a vacuum attachment-clean them out to remove accumulation in your ductwork. \* Minimize making frequent adjustments to the thermostat to reduce the number of starts and stops for your heating system. Either set it and forget it or use a programmable thermostat. \* If your system has an outside unit-like a heat pump-be sure to keep the area around the outside unit clean and free of leaves, snow, ice, and debris. This helps the unit function more efficiently in terms of air flow and heat transfer. \* Make sure your trees and shrubs are not encroaching on your outside unit. \* Caulk doorframes



and windows to seal cracks. \* Be sure there is adequate insulation in your walls and attic.

**Take Care of Your Heating System—and Enjoy a Comfortable Winter.**

Make an annual heating system maintenance check part of your routine and you and your family will enjoy a reliable, energy efficient, worry-free heating season.

Mike Appleton is President of Appleton Campbell, a local, family owned heating, air conditioning, plumbing, and electrical services business, providing customers throughout the Greater Piedmont Region and Northern Virginia with honesty, integrity, and experience since 1976. Reach Appleton Campbell at 540.645.6229 or [appletoncampbell.com](http://appletoncampbell.com)



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# LOCALLY YOURS

## BILL HARRIS LINKS THE PUBLIC TO THE ARTS COMMUNITY

BY COLLETTE CAPRARA



Renowned and ubiquitous Bill Harris had a penchant for drawing during his boyhood in Philadelphia, and in his teens tried his hand as a cartoonist. His first work in oil was a portrait requested by a friend in memory of his dad.

"It was the first time I felt challenged and was doing something that didn't come natural to me," he said. The family was pleased and Harris entered the arena of a new medium. He continued painting in the evening hours after work and ventured out to take on commissions to paint murals—mostly in children's rooms and nurseries.

In Philadelphia, Bill married Karen Goodin and had their first son. In 1997, the family came to Karen's "hometown" Fredericksburg when her job required a move. Bill took on the role of at-home Dad and continued when two more sons were born, painting at home in between parenting tasks.

In short time, Bill made friends in the arts community, including Ken Crampton and Dan Finnegan, and continued to explore venues for his artistic skills, ranging from murals to CD

covers, and posters for local businesses such as The Blue Dog (financed by Bill's sale of the original). When Crampton offered him wall space in an exhibit at Eyeclopes gallery, Harris embraced the opportunity and hung a large sampling from nearly 300 works he had painted throughout the preceding decade.

Harris then began doing solo shows in such venues as Riverby Books, 623, and Bistro 309. Eventually, every painting sold—for as low as \$50. As his painting evolved, he focused on what have become his hallmark subjects—figures in "snapshot" scenarios evoking narratives in the imagination of the viewer.

When LibertyTown Arts Workshop opened in 2003, Harris opened the studio he continues to paint in, show his work, and instruct classes. Today, Bill is not only a well-known and admired local artist but has been "discovered" by international talent scouts who have exhibited his works in London. His painting of his sons at Goolrick's lunch counter is featured on one of the banners along streets in our Arts and Cultural district. Bill's determined effort and

innovative strategies to introduce his work to the public inform his ideas regarding what artists need most and how best to support their efforts.

"More than money or grants, the best support for artists is to give them an opportunity to connect with the people. There are many people who come downtown all the time who have no idea about the arts community. They don't know the galleries or how the co-ops work. They don't know our galleries are warm, welcoming places."

Harris stresses the best place to create that connection is a venue where the artists would introduce the public to their work in their medium of choice and showcase what they do best. **Bill is an advocate of "Shop Local" and urges the city and community to seek out local talent for any art-related project they initiate, and engage the arts community in developing plans for them.**

This year, Bill enlisted fellow artist Gabe Pons to work with him to create an event to provide such a link between the arts community and the public, and among artists. Dubbed "The

Art Attack," the event was envisioned as a daylong "happening" where artists of all mediums would create their works along the city streets. With a zero budget, word of the Art Attack was spread by word of mouth, simple fliers, social media, and Front Porch.

The response of local artists was wildly enthusiastic and, on September 8, 65 painters, sculptors, potters, musicians, and dancers—young and old(er)—filled the streets and gave passersby an opportunity to see art in the process of creation (some of whom later visited galleries and purchased art). At the end of the day, the artists packed up their instruments, materials, and tripods and joined in celebration at a picnic hosted by Finnegan at LibertyTown.

In December, LibertyTown featured an exhibit of Art Attack works and photos of artists in action. Plans are underway for Art Attack 2013, September 14. For information, see Art Attack Fredericksburg on facebook.

Collette Caprara is a local writer and artist.



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# What's It Worth?

## PUSH THE BUTTONS

BY ARCHER DIPEPPE

They say you could tell the political party of the citizens of Constantinople 1500 years ago by the color they painted their fingernails. The outward support of political candidates survives today, but according to Glenn Soden, you see more yard signs and bumper stickers than political buttons. It wasn't always so.

I met Glenn online after I was approached by Joan Firehammer at a meeting of the Newcomers and Old Friends Club where I spoke. Joan's church had a Howard Taft button with an elaborate red ribbon that had been donated to support their Missions Fund. I offered to sell it for them on eBay. Glenn bought it for \$65.00, and through the course of emails, I decided he would be a great person to interview. Glenn is a member of the American Political Items Collector, and he has published an article on eBay giving advice to collectors. (<http://reviews.ebay.com/Political-Campaign-Buttons-Pins-Fake-or-Replication?ugid=10000000018012960>). Read it.

The history of the political button is intertwined with the history of technology and our country. The first show of political support was ribbons. Then coin-like metals with political slogans were sold and sewn on clothes. In 1860 advances in photography allowed small portraits of candidates to be made.

The first election that saw thousands of buttons was in the campaigns of William Jennings Bryan and William McKinley in 1896. Then celluloid was used to cover a metal disc. McKinley had over 25,000 made. A rare example sold in 2000 for \$13,000.00.

Luckily for modern collectors, most 20<sup>th</sup> and 21<sup>st</sup> Century buttons can be found for modest prices. A quick

survey of eBay shows that even many rare buttons can be bought for around \$50.00 with many common buttons selling for \$2.00 to \$12.00.

Glenn was bitten by the collector bug at ten when his father took him to the campaign headquarters of both Kennedy and Nixon. "I was hooked," remembers Glenn. Collecting is a form of treasure hunting. You have to know where to go and what to look for. Before eBay, Glenn would hunt in antique shops and flea markets. It wasn't too long before he had a couple hundred buttons. Today he has over one thousand. These days he will buy a group of buttons to get the one he wants and sell the others to support his hobby. Glenn is very interested in getting young people interested in collecting these buttons. It teaches the history of this country.

Glenn has plenty of advice. Be careful about reproductions because they are everywhere online. Kleenex and Craft made sets of reproductions in the 1970's. They are marked on the backs or sides as reproductions, but nefarious sellers will paint the back of the buttons or scrape the sides to remove the reproduction notification. Look for those tell-tale signs.

Do your homework. You can check completed listings on eBay to see what the button you may be interested in has sold for in the past. It drives him crazy to see a common button go for \$75.00 when just a month ago three of them sold for \$25.00. Collectors should also join the APIC. They advertise state and local meetings where you can meet other hobbyists and buy and trade buttons. Read their newsletters.



Like most avid collectors, Glenn has plenty of stories. He once bought a button for \$300 that was worth \$3000, but the real treasures are the people you meet and the things you learn. You can't attach a dollar sign to those. The Taft button Glenn bought from the church is currently attached to an antique 1908 Republican elephant shown in the photograph above.

Archer Di Peppe is a certified and licensed personal property appraiser. Reach him at 540-373-9636.

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# House About Helping

CONCERT HEALS SANDY'S BLUES

BY RUTH GOLDEN WITH LEE CRISCUOLO



"I had the most unbelievable dream! I dreamt that a group of people got together to help another group of people by holding a benefit blues concert. Gaye Adegbalola, Bob Margolin, Andra Faye, Ann Rabson, Phil Wiggins, Roddy Meyer Barnes, and many more talented blues musicians were in the dream. There were tears and laughter, music that healed and left spirits soaring, a great community effort, and love, most of all, love. It seemed so real that my body feels like it had been dancing for hours. Wait! That wasn't a dream? Really? Well, if it wasn't

a dream, then it must be because I live in Fredericksburg." (Ruth)

Our Fredericksburg community came together last month in an amazing effort to help people in New York and New Jersey who were impacted by the devastation of Superstorm Sandy. As award-winning blues musician and FXBG native Gaye Adegbalola says, "When you're feeling blue, one of the best ways to get the most out of the feeling is to go and do something good for someone else... the blues is a real healing music... And if ever

there was a need for healing, Sandy requires it."

She got moving, calling on some of her musician friends, and became a driving force behind *Gettin' Blue #2* — a hugely successful, standing-room only, benefit concert that raised more than \$5,000.

The concert lineup included Bob Margolin (a guitar virtuoso who spent seven years in Muddy Waters' band); Maria Woodford (a throaty vocalist in the tradition of Bonnie Raitt); Phil Wiggins (member of the former blues duo Cephas & Wiggins, and dubbed the best blues harmonica player in the country); Roddy Barnes; M.S.G.—The Acoustic Blues Trio; Steve Rabson; world beat ensemble Nubii; a cappella group The Wild Roots; Andra Faye, Scott Ballantine, and Ian Walters. Gaye was emcee as well as performer. All donated their time and talent. (Photo by Stephen J. Collins)

The proceeds were donated to the Franklin Lakes Restoration Foundation, Inc. (FLRF). Founded by Dana Wizeman, FLRF is a grassroots provider of

such basic needs as meals, clothing, diapers, toiletries, bedding, and repairs. Wizeman, who frequented the beaches of Breezy Point when she was growing up in Brooklyn, felt she had to do something to help after seeing a video of the heartbreaking damage. She started knocking on doors in her neighborhood, and that effort grew into the FLRF.

*Gettin' Blue #2* was produced by us (Ruth and Lee), Connie Moore, Ainsley Brown, and a cadre of volunteers, and was held at the Unitarian Universalist Fellowship's new building in Chatham Heights. Scott Wagner of Big Nickel Audio made the local church sound like Carnegie Hall.

Please send your donations to Franklin Lakes Restoration Foundation, Inc., P.O. Box 85, Franklin Lakes, New Jersey 07417 to help heal Sandy's blues.

Ruth Golden is Director/Live Music Advocate at "House About Tonight" Productions, on facebook and at [www.houseabouttonight.com](http://www.houseabouttonight.com)



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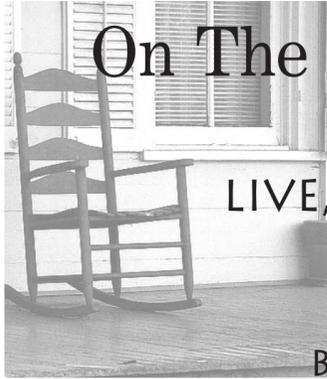
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# Retired & Buck Naked On The Back Porch



LIVE, LOVE, LAUGH,  
AND STRUT

BY JO MIDDLETON

This is a true story. I now live in the country, as opposed to my urban hometown of Fredericksburg, where never would a handsome, feathered poultry boy stroll nonchalantly into my yard on a frosty, windy January winter's morning. A rooster's habitat is not, nor ever will be filled with carbon monoxide from urban commuter traffic, such as that on Route 3. But be assured this fellow was most definitely doing his strut, happy to find birdseed in the grasses of my country living yard, which is devoid of being bordered by roads, cars, buses, vans, and all things making life crowded, noisy, and dangerous to cock-a-doodle doo's.

Master Rooster gave his most

battling off the ravenous predators of the night, I acquiesced to his opinion. I loved looking out the window and seeing Brewster doing his super strut, but it was not to be.

Out here in the land of grow your own vegetables are some ladies of my generation who love fresh eggs and the romantic roosters courting lovely Araucana babes. So off I walked looking for a lady of the rooster rescue persuasion with corn in her pocket and humaneness in her heart. Just off the country road I live on is this really snazzy Southern Living wee cottage, complete with a screen porch (mandatory room in the South, especially for sleeping in the summer) and

crow's nest for keeping a watch for all things bright and beautiful. Leonard the Lab, black and beautiful lives there, and no chicken predator better come by, for the wrath of Leonard (real tough right around the mouth) will descend. When I saw a recent edition *Mother Earth News* on the front step, I knew I had found rooster paradise.

I knocked on the door and she invited me in for a chat and an Old Fashion, a southern lady's whiskey, sugar, bitters, cherry and orange afternoon delight. She came with me to see the feathered boy I had named Brewster, and it was love at first sight. We agreed that Brewster has a philosophy of life that he

conveys with every exuberant crow and strut. He is one happy boy, of the live, love, laugh and strut variety, and I'm going to do a bit of that as I take my box of Whitman's-follow-the-map-January-candy out here retired and buck naked on the back porch.

*Jo Middleton is a peacock among mere hens.*



charming stiff-legged strut, while heading for wild birdseed. Make no mistake I have some downright gorgeous feathered friends at my various feeders, my favorites being the cardinals and goldfinches. But here was the most gorgeous rooster I had ever seen. He was a genuine looker. I wanted to keep him, build a delightful chicken coop with fluffy Araucana chicken babes who lay blue eggs, and call him Brewster.

However, the fellow who has eaten breakfast with me for nigh on to many years was singularly negative about having a Brewster and his babes on our back forty. Since he would be the one



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# Restaurant Week 2013

COME FOR THE PRICE, RETURN FOR THE TASTES

BY JULIE PERRY & AMY PEARCE



Indulging in the Timeless Taste of Fredericksburg is an annual tradition and celebration of scrumptious cuisines. Foodies who dine out during the 8th annual Restaurant Week (January 18-28) will tempt their taste buds with the flavors of the City of Fredericksburg's quaint bistros, corner delis, eclectic wine bars and historic inns — a plethora of palate pleasers with everything from fresh seafood and Colonial-inspired favorites to country cuisine and all-American fare.

What gets you salivating is the three-course prix fixe meal priced at

\$20.13 and served by several eateries in the historic downtown district, which boasts more than 30 chef-owned restaurants. These same participants will also offer a two-course lunch as well, priced at \$10.13.

Participants Bistro Bethem, Brock's Riverside Grill, Capital Ale House, The Colonial Tavern, Eileen's Bakery & Café, Fizzlebottom's Café, Foode, Jake & Mike's, kybecca Wine Bar, La Petite Auberge, The Otter House, Poppy Hill Tuscan Kitchen, Ristorante Renato, The Sunken Well Tavern, Tru Luv's, and the

Virginia Deli will each create their own meals, enabling food lovers to dine out on consecutive days at modest prices and sample the eclectic menus of our chefs.

The appeal of Restaurant Week is a three-course charm of its own. First, it helps draw travelers to Fredericksburg, as Karen Hedelt, Director of Economic Development for the City, explains: "Fredericksburg's historic district is a Mecca for lovers of great food," she says. "Our annual Restaurant Week is a celebration of the exquisite flavors and great taste that our locally-owned restaurants offer. Our great cuisine, coupled with the cultural and historical significance of the area, offers an ideal getaway for travelers."

Second, the event appeals to locals who are familiar with the restaurants and have their favorites, but are budget conscious and can't try them all. But during these 11 special-priced menu days in January, they can.

And third, RW appeals to restaurant owners like Aby Bethem of Bistro Bethem: "I like the opportunity to

advertise to new customers. Restaurants should capitalize on this opportunity for new people to try your restaurant, quite possibly for the first time. The discounted price that the customer pays us provides them the perfect chance to go from considering trying us to the confidence to do so. People are more likely to spend a modest \$20 to try somewhere new for dinner. We put together a good sampling of our fare in hopes of repeat business in the future. In a sense, the customer is paying us to advertise for their return."

The entire Fredericksburg area has become a vital restaurant environment, as well as a classic blend of modern life with small town charm. Some participating restaurants in RW will be presenting live music or the works of local artists. Get information at [www.visitfred.com](http://www.visitfred.com).

*Julie Perry, tourism manager for the City, put out the press release that anchored this story by her and writer Amy Pearce.*

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# LIBATIONS

## TONIC

BY SEAN PLACCHETTI

My favorite after-work drink is a simple Gin & Tonic with lime, made with good gin and homemade tonic. Making homemade tonic is only difficult in that requires tracking down some hard-to-find ingredients - not a problem, though, if you're willing to shop online. It's worth it, I think, to have quality tonic available at home. The best thing about making your own tonic is getting to control the flavor profile of what's usually a two-dimensional mixer. Homemade tonic drastically improves the flavor of cocktails and, once you've tracked down all the necessary ingredients, it's easy to make.

I order all of my barks, roots, and dried flowers from the website [dandelionbotanical.com](http://dandelionbotanical.com). Other suppliers are just a quick Internet search away, but I recommend the Dandelion Botanical folks wholeheartedly. Citric acid, also needed for this recipe, is available locally - it's labeled as 'Sour Salt' in the Kosher section of grocery stores.

Another quick point to make is that this recipe calls for a lot of citrus zest. Using quality organic citrus will make a huge difference in how your tonic turns out. Nobody wants to drink down pesticides with their cocktails, and scrubbing fruit before zesting causes them to lose oils that are essential to the flavor of your tonic.

When I first started making tonic, I used a recipe from the food blog Lottie & Doof. Now that I've made it a few times, I've tweaked that recipe to better suit my own tastes. My homemade tonic is not as sweet as store bought tonic water. It brings out the other flavors of a drink, rather than covering them up with sticky sweetness. The recipe that follows meets my criteria for great tonic. After you've got the basics of the formula down, be brave and make this recipe your own.

**Tonic Concentrate**  
4 cups water; 4 stalks lemongrass; 3 cups simple syrup; 1/8 cup finely ground cinchona bark; 1/8 cup citric acid; 1 tsp whole allspice; 1/2 tsp whole green cardamom pods (crack them before adding); 2 tsp dried lavender; zest of 4 limes; zest of 4 lemons; zest of 2 grapefruits; dash of kosher salt

Place all ingredients - except the simple syrup - in a covered saucepan and bring to a boil. Reduce heat immediately and simmer on low for 30 minutes. Let cool to room temperature, then transfer the mixture to a jar. Let sit in the refrigerator for two days.

After two days, strain through several layers of cheesecloth. Refrigerate in the same jar as before, now rinsed and dried, until sediment accumulates on bottom of the jar (one or two days). When the layer of sediment seems stable, gently pour off the liquid but leave the sediment in place. Add the liquid to an equal measure of simple syrup, mixing well. Then keep the liquid-simple mixture either in a jar or a bottle that can be sealed and put it back in the fridge.

Your fresh homemade tonic concentrate will keep for many months in the refrigerator. To use in drinks, just mix the concentrate with equal parts seltzer or club soda. This will give the tonic bubbles and dilute it to the feel of normal tonic.

See y'all next month when we'll take this tonic and put together an amazing cocktail.

*Sean Placchetti creates many of the cocktails and their ingredients served at Bistro Bethem.*

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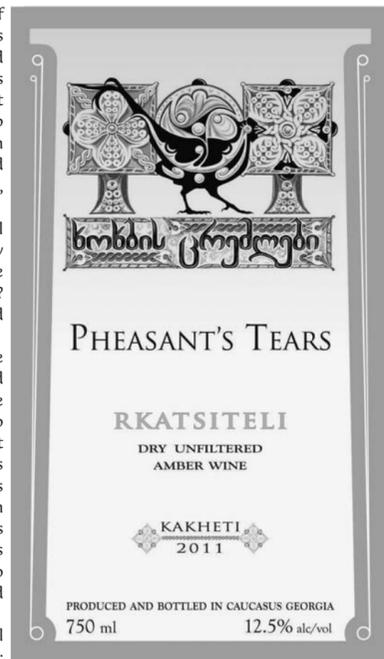
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# Vino

## I CAN OR-ANGE IT FOR YOU

BY MATT THOMAS



Even the most casual of wine drinkers knows that wine comes in three colors: red, white, and occasionally pink. Shades and hues may differ and flavors vary a lot, but in terms of categories this is it. Go to any wine store or any wine section and you will find reds grouped together, whites grouped together, and a few pinks grouped together.

But what if I were to tell you that there is a fourth category of color, one that even wine enthusiasts may never have seen? Well folks, it exists, it's delicious, and it's called **orange wine**.

I'm not talking about wine made from oranges or fermented with orange peel or anything like that. Oranges have nothing to do with it. I'm talking about wine that is orange or amber in color. This is achieved by fermenting grapes normally used for white wine with extended contact between the skins and the juice. In other words, it's very similar to the methods used to make red wine but not with red grapes.

Grape skins impart several features onto the resulting wine: mainly color, structure (tannins), and certain flavors. For white wines this is usually deemed undesirable for various reasons and the juice is fermented without skin contact. However, in certain circumstances fermenting with the skins is not only desirable but produces amazing wines with unique characteristics, and not just the orange color. For example, as with red wines orange wines have tannins. Tannins are the stuff that gives red wine its mouth-drying effect. They also stabilize the wine and allow it to stay fresh longer and age for longer (you've probably noticed that reds hold up longer after you open the bottle).

There are also the flavors. Orange wines differ in flavor from whites as much as reds do from rosés. They are less crisp and fruity, or at least less citrusy. Often the flavors defy description; at least in the conventional way wines are usually described. My best shot is that they often have flavors of dried fruits, nuts, spices, and a kind of vinegar tartness (in a good way). A couple I have tried remind me of *gueuze*, a type of tart Belgian Lambic ale. What they all have in common is that they are excellent with food, especially foods like poultry that are a bit rich for most whites but too light for most reds.

Orange wines are quite common in Eastern Europe, in countries like

Georgia or Armenia. That these countries were in the U.S.S.R. for so long is one reason the wines are not familiar in America. They are still hard to find but one you can is **Pheasant's Tears**, whose "amber wine" is excellent and not too expensive.

Orange wines have enjoyed resurgence in Italy, where the standard, crisp and too often bland style of white is going out of favor. Most orange wines on the market here are Italian. They are usually organic and naturally made as well. My two favorites are **Ageno** from **La Stoppa** winery and **Dinavolo**, both made in the Emilia region from a blend of grapes. The Ageno is the fruitier and more "user friendly" of the two. Neither is cheap but more interesting than most whites at similar prices.

I hope that if all this is new to you that you will give orange wines a try. Be patient; they can be a bit of an acquired taste, but as with all acquired tastes they are extremely rewarding.

*Matt Thomas is a partner in kybecca, which will expand its dining and bar offerings starting mid-February.*

# Season's Bounty

## WITH LOVE FROM MOM

BY VANESSA MONCURE

By the time you read this, the televised crowds leading up to 2013's countdown will be over and you may be suffering a bit from over-egg-nogging. Brand-new resolutions for the New Year may well be dancing in your head as you pack away the annual decorations. So what will it be this year? Absolutely, definitely get the family snapshots organized. Positively clean the attic/basement. Forget about last year's abandoned gym membership and really follow through this time. Pick up on some interests - go camping, learn to draw or even to drive, knit, sign up your dog for obedience classes, determine to learn about wines, promise yourself to try 12 new restaurants this year. Well, those have been a few of my earlier procrastinations. But I did follow through on the restaurant resolution.

Fredericksburg-town is no longer a foodie's backwater - we have a great farmer's market and local CSA, everything downtown from our own butcher, baker, and possibly a candlestick-maker; chain restaurants for the I-95 crowd, to a new

ethnic-food boom, and delicious independent food anchors.

With all of Fredericksburg's history, I'm sure you have a food history in your own family - Aunt Gen's poundcake, Nanci's oyster stew, Mom's strawberry bread - and I happily announce that I completed 2012's main resolution and put together a family cookbook with over 300 recipes, and self-published it especially for my children - *With Love From Mom*. It's a resolution miracle, and a few recipes for you...

### SOUR CREAM SUGAR COOKIES

Great for decorating, great keepers - from my grandmother. \

Beat together 1/2 c. butter and 1 c. sugar until light. Beat in one egg and 1 tsp. vanilla. Stir in 1/2 c. sour cream, then 3 c. flour sifted with 1/2 tsp. baking soda. Roll out dough, adding extra flour as needed, on lightly floured surface. Cut into desired shapes with cookie cutters. Bake preheated 350F oven 8-10 minutes. Watch them as they do brown quickly. Can be decorated before cookie with cinnamon shots, sprinkles or sugar - or let cool and decorate with a plain confectioner's sugar icing.

### SUMMER TOMATO PIE

Best to use peeled, sun-ripened tomatoes, but can substitute well-drained, chopped, canned tomatoes.

For crust: Mix together 2 c. flour, 6 T. shortening, 1 tsp. each salt and baking soda, 2 tsp. baking powder until well blended. Then stir in approx. 3/4 c. buttermilk until forms a moist ball. Grease a deep 9" pan and spread the biscuit dough on bottom and sides. Top with approx. 3-4 c. chopped peeled tomatoes. Mix together 1 c. mayonnaise, 2 c. grated sharp cheddar cheese, S&P, 1 tsp. lemon juice and 4 T. chopped fresh basil. Spread over tomatoes, then sprinkle with 1/4 c. sharp cheddar cheese and bake 350F 35-45 minutes or until browned and bubbly. Great as a breakfast side dish, too.

### OOEY GOOEY BARS

Beat together 1 lb. dark brown sugar, 3/4 c. butter until light. Beat in 3 eggs. Add 1 c. chopped pecans and 2 c. self-rising flour. Pat mixture into greased 9x13 pan. Bake 300F 25-30 minutes. Be careful as they overbake quickly. Cut while still warm.

*Vanessa Moncure resolves to fill our bellies with more deliciousness in 2013.*



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# 15 Principles

## PRINCIPLE #9 - IT'S A PROCESS & A PRACTICE

BY REBECCA THOMAS



Ah, January, the month of renewal, possibilities and renewed promises. For many people it is back to the usual by week three. If I sound a little cynical it is only because experience has taught me that real, lasting change happens over the course of time. Using each day to figure out what is sabotaging your progress and what changes are supporting your life, weight and health goals. I like to think of it as chipping away at a statue until the real you is revealed over time.

If the New Year is just the push you needed to begin tackling your health and lifestyle issues then go for it, no time like the present. However the idea that is perpetuated by magazines, diet books and gyms is one of complete overhaul almost overnight. Yesterday you didn't exercise or watch your food intake but tomorrow that's all in the past! If it worked that way I'd have lost the weight years ago. The truth is far less sexy but a whole lot more effective. I had to dig deep and change multiple aspects of my life, diligently,

patiently and over time. The process of connecting my day to day life choices to my weight was just that, a process. One of difficulty, revelation, joy, thoughtfulness and learning to safeguard myself from temptation (I'll expand on that in a future column).

Once you begin a behavior that is setting you on the right path, whether that is clearing out all the clutter in your home or incorporating exercise into your everyday life, then begins the practice of that behavior. People readily accept the idea of practice to learn an instrument, play a sport or even meditate and so it is with incorporating new behaviors. Each time you do it I find it helpful to think of the healthy behavior as part of a continuum or a stairway with each behavior representing a single step. All points leading you in the direction towards the healthy body you desire.

Don't let this information derail you in your quest to lose weight. If you have been energized by the idea of making real changes in 2013, do it. Just understand that if you are unable to sustain the drastic changes by week three it may time to back up and make consistent, smaller changes over a longer period of time. Bring in each new behavior individually and practice it until it becomes a necessary habit.

As one of my favorite authors, Dr. Gordon Livingston said in his wonderful book "Too Soon Old, Too Late Smart", "only bad things happen fast". The process of lasting change isn't drudgery but it is work, now get to it.

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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# On The House

## STOUT HEARTED WINTER

BY MATT THOMAS



The winter months can be a drag for beer enthusiasts. All the Christmas seasonals are sold out and it will be a couple of months before the spring seasonals begin to appear. Now might be a good time to re-acquaint yourself with a style of beer you may not have tried for a while. Even better, pick a style that is well suited for cold winter weather. Here's a suggestion: **stouts**.

Stouts are originally a British/Irish style. A stout referred to a strong porter. Porters were common in the UK in the eighteenth and nineteenth centuries and were dark beers brewed with roasted barley. Stout became a term later on its own but was originally attached to the name porter (Guinness was originally referred to as a porter). Today, though, the range of styles with stouts and porters is so mixed that the terms are practically interchangeable. There are plenty of beers labeled "porter" on the market that are stronger than stouts. I'll refer to stouts here but really I'm talking about any style in this range.

Some people are turned off by stouts because they don't like dark beer, or at least say they don't like dark beer. In my experience it's because they are turned off by the roasty flavor of stouts, which in some cases can even be a bit bitter. This can take some getting used to, but normally milder stouts such as Guinness are really not that bitter. In fact, once you get past its dark appearance you will find that Guinness is actually an easy-drinking ale.

My advice on stouts is to not drink it too cold and try different kinds but start with the milder ones first. Drinking it too cold can enhance the bitter flavor and mask its other flavors. A good starter stout other than Guinness is Lancaster Milk Stout. Milk Stouts are brewed with lactose, which lends body and a bit of sweetness to the beer. It's mild and delicious but still has the robustness of a good winter beer. The next step would be the dry stout or Irish stout, Guinness being the most famous example. Others will likely be stronger. My favorite is Schlafly's Irish Stout, which is actually quite strong.

Another popular style is the oatmeal stout, which is brewed with a bit of oats along with the barley. These are good to try not because the oats impart a different flavor but a different texture; they are "smoother" because of the fats and proteins imparted by the oats. Samuel Smith brewery from England makes an excellent oatmeal stout.

Next are your big boys: the Imperial Stouts and Baltic Porters. These

are big, strong beers with high alcohol, bitterness, and everything else. They are not for everybody and to be honest these beers are usually a bit much for me as well. But if you like your ales strong and your flavors bold give them a try. Stone Brewing Company makes a fantastic Russian Imperial Stout. Founders Imperial Stout is also excellent, although harder to get. If you can't find it try Founders Porter, one of the best.

Finally there are the flavored stouts, such as chocolate or coffee stouts. Sometimes these terms are used to mean the beer has flavors of chocolate or coffee, but these days it's pretty common to brew the beer with actual chocolate or coffee. My favorites are from Southern Tier, especially the Mokah and Java.

I should finally mention the stouts from Bell's Brewery, which are only available in winter, especially the double cream. With its rich texture, bold flavor yet easy drinking style it's perhaps the perfect winter ale.

Matt Thomas, a co-owner of kybecca, pours his musings on wine and beer for Front Porch.

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# CALENDAR *of events*



## january 2013... Happy New Year!!

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

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New Year's Day

### wednesday, january 2

\*Riverside Dinner Theater presents: The Sound of Music thru Jan 13; Ain't Misbehavin' - The Fats Waller Musical Show - Jan 18 thru March 10; Riverside Center's Children's Theater Lunch N Show (Sat afternoons, some Tues/Thurs); Disney's High School Musical - thru Jan 26; Dora The Explorer Live - Feb 2 thru Mar 23. Wed matinee: arrive 1130A, show 130P; Sun matinee: arrive 1P, show 3P; Thurs., Fri., Sat: arrive 6P, show 8P. Reservations: 730-4300; riversidedt.com

Bill Harris paintings @ kybecca thru Jan 8

\*Miss Lady & Mr. Man's Open Mic Jam 8-11P every Wed. The Rec Center, 213 William

### thursday, january 3

Detoxification & Weight Loss Class: 7P-830P. Whole Health Chiropractic. \$15. Register: (540) 899-9421; [reception@whole-health.net](mailto:reception@whole-health.net); Class size very limited! Dr. Christine Thompson, D.C.; 434 Bridgewater St. Wellness Lifestyle Classes To Assist You on Your Path to Health & Wellness

\*CommonWealth Slam poetry presents Poetry Open Mic 7-10P. Read All Over Books, 307 William. Acoustic performers, singers also encouraged to perform. Weekly event! Cover waived for inaugural show; only \$5 each following week; always free w/ student I.D. at door. First month's performers get in free

Live @ kybecca: Michael Geddes Sr. 730P

Wil Gravatt plays Amy's Cafe 103 West Cambridge. 7P. No cover

### first friday, january 4

Art First Gallery's January All Members Exhibition. Original artwork from 33 local artists. Opening free. 6-9P. Thru Jan 27, daily 11-5

Opening Reception 6-9P for "Into Africa" by Collette Caprara, FXBG Center for Creative Arts, 813 Sophia

Brush Strokes Gallery: Artist Invitational. Broad spectrum of mediums, styles, subjects gives artists invited by BSG members an opportunity to show their works. 824 Caroline. 6-9P. Thru Jan 27. Daily 11-5

Group Show: PONSHP Studio and Gallery, 712 Caroline. Opening Reception 6-10P. Exhibition up thru Jan 27. New pieces by Crystal Rodrigue, Nicholas Candela, co-owner Gabriel Pons, recent photographs by Stephen Graham, new ceramics by co-owner Scarlett Pons

LibertyTown Arts Workshop Main Gallery, 5-9P. Opening Reception for "LibertyTown's Student Show". Don't miss our popular annual student show; see what students are creating w/ LT teachers! Thru Jan 27

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

Reception: 810 Weekend Gallery at 810 Caroline. 10-6 Fri & Sat; 1-4 Sun. 371-8100

\*FXBG Jazz Collective's open jazz jam is twice monthly - 1st & 3rd Thurs! Live local bebop, Latin jazz standards, fine cocktails. Musicians, bring instruments (no large amps). [fredericksburgjazzcollective.org](http://fredericksburgjazzcollective.org)

Brokedown Boys: FXBG's Favorite Grateful Dead Cover Band! Otter House, 1005 Princess Anne. 10P. 21+

Dustin Conley plays Amy's Cafe. 103 West Cambridge. 7P. No cover

Live @ kybecca: Bobby Thompson. 830P

### saturday, january 5

FCCA Poetry Group first Sat monthly 1P. Free

Free PRIDE Training sessions begin today from 9:00 to 5:00 at UMFS, 305 Charlotte. Call 898-1773 before Jan 5 to pre-register. Become a Foster Parent and change the life of a child forever. [umfs.org](http://umfs.org)

Jo Jo Bayliss plays Amy's Cafe. 103 West Cambridge. 7P. No cover

Levi Stevens: Singer-Songwriter w/ electrifying soulful show. Otter House, 1005 Princess Anne. 10P. 21+

### sunday, january 6

\*AM1230 WFVA "Community Link" 8-830A. Spotsylvania Senator Bryce Reeves and House Speaker Bill Howell of Stafford preview the 2013 General Assembly. Host Ted Schubel. Listen at [wvaradio.com](http://wvaradio.com)

\*Kenmore Inn, 1200 Princess Anne, 371-7622/kenmoreinn.com: Elegant Sun. Brunch, 1130A-230P

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

### monday, january 7

\*YoungLives supports teen moms. Mon's 6-8P Grace Church. Dinner, childcare. [younglivesfburg@gmail.com](mailto:younglivesfburg@gmail.com)

Intro to Healthy Weight Loss w/ Elizabeth Howard, NTP: 630P Harvest Mkt.; Jan. 10 @ 630P at Gallery 915. RSVP: 540-507-8040. Gallery 915: 541-515-9162. Six-Week Series: Harvest Market: 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28 @ 730P. 7610 Heths Salient, Spotsy. Gallery 915: 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4 @ 7P. 915 Lafayette Blvd

### tuesday, january 8

\*Read All Over Books: Pure Pilates mat class w/ Valya and Bella. Every Tues 7-8P. \$15. 10 for \$100. Bring mat. Strengthens core muscles and tones up. 307 William

Alex Culbreth & The Dead Country Stars - Live 8-11P. \$3 beer, wine, cocktail. All ages, no cover. Bistro Bethem, 309 William

\*Family Members group 2nd, 4th Tues, 7-830P. Marcia Grimsley, Life Advancement Coach

\*Support group: family of chronically ill/disabled. No fees. 2nd/4th Tues 7P-830P. Fick Conference Center, 1301 Sam Perry Blvd

### wednesday, january 9

A. Smith Bowman invitation-only "Hospitality Appreciation Open House" Jan 9, 10

Eddie Dickerson plays Courtyard Marriott. 6-9P. No cover

### thursday, january 10

Jack Gregori plays Amy's Cafe. 103 West Cambridge. 7P. No cover

Live @ kybecca: Jon Fritz. 730P

### friday, january 11

\*New Item Weekend @ Ten Thousand Villages in The Village at Towne Centre. We invite you to sit back, relax, sample dips from the Women's Bean Project, and sip fair trade coffee while enjoying a short video presentation of all our new fair trade items and the artisans that make them special. Thru Sun

Gerry Maddox plays Amy's Cafe. 103 West Cambridge. 7P. No cover

### saturday, january 12

Second Saturdays at the Museum! 1-3P. Stop in, make beautiful snowflakes, cheery snowmen. Free

Jon Fritz plays Amy's Cafe. 103 West Cambridge. 7P. No cover

Ric Flair Gun: Woooooowoooo! Always stylin' and profilin' original Rock n Roll! Otter House, 1005 Princess Anne. 10P. 21+

### sunday, january 13

\*AM1230 WFVA "Community Link". 8-830A. Kathy Anderson on the Empty Bowl Fundraiser for Empower House; Registered Dietician Nancy Farrell on eating right in 2013. Host Ted Schubel. Listen at [wvaradio.com](http://wvaradio.com)

### tuesday, january 15

Jon Wiley Jazz Trio: Live music w/ \$3 beer, wine & cocktail specials. All ages, no cover. 8-11P. Bistro Bethem, 309 William

### wednesday, january 16

Robert Davezac plays Courtyard Marriott. 6-9P. No cover

### thursday, january 17

Opening Reception, Double-Booked: Works by Brian Davis and Lauren Jacobs, adjunct instructors of art at UMW. duPont Gallery, College Ave at Thornton. 5-7P. Free. 654-1013

Gerry Maddox plays Courtyard Marriott. 6-9P. No cover

Wil Gravatt plays Amy's Cafe. 103 West Cambridge. 7P. No cover

Live @ kybecca: Jon Wiley and Eddie Dickerson. 730P

### friday, january 18

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

\*Riverside Dinner Theater: Ain't Misbehavin' (Fats Waller Musical Show) thru Mar 10. See Jan 2 for times

\*Restaurant Week 2013 in Old Town: a delightful sample of our independent and chef-owned restaurants, w/ 2-course prix fixe lunches for \$10.13 per person and 3-course prix fixe dinners for \$20.13 per person. See back cover for participants. Thru Jan 28

The Blues Tips: A Night at The Otter. Rhythm and Soul Revue! Otter House, 1005 Princess Anne. 10P. 21+

Jason Masi plays Amy's Cafe. 103 West Cambridge. 7P. No cover

### saturday, january 19

Young Artist Competition (18/younger) sponsored by FXBG Festival for Performing Arts. Winners announced at event; Instrumentalist and Vocalist winners. Open to public, donations at door. Starts 730P

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

FCCA Art Guild of VA meets third Sat 10-Noon. \$15/year

Phil Joannou plays Amy's Cafe. 103 West Cambridge. 7P. No cover

### sunday, january 20

\*AM1230 WFVA Community link 8-830A. Bill Crawley talks about the Great Lives series at UMW; Karen Hedelt on economic development in the City. Host Ted Schubel. Listen at [wvaradio.com](http://wvaradio.com)

\*Chamber Music Series: "Beautiful Music in a Beautiful Space." 3P. \$10/person; students free. St. George's, 905 Princess Anne. [stgeorgesepiscopal.net](http://stgeorgesepiscopal.net). Music Third Sun monthly thru May

Gari Melchers Home & Studio Wedding Sampler, 1-4P. Local vendors, cake specialists, photographers, florists, caterers, DJs

### monday, january 21

Intro to Sophian Gnosticism: Christian Path of Enlightenment. 7P. CRRL HQ, 1201 Caroline. Free to all spiritual seekers. Sister Anna, Gnostic Teacher/Deacon, Ecclesia Pistic Sophia. [epsvirginia.com/home](http://epsvirginia.com/home)

### tuesday, january 22

Eddie James Trio. \$3 beer, wine/cocktail specials. All ages, no cover. 8-11P. Bistro Bethem, 309 William

### wednesday, january 23

Info Session: Graduate Programs for MBA, MSMIS, M.Ed. Reception w/ College of Business, College of Education faculty. Stafford Campus, North Building, University Hall. 530P. Free. 286-8030

U of Richmond - Pianist Paul Hanson and Richmond piano faculty: recital of 20th century music, 730P. Camp Concert Hall, Booker Hall of Music. Free. No ticket required. 289-8277 [bmelton@richmond.edu](mailto:bmelton@richmond.edu)

Lecture, Dr. Martin Luther King, Jr. Celebration Keynote Speaker: Steve Pemberton, author of A Chance in the World. Woodard Campus Center, Great Hall. 7P. Free. 654-1044

FXBG Area Museum & Cultural Center's College Night, 6-8P. Present current college ID. RSVP Janelle Kennedy, 371-3037 ext. 142

### thursday, january 24

American Red Cross Blood Drive. Woodard Campus Center, Great Hall. 12-6P. Free. 654-1061

Eddie Dickerson plays Amy's Cafe 103 West Cambridge. 7P. No cover

Live @ kybecca: Karen Jonas. 730P

### friday, january 25

Jo Jo Bayliss plays Courtyard Marriott. 6-9P. No cover

Jason Pastorek plays Amy's Cafe 103 West Cambridge. 7P. No cover

### saturday, january 26

\*Soup'n Bowl Weekend @ Ten Thousand Villages in The Village at Towne Centre. Stop in to sample hearty game-changing soups from the Women's Bean Project, and get 10% off any bowls in the store to serve them in! Discount applies to all regularly priced bowls in stock, even singing bowls! Thru Sun

Ken Wenzel plays Amy's Cafe. 103 West Cambridge. 7P. No cover

Pigeon Playing Ping Pong: Electrifying Funk! Otter House, 1005 Princess Anne. 10P. 21+

### sunday, january 27

\*AM1230 WFVA Community link 8-830A. John Hennessy w/ FXBG & Spotsylvania National Military Park on "after the Battle of Fredericksburg"; Rob Grogan w/ Dianne Bachman, LCSW, on grief counseling after a tragedy strikes. Host Ted Schubel. Listen at [www.wvaradio.com](http://www.wvaradio.com)

### monday, january 28

Become a Foster Parent. UMFS free info session 6-630P. 305 Charlotte. [umfs.org](http://umfs.org), 898-1773

### tuesday, january 29

The Dangerous Kitchen: Live w/ \$3 beer, wine, cocktail specials. All ages, no cover. 8-11P. Bistro Bethem

Karen Jonas plays Courtyard Marriott. 6-9P. No cover

### thursday, january 31

Jack Gregori plays Amy's Cafe. 103 West Cambridge. 7P. No cover

Live @ kybecca: Alex Culbreth. 730P

If you are reading this 187th issue of FP, thank an advertiser!  
If you are an advertiser, list your event. Deadline for Feb. is Jan. 20. Paste your event in an email to [frntprch@aol.com](mailto:frntprch@aol.com) or go to <http://frontporchfredericksburg.com/calendar/su-bmitcalvent.cfm> for both print and e-editions.

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# Andrew Benjamin Bowering

BY RALPH "TUFFY" HICKS

The holiday season was a special time of the year for all of us. Like my father and mother before me I have the chore of visiting the graves of relatives during the holidays and placing flowers on the gravesites, out of respect. During these visits I am always amazed how many notable individuals are buried in the Confederate (City) Cemetery on Washington Avenue. During my recent visit on a beautiful December day, I came across the grave of **Andrew Bowering**. Many people would not have a clue who he was; however, to those of us interested in the history of the War Between the States, he is one interesting and notable man.



He was born in New Jersey in 1843 and his family moved to Fredericksburg, where he grew up. His family is known to have owned a residence at 700 Prince Edward Street. Andrew was always interested in music during his childhood.

On April 22, 1861 at the age of 18, he enlisted in the 30<sup>th</sup> Virginia and was transferred to the Band. Company B was known as the Fredericksburg Grays Pickett's Division Army of Northern Virginia.

Andrew became famous as Principal Musician when he was called upon to compose the funeral dirge and led the band at the funeral of General Thomas "Stonewall" Jackson in 1863, which included the band performing Handel's "Death March from Saul."

Bowering also played the bugle at the last "military recall" of the Civil War for the Southern Army at Appomattox. A point of interest was that he did not like to play "Dixie." When asked why, he said that he believed the troops liked marching songs much better.

After the surrender at Appomattox, he walked home to Fredericksburg. He became the Commissioner of the Revenue for almost 50 years while also serving as the President of the Fredericksburg School Board. He was married three times and had a son, Benjamin, who attended VMI. His son later became an assistant professor at VMI and in 1916 wrote the "Spirit of VMI" song.

His grave is in Section 9 Grave 82 on the City side, which is on the left side as you enter the gate; the right is referred to as the Southern or Confederate side due to the extensive number of soldier's graves. The site has over 600 "unknown" Southern soldiers buried there in the large mound.

It is always a quiet experience to walk among some of Fredericksburg's finest citizens who contributed so much during their lives. Andrew Bowering died on October 20, 1923 at the age of 80.

Dedicated in memory of the children and teachers of Sandy Hook Elementary School in Newtown, CT.

Tuffy Hicks writes about Civil War history every month in Front Porch.

# OUR HERITAGE

A monthly look at the Central Rappahannock Heritage Center collection

## MORE THINGS YOU NEVER THINK ABOUT...

Fredericksburg again seems to dodge the full impact of an economic bullet. We get grazed but never laid out. In recent times, our large military presence has kept our local economy above water. In 1930, our cowboy in the white hat was the American Viscose Corporation's Sylvania Plant in Spotsylvania. It opened in May of that year and less than a decade later, it saved us from the full force of the Great Depression.



Coming across notebooks dated 1930, I felt like Harrison Ford in *Raiders of the Lost Ark* discovering secret artifacts. Titles like "Caustic soda analysis" and "Cellophane production" ran throughout the pencil-written journals of Sylvania engineer Thomas J. Higgins. Stuff you never think about...

But we should think about, and remember, the impact of a place like Sylvania and its peak employment of 2,700 persons then at today's Bowman Center. The plant produced cellophane, which came from pulp producers in the American northwest. The plant in Fredericksburg chemically reduced pulp sheets to a liquid of refined pulp, then transformed them into sheets and rolls of cellophane.

Sylvania's "Bulletin #3115", which I got my hands on, published "The story of Fredericksburg", "Familiar uses of Sylvania products", a "Success story - cellophane style", and delivered such factoids as marshmallow sales jumped 1,000% and handkerchiefs went up 94% when wrapped in cellophane. Who knew? But we should know in order to appreciate commerce and innovation. Not only did Sylvania manufacture cellophane, its Fredericksburg plant was a "quality performance testing laboratory" under the scientific minds of people like Mr. Higgins.

If your mind is less than scientific, you can still think about these things and have fun with them - trivia style. Here are a few questions to have fun with: Did you know that "cellophane" is coined from "cellulose" and the Greek "phaneros" meaning "clear"? That two in ten Fredericksburgers were dependent on Sylvania's \$8 million annual payroll? That the plant produced enough cellophane in one year to run a 30-foot wide highway three times around the world?

There are many more things you probably never think about, and many you should, available for consumption at the CRHC on Barton Street. -RG

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# David LOVEGROVE

EXPOSED

BY A.E. BAYNE

David Lovegrove has something to show us. As an abstract artist, Lovegrove embraces the abandoned, derelict remains of the world and reconstructs them into symbolically meaningful gestures. He revives our perspective by exposing us to disregarded structures and reveals the potential in the everyday objects we so easily discard.

Early developing his talents for drawing and design, Lovegrove planned to pursue architecture at Virginia Tech; however, he soon realized that his artistic passion outweighed his technical interests, so he matriculated into the university's art program and later followed with the pursuit of an MFA in printmaking from James Madison University. He has been working on his own projects independently ever since and has been teaching art at James Monroe High School for the past 22 years.



most, Lovegrove's own work shows a keen eye toward structural design - a dilapidated building, a demolished damn, a distorted house - and captures them holistically on film or as sketches. Using both established dark room techniques and digital manipulation, he renders the images on paper and enhances them with colored pencil and oil pastels. He explains, "My work evolves from studying the natural and human-made world around me. I rarely sketch or photograph things that are beautiful or polished, therefore most of the nature and many of the objects are weathered, worn, broken, or deconstructed. The depicted objects represent various important ideas and maintain formal and abstract qualities."

Influenced by artists such as Cleas Oldenburg and Christo, Lovegrove uses abstractions to create what he calls "conceptually important metaphors." Observers will also note a strong cubist influence in his work. He elaborates, "I use sketches and photographs to generate more abstracted and finished artworks. The depicted objects represent various important ideas and maintain formal and abstract qualities. For me, it is all about the structure and design and the meaning beyond beauty."



Finding local inspiration for his subjects, Lovegrove says, "Some photos I took here at Old Mill Park, as well as at a park near where I grew up in Roanoke. I enjoy searching the city to find discarded items. For instance, I have used the mill on Caroline Street and the Purina tower as past subjects." Lovegrove says he would like to continue looking for subjects for his pieces in cities he has yet to visit and at Stonehenge, where he finds the architectural possibilities intriguing.

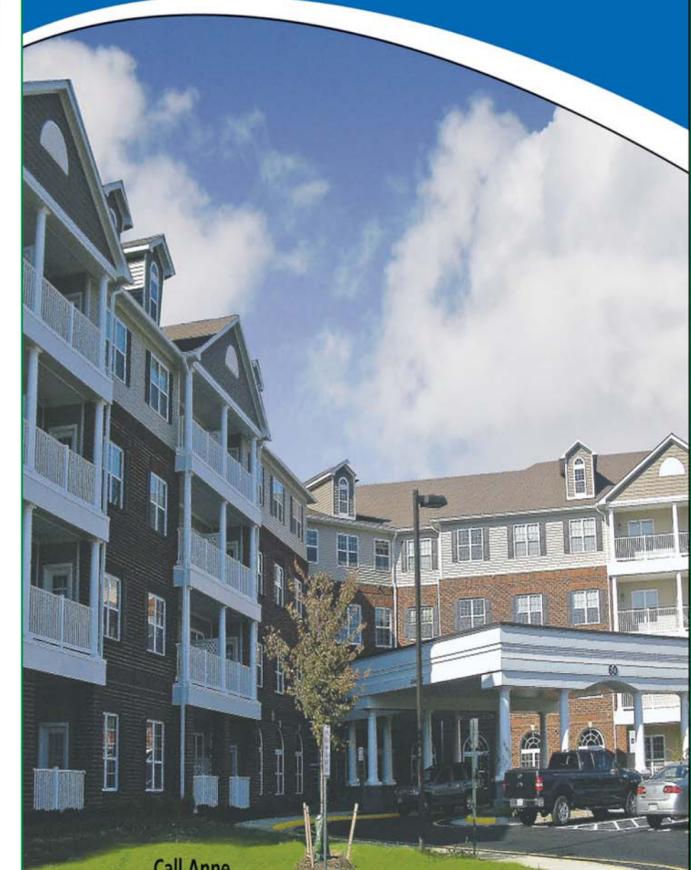
Lovegrove will show his newest work as part of Exposure Unlimited's February First Friday show at Colonial Art and Frame. A member of the group for the past twelve years, he describes his new pieces as photos transferred from digital to paper that have been altered with oil pastels and colored pencil. He also hopes to have some larger pieces finished for the group's show in July in Louisa.

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

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# Companions

LESSONS A DOG ONCE TAUGHT ME

BY WENDY SCHMITZ



The beginning of a new year is a great time to reflect on our previous choices and actions and to reinvent those traits or behaviors we don't find all that appealing in ourselves. There is something about January 1 and the days that follow it that makes us think that anything is possible, any problem is solvable, and all things can happen with enough hard work and dedication.

I won't go so far as to say I make resolutions; I think I gave that up years ago when I realized Santa was never going to bring me a puppy, and following the rules didn't always lead to happiness. But what I will say is I review my life in the cold harsh light of day, assessing it for poisons I'm am strangely holding on to, behaviors that need to be thrown away, and places that need repair. I can be a better person if I am able to honestly assess my actions without ego or inflated self-worth getting in the way.

As I reflect on the last 12 months, it strikes me that I have been struggling to be all things to all the people and the dogs in my life. I have over extended myself in every direction and I have been chasing my own tail trying to keep up, get ahead, or just get by. While the past year has included some amazing moments for me and my family, it has also put a giant spotlight on my greatest weakness, something I thought I had long ago overcome with the help of my first dog **Cody** (pictured) — impatience.

I can blame my short fuse on the lack of sleep a new baby brings or the lack of husband when mine was on the road for work. I can blame dogs who push and shove for more attention and extra treats or the two year old who flails around screaming when he doesn't get his needs met. But at the end of the day I truly only have myself to blame for my loss of patience and irrational responses, because as a mature adult I should be able to keep it together, take a breath, and respond to

any stimuli with grace or at the very least arrange my own time out.

I think my life has gotten out of control. I think I am pulled in too many directions without a moment to enjoy all the truly wonderful things that make my life whole. I think I am so caught up in my complicated list of obligations and things to do that I am missing out on what truly matters, or worse, squashing what could be truly great moments in time with my impatient responses and constant worry over what comes next. In my effort to be a wonder woman I have failed at being me; and it is the real me that my husband, children, and dogs love so much, and it would seem she has been MIA for awhile.

My dogs don't care if I have all the laundry done, my boys don't care if I invent the next big children's toy, and my husband doesn't mind if we eat pizza again; so why do I stretch myself to the point of losing my cool and lashing out in an effort to do everything when what I really should do is just let it all go and enjoy these creatures I am lucky enough to share my life with?

So what to do? I want to make 2013 the year I become more akin to my canine partners and remember all the things that dogs have taught me in the last 20 years. I want to enjoy the day for what it might bring me to chase, chew, or gleefully roll around in. So far I haven't found a single to do list in a dog's handwriting; yet at the end of the day they are accomplished, fed, rested, happy, and still alive. Here's to 2013, may yours be a little more canine.

*Wendy Schmitz is ringing in 2013 with her pack of husband, boys, and dogs in snowy Colorado.*

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## Cat Bite Fever

A BIG DEAL

BY BARBARA DEAL

I learned that puncture wounds from kittycats are more serious than dog bites and require immediate medical attention, often antibiotic prescriptions, sometimes IV antibiotics, and sometimes heavy narcotic for pain. I've been treated successfully at my PCP (**Dianne Bowling**, nurse practitioner supreme and genius), docs-in the box (Prime Care), Mary Washington Hospital and most recently Spotsy Regional Hospital, by concerned, knowledgeable and helpful teams each time.

**KittyBear's** doctor, **Kathy Huntsman** and her team are very sympathetic and give advice each time. Also, due to the laws and concerns for public safety, the local police, animal control, and Rappahannock Health Dept (i.e. Environmental Health Unit), are also mandated to intervene and explore the cause, examine the animal, establish the rabies vaccination status and determine quarantine procedures.

I hope you never love, live with or get bitten by PsychoKitty. But if you know one, live with one or know someone who does, keep them gals and guys up-to-date on their inoculations, life-long, and always, always, always seek immediate medical attention should you get bitten.

*Barbara Deal is an artist and cat lover (most of the time).*



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# Civil War Sesquicentennial

MY BATTLE TO SHOOT THE BATTLE OF FXBG

BY MICHAEL CARTER



I was looking around for a place to get some good shots of the reenactment. I went down George Street to Sophia and was told by some army officers that I could not go where I needed to, to get good pictures. So I asked where the pontoon crossing was. When I got to the City Dock it was no different. I was told it would two to three hours before I could get any closer to the action. I gave up on that spot and went with my girlfriend to Hurkamp Park because she thought General Thomas Meagher was going to deliver a rousing speech to the Irish Brigade. After waiting for some time, I left her there so I could go back to the river to see the pontoon bridge, which turned out to be just a modern version. I then went up to the Sunken Road in hope of meeting her as arranged. I waited at the wall, and hid behind a tree so the army security would not see me. After waiting

and seeing nothing happening, I asked a park ranger if I had the wrong place and he told me that the program was going to be on the other side of Hanover Street. I then walked past Hanover and halfway down the block, when a man I did not know was calling me by name and beckoning me to come up the hill, and there was my friend standing in a very good place — by a tree on the edge of cordoned-off space. I went up to her and found it to be the perfect spot I needed.

*Michael Carter is a resident of southern Stafford.*



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# AutoKnown Better

OKAY, HAPPY NEW YEAR

BY RIM VINING

There, I said it. No one will probably read this but our esteemed editor insisted the 20<sup>th</sup> of December would be the deadline for January's article when everyone knows the world will end on the 21<sup>st</sup>. This is like going ahead and doing your homework when you really, really know it is going to snow.

This month marks the completion of my 12<sup>th</sup> year of writing this column. When first approached about Autoknown Better, Papa G asked if I thought I had more than one article in me. While the jury is still out on the definition of 'article,' I have at least submitted something mostly on time that hasn't gotten me in too much trouble. Somehow I have managed to introduce the world of the automobile into all aspects of life. We have collected old cars and called them 'rust funds' for our children. We have had 'name that baby' contests with car names for as yet unborn children. (Morgan Ginetta being my favorite) And we have even crossed the double line when we tried to figure out if cars have gender or sexual preferences.

Last month in the spirit of the season I suggested silence for all the right reasons. But this is a New Year and silence is no longer an option. We need to make some resolutions and we need to follow through. The violence towards the innocent must stop.

I have made some insane leaps over the years to take a normal topic and equate it to the automobile and our continued fascination and obsession with those infernal machines. I do it in jest and I hope with some humor and some self-incrimination about my hidden inner self. It is, however, an article in *The Huffington Post* in the wake of the Newtown, CT shootings that takes my feeble leaps from being somewhat like driving a VW bus and getting a speeding ticket to perfecting the hyper-drive and the jump to light

speed. In responding to the spike in gun sales after the recent shootings and the debate on guns and violence certain to follow, one weapons' dealer responded:

"Another assault weapons ban would really limit our sales," he said. "People like assault weapons. People say they are useless, but so are dragsters. Why do people want to drive a dragster down a drag strip?"

I have to say that one struck me dumb. Silence. Then you realize what you might be up against. How can someone equate the two pastimes as he describes them? It is past time for some resolution, New Year's or not. Let's make the short list:

Do not kill children. Do not harm others. Do not lie to yourself and think there is no correlation between the availability of guns and violent crime. Do not believe that by arming teachers and all other citizens you will be safer and do not buy into the concept that government wants to take away your automatic weapons as the first step to taking away all of your liberties. Have the debate, change the world.

If we don't have this conversation, future articles will deal with what kind of armor plated Honda Odyssey is being offered. Instead of kid seats it will be gun boxes and weapon ports to make your family trip to Disney World's new Interactive Iraqi Dessert Storm Theme Park that much more fun.

If you can't get behind limiting weapons, can we at least stop the sale of body armor? We need that for what? Oh that's right... drag racing. [autoknown@aol.com](mailto:autoknown@aol.com)

*Rim Vining makes perfect sense. Figure out his metaphoric method; you'll get his totally serious tone.*

**A different way to divorce.**



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COLLABORATIVE PRACTICE

# SENIOR CARE

## PLEASANT DREAMS

BY KARL KARCH



As we end another calendar year and chronologically add another year, I notice more issues with sleeping and staying awake. A standing joke in my family is when I sit in my easy chair and relax for the evening, I soon fall asleep only to wake up later to go to bed. On many occasions I have problems sleeping through the night, which was never a problem in my younger years. Maybe it's the need to go to the bathroom (one of the issues that comes with aging), or simply that I have a bad dream that awakens me. Once awake, I often think of business related issues that I feel I can solve in a semi-conscious state of mind but often never remember the next day. Sometimes my mind wanders aimlessly to seemingly unrelated and quite frankly meaningless and trivial matters. After several days of disrupted sleep, I do get one night where I crash and sleep through the night undisturbed, that is, until my loving cat snuggles up to me, purrs, and tickles me with her whiskers until I get up to feed her. I also find I wake up earlier (sometimes before my cat). If these are also normal patterns for you, take solace — you are not alone.

I often hear that as we age, we require less sleep. While sleep requirements vary from person to person, most healthy adults require between 7.5 and 9 hours of sleep per night to function at their best. According to a recent study by the National Institute of Health, older adults may require 1.5 hours less sleep than younger adults. The body produces lower levels of growth hormone, causing a decrease in deep sleep and more disrupted sleep patterns. Older adults also tend to wake up more frequently during the night, so staying in bed longer may be necessary to get the sleep needed. And, you may have to take a mid-day nap to make up the

difference. Your internal clock (aka, circadian rhythm) changes and you may want to go to sleep earlier in the evening and wake up earlier in the morning. These changes are normal and don't indicate a sleep problem. One thing is clear, sleep is just as important to our physical and emotional health in our senior years as it was when we were younger. Perhaps a better indicator is the quality of sleep rather than quantity, and that's best measured by how you feel the next day.

Problems can occur when you do not maintain a consistent sleep/wake pattern or get enough sleep. Seniors who don't sleep well are more likely to suffer from depression, attention and memory problems, and excessive daytime sleepiness. They are also likely to suffer more nighttime falls, have increased sensitivity to pain, and use more prescription and over-the-counter medications.

While I do not profess to be an expert on sleep disorders, I do believe in the adage "don't dine after nine". It also may help to have a bedtime snack like milk and cookies (not with chocolate because that contains caffeine). So, pleasant dreams sleep tight and hopefully you don't have any bedbugs that will bite. Oh, and take The Front Porch to bed and enjoy a little bedtime reading. Have a wonderful New Year full of quality sleep!

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



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## Green Remedies

JOANNA CASSIDY-FARRELL

### REBOOT IN JANUARY

The traditional New Year's resolution time is here. My resolution, a 60 day juice fast, was inspired by a documentary I watched called "Fat, Sick and Nearly Dead", by Joe Cross, a man who was 100 lbs overweight and taking steroids because he was suffering from a debilitating autoimmune disease and became sick and tired of being sick and tired. If given a chance, Joe knew the body would heal itself.

The "Reboot Juice" recipe he lived on for 60 days consists of 6 kale leaves, 1 cucumber, 4 celery stalks, 2 green apples, ½ a lemon and 1 piece of ginger. Kale has high amounts of vitamins, minerals and omega 3's. Cucumbers, celery, apples and ginger, along with kale, support cardiovascular health and have antioxidant and anti-inflammatory properties to support the detoxifying systems. Although lemons may not be a choice of an afternoon snack, the Vitamin C and antibiotic properties will boost the immune system during a detox. Apples contribute pectin, the fat-soluble constituent keeping blood fat low as well as regulating the blood sugar and balancing intestinal tract bacteria.

Maybe Joe's film could start a ripple effect and be introduced as a healthcare plan. Anyone who received good blood work results from their doctor could use the lab test, YMCA membership and produce costs as write offs on their taxes. We all know that an apple a day keeps the doctor away, so two might put them out of business!

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

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A painless screening exam that provides early warning of risks for heart attacks and strokes is now available to patients in the Fredericksburg area, thanks to the physicians with Virginia Interventional & Vascular Associates (VIVA).

"The carotid intima-media thickness (CIMT) screening exam is already used at major medical centers to detect early signs of atherosclerosis, a major risk factor for cardiovascular disease," explained Dr. R. Donald Doherty, Jr., board-certified, fellowship-trained interventional radiologist and director of non-invasive vascular services for VIVA.

CIMT screening measures the thickness of the inner walls of the carotid artery with the aid of enhanced ultrasound technology. Vascular technologists perform the exam by placing an ultrasound probe against the patient's

# WELLNESS

## PAINLESS SCREENING

BY CARLA HARRINGTON YOUNG

neck, where the artery is located. The exam takes about 30 minutes and does not involve exposure to ionizing radiation. A board-certified interventional radiologist then compares the measurements with the

patient's medical history and data from the Atherosclerosis Risk in Communities Study, providing results to patients the same day. Exam results can help patients and referring physicians make changes in diet, exercise, and/or medications that can reduce the chances of heart attacks and strokes.

"CIMT screening is a very useful, non-invasive test for evaluating a patient's risk of having a heart attack or stroke," Dr. Doherty said. "Based on the results, we can contact the physician responsible for the patient's care to indicate whether the patient may be at medium or high risk for heart attack and stroke. Then the physician can determine whether the patient needs to be treated more aggressively."

The American Heart Association and American College of Cardiology have concluded that CIMT screening by

qualified providers can benefit patients who are at intermediate risk of cardiovascular disease. Based on medical guidelines, VIVA recommends that the following patients consider CIMT screening:

- ✓ Women ages 55-75 with one or more risk factors.
- ✓ Men ages 45-75 with one or more risk factors.

Risk factors can include: uncontrolled diabetes, uncontrolled high blood pressure, obesity, smoking more than one pack of cigarettes a day, or a family history of heart disease.

Most insurance companies do not cover the exam, which costs \$175 at VIVA.

VIVA's vascular laboratory is accredited by the Intersocietal Accreditation Commission for Vascular Laboratories. Its vascular technologists are registered through the American Registry of Diagnostic Medical Sonographers. For information, call 855-411-CIMT (2468) or visit [www.vivassociates.com](http://www.vivassociates.com).

*Carla Harrington Young is a public relations specialist with Susan Carol Associates Public Relations.*

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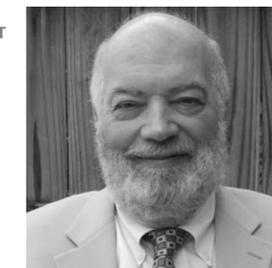
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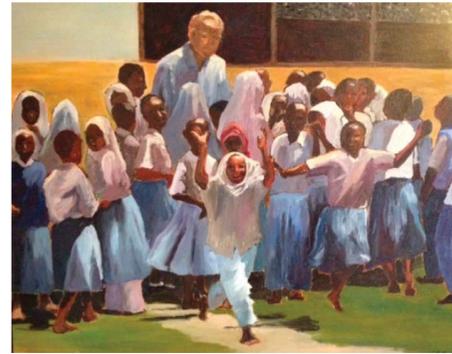
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# THE JOY OF FREEDOM

## JOURNEY INTO AFRICA

BY AMY MILLIS



The Fredericksburg Center for the Creative Arts presents new work by local artist **Collette Caprara** at the Members Gallery in the January show *Into Africa*. Caprara brings to Fredericksburg the drama of the struggles and joy of the people of Africa that she witnessed in her journeys to South Africa and Kenya. The exhibit highlights the fact that the people portrayed in the paintings have attained happiness despite their circumstances.

Through the bond of community and the ability to live independently of their surroundings, the smiling children in

paintings such as *The Joy of Freedom* have overcome squalid living conditions and the losses of parents to diseases such as AIDS, and have reached a level of resilience at which their happiness becomes indefatigable and untouchable. "The school children in this painting were on a field trip and delighted in this makeshift swing-set. They may not have video games or 3-D movies, but they have a sense of community and find

joy in simple pleasures," said Caprara on *The Joy of Freedom*.

Caprara refers to a freedom that comes through life experience in her paintings; the children with whom she interacted, even though many had surely endured difficult situations, took joy in small things, gathering around her husband in laughter in a scene that was the inspiration for the painting *Unbridled Joy*. Through the depiction of this freedom found through hardship and resilience, Caprara portrays them with well-deserved dignity and respect.

In addition to the paintings of children, an eclectic and beautifully painted selection of serene paintings depicting animals is part of the exhibit. A tranquil scene of a mother baboon and her baby is portrayed in *Shepherding Her Young*. In another painting, *One Is Alert*, two zebras graze while a third zebra examines its surroundings. Her illustrations of wildlife in the veld of South Africa and the grasslands of Kenya further display Caprara's expertise in painting. The paintings draw the viewer in with hovering aquamarine skies and dazzlingly vivid grasses.

A portion of proceeds from *Into Africa* will be donated to E-3 Kids, a Fredericksburg-based charitable organization with the mission of supporting and nurturing children in Kenya. It sponsors a school for children in Mombasa.

*Into Africa* runs to January 27. The Opening Reception is January 4 from 6:00pm to 9:00pm. The Fredericksburg Center for the Creative Arts (FCCA) is located at 813 Sophia Street. Admission is without charge. The Center is open Monday, Wednesday, Thursday, Friday and Sunday from 12pm to 4pm. It is open 11am to 4pm on Saturday and is closed on Tuesdays. For more information please call 540-373-5646 or visit [www.fccava.org](http://www.fccava.org).

Amy Millis is a student at the Commonwealth Governor's School at Riverbend.

# There's More To Art Than Art

LIBERTYTOWN TEACHES WELL

BY LEZLIE CHERYL

"Becoming an artist is more than just applying paint to a canvas." So true. Artist **Bill Harris** is one of 16 teachers at LibertyTown Arts Workshops who teach that there's more to art than creativity. Harris teaches painting to LibertyTown to students like **Anne Kadis** ("Woven Dreams" above), from teenagers to nonagenarians, novices, and established artists alike. More than composition, expression, and technique, students learn what it takes



to become a professional. Harris explains, "It's a huge process, doing the piece, framing, titling, pricing your work... There are a lot of emotional aspects to it. Taking classes is just part of it; it's a great place to start."

What better way to take that first step than by showing your work! The popular "LibertyTown Student Show" is a wonderful experience for participating artists, many of who are showing for the first time. This year's show features 75 pieces in varied media representing 75

student-artists from LibertyTown. The opening reception is First Friday from 5-7pm; the show runs through Jan. 27.

Home to 50 artists in 30 working studios, LibertyTown celebrates its 10th anniversary in 2013 by hosting new monthly exhibits. Visitors are welcome to wander freely and view finished pieces and works-in-progress. Open daily, 916 Liberty (540-371-7255; [www.libertytownarts.com](http://www.libertytownarts.com)).

Lezlie Cheryl is publicity chair for the FCCA and a friend of LibertyTown.



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Artists may enter their work in the following categories: Oil Paints, Watercolor Paints, Acrylic Paints, Drawing, Photography & Digital Art, Novice, Pastels, 3-D Sculpture, Collage & Mixed Media.

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by megan byrnes

Tom Byrnes and I hosted our 5th annual, semi-blasphemes, holiday party last month. While no carols were sung and no egg nog was consumed, the bash was plenty festive. **Rebecca Thomas, Special B, Blake Bethem, Brian Downing, Jacquie Damm, Paul and Lindsey Quinn, Mike and Laura Craig, Danielle and Mike Payne, Hap Connors, Christie Eglevsky, Alicia and Jake Morgan, Gina Keller, Ben and Betsy Park, Don and Christie Doherty, Alex Capshaw-Taylor, Kristin Vinagro, Andrew Coulter, Megan Mason, Dave Minkler, Brooke Farquhar, Scarlett and Gabe Pons, Marcey Dunk, Andrea Hamlen, Ryan Ridgley, and Tommy Manuel** were only some of the party people shaking their tail feathers and catching up with friends old and new into the wee hours of the night.



The FXBG gossip circuit was abuzz last month with **Danny and Gia McBride's** return to the city limits; a certain editor of a certain magazine was in line at a local Wawa when he overheard the following — Cashier to friend: "Guess who I saw in town?!" Friend: "WHO?!" Cashier: "DANNY MCBRIDE!" Friend: "OMG! I love Danny McBride!". Editor pulled out his ancient flip phone to reveal a photo of the McBrides with **Chris Park and Joanna Krenich (above)**. "Yeah," editor says, "these are my Hollywood friends." Cashier and friend both: ".....". Cool points out the wazoo for Mr. Editor Man.

**Heard:** The Orion will be opening at the end of this month. Do I dare believe it this time?

**Heard:** **Claire and Kenny Ellinger** are expecting! The Ellingers will be adding another little one to their family of three. Congrats, friends!

**Brian Lam** has a lot to celebrate. Let's talk about it. First, he signed the lease to his new studio space on Princess Anne - Skin + Touch Therapy will have new digs beginning now. Cool! Brian also

celebrated a mid-milestone kind of birthday! (I can't get any more specific, numerically speaking, or I'll get in trouble). He and his partner **Will Mackintosh** sipped on some bubbly with friends **Chris Kilmartin, Dave Stahlman, Emilie Paczkowski, Zachary Hatcher, Bob Martin, Charles King, Allyson Poska** at Bistro on a lively evening.



**Seen:** **Rebecca Klopp (above)** celebrating her acceptance to Christopher Newport U with momma **Lori Izykowski** at Umi. Congratulations to the HS senior, for both getting into a great college and being mature and cool enough to enjoy sushi at her age (I was not. Did I even eat fish, let alone raw? Probably not).

**Seen:** Beach Fries Truck head guy in charge **Eddie Crosslin (below)** moonlighting as Santa Claus at Old Silk Mill, his own food truck and other local spots. He's had this cushy gig for years now; he's got the magic down to a science. And just look at that beard. You know it's the real thing.



**Congratulations** to **Christine Goodwin**, named one of VA's top entrepreneurs for her company WishStars, an online fundraising and sourcing platform. Christine graduated Spotsy High and Mary Wash, so her 'burg roots run deep. What a great honor for Christine and the whole city!

**Lexi Grogan, Terry Mullen, Frances Ansell, and Chris Jones** were among hundreds at Rachael Ray's book signing at Wegmans. At the other end

in the wine/beer department, **Rob Grogan** and **Bill Fisher** were among the crowd watching a big screen view of the Redskins thriller against the Ravens. I know Paula Deen's already been by - now Rachael - call me when Bobby Flay makes an appearance. Though if I had gone to see Rachael, I'd surely have had her sign a bottle of EVOO.

Happiest of end-of-the-year birthdays to: **Maura Wilson Schneider, Amanda Pickett, Katelyn Cowan, Laura Eubanks, Joanna Krenich, Mia Mullane, and Andre Eglevsky.**



**Seen:** **Brad and Amber Hildebrand (above)** in town from the deep south to attend Brad's company holiday party; same goes for **Tom and Amy Hastings** who flew in from Florida for Tom's company party; **Heidi Lewis** holiday shopping downtown; **Chris Rule** at Bistro Bethem on a Tuesday to visit with his former posse, Civil War re-enactors sharing a slice at Castiglia's (sehr time-appropriate, no?); **Christie Carver** and fam dining at Foode; **Laura Eubanks** on the elliptical at Bodyworks.

**Kelly Pawlik (below)** started delivering homemade soup and pies to local's doorsteps on the cheap. I'm talking quart-sized mason jars full of tomato soup, veggie chili and pecan pie. To your doorstep! Not to knock our lovely established take-out places but this new (and healthy) option is pretttty cool. Let me be clear: this is not a paid advertisement. Or an unpaid one. I'm just obsessed.



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# Steve Collins Has His Eye On Us

BY LACEY COCHORAN

When Steve Collins (with Pam Kuper) of SJ Collins Photography released his photo book — *Fredericksburg Today - A photo documentary on contemporary Fredericksburg* — he gave us a gift from the eye of a gifted photographer — 40 pages of photos highlighting our Fredericksburg today. The most exciting things about this book to me are both what it is not - another look back - and what it is - a look at our contemporary, eye appealing and defining nuances.

"Fredericksburg reminds me of my hometown with its rich history, though mine was steeped in Revolutionary War history. But it feels like home. I love walking Caroline Street and visiting with business owners. I am especially impressed with the closeness this community holds to each other. With being utterly destroyed in only our great grandparents time, this closeness makes sense to me."

Steve began as a tourist here before our gravitational pull lured him from Prince William County. Seduced by history, buildings, people, and sense of community, Steve found a photographer's dream — to capture contemporary FXBG by photographing battlefields, historic buildings, downtown, festivals, and citizens. The retired 22-year veteran of the US Coast Guard originated in Connecticut, first came to Virginia in the 80s on active duty, and returned in '95 to finish his career and shoot pictures as a hobbyist. "I had the honor of photographing the 2010 and 2011 US Coast Guard's Presidential Ceremonial Honor Guard portraits on the grounds of Mt Vernon and the steps to the Pentagon, respectively."

After relocating to Salem Fields, Steve began to volunteer for SNAP Fredericksburg. Now a full time photographer with his own private studio, Steve shoots products, advertising and Real Estate, and is also known for his beauty, glamour, and fashion photography. Shooting for his book led

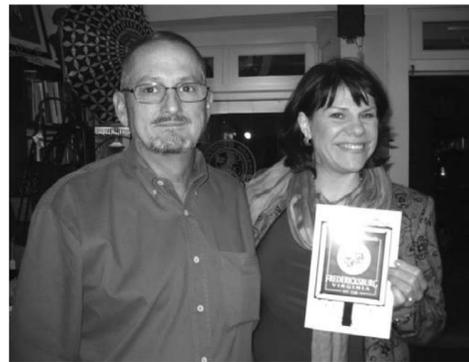
him to two favorites — "St. George's Episcopal and Fredericksburg Baptist Churches — because of their architectural grandeur and prominent identification in Civil War imagery."

His versatility spans a wide range of imagery, from jewelry to people to architecture. He particularly enjoys photographing people, both formally and informally. "The ability to capture a person's personality, create emotion and drama with controlling light is challenging and personally rewarding."

His most self-interesting genre is "Product advertising. Being somewhat of a perfectionist, product photography allows me to experiment with lighting and composition. As my instructor and mentor says 'switch it up, the image will reveal itself to you' ". He shoots with a Nikon/ D700 lens.

Having seen the country as a Coastie, including artistic Santa Fe, NM and Bozeman, MT, he distinguishes FXBG for its close-knit quality, and credits former Mayor, the Reverend Lawrence Davies, for inspiration. "After learning of his tenure as Mayor and his time as Minister at Shiloh Baptist Church, I began to recognize ours was not just any other town like I had seen so many of in my travels."

If he could show a new visitor or resident just one thing, it would be "The Memorial Day luminaries and then a trip to Carl's." He'll have to wait for Carl's to reopen but will keep busy "expanding my work, exposing more businesses to the quality of photography they deserve with which to showcase their products and services." Steve will also be donating portrait sessions at a senior living center



to those fixed income residents. "Beyond that, let's see where the year takes me." His keen artistic eye on our town should take him quite far. You can buy his book at The Griffin, The PON Shop, Cameo, and The Blarney Stone. You can reach him at SJ Collins Photography, 703-989-6549 or SJCPHOTOS.COM

Intern Lacey Cochoran jumped from our Calendar desk to write her first profile.

## THE POETRY MAN

- BY FRANK FRATOE

You make everything all right. -  
Phoebe Snow

### Guidance

Stop hungering after reward,  
administer no oblations,  
leave empty prayers unsaid,  
burn incense as defilement -  
when blood is on your hands.

Cease following the wrong,  
put away your vile doings,  
reach-out not for bribes,  
worship in more than writ --  
or acts become profanity.

Uphold what is the right,  
seek fairness of judgment,  
act to aid the oppressed,  
help those who are bereft --  
and you will be with God.

Frank Fratoe lives in the city

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"IT'S SNOW QUIET" ?

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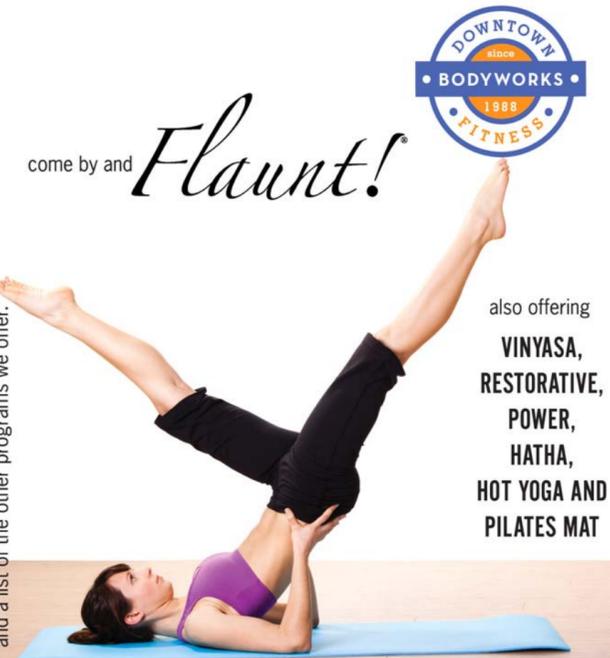
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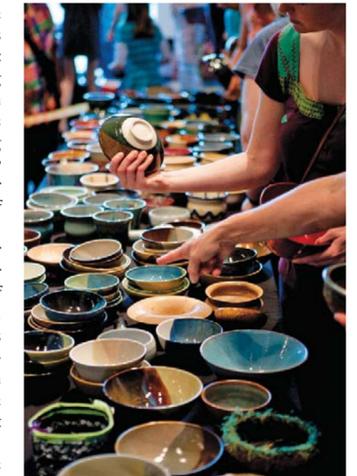
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## COMMUNITY LINK

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KEEP THE BALL ROLLING FOR  
EMPOWERHOUSE

BY JOHN SOVITSKY



It's been a very busy year for the organization formerly known as Rappahannock Council on Domestic Violence (RCDV). The ball started rolling with the annual Empty Bowl fundraiser in January. Conversations there were instrumental in jump-starting the big change in May when RCDV formally rebranded itself Empowerhouse to better convey its support of survivors of domestic violence.

In June, Megan Hicks brought her 'Gutsy Broads' performance back for another wonderful evening of stories of empowerment. This in turn generated a series of fund-raisers, with new donors joining devoted supporters in an ever-growing web of interconnected support in supplying Empowerhouse with the materials and precious fuel (money) it needs to keep running.

Things got even better when the Sunshine Lady Foundation donated a duplex-residence building on Wolf Street to serve as transitional housing for survivors and their families. The community's outpouring has been great and donations are still coming in, and still sought, to help refurbish the transitional units.

I've told you in the past that it takes \$39 to shelter one victim (or one of her children) for a single night. Last year, Empowerhouse provided 5,514 nights of shelter to 127 families including 115 children; answered 1,267 domestic violence hotline calls; provided advocacy to 753 adult victims and 242 child witnesses/victims of domestic violence; and, carried out many free and confidential services.

On January 27, the annual Empty Bowl fundraiser will see hundreds of people select hand-made soup bowls

donated by potters, fill them with delightful soup, stew or chili made, and donated, by local restaurants and individuals, and sit down with other generous souls while local musicians perform — all this for only a \$50 donation! (Sponsorships also available.)

Join us in helping Empowerhouse fund its many programs supporting the survivors of domestic violence. Tickets available at Sophia Street Studios (1104 Sophia), LibertyTown Arts Workshop (916 Liberty) or at Empowerhouse (4700 Harrison). For info, call Empowerhouse at 540-373-9372. We hope to see you there; let's keep the ball rolling! And listen to "Community Link" on Sunday, Jan. 13 at 8 a.m. as Kathy Anderson of the Empty Bowl joins host Ted Schubel (wfvradio.com or AM1230 WFVA).

John Sovitsky is rolling for Empowerhouse.

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# FXBG Music Scene

## TIM GARRETT - A SONG A MONTH

BY EMILY BARKER

Tim Garrett is a one-man song factory. Every time I see him, it seems he has a new tune in the works and before I can even come up with an idea for a verse in a new song of my own, he's recorded his and moved on to the next. He seems fearless in his creative process and I wonder if there's ever been a time when doubt crept in and tried to throw a wrench in the works. He just laughs. "I'm filled with fear but it all boils down to not stressing about things that you can't change. If something is so big, or so difficult that it overwhelms you, just take the first small step and then the next..."

And the songs just roll right off the line. Tim has written about 150 since 2001, when a "failed foray into the dating game resulted in a good complete song. Pretty soon I wrote another and thought, 'Maybe I can write songs now,' so I just kept going." That's about a song a month, though Tim claims that inspiration can be sporadic: "I go a while not even trying to write and then sit down and do one after another. I start recording [and] ride around in my car listening to a CD of the new ones, and want to keep adding."

Like I said, he's always working on something - a song, his house, running the Picket Post, a song... and I wonder if he has a specific method or seven habits, or a motto like "write without ceasing." "No," Tim says. "I pretty much just write what I hear and there is no one process. Some songs start with an idea, or theme and sometimes it's music first and words later. I had all the music to 'Friend of a Friend' recorded with a melody and all before I ever started writing lyrics, and 'Three State Fairs' was almost just a joke, written

super quickly based on something a friend once said."

Tim is a lover of language, of jokes, and a good story. "My family was always reading, so I was always reading books handed down from my mom, or my two older brothers. And humor was the best way to keep from getting killed in school. I was a fan of Justin Wilson, the Cajun storyteller, and my best friend's dad had Bill Cosby's albums, which I really loved." All of that love, that humor, that storytelling, that language-love, shows in his songs, which are simple and straightforward (If you've ever tried putting a song together, that is no small feat). And most of Tim's tunes are as good - if not better - than the stuff coming out of the song factories that line Nashville's Music Row.

So what's the deal? Why isn't the Music City knocking on his door? "Well," he says, "with the advent of home recording, the A&R folks in Nashville are bombarded with all levels of songwriters and performers, so they pretty much don't listen to any unsolicited offerings." That, and I'd say you need to be there to do the schmooze. Now, I suppose Tim is happy right where he is, with what he's got but hey, Music City - ya'll are missing out.

If you want to do the schmooze with Tim, you can find him (with Tom Arbisi, Dave Guzman, and sometimes Eddie Dickerson) playing Beatles tunes and stuff at Tru Luv's every Thursday night and at the Blarney Stone one weekend a month.



To hear just part of Tim Garrett's song collection, go to <http://www.reverbnation.com/timgarrett/songs>.

Emily Barker, also known as 'Miss Lady,' co-hosts the open mic at The Rec Center.

# Porch Light

Stories that shine a light on life

A MONTH FOR ALL AGES

BY JIM GAINES



They say the Vikings never put anyone on trial in January, since wintry moods led too often to a death verdict. They knew what they were doing. Some of my friends are so afflicted with Seasonal Affective Disorder (rightly named SAD) that they can barely function then, and we in Virginia are far from the polar latitudes where nights are really long. It's understandable that after the frenzy of the Christmas season and the nearly inevitable New Year's hangover, most Americans need a gentle pause until they start gearing up for the national holiday, Superbowl.

January in Virginia is gentle indeed, lacking the constant snow shoveling and ice sliding of my New England youth. Nor does it have the strange persistent fogs I got used to living in Louisiana for over twenty years. Of course, for January fog, nothing could beat my time in France. In Dijon, the fog could last for weeks and was so thick Sherlock Holmes could have gotten lost. With only a yard or so of visibility, you could hear footsteps approaching on the sidewalks for many long minutes before you got a glimpse of who was making

them, and then the vision quickly disappeared again and the sounds tailed off eerily in the opposite direction. It became a game to guess from the steps who was coming: a housewife trotting along to the boulangerie, a student rushing late to class, or an old age pensioner plodding along to the café for his daily ration of white wine, a single glass that could last all afternoon.

It's true that there are some memories in January for everyone, and it puts me in mind of Shakespeare's Ages of Man: drooling infant, reluctant schoolboy, sighing lover, boastful soldier, pompous magistrate, grasping miser, and doddering old geezer. For the young, January can seem to last forever, delaying walks in the sun or baseball practice. Mature folk may view it as a nose-to-the-grindstone time, testing one's ability to take care of business and prove one's worth. Snow tire time, they call it up North. The elderly reflect back and wonder if this yearly milestone is one that they will see many more times again.

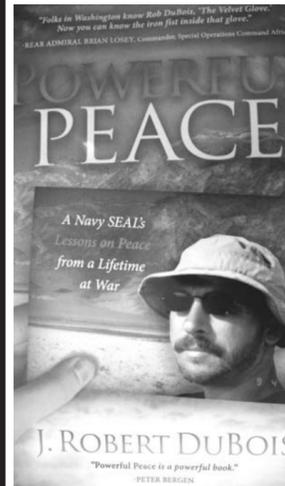
It is a month when there are many things to understand, if you take the time to look. Just as the bare trees show what it was that kept all those leaves aloft all the green year, the unburdened mind can identify the things that are most important in the long run - not just slapdash New Year's resolutions to lower the cholesterol or fit into a bikini, but things to hold in your imagination as truer goals than changeable appearances. Who and what you love and why you do. No wonder the Romans, who named the month, honored it as the feast of the two-faced god Janus, who ruled over

beginnings and endings, doors that led in and out, bridges out of one realm and into another. A month to consider where you may be going and where you have come from.

If the weather gets depressing, there is always a good fire in the hearth or, my favorite, Tchaikovsky's *Winter Dreams Symphony*. Perhaps nobody knows January better than the Russians, and no Russian better than Tchaikovsky. Amid all the notes of nostalgia that we share, he brings out the harmony of wonder and a fantastic future, full of discoveries never before imagined and surprises hard to describe in mere words. Dust off that CD and be that a remedy to your SAD.

Jim Gaines has taught and traveled in many parts of the world, but he is currently hunkered down as president of Fredericksburg's Riverside Writers.

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# Phoebe Willis

APPRECIATION FOR LIFE

BY KATIE HORNING



mother sought doctors' advice. At one point they considered she might have a brain tumor. Blood work and a lot of prayer discounted that fear. When Phoebe finally gave in to the healing process, she was forever changed. She had a new appreciation of her own health.

Soon after she contacted me about her amazing endeavor to earn for the foundation, a 12-year-old named Travis reached out to her. He had heard about her bid to be a St. Baldrick's participant; he was inspired by her story, as he is one of St. Baldrick's own. Last month, Phoebe accompanied Travis and his parents to VCU and experienced a day in the life of a child with leukemia. "He was so brave," she recalls, admitting she's still processing all the emotions of that day. After they arrived at the hospital, the entire course of mixing Travis' chemo and medication and administering it took three hours. She then watched as Travis' father signed consent forms so his son could be sedated for a spinal tap. "There is always a possibility that he may not wake up," she says to me incredulously.

"It's just hair," says the young woman with the sun-drenched brunette locks who sits across from me. Looking at her I still see the bright, intelligent eyes I knew when she was just 14 and in my Advanced English 8 class at James Monroe. Phoebe Willis, now a noteworthy senior at UVA, is herself and at the same moment wonderfully changed.

Two weeks ago she reached out to me through Facebook and e-mail asking if I'd forward her story to the appropriate channels. She'd committed herself to earning \$25,000 by March and then shaving her head in an act of honor for the **St. Baldrick's Foundation** and its children.

To know Phoebe is to know a whirlwind personified. She is all force, all passion, and she refuses to give anything less than her best, personal traits that have carried her far in her young academic and athletic career. Yet, there was a time last year when she believed it all might be taken from her.

It began with a stress fracture in her left foot that wouldn't heal. She'd used the same tenacity and spirit she was born with to push herself in UVA field hockey. Working out 2-3 times a day and able to back squat 225 lbs took its toll on her body. The injury hit her hard. She began overcompensating with her right foot, and new breaks occurred. Twenty in all were counted and she found herself incapacitated, taking taxis to class and using crutches full-time. Not healing, immobilized, and low in spirit, she and her

She marveled at Travis' parents' strength and their consideration of her. They were all there in support of Travis, and yet were just as attentive and appreciative of Phoebe's presence and concern. Soon after Travis awoke, he was adamant about speaking with a new cancer patient at VCU. Phoebe observed as the young woman, older than him, took great comfort from his amazing fight against the disease they both now suffer. And then it hit her, and all of her drive to earn money for this cause made sense. In what began as a desire to do something different and challenging, Phoebe found renewed appreciation for life and the pursuit of keeping it.

Addendum: Phoebe Willis has earned \$5000 of her \$25,000 goal so far. Please follow her progress and support her effort by visiting [stbaldricks.org/participants/phoebe](http://stbaldricks.org/participants/phoebe).

Katie Horning also wrote about JM Coach Rich Serbay in this issue of *Front Porch*.

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# My Own Path

A WOMAN WITH INTENTION

BY C. RUTH CASSELL



Propped on the bedside, nylon stockings stretched under A-line skirt, I stroke his soft cheek. Waiting for him to stir, I cherish a rare quiet moment. I coax him from under the warm covers with soft kisses and a slow back scratch...

I intend: To bring him into a new day gently and kindly. To tell him innumerable times before his feet hit the cold wood floor that mommy loves him. To give him the sense that he owns this dark morning as dreams pass into memories and hopes hinge only on determination.

My intentions of caressing him through another rushed morning are replaced by reactions to him playing karate in the living room instead of eating his cereal. Hands buried in soapy water, firmly spoken encouragements turn into volume-up demands. Reinforced with furrowed brow—adding years as quickly as puffing cigarettes—and tensed shoulders—causing knotted muscles as tightly as hunching over a keyboard—my

ability to "do it all" is severely called into question.

The true question is why do I have to "do it all?" The true answer is because I want to. Not in the way I once did, as a woman who wanted to take care of everything so there would be nothing for anyone to complain about. But in the way of many mothers I know, whether working inside or outside the home. As a woman who finds pieces of her true self in each of these roles.

I usually choose to ignore the injustice of being a woman. I savor the daily rebirth of my intention to be a mother, who works. A female who desires the reciprocated love of a man. A woman unafraid to lead. A person willing to follow. A constant dichotomy, a nearly duplicitous life course. Sacrificing a singular goal for the fury of narrowly accomplishing a series of less well-conceived aspirations.

I intend: To be the mother who puts down my laptop to pick up his

incessant requests to play doggy. To be the female confident to ask for what she needs. To be the woman aware of her ability to successfully steer a project to conclusion. To be the person capable of satisfaction.

Intentions are like butterflies. Born from the hard work of allowing one's true potential to develop. Thrust into a world full of traps intent to crush and confine. Briefly aware of the impact of its own brilliance. Wisped away, living only as a memory to those who witnessed its transformation... So it is to be intent on being the everything woman.

Born from the impression that working hard is not enough. Trapped in a world requiring women to be more than a mother, but less than a man. Aware of life created as it sprouts with spirit and design. Eyeing each passing breath as the thief of energy, the dismissal of time.

There is an injustice in the expectation that women live for others—their children, partners, bosses—and do it all with no complaints and no mistakes. There may be a day when I discover the balance between the mother, the woman, the female and the person... Meanwhile, I intend to greet tomorrow as I greeted today, with intention.

Ruth Cassell, a UMW grad and Bistro Bethem veteran, now finds her path in Roanoke, VA. She blogs about similar topics as addressed in My Own Path in her personal blog at [www.attentionanonymous.wordpress.com](http://www.attentionanonymous.wordpress.com)

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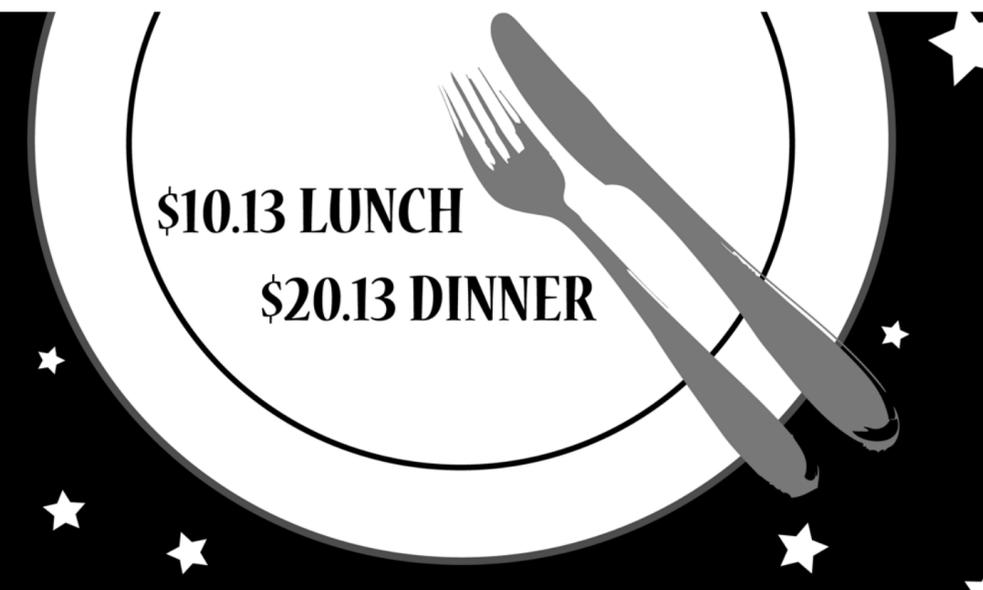
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