

YOUR GUIDE TO THE LOCAL GOOD LIFE

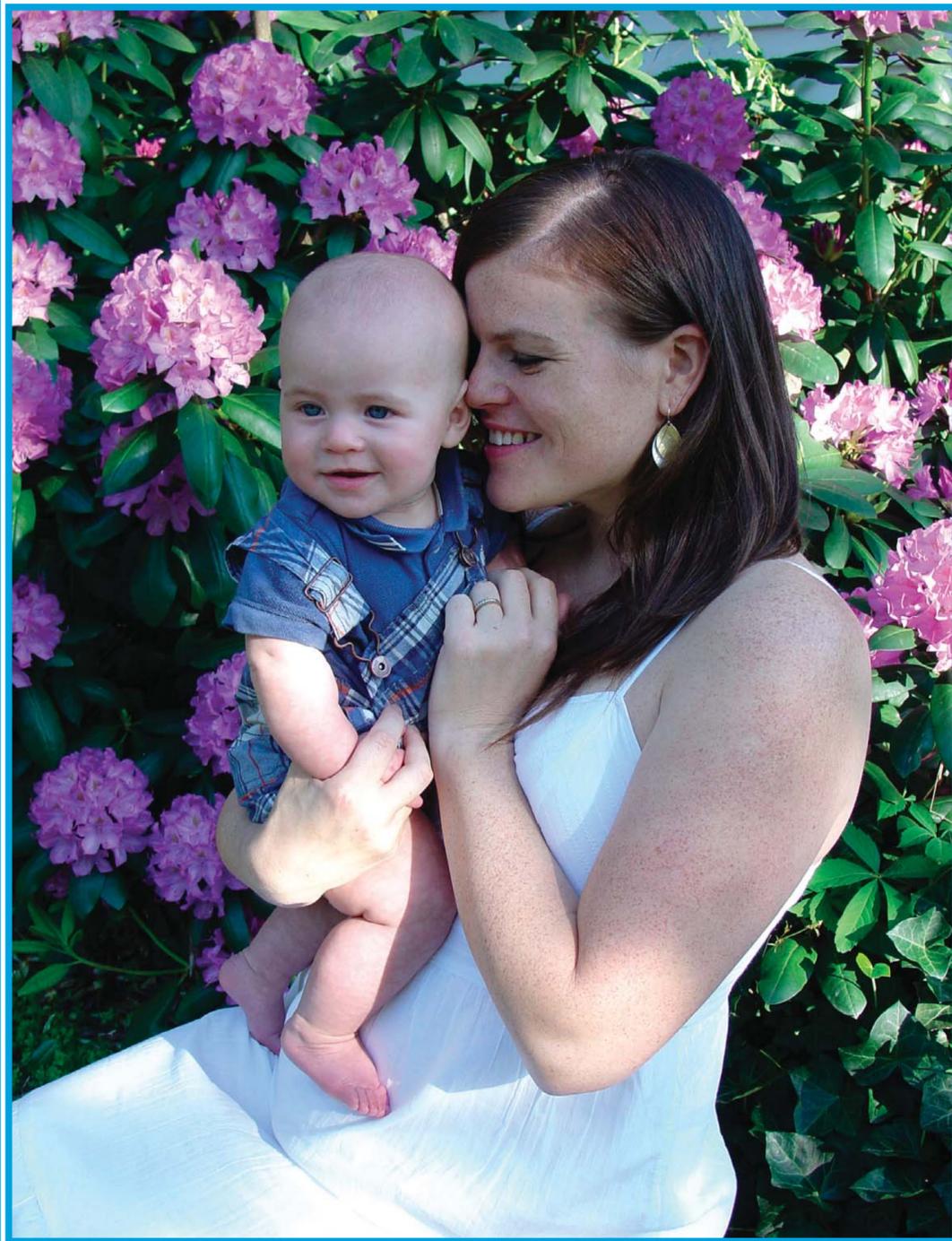
# FRONT PORCH

THE REGION'S **FREE** COMMUNITY MAGAZINE

Local Good News Since 1997

YEAR 15 • ISSUE 179 • **MAY 2012** [Frontporchfredericksburg.com](http://Frontporchfredericksburg.com)

*fredericksburg*



## First Saturdays

At Farmers Market  
3

## Art Attack

Is Coming!

## Art Attack

Is Coming!

5

## Mehndi

The Art of Henna

8

## Sweet Reasons

Cupcake Heaven

11

## Local Vineyard

International Appeal

13

## What Drives Susan Spears?

19

## Jon Carroll

On the Front Porch

28

## Gentleman Gene Brower

30

## CLOSEUPS

- 8 TRADITION AND ART COLLIDE  
....SHIRLEY DONAHUE
- 10 WHO HE IS, IS GOOD!  
....CHRIS JONES
- 30 A DAY IN THE LIFE OF A GENTLEMAN  
.... GENE BROWER



30

## PORCH TALK

- 4 ON THE PORCH...LIFE IN FREDERICKSBURG MESSAGES
- 6 AUTOKNOWN BETTER...WIT & WISDOM OF RIM
- 7 URBAN SMALL HOLDING: HONEY, OH BEES THRILL ME
- 9 DAYS GONE BY: FXBG POSTCARD COLLECTION
- 11 SWEET! CUPCAKE HEAVEN
- 12 VINO: WHERE ARE THE RISK RAKERS? IN THE KITCHEN WITH BONNIE
- 13 POTOMAC POINT VINEYARD
- 14 15 PRINCIPLES: A ROADMAP FOR SUCCESS
- 15 ON THE HOUSE: OUR AMERICAN CRAFT
- 16-17 CALENDAR OF EVENTS



25

- 18 OUR HERITAGE... THE CRHC COLLECTION HISTORY'S STORIES.: VA STATUTES FOR RELIGIOUS FREEDOM
- 19 A WOMAN OF DISTINCTION: SUSAN SPEARS
- 20 COMPANIONS: A DOG'S PURPOSE
- 21 QUIET MOMENTS: BIG WHEELS KEEP ON TURNING
- 22 SENIOR CARE: GAIN WITHOUT PAIN
- 23 WELLNESS THROUGH COMMUNICATION GREEN REMEDIES
- 24 THE ART ABOUNDS
- 25 SCENE & HEARD...IN THE 'BURG!
- 26 THE HUMAN CONDITION DEPICTED @ 915
- 27 COMMUNITY LINK: ART OF AGING
- 29 RETIRED ON THE BACK PORCH POETRYMAN FRANK FRATOE
- 31 SOMETIMES PERFECT



19

## ...AND MORE!

- 3 BIGGER & BETTER...THE FARMERS MARKET
- 5 ART ATTACK IS COMING!... BY ARTISTS, FOR ARTISTS
- 9 ARTIST JEREMY MOORE EYES THE HUNGRY
- 28 FXBG MUSIC: JON CARROLL
- 29 NO PROBLEM, INC'S PRO LOCAL STANCE

COVER PHOTO BY ARCH DI PEPPE

# Bigger & Better

## THE FARMERS MARKET

BY JENNIFER HELLIER & GAYLE PRICE



wink. As the season continues, consumer demand will drive new ideas.

Already, the Virginia Department of Agriculture and Consumer Services (VDACS) is sponsoring a \$10 Buy Local Challenge, encouraging each household in Virginia to re-purpose \$10 a week on local products, potentially adding \$1.65 billion dollars to the Virginia economy and its truly local vendors.

To help kids focus on healthy eating, the market is open during the summer concert series, Picnic in the Park in Hurkamp Park this year, featuring a free concert by a local musician and tons of children's activities, every Tuesday in May, June and September (11:30-1:30P). The wildly popular series turned numerous requests for healthier eating choices into the option of buying local fruits, vegetables and other goodies to make your own picnic, or buy food from an event's food vendor.

The Fredericksburg Farmers Market is experiencing a renaissance with the growing local food movement. This year, more vendors and extended Saturday hours will help two new Market Managers, **Gayle Price** and **Mike Morrelli**, reach their goal of making the market a one-stop-shop for families.

"We believe that people want healthy food for their families and that it's important for everyone to know where the food they eat comes from. The markets are a great opportunity to shop, visit with farmers, ask questions, and expose small children to new produce. With the addition of new vendors, you can get everything you need for dinner, from bread and butter to meat and veggies, all in one place. There really is no need to make additional stops," says Price.

The market offers fresh seafood, award-winning sheep's and goat's milk cheeses, Vegan baked goods, and a variety of pasture-raised meats, plus traditional fruits and vegetables, and prepared foods. "It's so easy to pick up a quiche, cheese, and salad greens for a quick, easy dinner," says Morrelli, who spent 35 years with the USDA. "We visit each farm to ensure the consumer is getting a quality product from a local farmer."

The Expanded First Saturday Market opens in June, July, August and September. Prince Edward Street will close to traffic and open to a greater variety of specialty vendors, more space, and a food initiative called Vegucation Station, where "Vegucators" prepare seasonal produce to educate consumers on meal planning.

"We're working to make sure this is a great market with something for everyone, including new specialty vendors ranging from buffalo meat to handcrafted pasta, and hopefully even wine (we are still working out the kinks)!" Price says with a

concert series, Picnic in the Park in Hurkamp Park this year, featuring a free concert by a local musician and tons of children's activities, every Tuesday in May, June and September (11:30-1:30P). The wildly popular series turned numerous requests for healthier eating choices into the option of buying local fruits, vegetables and other goodies to make your own picnic, or buy food from an event's food vendor.

The popular Family Table event kicks off Restaurant Week in August, helping children follow their food from farm to table. Explore It! Children's Museum brings its "Farm to Table" exhibit to teach how food comes from farm to plate. **James Parker** of Veggy Art (featured on The Food Network) may again wow the crowd with his fruit and vegetable art. And, you can now shop to your heart's content with your credit card or SNAP benefits, so there's no need to stop at the ATM. (Tokens can be purchased on Saturday or during weekday markets in conjunction with Picnic in the Park, and every Wednesday 11-1:30P.)

Price says, "If you've never been to the market, it's a great time to start. If you've been a regular, it's a great time to come back!" To keep up with market events, visit [www.TheFarmersMarket.Co](http://www.TheFarmersMarket.Co) For special events, visit [www.fredericksburgva.gov/](http://www.fredericksburgva.gov/) Parks and Recreation/ Special Events. You can also find The Farmers Market on Facebook and Twitter and F'burg Parks & Recreation on Facebook.

*Jennifer Hellier is Special Event and Marketing Coordinator for Fredericksburg Department of Parks, Recreation and Public Facilities. Gayle Price is Market Manager for the Farmer's Market.*



**EXPANDED**  
FIRST SATURDAY FARMERS MARKET

7 a.m. - 2 p.m.

**JUNE 2**  
**JULY 7**  
**SEPTEMBER 1**

We're closing Prince Edward Street to bring you our **NEW First Saturday Market!**

- MORE** Vendors!
- MORE** Great Products!
- MORE** Space to Shop!
- MORE** fun for you and your family!

**SAME GREAT HISTORIC LOCATION!**



Prince Edward & George Street at the corner of Hurkamp Park

Find out more:



Credit cards and SNAP welcome!



## Congratulations Grads!



With Thanks To  
Your Moms & Dads!

**Hyperion Espresso**  
301 William Street

Since 1981

# La Petite Auberge

Restaurant & Lounge

311 William Street  
540-371-2727 • [www.lapetiteaubergefred.com](http://www.lapetiteaubergefred.com)  
Open for Lunch & Dinner Mon - Sat

Contributing Writers & Artists

- |                     |                        |
|---------------------|------------------------|
| A.E. Bayne          | Nancy Buck             |
| Megan Byrnes        | Christopher            |
| Collette Caprara    | Ashleigh Chevalier     |
| Bonnie De Lelys     | Arch Di Peppe          |
| Brittany De Vries   | Frank Fratoe           |
|                     | JoAnna Cassidy Farrell |
| William Garnett     | Joe Gherlone           |
| Bill Harris         | Jennifer Heiller       |
| Ralph "Tuffy" Hicks | Karl Karch             |
| Jo Middleton        | Vanessa Moncure        |
| Cynthia Osband      | Amy Pearce             |
| Gabe Pons           | Mary Lynn Powers       |
| Gayle Price         | Scott Richards         |
| Wendy Schmitz       | Matt Thomas            |
| Rebecca Thomas      | Christine Thompson     |
| Kim Vining          | Amy Woodruff           |
|                     | Currie Weedon          |

Front Porch Fredericksburg is a free circulation magazine published monthly by Olde Towne Publishing Co., Inc. Virginia Bigenwald Grogan, Publisher.

The mission of Front Porch Fredericksburg is to connect the diverse citizenry of Fredericksburg with lively features and informative columns of interest to our community's greatest resource, its people.

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

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

**FRONT PORCH  
FREDERICKSBURG**  
1281 Jefferson Davis Highway  
PMB 208  
Fredericksburg, VA 22401

Phone: 540-220-1922  
E-Mail: frntprch@aol.com  
Web Site:  
www.frontporchfredericksburg.com

The opinions expressed in Front Porch Fredericksburg are those of the contributing writers and do not necessarily reflect the opinion of Front Porch Fredericksburg or its advertisers.

Copyright 2012  
Olde Towne Publishing Co., LLC  
All rights reserved.

Find us on  
**Facebook**

WORDPRESS Robwrites  
IMA  
INDEPENDENT MEDIA ALLIANCE  
PUBLISHERS ASSOCIATION

# ON THE PORCH

## MATERNAL INSTINCT

What is it that moves a mother to respond fluidly, flawlessly to her baby's sudden need, or to intervene and resolve a problem before it ignites in full? We call it "maternal instinct," but it could be a learned behavior connected to the bond between mother and child and what she has learned while growing from child to woman to mother. Whichever it is, watching a Mother's love is to witness nature's perfection.

Recently, on Easter it was, I sat back and watched as my wife and nieces and several female friends who are moms orchestrated a dance of 13 beautiful children, ranging in age from nearly newborn to 10-years-old. It was poetry in motion and intuition; it was nurturing at its best.

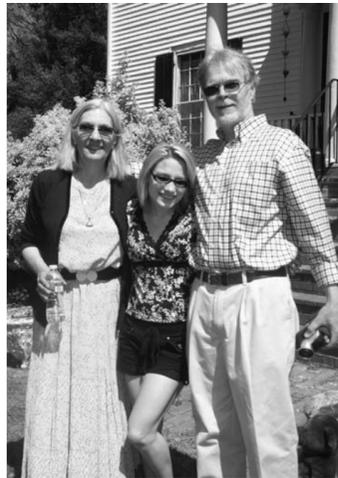
The children did not literally dance. There was no scripted choreography. It was not without glitches. But it was motherhood at its best, and all of us guys on hand appreciated and embraced it. Whether it was a storybook moment of sharing, a bloody lip, overcoming a fear, hugging a cousin, or sneaking a soda instead of a juice, these 13 children had a great day under the loving care of their parents and grandparents, uncles and aunts, and each other.

But, to me, the Moms stood out most. There is a way about them — the 20-year-olds, the 30 and 40-year-olds, and the elder moms of adult children. They

feed off each other, they multitask, they carry on simultaneous conversations. Moms create an atmosphere of loving care without choking the air with silly rules and angst. They let their children explore, work it out amongst themselves, and experience the joys of a day in the sun with room to run - and fall - and get grass stains on their new Easter outfits and bond with each other, just as their moms have bonded within the Maternal Order of Motherhood led by their Exalted Ruler, Mother Nature. It is truly amazing.

My own mom is gone. She died on Mother's Day 2004. I think she chose that day for a reason. Virginia's mother died on Valentine's Day 1985. By all accounts she was all chocolate, flowers and red hearts to her children and grandchildren, so maybe there's a reason there, too. May God bless them both.

Our memories of our moms add to our enjoyment of watching newer moms as they grow in their roles as parents. The dads are all-in, too, but there is nothing quite like a Mom. Our cover photo is all about the magical connection between mother and child and nature. **Jessica and Elias** (and his father, **Jeremy Sutton**) are always part of our family's Easter tradition, and we look forward to many more happy returns as Elias grows and Jessica's maternal ways continue to nurture him so well.



To Jessica and all the Moms out there, we wish you a very happy Mother's Day, and we thank you for all you do... If you manage to get some time to yourself, please enjoy our Merry Month of May issue, cover to cover.

*Rob Grogan*

## MESSAGES

*Just received the nicest note from a Ms. Gretchen Barbosa thanking me for my baked oatmeal recipe - she takes care of her mother and this is one of the few things she enjoys - nice to know.  
Bonnie DeLelys*

*The article is beautiful! Thank you so much!  
Nicole Foret Oberleitner  
PS: I'm sending this article to Playbill.com and Broadworld.com*

**NOTE:** Nicole played "Sally Bowles" in 'Cabaret' at Riverside Center, and is headed south to Petersburg to play "Charity" in 'Sweet Charity' at The Theater at Fort Lee.

*Love it! Wonderfully written, you are a truly talented writer!! Thank You EVERSEWMUCH!!!  
Sewingly,  
Jennifer Church  
Ever Sew English*

**NOTE:** We profiled Jennifer in March, ever sew delighted by her charm.

*Thank you for the wonderful coverage (Sandy's art at VA Wine Experience) in the March issue of the Front Porch. As always, you rock.  
Warmest Regards, Sandy Skipper*

**NOTE:** Bonnie writes our *In The Kitchen* recipe column.

*We are still getting comments from friends that saw it ("Patrons of the Arts, Wayne & Lucy Harman")- even last night. So many have pointed out the part about the city not being more supportive of the art community in Fredericksburg and surrounding area. It was a very fair article on us. My only reaction is that I should have worn a necktie for the photo. And, also let me thank you for your support of the Heritage Center. There are so many stories there that have yet to be told.  
Thanks again Rob.  
Wayne*

*Thank you for the wonderful article in the April edition of the Front*

*Porch on Paula's and my show (Paula Rose and Sally Rhone-Kubarek at Art First - A Rose and a Rhone).  
Sally Kubarek*

*Wanted you to know — we had standing-room-only at the January show & had to turn away people. Thank you. Amy Woodruff & I talked about the extensive coverage you gave the show and hope we get several months of increased attendance from people who have just "discovered" us through the Front Porch.  
Thanks again! Lou*

**NOTE:** Lou Gramann is a volunteer for the monthly Songwriters' Showcase at Picker's Supply Concert Hall.



# ART ATTACK IS COMING! ART ATTACK IS COMING!

## AN EVENT BY ARTISTS, FOR ARTISTS

"Artists en masse will set up their easels and create. That's it!" That's Art Attack, and it's coming to Caroline and William Street in FXBG, Saturday, September 8 from 10AM-5PM (Rain Date Sept. 15).

invasion that shows how incredibly rich this area is with talented artists and showcases them doing what they do best.

There is NO Entry Fee for artists. "We do not want artists donating or paying for anything. We just want you to show up and share your art with the public." Artists are required to "enlist" - Art Attack is recruiting local and regional artists working in mediums suitable for public demonstration (painting, small sculpture, drawing, etc). Their mission is to ambush the city streets with artwork during the course of one day. Charged with creating artwork in the streets for the enjoyment of any and all bystanders, the artists' reward will be a Free Picnic at 1700 hours (5PM).

Being that this is an attack, there are "Rules of Engagement":

**1) To Your Stations:** Participating artists will be assigned to their stations on the sidewalks along Caroline and William Street in Downtown Fredericksburg. Artists cannot impede on pedestrian traffic or impose on automobile parking or surrounding businesses. "That's Why they call it an AMBUSH, Soldier!"

**2. Always Prepared:** Artists will be responsible for providing all their materials and tools (easels/work desks/etc.).

**3. Leave No Tracer:** Artists cannot impact their work area by leaving any mess or trash after their tour of duty is done.

**4. Look Sharp Soldier:**

Participants should remember that they are representing their fair city through their interactions with the public that day - be on your best behavior, soldier, and put your best foot forward.

To enlist for Art Attack's one-day, grass roots event, email us with your name and medium to: [artattackfred@gmail.com](mailto:artattackfred@gmail.com) with the subject line "RECRUIT" and our operatives will communicate.

See you in the trenches, soldier. **Participating Artists as of this release include:**

Sharon Blancard, Cheryl Bosch, Elena Broach, Barbara Byrd, Collette Caprara, Seth Casana, J. Coleman, Carter Corbin, Terri Creasy, Adam DeSio, Dan Finnegan, Toy Fowler, Chuck Fromer, Jeremy Gann, Betsy Glassie, Nicole Hamilton, Bill Harris, Heather Hawkinson, Sue Henderson, Carol Josefiak, Rob Landeck, Julie Links, Brandon Newton, Carol Phifer, Scarlett Pons, Gabriel Pons, Lynette Reed, Crystal Rodrigue, Kevin Rodrigue, Elizabeth Seaver, Elizabeth Utschig, Wendy Vasey, Kathleen Walsh, Karen Whelpley, and Nancy Williams.

**Non-artists can help, too:** Take plenty of photographs and/or video throughout the day - document our Artists in action and then contribute to our Facebook Page (Search "Art Attack Fredericksburg" from your own facebook page). You can even team up with an artist to bring them refreshments or watch their spot as they take a restroom break.



**Editor's Note:**  
*Written and quoted by Gabe Pons and Bill Harris; logos by Bill Harris.  
Art Attack is an all-in, game-on, art invasion. If you do art, sign up. If you love art, help out. Anyone who is against this event should just leave town for the mall.*



## WE WANT YOU!



# 09-08-2012

**Art Attack** is a one-day grassroots event organized by local artists to encourage the exposure and celebration of the region's vibrant art community. On that day, participating "recruits" will turn their studios inside out, ambushing the public streets with live art demonstrations. The sidewalks of Caroline and William will feel the full-fun-force

**Roxbury Farm & Garden Center**  
Knowledgeable Staff & Quality Products  
Established in 1929 - Celebrating Our 83rd Year  
[www.roxburyfarmgarden.com](http://www.roxburyfarmgarden.com)  
601 Lafayette Blvd. 540.373.9124

**ARCHER DI PEPPE**  
**CAGA**  
CERTIFIED APPRAISER  
*Insurance Riders • Estate Settlements  
Divorce Cases • Damage Claims  
Oral or Written Appraisals*  
SPECIALIZING IN ANTIQUES & COLLECTIBLES  
Certified Appraiser  
Certified Appraiser's Guild of America  
[adipeppe@aol.com](mailto:adipeppe@aol.com) (540) 373-9636

# AutoKnown Better

PRIVILEGED

BY RIM VINING

Speechless. Imagine me speechless. I know it is a stretch but try...

Everyone I run into wants to know how the Southwest vacation went and I am pretty much speechless. It was fantastic! Indescribable and fantastic. I dream in a different pallet kind of fantastic! It also exposed the core fabric that is holding our country together and it isn't a nice heavy wool with a hint of cashmere... think leisure suit.

In the East we travel short distances from town to town and have states that aren't as big as a moderately sized western ranch. We don't have the opportunity to drive a hundred miles where the vista never changes and the distant mountains don't get any closer. Most of what is going on in the East is neatly hidden beyond the ridgeline or behind the trees and just around the bend. The American West has bones that lie exposed for all to see from miles away as they travel down long grades of endless desert views.

So when I found myself fifty miles north of Phoenix... ten miles from the nearest Interstate exit and with nothing in the view shed but bright spring

vegetation in the desert high country, I had a little trouble figuring out why I was seeing a brand new Mini-Storage unit backed up to the freeway. There were no houses in sight, dirt roads and two-lane black tops were all I had seen for an hour and yet here was a place for Americans to store items they don't actually need in their daily lives... and pay for the privilege.

We stopped south of Sedona to visit Montezuma's Castle, a cliff pueblo abandoned in about 1400 for unknown reasons, and had a wonderful picnic along Bear Creek under the sycamores and western walnuts. Kayak tours were coming through in high water, it was lovely. I especially liked the sign coming off the main road pointing the way to the "Storage-Corral" where I could place all the unnecessary plastic objects I had accumulated in my lifetime... and pay for the privilege.

At some point the 'storage unit' thing started gripping me like On-Star. We covered a good bit of ground from Scottsdale, Arizona to the Grand Canyon and the Painted Desert, then over to El Paso, Texas and up to Alamogordo, New Mexico, the Sacramento Mountains and the White Sands. Impressive



stuff! Wonderful people, great food, interesting places to see and sights to behold and all through these towns large and small there were storage units. In Alamogordo, I swear there were more storage units than apartments and some were tucked in between trailers parks that had been sand blasted by the desert winds since the 50's and would have made much better housing than the trailers. Maybe that was the point... urban renewal fifty square feet at a time.

At least now I think I can answer one of those nagging questions that comes up in discussions about our current economic condition. As a culture we amassed a ton of debt in the past decade and the question seems to be what did we spend all that credit on? You open those storage units and you will find out. So in

addition to the interest on the credit we will be paying off until the second coming we are making someone rich warehousing unnecessary plastic objects... and paying for the privilege.

Oh yeah, in Scottsdale they have special mini-storage units for wine. Security and climate control. Amazing... Just so this has something to do with cars... Pink Jeep Tours in Sedona... Wonderful!

*Rim Vining gives us the privilege of publishing his column and not paying for the privilege.*

# Urban SmallHolding

HONEY, HONEY, OH BEES THRILL ME!

BY AMY WOODRUFF

(Sorry Ray. Honey. I couldn't resist the ABBA reference.)

I have to say that I was very happy to see plenty of happy honey bees pollinating our early spring crops - many more than I have seen in previous years on our little farm. I am not actually a beekeeper myself, but I know several people who are, including my dad (thanks for some great information!). Backyard and rooftop bee keeping has become very popular in an effort to promote local, urban agriculture. Honey bees are gentle, non-aggressive creatures that are essential for pollinating more than one third of the food grown on the planet. Not to mention all of that delicious honey they make!

**Bee educated** - Thanks in part to Hollywood, many people have an irrational, unnatural fear of honey bees, conjuring images of deadly swarms attacking. Folks do not understand that honey bees are different from wasps, yellow jackets and hornets. Honey bees only seek nectar from plants and only

sting when they feel threatened. Only a very small percentage of the population is allergic to bee venom. Most people can tolerate 10 stings per pound of body weight. Bee swarms are not hostile - they are actually weak and vulnerable, as they have abandoned their hive, which makes them easy for a professional to remove. If you fear honey bees, ask a bee keeper if you can suit up and assist. You'll see firsthand how docile they are.

**Bee aware** - Honey bees are disappearing all over the world. There are several factors contributing to this disturbing phenomenon. Studies show it is likely a combination of many is the cause: viruses and pathogens (not affecting humans), mites, pesticides, genetically modified crops, and radiation from cell towers. It is frightening to think of the impact on our food supply should they become endangered.

**Bee courteous** - Bee keeping is a responsibility that requires slightly more vigilance in non-rural areas. It is best to keep your hives sheltered by tall

vegetation or a privacy fence. This causes your bees to fly up before searching for food and water. The bee keeper should also check the health of the hives regularly, but not when neighbors are barbecuing or running loud equipment, which can upset the hive and make them more aggressive in protecting it. Also, it wouldn't hurt to present your wary neighbors with a jar or two of pure, sweet honey; it's much more effective than an apology after they have been stung.

**Bee healthy** - Honey bees are the only insect that produce food eaten by man. And what a perfect food it is! Honey includes all of the substances necessary to sustain life: vitamins, minerals, enzymes and water. It is also the only food containing the antioxidant pinocembrin, associated with improving brain function. Eating local honey helps with allergy sensitivities, promotes healing and pain relief for burns, is effective against many types of bacteria, and is incredibly delicious drizzled on just about anything.



*Amy, quoting Royden Brown, says, "Unique among all God's creatures, only the honeybee improves the environment and preys not on any other species."*



**Mary Katherine Wood**  
Fredericksburg's Move Specialist

*Winner of the Moving & Storage Agent of the Year Service Excellence Award from the American Moving and Storage Association.*



For over 100 years Hilldrup has been providing customers with outstanding service. A commitment that has allowed us to grow into one of United Van Lines largest and most respected agents. We realized early on, the key to our success relies on being trustworthy and providing every customer with the exceptional service they deserve. Why? Because we want to move you again!

Call Mary Katherine today for your free in-home consultation  
**877-815-3898**  
maryk.wood@hilldrup.com



www.hilldrup.com  
visit us online for helpful moving tips & videos

- Local, Nationwide & International Relocations
- Professionally Background Checked Crews
- 24-Hour Online Shipment Tracking
- Climate Controlled Vaulted Storage
- Auto, Boat & RV Storage

US DOT #077949



**CHUCK HOFFMAN**  
REALTOR, ABR, SFR, MBA

I will provide professional help for both home buyers and sellers to accomplish your real estate objectives!

**TRUSTED & CANDID SERVICE FOR DOWNTOWN FREDERICKSBURG & NEARBY COMMUNITIES**  
*Award Winning Service*

[www.yourFREDrealtor.com](http://www.yourFREDrealtor.com)  
540-370-0695 Direct 540-845-1468 Cell  
540-373-0100 Office 540-370-0757 Fax  
choffman@cbcarrriagehouse.com



**CARRIAGE HOUSE REALTY, INC.**



520 William Street, Suite A, Fredericksburg, VA 22401



Chuck Hoffman is a licensed salesperson in the Commonwealth of Virginia

## SHOP LOCAL



Photo courtesy of Fredericksburg area tourism

Shop, dine and tour locally for fabulous values, unique selections, and great customer service.

★ Support the dozens of owner-operated businesses in your Downtown Hometown!

★ Your dollars spent with us stay in your community.

For every \$100 spent at a locally owned business, \$45 stays in the local economy, creating [or sustaining] jobs and expanding the city's tax base. For every \$100 spent at a national chain or Internet site, only \$14 remains in the community.

Sponsored by Downtown Retail Marketing, Inc.  
Linda Arnold, president  
[www.VisitFred.com](http://www.VisitFred.com)

## Olde Towne BUTCHER

*It's Grilling Season...*  
**Get Your Local Meats & Produce Right Here!**



403-405 William Street  
Fredericksburg, VA 22401  
**540.370.4105**  
www.oldetownebutcher.com

Open: 9am - 9pm Monday through Saturday  
11m - 6pm Sunday  
**Lee Russell** Proprietor

## SNEAD'S ASPARAGUS FARM

Support Local Green Space & Local Farmers

**NOW IN!**

**Asparagus ■ Sugar Snap Peas ■ Snow Peas**

10 mi. S.E. of downtown on right side of Rt. 17  
Open 9-5 Daily ~ 540/371-9328 ~ [sneadsfarm.com](http://sneadsfarm.com)

Spaces still available for CSA: Pick-up Date and Last day for Sign-up is May 2. Bring Check (\$600). Pick-ups every Wed thru Aug, first Wed Oct & Dec

Enjoy Snead Farm Produce at Sunken Well Tavern, Otter House LaPetite Auberge, Bistro Bethem, J Brian's, & Olde Towne Butcher

# Shirley Donahue

## TRADITION & ART COLLIDE THROUGH MEHNDI

BY A. E. BAYNE

First comes the basket thrust through the door bursting with sketch books and shining cones of henna, followed quickly by a beaming woman in a flow of lavender. After a quick greeting, Shirley Donahue pulls up a pillow and directs my foot to the ottoman in front of us. As we chat, I watch the artfully looping swirls covering her palms while she lightly outlines cherry blossoms on my skin with eyeliner pencil.

Donahue has been practicing Mehndi, the Indian art of henna application, for close to fourteen years. At that time, she and some friends picked up



a few do-it-yourself henna kits on a whim. As she describes it, "I absolutely fell in love, and I've been practicing off and on ever since. Now, I want to share it with other people, because they are always so excited to hear about it. When I'm out with henna on my hands, many people stop and say, 'Hey, you should do this as a business!' So I've finally responded, 'Yeah, Universe, I'm listening.'"

She gingerly squeezes thin trails of paste from a slender tube, guiding it around the completed design. The earthy spice of niaouli oil rises from the henna. Combined with lemon juice and sugar, this terpineol releases the dye from the plant, allowing it to stain the skin. Through research, Donahue has learned that many countries in the Middle East, North Africa, Turkey, Greece, and India all have ancient henna traditions, using the plant for body art, hair, and nails. As she works, she tells me a story, "Indian brides get henna two or three days before their wedding ceremony and tradition says that as long as the henna lasts the bride does no housework. The entire family gets together, and four or five people work to finish her henna because it's such an elaborate design. There are even special silk cloths that are passed down from

generation to generation to wrap the designs once they are done."

The delicate flowers of wet henna dry and pull at my skin, cherry blossoms in relief against a winter pale foot. Taking just twenty minutes, the design is elegantly simple, trailing pleasantly from arch to outer edge, perfect for the flip-flop future. This could easily become a fetish. Donahue says, "More elaborate designs can take up to two hours to complete, and once they set the stain can last from one to three weeks, depending on each person's skin alchemy and the placement on the body. A key to getting a good stain is to use 100% pure henna, which I buy from reputable suppliers. It grows on bushes like tea, and each type gives a slightly different stain, some more brown or red. Also, many henna suppliers will include green dye particles to make it look fresher, so I am careful to buy unadulterated henna."

She sprays the finished design with a strong set hairspray to seal it, a trick she found gives a darker end result, and tells me to wrap my foot in toilet paper, plastic, and a sock overnight. "This traps the heat. The longer it stays warm the better; heat will make the stain darker," she assures. "Just flick the henna off lightly when you wake up."

Ultimately, Donahue wants to bring her designs to larger markets, like parties, weddings, and local festivals. She's getting her start in May with a monthly First Friday gig in Market Square next to the Fredericksburg Area Museum. With one-of-kind designs, an attention to detail, and friendly professionalism, she is poised to make Mehndi Fredericksburg's newest form of decorative expression.

Visit Shirley Donahue at Market Square on First Fridays throughout spring and summer, or on Facebook: <http://www.facebook.com/arachnesmus>

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

**Richard Johnston Inn**  
BED & BREAKFAST

*Wedding Packages*

**\$500** ♥ *Elope with Me, The Best Is Yet to Be*  
2-tier cake, champagne, minister and decorated courtyard for 2 hours

**\$3000** ♥ *Wedding Reception*  
Up to 50 people with a 20x30 tent for 4 hours

**\$8000** ♥ *Reserve the Historic Inn*  
For the weekend, includes 9 rooms for 2 nights, full breakfasts, 4 hour reception, 20x30 tent with dance floor and free, private parking

**Richard Johnston Inn**

Voted One of the Best in the South  
by Southern Living Readers Choice Awards

711 CAROLINE STREET  
HISTORIC FREDERICKSBURG, VIRGINIA

877-557-0770 ♥ 540-899-7606  
[therichardjohnstoninn.com](http://therichardjohnstoninn.com)

**Eden Try**  
Estate and Manor House

WE ARE PROUD TO ANNOUNCE THAT FAMED ARTIST  
**Tanya Richey**  
Will be designing the labels for our  
**THREE 2012 WINES**  
Created exclusively for us by the  
Award-winning  
**Lake Anna Winery**

Come experience our wines at our **Wedding Taste and Tour Events** that will be held on Sun. Apr 8th, May 6th and June 3rd.  
*Others dates to be announced.*

[www.EdenTryEvents.com](http://www.EdenTryEvents.com)

Please call **540.786.0037** to schedule your personal tour of the Estate.

Follow Eden Try on Facebook for updates on our 2012 Wine Tastings Events.

Join us Sunday, May 13th  
for an exceptional  
*Mother's Day Brunch!*  
Call for reservations.

**Kenmore Inn**  
BED & BREAKFAST | PUB & RESTAURANT  
1200 Princess Anne Street, Fredericksburg • 540-371-7622 • [kenmoreinn.com](http://kenmoreinn.com)

On May 2nd our  
*Wine Dinner Series* continues  
as chef Jacquie prepares a scrumptious 5-course  
Morel dinner paired with exquisite wines.

7:00PM - 9:30PM  
Call for reservations.

**ENJOY LIVE MUSIC EVERY THURSDAY!**

# Artist Eyes the Hungry

HOW DO YOU FEED THE HUNGRY?  
FIRST, FEED YOUR EYES!

BY CURRI WEEDON

This is what **Jeremy Moore** thought about after being fed up with people going hungry. So he is putting on an art show at Sammy T's through May 31 that is raising money for the Fredericksburg Area Food Bank to feed the local hungry population.

On April 6, patrons bought raffle tickets for a chance to win a painting by Moore, who is also known as **JRock**. He's a painter, a shoe artist, and a wall artist who works in acrylics, ink and graphite, soft pastels, markers and Adobe Illustrator, with inspiration from Giger, Grey and Dali. His website is <http://lookinmyhead.daportfolio.com> and you can also find him on Facebook. His art show will remain up and sales of his work will continue to benefit the Food Bank this month, too.

Jeremy has been drawing on and off for as long as he can remember but it's only been recently that he's started taking it seriously. Since moving to Fredericksburg two years ago, Jeremy has picked up a paintbrush and started experimenting with that as well. He now enjoys painting murals and also customizes footwear/clothing at the request of his clients. He is formally educated, certified in Graphic Communications and is currently training

to become a licensed tattoo artist at Dark Horse Tattoos and Body Piercing in Stafford. His inspiration in this medium comes from people like Guy Aitchison, Jesse Smith and Grime.

Of his eclectic art offerings on his website, Jeremy says, "I've put together a pretty diverse collection of the stuff I have done. Shoes, murals, and paper mostly."

So stop by Sammy T's to feed your eyes on J Rock's colorful works of art, feed your face on Sammy's menu, and feed the hungry with a contribution to the Food Bank, too.

Curri Weedon is an artist and art promoter.

**Days Gone By**  
COURTESY OF THE WILLIAM T. GARNETT COLLECTION

The spires and steeples of a town making history.

Reach William T. Garnett at 540-424-2448.

**JEWEL BOX**  
ESTABLISHED 1940



Your Place for Confirmation and First Communion Gifts

- ♦ My First Holy Communion sets
- ♦ First Communion Porcelain Rosary boxes
- ♦ Confirmation Prayer boxes
- ♦ Appropriate Charms
- ♦ Assortment of Crosses

212 William Street, Fredericksburg  
540-373-5513  
Mon-Fri 9-5:30; Sat 9-5

◆ Gemstone Creations ◆



**KAMELEON™**

Receive a free compact with the purchase of any Mother's Day JewelPop

606 Caroline Street  
Old Town Fredericksburg  
373-7847  
gemstonecreations.org

Tuesday - Saturday 10-5 ~ Wednesday 10-6:30

  **MASTER JEWELER**  
BRILLIANCE YOU DESERVE™

Where Fredericksburg Gets Engaged

# Who He Is, Is Good

BY ROB GROGAN



Chris Jones (right above) carries all the tools for success - presence, personality, skills, smarts, and attitude, so no wonder he's made his way from Fauquier High School, Class of '94, to a position of distinction within our media community. He's the new editor of *Fredericksburg Parent & Family Magazine* and founder of the *Pedestrian's Guide*. "My job with *Parent and Family* is to edit the magazine, but while doing so add value to the staff, offer solutions that will help increase readership and to help extend the magazine deeper."

At *Pedestrian's Guide*, Chris is a "storyteller" who started the guide, "because I love the culture of downtown and I want to help bring maximum exposure to the businesses, artists, shops, and restaurants that offer visitors and residents a one-of-a-kind experience."

Chris and I met at the *Fredericksburg Independent Media Alliance*. We bonded over joking around, our love of writing and telling stories, and our connection to Pittsburgh, PA, where Chris graduated from the Art Institute of Pittsburgh in Visual Communication and I from Duquesne in Mass Communications. We have both won *Virginia Press Association* awards, his as a member of the *Culpeper Star-Exponent*.

Membership suits him, but Chris is an independent spirit, too. "It's the thrill of the chase that drives me. You can't write everything, learn everything or do everything, but you can try. I learned that from Benjamin Franklin. He sought moral perfection and in doing so, he fell woefully short, but what he found was that he was head and shoulders ahead of his peers who weren't seeking the same thing. I want to tell a million people's stories in my lifetime. I'm sure I won't, but every story I tell will make me a better writer, a master of my craft." Like many of us who write, Chris loves seeing the words form on the page. "It's like painting

with text." He's not the first in his family to feel the entrepreneurial spirit. "Hardly. The first entrepreneur mind I encountered was my uncle, **Butch Jones**. He would listen to self-help and motivational audio when I was a kid. I made fun of him for it and ironically, I do the exact same thing. He eventually ran a successful transportation company. My mother ran a daycare for over 25 years. My uncle, **Mike Jones**, has a tremendous work ethic. I modeled a great deal of my life after the way he has lived his. I had great examples growing up."

Chris' Fredericksburg is "a gem that's often overlooked in favor of Washington, DC or Richmond. I'm a firm believer in loving where you live." And living here can mean reading and writing all day long at Alum Springs Park; or spending time with **Lamont Brown** (Merrill-Lynch), **Sonja Wise** (So Wise Co.), **Melvin Brown** (Fredericksburg Live ) or **Tim Eggers** (Integrity Benefits). "They're my favorite colleagues to bounce ideas off, collaborate with and network together." He also has a "Mastermind" group with **Tariq Johnson**, **Richard Bridges**, **Jared Macfarlane** and **Tyrell Jamison**. "We read personal growth books and hold one another to a high standard of accountability."

To me, Chris Jones is a person worth hearing from, so I asked, "If you were giving the commencement address at UMW, what would you tell the new graduates?" Chris's response got my one-man standing ovation as it gave us another belief in common: "Do what you love even if it's not written on your degree. It's a piece of paper commending an achievement, but it's in no way a definition of who you are."

Chris Jones knows who he is, and who he is is good for all of us.

— RG

# Sweet!

NO OTHER REASONS NEEDED!

BY MARY LYNN POWERS



If anyone watches the Food Network, you know that cupcakes are a serious business. We have a few relatively new shops locally that sell these delectable treats. Competition is always a good thing, but one wonders how these shops can possibly stay afloat. But, once you try the pastries made at **Sweet Reasons** in Central Park, you'll see that it's a definite possibility. The shop is located next to Starbucks in what used to be a Quiznos shop. The sign in the front window sums up their popularity: "You can't buy happiness, but you can buy cupcakes and that's kind of the same thing."

The shop is owned and operated by husband and wife team, **Lenny and Juli Schafer**. Both have extensive restaurant experience, but Juli attributes their success to her husband, who she says is a

baking mastermind. She said it all started when he got his first Easy Bake Oven on his 6th birthday. Juli manages the front-end of the business, handling sales, marketing and customer service.

Lenny also owns Clearwater Grill in Locust Grove where he started making cheesecakes a few years ago. They bake everything from scratch using sweet cream butter, fresh produce and real extracts, leaving out hydrogenated oils and preservatives. They also bake cookies, lemon bars and assorted goodies that remind one of a modern day candy/confection store. For some of us who remember the fun of penny candy, there is a familiar feeling when you walk in this cute, stylishly decorated shop.

They offer about 10-14 cupcake varieties daily: everyday flavors plus 3-4



Mary Lynn Powers is sweet as a cupcake for writing this story.

1262+ Fans  
Want You to Join  
Front Porch



on  
**facebook**

**RIVERSIDE CENTER**  
DINNER THEATER  
PRESENTS



**MAY 4  
THRU  
JULY 22**

**TICKETS:**  
**(540) 370-4300,**  
**(888) 999-8527**  
**riversidedt.com**

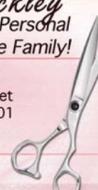
*Alley Door*  
**HAIR STUDIO**

Styles by

*Robyn Pirog*  
*Liliana Carreiro*  
*Elizabeth Hall*  
*Sarah Schmidt*  
*Lee Buckley*

Providing the Best in Personal Services for the Entire Family!

Conveniently located at  
2616 Princess Anne Street  
Fredericksburg, VA 22401  
540.373.3543  
alleydoor.net



The styling begins at 4am, by Appointment Only  
No appointments available SUN, MON, TUE

# IN THE KITCHEN

WITH BONNIE DE LELYS

Spring has sprung, the grass has rize and this is where some good food iz! I just returned from St John and I took these easy recipes with me to make at our beautiful Blue Palm Villa for sitting on the beach or around the pool with some nice wine, rum or tequila.

## SPINACH-HERB CHEESECAKE - 12 appetizers/8main dish servings

2 lg tomatoes sprinkled w/S&P drain on paper towels 10 min  
 ¼ C pecan pieces; ¼ C Italian breadcrumbs; 2T butter melted; 24 oz cream cheese;  
 5 oz ricotta cheese; 8 oz feta cheese; 3 lg eggs; 4 C shredded spinach; 2  
 cloves garlic, chopped; 2T flour; 1T dill.

Stir together nuts, butter and breadcrumbs - press into a springform pan  
 Bake @350 -10min.  
 Beat cream cheese until creamy; add ricotta, feta, and eggs;  
 Blend well and add spinach and next 3 ingredients -  
 Pour into crust; bake @ 325 for 15min - top w/tomato slices -  
 Bake 30 min or until set.  
 Cool, serve warm or cold

## THAI NOODLE SALAD - serves 4

2 T fresh lemon juice; 2T teriyaki sauce; 2T vegetable oil; 8 oz crabmeat or lobster;  
 2 ½ C cooked linguine; 4C shredded green cabbage; 1 C shredded carrots; ½ C sliced  
 scallions; Whisk dressing ingredients together - add rest, toss to coat and garnish with  
 fresh parsley.

## SIMPLE MARGARITAS

Ice cubes; 3 ounces tequila; 2 ounces freshly squeezed lime juice; 1 ounce Simple  
 Syrup; 1/2 to 1 teaspoon orange liqueur; 1 tablespoon Lime-salt-sugar.

Fill a cocktail shaker with ice. Add tequila, limejuice, Simple Syrup. Cover and shake  
 until mixed and chilled, about 30 seconds. (In general, the drink is ready by the time  
 the shaker mists up.) Place Lime-salt-sugar on a plate. Press the rim of a chilled rocks  
 or wine glass into the mixture to rim the edge. Pour margarita into glass. (Simple  
 syrup is 1C sugar and 1 C water heated and cooled.)

Bonnie De Lelys is innkeeper at the Richard Johnston Inn, where the courtyard is  
 ready for small private parties and weddings.

**DINE LOCAL**  
 FREDERICKSBURG

# Vino

WHERE ARE THE RISK TAKERS?

BY MATT THOMAS



If American winemakers want to get ahead in the world market, they need to start innovating more and taking more risks.

American wines (usually California wines) do okay in the export market, but it's nothing compared to what France, Italy, or Spain churn out. Partially this is a matter of tradition - Napa Valley has a reputation but not like Bordeaux or Burgundy, which are regions that have been known for wine quality for centuries. But also it's a matter of variety and originality. Too many domestic wineries make wines that are basically the same style, from the same types of grapes: Cabernet Sauvignon, Chardonnay, Pinot Noir, Zinfandel, etc. If a winery starts experimenting with Italian grape varieties, that's considered something new and different. Plenty of these wines are good, some are great, and some are even world class, but rarely do I try a domestic wine that I find truly original.

If you are a casual wine drinker, many wines probably taste pretty much the same to you. That's because they are pretty much the same. Beer doesn't suffer from this problem; you don't have to be an expert to taste the difference between a Belgian ale and an American IPA. It doesn't have to be this way. The other day I tried a very interesting Tuscan white wine. The winemaker fermented it in contact with the grape skins, as you would a red wine, which gave it an amber color. They then bottled it still with some yeast and sugar in the bottle, so it continued to ferment resulting in a somewhat fizzy wine. There were no additives used. It was delicious and very unlike anything I'd had before. I had to wonder why nobody here makes wines like that.

Many red wines made in France provide more good examples. Despite the much more rigid rules there about what

types of grapes can be grown where, variety abounds. A couple of months ago I tried a Syrah from St. Joseph, an appellation in the northern Rhone region. Syrah's are not unusual anywhere, but this one was made 50% with a traditional fermentation and 50% using a process called carbonic maceration, in which the grapes are not crushed but stacked in a carbon dioxide rich environment so juice ferments while still inside the grape (this is the process used to make Beaujolais Nouveau). Wines made using carbonic maceration are lighter and have very little tannin, so by combining techniques the winemaker achieved a product that had the rich, dark berry and smoky flavors common to Syrah but with a lighter texture you might see with Pinot Noir. I've tasted hundreds of Syrah's, but none like this one.

Here's a gap in the market: why isn't anybody making sparkling Zinfandel (the red kind, I mean)? Sparkling reds have been made in Italy for ages and the Australians have been making sparkling Shiraz with great success. Why are we getting the same old Zinfandels over and over? I've been asking importers for a sparkling Zinfandel for years with no luck. If somebody is making it I don't know about it. I guess nobody wants to take the risk and that's a shame.

That's not to say that there isn't great innovation over here and everything made in Europe is one of a kind; we're talking about trends. But I really believe domestic wineries could do better if there was more thinking outside the box. Maybe then we could crack that enormous Japanese market that spends millions on natural wines coming out of France.

Matt Thomas is a partner in kybecca wine bar and shop at 400 William Street.

# Benchmark of Class

POTOMAC POINT VINEYARD

BY SCOTT RICHARDS



Because of its size, Potomac Point (in a good year, 10 tons of grapes can be harvested), 90 percent of the grapes processed are purchased from all over the state. According to Simone, this gives him a chance to see a wide array of flavors from which to choose and develop into the best wines. The area from which grapes are purchased extends from

Tucked away in a corner of northern Stafford county is a paragon of wine, and unless one actually visits there, a distinctive frame of reference concerning wineries in Virginia is lost. I am speaking of Potomac Point Vineyard and Winery in the Widewater region of Stafford.

With its fifth anniversary approaching, this facility has brought the local wine industry a demeanor of excellence. The building itself is immaculate and designed not merely as a tasting room but as an event center. Potomac Point brings a unique perspective to events because of winemaker, **Simone Bergese** (pictured), with his European expertise on the production of wine, and **Chef Mike**, trained in New York and recently arrived from the Capital Grille in Washington.

Simone, a native of Piedmont, Italy, home of the Nebbiolo grape and Barolo wines, studied enology and viticulture at the University in Piedmont, where he worked for several years before trying his hand at wine making in Australia with large production wineries. Returning from Australia, Simone settled in Sicily, supervising the production of wine by some 30 employees and growing grapes in some of the highest altitudes in Sicily where viticulture could be developed. In 2008, Simone was contacted by Potomac Point to become its Italian wine maker.

As he put it, "As soon as I arrived, I knew I was where I wanted to be."

Simone compared the Piedmont region to Virginia in its similar weather conditions. He spoke of the fog, frost and hail storms often seen in Italy and the type of expertise he has developed over the years in this particular climate, giving him a definite edge in the making of excellent wines under these conditions.

Northern Virginia to North Carolina and from the Eastern Shore to the Shenandoah Valley. Simone commented that much of the fruit found in the Northern Shenandoah Valley near the Woodstock area has proven exceptional because of the climate and soil found there.

In addition to his enological interests, Simone is an avid soccer player, whose play has recently been suspended due to an injury. In addition to his wife, **Michelle**, the Bergese family consists of one child, with another coming soon.

Sitting in the winery's bistro, I tasted the 2009 Heritage wine (a Bordeaux blend of 42% Merlot, 35% Cabernet Franc, 20% Cabernet Sauvignon and 3% other grapes). This masterfully balanced wine has a unique taste that grows on the palette. Its dry finish lingers, wrapping the entire experience into a delight of sensory pleasure. As if the wine alone was not enough bliss, Chef Mike served a piece of short rib adorned with a port wine mushroom sauce. Melting in my mouth and paired with wine and garlic rosemary bread, it left me in a euphoric state.

Potomac Point Vineyard & Winery is more than a producer of Virginia wines. Its beautiful setting and vineyards, its quality of wine and culinary dishes make this a benchmark of class in Virginia. Visit Potomac Point Vineyard and Winery at [www.potomacpointwinery.com](http://www.potomacpointwinery.com).

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

Master The  
Art of Cooking

with a  
Cooking Class  
at

The KITCHEN  
AT WHITTINGHAM

374-0443

[www.shopwhittingham.com](http://www.shopwhittingham.com)

1021 Caroline Street

THE FRENCHMAN'S CORNER

A Gourmet Shop for the Senses  
~ with a European Flair



Belgian Chocolates  
Gourmet Foods  
French Personal Care Products  
Unique Award-Winning Kitchen Gadgets

Join us on Facebook  
for Sampling Giveaways, Classes & Events

[www.frenchmancorner.com](http://www.frenchmancorner.com)  
620 Caroline Street  
Fredericksburg, VA 22401  
(540) 318-7500



BISTRO BETHEM

Offering the best of the season.

309 WILLIAM ST. 540.371.9999 BISTROBETHEM.COM

DOWNTOWN FREDERICKSBURG'S  
Sammy T's

Serving Great Food Since 1981

Home of the "Camper Special" &  
the Best Burger in Town

801 Caroline Street ■ (540) 371-2008  
vegetarian/vegan/burgers/chicken/seafood

open 11:30 am Daily

Still Owned by the Emory Family

# 15 Principles

## A ROADMAP FOR SUCCESS

BY REBECCA THOMAS



**Principle #1**  
Eat To Eliminate Hunger,  
Not To Get Full

This idea is one of the most important to the 15 principles. Eating to eliminate hunger is central to how I developed the ability to reduce my portion sizes and not feel deprived. Portion control is the cornerstone to any long term eating plan that purports a sustainable approach to weight loss and so it is with this one. The difference is here I want to teach you how to accomplish this using your body's gauge to eat just the right amount to support a healthy weight. Developing that innate sense is what this principle is all about.

The approaches to teaching portion control are myriad, with most being to weigh or measure the actual food so as to know exactly what is being consumed. I found these approaches depressing. I hated logging in my food, trying to weigh or measure portions and correlate them to points, calories or whatever the eating plan du jour was. I then consumed the requisite amount of food without thinking much if I was hungry for more or less. It wasn't long before I resented the whole process. To my thinking it made eating a puzzling and detached experience. Even worse I felt deprived right from the start. How on earth was I going to do this for the rest of my life? The truth was I couldn't and so the diet would get dropped. No matter, like an unsuitable boyfriend those approaches weren't long term material and I am glad they didn't work out. It forced me to find a new way to measure my food intake, one that could follow me anywhere I go and through any meal.

Much of the weight loss advice I had read and tried to follow specified

eating to fullness, but not beyond. After years of overeating I had to admit to myself that I wasn't even sure what 'full' meant anymore. Mostly being full correlated to eating too much, feeling heavy, bloated and as a result I wasn't entirely sure where the line was between having eaten enough and too much. Sometimes the best way to absorb an idea is to reframe it, and so it came to be with 'eat to eliminate hunger'. It started out simply enough, just eat until I was no longer hungry. Then see what happened.

Would I be ravenous in ten minutes? Would that be enough to sustain me through exercise? I also allowed myself to eat again when I was hungry, whenever I was hungry. No time of day restrictions whatsoever. This allowed me to relax and focus on learning how much of my meal I really needed to satiate hunger. Being mindful of meals and hunger will require you to slow down and pay attention to your body's signals. Over time and with practice it has become second nature. I learned to enjoy the process and instead of becoming an exercise in deprivation it became one of discovery. What I found is that I could easily cut back about a third (you may have different results depending upon how much you need to cut back) of what I was previously eating without going hungry or feeling deprived. The trick was stopping as soon as I wasn't hungry anymore. I recommend packing up leftovers as quickly as possible (because chances are you will continue to pick if the food is left in front of you), and remind yourself for added motivation that when you are hungry again you can eat.

There is no shortcut to good health and eating in this style requires mindfulness and practice, but the benefit is clear. I cut back my caloric intake while feeling in control of the process and never once felt resentful or depressed about how little food my 'diet' allowed. That was a huge change from my previous efforts and resulted in the success I am still enjoying today. Be patient with yourself and persist in your efforts to change, the rewards are enormous. I did it and you can too.

Next month: Eat Simply

Rebecca Thomas is a downtown resident and co-owner of kybecca. Subscribe to her posts at [facebook.com/rmtisme](https://www.facebook.com/rmtisme). Copyright Rebecca Thomas 2012

**KYBECCA WINE BAR & SHOP**  
A WINE LOVERS DESTINATION

[KYBECCAWINEBAR.COM](http://KYBECCAWINEBAR.COM)

400 WILLIAM STREET  
FREDERICKSBURG, VA  
540-373-3338

VIRGINIA'S OWN...  
**CAPITAL ALE HOUSE**

**NEW DAILY SPECIALS:**  
**MONDAY: DOLLAR BURGER NIGHT**  
**TUESDAY: STEAL THE GLASS NIGHT**  
**WEDNESDAY: VIRGINIA BEER AND WINE DAY**  
**THURSDAY: COMMUNITY CHEST NIGHT**  
**FRIDAY: FIRKIN FRIDAY**  
**SATURDAY: AMERICAN MICRO BREW DAY**  
**SUNDAY: \$9.99 8oz. PRIME RIB DAY**  
(CALL OR VISIT OR WEBSITE FOR DETAILS AND RESTRICTIONS)

917 CAROLINE STREET  
FREDERICKSBURG, VIRGINIA  
540-371-BEER (2337)  
[WWW.CAPITALALEHOUSE.COM](http://WWW.CAPITALALEHOUSE.COM)

WELCOME  
TO OUR  
GREAT OUTDOORS

*It's Beautiful ~  
Night and Day!*



**J. Brian's Tap Room**  
TWENTY ON TAP  
200 Hanover Street • 373-0738

**Drema Apperson**  
personal chef

Fresh local produce  
is now in season!

Learn how to shop for and prepare the Earth's bounty, get new ideas for delicious dishes, and make use of everything in your CSA share.

Cooking Classes  
tailored just for you, in your kitchen.  
Plus, weekly meal prep, small special events,  
shopping service, and more

Call or E-mail today for information:  
540-907-6069  
[dremaapperson@comcast.net](mailto:dremaapperson@comcast.net)

The General Store  
Restaurant



Since 1978

Italian/American Food

Monday-Saturday 11 am-10 pm

371-4075

2018 College Ave.  
Fredericksburg



101 William Street  
Sandwiches • Barbecue  
Hot Dogs • Desserts



Party Planning  
Available!

540.371.2233

HOURS:

Mon - Sat 11 to 4 pm  
Closed Sun

**THE  
SOUP & TACO,  
ETC.**

813 CAROLINE ST.  
FREDERICKSBURG, VA  
22401



SERVING TRADITIONAL  
MEXICAN, TEX-MEX FOOD  
AND SOMETHING MORE!!

TUESDAY TO SATURDAY  
11AM-9PM  
SUNDAY 11AM-6PM

PHONE: 540-899-0969  
E-MAIL: [SOUPNTACO@YAHOO.COM](mailto:SOUPNTACO@YAHOO.COM)

# On the House

OUR AMERICAN CRAFT

BY MATT THOMAS



American beer wasn't always the powerhouse it is today. If you're over thirty you probably remember a time when craft beer and good imports were hard to get. In one of Monty Python's acts, they told their audience that they found American beer to be like making love in a canoe (it's close to water, except they used an expletive if you catch my meaning).

In the late nineteenth and early twentieth centuries there were many breweries all over the country producing many different beers, mainly run by German immigrants and their offspring. The killjoys of the temperance movement ruined all that with prohibition and it took decades to recover. Until the nineties, only a few big breweries produced most of the beer consumed in the U.S. and, as Monty Python observed, most of it was watery lager.

In the eighties a few craft breweries, most notably Sam Adams, started finding some success. In the nineties many new breweries opened, and over the last decade the craft beer movement has exploded. Now big brewery sales continue to decline while sales of craft beers rise, and some American craft beers are even making their way over to Europe.

This raises the question about what distinguishes American craft beer from those made in other countries. Differences are plenty, but I believe there are two that stand out in particular.

The first is the extensive use of American varieties of hops, particularly in Pale Ales and India Pale Ales (IPAs) that

have strong citrus/pine/bitter flavors. These beers feature the hops' flavors as the focus and have become very popular in the U.S. and, increasingly, abroad. Breweries such as Stone and Sierra Nevada have practically made it their centerpiece. Even European breweries are starting to experiment with American hops, creating new styles like the "Belgian IPA". Where hops used to play a supporting role in beer flavor, it has become the star of the show. Just look at the success of super-hoppy beers like Bell's Hop Slam or Dogfish Head 120 Minute IPA. Nobody is lining up to buy malty beers.

Second is the willingness to break with tradition and create new styles, or even create beers that defy categorization. American brewers have embraced this in a way American winemakers have not (see my wine article in this month's issue). The poster boy for this trend is Delaware's Dogfish Head brewery, creating beers such as Black and Blue, a Belgian-style ale brewed with blackberry and blueberry puree. Or try the Midas Touch, a beer brewed with grapes, honey, and saffron, but no hops. European breweries will occasionally break with tradition too, just not nearly as often.

This is not an argument that American beer is better (I think Belgian ale is still the best), but if you're new to craft beer this gives you an idea about what sets it apart and so what to look for. It also gives you something to offer the next time you entertain foreign guests.

Matt Thomas, a partner in kybecca wine bar and shop, writes about beer and wine for Front Porch.



# CALENDAR of events



may 2012...UMW graduation, Mother's Day and Memorials to the fallen

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

## tuesday, may 1

Save the Date - May 23 - for Golf Tournament: Spotsylvania Regional Medical Center's first annual, to benefit Rappahannock United Way. Fawn Lake Country Club, May 23, 1230P. Info, Registration, Sponsorship: Jeanne Burkett at Jeanne.burkett@hcahealthcare.com, 540-498-4054

Open House at The Crossings at Falls Run all day. Call Anne or Jessie Leigh for info at 540-479-3788

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

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

Live Music: Sabor Afro cubano at Bistro Bethem. 8-11P. 309 William

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

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

## wednesday, may 2

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

Kenmore Inn Wine Dinner Series continues: chef Jacque prepares a 5-course Morel dinner paired with exquisite wines. 7-930P. 1200 Princess Anne. Reservations: 540-371-7622. kenmoreinn.com

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

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

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

Friends of Chatham 430-7P at historic Chatham Manor, behind-the-scenes self-guided walk-through of the house; light refreshments, exhibition: Abraham Lincoln: A Man of His Time, A Man of All

Times. Volunteers answer questions. Info: Lynda Baer, friendsofchatham@gmail.com, 373-3450

## thursday, may 3

National Day of Prayer

\*Live Music: Jason Masi @ kybecca wine bar, 402 William. 8P (Music every Thursday)

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

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

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

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

## first friday, may 4

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

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

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

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

Upstairs Art Gallery at VA Wine Experience, 826 Caroline. Reception 6-9P. Up all month

Andrew Hellier and the All Stars give us a little bit of everything from pop to rock. The OH. 21+. \$5

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

Music at the Museum: First Friday Concert Series in outdoor Market Square 7-9P. Elby Brass performs

4th Annual LibertyTown Patrons' Show of 50 artworks donated by local artists as a benefit for LibertyTown. Opening reception 5-9P

Fredericksburg Leadercast: Hear the likes of Tim Tebow, John Maxwell, Andy Stanley, Marcus Buckingham, Patrick Lencioni, and many more at this year's 2012 Chick-fil-A Leadercast, broadcast live from Atlanta to locations around the world, including FXBG. Fairview at River Club, Rt. 2 south

Art First Gallery All Member Exhibit & Opening: Original artwork from 31 local member artists. 6-9P. On display thru 5/28 daily, 11-5. 824 Caroline

Brush Strokes Gallery: "Nature's Spring: Birds, Blossoms, & Butterflies", Carol Waite's Oriental brush paintings of the natural world. Plus All-Member Show. Reception 6-9P. 824 Caroline

## saturday, may 5

5th Annual Walk for Mental Wellness. 10A at Hurkamp Park. Fun activities for adults and children. Music by local band "Second Chanz". Silent auction of gift baskets, paintings, pottery, and a hand needle felted animal. Prize for best Cinco de Mayo dog costume awaits. www.mhafred.org/walk2012.

Annual Mayfest: Rappahannock Adult Activities (RAA) fundraiser has live entertainment, children's activities, raffle prizes, Silent Auction, plant sales. 750 Kings Hwy. 10-3P. Annuals, perennials, vegetables, herbs for sale. www.celebratemayfest.com

Spring Wildflower Hike w/ UMW professor of biology, Michael Killian. Walk through woods along Rappahannock River. Learn to identify flowers. Rain/shine 10A-12N. \$5 indiv/\$15 family

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

Orchestra Curare - Salsa is back at the Otter House! Come dance the night away! 21+. \$5

World Fair Trade Day: Fair Trade Sampling Extravaganza! Learn about the artisans behind the crafts. 10A-8P. Ten Thousand Villages, 1937 Carl D Silver Pkwy, Central Park

To Freedom - A Milestone Event: Thru May 6. Info: 371-3037, 370-0732, 373-6122. Anthony Campbell performs at 730 conclusion at City Dock, May 5. Special tours, theater. Commemorative moment marking crossing of 10,000 slaves into Stafford

## sunday, may 6

Nurses Day... Katie, Michael, et al

AM1230 WFVA "Community Link" 8-830A. Rebecca Thomas and Rob Grogan discuss her 15 Principles for transforming your own life. Host Ted Schubel. Live at www.wfvaradio.com

Read All Over Books: Open Jazz Jam 230P

Colonial Tavern: Open Jazz Jam 7P

\*Sunken Well Tavern: Bluegrass Jam 7P every Sun

## monday, may 7

Joan Limbrick Art Reception: Her newest paintings, 6-9P. Hors d'ouvres and cash bar. Bistro Bethem, 309 William St. www.joanlimbrick.com

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

## tuesday, may 8

Skiffle Lounge' Live: Larry Hinkle & friends perform live. 8-11P. No cover. Bistro Bethem, 309 William

## wednesday, may 9

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

## thursday, may 10

Live Music: The Parlor Soldiers @ kybecca wine bar, 402 William. 830P. No cover

## friday, may 11

Live Music: Kyle Davis @ kybecca wine bar, 402 William. 830P. No cover

Wavos, our favorite 80s band, is back to rock you! Otter House, \$5 cover. 21+

## saturday, may 12

Fredericksburg Area Iris Society Iris Show and Garden Tours: Chancellor Ruritan Club. Local irisarians display iris from their gardens, flower arrangements featuring irises. Public welcome! 12-3P. See May 13

Man Bug - This classic rock band is back at the Otter House! 21+. \$5 cover

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

House About Tonight Productions presents Ted Garber. Donation \$15/person for musicians. Bring dish and/or beverage to share; blanket or chair. Doors 630. Music 730. Info: concertinfo@houseabouttonight.org

## sunday, may 13

Mother's Day

Kenmore Inn Mother's Day Brunch. 1200 Princess Anne. Reservations: 371-7622

Fredericksburg Area Iris Society: five local iris gardens open to the public for tours. Call for locations. Free to the public. Contact Lois Rose at (540) 582-5799 or LOWY222@aol.com

AM1230 WFVA "Community Link" 8-830A. Tammy Berfield, Red Cross Rappahannock Chapter, and Laura Cohen, Prince William Forest Park. Host Ted Schubel. Live at www.wfvaradio.com/

## tuesday, may 15

Smolonsky-Martino live: Adam Smolonsky (bass) & Rob Martino (chapman stick) perform. 8-11P. No cover; all ages. Bistro Bethem - 309 William

## thursday, may 17

Live Music: Peter Fields @ kybecca wine bar, 402 William. 830P. No cover

## friday, may 18

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

Charlie Hunter live in concert: For the first time at the OH. Soul-jazz to reggae to funk-rock. Tickets in advance at the Otter House, 21+

Ray Woodruff & Mike Dougherty Live Acoustic Music Downstairs at the Otter House. 8-10:30P

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

Reenactment: Battlefields of Spotsylvania. 9019 Old Battlefield Blvd. Thru May 19

## saturday, may 19

Armed Forces Day

Mr. Lincoln Visits. Special programming at Chatham, special tours in F'burg. www.nps.gov/frsp/planyourvisit/event-details.

Free swimming for entire family at two-day Open House and annual Block Party for Pleasant Valley Swim Club, 1011 Wythe Ct., 22405. Springboard diving, fenced baby pool, picnic tables, plenty of shade. Sat 12-8P, Sun 12-5P. Minors accompanied by adult. Deborah Bowler: 907-5099, Deborah@bowler-va.com. pleasantvalleyswimclub.com

Former Champions: Electro rock band from Richmond performs for first time at the Otter House! 21+. \$5

Being Healthy & Saving the Planet: The Vegetarian Group of F'burg presents Will Tuttle, PhD, author of The World Peace Diet. 5P Vegan Potluck Dinner. 6P Lecture/Presentation by Dr Tuttle. Unity of Fredericksburg, 3607 Lafayette Blvd

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

Community Yard Sale 8A-1230P. 6155 Hickory Ridge Rd, Spotsylvania. Aikido in FXBG

Fork It Over Festival: annual free family friendly garden fair to raise money for Downtown Greens. Includes plant sale, garden rummage sale, silent auction, live music, free activities for kids. 1-5P. Charles Street at Dixon and Princess Anne

## sunday, may 20

AM1230 WFVA "Community Link" 8-830A. Host Ted Schubel. Live at www.wfvaradio.com/

Awakening Your Inner Genius: Philosopher, former monk Will Tuttle, PhD, performs two piano pieces at Unity's 10A service; presents meditation and morning message, "Awakening Your Inner Genius." 1230-230, Dr Tuttle presents workshop, "Opening the Intuitive Gate." Free, donations accepted. 3607 Lafayette Blvd

Marine Corps Historic Half Marathon celebrates 5th anniversary taking runners on 13.1 mile journey

## tuesday, may 22

Bruce Middle Trio plays Bistro Bethem. 309 William, 8-11P. No cover; all ages

## wednesday, may 23

Spotsylvania Regional Medical Center Inaugural Golf Tournament to benefit Rappahannock United Way at Fawn Lake Country Club. 1230P. Contact Jeanne.Burkett@hcahealthcare.com

Art Film at CRRL: The Fantastic World of M.C. Escher: A Look at the Life and Works of the Famous Graphic Artist (2006/50 min). 7P. 1201 Caroline

Local historians Al and Jane Conner. 806 Lyons Blvd. Civil War Talk: Lincoln in Stafford

## thursday, may 24

Live Music: Ray Woodruff @ Kybecca Wine Bar, 8P-1030P. Free w/ food or drink purchase. 402 William

## friday, may 25

Wave on Wave at Potomac Point Winery: Doyle Green on guitar, Gina Clark on keyboard play all your favorites and some oldies you haven't heard in a while. Enjoy Wine on the patio. \$5 cover

Ferry Farm and Kenmore were sites of encampments during Civil War. George

Washington's Boyhood Home, Ferry Farm 268 King's Highway; Historic Kenmore Plantation, 1201 Washington Ave. May 25-26

## saturday, may 26

17th Annual Fredericksburg National Cemetery Illumination. Over 15,000 candles represent soldiers buried within. Lit cemetery open 8P-11P. Follow NPS interpreter-led path to hear cemetery's stories from 1862 (in honor of Civil War Sesquicentennial) or follow your own path through cemetery. www.nps.gov/frsp/planyourvisit/event-details.

Live Music: Michael Geddes, Sr. @ kybecca wine bar, 402 William. 830P. No cover

Ashley Chevalier — This girl can sing blues like no one's business. If you haven't seen her, it's a must! Only at the Otter House, \$5 cover, 21+

## sunday, may 27

AM1230 WFVA "Community Link". 8-830A. Valerie Hopson-Bell/Nancy Buck, The Art of Aging: Life Begins at 50; Ellen Killough, Fredericksburg Area Museum. Live at www.wfvaradio.com

## monday, may 28

Memorial Day Observed

## tuesday, may 29

John Wiley Trio performs live from 8-11P. No cover; all ages. Bistro Bethem, 309 William

## wednesday, may 30

Memorial Day (Old School)

House About Tonight Productions presents Plume Giant. Donation of \$15/person goes to musicians. Bring a dish and/or beverage to share, a blanket or chair. Doors 630. Music 730. Info: concertinfo@houseabouttonight.org

## thursday, may 31

Live Music: The Parlor Soldiers @ kybecca wine bar, 402 William. 830P. No cover

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

If you are reading this 179th issue of FP, thank an advertiser! If you are an advertiser, list your event!

Deadline for June is May 20. <http://frontporchfredericksburg.com/calendar/submitalevent.cfm>

Tuesdays in May, June and September

Picnic in the Park

SPONSORS NEEDED!  
We need your support to keep this favorite concert event going!

Perfect opportunity for local businesses!

If you or your business can help, please contact please contact (540) 372-1036 x 215 or [bellier@fredericksburgva.gov](mailto:bellier@fredericksburgva.gov)

Trusted Source of Home Care

- Companionship
- Meal Preparation
- Medication Reminders
- Laundry
- Light Housekeeping
- Shopping/Errands
- Personal Care
- Flexible Hours

Call for a free, no-obligation appointment

540.899.1422

With a little help from a friend.

Each HomeInstead Franchise Office is Independently Owned & Operated

Dianne Bachman, LCSW  
Psychotherapist  
Children, Teens, Adults, Families, Couples

Center for Family Counseling  
308 Wolfe Street, 2nd floor  
540.361.1556, ext. 705  
dbachmanlcsww@gmail.com

CELTIC JOURNEY TOUR 2012  
June 18-26 Glasgow, Scotland

Customized Journey  
Designed to  
Entertain, Educate,  
Enlighten

www.CelticJourneyTour.com

Margaret Pavela: 540-538-1591  
Marie Johnson 604-0277  
Cheryl Shotwell 540-878-8953

~ Peggy Wickham Art ~

- Framed Work on Canvas
- Watercolors
- Greeting Cards
- Jewelry
- Commission Work

2191 Sebastian Road  
Fredericksburg, VA 22405  
540-446-5639

# Virginia Statute for Religious Freedom

BY RALPH "TUFFY" HICKS

Thomas Jefferson requested that his tombstone be inscribed with his three main accomplishments — author of both the Declaration of American Independence and the Virginia Statute for Religious Freedom, and father of the University of Virginia. The Statute for Religious Freedom is also inscribed on the Jefferson Memorial in Washington.



Fredericksburg played an important part in the formation of the Statute as the town was the meeting place in January 1777 where Jefferson, George Mason, Edmund Pendleton, George Wythe and Thomas Lee comprised the statute committee appointed by the General Assembly of Virginia. The Statute was not introduced into the General Assembly until 1779 and it was not until 1786 that it was enacted into state law.

The Statute became a model for other American states and its principles entered into the United States Constitution by way of the First Amendment of the Bill of Rights. Until 1940, the First Amendment, along with all the guarantees of the Bill of Rights, was held to be a restraint only on the national government, and it rarely came into play as the state governments ruled on such matters. In 1940 the Supreme Court made the guarantees of the First Amendment, and ultimately the Bill of Rights as a whole, applicable to the states, and it was obvious that Virginia plays a vital role, as Justice Rutledge said, "The great instruments of the Virginia Struggle."

There was no monument commemorating the Statute until 1932 when the Fredericksburg City Council commissioned St. Clair Brooks, a local stonemason to erect a monument on George Street. The monument remained at that location without much recognition until the early 1970's when Dr. Kurt F. Leidecker, a professor of Asian studies at Mary Washington College (now UMW), initiated efforts to have it moved. I first met Dr. Leidecker in 1975 and we became friends until his death in 1991. He was a man of much energy for his age and was always interested in the Statue for Religious Freedom. He founded The Thomas Jefferson Institute for the Study of Religious Freedom. It was with his determination that City Council moved the Monument to the center of Washington Avenue, adjacent to the Mary Washington Monument, in 1977. Every year since that date there has been a large celebration of the event on site, with organizations and politicians in attendance.

In 1986, I had the honor to chair the 200<sup>th</sup> anniversary for the event. There was a bronze medallion cast by the Wegner Metal Arts available for the public, with the first cast medallion going to the Fredericksburg Area Museum. The medallions are a collector's item today, since less than one hundred were cast.

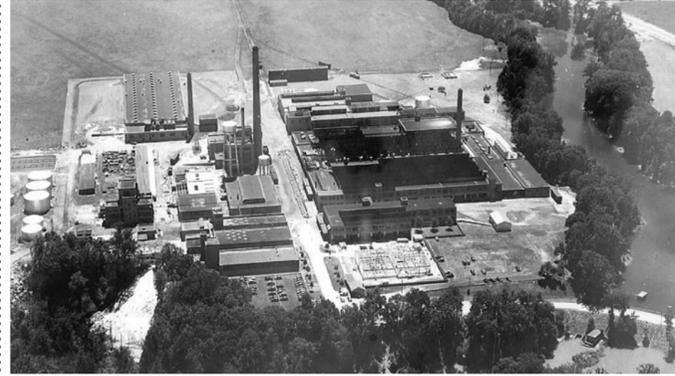
Today the monument stands proudly on Washington Avenue as part of the role Fredericksburg played in the formation of the United States of America.

Tuffy Hicks chairs our history department here at Front Porch.

# OUR HERITAGE

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

## THINGS YOU NEVER THINK ABOUT



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

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

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

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

I may suggest to Josh Cameli at the Sunken Well Tavern a few questions for his weekly Trivia Night. Did you know, Josh, that "cellophane" is coined from "cellulose" and the Greek "phaneros" meaning "clear"? That two in ten Fredericksburgers were dependent on Sylvania's \$8 million annual payroll? That the plant produced enough cellophane in one year to run a 30-foot wide highway three times around the world?

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

# A WOMAN of DISTINCTION:

SUSAN SPEARS

BY BRITTANY DE VRIES



Susan created a three-year plan that began with focus group sessions, bringing in 19 volunteers from Next Generation to lead the groups. "The first concern was to stabilize everything and make it work. The Chamber of Commerce is the hub of business, maybe even the hub of the whole community. The focus initiative helped NG get their feet wet, helped us get to know them better, allow our staff to give excellent feedback. Biggest part was bringing stakeholders together."

This forward thinking tenacity derives in part from Susan's family, three generations of influential leaders. Her father, J. Richard Garnett, is former a City Public Schools Superintendent and Councilman. "My parents led by example. My father never once asked me to sit in at meetings, but I took an interest in it."

It was the beginning of Spears' lifelong interest in local government, and Spears fondly remembers breakfasts with her father and the late Gordon Shelton, where she always had a list of questions for them. "I most admire his leadership style — he had a courage of his convictions. He did what he thought was right, and did it with integrity." Spears' father is still her number one mentor, and they still bounce ideas off one another. This integrity is within the CoC's value statements, which Spears dusted off when she came into office and used during those initial focus groups.

She explained the Chamber's biggest goal — to meet the needs of the business community through networking, education, access, leadership and elected officials. She believes people are at the core of this. "A community is going to be as strong as its people. People want to do business with someone they know and that is transferable to just about anything. When you volunteer on a project and you see someone who is just like you, and then learn who that person is in the community, that is the person you will remember. Developing programs around leadership ethics is critical to a really healthy community."

Knowing that you left something better than before you arrived is at the heart of Spears' actions in both her career and personal life. That kind of initiative is made through human connection, and even if it is changing one mind or one opinion, it is how people can make a difference in their lives and community.

Brittany De Vries operates Brittany De Vries Stables & Riding Academy (540-848-5985) and writes for The National Horseman and Front Porch.

New builders...

New home styles...

Come see for yourself...



Come experience the new Residents Square neighborhood at Ladysmith Village. Whether you're looking for your first home, a place for your family to grow, or just the two of you simplifying your life again, a home in Ladysmith Village is ideal. That's because these luxury townhomes and spacious new single-family homes come with a whole town, including parks, trails, Residents Club, resort-style pool, county library, annual festivals, our very own farmers market, planned YMCA and a sense of real community. Plus they're brimming with style. Stop by and find your new home.

Townhomes from the \$130,000s  
Single-family homes from the \$180,000s  
[LadysmithVillage.com/more](http://LadysmithVillage.com/more)

Newland Communities is the largest private developer of planned residential and urban mixed-use communities in the United States. We believe it is our responsibility to create enduring, healthier communities for people to live life in ways that matter most to them. [www.newlandcommunities.com](http://www.newlandcommunities.com)



This is not intended to be an offer to sell nor a solicitation of offers to buy real estate in Ladysmith Village to residents of Connecticut, Hawaii, Idaho, Illinois, New York, New Jersey, and Oregon, or in any other jurisdiction where prohibited by law. NNP (N-Ladysmith, LLC ("Fee Owner") is the creator of the Ladysmith Village Community ("Community"). Certain homebuilders unaffiliated with the Fee Owner or its related entities (collectively "Newland") are building homes in the Community ("Builders"). Newland is not co-developing, co-building or otherwise responsible for any of the obligations or representations of any of the Builders, and Newland shall have no obligations to any buyer regarding a home purchase from a Builder. Purchasers of homes from any of the Builders waive any claims against Newland arising out of their purchase transaction. Prices, specifications, availability of homes and details are subject to change without notice. © 2012 Newland Real Estate Group, LLC. All Rights Reserved.



## Central Rappahannock HERITAGE CENTER

Volunteers needed to process historical documents and aid researchers. Training provided.

Phone 540-373-3704 or email [crhc@verizon.net](mailto:crhc@verizon.net)

*Open to the public for scholarly research*

The Heritage Center • Maury Commons • 900 Barton St • Fredericksburg

William T. Garnett  
ANTIQUES

540-424-2448  
540-373-5949

Mark A. Moyers  
ANTIQUES

Historic Fredericksburg

540-226-7064

# Companions

A DOG'S PURPOSE

BY WENDY SCHMITZ



I recently started reading a book with this title and it got me thinking... what is a dog's purpose? Are they living up to that purpose? Can they? The book contends that a dog's purpose is to love and support humans; fairly egocentric of the author, if you ask me, but I had a little trouble coming up with something better short of sniffing rear ends and gleeful playing, so I guess we will go with it.

I have had the privilege in the last 20 years to work with a lot of dogs and almost as many owners and I think it has given me a good basis for considering whether or not dogs are living up to their purpose of loving and support humans. In general, I would say that all dogs want to live up to this purpose but few are actually given the opportunity or proper guidance to do so.

First are the obvious failures, the shelter dogs, fighting dogs, and feral dogs that plague humankind. These poor animals have very little hope of fulfilling their purpose, simply because we humans have failed them. In many cases, we have failed to provide a human worthy of a dog's companionship. We have failed to provide them with the basic necessities to live well and form a good bond with humans. So while not the dog's fault, these poor creatures are certainly not living up to their stated purpose. I guess they missed the memo on that one.

Second are the less obvious failures, abusive homes, neglectful owners, and ignorant people. These are a little harder to pinpoint because sometimes the humans fail even though they have good intentions, but nevertheless the dogs in these situations still usually fail to fulfill their purpose. It's hard to be loving and supportive to a creature that appears to loath your existence or at best seems oblivious to it. Without proper guidance and nurturing how could they possibly be expected to be good dogs that love and support their masters? Of course those

same people still expect their dog to just "know how" or be born understanding the human world and be an instant best friend forgiving all human foibles and mistakes, and some genius dogs do manage this but again, most fail.

Third are the dogs that actually fulfill their purpose; these are the few and far between, and fortunate enough to be blessed with loving humans who provide them with their basic needs and offer guidance through training, exercise, and time. These lucky souls are given everything necessary to nurture a successful dog. Ah, success!

So in the end I found myself not considering what a dog's purpose was at all, but what a human's purpose, nay responsibility, is when considering our canine friends. Every dog wants to be loved and cared for. We created them that way through intentional breeding and selection of the most loving and human bonded representatives of the species. It's humans that have failed. Any failing on the dog's part comes directly from our own. We allow too many dogs to be born, we ignore inhumane conditions, and we avoid responsibility of ownership by pretending any problems we have are the dog's fault and not a failing on our part.

Dogs don't ask to be a part of our lives, but they do have an internal drive to fulfill a purpose greater than themselves, loving and supporting a human. We bring them into our lives by accident or intentionally, expecting them to fulfill this purpose no questions asked, but overall we have failed to provide a loving, supportive home for them in return. So often I think we have expectations that our dogs should just innately fulfill their purpose, and we get frustrated and angry when they fail. However, I say it is us who have failed our purpose in respect to dogs.

Wendy Schmitz is a successful dog whisperer, mom, and wife in Colorado.



*Wags & Purrs*  
Pet Au Pair Services

**Spring is for Walking  
You've Got the Dog...I have the Time!**

Single visits ~ Day rates ~ Longer terms.  
Cats and Dogs:  
Walks, Feedings, Playtime.

Call Alexis Grogan at 540 - 903 - 0437  
Serving Southern Stafford & the City



**FREE INSPECTION  
& Telephone Estimates  
373-6655**

*Serving the area since 1967*

www.facebook.com/permatreat.inc  
www.twitter.com/permatreat

**www.PermaTreat.com**  
for your money saving coupons!

*Proud Sponsor of Adopt-a-Pet Programs*





*Full Service Hospital  
featuring:*

- ✓ Grooming Salon
- ✓ Canine Boarding

in Our Indoor/Outdoor Runs

- ✓ Dog Training & Behavioral Consults

with certified dog trainer

- ✓ Feline Boarding in Our Spacious Multi-room Condos

*Serving you & your companion animals  
for 15 years*

Stacy L. Horner, DVM; Gary B. Dunn, DVM; Melanie Bell, DVM  
Sandi L. Pepper, DVM; Melissa A. DeLauter, DVM; Arlene Evans, DVM

540/374-0462

10 Walsh Lane

www.woahvets.com

**SAT PREP Summer Math  
Summer Intensive Camp**

Wednesdays and Saturdays, 8 AM - 2 PM  
starting July 11th for October SAT or

Jump-start next school year this August! Algebra, pre-algebra, geometry, math 5/6

6-week fall program starting September 22nd for November SAT

THE MANIGAULT INSTITUTE  
http://manigaultinstitute.com

**(540) 720-0861**



Give a Child  
Something to  
Think About

**JABBERWOCKY**

Books, Games, Amusing Novelties

810 CAROLINE STREET  
(540) 371-5684

M-SAT. 10AM-6PM; SUN. 1PM-4PM

**Cultivating Community  
@ your library**

**THE BIG READ**

"Animal, Vegetable, Miracle"  
by Barbara Kingsolver

Visit us at the **Fredericksburg Farmer's Market** at Hunkamp Park and **Spotsylvania Farmer's Market** at the commuter lot at Route 3 and Gordon Road for fun activities for the kids and cookbooks for you! First Saturdays: May 5, June 2, July 7, August 4, 9:00-noon.

**"Library Blossoms" Plant Sale**  
May 5, 9:00-noon at England Run. Featuring hanging plants from local grower, **Dominion Growers**. This is your chance to pick up a Mother's Day gift or create an instant decorative garden.

**Container Gardening**  
May 19, 10:00 at England Run. Learn the secrets of successfully growing flowers, foliage, and vegetables in containers.

**Saturday Tales—Inch by Inch Cultivating Community**  
May 19, 11:00-11:30 at Headquarters. A garden of stories and fun for families! Drop in.

Watch for events  
at all CRRL branches  
through October!

Central Rappahannock Regional Library - LibraryPoint.org

Every Child Deserves A Family



301 587 4400  
Cradle of Hope Adoption Center

# Quiet Moments

BIG WHEELS KEEP ON TURNING

BY ARCH DI PEPPE

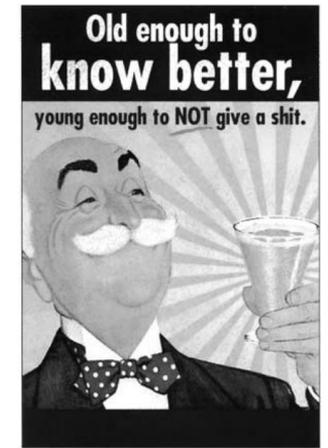
Why is it that we reach twenty-one like it is some magical destination and turn sixty like it is some kind of bad fruit? Yes, I have crossed the Rubicon from Middle Age into Old Age. I cannot deny this because when I was a kid, if a guy was sixty, he was old. A very good and longtime friend told me that old is always twenty years older than you are at the moment. The only consolation that offers is that while I may be old, I'm not really old, yet. That will happen in twenty years.

Of course, old doesn't sound so bad in light of the alternative. As the birthday card I just bought the same friend mentioned above, "I am the perfect age: not dead." Not dead is a good thing most of the time. Age might bring wisdom not because of understanding the pitfalls of other courses of action, but because I don't have the physical strength or energy to sow the wild oats with the same wild abandon I once had. Maybe wisdom is the realization that the time it takes to recover from the adventure isn't worth getting out of the armchair in the first place. Maybe I will sit this one out and just watch this time (and maybe the next time, too). My wife thinks this is a good thing.

Then again, age allows one to consider the simple pleasures . . . such as waking up in the morning. I get up and shake the stiff icing off my bones that accumulates every night or any time I drive a long distance. When you are young, gel is what you might put in your hair. When you are old, it is what happens to your bones. Old age is more moaning and less roaring. I think it helps if I tell myself I am roaring. The older you get, the easier it becomes to lie to yourself, mostly because you won't remember the lies, anyway.

I think I don't get as aggravated as much anymore because I don't hear as well as I used to. All of that Buddhism I read to have a quiet mind pales in comparison to a growing auditory disability. The latter is an ability I can cultivate without effort. It is harder to react negatively to something you never heard in the first place. Everyone eventually becomes a Buddhist whether they realize it or not. The combination of hearing loss and the inability to remember where you put the dynamite makes the world a safer and saner place. I am glad I am able to do my part.

One might think that this is a time in my life that I would have great lessons of life to impart to my grandchildren. It's not. My homilies are more practical than spiritual. "Now remember to pick up all the Legos you



have been playing with so Grandpa won't step on one on his way to the bathroom in the middle of the night and hop on one foot into the wall," I say with a voice tinged with sad experience. I can tell by the wonder in their eyes that they don't quite "get" grandpa yet, but someday they will. By the way, after sitting here for some minutes thinking without results, I had to get up and go ask my wife what those little sharp blocks the kids play with are called.

At least I am going out gracefully.

Arch Di Peppe remembered to write this column. Thanks, Arch, and Happy Birthday, old man.

**Shop  
Local**

Shop

Eat

Drink

Relax

# SENIOR CARE

## GAIN WITHOUT PAIN

BY KARL KARCH

People want to remain independent for as long as they possibly can. Inactivity causes seniors to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medications. So, you can't afford not to get moving. You're never too old to get stronger and improve your health. Studies have shown that regular exercise can benefit you well into your 80's and 90's. Even if you've never exercised before, you can start slowly with light walking. It doesn't have to be strenuous. It's about adding more movement and activity to your life, even if you are housebound. Remember, exercise is key to healthy aging and maintaining your independence.



activity campaign for people ages 50 and older. The website is: <http://go4life.niapublications.org/>.

Regular physical activity and exercise can improve balance and mobility, increase strength, manage or lessen the impact of illness and chronic disease, and improve mental health. Exercise is very important for the primary family caregiver to help reduce the stress associated with caregiving, especially if your loved one has Alzheimer's or other dementia. Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. According to the National Institute of Health (NIH), only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 25% of those between the ages of 65 and 74 and 11% of people age 85 and older.

To help you get started and keep moving, NIH brought together some of the nation's leading experts on aging, exercise and motivation. They developed a guide to exercise for older adults. The guide, called *Go4Life*, serves as the basis for a new national exercise and physical

It's easier to get started and stay motivated with support. Consider taking a class or finding an exercise buddy to keep you going. Or ask a relative, friend, or neighbor to help you stick with your routine. And, forget the old adage, "no pain, no gain". Speaking from personal experience, our aging bodies cannot recover quickly, so stop whenever you feel pain or discomfort.

Before you begin any physical activity or exercise routine, get medical clearance from your physician. Then, as Olivia Newton-John sang, "Let's Get Physical".

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



Massage Matters  
THERAPY & WELLNESS CENTER

Because Life Matters

(540)288-0111  
[www.massagemattersllc.com](http://www.massagemattersllc.com)

## Trusted Source of Home Care

Your locally owned and operated Home Instead Senior Care office provides compassionate, reliable non-medical home care, wherever you call home. Our team is dedicated to improving the lives of seniors as well as individuals with injuries or disabilities.



Home Instead  
SENIOR CARE®  
*To us, it's personal.*

### Our services include:

- meal preparation
- medication reminders
- light housekeeping
- transportation
- shopping/errands
- Incontinence care
- bathing/dressing
- and more...

Available 24 hrs-a-day,  
7 days-a-week!

Call for a free,  
no-obligation appointment:  
**540.899.1422**  
[www.Hisc614.digbro.com](http://www.Hisc614.digbro.com)

Licensed, Bonded and Insured.

## Green Remedies

JOANNA CASSIDY-FARRELL

### PLANT POWER

The simplest description of an herb is "a useful plant." Even today with all the prescription medications on the market, plants continue to serve as potent and powerful healing agents. In the United States, about one fourth of all prescriptions contain active ingredients from plants. It is interesting today as I work for a local nursery I see the flower foxglove and I think about the medications for the heart called digitalis.

I sell the shrub called Pacific Yew and the drug taxol comes to mind, which is a potent cancer therapy drug. We have hanging baskets displaying the pretty blue flower lobelia, which is used in place of inhalants for asthma sufferers. Popular perennials such as the cone flower is used by herbalists and known as Echinacea.

Even the drugstores hold non-prescription familiar remedies such as mentholated cough drops from mint. Psyllium laxatives, aspirin from the willow tree and witch hazel antiseptic wash. Technically, even a cup of coffee is a mild herbal stimulant. These plants and many more have a long history of use, described in the folklore of various cultures. It's possible and probably very likely that your own grandmother used them. Society refers to plant medicine as alternative healing, but really the plants were primary and still are today in some medicines for healing.

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

## Healthcare For the Whole Person

### SPECIALIZING IN:

- ▶ Gentle, Individualized Chiropractic Care
- ▶ Cranio-Sacral Balancing (Sacro Occipital Technique - SOT)
- ▶ Addressing Your Total Health Needs with Natural, Holistic Treatment Methods
- ▶ Detoxification/Weight Loss Nutritional Programs

whole health  
CHIROPRACTIC  
434 Bridgewater St., Fredericksburg  
(540) 899-9421



Dr. Christine Thompson

# CONSCIOUS COMMUNICATION

## WELLNESS THROUGH CONVERSATION

BY AMY PEARCE

Cary Bayer, a New York- and south Florida-based life coach who's worked with Oscar winner Alan Arkin, David Steinberg, and Quality Inns, is in Stafford to help people communicate more consciously and effectively. The workshop leader will offer his "Conscious Communication" class on Tuesday, May 15 at Massage Matters (540-710-4461), 418 Garrisonville Road, from 7PM-9:30PM (\$35 paid by May 12; \$45 after). Linda Osorio of Massage Matters let us know about it through her press release.

A nationally known seminar leader, Bayer will draw from his books, *Relationships 101* and *Communications Breakthroughs*, to teach vital techniques on how to speak and listen effectively. For example, he shows how to safely tell the truth quickly and kindly, and to stop withholding communications that we really need to make.

The workshop also offers regular exercises that enable you to get closer to the important people in your personal life, as well as to colleagues at work. Students will be shown a systematic three-part written process that enables them to forgive those who've broken their hearts. This communication helps them clear the past to develop happier relationships and conscious communications with others for the future.

Commenting on Bayer's communications work, student and coaching client Linda Cohen of Boca Raton, said, "I've seen therapists for many years and, believe me, none of them have anything on Cary Bayer."

Bayer, who lives with his wife of 24 years in their homes in the mountains in Woodstock, NY and at the ocean in Hillsboro Beach, FL, confidently attests that "The tools I teach have been used by

students for many years, so I can vouch for their effectiveness."

As we learn more about the interconnectedness of the mind, the body, and the spirit, we begin to address relationships and communication as a "wellness" issue. We see it all the time, in life and on television, in all walks of life. A recent episode of the program "Bar Rescue" actually delved briefly into depression when the bar's owner just no longer cared about his business. He had given up. But why? Finally, it surfaced. His brother's death had devastated him. By finally communicating his pain to his business mentor, the owner freed himself to regain his passion for life and work, move forward, and save his business and self.

When I was a younger woman and a man had broken my heart beyond repair, I turned to a supervisor at work who had noticed my malaise. "If only I could get him back," I mused. My boss replied, "What would you do with him if you did?" I was speechless, having focused so much on "getting him back" without ever realizing that having him return would solve nothing; we would both be in the pain that had driven us apart. Getting him back did not mean restoring his love for me. Simple communication saved me from further pain, fatigue, and lethargy. It may have saved my job!

Every time I lay down for chiropractic care or a massage, I enjoy the peace of the moment, knowing I will leave healthier and healing. And now, every time I sit eye to eye with a friend and really listen and really open up, I know we are both nourishing our hearts and souls and restoring that holistic connection that creates true wellness in us. Communication matters. Massage matters. Both can be yours May 12.

Amy Pearce, a frequent contributor to Front Porch, lives a holistic life style.



PRESENT & PAST  
TREASURES  
540-479-1669

Mother's Day Sale  
May 5th

~Mother's Day  
Balloon Sales

~Unique, special items  
marked by balloons

Chatham Square Shopping Center,  
411 Chatham Heights Rd.

The Natural Path  
Holistic Health Center

- ~Nature's Sunshine Products
- ~Biological Terrain Assessment
- ~VoiceBio Analysis
- ~Aura Photography
- ~Body Cleanse Foot Detox

We Carry  
Home Brewing Supplies!

Barbara Bergquist, CTN  
Board Certified Traditional Naturopath  
891-6200 [www.thenaturalpath.us](http://www.thenaturalpath.us)  
4413 Lafayette Blvd. Fredericksburg

custom-fit  
just for you

private and  
semi-private classes  
to suit your needs

valya  
PURE PILATES  
540.226.0821  
valya.net

# From Caroline Street to Bragg Road, the Arts Abound

TRANSFORMATIONS AT FCCA ... NATURE'S SPRING AT BRUSH STROKES...  
PATRONS AT LIBERTYTOWN ... ANDERSON'S AT 1<sup>ST</sup> CHOICE



"WAVE"  
BY TERRY VERMILLION @ FCCA

Transformations, a National Juried exhibition of all mediums, will enjoy a First Friday Opening Reception, May 4, with Juror Rob McAdams at the Fredericksburg Center for Creative Arts. Artwork from around the country will show for nearly the entire month...



Iris Show  
@ Chancellor Ruritan Club



"BUTTERFLY & THISTLE"  
BY CAROL WAITE @ BSG

Natural art in the form of irises will show its beauty at the Fredericksburg Area Iris Society Iris Show and Garden Tours on May 12 at the Chancellor Ruritan Club. Local irisarians display iris from their gardens and flower arrangements featuring irises. The public is invited, 12-3 pm. Then on Mother's Day (Sunday, May 13), five local iris gardens will be open for tours. . (540) 582-5799

The 4<sup>th</sup> Annual Fundraiser for LibertyTown - The "LibertyTown Patrons' Show" opens First Friday, May 4 with quite a variety of 2-D and 3-D work. (Nicole Hamilton's Three Pears, Elizabeth Seaver's Pettibone, and Frank Stepanski's Mahogany & Maple Bowl are among the works.) Preview the artwork then buy a ticket for \$150 and make a list of your favorite pieces. You will go home with an artwork by one of your favorites, but you won't know which one until the Big Drawing on Fri., May 25, when you bring your ticket and listen for your name to be called. When it is, choose from the remaining art and take a piece home.



"THREE PEARS"  
BY NICOLE HAMILTON @ LTAW

Like father, like daughter — the apple fell close to the tree when Jenna Anderson took up art, as her dad, Jay D. Anderson, still does, too. Their dual opening of oils on canvas and panel fine art was held in April, and 330 art patrons attended the Champagne and hors d'oeuvres event at 1st Choice Better Homes and Land, 1302 Bragg Road. Jenna has a studio at Libertytown and JD has a studio at Artful Dimensions.

The father-daughter show will be held over through May 15 and is open to the public daily in the lobby area of the building from 9 am to 5 pm.



@ 1st Choice  
Art By Jenna & Jay D Anderson

IN GOOD KEEPING  
Canisters that preserve tradition.  
Vietnam's blue and white ceramics have been cherished around the world since the 15th century.

Blue Vines Canisters  
\$34, \$44, \$54, Vietnam

TEN THOUSAND VILLAGES.  
GIFTS THAT GIVE TWICE®  
A Fair Trade Retailer.

Central Park (beside Carrabba's)  
1937 Carl D. Silver Parkway  
www.tenthousandvillages.com

25% OFF one item with this ad.  
Offer valid at participating stores until 5/31/12.  
Not valid with other discounts, purchase of gift cards or Oriental rugs. 2451212

## scene & heard by megan byrnes



**Scene:** All of my dreams came true last month when I was able to meet the coolest person in the entire world, Brad Goreski, at the Georgetown Brooks Brothers as he signed copies of his book "Born to be Brad". Betsy Park, my friend and former Fredericksburg resident, accompanied as I stammered my way through getting my book signed; Brad was super nice and even told me I was best dressed of the night. And yes, I'm being both incredibly hyperbolic and braggly right now.

**Seen:** Fredericksburg's intrepid reporter Dan Telvock cooling his heels after the mayoral debates at Bistro Bethem, Dan Peterson behind the bar and not remembering my name at Hyperion Espresso (I worked there for 2 years, by the way), Cathy Stewart gardening outside her home one sunny morning, Kellie Walsh stocking up on Easter candy at Target, Jay Halloway at F.W. Sullivan's, Tommy Mitchell and family celebrating son Hunter's birthday at Bistro Bethem; Foode owners Beth Black and Joy Crump enjoying a Foode brunch with friends.

**Happy April birthdays:** to Claire Ellinger (below with baby Ben), Kimberly Quarforth, Andrew Hellier, Bill Harris, Alicia Austin and Robert Washington!



**Seen:** downtown fixture Brian Downing participating in the \$2 a Day Challenge on the UMW campus. The Challenge is meant to bring awareness and raise funds for poverty-related causes. Associate Professor of Economics Shawn Humphrey (below) used his entire budget up front to last him through the week; freshman James Hutcheson said the event was one of the main reasons he chose to come to UMW. We've got some awesome people in the burg, for sure!



**Congratulations** to Glen and Diana Bulloss! (above) The pair got married last month at Ferry Farm Baptist Church; my former student worker at the UMW gallery Katie McGraw attended, as did UMW alum and pro-twitterer Emilie Begin.

**Seen:** Fredericksburg by way of LA: Joanna Krenich helped actress Amanda Peet pick out a sweet treat for her kids and both she and Chris Park are now actual friends with Adam of the Real World.

**Seen:** Jim Tharp walking Dudley the dog down sunny Caroline Street one warm Saturday evening.

**Heard:** The Green Boys played a night of Americana at the Kenmore Inn last month with the Parlor Soldiers and the Brooklyn Spirit Family Reunion.

Got any family-friendly, positive, non-Gossip Girl sort of tips for next month's Scene and Heard?  
Send them to meganparry@gmail.com



This year, the Grogan family Easter Feaster was solely kiddo-focused, thus eliminating any kickball/imbibing injuries. The festivities instead tended toward egg hunts and hayrides. (above). Parker Jules Bethem and Nasir Ebrahim were total fans of both, with multiple hayrides requested.

Counterculture Goods and Fine American Smokeware since 2001

NATURAL MYSTICS

1002 Prince Edward Street  
Downtown Fredericksburg  
www.naturalmystics.com  
540-899-6789

Look to the dozen or so galleries in and about town for the best in art, and go no further than Fredericksburg, VA. It's the only place you need!

Picnic in the Park

When: Tuesdays in May, June and September  
Where: Hurkamp Park  
Time: 11:30am-1:30pm

Performer Line up

May 1	Wil Gravatt Duo	LifeCare Ambulance
May 8	Chatham Street	Old Dominion Racecar
May 15	Levi Stephens	Maranatha Alpacas
May 22	Gerry Maddox Duo	Fire Truck
May 29	Donny Holcombe	CRRL Book Mobile

Brought to you by Fredericksburg Academy, COX Communications, Parks and Recreation and WFLS.

Brush Strokes GALLERY

Carol Waite "Nature's Spring"

824 Caroline St 540.368.0560  
f Brush.Strokes.Gallery

Art First GALLERY

824 Caroline Street  
Fredericksburg, VA 22401  
540.371.7107

www.artfirstgallery.com

HOME OF ORIGINAL ART IN FREDERICKSBURG

Celebrating 20 years of excellence.

"If You Dream It, We'll Create It"

Custom Design Your New Spring/Summer Tote

Choose from 1,000's of fabric combinations

Embroidery Services, Birthday Parties, Bridal & Baby Showers

Ask about Tote Gatherings and Our TOTEally Surprised Experience!

Gift Certificates available

1217 Jefferson Davis Highway,  
Fredericksburg VA 22401  
(540) 371-3547  
www.eversewenglish.com  
Mon - Sat 10am to 7pm,  
Sunday by Appointment

P. Rose Gallery  
Spring Studio Break



Hours By  
Appointment

371-8499

Or By Chance

709 Caroline Street

www.prosegallery.com

Front Porch  
Fredericksburg

Supporting  
Local  
Artists  
Since 1997



# The Human Condition

DEPICTED IN ART AT 915



By Maria Galuszka

The 915 Gallery on Lafayette Boulevard continues to exhibit the work of four young FXBG artists in their exhibition - *Complexity of form: Reflections on the human being and its nature explored through various media* - which focuses on the human condition and questioning what it means to identify with humanity, nature, and aesthetic beauty.

"These topics are considered through both figurative and abstract representations," says Christopher O'Kelley, who along with Kol Giessel, Maria Galuszka and Cristy Falcone are all current or former Mary Washington students who have studied the arts at the university. A recent graduate, Christopher majored in art history and initially began creating art as a hobby after studying it in high school and college, and has since developed his figural drawing skills into an art form.

"I adopt an academic approach to drawing the human form and utilize both realism and abstraction in painting my pieces." Christopher is very much influenced by classical art and both Western and Eastern philosophical traditions.

Kol is an Art History student greatly influenced by Surrealist imagery and ideology. She uses traditional wet darkroom photography and pinhole photography to destabilize the gender binary. Maria is currently pursuing her undergraduate degree in both Art History and Studio Art, which she hopes to utilize in future gallery and museum practices. Her work embodies reflection on past experiences that influence personal identity and some pieces also address current events. And Cristy is a studio art graduate who used a long-distance biking trip as inspiration for her current work.

O'Kelley craves the gallery scene, saying, "Art galleries and the master works that they contain are the best teachers an artist can find." Joined by his peers, Christopher exhibits in multi media at 915 for the remainder of May after an April opening.



"Iphigania" By Christopher O'Kelley

**THE FREDERICKSBURG LAMP**  
Only Available at  
**The Copper Shop**  
371-4455  
1707B PRINCESS ANNE ST.  
BEHIND THE OLD SILK MILL INN  
www.thefredericksburglamp.com

**EXPO**  
**Art of Aging**  
**Life Begins at Fifty**

**FREE and Open To All**

**Fredericksburg Expo & Conference Center**

Wednesday, June 6, 2012  
10:00am—2:00pm

**FEATURING:**  
80 Area Organizations & Businesses, Information about Health & Community Services, Assisted Listening and ASL Interpreters, & the health screenings including falls risk, blood sugar and pressure checks, and stroke assessment.

**Partners in Aging**

**Door Prizes & More**

# COMMUNITY LINK

Courtesy of WFVA and Front Porch

## THE ART OF AGING: KEEP ACTIVE

BY NANCY BUCK

Partners in Aging, Inc., a 501(c)3 organization comprised of other organizations and agencies advocating for older adults and caregivers, sponsors the annual **Art of Aging** expo next month, and the public is invited free of charge. The doors at the Fredericksburg Expo Center open at 10AM on June 6, and community agencies and organizations will be available until 2PM (Info: 540-899-1703).

The population of people over 50 in the City, Stafford and Spotsylvania counties is over 72,000 and ranges from 33-41% of the adult population in these localities. Over 10,000 people turn 65 every day in the US, which is why Partners in Aging is developing a process called *Age Wave*, whereby our community can address what some are calling the *Silver Tsunami*, in a positive, pro-active way.

Visitors to the expo can learn about the expected (health, adult living residences, funeral, insurance) as well as what is often the unexpected (volunteer activities, free entertainment programs, and free or low-cost educational opportunities) for older adults and caregivers, together in one location.

Art of Aging sponsors are Greenfield Senior Living, SL Chancellor's Village, Virginia AARP, Virginia Dept. for the Deaf and Hard of Hearing, Mary Washington Healthcare, Visiting Angels, Comfort Keepers, Home Instead, Hughes Home, Crossings at Falls Run, Wegmans, Central Rappahannock Regional Library, Alzheimer's Association, HealthSouth, Rappahannock Area Agency on Aging, Heartfields, and Spotsylvania Regional Medical Center.



In addition to free health screenings (blood sugar and pressure, hearing and vision, falls risk assessment, and more), guests will learn that the Fredericksburg area is pro-aging and offers a wealth of opportunities for remaining or becoming truly active and engaged. Our hope is that the Art of Aging Expo will offer adults in the Fredericksburg area options for a greater quality of life, so they can use their time as they choose, as opposed to just marking time.

Advice for the aging population is encouraging: Advocate for yourself; don't take no for an answer; if you think you can't physically go out and do, pick up the phone and find out if there are services or equipment that can help you go out OR can help you remain as a participant in the community from the comfort of your home. At all costs, keep your mind and body active!

Nancy Buck and Valerie Hopson-Bell appear on *Community Link* with Ted Schobel at 8 a.m. on Sunday, May 27 on AM1230 WFVA (wfvradio.com) to discuss *The Art of Aging: Life Begins at 50*.

# COMMUNITY LINK

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

In partnership with:  
**FRONT PORCH** Fredericksburg



1027 CAROLINE ST. call 540-899-2203 or go to bodyworksdowntown.com for class schedules and a list of the other programs we offer.

Flaunt!™ is a fitness program for all women of every shape and size. It's an exciting brand new workout combining Pilates and exotic dance that will leave you feeling strong, sexy and self-confident.

Your first class is always free, all classes are free for Bodyworks members!

come by and *Flaunt!*

**DOWNTOWN BODYWORKS FITNESS**

also offering  
VINYASA,  
RESTORATIVE,  
POWER,  
HATHA,  
HOT YOGA AND  
PILATES MAT

# FXBG Music

## JON CARROLL: THE EPITOME OF MUSICAL PERFORMANCE

BY ASHLEIGH CHEVALIER



and albums, including most recently being named *Musician of the Year* for about the sixth time, and the second year in a row. He also won *Songwriter of the Year*, and *Pop/Rock Instrumentalist of the Year* for 2011. His award list goes on and on. You may have seen him in the 'Burg at the Salvation Army's *Army of Stars* benefit last spring or as a guest judge for the this early spring's *WFLS Country Idol*.  
Jon Carroll is also a mentor for the Artist in Residence program at Strathmore in Bethesda, Maryland, where he

It is the day and the age of musicians and artists wearing many a hat to get through the day to day and survive. It pains a particular strain upon the already existing struggle of finding, defining, and crafting a unique voice that breaks through the clutter and the noise - not to mention pressing forward and honing those musical skills. If there is one musician that stands out, and ever so affably smiles as he does so, it is **Jon Carroll**.

A Fredericksburg native and James Monroe Alum, Jon's experiences and endeavors in the arts are deep and rich - and his insight and understanding of the world and the glimmers of truth we humans may encounter are inspiring. From being a keys player and vocalist in *The Starland Vocal Band* (Afternoon Delight), for which Jon won a Grammy for arranging, to touring with the *Mary Chapin Carpenter Band*, Jon is smack dab in the middle of an amazing career.

Jon has an incredible song writing history and solo discography. He wrote *Get Closer*, performed by **Linda Ronstadt**, as well as two songs performed by **Tom Jones** (which Jon later recorded on his album *Home & Away*). His two most recent solo records, *Live Returns* and *Love Returns* are soulful and original, bringing all the elements of his brilliant song writing and R&B and grooving flare straight ahead and to your ears. ('On the Front Porch...ooooo sha la-la-la' - from *Love Returns*. Apropos? Yes.)

Jon Carroll has won numerous D.C. WAMMIE Awards for his performance, production, songwriting, instrumentation,

recently mentored D.C. Americana Rock singer/songwriter Ted Garber (who will open for him June 2.) Jon has produced albums for many, including Mary Ann Redmond, Margot MacDonald, and Owen Danoff (son of Bill Danoff). He has recorded tracks on too many albums to list! His talented son, Ben, is pursuing his own musical dreams as a singer/song writer (check out [www.BenCarroll.com](http://www.BenCarroll.com)).

Among other things, Jon acts, and writes plays, and writes songs for plays/musicals, and writes children's songs, and... the list goes on and on. . . AND...guess what? He will be performing at **The Olde Silk Mill** with a full band, **Saturday, June 2, 2012**. Doors open at 7PM. Food and Beverages will be available. You can purchase tickets online or at The Inn at 1707 Princess Anne and at Raven Hi-Fi on William Street downtown. Tickets are \$20 in advance, and \$25 at the door. Ted Garber will open the night of R&B, Rock, Soul & A Whole Lotta Love, and Jon Carroll, the epitome of what a live musical performance and experience is all about, will make you laugh, love, and truly enjoy.

Learn more about Jon and his many adventures at [www.JonCarroll.org](http://www.JonCarroll.org) - where you can also find links to his albums and insightful blog. Of course, do NOT miss him Saturday, June 2 at The Olde Silk.

Ashleigh Chevalier can be seen every Tuesday at 930PM on "A Chevalier Show" at [FredericksburgLive.com](http://FredericksburgLive.com)

## OUR GANG SHOPS LOCALLY!



## SUPPORT DOWNTOWN BUSINESSES LIKE THE FARMERS MARKET

**Sunken Well Tavern** 20 Littlepage 370-0911  
**The Otter House** 1005 Princess Anne 656-2969

**EAT WELL • DRINK WELL • LIVE WELL**

*beaucoup vintage*  
208 William Street - Fredericksburg  
beaucoupvintage.com facebook.com/beaucoupvintage

**Music at St. George's**  
Coming in May!  
3rd Annual Chamber Music Series  
*Beautiful Music in a Beautiful Space*  
**St. George Chamber Orchestra**  
Second Anniversary Concert  
Sunday, May 20, 3:00pm  
\$10/person, students free  
"Mini" Organ Recital with John Vreeland  
Thursday, May 4 12:15pm  
Admission Free!  
Subscriptions for the 2012-2013 St. George Chamber Music Series available at reduced cost until May 31. For details: [www.stgeorgesepiscopal.net/chamberseries](http://www.stgeorgesepiscopal.net/chamberseries)  
**St. George's Episcopal Church**  
905 Princess Anne Street, Fredericksburg VA  
540-373-4133  
[www.stgeorgesepiscopal.net](http://www.stgeorgesepiscopal.net)

**FREDERICKSBURG CENTER FOR THE CREATIVE ARTS**  
A PARTNER OF THE VIRGINIA MUSEUM OF FINE ARTS  
Call For Entries see website  
Visit the Historic Silversmith House  
Featured at the FCCA - May 2012  
Frederick Gallery  
**Transformations**  
Members' Gallery  
**Linda Rose Larochelle**  
813 Sophia Street [www.fcca.org](http://www.fcca.org) (540) 373-5646 • FREE • Wed-Mon 12-4pm

## THE POETRY MAN

- BY FRANK FRATOE

*You make everything all right. - Phoebe Snow*

## Spring Morning

Look up, look around you, there is more to life than words and pictures flashing upon a screen, or noise from a headset that blockades your ears, or the wrong number hit dialing on a cellphone;

see new spring foliage greening along the path, hear a windsound echo across the vibrant sky, listen to children yell and laugh as they play, reach toward blossoms come from hanging boughs;

our planet's a live again and unfurls itself to us.

*Frank Fratoe wrote this on an April morning.*



I know some readers prefer the, shall we say, morose and relentlessly depressing reads, such as that skillfully captured by Joan Didion, Margaret Atwood, or Ace Atkins' latest *The Ranger*, which requires you to have a blindingly bright LED flashlight to get through its darkness. But, come on now, it's May. It's the merry month. How can you be gloomy when the first line of this month's poem starts with the word "merry!" This is the month for the funny writers to be read. Start with Bill Bryson, but don't ever take him into the Hyperion for your first coffee. You will embarrass yourself laughing.

My personal favorite right now is my re-read of *In a Sunburned Country*. In one chapter Bryson writes about a young recruit he trained while working the business desk of the *London Times* when he got a "downy-faced" recruit from Down Under. Bryson said he was "wearing a Cub Scout uniform," and he taught said recruit

# Retired & Buck Naked On The Back Porch

## MERRY MAY

BY JO MIDDLETON

the important things: "to use soap, wear matching socks, and find treatments that made his gonads drop." I don't know about you, but reading this even now makes me excuse myself, head for the ladies', and do the change the Poise Pad mambo.

Of course, if I switch Bryson books and go to *Notes from a Small Island*, in which Bryson discusses his jaunt around his British home place before returning to the U.S., I might as well just stay in the powder room, unworried about incontinence, because when I get to the section where he puts on the blue rain suit and sees himself in the mirror looking "uncannily like a large blue condom," my dry time is finished.

Barbara Holland, about whom Russell Baker could never say enough good things, was my good e-mail friend. She died recently, and you can't imagine how much I miss her opener to me, "Hello Ducks." I don't wheeze and head for the ladies' while reading Barbara, but maybe

since she was a Virginia girl, of the same era as I, it's like talking to my sister about all the hilarious things in our lives. Barbara moved to her mom's house in Bluemont, VA, up there in those oh so beautiful Virginia mountains.

She, in *bingo night at the fire hall*, talks about eating at the local diner. The special at Barbara's eatery is meat loaf tilting "over the plate's edge," with a "cushion of mashed potatoes." The guy next to her has eaten a double order of mashed potatoes and is eating his share of a lemon chiffon pie, and looks "every bit as virtuous as the bike rider Barbara passed on the road, "but happier." I've never, and I mean never seen a happy jogger, or sprouts eater, but go to Frost's Diner up there in Warrenton and you'll hear some jolly carrying on. As for me, I'm fixing myself a slab of meatloaf on rye, and giggling out to the back porch, all happy, retired and buck naked.

*Jo Middleton is merry most months of the year.*

## No Problem, Inc's Pro Local Stance

THE OH & THE WELL GANG HANG DOWNTOWN

BY SARA MATTINGLY, EDITORIAL ASSISTANT

Steve Cameli, the partner with Paul Stoddard in **No Problem, Inc** (owners of **The Otter House** and **The Sunken Well Tavern**, two popular downtown restaurants and music venues), is a townophile whose world exists primarily in the 18 blocks of shopping and the rest that is history in downtown FXBG. The son of a craftsman retailer from the small coastal town of Spring Lake, NJ, Steve believes in supporting his local peers and neighbors. So with Paul all-in, thumbs-up, No Problem has launched a print ad campaign in **Front Porch** to highlight the "shop local" concept and feature business friends and favorite spots in town.

To pull this off, Steve rounded up the mascots from both eateries - **Ollie the Otter**, **Mr. Fox**, and **Bob Cat** - for a local road trip with FP's Rob Grogan. Each month, the gang - or "leash" or "holt" or "pounce", depending on if you hang with foxes, otters, or bobcats - plus Rob, will hit a local hot spot for a photo shoot designed to promote downtown. "The public response was awesome our first day of shooting," says Rob. "We actually did



our first three months worth of on-location pictures" (above with **Faith**).

May's spot is **C&T Produce** at the **Farmers Market**, but Rob's not revealing the others, so look for the OH/Well ad each month in print, e-editions, and facebook. If you see the gang around town, give them a shout out. As OH/Well manager **Josh Cameli** told them in a pep talk, it's all about community."

# A DAY IN THE LIFE

## OF A GENTLEMAN

BY ROB GROGAN



Gene Brower smiles at his free TV in his independent-living apartment at The Crossings at Falls Run in Stafford. "I was a charter member (November 2011), so I got the TV and a parking spot underground," he explains. A parking spot? "I still drive my car," he says, matter of factly, even though The Crossings offers bus service for shopping trips as far south as Massaponnax. Gene likes the independence of taking the wheel for a short drive into Fredericksburg to see either one of his daughters, Wendy or Debbie, and their families. Small world, I tell him - I know both of his daughters and their families, including three grand daughters. You can see him being a girls' dad; a twinkle never leaves his eyes. He looks sharp, dressed smartly in a striped, collared shirt, medium starch, with tan suspenders and a close-cut haircut. He looks successful, engaging with a soft, subtle wit, intelligence, and a gentleman's demeanor. Very classy.

I spend a couple hours with Gene and take the tour. He's like an ambassador, and the more I learn from Gene, the better this independent living arrangement sounds. Check it out online The Crossings (TheCrossingsAtFallsRun.com, 540-479-3788) also provides assisted living and memory care in a state-of-the-art residence on Brimley Drive off of Berea Church Road.

Gene is familiar to a lot of locals. He and his late wife, Peggy, of 57 years, owned Colonial Electrical Distributors for 25 years, the "purple electric supply company on route 1 before it was purple," he says, being sure I understand that the

purple was not their doing. Peggy ran the lighting business showroom, Gene managed the electric and electronics side, he tells me as we lunch together in the dining hall downstairs from his residence. "Bob" passes by and says hi to Gene, a harbinger of many greetings to come. Seems everyone at The Crossings knows and admires Gene Brower.

He shows me his apartment, a two-bedroom suite with full kitchen and bath, and a whole lot of perks, as an auctioneer would say, 'for one money.' Gene makes his own breakfast, and has either lunch (on this day, with me, served ever so cheerfully by "Ashley") or dinner in the dining room, where more residents - and staff - call him by name. Gene's routine can include a morning half-hour stretch program and Tuesday yoga, shopping (he'll drive his own car because he knows the shortcuts), and time online to pay bills and check emails. He'll also talk by phone daily with Wendy (A.M.) and Debbie (P.M.).

Siesta in the afternoon gets Gene ready for what can be a very busy evening at The Crossings. There's a movie theater, a library, and a pub with a happy hour (and free wine), all of which seem popular among the residents. Gene is more likely to do some laundry, finish reading the *Free Lance-Star*, and catch PBS or the evening news before turning in around 11.

Gene moved to Fredericksburg from Staunton in 1969. "It is similar to Fredericksburg, but Fredericksburg has changed," he says. In Staunton, he was in the engineering department of a radio station, and "attended the school of hard knocks" (though the education that his daughters and grandchildren have completed tells me he's a big proponent of formalized higher learning). He still owns his own home and will sell it "when it makes sense." He still wears his wedding band. He uses a walker now and a stair lift at his house. He shrugs off his knee replacements and other surgeries as "All new parts."

Gene moves with great dignity, walking the hallway, pointing out the pool table, activity room, and gym... He introduces me to the earlier Bob, a retired scientist who likes *National Geographic*. I tell Bob I'll bring him some to read. We'll meet in the Pub at happy hour, with ambassador Gene making all the introductions. It will be another nice day in the life of a gentleman. --RG

The Area's Newest Senior Community

# THE CROSSINGS

AT FALLS RUN

GREAT PEOPLE, GREAT LIVING

Call Anne or Jessie Leigh  
540/479-3788 for your personal tour!

JOIN OUR NEW RESIDENTS!  
MOVE-INS STARTING!

THE CROSSINGS  
AT FALLS RUN

GREAT PEOPLE, GREAT LIVING

Take Rte. 17N from I-95 (exit 133). Turn right at Berea Church Road. Go 0.8 miles and turn right on Brimley Dr.  
Independent Living • Assisted Living • Memory Care [www.TheCrossingsAtFallsRun.com](http://www.TheCrossingsAtFallsRun.com)

**Amenities and Services include:**

- Spacious apartments
- Podiatrist, Home Care and PT, too!
- Washer/dryer in unit
- Underground parking
- 22+ Acre wooded campus
- Medical Director
- Theater and pub
- Restaurant dining
- Pet-friendly
- Transportation AND MORE!

NO BUY-INS!

# Sometimes Perfect ... Right From the Start

## HILARY & KIARA

BY CYNTHIA OSBAND



Sometimes we know before we even finish the paperwork that a volunteer and child will be *perfect* for one another! That's how it went with the match between Big Sister Hilary and Little Sister Kiara.

Kiara is one of those girls who endears herself to all who meet her. She is sweet and kind, caring and smart. Hilary

is articulate, with a warm and nurturing personality. At their introduction, I suggested they take a walk around the block, just to chat and get to know one another. With most other introductions, the pair is back within 10 - 15 minutes. After 45 minutes I became concerned, thinking to myself, "Are they okay? Did they get waylaid? Oh my goodness, where are they? Great! I've a lost a match on the first meeting!"

After looking up and down the very long block, I decided to get in the car and tour the neighborhood - there they were! They were sitting under some trees and chatting away. They had gotten so involved in talking, that they lost track of time. I laughed and let them get back to their conversation.

Since that introduction, Kiara has really become a member of Hilary's family and is very comfortable with all of them, including Hilary's 11 year old and 14 year old daughters. Hilary and Kiara spend a lot of one-on-one time together, as well. Sometime they go out for breakfast, then do some shopping, or walk around downtown. They've gone to auctions, various festivals around town, school events, including a Stafford County all-day showing of student art; Kiara's school band participated, so Hilary got to

hear Kiara play her trumpet.

They do whatever strikes them that day, and Hilary says she enjoys every minute with Kiara. She wrote, "Quite honestly, I cannot imagine not having Kiara in my life. She's such a wonderful girl." We know they'll have many wonderful adventures during the upcoming years, growing and learning from one another and continuing the conversation they started on that first day!

*Cynthia Osband is the Bigs in Schools Coordinator for Rappahannock Big Brothers Big Sisters.*

# Shop Local

Shop

Eat

Drink

Relax

## PARCEL PLUS

Your Pack and Ship Solution!

Beryl & Dick West, Owners

Hours:  
Mon-Fri: 9-7; Sat: 10-3

540-786-0630

1285 Carl D. Silver Parkway  
Central Park  
[www.fredericksburgshipping.com](http://www.fredericksburgshipping.com)

- DHL
- UPS
- FedEx
- U.S. Mail
- Motor Freight

- Custom Packing
- Notary on & off Site
- Passport Pictures
- Fax Services

1 FREE BOX

Up to 18"x18"x18" (Value up to \$6.16)  
When packed & shipped by us  
WITH THIS AD expires 12/30/12

Located in Historic Downtown Fredericksburg  
Locally owned and operated

We specialize in:

Web Design, Web Maintenance,  
E-Commerce Solutions,  
Logo Design, Hosting,  
Search Engine Optimization,  
D-I-Y Websites

www.simplywebservices.net

(540) 479-6350

Since 1998

## Simply Web SERVICES

We cater to small,  
medium & non-profit  
businesses

Get Your Brand Out  
So You Stand Out.

So  
Wise  
Co

When IMAGE  
Is Everything  
Be Sure To  
Make It WISE

Business Image • Internet Marketing  
Print Design • Websites

(540) 623-4220 • SoWise.co

Committed to personal quality  
representation since 1977

Individualized Strategies  
Wealth Preservation Trusts  
Provide for Incapacity  
Avoid Probate  
Trusts for Minor Children  
Charitable Bequests

Buy or Sell a Business  
Business Startups  
Employment Law  
C-Corp, S-Corp, LLC, PLC  
Insurance Issues  
Contract Review

317 William Street  
540-371-9890  
AhearnEstateLaw.com  
FredericksburgEstateLaw.com

Martindale-Hubbell  
Peer Review Rated  
For Ethical Standards and Legal Ability

Dennis E. Ahearn

# Trip A Day in *May* **B101.5**

Win your share of over

# \$12,000

Powered by:

TRAVEL  LEADERS®

in trips!



Details at [B1015.com](http://B1015.com); Keyword: Trips