

YOUR GUIDE TO THE LOCAL GOOD LIFE

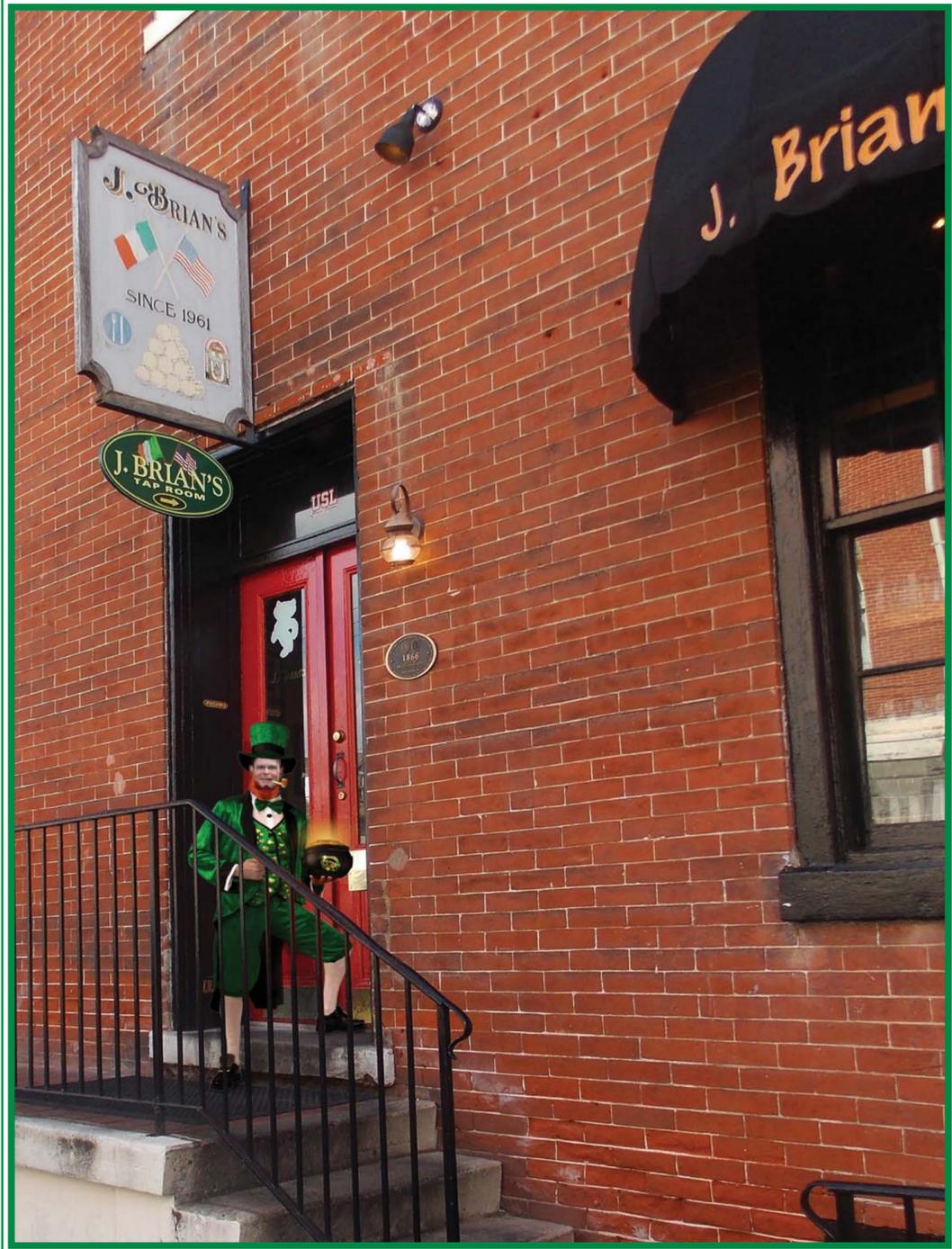
FRONT PORCH

THE REGION'S **FREE** COMMUNITY MAGAZINE

Local Good News Since 1997

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fredericksburg



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COVER PHOTO BY ARCH DIPEPPE & BILL GREEN

Quite the Get

SIR JAMES GALWAY IN CONCERT

BY TROY SNUFFER

Legendary Irish flutist **Sir James Galway** will perform a special concert with the UMW Philharmonic Orchestra on Saturday, March 16— St. Patrick's Day Weekend. The "Man with the Golden Flute" is regarded as the supreme master of the flute, whose albums have sold over 30 million copies. Galway's appearance marks the tenth anniversary of the Philharmonic's popular "Celebrity Series," which began with Broadway maestro Marvin Hamlisch and has included such luminaries as Judy Collins, Kenny Rogers, and the Canadian Brass.

Says Philharmonic director **Dr. Kevin Bartram**, "the orchestra is honored to have shared the stage with some of the greatest musicians in the world over the past decade. This year, we are excited to bring Sir James to Fredericksburg, and we had 'the luck of the Irish' in his schedule to land him on St. Patrick's weekend."

Sir James will perform the *Mozart Flute Concerto in D Major*, and then will be joined with his wife, **Lady Jeanne Galway**, (in photo) in a flute duet entitled *The Magic Flutes*— a medley of great Mozart numbers. Also on the program is Sergei Prokofiev's *Lt. Kije*

Suite, Ron Nelson's *Rocky Point Holiday*, and Leroy Anderson's *Irish Suite*.

After beginning his solo career in 1975, Sir James' busy touring schedule sees him performing with the world's great orchestras and most prestigious conductors. He has performed for such dignitaries as Queen Elizabeth II, Pope John Paul II, President G.W. Bush, President G.H.W. Bush, Princess Diana, and most recently President Shimon Peres. He was knighted in 2001 by Queen Elizabeth II, and has received the Recording Academy's President's Merit Award, induction into the Hollywood Bowl Hall of Fame, and the Classic Brits Lifetime Achievement Award.

His stop in Fredericksburg is part of his "Legacy Tour" in the United States. Says Dr. Bartram, "we were lucky to get him, because as he winds down his magnificent career, it's unlikely he will be returning to our area."

The concert begins at 7:30 p.m. in Dodd Auditorium on the campus of the University of Mary Washington. Tickets are available online at philharmonic.umw.edu, by calling 540/654-1324 or at the Fredericksburg



Visitor Center. Bartram also noted that the following day, Galway will perform at the Kennedy Center in Washington, D.C. "That performance is a trio only, and tickets and parking will cost significantly more than our concert. You would not be able to hear Sir James elsewhere for such a low cost."

The University of Mary Washington is a premier, selective public liberal arts and sciences university, highly respected for its commitment to academic excellence, strong undergraduate liberal arts and sciences program, and dedication to life-long learning. The university, with a total enrollment of more than 5,000, features colleges of business, education and arts and sciences, and three campuses,

including a residential campus in Fredericksburg, a second one in nearby Stafford and a third in Dahlgren, which serves as a center of development of educational and research partnerships between the Navy, higher education institutions and the region's employers. In recent years, the university has seen its academic reputation garner national recognition in numerous selective guidebooks, including Forbes, the Fiske Guide to Colleges and the Princeton Review's edition of 150 "Best Value Colleges" and "The Best 377 Colleges."

Troy Snuffer is a UMW Philharmonic Board Member.

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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

BULBS

Everyone is waiting for spring to officially arrive with the vernal equinox at 7:02 A.M. on March 20 in the Northern Hemisphere, and to bring with it increasing daylight, warming temperatures, and the rebirth of flora and fauna. On that day, the days and nights are approximately equal everywhere and the sun rises and sets due east and west. It is worth the wait.

We wait for other good things to happen, too — the start of baseball, frisbee golf in the park, Sally Struthers' return to Riverside for the production of *The Full Monty*, and the bloom of springtime flowers. While we wait, we see signs low on the ground and high in the trees, signs of the transformation into spring. Who doesn't get excited when the bulbs they planted last fall begin to peek through the dirt showing their tips and promising to bring color to our landscapes in just a few more weeks? Bulbs, simple, natural bulbs - it's what they do. They delight us even before they blossom into flora. Up in the trees, buds appear, signaling it is nearly time to leaf out and fill our air with purity - and, oh well, allergies, too.

How do we stand the wait? One place to turn is Roxbury Farm & Garden Center, 84 years young, on Lafayette Blvd. There, Andy Lynn and his team of green thumbs are stocking up on springtime inventory, and it's a sight to see for the flora and faunaphiles among us. Just seeing what's in store down at Roxbury this month is as exciting as spring gets. It

MESSAGES

Hi Rob,

Loved your February editorial - how it tied into the cover and Lincoln's Fredericksburg address. I had never reflected on our family diversity. I'm proud of it!

I had a tape of Mike Auldridge (*Resonance - Farewell, Neat Cowboy*, by Brittany DeVries, Feb 2013) that I just about wore out. It was my favorite, before I turned to CDs and lost track of it. I never knew his story, but will try to get some of his music on my iPod to rekindle that sound. Bluegrass rocks! Thanks for sending the Porch to me electronically. I look forward to it every month.

Bro Jay

NOTE: Jay Bigenwald of Rochester, NY is big brother of Front Porch publisher Virginia B. Grogan, thus his reference to 'family diversity' explained in *On The Porch*, Feb 2013.

also gives us reassurance that we are almost there - almost past the waiting period called winter and nearly to the goal line called spring

My Buddhist friends tell me the wait is irrelevant, that if you just take life as it comes, there is no wait - everything important is right at your foot in the very present moment. If only it were that easy, and yet, their perspective is a clue for what to do while we wait for these good things to unfold.

The present moment offers us some of life's treasures right in front of us and with us. In the thick of winter's final flurry, we can still capture the moment that a child discovers something new and smiles. We can gasp at a breathtaking sky. We can read from the pages of a gripping book. We can finish a work assignment. We can hug our spouse. We can sense progress.

The bulbs and treasures before us temper the waiting for spring to truly arrive, not just as an official event but as the sights and scents that come to fruition as the hemisphere moves closer, everyday, toward the sun.

For me, every wait is assuaged by the presence of family and friends - that



inner circle that helps define life and gives it greater meaning. And for me, as a naturalist of sorts, I find joy in knowing I can always sit on the couch with Frisbee on my lap, and rub the dog's belly while March winds blow their final howls but can not oppress the bulbs and buds certain to bloom right on nature's schedule. That is whipped cream on my sundae.

So while you wait, turn the pages of this little monthly tabloid and escape cover to cover to its timely information and colorful stories of local personalities. Enjoy it through the arrival of spring. You and the bulbs have just a little longer to wait.

Rob Grogan

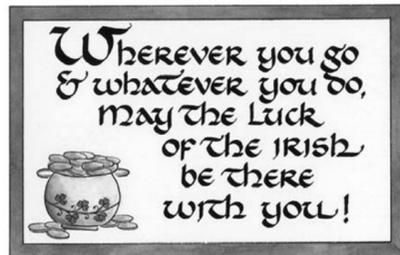
Rob,

Thank you so much for doing the piece on us! (Don't Turn The Page On Therapy Dog Sage, Feb 2013) Bridget & Sage

NOTE: Bridget Seitzinger and Sage are members of the Rappahannock Area Comfort Canines (RACC)

About the Cover:

Arch DiPeppe gets us ready for St. Patrick's Day with his shot of downtown's favorite Irish-owned taproom, J Brian's, and Bill Green of bgreenfx works his magic with the leprechaun. Look closely... the first reader to walk into J Brian's on St. Patrick's Day and correctly identify the face of the leprechaun will receive a \$20 bill on the spot, compliments of Front Porch, to open their food and bar tab for the day.



Ernie Ackerman

SOMETHING FOR THE COMMUNITY

BY CAROLINE PARR

really need help." Volunteers meet each week with homebound seniors to provide friendship and support. As Ernie notes, the seniors benefit from the program, but the volunteers are transformed by that activity as well.

Helpline, one of the most popular offerings, is a confidential referral service that links people needing help with those who can provide it. As Ernie points out, the Helpline is available to everyone, including people who may have means but do not know where to turn when facing a mental health challenge.

Those who know Ernie are not surprised at his involvement. He and his wife Lynn are familiar faces at local music and arts gatherings. They love to travel, whether to music camp or farther afield to Istanbul and Venice. Recently retired from the University of Mary Washington as Professor Emeritus of Computer Science, Ernie now enjoys more free time to enjoy and give back to the community.

When I spoke with Ernie recently, he reminded me that on Saturday morning, May 4, hundreds of people will gather in Hurkamp Park in Fredericksburg for the sixth annual Walk for Mental Wellness sponsored by MHAF. Easy one- and three-mile courses wind through the historic downtown as families and friends get together for a day of live music, free snacks, door prizes, and raffles. The famous silent auction, featuring everything from art by locals to gift baskets filled with gourmet food, spa treats and more, offers a chance to shop for local bargains while supporting a good cause.

Signing up for the Walk is easy - just visit www.mhafred.org or click on the direct link at bit.ly/14UNCMW to register, donate, or get more details. Once you participate, you may, like Ernie, find yourself wanting to get more involved.

Caroline Parr recently completed a term on the Board of MHAF and looks forward to seeing you on May 4th!



Fredericksburg is a community known for its generosity. Many of us happily donate to local organizations that help to make this a better place to live.

But some people take the next step and give their time and talents, too. What inspires people to make this deeper commitment?

For Ernie Ackerman (photo by Norm Shafer), it was simple. With the kids grown and out of the house, he and his wife Lynn wanted to do something more for the community than just donate money. A family tradition of community involvement, appreciation of an organization that supports local residents, and a connection through a friend who served on the Board led him to volunteer with Mental Health America of Fredericksburg. Over the last several years, Ernie has served as Secretary,

President and Past President of the Board of MHAF.

MHAF, the local affiliate of Mental Health America, serves the greater Fredericksburg area by providing free mental health services. An array of MHAF support groups meets the needs of people dealing with depression, anxiety, and bipolar disorder, and those who have lost a loved one to suicide. MHAF peer support group for adults with mental health conditions help individuals to help themselves to mental health recovery. With one in four people affected by mental illness, these services are vital.

Ernie's work on the Board has given him a closer look at the services that help so many people in Fredericksburg. "The Senior Visitors program is absolutely outstanding," he says. "They work with emotionally isolated people who

Days Gone By

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NANCY BRITTLE

NEW REALITIES IN TAKING A SECOND LOOK

BY AMY MILLS



Local artist Nancy Brittle brings her ethereal realities open for viewing to the public in her March show, *Taking a Second Look*, which commenced on the first of March at Art First Gallery.

Brittle has the rare talent of being able to first capture the full attention of the viewer and then immerse him in her constructed abstract worlds. Her paintings, blurry with frenzy, evoke,

among many vague and muddled emotions, an uncanny feeling of recognition, as though one has passed by the vendor in *Parisian Flower Stalls* or stood in front of the paintings in *At the MOMA* and *Winter Afternoon at the Met* (pictured) in what seems to be eons gone by or in a past life. Many of the settings of her artwork themselves are familiar yet quietly spectacular places such as the aforementioned art galleries, but Brittle takes them to another level, allowing them to erupt to something more than what they are in reality. The distorted, hazy nature of the artwork gives the impression that the depicted worlds are falling away, lending them a sense of emergency and urgency.

Brittle cites a combination of her inspiration and her painting techniques as contributing to these effects. Her paintings are conglomerations of places she has been, people she has observed: "Memories play a great role in what I paint. As I leaf through my sketchbooks and photos of almost 50 years, I am reminded of subjects and moods I want to explore. I have worked with a memory or a sketch, or both and made a more developed drawing or watercolor before I have started to paint in oil. Most of these paintings have a brief narrative about them."

From the merging and blending of memories come the settings and figures of her creative work. "For me, there is always more in the piece than meets the eye. There is a story for each work, and each piece has layers of meaning for me. They come from a complex array of emotions, visions, memories, and observations. I love the vitality in gestural drawings and try to keep some of the immediacy of the gesture especially in my figure paintings. I can allow my imagination to more freely express itself. Nothing I paint these days is an actual representation of what I see. I observe carefully...but I alter what I see in creating another type of reality."

Brittle ties together friends, figures, and places from her personal history into the content of her artwork. *The Venetian Tourist* was pulled from the massive well of memories she keeps in her mind. "A man I knew for many years with whom I traveled is the figure in the painting... Actually, we never went to Venice together, but the background I painted reminded me of a winter I visited Venice, so I have called the painting *The Venetian Tourist*."

Taking a Second Look is on exhibit at Art First Gallery (824 Caroline) for the month of March.

Amy Mills is a Fredericksburg-based writer and art critic.

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Quiet Moments

THE DAY I WAS VOTED OFF THE ISLAND

BY ARCHER DIPEPPE



You will be able to tell by the views expressed in this column that I am old. Perhaps I am just angry because television demographics have passed me by. I don't buy enough of anything for any TV show to care what I am interested in watching. Still, with literally 150 channels or more, I should be able to stay happily mesmerized all the live long day. Maybe not.

I cannot remember a time when the noisy box wasn't in the living room. Westerns were big in the 50's and doctor shows in the 60's. The 70's was the decade of the detective show and situation comedies. The 80's gave birth to the talk show format, and in the 90's the soap operas got bigger and flashier and moved to primetime. Since the millennium, Reality Television has exploded. Even forty years ago, television was referred to as the "great wasteland". Those were the good old days. I guess the next thing we can expect is a western doctor with eight kids from seven different cultures that works for a police department using forensics to figure out why so many people die after appearing on reality television.

My wife likes shows about the supernatural. She watches shows about ghosts, the paranormal, and extraterrestrials. I lovingly and

sympathetically refer to this genre as "Tin Foil Hats." I, on the other hand, am infatuated with The History Channel. I believe that I have seen every single foot of documentary celluloid about World War Two at least sixteen times. When I was a kid, I watched Walter Cronkite narrate *The Twentieth Century*. It was called *The Twentieth Century*, but every

then looked at me, and walked out of the room. How am I supposed to win any arguments with my wife when the universe conspires against me? I think the original *World at War* series actually lasted longer than the war itself, so they had to cut it down.

I am perplexed by Reality TV. It's not my reality. I have way too much of my own reality going on all the time to watch what someone else thinks is reality. If that is their reality, then we live in perpendicular universes. My problem is I am used to being entertained by the noisy box.

I was never really voted off the island because I would never have a gnat's chance of getting on the island in the first place. If I were, I would be the first one to be voted off unanimously. This guy makes entirely too much noise when he eats and looks terrible without a shirt. That's OK. I read *Lord of the Flies*, and I know things don't turn out well in the end.



Arch DiPeppe writes stories from his universe every month in *Front Porch*.

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John Duarte

IN THE STARS

BY KATIE HORNUNG

A moment can determine a lifetime, can't it? Romantics believe it. Realists challenge it. But who really ever knows the truth of it?

The year is not important to this particular story; it's the setting that defines the lifetime-determining moment. In the middle of the night, many years ago, nineteen-year-old Navy Petty Officer John Duarte was called by his superiors to the bridge of his Trident submarine while the boat patrolled off the coast of Cape Canaveral. The vessel was a 42'x560' capsule of nuclear power, the "gun in the pocket" - the reason why the U.S.S.R. would never get into a fight with the U.S., and he felt more powerful for being on it. He was eager, nevertheless, to get above deck, and so Duarte made his way up the ladder toward topside.

Back then, Petty Officer Duarte saw himself as a Woonsocket, Rhode Island boy who came from a blue collar, old mill town. It was a place where the men were outspoken and could back up their strong opinions with muscle. It was a place where Duarte was on the verge of becoming a man.

Bi-racial by way of his French-Canadian mother and Cape Verdean father, Duarte had an early education regarding pride. Their mixed family had no money to speak of. According to Duarte, he, his mother, his brother, and his half-sister took pride in having nothing because it meant, strangely, something to them. They owned their challenges in life.

In his youth, Duarte struggled physically and emotionally trying to determine just what that sense of pride in nothing should mean to him.

The first non-white student in eighty years to receive a scholarship for track and academics, Duarte felt he was on his way toward something better. He did well in college until he gave in to some of his anger issues and made a poor choice. Given a year's suspension, Duarte knew he had to do something with his life. It was during that time that he enrolled in the Navy and realized in more ways than one that the world was much bigger than Woonsocket, bigger than the mentality that had brought him to that ladder on a nuclear submarine.

Reaching the bridge, P.O. Duarte immediately noticed they were far enough out to sea where no man-made light touched them. It was a perfectly clear night, one on which the stars looked as if they formed cloud patterns. The sea was absolutely still, and a black mat which reflected the magnitude of stars engulfed the night sky. The stars above were the stars reflected in the water below. Those remote, incandescent bodies went to the horizon and to all corners of the earth. Stunned by this display, the young man who stood upon one of the most powerful, man-made weapons of our time thought to himself *The ocean could just open up and swallow us. We are nothing.*

Duarte knew in that spectacular moment that he'd just bore witness to something most people will never see. A twenty-four intercontinental-ballistic-missile submarine had nothing on this universal display of power. He'd found his own pride in being nothing.

Since that time, Duarte has seemingly done it all: been an extra in the movie *The Program* starring James Caan and Halle Berry; stood beneath the Sistine

Chapel; walked along Stonehenge and the Great Wall of China; met and married the love of his life, Rosalie, while training to become a semi-professional body builder while at the University of South Carolina; taught elementary and high school students in Fredericksburg; attained two masters degrees, one in elementary education and the other in educational leadership; became an assistant principal at The James Monroe High School; and now he is currently pursuing his Doctorate of Educational Administration at Virginia Commonwealth University. . . Still, he knows there's more out there for the boy from Woonsocket; he's seen it in the stars.

Katie Hornung is an English teacher and journalism adviser at The James Monroe High School.



The Things We Collect

BY MARY LYNN POWERS



Originally, the assignment that my illustrious editor gave me was to scope out the new shop on Caroline called the Card Cellar that sold sports memorabilia and baseball cards. I thought - I really know nothing about this topic except that it relates to the binder that has lived in the back of our closet for centuries, which is off limits for any discussion when we begin the annual purge of all things unnecessary in our house! This said binder is laden with baseball cards of undetermined value, but may come in handy if we need to cash in our life savings. So, in addition to checking out the shop, I decided to investigate why people collect sports cards.

So, to return to the origin of this article, I asked Bart why people collect cards. His response was firstly the idea of people collecting things in general is a pastime of many people. Secondly, sports fans like to keep something that relates to their sports heroes, and it allows them to feel more in tune with the sport itself. Lastly, there is monetary value. I asked how much, and Bart said for instance someone opened a pack of cards that cost \$55. In that pack was a \$2500.00 card. The card pulled had an autograph and patch of the two top running backs, the two top quarterbacks and the two top wide receivers of 2012. He said it's a little like playing scratch cards. You spend a buck, and who knows. Ah, the odds.

You can spend anywhere from \$1 to \$500 on sets of cards. There was one pack they showed me - "All Time Greats" - which sells for \$365. He has autographed jerseys and prints of some of the all stars. One half of the store is filled with sports memorabilia, and the other half with antiques and chic boutique items. It's quite a combination, but seems to work. The husband/wife thing seems to have melded into a promising enterprise. Stop in and check it out, it will surprise even those who are not sports fanatics.

The antiques were all reasonably priced, in comparison to other shops. As

a disclaimer, I am in no way an expert in antiques, but have window shopped for years in the US and abroad, and love the feel of antiques and the shops that sell them. A few pieces I eyed, I expected ticket shock, but was pleasantly surprised that the pieces were actually affordable.

Mary Lynn Powers is secretly rummaging through her husband's binder for anything worth trading.



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- Andy Lynn, General Manager at roxburyandy@gmail.com

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Retired & Buck Naked On The Back Porch

GUINNESS IS GOOD FOR YOU

BY JO MIDDLETON

You may like Christmas best of all the holiday feasts. Not me. I salivate over St. Paddy's Day fare, and a pint of Guinness. Irish food is rich food, about which I am inordinately fond. On non-holidays, you will find my Virginia platter filled with meatloaf, made from the super-delicious Angus beef, my favorite of the meat food groups, along with a baked potato, slathered with butter. The doctors do not agree with my food analysis that this meat and spuds combination provides Potassium and the "B" vitamins, plus buttery Vitamin "A" all in one meal, along with some healthy fat, making me proud to be an overweight American. But, the Irish have it all. The Guinness motto, "Guinness is good for you," is why, no doubt, it tastes so good. Rumor has it that its blend is filled with antioxidants, such as those in vegetables, which keep my arteries clear, my deeds good, and my thoughts clean.



I'm not going to an Irish pub for St. Patrick's Day, even though the food is delicious and the Guinness divine. I'll cook my fare at home. I really don't like Irish ballads, which are ever present at a Pub. They are depressing, which is inappropriate on this happiest of holidays. It commemorates the death of St. Patrick, and such commemoration is called a Wake, the jolliest of occasions, and especially for St. Patrick who the lucky Irish had among them to deal with the unpleasant snake population. Some Wakes today are particularly exuberant, due to the

bereaved's joy that the old sod finally fell off the perch.

But the Irish pub music is uncommonly whiney about politics and soldiering, and the singers wind up red-faced angry, crying, or both. Now, I'd be in the pub with the best of them if they had Jack Smith singing from his 1940's radio show. He was required listening at my house each March 17. We all could join with him singing, "Who put the overalls in Mrs. Murphy's chowder? Nobody spoke so he shouted all the louder, 'It's an Irish trick that's true, and I can lick the mick who threw, the overalls in Mrs. Murphy's chowder!'"

My particular favorite was "MacNamara's Band, "Oh, the drums go bang and the cymbals clang and the horns they blaze away, McCarthy pumps the old bassoon while I the pipes do play. And Henessee Tennessee tootles the flute and the music is somethin' grand. A credit to old Ireland is MacNamara's band." Part of the lyrics is that "when we play the funerals, we play the March from Saul."

Back in the day, classical music was enmeshed in the culture, such as this song's reference to Georg Friedrich Handel unlike today where the recognizable theme from "Cheers" or "Friends" on the pedestrian level drown out any possibility of the theme, Rossini's "William Tell Overture." So it goes on this day of St. Patrick, me and Mr. Guinness out here, retired and buck naked on the back porch.

Jo Middleton will raise a pint or two on the 17th.

Put Me In *This* Coach!

BOUND FOR BASEBALL, THE BIRCHMERE, OR THE BACHELOR PARTY

BY SARA MATTINGLY

Spring will arrive before this issue gets archived, and baseball will return to DC, Richmond, and Potomac. The Birchmere will stage some great concerts, and bachelors and bachelorettes will have their parties before they tie the knot come springtime. With that in mind, I felt it my civic duty to find a safe alternative to the designated driver, so you and your peeps can get to the game, the show, or the par-tay. What I found is so cool, I am arranging an event just so I can book it - affordable, upscale coach transportation.



The Provost XL Entertainer Executive Day Coach is what I'm talking about. It is owned and operated by **Mark Monroe** of Country Coach located in Warrenton. Mark's ultra-cool vehicle provides safe, reliable, comfortable transportation for corporate, sports, and family events - as well as special occasions. Wedding, funerals, proms, birthdays, anniversary celebrations, and wine tasting day trips are just some of the events Country Coach's Entertainer Executive Day Coach is made for.

Its capacity 18 passengers board a decked out coach complete with upscale décor, full kitchen and bathroom, multiple seating arrangements, sleeping quarters, multiple flat screens with DirecTV, and stereo throughout. You can begin your baseball tailgate as soon as you leave the Burg.

A powerful, extended-use generator makes this coach a great base location that provides all of the comfort features needed for those attending an event. During January's Presidential

Inauguration, the Entertainer Executive Day Coach was a base for inauguration security.

Mark, who drives the coach, has more than 35 years of transportation experience and a long-standing record of accident-free, safe driving. His record is available at the U.S. Department of Transportation's website www.saferfmcsa.gov. Enter Country Coach and DOT #1067121.

Mark wants to hear from you to arrange your next outing. He'll tell you about the Entertainer Executive Day Coach and his Black Sedan Livery Service (for up to five passengers). Just contact Mark at mark@countrycoach.net or 540-270-6250.

My BFF gets married next year, so there's time to arrange for the coach and her bachelorette party, but the Nats open their 2013 season at home against Miami at 1:05 p.m. on Monday, April 1, and also host the New York Yankees in an exhibition game on Friday, March 29 at 2:05 p.m. - perfect use of the Coach!

Sara Mattingly is a baseball, music, and any reason for a party fan.

Kelly and Friends

DIG THEIR FINDINGS

BY AMY PEARCE



When volunteers and archaeologists first discovered the first signed, antebellum ceramics made by a Fredericksburg potter on the site of the William/Winchester Street town home project, to say they dug their findings is a tempered report. They were ecstatic! Their findings upended long-held beliefs among historians and collectors.

Rhonda Kay, a building inspector with the city, made the initial discovery of the ceramic fragments on the site. Pictured with her in the photo above by **Rob Hunter** is **Dave Hazzard**, an archaeologist with the Division of Historic Landmarks. Dave came up to inspect the site and had earlier provided salvage funds for Dovetail, Inc, the archaeological group.

From pot fragments to more discoveries pulled from the dirt since, the surprises have made the archaeology community jubilant while sending them back to the think tank to answer the many new questions raised.

"In 48 hours, ceramics history in Virginia has been redefined," says Councilman **Matt Kelly**, (right) who was among the volunteers and pros that spent Presidents Day weekend sifting material excavated from Amelia Square. Photo of Matt by **Rob Hunter**.

Finding early-19th-century stoneware fragments from a pottery that operated on the property back then, Kelly and friends all-volunteer crew discovered a treasure trove of history. The archaeological work, which continues today, has revealed two names from signed pottery pieces: **H.R. Marshall** and **V. Bernard**, joining Fredericksburg entrepreneur **Francis Hamilton Bell**, who owned the pottery for a time.



One question that has come up is, "Did Bell, who came from a New York potting family, make pots in Fredericksburg himself or did he employ others?" An oddity here is that most potters of the period did not sign their work, so the Marshall and Bernard names are unusually significant.

Meanwhile, the search goes on in a community that cherishes its history and volunteers to preserve it. Congratulations, Matt and friends, and to all the professionals as well.

Amy Pearce is an editorial assistant at Front Porch.

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LIBATIONS

EASTER'S COLORFUL COCKTAILS

BY LISA VANDERMEER



3/4 oz Agave Nectar
4 ounces dry sparkling saki
1 cucumber wheel to garnish

Directions: Muddle cucumber slices and Cathead Honeysuckle Vodka in a rocks glass. Add lime juice and agave nectar, stirring to mix thoroughly. Fill glass three quarters full with medium sized ice cubes. Top with sparkling sake. Garnish with a cucumber cube on a cocktail pick or a cucumber wheel on the rim.

The Berry Bunny Hop

2 oz Raspberry Cocoa
1 oz POM
1/4 oz Lemon Juice
1/2 packet sweetener
2 Blackberries
2 Raspberries
Garnish: Blackberries and Raspberries

Directions: Shake all ingredients and strain into a martini glass.

The Easter Bunny

1 Part SVEDKA Clementine Vodka
1 Part Pomegranate Juice
Splash of Cranberry
Splash of Tonic Water

Directions: Mix all ingredients (except for the tonic water) in a shaker filled with ice. Shake and strain into a highball glass. Top with tonic water and garnish with a lime wheel.

The HoneyBubble:

1 oz CATHEAD HONEYSUCKLE VODKA (may sub other brands)
4 oz brut champagne
2 fresh raspberries to garnish

Direction: Serve during good times in a champagne flute!

Southern Zen:

6 thin slices of cucumber
2 oz of CATHEAD HONEYSUCKLE VODKA
Fresh Juice of half a lime

Lisa Vandermeer, a bartender in New York, passes through FXBG annually.



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Vino

THE RIESLING DEMAND

BY ABY BETHEM

I admittedly don't stay on top of reading the wine publications touting the latest and greatest wines. Rather I react to wines we taste, wines that work with our menu for the season, and customer demand. I had to write this article this month about the phenomenon that is currently happening with the popularity of Riesling sales. I can't stock it fast enough. I shouldn't act surprised, because I have always understood the versatility and deliciousness that is Riesling, but I am, especially the robust Winter sales. I needed to find out more; this article was the perfect excuse.

According to twistingvines.com, this trend started in 2011. Geez, where was I? In their words "Cabernet Sauvignon and Chardonnay have become yesterday's news. Malbec and Riesling have replaced them as the most popular," as people are more knowledgeable, prices have gone down, and people are more inclined to try something new.

In Winebusiness.com in June 2012, leading wine industry experts, restaurateurs, wine makers, hoteliers, weighed in from all over the United States and one of their top highlights "Riesling is growing toward Pinot Grigio popularity levels especially German Rieslings with a small trend emerging for dry rieslings."

According to an article in *Wine Enthusiast*, 2012 they confirm the facts. According to Nielsen's grocery wine sales data for the most recent half year Riesling is the fastest-growing wine variety in the top 10, with increased sales in all price points. "Sales are surging, off-dry styles are leading the charge."

Many reasons explain the surge in popularity. Alcohol levels, especially in the off-dry and sweeter styles are comfortably low. Riesling can be grown organically, fresh and delicious when drunk young, but some can age for decades. Consumer tastes are evolving and younger drinkers have more adventurous palates. Riesling offers something for every palate. From bone

dry to very sweet, it is a versatile grape. Understanding the labeling and style choices is often the challenge.

Classic and some would say the highest quality Rieslings come from Alsace, that slate-sloped region between France and Germany that has been making wine for centuries. The best Alsatian Riesling is typically bone dry, tightly acidic, and almost illicitly racy, with nose and flavors of citrus, gunflint, cold steel and minerals.

In America, drinkers are turning their attention to Washington State. In the same Nielsen rating listed above Washington has five of the top 15 national Riesling brands, followed by Germany and California. Washington's Rieslings are drawing the attention of the international community. These wine characteristics are often peach, stone fruit, apricot from the warmer sites and citrus, mandarin and minerality from the cooler sites. Riesling can be sweet. These types of Riesling come mainly, but not exclusively, from Germany's Mosel-Saar-Ruwer and Pfalz regions. Mosel is interesting; its wines typically have a slight effervescence for a layer of surprise.

It's helpful to be able to read the German labels, to understand the style of Riesling you are selecting. **Styles:** Trocken=dry, Halbtrocken= 1/2 dry; Ripeness: Spatlese=grapes picked late in the harvest season, medium body, dry or sweet, Kabinett= higher quality grade, .reserve', usually made in the drier style; Auslese: select harvest, cluster specific, dry or sweet. While there are so many degrees of Riesling, the point to remember is that by nature their high acidity make them truly the best food-pairing white wines around.

Apparently my customers have figured this out. We will be tasting new Spring Rieslings and keeping up with demands. No worries, Riesling is currently ruling the coolers.

Aby Bethem and her husband Blake own Bistro Bethem on William Street.

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TASTY, BY ANY NAME

BY VANESSA MONCURE



In 2002, a pair of small ponds in Crofton, Maryland became ground zero in American waterways. A lone fisherman hooked a prehistoric-looking fish, one which can breathe air for up to four days, and has been known to travel, wriggling body and gills, on moist ground for up to one-quarter mile in search of better eating grounds.

SNAKEHEAD WITH MUSTARD SAUCE

Lightly dust two cleaned filets with flour, S&P; saute in ¼ c. each canola oil and butter over medium low until filets are browned. Remove fish to an ovenproof dish, then turn pan on medium high, adding ½ c. dry white wine. Reduce by half, then add ½ c. heavy cream, 2 T. dijon mustard and 2 T. whole grain mustard. Reduce again by half, then plate with cooked Chinese red rice, fish and sauce. Lightly pan sauteed spinach completes the plate.

SNAKEHEAD SOUP

Pan-fry ¼ lb. applewood smoked bacon. Save bacon grease, remove bacon and crumble. Cut 1 ½ lb. yukon gold potatoes into ½ " cubes, saute briefly in bacon grease along with 4 T. flour, then add 4 c. milk and ½ c. heavy cream, 2 T. butter. Cube 1# snakehead filets and add to soup, along with S&P to taste. Cook over medium heat until fish flakes, then stir in chopped bacon and ¼ c. sliced spring onions.

SNAKEHEAD TACOS

Lightly dust cleaned filets, S&P - brown in oil until flaky. Heat flour tortillas until warm, then layer fish, 1 c. sliced cabbage mixed w/2 tsp. each sugar and white vinegar with mayonnaise to bind, fresh chopped tomatoes, onions, fresh cooked corn kernels and jalapenos.

Who can think of a more appetizing name for a very appetizing snakehead?

Vanessa Moncure is one of few chefs brave enough to suggest snakehead!

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Easter and the Moon

HOW THE DATE IS DETERMINED



March 31 is Easter this year, too soon for the feaster and possibly too raw for children's outdoor activities. Why not just leave at late April and let us all enjoy the warmth and beauty of the day? Because it's not about chocolate bunnies and egg hunts...

Judging by its early arrival this year, the formula for determining the date is fairly simple. Easter Sunday falls on the first Sunday after the first full moon after March 20 (Spring Equinox).

Little known is the timing of the full moon is based upon the Metonic Cycle, a method of calculating the full moon by Greek astronomer Meton, who lived in the 5th century BCE. This calculation is only approximate; in the year 2019, Easter precisely would be March 24, but will be observed April 21.

Easter Sunday in the West can fall on any date from March 22 to April 25th. The year-to-year sequence is so complicated it takes 5.7 million years to repeat! Eastern Orthodox churches sometimes celebrate Easter on the same day as the rest of Christendom. However the date must follow Passover or the churches delay Easter - sometimes by over a month. To make matters more complex, most Eastern Orthodox churches use the Julian Calendar, which is currently offset by 12 days from the Gregorian Calendar. Don't even ask about Christmas!

And where do Easter traditions come from? Read on.

Hot Cross Buns: At the feast of Eostre, the Saxon fertility Goddess, an ox was sacrificed. Its horns became a symbol for the feast and were carved into the ritual bread. The word "buns" is derived from the Saxon word "boun," meaning "sacred ox." Later, the symbol of a symmetrical cross was used to decorate the buns; the cross represented the moon, the heavenly body associated with the Goddess, and its four quarters.

The Easter Bunny & Easter Eggs: The symbols of the Norse Goddess Ostara were the hare and the egg, both representing fertility. Dyed eggs formed part of the rituals of the ancient, pre-Christian Babylonian mystery religions, the egg as a symbol of fertility and renewed life, which also goes back to the Egyptians and Persians' custom of coloring and eating eggs during spring festival.

The hare is associated with the moon in the legends of Egypt. That the Egyptian word for hare, UM, means also "open" and "period," the hare is associated with periodicity, both lunar and human, and with new life in both the young man and young woman; thus, fertility and renewal of life, linking the hare to the egg.

Christian tradition states that when Mary Magdalene visited Emperor Tiberias (14 - 37 CE), she gave him a red egg as a symbol of the Resurrection - a symbol of new life. Some believe the tradition of exchanging eggs came from this event.

Easter Lilies: The so-called 'Easter lily', long revered by pagans as a holy symbol of the reproductive organs, was considered a phallic symbol.

Easter Sunrise Service: The ancient Pagan custom of welcoming the sun God at the vernal equinox - when daytime is about to exceed the length of nighttime - "celebrated the return of life and reproduction to animal and plant life as well." Worship of the Sun God at sunrise may be the religious ritual condemned by Jehovah as recorded in Ezekiel 8:16-18.

However and whenever, Happy Easter!

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On the House!

FRUIT BEERS ...
ALMOST LIKE A COCKTAIL

BY MATT THOMAS

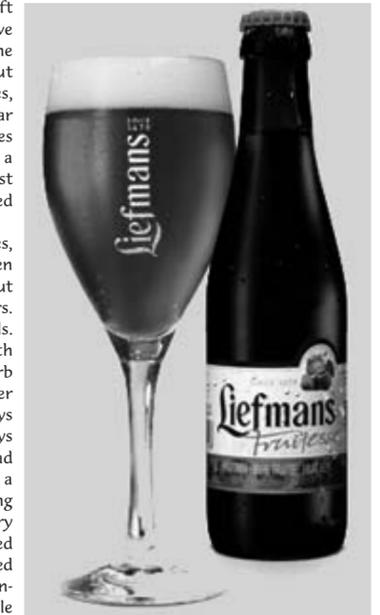
As the years go by, craft breweries resort to ever more creative recipes to separate their beers from the crowd. I've written before about aggressively hopped ales, oak-aged ales, and other techniques. Another popular trend is the use of fruit and fruit juices in the brewing process. It sounds like a bad idea to purists but I've found most beer enthusiasts love it when executed properly.

This idea isn't new. Lambic ales, a type of tart Belgian ales, are often mixed with fruit juice and syrup to cut the sourness and add pleasant flavors. These beers are almost like cocktails. Some Belgian ales are brewed with cherries or raspberries, which absorb and integrate the fruit's flavor better than simply adding juice. These days brewers are finding new and clever ways to use fruit. Dogfish Head, always ahead of the curve on trends, uses fruits on a regular basis. Black and Blue is a strong Belgian-style ale brewed with blackberry and blueberry puree. The Bruery, based in California, makes a holiday ale called Five Golden Rings, which is a Belgian-style golden ale brewed with pineapple juice. In both these beers the fruit flavor is more subtle than in Lambic ales and while noticeable, it adds more complexity to the existing ale flavors rather than just tasting like beer mixed with juice.

Another exciting way to try fruit beers is to drink one from an area with different or better fruits. For example, Maui Brewing makes an excellent strong ale brewed with breadfruit, a type of tropical fruit found on Pacific islands. I've also seen beers brewed with coconut and lychee.

One of my favorite fruit beers that also happens to be very popular is Son of a Peach by RJ Rockers. This beer goes for a more pronounced fruit flavor than other fruit beers, but I like the results. It's a refreshing and tasty summer ale and being from South Carolina, the brewers don't have to look far to find good peaches. Even better is their Impeachment, which I've only seen on tap. This is a stronger version, with even bigger peach flavors and a higher alcohol content. It's one of the most interesting beers I've had in the last several months and if you find it I strongly encourage you to try it, even if peaches aren't your favorite fruit.

I'll mention a few others that I particularly like and highly recommend.



For Belgian ales, Liefman's Framboise (raspberry) is about the best example of the style I've found. Very complex and tart, it tastes like a high quality Belgian sour ale infusion. For more raspberry goodness try Dogfish Head's Fort, which is an extremely strong ale (about 18% abv) brewed with a lot of raspberries. It's so strong and so different it almost can't be considered a beer. Finally, Unibroue, a Canadian brewery, makes an apple beer called Ephemere. It's basically a Belgian-style blonde brewed with apples. I find it interesting because it's not very sweet even though the apple flavor is quite intense. Again, more of an infusion than just a beer with fruit in it.

You have to be careful with fruit beers because quality is very hit or miss. Many are made without much care and are little more than fruit juice and bland beer blended together. Usually you have to pay a little more to get something of quality (shocker), but not always; the Son of a Peach is cheap.

Matt Thomas, partner in kybecca, has the menu to match the beer list for your next dining experience.

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CALENDAR *of events*



march 2013... In like a lion? Out like a lamb?

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

first friday, march 1

*Riverside Dinner Theater: Ain't Misbehavin' - The Fats Waller Musical Show - thru Mar 10; Children's Theater Lunch N Show (Sat, some Tues/Thurs): Dora The Explorer Live - 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. The Full Monty opens Mar 15

Opening Reception 6-9P. Art exhibit: sara irby. Studio A & Gallery upstairs. Mon, Wed, Fri 10-4P. 368-2120. 1011 A Princess Anne. All month

Grand Opening of Populuxe and First Friday art event 5-9P at 107 William

FXBG Theatre Ensemble free First Friday reception 5-730P at Read All Over Books. Preview performance of Noah Haidle's "Mr. Marmalade" is 8P. Tickets \$10 for show; also Mar 8, 9, 10 performances at CRRL, available at www.fredericksburgtheatre.org, and door

Featured Artist Ben Childers, "Fanciful Glass" thru Mar 31. Brush Strokes Gallery, 824 Caroline. Reception 6-9P. Daily 11-5P

LibertyTown Arts Workshop: "UMW Invitational Student Exhibition." Opening Reception 5-9P. Show runs thru March 31

The Creative Side children's art opening 5-8P. 513 Jackson. Students of Mirinda Reynolds Fredericksburg Academy's Lower School (ages 3-11) and Middle School (ages 12-13) will be featured and celebrated as 100 2-d and 3-d pieces will be displayed

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

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

Live Music @ Courtyard Marriott - Wave on Wave every First Friday

saturday, march 2

FXBG Farmer's Market at Hurkamp Park expanded winter markets on the first Saturday of March and April, 8A-1P.

FCCA Poetry Group first Sat monthly 1P. Free

sunday, march 3

*AM1230 WFVA "Community Link" 8-830A. Scott Baker/Amanda Blalock - Spotsy Schools; Bill Beck -Antiques. Host Ted Schubel. Listen at newstalk1230.net

*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

tuesday, march 5

*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, local music with \$3 beer, wine & cocktail specials. All ages. No cover. Bistro Bethem 309 William

wednesday, march 6

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

Kenmore Inn Wine Dinners: Executive Chef Jacquie Hartman offers Food That Inspires. 7P. 1200 Princess Anne. 371-7622. kenmoreinn.com

Live Music @ Courtyard Marriott - Jon Fritz

thursday, march 7

*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

*CommonWealth Slam poetry presents Poetry Open Mic 7-10P. Read All Over Books, 307 William. Acoustic performers, singers also encouraged to perform. Weekly event! \$5; always free w/ student I.D.

*Kenmore Inn Live Musical Guests every Thurs night. kenmoreinn.com

friday, march 8

55+ Come Move with US! Hands on activities,

demonstrations, educational sessions, vendors, food, fun! Free for ages 55+; Fri, Mar 8; 9A-Noon, Rowser, 1739 Jeff Davis Hwy. 658-5116

Live Music @ Courtyard Marriott - Scott Stallard and Skyline

saturday, march 9

Second Saturdays 1-3P at the Museum! Art is a central part of our history, with local artists like Johnny Johnson capturing life. Create your own inspired by Johnny's new pieces on display. Admission free

*Give a Gem for Empowerhouse: International Women's Day - Ten Thousand Villages in the Village at Towne Centre collects donations of gently used jewelry and accessories throughout March. Donations benefit survivors of domestic violence in our community through Empowerhouse

Riverside Writers, Monthly Meeting (open to public): Salem Church Library, Meeting Rm A, 1P-3P. Speaker: Sara Robinson, on her current poetry book, Two Little Girls in a Wading Pool (Cedar Creek Publishing, 2012). Authors urged to bring 10 copies of a few poems or a prose passage under 5 pages, for critique

sunday, march 10

*AM1230 WFVA "Community Link". 8-830A. Janelle Donohue - Rappahannock United Way -Tax help; Dr. Richard Fortunato - Colorectal Cancer Awareness Month. Host Ted Schubel. Listen at newstalk1230.net

Moch Pryderi in concert at Lee's Retreat Brewpub at Blue & Gray Brewing Co. Doors: 530P. Includes 3-course dinner. Details/Reservations: 371-7799

tuesday, march 12

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

Jon Wiley & Friends - Live, local music, \$3 beer, wine & cocktail specials. All ages. No cover. Bistro Bethem

wednesday, march 13

Live Music @ Courtyard Marriott -TBA

thursday, march 14

Transmitters live at Kenmore Inn 8-11P. \$10. Boom

friday, march 15

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

Spring Home & Garden Show opens at Expo Center. FredericksburgSpringHomeShow.com

*Riverside Dinner Theater: The Full Monty featuring Sally Struthers opens thru April 28; Children's Theater Lunch N Show (Sat, some Tues/Thurs): Dora The Explorer Live - thru Mar 23. Wed matinee: arrive 1130A, show 130P; Sun matinee: arrive 1P, show 3P; Thurs., Fri., Sat: arrive 6P, show 8P. Tix: 730-4300; riversidedt.com

Longaberger Basket Bingo sponsored by James Monroe High School Band 7P (doors at 6) at JM. Tickets: \$15/advance, \$20/door. Food available for purchase.

Live Music @ Courtyard Marriott - Michael Geddes Sr.

saturday, march 16

Free PRIDE Training sessions begin 9A to 5P. UMFS, 305 Charlotte. Pre-register: 898-1773 by Mar 15. Become a Foster Parent and change the life of a child forever. Visit us at www.umfs.org

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

Celebrity Series: 10th Anniversary Special - Legendary Irish flutist Sir James Galway performs a special concert with the University of Mary Washington Philharmonic Orchestra. The concert, part of Galway's international Legacy Tour, begins 730P in GW Hall's Dodd Auditorium

Season Bout Opener! - FXBG's own Five 40 Roller Girls take on the Ring City Roller Girls from Kinston, NC. Live roller derby action! Rollerworks Family Skating Center, 12099 Marsh Rd. Bealeton. Doors 6P. Bout 7. Tix: \$10/advance at Jack Brown's Tattoo Revival or www.brownpapertickets.com/event/328903. \$12/door. Kids 8 & under Free

sunday, march 17

St. Patrick's Day - Be first to walk into J Brian's and identify our cover leprechaun to receive \$20 tab compliments Front Porch

*AM1230 WFVA Community link 8-830A. Leeanne Ladin - Secretariat anniversary at Meadow Event Park in Caroline County. Host Ted Schubel. Listen at newstalk1230.net

*Chamber Music Series: "Beautiful Music in a

Beautiful Space." 3P. \$10/person; students free. St. George's, 905 Princess Anne. stgeorgesepiscopal.net. Music Third Sun monthly thru May

tuesday, march 19

Lunch with the Easter Bunny. Songs, crafts, food and a visit from the Easter Bunny. Tickets in advance. Ages 2-5; Tue, 3/19; 1030A; Rowser, 1739 Jeff Davis Hwy; \$10 Stafford residents; \$12 Non-Stafford; deadline 3/12 or until full 658-5116

Darcy Dawn - Live, local music w/ \$3 beer, wine & cocktail specials. All ages. No cover. Bistro Bethem

wednesday, march 20

UMFS free "lunch & learn" 30 minute discussion on Normal Sexual Development in Children & Teens. 12N. Lunch provided. 305 Charlotte. RSVP by Mar 19 to 540-898-1773. www.umfs.org

Live Music @ Courtyard Marriott - TBA

friday, march 22

Live Music @ Courtyard Marriott - Gerry Maddox O A. Blues & Jazz in our Mary Washington Room: \$5 cash cover

saturday, march 23

WINGS (Women in the Giving Spirit) 17th Annual Daffodil Luncheon 1130A. UMW Faculty-Staff Dining Rm, Seacobeck Hall. All proceeds benefit EmpowerHouse. \$35. Doors 1115A. Reservations: send checks by Mar 16 to WINGS, P.O.Box 3084, FXBG, VA 22402. 371-6920

Film Festival: Friends of the Rappahannock host 15 Films. \$8/Advance, \$10/Door. Open 830A. Films from 930A-1230P. Paragon Village 12 & Spiltsville. See related article

Eggsplosion. Children's day of activities, egg hunt, inflatables, pony rides, magic show. \$8/child before; \$10 at gate; Sat, 3/23; 11A-3P; Curtis Memorial Park, Hartwood; ages 10/under 658-5116

sunday, march 24

*AM1230 WFVA Community link 8-830A. Michelle Patton - Spotsylvania Schools Social Worker on homeless students. Host Ted Schubel. Listen at newstalk1230.net

monday, march 25

Teachings of Sophian Gnosticism - Jesus came to teach and initiate disciples in a path of enlightenment. Deeper levels of interpretation resonate in your experiences. 7P, Rm 2, CRRL Headquarters

Preschool Egg Hunt. Egg hunt for ages 5 and under only. Mon, 3/25; 11A; Rowser, \$3; deadline 3/18 or until full 658-5116

tuesday, march 26

Brain Food: Recipes for a Healthy Lifestyle Free Seminar and Cooking Demo, featuring Dr. Maha Alattar, MD, neurologist at MW Healthcare. 530P - Cooking demo. 630P - Keynote address by Dr. Alattar: sleep problems, migraines, memory loss, neurological ills; soothing nervous system w/ feel-good food choices. Sample brain-healthy foods. Easy-to-follow recipe cards. Fick Conference Center, MW Hospital campus, Moss Free Clinic Bldg, 1301 Sam Perry Blvd., 2nd Floor. Register: spirit.mwhc.com or 741-1404. Free

M-Law & the Modern Prophets of Jazz - Live, local music w/ \$3 beer, wine & cocktail specials. All ages. No cover. Bistro Bethem

wednesday, march 27

Live Music @ Courtyard Marriott - Robert Davezac

friday, march 29

Live Music @ Courtyard Marriott - Joe Vex; Blues & Jazz in our Mary Washington Room: \$5 cover

Songwriters' Showcase — Victoria Vox (and her ukulele) joined by NY songwriter Mark Westin, and new duo The Sea, The Sea. Acoustic music and beautiful harmonies w/ friendly community-concert atmosphere. 8P. Picker's Supply Concert Hall, 902 Caroline. Adults \$10, Students \$5. webliminal.com/songwrite

saturday, march 30

Project Dominic Gala and Fundraiser - Reception hour, live music, silent auction, raffle. The Old Silk Mill. Speakers include founders of Project Dominic; Hear from local woman who was one of our first homeless persons, and one who is now out of the

woods and living in traditional housing. projectdominic.net

Spotsylvania bunny event: running/walking and hunting for eggs! Races for all ages; have your little ones chase our rabbit for a 1/4 mile. Register: racetimingunlimited.com

sunday, march 31

Easter Sunday

*AM1230 WFVA Community link 8-830A. Oya Oliver - Fredericksburg Area Food Bank; Rebecca Thomas on healthy living. Host Ted Schubel. Listen at newstalk1230.net

If you are reading this 189h issue of FP, thank an advertiser!

If you are an advertiser, list your event. Deadline for April. is March. 20. Paste your event in an email to frntprch@aol.com or go to <http://frontporchfredericksburg.com/calendar/su> bmitcavevent.cfm for both print and e-editions.

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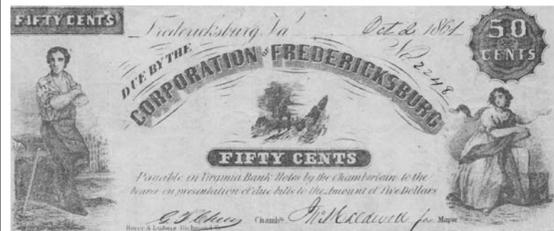
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Worthless Paper

BY RALPH "TUFFY" HICKS



During the past few years there is seldom a week that passes that I do not receive a call regarding Civil War currency. Over the past thirty years I have been called upon many times to appraise coin and currency collections in estates.

The U. S. Mint in New Orleans was seized by the Confederate government at the beginning of the war. This is one reason the 1861 half-dollar with the mint mark O is often referred to as a Confederate coin, as it was most likely used by the Southern government. The Confederacy did want to issue a coin, however, only a few of the one-cent coins were struck and never issued. That is one extremely rare coin and one does exist in private hands here in Fredericksburg.

The first Southern capitol was located at Montgomery prior to it being relocated to Richmond. The government faced a major problem with the shortage of both coins and currency almost immediately in order to carry on the day-to-day business in all the towns and cities in the south. The first official issue of Confederate government currency was what we refer to as the Montgomery issue printed by the American Bank Note Company of New York in denominations of fifty (50) dollars, one hundred (100) dollars, five hundred (500) dollars and one thousand (1000) dollars. The company only printed two thousand six hundred and one (2601) of these notes and shipped them before the company was forbidden by the United States government to conduct business with the enemy. I owned one of the \$500 dollar bills several years ago when they were worth about half of face value, however, today most any of the Montgomery notes are worth several thousand dollars each.

All the Southern states printed their own paper money in many different denominations. Virginia was no exception with not only the State Treasury printing currency, but the Towns and County governments allowing the printing of currency. There were even private merchants printing currency to be used in trade at their establishments.

Fredericksburg was one of the first printing currency on the Corporation of Fredericksburg. Local merchants such as Hart and Hayes had their currency printed by Jesse White a local printer to be used at their store.

Many local citizens turned their gold and silver into the Confederate government in exchange for bonds and currency. During an appraisal of a local estate, a chest containing a million dollars in Confederate currency was found. The story was that the family had exchanged its silver to the government for the currency. Southern states money was considered to have no value for many years after the end of the Civil War.

Today it is a much different story with most of the currency being worth many times face value. So be careful cleaning out those old attics; they may have many treasures.

Dedicated to the memory of **George Van Sant** and **Daniel Mitchell**.

Tuffy Hicks is our monthly historian on the Civil War era.



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OUR HERITAGE

A monthly look at the Central Rappahannock Heritage Center collection

MARCH MADNESS

On December 21, 1891, the first game of "Basket Ball" was introduced by **Dr. James Naismith** to his Springfield College class of secretaries. Following brief skepticism, the game was a hit before his students departed for Christmas break... Thus, basketball was born.

It was circa 1930 that basketball reached the high schools in our area. Men's basketball. It took a couple decades longer for local high school women to "take it to the hoop."

At the college level, it became known as **March Madness**, when athletic conferences throughout the nation hold their championship tournaments, and the National Collegiate Athletic Association invites those conference champs and a group of other competitive teams to compete in the "show" for the National Championship. It all happens again this month as March Madness continues, and throughout the high schools, for district and state championships in a game that has changed dramatically since it all began.

The 1971-72 & '72-73 **Stafford High School Indians** were Commonwealth District Champs. **Gary Cooper** wore glasses and shot a team-leading 69% from the free throw line. The 1976-77 Indians were led by 6' 4" junior center, **Howard Ham**, who weighed 175 pounds, and senior forward **David Snellings**, who carried just 171 pounds on his 6' 4" frame. Like most players of their day, their gym trunks were short and their hair was long. (This 1930s photo of **Fredericksburg High School's Stuart Hoskins, Bucky Boulare, and Doug Wright**, shows off the latest uniform, knee pads, and hair styles of the day.) The 1980 Stafford men's team had a 200-pounder named **Warren Embrey**, while the competitive women's squad boasted 5' 10" **Mary Rooney**, a junior, at center. The women's roster listed none of their weights. Apparently, the athletic director knew better even then!



A light, fun topic this month, yet another example of the treasure trove of findings at the Central Rappahannock Heritage Center on Barton Street downtown.

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Oral History, PART 1

SCHOOL DAYS IN FALMOUTH

BY ROB GROGAN



Neither the Great Flood of 1942 nor the Secret Service with guns drawn could poke a hole in the enthusiasm of **Marion Robinson**, 87 years young and a treasure trove of oral history.

Her 30+ years in the Stafford County school system have cultivated stories that stir laughter and raise eyebrows. She was at the White House for CBS when her encounter with President Truman drew guns on her. And she walked across the plank bridge from town to Falmouth during the flood of '42. In her home near St. Clair Brooks Park, "Miss Robinson," premier storyteller, widow of **Franklin Wren Robinson**, and daughter of **St. Clair Brooks** (his portrait in photo), began her story with her days as a teacher:

Her earliest assignment, in 1952, was the one-room Enon School on Truslow Road, where she taught 27 children grades 1-4. They all walked to school. There were no buses. Parents were allies of the teacher, which Miss Robinson says changed starting in the late 80s when parents began to blame teachers and the school system; this during a time when it was still common to see pickup trucks with full gun racks in the school parking lot. One mother claimed her son got into trouble because he was bored, and he was bored because he was so much smarter than his teachers. Miss Robinson retired after Mr. Robinson died in 1993 (she later returned to teach drama full time for nearly six years).

With parents on her side at Enon, she turned to other essentials and the know-how passed down from neighbor to

neighbor. There was no heating system at Enon. She had to burn wood and coal in a barrel that had a door cut into it. One day Mr. **Robert Sullivan** found her crying because she could not light the fire and the children would surely freeze to death. He then began his winter mornings by lighting the barrel stove, "So the children would not freeze to death." The children told her she had to cook lunch every Monday because the regular cook was always hung over on Mondays. Spaghetti became the Monday staple. Enon had no plumbing, so she supplied the outhouse with toilet paper. "I would go to the little market to shop and they would look at me funny - all that toilet paper."

Still, teaching was about the children. When you put different grade levels in the same classroom, you got wonderful results - children teaching children, older kids mentoring younger ones. "I overheard one 4th grader telling a younger child, 'you want to learn to read, so you can like all those good books we have.'" And when one delightful girl came to school with a red ribbon in her hair, all the other girls soon followed.

Teaching fourth grade at the Gary Melchers School, she wrote and implemented the first speech and drama curriculum to be state-approved for the county. Most theater in those days consisted of outdated ditties that Miss Robinson would have no part of. "I was reaching high - we did *Man of Lamanca* and *The King & I*." But Melchers had its challenges. One time Miss **Annie Moncure** brought in a tree branch containing a cocoon so the children could watch for the butterflies to evolve. Except, they weren't butterflies - they were stinging, biting, flying insects that hatched while the class was on spring break...

Melchers was governed by the nonsense **Mr. Ed Drew**, who challenged her expenditure for theater costumes purchased from New York. She promised that ticket sales would pay for everything. There were tense moments, too - she found Drew whipping her drama students on stage because they were not in the classroom. She sternly told him, "I am the drama teacher. The stage is where we do drama."

Next month, Rob Grogan tells Marion Robinson's tales of the Flood, The White House, and John Pratt.

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HERE COME THE ALLERGIES

BY SANDI PEPPER, DVM



Spring is finally around the corner. Soon I will be waking up to scrape yellow pollen film instead of ice off my windshield. I will accept carrying around tissues and Claritin in exchange for sunshine and flowers. I will hustle off to work, leaving a cloud of that yellow pixie dust, like a puff of smoke, trailing behind my never-washed Toyota.

As always, I will be at least ten minutes late. I will find every parking spot full at **White Oak Animal Hospital**, my second home, so I'll just make a spot in the grass. I'll bustle in the door, propelled by my extra energetic (i.e. crazy) bird dog, while trying to balance my lunch and coffee in the hand not holding the leash. *Trout* races out to meet his "pack," the playtime dog group. I head off to get suited up in my lab coat and stethoscope.

My furry patients will be waiting but won't be sneezing like me. They will be red, itchy, pulling out their fur, licking their paws, and scratching their ears. Their concerned pet parents will be exhausted from being awoken at all hours by scratching and the jingling of their dog's tags on his collar. Cat mothers won't fare much better, having spent their morning cleaning up *Fluffy's* vomited fur balls, the result being a new hairless coat design.

So now I know the groundhog was right! All my sick appointments say: "check skin" and/or "check ears." I am ready to deliver my allergy speech, the one I say so often this time of year I worry I sound like a prerecorded message. I aim to arm my pet moms and dads with many options in helping their pets fight a chronic, recurrent battle. So lovers of furry friends, if your pet is scratching and licking, here are some things to do:

First, be proactive about flea control. As many as 50 percent of my itchy pets are diagnosed with FAD (flea allergy dermatitis), by which an allergic reaction to flea saliva causes redness, itching, and hair loss. Just one or two fleas

often trigger it, so even conscientious pet parents can easily miss it.

Next, an omega 3 fatty acid supplement given by mouth can decrease the skin's sensitivity to allergens. These take 1-2 months to be effective, so allergic pets should stay on these regularly. Bathing once weekly in a mild, soap-free shampoo is also recommended to cleanse the skin of pollen. One patient I had resolves his yearly pollen season skin reaction with a regular dip in the family pool; that was all *Grover* needed!

These safe and simple steps may be enough to control your pet's itch; otherwise, other options exist. Antihistamines or topical steroids are often the next step up the ladder of care. For my more severely affected pets, Atopica (an immune modulator) or prednisone (a steroid) may be needed. Many times, the allergic skin has become easy prey for bacteria and yeast; if so, these secondary invaders will need to be treated.

Repeat offenders with allergy symptoms can be referred to a veterinary dermatologist so allergy injections can be created, just as in people. Ironically, being allergic to cats drove me towards my career as a vet. Between my allergist telling me it was a bad idea and my school guidance counselor telling me it was too hard to get into vet school, I decided to prove them all wrong. I love a good challenge! So after many years of allergy injections, I have 3 cats of my own and see plenty as patients. The lesson: don't be discouraged; fight on and arm yourself with facts.

Dr. Sandi L. Pepper helps the Grogan's care for Frisbee, Relic, Akari, and Meeka.

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STROLLING THREE GENERATIONS

BY RIM VINING

March. As in "to a different drummer? My brain is chewing on prophetic lines from the greatest generation like... "If you can't trust your banker who can you trust?" from the *Maverick* TV show in 1958, while marveling at the evolution of the baby stroller. What?

You see I have come to the conclusion that the members of the greatest generation were in possession of secret government issued force fields that the boomer generation had no idea existed. It is the ultimate black ops program that to this day has not been revealed and they are taking it to the grave with them.

Just as concerning is that a new mind manipulating, brain wave controlling, space /time reality is making itself apparent in their grandchildren. This is the only way to explain certain behaviors. How else could your child's car manage to break down on the same day your tax refund hits the bank? How else can they call for help with

house payments and heating bills the day you cashed in the coin jars? I have one who called for assistance moments, literally moments, before I was handed the cash from selling one of my sports cars. How do they know this? Brain wave interception and manipulation. Black Ops. On Star is nothing compared to this. They know everything.

One friend has stopped checking messages on the house phone because every time he does it costs money. Sometimes huge money. Boomers invented caller ID to screen calls from their kids in order to have something left to retire on.

But the greatest generation? They had a force field. Ever ask your dad for rent money? Ever call with a question about your car? It never even crossed your mind. What would you have gotten? Zip. Actually you would get the "when I was your age..." and the "I told you not to by that piece of s... car..." You never called. You just learned to live on peanut butter and moved on.

There was no cash flowing from that source, only cultured pearls of wisdom.

Just as amazing though is how the greatest generation's grandchildren have revolutionized the world of infant transportation. With a seasonal nod to the Irish, I admit that I never really understood the small pony carts where you rode sitting sideways but twisted halfway to look forward. The Irish wicker baby buggy made more sense; it was light and with a flip top you could shield the baby's eyes from the sun.

We were boomers. We were the children of steel. Period. Steel with baked on enamel finishes. Steel with wooden choking hazards strung on steel wire. Steel wheels on steel walkers to scoot around in crushing toes. From there we moved on to steel skates with steel keys and scabs on our knees and cuts on our palms from falling on macadam roads made of gooey tar and sharp stones. We knew nothing of soft.

Our children fared little better. We only did what was legislated and griped the entire time. A used umbrella stroller from the Turn-Around Shop and the first generation car seat at the baby shower was all there was and all we could afford. We sure as hell weren't calling home for money.

Funny though? The grandchildren of those curmudgeons now squire their kids around in limo-sized strollers with ABS braking, air-bags, beverage coolers and tinted sun screens all riding on run-flat off-road tires. Symbols of infant power they don't even know they have.

At least now we know whom they were saving the money for. autoknown@aol.com

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BY KARL KARCH



A recent article in *The Free Lance-Star* featuring a 100 year old gentleman that still swims several times per week inspired me to write another article on exercises for all ages. In May 2012 I wrote an article called "Senior Fitness - And Boomers Too!" where I referenced work conducted by the National Institute of Health (NIH). The NIH along with other experts on aging, exercise, and motivation developed a guide called Go4Life which can be found on the website: <http://go4life.nia.nih.gov/>. This is a very inspiring website full of exercise tips for people of all ages and levels of ability. As we age, our muscles become shorter and lose some elasticity. It's important to remember that you are never too old to get moving, get stronger, and improve your health. The beauty of these exercises is that you don't have to join a health club or buy expensive equipment.

One simple strength exercise is to slowly squeeze and hold a tennis ball. Doing this will strengthen your grip to help you better hold on to things. For me, it also helps my golf swing and opening jars. Wall push-ups are another simple exercise to strengthen your arms, shoulders, and chest. A variation of the wall push-up is the upper body stretch. To do this, stand facing a wall a little further than arms length away, then walk your hands up the wall to stretch your arms, shoulders, and chest. A flexibility exercise I do often is neck stretching. I find this helps reduce the occasional pain caused by turning my neck too far, especially when backing up the car. Stretching helps keep muscles toned and flexible. Another

benefit of stretching is that it's a relaxing way to reduce anxiety and stress.

Falls are one of the greatest causes of hospital admissions and readmissions. They can also cause a disabling injury that can adversely affect your future quality of life. All older adults, especially those not as mobile as they would like to be, should begin an exercise program that increases strength, balance, and flexibility. Several simple to perform balance exercises can help reduce or even prevent falls. Standing on one foot while holding onto a chair or against a counter is one of several simple and helpful balance exercises. A variation I do routinely is to straighten one leg back and hold the stretched position for one second then lower. This targets the buttocks and lower back muscles.

Other strength, balance, range of motion, and flexibility exercises can help you perform everyday activities of daily living like dressing, cleaning, bathing, and reaching for things, tasks that are key to healthy aging and maintaining your independence. All these exercises are well explained, pictured, and some even have videos demonstrating the exercises. I encourage everyone to check out the website and download the free booklet "Workout to Go." Sticking with a simple program will definitely improve your quality of life. And please, make certain to consult your doctor prior to starting any exercise program.

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.



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JoAnna Farrell

The Green Light To A New Green Endeavor



JoAnna Cassidy Farrell has owned and operated My Keep It Green herbal center in Stafford for a long time, during which she has written dozens of columns about natural herbal remedies for *Front Porch* under the column heading *Green Remedies* in this space, as well as nearly a dozen gardening columns for the magazine. She has also been an advertiser here, and we appreciate her ongoing support over the years.

Sadly, but for good reason, JoAnna's run in *Front Porch* comes to an end this month. JoAnna has gotten the green light on a new green career position, and we are excited for her.

"I have started a new job as the customer sales represent for *Blue Ridge Growers Greenhouses* just outside of Culpeper. I have a lot of responsibility at this new job and especially as the selling season is coming on us now. Unfortunately, I am going to give up my column and advertisement as of March 1 to really focus on this job right now," she wrote in explaining her departure.

"I wanted to say thank you for all your feed back and kind words over the last few years; hopefully I will come back to the writing and advertising in the future as I hope to open a health food store some day."

JoAnna ended her email with her signature line, "Have you hugged a tree today?" Here's a hug for JoAnna. Best wishes and Godspeed.

WELLNESS

THE FLU SHOT: TO GET IT... OR NOT TO GET IT

BY CHRISTINE H. THOMPSON, D.C.

Headlines warning of a flu epidemic have been popping up all over the country this winter. Although too late for many of you, I thought it might be a good time to review the research on flu vaccine effectiveness. I am not going to even pretend that this is an unbiased article. I have a strong belief in the power of our own immune system and a healthy terrain (our body) when it comes to defending ourselves against bugs such as viruses and bacteria. So here are the facts I have been able to gather.

According to the Centers for Disease Control and Prevention, this year's influenza vaccine is estimated to be cutting the risk of getting sick by about 62%. That is known as vaccine effectiveness. Vaccine effectiveness is based on real life observation of whether those who got the vaccine are getting the flu. As you can imagine, it is a difficult thing to analyze and there are many factors to consider. The results are skewed to begin with since the vast majority of what is called the flu is actually a cold or "flu-like illness" but not influenza.

On top of that, there are different effectiveness rates for different age groups. In October 2012 scientists at the Center for Infectious Disease Research and Policy (CIDRAP) at the University of Minnesota released a report saying that influenza vaccinations provide only modest protection for healthy young and middle-age adults, and little, if any, protection for those 65 and older, who are most likely to succumb to the illness or its complications. The report concluded federal vaccination recommendations are based on inadequate evidence and poorly executed studies.

Another question is, once someone contracts the flu, can symptoms

be mitigated by the vaccine? Apparently the research is sparse on this, but Michael T. Osterholm, a professor of environmental health sciences at the University of Minnesota says the few studies on the subject, including one soon to be released, show vaccination produces no significant difference in the severity of symptoms.

Vaccine Control Officer at the FDA, found "there is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza." Dr. Morris states, "The producers of these vaccines know they are worthless, but they go on selling them anyway."

My primary concern with the flu vaccine, and all vaccines for that matter, is that our government exempts the vaccine manufacturers from legal liability when it comes to side effects or vaccine reactions. I am hesitant to use any product where the manufacturer is not liable for detrimental effects of the product. Another concern of mine is the additives in the vaccine, one of which is thimerosal, a methyl mercury based preservative that has been linked to some very serious neurological disorders. Dr. Jefferson (mentioned above) states in an article for the *British Medical Journal*, "Little comparative evidence exists on the safety of these vaccines."

In my opinion, there are many natural, non-invasive and healthy precautions we can take to avoid the flu and mitigate the symptoms without having a possibly dangerous and questionably effective substance injected into our bodies. I haven't had the flu in over 40 years despite never having a flu shot and coming into physical contact with infected people daily.

Dr. Christine Thompson leads us to better health at Whole Health Chiropractic on Bridgewater Street, 899-9421.



Dr. Thomas Jefferson, coordinator for the Cochrane Vaccine Field, (an international not-for-profit network aimed at promoting evidence-based health care) and renowned influenza specialist, says 95% of the studies on flu vaccination are flawed and should therefore be ignored. This should not come as a great surprise; even CDC officials confess that "influenza vaccines are still among the least effective immunizing agents available, and this seems to be particularly true for elderly recipients."

Dr. Anthony Morris, a distinguished virologist and a former Chief

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GLASS GARDEN

NATURE INSPIRES ART, LIGHT GIVES IT LIFE

BY LEZLIE CHERYL



first-ever formal exhibition titled, Glass Gardens. The way that her glass plays with light is dazzling, interacting together and creating rich intensity, each piece transforms in the light with new life. Inspired by nature and its beauty, Glass Gardens is an exquisite collection of glass art in the theme of flowers and trees that will leave you longing for an early Spring. Influenced by her Scotch-Irish heritage, Colleen mixes in beautiful Celtic

designs, too, just in time for St. Patrick's Day. First step to being an Artist: Love what You Do. Colleen McElfresh definitely loves what she does. An artist all her life, she was driven to create even as a small child, her imagination nurtured in a family of crafters. A skilled graphic artist with a degree in music therapy, Colleen says, "Once I started working with glass, there was nothing else." Owner of Bluebird Glass Studio in Stafford, Colleen has been sharing her passion for art and her mastery of glasswork for over 20 years. "I love what I do and I love sharing it with people." She's sharing more this month at Artful Dimensions Gallery in her

designs, too, just in time for St. Patrick's Day.

"The glass affords such an incredible method of delivering light and beauty. It has the power to transfix the viewer, transport them to another place and surround them with waves of wonder. There is not a single day that I don't feel both driven and blessed to work with glass. The challenges and thrills keep me motivated to do more." Bluebird Glass Studio features a retail space filled with unique artworks and decorative pieces, and a production studio where Colleen and her expert team of glass artists create custom works, large scale and small, many of which are personalized for weddings, anniversaries and other commemorative occasions. Bluebird also offers classes for every level of interest, from novice to expert, including mosaics for children as young as 3 years old. Steffy Jones first came to Bluebird as a student to learn stained glass and grew to love it so much that she became Colleen's business partner a year and a half ago. She inspires Colleen, "Steffy allows me more creative freedom and I can accomplish out-of-the-box ideas with glass. She's incredible, we make a great team!"

Glass Gardens is a whimsical exhibit, well crafted and full of fun pieces, from very traditional stained glass to contemporary mixed media works using fused glass, blown glass and more. On display at Artful Dimensions Gallery through March 31 at 911 Charles, downtown. Established to support and promote the work of 3-D artists in the greater Fredericksburg community, Artful Dimensions is a non-profit co-op gallery and the only fine art gallery in the region dedicated to 3-dimensional arts. With 8 working studios and 16 member artists, Artful Dimensions presents new exhibits each month and offers a variety of classes and workshops, relying solely on its members to maintain the gallery and serve as docents. For more information, visit artfuldimensionsgallery.com.

Lezlie Cheryl covers a local gallery show for us every month.

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by megan byrnes



Local bakery the Icing received some crazy good national props by some super-established publications last month. The Wedding Professionals of Virginia Bride awarded the bakery "Best Wedding Cake bakery", The Knot's "Best Of" Weddings gave the Icing "best wedding cakes" and Wedding Wire named the Icing "Brides Choice". Owner Lynn Drake established her biz 15 years ago in Stafford and is now doing awesome things like creating the wedding cake for Miss America and winning tons of awards!

Jim Nelson, Jamie Soper, Emily Dursa, Cissy Nelson, Drew Fristoe, Sarah Hall, and Candis Wenger all celebrated birthdays in February so happy belated, friends!

Former Fredericksburg resident Victoria Scrimmer was in town last month to meet up with her most beloved English professor Teresa Kennedy at La Petite for lunch; I had the pleasure of grabbing coffee with V before she hopped on the train back to the district and am happy to report she's doing so great!

is celebrating 5 years at Meals on Wheels in February. If you see Larry, make sure you tell him what a big frikkin deal he is around town!

Local pastor and new dad Matt Paxson spoke at UMW last month; the university also welcomed former Mary Wash students and current small business owners (like Linda Fairall Stedman, Jay Parrish and Erik Bruner-Yang) to speak to a small group of current students about what it means to be a small business owner. UMW's own Neva Trenis and Lynn Richardson were there to show their support of the students both former and current.



Bistro Bethem hosted Jeff Gande's (above) very first art opening last month. Joey Nelson, Claire and Kenny Ellinger, Jeff's wife Kelly Pawlik, Brandon Newton, Tom Byrnes, Megan Mason and Dave Minkler, Jim Goehring, Linda LaFave, Chris Limbrick, Crista Fore,

Ernie and Lynn Ackerman, Larry Hinkle, Kadeana Langford, Lisa Biever, Hannah Bloodgood, Lisa Vittoria, Danielle, Mike and Scarlett Payne all came out to support one of Fredericksburg's coolest creative multi-talents.



Matt and Rebecca Thomas decided to buck the prix fixe tradition of fine Valentine's day dining at Kybecca and instead hosted a flight-themed party for local lovebirds. The Kybecca crew strung red paper airplanes through the restaurant, donned their flight attendant hats and wing pins to serve up small plates and specialty cocktails to the in-flight guests. Scott Sweeney and Wendy Kelemen as well as Matthew Stoakes and his wife Bobbi Dillings Stoakes (above) were on board (flight-related puns are limitless. Dare I say even that the sky is the limit?).



Wade Truong, (below) celebrated 28 years with a whole host of William Street regulars on his birthday last month. Matt Rivers, Rachel Owen, Will Loring,



Ashley Carpenter, Calvin Roberts, and Alicia Austin Morgan spent their evening toasting Wade with shots of tequila and

the most intense high-fives you've ever experienced. Seriously. They were painful. And by "they" I mean both the tequila shots and the high fives.

Blind item: What buzzy DC restaurateur will be making his way down 95 in March for a pop-up shop at one of Fredericksburg's favorite eateries?

Two of the greatest things about Fredericksburg is its rich history and incredible art community (you can quote me on that). Even cooler is when the two overlap, as they did last month when the first signed Fredericksburg pottery was discovered during an archeological dig (right across the street from Libertytown!). City councilman Matt Kelly led the recovery efforts and everyone's favorite potter Dan Finnegan dropped by the site to take a peek.



Seen: Candis and Mark Wenger at the Jeremy Sutton-hosted Spanish wine dinner at Bistro Bethem; the entire Newton fam making valentines for each other at the FORAGE craft day (above); Randall Farren and Jenn Hare decidedly not dancing at the Bourbon Room; Jud Honaker at Bonefish Grill happy hour; Mike Craig listening to jazz at La Petite Auberge; former Colonial Beach vintage haven Populuxe on lower William Street.



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Words With Friends: RIVERSIDE YOUNG WRITERS

BY A.E.BAYNE



Rebecca Durham concurs, "I do think it's something I'll keep up as a hobby, but not as my career path. I feel very comfortable with it." Senior Haley Knoll does hope to pursue a literary career, "I think I would like to be a book editor; hopefully, it will inspire me to keep up with writing."

A student once told Fellingner, "Some kids play sports; my sport is writing. I come every week just so I can play with words and listen to my friends."

The Riverside Young Writers meet every fourth Saturday at Salem Church Library. For more information, check out the Riverside Young Writers website at <http://www.riversidewriters.com/>

Friday, 2:30 p.m. English teacher Stephanie Fellingner opens the door for a group of students eager to write. She's been opening this door every Friday afternoon for the past five years and facilitates further outreach to young writers in surrounding counties. She explains, "My involvement with the Northern Virginia Writing Project taught me that writers become writers when they write every day. I wanted to bring my kids to the point of thinking of themselves as writers, because it opens up a new world for them."

I wore a pair of jeans today. Not the jeggings variety, either. Just plain old, digging for gold out west, planting a tree on Arbor Day, cleaning under my car for the winter kind of jeans. And a hoodie.

~ Jenamarie Boots

Her students are devoted, holding Fellingner akin to a writing guru, teacher and collaborator, facilitator and friend. Nathan Anderson summarizes the club's evolution, "In the beginning, Ms. Fellingner gave us specific prompts to build certain areas of our writing; but as people became regulars, we stared opening up and writing on different topics. She has helped us through critique, and she shares her own writing; it's teaching by example." Shayli Lesser ponders, "She interprets our writing differently than our peers. She gives a critique from an English teacher's perspective, and that is a good angle to from which to view our writing."

some soft rhyme will fall / across my tongue and I think, / "Well, that would make a nice poem." ~ Jacob Hopkins

"They say venting is bad for you." / "They keep changing 'their' minds."

~ Rebecca Durham

Be it a coping mechanism, a means of expression, or a social outlet, Riverside Young Writers is a weekly high point for Fellingner's students. Rebecca Durham describes, "I had a lot of trouble socially in elementary school, so I learned to tell stories in my head to cope. I never liked what I put down on paper until my freshman year English teacher convinced me to try this club. It helped me share my stories." Fellow writer Abi Rose continues, "I've always loved to write; it's part of who I am, and this is a very warm environment, very safe. The critiques are honest, but kind; and you grow from listening to people read, because it shows you other styles and broadens your knowledge in general." Chiming in, Jacob Hopkins recalls, "Abi encouraged me to come, and now it allows me to see how other people view the world, realizing other truths that I can apply that to my life and writing."

I fell in love with your loneliness because it matches mine... / Once you looked over at me and people saw it and they said we were in love.

~ Haley Noll

Each step she takes clicks like a clock / each foot dances in time... ~ Abi Rose

Many of the club's participants write with no agenda, purely for enjoyment. James Murphy hypothesizes, "I will always use writing as a hobby. It's a way for me to organize my thoughts and it's a creative form of expression when you can't be as creative while speaking."

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

THE POETRY MAN - BY FRANK FRATOE

You make everything all right. -
Phoebe Snow

Wife Unforgotten

I lost her fifteen years ago in a winter become yesterday, she could not speak to family for cancer took away the words, she no longer caressed anyone because strength had left her, it was the hour dreams unwound in a hospital room beyond pain.

Now as the spring draws near reunion has brought awakening, our children stop for a visit grown into men a mother gave, and when both sons talk to me I hear her voice answer again, and when they welcome my hug I feel her heartbeat in them.

March 1998-2013

Frank Fratoe lives in the city

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LIVE UNITED BY JOHN KOWALSKI



Janele Donohue's first two jobs after college "led me to be right where I am supposed to be - Rappahannock United Way." Her first job out of college was at Quantico in the MWR Personnel Office to help organize the Quantico Combined Federal Campaign. After three years, she started a new job in Fredericksburg at Education Credit Services in Human Resources, assigned to organize the company's philanthropic events. "I loved encouraging our employees to give. They were so generous," she says. And Janele was so effective.

So much so, she was recruited in 2001 to be Director of Resource Development at Rappahannock United Way. "I was responsible for leading the workplace, local government, Quantico and Dahlgren/Fort A.P. Hill Combined Federal Campaigns. My experience at Quantico and at the corporate office helped to prepare me to raise over \$3 million each year. I fell in love with the mission of Rappahannock United Way and inserted my efforts in every aspect of the organization. It was in February 2010 that I took on the responsibilities of acting President. In July of that year, I was officially promoted to President of Rappahannock United Way."

Janele grew up in Crewe, Virginia, just over an hour southwest of Richmond. Coming from a small town, she thought she had hit the big city when she arrived in Fredericksburg to attend Mary Washington College. (Central Park did not even exist at that time.) She graduated with a Bachelor of Arts in English. "I met my husband at Mary Washington College and have remained in the Fredericksburg area since. We love raising our two children in the area and owning a local business, Play It Again Sports."

She believes the greatest need in the community right now is getting at the root causes of local issues and finding long-term solutions to local needs. "Every individual deserves a quality education

that leads to a stable job, enough income to support a family through retirement, and good health. Our goal is that more households emerge from poverty and achieve greater financial stability."

RUW "builds a strong, local nonprofit system" that Janele says is key to a healthy community. "That's why we offer a variety of resources to help area nonprofit organizations increase their effectiveness and enhance their capacity to deliver high-quality services."

Visit RappahannockUnitedWay.org and connect on Facebook and Twitter to learn how you can LIVE UNITED. And listen in at 8 a.m. on Sunday, March 10 on NewsTalk 1230 WFVA when Janele will be Ted Schobel's guest on Community Link to talk about the Volunteer Income Tax Assistance program, one of the largest financial stability programs in the country which provides free tax preparation for working households earning \$51,000 or less. Learn the full eligibility requirements and where/when to have your taxes filed by visiting www.RUWFreeTaxes.org or call 373-0041 x300. And get to an AM radio or listen live to the program at newstalk1230.net

John Kowalski is Communications Coordinator for RUW.

COMMUNITY LINK

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



FXBG Music Scene

ALEX CULBRETH - ON THE GO!

BY ASHLEIGH CHEVALIER



Alex has played all over, probably every venue in Fredericksburg, and then slowly expanded up and down the East Coast with his first self-produced solo albums. He has performed in Picker's Supply in Picker's Supply, an esteemed songwriter's showcases and even hosted a few songwriter's showcases himself.

Alex then joined musical forces with Americana songwriter Karen Jonas and formed the band, The Parlor Soldiers. They released one album, When the Dust Settles (still available). The album was kickin' and both songwriters received complimentary reviews on online Americana charts and requests to perform from all over the country, including opening for

Sherrri French did the artwork. The art is good! And, it's REAL attitude!

The Fredericksburg CD Release show on March 2 was at the Colonial Tavern with Richmond's Alison Self opening. Check out <http://deadcountrystars.bandcamp.com/> to hear a piece of the album. Alex performs at Bistro Bethem, March 5 at 8p.m.

Ashleigh Chevalier is a powerful bluesy vocalist and all things musical in Fredericksburg and the region.

Catch the Blues & Jazz March 22 and 29 at the Courtyard Marriott downtown.

It is something special to be a part of an ever-evolving music community as special and diverse as Fredericksburg's own. The generations of songwriters and musicians seem to flux in cyclically as Fredericksburg's arts and music community becomes more entwined with the communities surrounding it - due largely to the efforts of our own working, traveling, and driven artists. It is a grass roots development recurring naturally as it did before the disconnected mass, corporatized media explosions. Though, current connections and communications are obviously enhanced by social media relationships and promotions.

One of Fredericksburg's traveling and community tangling minstrels, Alex Culbreth, has been performing his original music in this area since his Mary Washington days. Over the past years, his definitive vocal style and intriguing song writing has grown his local, and now national, audience. His original tunes had the locals hootin' and hollerin', stompin' and rompin' in 2009 at Colonial Tavern's Monday Night Open Mic - then hosted by Dorian Cleveland. (Now, the famed Monday night Open Mic is hosted by Fredericksburg's favorite guitar repairman and Ask Fred rhythm guitar player, Tom Schiff.)

Chris Knight.

Now, there is Alex Culbreth and The Dead Country Stars AND a brand new album: Heart in a Mason Jar. This rambunctious, eclectic blend of talent creates a unique alt-folk grass sound. Ryan Hale sits on drums and backs the vocals. Eddie Dickerson jams the fiddle. Jimbo Carrico claws and rolls the banjo, and Joanna Smith thumps the standup bass. The album features Jenna Kole on keys and Rachel Childress harmonizing a few vocal tracks. The band toured south to Austin, Texas, covering North Carolina, Tennessee, Mississippi, Louisiana, and Florida this past December, and then traveled north up the coast in January. In September - Alex takes to Europe and The Netherlands for a solo tour.

Heart in a Mason Jar is a catchy, dynamic blend of original tunes showcasing Alex's broad range of writing abilities and influences. Long time listeners will recognize songs from over the years and will be glad to finally hear them recorded - like By and By and I'm Going to Nashville. Of course, Alex snuck a funny political number- as he is known to do - with Let's Send the Politicians Off to War. After all, what is true folk and Americana, without honest attitude and opinion? Fredericksburg tattoo artist,

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MORE ABOUT MICHAEL

BY LORA CHIEHOWSKY



by cheryl bosch

Editor's note: When Lora heard of Michael Bender's death, she sent us her recollections and reflections.

Smooth jazz seemed to almost always be playing through the speakers in Goldbenders. And though a lot of things change in twenty years, there are only a few that remains as timeless and peaceful as working in the studio with Michael concentrating on our separate pieces while pondering and reflecting on the thoughts that came and went.

I met Michael in 1994. Walking into his shop for the first time and wowing at his display of handcrafted gold and sterling silver adornments, I was nervous. I explained how Betty at Touched Stones on Charles Street had referred me to him. I was in high school and was interested in learning jewelry making. Wearing his Filson jacket and vest, his leather apron, and flipped back magnifying visor, I was intimidated by his presence but his demeanor was kind and thoughtful. I continued to go on and ask if I could be of any help around the studio. Astonished and grateful I was that he said, "yes," and thus began my mentorship and friendship with a man worth more than his weight.

Michael taught me the art of lost wax casting. I saw him as this magician/mad scientist/alchemist turning a wax design into a silver pear blossom pendant. He taught me to keep my work clean and not to cut corners. Taking my time, I learned skill and patience. I was

inspired by his standard of quality and appreciated his attention to detail. He was a natural teacher.

I also learned from Michael to make some amazing popcorn. He had his own secret recipe of many seasonings and would coat the kernels as his shook them in a brown paper bag. I tried to replicate it. Years later when I admitted that I was just missing something, he shared with me, "nutritional yeast... and a brown paper bag".

If you've ever popped into Goldbenders you know Michael loved his animals, which were his family. If you weren't greeted by them, the dogs were taking their naps in corner beds around the shop. The best greeter was Ripper, an Australian Ridgeback if I remember correctly. He looked like a dingo and liked to herd kids. Those two were the best of friends.

On top of the front display case sat a donation box where Michael collected money to help horses. He often spoke of his time spent out west and riding around in the Okanogan National Forest on horseback in northern Washington. He recalled his time out there to be the best years of his life. I know he longed to return to the west and find himself again back on a ranch.

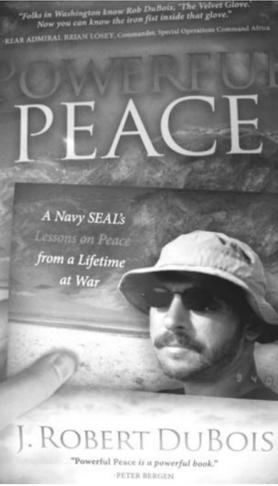
He wasn't a "look-at-me" kind of guy. I wouldn't call him a "townie." He was private, modest, huge-hearted, and deeply thoughtful. He was an artist and a craftsman, an independent thinker and a

goofball. His spirit brightened my day and my life. I believe that spirit came from his wisdom and true respect in the spirit of all things. He lived by the Golden Rule, regardless of species. He knew how to laugh and be light. He shared his excitement and imaginative ideas and he loved Ancient Aliens, the television series.

Lucky I am to have worked with, learned from, and laughed with Michael Bender. He is a true gem who remains a sparkle in the heart of those that knew him or can imagine the spirit of such a character. His presence and the way he gifted our lives in different ways will be sorely missed. I think he'd appreciate my mix of sincerity and light humor when I say, Michael, may you be bezel set in what peace IS. Love.

Lora Chiehowsky is Senior Geologist with Commonwealth Silver & Gold Mining Corp. in Tucson, AZ.

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Earth Day

ON THE RAPPAHANNOCK

BY PAULA CHOW



Mother Nature's living creatures are celebrating Earth Day on the Rappahannock at Old Mill Park on Saturday, April 13th from 11 a.m. to 3 p.m. (rain date is April 20th). This is the tenth anniversary of the festival organized by Fredericksburg Parks and Recreation's Nature Education Coordinator **Linda Bailey**. She has brought together a volunteer committee who works to bring in new exhibitors as well as returning exhibitors, food vendors, music, awards and even some entertainment. This year's exciting news is that this will be the first year the Earth Day Festival is applying for a "Green Event" certification. The festival and all of its participants must meet certain standards.

Mayor Greenlaw will open the event with a brief speech on the city's sustainability efforts. New this year will be first and second place awards for best display booths. "I really enjoy the diversity of exhibits," says Bailey. "We have everything from alpacas to permeable asphalt, live music to live chickens, compost you can take home to ice cream you can eat on the spot. And all of this is in Old Mill Park along the beautiful Rappahannock River. You can't beat that!"

The festival is family friendly with activities, presentations, educational booths and encouragement to just enjoy the setting. "One year a group of girls came with their ukuleles and sat on the grass and played their hearts out!" Bailey exclaims. "It's that simple connection with being outdoors and doing what you love that is so great to see!"

The first Earth Day was held across the country on April 22, 1970 as an

action to increase awareness about pollution and other environmental concerns. In December 1970, in response to the public's demand for cleaner air, water and land, President Nixon created the Environmental Protection Agency. Today, the public continues to step up and turn their concerns about the planet into action.

One of the more colorful booths in the past two years has been unique "shelters" constructed by Downtown Greens' **Bob Lowry**. Last year he also brought a tarantula for kids to hold, teaching them about the role of arachnids. Lowry thinks that the growth in the Earth Day participants and attendees "shows that people are realizing more and more that our well-being and future are at stake, not just our interest in plants and animals and nature. This planet is essential to our survival, not just our happiness." He says he is "dedicated to teaching folks about sustainability and environmental stewardship, using science as a vehicle."

Learning about sustainability can be fun. Anyone can go home with compost and a seedling to plant in their yards, as one action to reduce their carbon footprint. From young children to outdoors enthusiasts, the Earth Day Festival has a lot to offer. Save the date of April 13th to come out to support and enjoy the festival. Keep in mind, "there is no planet B."

Paula Chow is a member of the Earth Day committee, and an RG Sierra Club representative.



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Wild and Scenic

F.O.R. FILM FESTIVAL RETURNS

BY LORI M. IZYKOWSKI



Last year around this time, I received an email from **Rachel Poor**, Friends of the Rappahannock's Development Director, asking for volunteers to work a film festival. Having recently determined I would start giving my spare time to things I am most passionate about (books, animals, and the environment), I signed up. I didn't realize I would have an opportunity to actually view the films, so I was thrilled when all the volunteers were given the opportunity to catch a few.

Now, for those who don't know me, I have over the years dubbed myself a realistic optimist (or optimistic realist, I often argue with myself over the subtle differences...) At any rate, I refuse to give in to pessimism, but also realize we have a lot of challenges ahead to meet and defeat the problems in this world, especially

those related to the environment and climate change. So, I expected the films to hit me with the dismal realities of what our precious planet was up against. I was not prepared for the beauty, joy, and optimism that resulted from viewing these amazing films. As FOR Volunteer Coordinator **Sarah Hagain** puts it, "I felt inspired by both the issues in the films and the beauty of the cinematography. It made me want to commune with nature and do what I can to preserve it."

The Wild & Scenic Film Festival is a collection of films from the annual festival held in Nevada City, Calif. Wild &

Scenic focuses on films that speak to the environmental concerns and celebrations of our planet. The festival is a natural extension of Friends of the Rappahannock's work to inspire people to act on behalf of the environment. "We want people to walk away from the festival feeling excited, motivated and equipped with the knowledge of how to turn that inspiration into action. Maybe action means volunteering at our annual river cleanup, or working with our Restore Corps to build a rain garden, or adding your voice to our advocacy efforts through membership. The films cover environmental issues the world over, but we want people to know they can make a difference right here in our own community," says **Rachael Poor**, Friends of the Rappahannock's Development Director. FOR Education Coordinator **Cassie Pallai** is looking forward to attending the festival again this year.

"Last year the films were both exciting and inspiring."

The festival in Fredericksburg will feature fifteen award winning films, including four films that honor young people for their outstanding activism and achievements in the field of environmental justice. Other films featured will explore renewable energy, mining, climate change, dam removal, plastic pollution and even FOR's own Save the Crabs, Then Eat 'Em Campaign. After the films, people will have direct access to local environmental groups and can sign up immediately for activities that will have a positive impact on the environment. The festival will also include a raffle for REI goodies, and free giveaways from national sponsors including Patagonia and Cliff Bar.

Lori M. Izykowski is an FOR volunteer and also serves on UMW's President's Council on Sustainability.

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