

YOUR GUIDE TO THE LOCAL GOOD LIFE

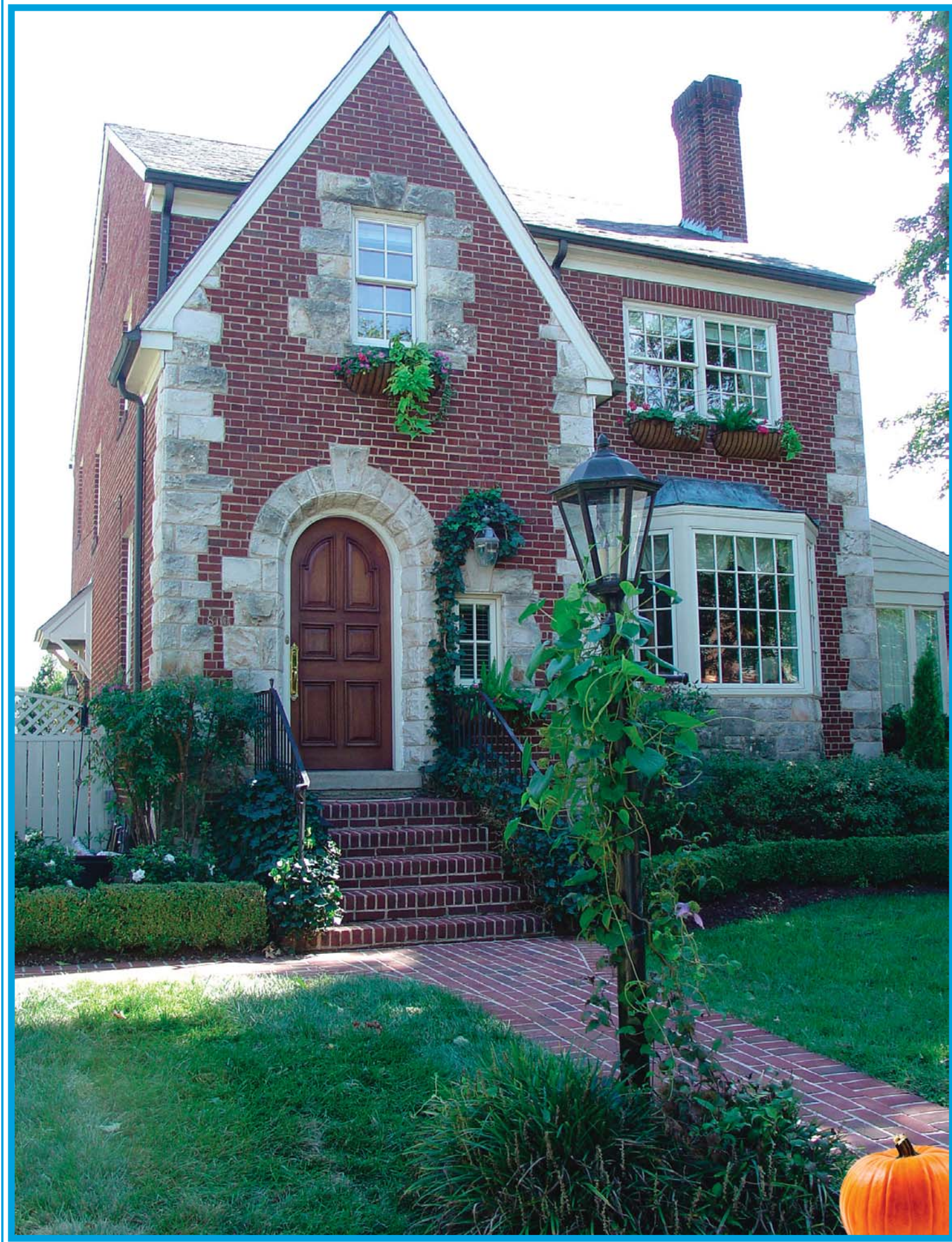
FRONT PORCH

THE REGION'S **FREE** COMMUNITY MAGAZINE

Local Good News Since 1997

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fredericksburg



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COVER PHOTO BY ARCH DI PEPPE

FORAGE

VINTAGE MEETS UPSCALE CONSIGNMENT

BY MARY LYNN POWERS

October 6, 2012 will be the grand opening of the new clothing shop - **Forage**. This is not a new store, but rather the merger between Madeline Ruth, a consignment shop located at the south end of Caroline, and Beacoup Vintage, located at 208 William.

The new shop will stay at the William Street address, which is a great location, and the business generated by both shops will double in the new enterprise. It will also allow for extended hours: (M-Th 11-7, Fri-Sat 11-9, Sun 12-5).

Alicia Austin (L) and **Megan Parry (R)**, the two owners of these clothing shops, have been acquaintances since Megan was the Resident Advisor in Alicia's dorm at Mary Washington College in 2003. Their friendship has grown since then, consulting about their shops, the vision they share, and ultimately their recent decision to join forces. Megan is the proprietor of Beacoup Vintage. Alicia is the owner of Madeline Ruth. These two enterprising women are the youngest shop owners in Fredericksburg, and their plans for the new space are both exciting and daunting. Heading into the biggest

shopping period of the year, they hope to generate business that will continue through their first year and beyond.

They are excited about starting out together, and their spirit was contagious. They talked about Black Friday, Small Business Saturday and other shopping opportunities. In merging the two businesses, Megan said it would enable them to work on their business, rather than for their business. For instance, they will have more time for shopping and "foraging" auctions, flea markets and estate sales. Prior to now, they spent most of their time manning the shops. They have already renovated the upstairs, giving them an office space, where prior there was just storage area.

When Megan opened BV two years ago, she literally did all the decorating herself to include origami birds in the window. Her degree in Art comes through in the stylish feel of her shop. Now she has mannequins, and the space is reminiscent of quaint little spots in Greenwich Village in the 1970s. This is what vintage is all about, reinventing old styles, mix and matching new with old to

create a one of a kind image.

Alicia also started from the ground up, renovating the space with the help of her husband, **Jake**, to include everything from fitting rooms to racks. She named the shop Madeline Ruth after the first names of her grandmothers. She will still do consignments; her stock includes gently used name brands like Anthropologie, Target, J. Crew, Nordstrom, Premium Jeans, Old Navy and Loft, to name just a few. So pairing an office blouse with a vintage skirt will allow people to have individual styles, rather than showing up at a party where someone has the same dress on that they do!

Everyone is talking about the economy, and buying consignment and vintage just makes sense. If you have high quality clothing, or something you have kept in your closet for years for



sentimental or other reasons, this may be an outlet for you to finally part with those hand-me-downs.

Megan and Alicia have the energy and enthusiasm that is needed to survive the test of time, and we all look forward to their opening, and their future progress. The new website is still under construction, but you can follow them on Facebook. If you don't use this social medium, just search www.facebook.com/forage, and you can view their page without signing in.

Mary Lynn Powers signs in with Front Porch periodically to talk about local small business owners.

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

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

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

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ON THE PORCH

INDULGING OCTOBER

Plunge a carving knife into a **Snead's** Farm pumpkin. Slice and sauté fresh harvest vegetables. Stick your finger in a trick or treat pie. Hide from your children beneath a mountainous leaf pile. Indulge in the pleasures of this most colorful season.

When you live for life's small pleasures, October has to excite you. It's as though October exists for exactly that. Its harvest comes aplenty in many forms - nature's bounty, painters' palettes, the great outdoors, and crisp clear evening air. There's something about the air the brain senses, as though a button is pushed to re-boot our lives and re-dream our futures. People make new plans, or adapt and update old ones. October might be called "31 days of Carpe Diem" - a month-long odyssey toward real and personal change.

You can see it all around the community -- art that takes risks, individual transformations, the needed helping the needy, hopeful ventures underway, and palate-pleasing flavors served with a smile. It's October - a community cornucopia, a smorgasbord of seasonal sensations. And that air I write of carries the tones and notes of songwriters and performers as clear and exhilarating as the clang of the trolley and its driver's proud narrative of the city cloaked in history.

As the Virginia climate begins to cool for the coming winter, and leaves kiss

us with radiant colors, a contrast in behavior distinguishes the species. Insects begin to go away and hide, squirrels prepare their tree top nests or burrow through cracks and places in worn out soffits and fascias, inviting themselves into our remote household places. But we, the two-legged standing creature, emerge from our air conditioning, drape the appliance in a winter tarp, and open our windows in a ritual-like welcoming of autumn's chill. While wildlife flies off, nests high, or submerges for the coming months, we emerge in sweaters or fleeces, in corduroys and shawls, in colors that complement nature's own autumn hues.

We meet and mingle differently now with friends, switching from crisp whites to bold reds, from lagers to Octoberfests, and from clear cocktails to smoky Scotches or brisk bourbons. Our menus carry game and hearty dishes. We rinse our slow cookers, dust off our bread makers, and fill baking sheets with cookie dough. We indulge.

We indulge in uplifting October - a 31-day romp of long bike rides and



leisurely jogs on endless, color-lined roads; slow-going, down-river paddles; geese-watching and woodpecker listening; pumpkin patch pickings, and personal planning.

October is as much about ripeness and harvest as it is about preparing for the cold to come. It is bold and inviting, like the pages we offer you this month. So go on out and indulge, but upon your return, come on in to our stories, and enjoy October cover to cover.

Rob Grogan

MESSAGES

Excellent September issue! I learned a lot. Did Wade Truong used to work at Bistro Bethem? Also I had never even heard of Doug's Grocery before. Very cool. Well done.

Thanks, Bill Freehling Business Writer, The Free Lance-Star/Fredericksburg.com

Rob,

I am speechless. I just saw the (Sept.) FP this morning and my PAGE (article/ad) is spectacular. Thank you so much. I really can't express how it made me feel. A little sad and always grateful to you and your constant support.

Paula

NOTE: Paula Rose has her home and gallery up for sale at 709 Caroline. See back cover of this issue.

Dear Mr. Grogan:

Thank you for giving Austen Dunn the opportunity to do an article about me

and Two Sisters Boutique. I think Austen did a stellar job and, as you already know, she is an amazing young lady. I appreciate the exposure we received in your extremely popular local publication. We all do love to sit down and read our Front Porch as soon as it comes off the press.

Since the issue hit the streets, we have closed Two Sisters Boutique. Events have taken place that required we vacate the space. We now lease 721 Caroline and are already making that space "our own." Thank you again for the exposure and for publishing such a quality product.

*Sincerely,
Heather (and Jim) Stapleton
Heather Boutique*

Mr. Grogan,

I just wanted to thank you again for letting me write for the Front Porch. It was certainly a great experience and a privilege to be published in Front Porch. Thank you again for everything.

*Sincerely,
Austen Dunn*

NOTE: Austen, who wrote two features for us this summer, is a student at William & Mary, Class of 2015.

Good afternoon! I picked up Front Porch this past weekend. It is absolutely delightful! It's a wonderful community magazine that isn't at all kitschy or mundane. I was really impressed.

*Sincerely,
Casey Pherson*

NOTE: Read about Casey in this issue, in *Racing for the Good Fight*.

Hi Rob:

Thanks to you and Amy Pearce for the "Art All Over" article. I appreciated the note about my exhibit "FALLing in Place" at Brush Strokes Gallery. I am sure your readers will follow your lead and stop by.

*Thanks again
Merian C. Stevens*

Identification:

The photo on p. 11 in September was Melissa Terlizzi wearing earrings made by artist Dee Antil.

DANCING ON THE RIM

ART'S HIGH WIRE ACT

BY HUGH DOARTE

For local artists **Barbara Taylor Hall** and **Patricia Thalman**, the process of creating compelling abstract art is a high-wire act aptly described as "Dancing on the Rim."

In a new show debuting at **Art First Gallery** this month, the artists' offerings reflect the drama and motion of the dance along with the exhilarating balancing act and the element of risk regularly experienced in the pursuit of a memorable painting. The gallery members are collaborating on a two-person exhibition for the second time, following a highly-successful debut effort in April 2010. The opening reception is First Friday, Oct. 5, from 6 to 9P at the gallery located at 824 Caroline.

"I am willing to explore new directions in my work wherever they may lead," Hall said. "My painting evolves as I improvise with one stroke leading to another. Sometimes I scrape back through layers of paint to create a surface that reveals some of what lies beneath it. One of the fruits of my intuitive approach is that my paintings convey an unusual variety of mood and appearance."

Hall's striking "Cope at Sunset" depicts the time of day when the sky glows

and backlights the trees, creating the effect of light coming through stained glass windows. Another of the pieces she will show, "Renewal," suggests a cup running over with many blessings, constantly renewed. The intense colors and bursts of light reinforce the inspirational theme.

Pat Thalman is stimulated by the physical act of painting. "With bold strokes and heavy texture my works reflect drama and motion," she says. "Sometimes I convey my emotional response to an occurrence or I may try to record my feelings about a specific event or place."

The recent Olympic Games in London served as inspiration for several of Thalman's entries in this show. She has reflected her sensation for the inspirational aspect of the Games in "Go for the Gold" and "The Opening Ceremonies." In two other paintings, Thalman portrayed her emotive response to popular music with "Art of the Dance" and "Dance to the Rhythm."

Hall explains that she "leans toward the abstract because of its subtlety, its ambiguity, its complexity and its highly-personal nature. Far from



Barbara Taylor Hall

Patricia Thalman

ART FIRST GALLERY ■ OCTOBER 2012

obvious, it requires some thought, some rumination; it encourages introspection. Each painting is a thing of its own and therein lies the satisfaction."

Thalman's signature fluid acrylic stylings are familiar to patrons of the Fredericksburg art scene. This summer, she showed her distinctive work at one of the East Coast's largest art exhibitions, Artomatic 2012, in Arlington, Va. More than 1,500 visual and performance artists took part in the eclectic showcase. "Artomatic was a major jolt to the creative process," Thalman said. "To see so many diverse artists in one setting was gratifying and inspirational."

Hall has Signature Member

Status in the National Watercolor Society, the Southern Watercolor Society and the Virginia Watercolor Society. She is represented in many private collections and has an extensive list of awards.

Thalman, whose paintings have garnered a number of local citations for excellence, is a former President of Art First and was one of the initial appointees to the Fredericksburg Arts Commission. She has a Master's degree in Art Education from Penn State University.

"Dancing on the Rim" will be on display at Art First through Oct. 29. The gallery is open daily 11 to 5.

Hugh Doarte asks, "Do you do art, ay?"

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Welcome to the Hotel Eagle Village

(SUCH A LOVELY PLACE)

BY ROB GROGAN

The Eagles, with front man **Don Henley**, sang the tale of *The Hotel California*:

*Welcome to the Hotel California
Such a lovely place (Such a lovely place)
Plenty of room at the Hotel California
Any time of year (Any time of year)
You can find it here*

The University of Mary Washington Foundation, with its aggressive development of Eagle Village (sans Henley), is now hailing the tale of *The Hotel Eagle Village* as the beginning of construction on the five-story Hyatt Place is underway. A groundbreaking ceremony in the mixed-use development affirmed the shovel-ready project following the completion of the Eagle Village Drive connection to and from MW Hospital.

The more they dig at the village, the more apparent it becomes that Eagle Village is *Such a lovely place (Such a lovely place)*, with *plenty of room* and places to shop *Any time of year (Any time of year)*.

"Eagle Village, from day one, has

always represented the very essence of urban renewal and economic revitalization and how a university and a community can come together to initiate positive change in a neighborhood," says **Jeff Rountree**, CEO of the UMW Foundation. "The addition of this connector drive and a first-class hotel are just the latest pieces in this rather large and complex development puzzle."

Personally a fan of ABC, Salad Creations and Blackstone Coffee in Eagle Village, I am enamored by the classy development of EV. "Roses" is gone and upscale is in, thanks to Ever Sew English, Jennifer Church's awesome shop a stone's throw from the anticipated Hyatt Place.

Pamela J. White, rector for the UMW Board of Visitors, told guests the new hotel and the EV complex provide a dramatic example of the university's expanding regional partnerships and commitment to regional economic engagement.

"The foundation's leadership on these projects yields significant benefits for both the university and the greater Fredericksburg community," said White.

The Hyatt Place at Eagle Village is scheduled to open by the fall of 2013. It will include 93 studio rooms or suites, several meeting and conference rooms for public rent and 24-hour food and beverage service for guests. The 66,500-square-foot facility also will include an indoor pool and a fitness center. In addition, the building will house approximately 1,400 square feet of retail space.

In her remarks, **Mayor Mary Katherine Greenlaw** commended the Foundation for its promotion of economic growth and positive real estate development. She congratulated the Hyatt Place hotel project as the first in Virginia to qualify for the Virginia Tourism Development financing.

"The hotel will create somewhere in the neighborhood of 55 new jobs and



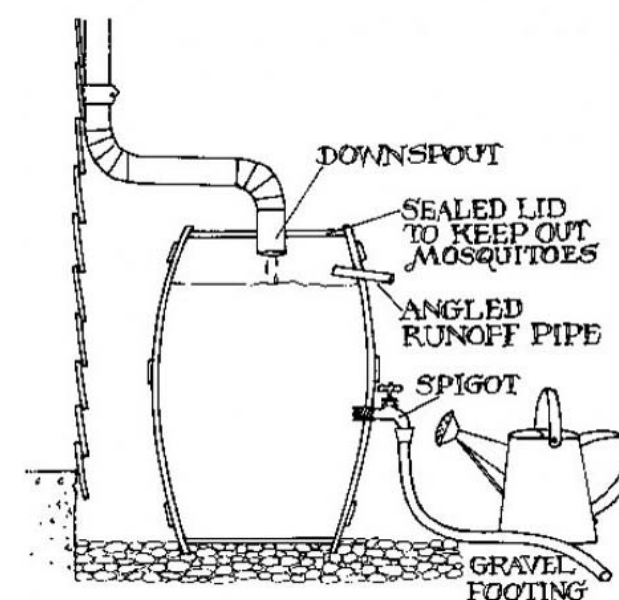
will add significant new tax revenue to the city," said Greenlaw. "It will contribute to the resources of our staff in Tourism and Economic Development as they promote the City as a first-class tourist and meeting destination."

With plenty going on in Eagle Village and *Plenty of room at the Hyatt Place*, it won't be long before *You can find it here*.

Rob Grogan keeps his eye on Eagle Village from a favorite table at Miso.

Over the Barrel?

BY SARA MATTINGLY



downspouts to capture runoff from the roof... By installing a rain barrel or cistern at your home you will:

- Reduce flooding in yard or your basement!
- Provide your plants with water they will love!
- Save money and water!
- Protect the Chesapeake Bay!

And the esteemed *Better Homes and Gardens* calculates: "...For each inch of rain that falls on 500 sq. ft. of roof, you can collect 300 gallons of water."

None of that dampens the spirit, but when I virtually ran into **Owen E.**

Dell, he put the damper on rain barrels at <http://owendell.com/blog/general/roll-out-the-rain-barrels>. Sticking to his facts, Owen's sarcastic yet compelling argument cites this harrowing stat: "one barrel will supply .00043 of the annual water need, or as landscape professionals say, a drop in the bucket." He also muses on the cost of making and shipping barrels versus the value of the water saved. And, he questions the environmental impact of manufacturing rain barrels from heavy-duty plastics.

But I'm not one to pour water on a fundraiser or anything green, so here's my pitch for both the auction and the use of barrels: Who would not want to support a museum or a conservation group? Who would not want a work of art from a camper? If the rain barrel catches water that would normally splash away, why not water a few plants? That's my policy and I approve this message. So ha! Go to the auction, dear reader! I'll go water my lawn.

I found the City of Arlington, whose Environmental Services find no fault in the trend toward rain barrels. Arlington comments: "Rain barrels are containers that are connected to your

Sara Mattingly drinks triple-filtered water and eats at a table made from recycled milk cartons.

With LUCK, Spotsy Goes Green

CENTER FOR SUSTAINABILITY,
GREEN TECHNOLOGIES COMING!

BY SARA HUNT

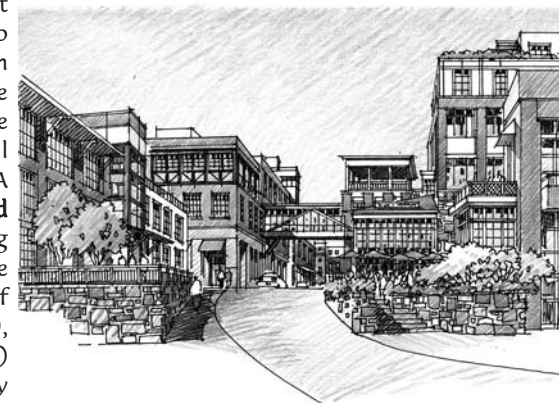
Did you know that Spotsylvania County is poised to become the premier destination for everything related to the research, discipline and practice of sustainability, environmental design and green technologies? A new **Center for Sustainability and Green Technologies** is an exciting collaborative initiative among the National Academy of Environmental Design (NAED), Luck Development Partners (LDP) and the University of Mary Washington (UMW).

Spotsylvania's Board of Supervisors, through its Economic Development Authority (EDA), approved the plan to attract world-class research, product design and manufacturing, policy development, and related educational activities, while positioning the County as a leader in sustainability initiatives. In January 2013, NAED will move its primary office to Ni Village, LDP's mixed-use, fully sustainable community. NAED will become its first tenant and anchor of the Center in Ni Village (nivillage.com).

Spotsylvania's Vice Chair **Paul Trampe** notes, "NAED's move lines up perfectly with our goal of attracting leading companies and educational institutions in sustainable design and with our vision of becoming a nationally recognized community known for having an environmental ethic."

NAED's purpose is to help public agencies, private companies, and citizens address pressing needs related to the design, construction, and stewardship of built and natural environments.

Frederick Steiner, president of NAED and dean of the School of Architecture at the University of Texas at Austin, says, "We are extremely grateful for all the support and leadership of Spotsylvania County... (it) allows the NAED to fulfill a critical need to provide the necessary expertise and leadership in creating more sustainable and livable environments."



The overarching vision for the Center is to serve as a pioneering "Think-and-Do Tank" where breakthrough solutions in environmental design and sustainability transform society and community living. Studies indicate an enormous need for a central place in the U.S. that is designed to meet the challenges and opportunities of a sustainable future and to provide bold, creative leadership about environmental stewardship during the 21st Century.

Eileen Dahlstedt, general manager of LDP, shares, "NAED will serve as the core think tank for the Center for Sustainability and Green Technologies at Ni Village and the impetus for an industry cluster for the County surrounding green technologies, environmental innovation and research and development."

The University of Mary Washington, a partner since 2010, has agreed to help further the educational, research and professional goals of this project.

"We believe NAED's support of communities, governments and private companies wishing to develop innovative solutions to current and future problems is compatible with the strategic vision of UMW in the area of sustainability," said **President Richard V. Hurley**.

Sara Hunt, Senior Public Relations Manager at Touch Points Public Relations, is a FP contributing writer.

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Porch People

SPAM I AM

BY ARCHER DIPEPPE



entry. Ralph Daigneau's brother **Kenneth**, a Broadway actor and radio personality in New York, was in town and at the party. He suggested Spam as in spiced ham. The fact that the product was made from pork shoulders and didn't actually have any ham in it at the time did not deter the selection. Later, ham was added.

Spam got a big boost during WW II because it was used in K Rations. It was eaten so often that the military men had to come up with a variety of recipes or go crazy. The troops shared the Spam with the local population, and a tremendous amount was sent to our allies for civilian consumption. One of the countries that ate a lot of it was England. Many years later in 1970, **Monty Python** did a café sketch where everything on the menu had Spam in it.

Fair warning, anyone I talk to might show up in a **Front Porch** story. I just passed my fifteenth anniversary as a writer with this magazine, and the stories have to come from somewhere. Mostly, they come from you.

I have always been a talker. Despite what my wife will tell you, I do listen sometimes. I listen to the day to day stories of regular people. One place I go often is the Post Office in Earl's Hardware. The three clerks, **Lindsey, Carol, and Karen**, are the nicest and most helpful people you will ever meet. They smile and are fast and efficient. You have confidence that they will take good care of your letters and packages.

No long ago I was talking to **Karen Daigneau Summers**, and somehow I found out that her great-uncle was the fellow who came up with the name for *Spam*. Spam is an iconic American product developed by **Jay Hormel** during the Depression. It was an inexpensive meat product with a forever shelf life. Jay's boyhood friend **Ralph Daigneau** was Karen's grandfather and also Hormel's vice president. When Spam was invented in 1937, they wanted a catchy name. There was a company-wide competition with a \$100 prize. Many suggestions were made, and for a brief time the company considered calling the new product *Spic*. Thankfully, that name was not the final choice.

At a New Year's Eve party, the competition continued when Jay offered a mixed drink to the partygoers for each

The Internet latched on to it to designate all of that unsolicited email. Just like the café menu, it seems that all email has Spam in it.

Hawaii, Guam, and the Northern Marianas eat more of it than anyone else in the world. It has been incorporated in a native dish called Musubi with rice and seaweed. McDonald's and Burger King have it on their menus in Hawaii. Hormel has sold over seven billion cans of it worldwide over the years. Internet Spam produces seven trillion emails a year.

Karen has great stories to tell about working in the Post Office. Someone once mailed a tire, one person mailed live tropical fish, and one person mailed a phone that started ringing. During the anthrax scare, one elderly woman mailed a package that started leaking a fine white powder. It wasn't anything harmful, but they told her she needed to repackage it before she shipped it, so all the postal employees along the line wouldn't freak out.

Even though the Fredericksburg area isn't too far from 250,000 residents, we still hold on to that small town atmosphere. Our people are our greatest resource. Southern charm is alive and well in these parts. Let's all make sure we never lose it.

Archer Di Peppe writes all-beef in every one of his 600 words.

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FXBG Art Finds its Center

VOLUNTEERS HARVEST A BOUNTY OF EVENTS

BY LEZLIE C. CHERYL



The Fredericksburg Center for the Creative Arts (FCCA) is "ART CENTRAL" for the FXBG area, presenting new monthly exhibits, creative workshops, activities, trips, and community-focused events year-round. FCCA President **Rachael Carroll** (right) leads a volunteer team that, she says, enables "...the FCCA to host a wide array of events this Fall. There really is something for everyone in the family to enjoy!"

Located in the Historic Silversmith House (circa 1785), the FCCA is the oldest art gallery in the region, home to the Frederick Gallery and Members' Gallery since 1963. On display through Oct. 26 are two new exhibits: "Exit the Edge" by Spotsylvania artist **Maura Harrison** (featured painting is "In the Pear tree"), and the "October Regional Juried Exhibit" which drew 90 entries from 37 artists representing Virginia, Maryland and West Virginia. A First Friday opening reception is Oct. 5 from 6P-8:30P; winning artists announced at 6 by juror **Caroline Cobb Wright**.

On Oct. 7, Caledon State Park hosts FCCA's "Seurat Sunday," a special outdoor event for artists, musicians and art lovers. Artists participate to paint, draw, photograph, and model or perform on the Caledon grounds, a National Natural Landmark in King George popular for its lush forestry, scenic trails, beaches and large population of American bald eagles. The 10A event concludes at 4P with a viewing of the day's creations and a reception in the Caledon Visitor Center.

A 'novel' workshop series, "Altered Book Class Techniques," teaches unconventional methods of re-purposing books into objects of art, from embellishment to transformation with changed form and function. This four-class workshop by Darlene Wilkinson begins Oct. 2 at 10A. The series is a part of the FCCA's Fall and Winter celebration

of book-related arts to culminate in February 2013 with its Regional Juried Exhibit, "Books & Words" in collaboration with UMW Galleries to draw attention to the interest in handmade books and book art. Ridderhoff Gallery will present an invitational book art exhibit in 2013.

A unique two-day workshop on Nov 3 & 4 - "Mosaic Workshop - Stepping Stones" - by Cathy Ambrose will cover the foundation for creating outdoor mosaics. The FCCA also hosts monthly Poetry Group meetings, Multi-Media Guild meetings, and sponsors SAVE.As, a special online opportunity for students to showcase their artwork as nominated by local art teachers of public, private and home-schooled students.

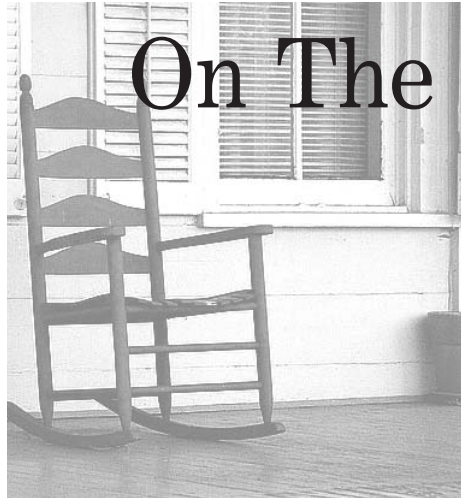
More about the Center is written at www.fccava.org, and many volunteer opportunities exist. **Carrol Morgan**, curator of the Frederick Gallery also places great value on volunteers "...who provide time and talents required to preserve our historic 'Silversmith House,' insuring the future of quality exhibitions, classes and events serving the community."

Lezlie C. Cheryl is Publicity Chair for the FCCA, 813 Sophia, 373-5646.

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Retired & Buck Naked On The Back Porch



THE THING

BY JO MIDDLETON

Here's the thing, when I was a teen I had a Jewish girlfriend, Debbie, whose dad sold pocketbooks, my most favorite accessory. I kept asking him to adopt me. What a perfect world, thought I, Debbie as a sister, pocketbooks galore, and salami sandwiches on sour dough rye, with kosher pickles from the barrel for lunch, every single day. He would have none of it. A French, Catholic, convent school girl (so was Debbie a convent school girl, how did he think I met her?) tall, skinny teenager was not part of his life plan. But, he did take Debbie, her mother, Esther, and me to New York when he had to sell purses there. He was a wholesaler. What a guy.

I love New York, and I LOVE Jewish delicatessens. Well, Jewish delicatessens as they used to be, as in "whole herrings," rather than today's "whole foods." At a 2007 deli conference, the evolution of the Jewish Deli, the Deli food and its customers were discussed. No longer is the food pastrami, salami or corned beef. It's turkey. No more salt-cured lox. Oh, how I love lox, cream cheese, onion, tomato, cucumber and capers on a real Jewish deli bagel! Now you get smoked salmon, and let me assure you salmon are not salmon. Lox is salmon done right. It is brined. A far cry from "smoked." But, real lox is rare or no more, just like deli customers. New York deli owners now speak of the average "age of their customers as 'deceased.'" No wonder! It is turkey and salmon that

killed them! How delectable and filling are they? Gone are the days, as Richard Shepard, late correspondent for the *New York Times*, God rest his soul and keep the Mormons from baptizing him, said about Jewish food: "When you eat it, 72 hours later you're hungry again." Amen, Richard, I say to you, Amen.

But, here's the thing. In the mists of time there was a Deli in Fredericksburg, VA where I had lox and bagels for breakfast. Furthermore, when I commuted to DC and worked at the Veterans Administration downtown there was also a Deli where lox and bagels were supreme. The only thing about that location is, as all bus riding commuters to DC know, we get there at O'Dawn thirty. On a rainy morning it was pitch-black dark and the DC city rats, the size of tree kitties (squirrels), would run over my feet. Thanks be to God I could control my screams due to lox and bagels giving me great comfort and courage. Ah, those were the days, my friend.

I have found a NY deli that will send them to me for a many dollars shipping and handling. I am hoping that the FP editor will give me a nice gift box for my 80th birthday, which I'm glad to tell you is not far away. Until then, I'll have lox dreams, out here retired and buck-naked on the back porch.

Jo Middleton at 80 is like most gals at 50, but if she thinks I live in NY then maybe she's pushing 70. -RG

Days Gone By

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The Falmouth Bridge, 1908. Today, the bridge connects the City to the slowest regulated intersection in Stafford County, which VDOT plans to upgrade after a decade of how-to discussions.

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The Truman Show

TRUMAN COX'S
BOURBON STREET BEAT GOES ON

BY SUSAN CARTER MORGAN



Imagine being only one of nine in the world — of anything. Truman Cox, Master Distiller for A. Smith Bowman Distillery, knows what that feels like as the only "master" in Virginia. The other distilleries are in Kentucky. For someone with such an official title, he comes across as down to earth and good-natured.

"I get to drink all day," he says, laughing. "How can I not like this job?" Of course, he doesn't drink all day, but surrounded by tall rows of oak barrels and original distilling equipment on display from the 1930s, Truman does feel a sense of pride and responsibility to do this right.

"There are skills we acquire and secrets we keep," he says of being a Master Distiller.

The A. Smith Bowman Distillery dates to Prohibition. Then, in 1935, Abram Smith Bowman and his sons relocated first to what is now known as Reston. In 1988, they moved to the

current location off Route 2 near Fredericksburg.

Until recently, the Distillery produced vast quantities of spirits and distributed them all over the world. Now considered a micro-distillery, the facility focuses on "producing a high-end, quality bourbon."

Tours of the plant where you can see the bourbon at its various stages, include "Mary," the copper still named after the mother of the Bowman brothers. In the Visitors' Center, folks are treated to tastings of their single barrel, small batch, and occasionally the limited edition Abraham Bowman whiskey. By the way, tasting with a little water added "opens up the bourbon," according to Truman. The Distillery also offers small batch versions of rum, vodka, and gin.

"We're trying to focus on tourism," Truman said, adding that word-of-mouth is getting nearly 300 visitors a month to the facility. A gift store offers bourbon and other items for sale.

More than the tour, which is impressive, is Truman's knowledge of bourbon making. A chemist, he apprenticed first at a distillery in Kentucky. He has been at Bowman for a little more than a year, helping to turn the privately-owned company into an area tourist attraction.

And it's working. "We're building an audience," he said. "We put art and effort into making this a better product."

If you want to know about the charred oak barrels, the special yeast, the appropriate temperature for chill filtration, or even what "angel share" is, Truman will tell you. He might even let you in on some experiments with flavor he's doing that won't produce results for another eight years.

He speaks quickly sharing anecdotes, while bourbon facts roll off his tongue. At the end of the tour, he might let you climb to the top of the warehouse to see hundreds of barrels of aging bourbon. It's a sight you don't want to miss. Somehow, it doesn't even seem like work to him.

"If I can't have fun, I'm not doing this right," he said.

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

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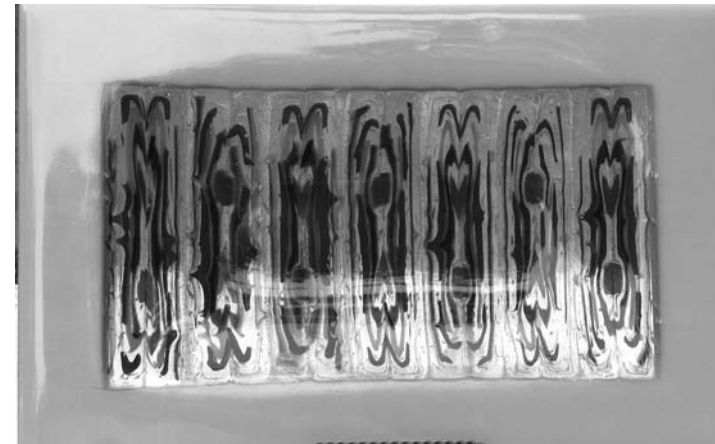
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PRO-FUSION ON DISPLAY

BY JAMIE CALL



Ben said Pro-FUSION - Fused Glass Exploration is a view into artisan glass raw materials from the West Coast along with a variety of other glass and metals. He cuts, assembles, and fuses the glass in his kiln. Utilizing extensive wet grinding and polishing, he gets the final effect he

envisioned for each piece.

Imagine a vintage Bordeaux, with artisan cheeses and crackers, all from kybecca. Playing Madi Wolf's CD. Lighting a candle. Serving up the evening on glass plates by local Glass Artist and Craftsman **Ben Childers**. The results: local perfection.

That's what comes to my mind when I see Ben's glassworks from his Premiere New Exhibit, Pro-FUSION - Fused Glass Exploration at Artful Dimensions. Ben's collection of works in fused and cast glass range from functional bowls and trays to whimsical cast glass.

"Every piece is unique because I don't do production work. I sometimes do two or three related pieces exploring different applications of a technique or look. Often I work by commission but usually I just explore what interests me at that time."

Artful Dimensions, 911 Charles, features Ben all month at the 3-D gallery. Bring the cheese and crackers. Ben has the trays.

Jamie Call is a creative writer who is now old enough to buy wine and cheese.

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Vino

RIESLING:
THE RODNEY DANGERFIELD OF WINES

BY MATT THOMAS



If I had to pick one wine that is the most under-rated and under appreciated, it would be Riesling. For a wine that actually sells pretty well, it is often mis-understood and maligned. Riesling is like a hard-working, super talented artist that very few understand while other artists get all the glory. If Riesling had feelings, it would hate Chardonnay's guts. If Riesling could talk, it would say -as Dangerfield said of himself - "I get no respect."

The term Riesling refers to the grape variety rather than a uniform style. The most common misconception is that Riesling is sweet. Sometimes it is, sometimes it's not. The flavors can be different depending on where and how it's made. It can have apple/pear flavors or more tropical fruit, especially the sweet kind. Some are bone dry and not fruity at all. And others, especially older bottles, have nutty or "petrol" flavors.

When Riesling is well made, it almost always has several common traits. One is value. For its intensity and complexity of flavor (the most common reason people spend more on wine), the prices are excellent. For twenty to thirty dollars, you can get close to a world-class wine. Fifty dollars, which would buy you a Napa Valley Chardonnay that you could age maybe five to ten years, will buy you a German Riesling that you could age for sixty to eighty years. That's not an exaggeration, the wine really is that sturdy. The second is high acidity. That may not sound desirable but believe me, it is. Whites that are low in acid tend to taste flabby or 'fat'. High acidity (within reason) gives a wine vibrancy and makes it an excellent companion for food. This is why "buttery" Chardonnays are often not food-friendly.

In fact, its food-friendliness is probably Riesling's best quality. For a wine that can seem light it stands up to robust dishes. Adventurous readers may wish to try a Spatlese (late harvest) with a beef or pork roast. If I'm having trouble picking out a white wine for dinner, then Riesling is almost always what I go for.

Being Germanic in origin, it's important to understand the classifications. A kabinett Riesling is one harvested at the "normal" time, ie when grapes are ripe but not over-ripe. These wines used to be dry, but with global warming in recent years resulting in riper grapes a kabinett will have some, but not

much, sweetness. A spatlese Riesling will usually be sweet, and an auslese, when they pick the ripest grapes off the bunch, is sweeter still. The last two classifications, beerenauslese and trockenbeerenauslese are dessert wines. You won't see these often. If a wine is labeled trocken that means it's dry. So a spatlese trocken means that the grapes were harvested late and very ripe but the wine is fermented to dryness. A winemaker might do this to get more body and richness in the wine without the sugar.

Besides German Rieslings, the other region known for high quality is the Alsace region of France. Alsatian Rieslings are almost always dry. They don't use the German classification system but if it says Vin d'Alsace on the label you can be pretty sure you're getting a bone dry Riesling. Like their German counterparts they pair very well with food and can be aged for a long time. A couple of months ago I enjoyed a 1985 Riesling with a roast chicken. It had nutty rather than fruity flavors with floral notes.

This is just the beginning when it comes to Riesling since there are so many styles from so many places. Knowing the ins and outs of just German Riesling takes a lifetime. You don't need that level of expertise anyway, just a willingness to try.

Matt Thomas respectfully serves us wine and beer in this issue, and everyday at kybecca, 400-402 William.

Season's Bounty

SQUASHILICIOUS

BY VANESSA MONCURE



It's still too early to put the grill away, but the temperate days and much cooler nights are ushering in thoughts of autumn and the fall's seasonal bounty of so many types of squash. Boiled, broiled, roasted, grilled, braised, sauteed or pureed, squash are full of Vitamin A, potassium, fiber, Vitamin C and beta-carotenes (in the yellow and orange-flesh varieties). I've just finished pulling up the last of summer squash vines - bounteous zucchini, yellow squash and varieties of pattypan, including what my great-grandmother called the white variety, "simlin" - found in heirloom packets as a white ghost pattypan. Anyone who calls squash mushy, watery or tasteless just needs to vary their recipes or cooking techniques - and add a bit more savory or sweet to bring out squash's full flavor. I'm working on my end-of-the-garden recipes, and have my eye on the butternut, acorn and pumpkins on the way.

May be served hot, cold or at room temp - usually better the second day. I garnish with a drizzle of olive oil and shredded Parmesan cheese.

BAKED ZUCCHINI AND TOMATOES

In a 9x13 glass baking dish, drizzle with olive oil then place a layer of sliced zucchini, then tomato from one end to the next (one layer). Sprinkle with salt and pepper. Place chunks of fresh parmesan (approx. 3-4oz.) in food processor along w/ 4 slices country-style or homemade white bread. Process til you have coarse crumbs, then remove from processor and add 4 T. olive oil to crumb mixture. Sprinkle over zucchini and tomatoes, sprinkle generously w/ olive oil, then bake in 350F oven 50-60 min. or until squash and tomatoes are tender and crumb topping is browned. This is a delicious side dish for roasted poultry

ROASTED SQUASH

I will often roast whole butternut squash or acorn squash - even small pumpkins to use the meat for soups, vegetable dishes or fillings. Don't forget squash are great in breads and muffins, pies and cake fillings. Halve an acorn squash and remove seeds and pithy material. Cut the bottoms so they will stand up straight - place in baking dish. Into each half, place 1 tsp. butter, 1/4 c. brown sugar, 1/2 tsp cinnamon, 1/2 c. walnuts or pecans, 1/4 c. raisins or white raisins and 1T. or more of orange juice. Bake in 350F oven until squash can be pierced with a fork and is tender. Great and good for you dessert - substitute butter and artificial flavoring if desired. Let the roasted butternut squash cool, then cut open and remove seeds and pith - very easy to peel and use to make butternut squash pie or soup.

Vanessa Moncure and her recipes are another good reason to welcome autumn with great anticipation.

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15 Principles

PRINCIPLE #6 - EMBRACING FITNESS

BY REBECCA THOMAS



week of regular exercise seems to do the trick. If the day comes you feel strong enough to do more, by all means do it. It all comes down to learning balance. Listen to your body when it needs rest and when its time, be ready to work a little harder.

I tell my story in the hopes that it will help you find your own way with exercise. It doesn't have to be onerous but it does have to be done. Take the time to figure out what you like and do it. Easy does it at first and push yourself when you feel ready. Even though today I have become much more fit that is still my mantra. I let my body tell me what feels right and accept that some days feel better than others.

The reasons to embrace moderate exercise are to sustain weight loss, increase longevity, improve appearance and enjoy the psychological benefits. Today I do it as much for the peace and mental clarity as for any of the other reasons. The two hours after a run is the time the world feels righted and all things are possible. If I am lucky that feeling lasts all day.

There is not getting around it, exercise has to be a part of the plan in order to sustain weight loss. However I am an advocate of moderate exercise. As a culture we have a tendency to think of exercise as an all or nothing proposition. Either we are striving for an extreme version of fitness or doing very little at all. I am a big believer in a happy medium. Riding a bike to work, walking a local trail, dance lessons are all viable options. It should be mostly enjoyable, make you sweat a little and something you look forward to doing (at least mostly).

My list of exercise plan starts and stops is long and varied. Upon my return to exercise I took the time to think about what I really enjoyed. Cycling, hiking and walking were my top three and all of them were connected to being outdoors. I love nature, seeing people and even experiencing the weather. Being outdoors for some time every day is healthy for our minds and bodies. Armed with this knowledge I set out to do some cycling around my city and on trails three to four times a week. As I became stronger I began riding my bike to do errands and even the grocery store. Anything to incorporate fitness directly into my life. At no time did I feel the need to push myself to the limit, count calories burned, quantify time, distances or the exact amount of exercise I was performing. It did the trick to get me going and it was fun.

Throughout my weight loss phase I adhered to a program of moderate physical activity. Three to four days a

Rebecca Thomas is a downtown resident, aspiring self-publishing author and partner at kybecca. You can follow her posts at Facebook.com/rebeccathomas.me and hear her on Community Link on Oct 21 at WFVAradio.com

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On The House

COMING OF AGE

BY MATT THOMAS

One of the many great things about beer is its value. Compared to wine or spirits, the level of quality you get for your money is spectacular; so spectacular that these days we are now seeing the phenomenon of the twenty-something connoisseur.

I regularly get customers that in some cases have only been of legal drinking age for a couple of years that are very knowledgeable and enthusiastic about beer. That would be very rare for wine - it's too expensive. Buying very high quality or age-worthy wine is outside the budget of most twenty-somethings. Not beer though. All you need to be a beer connoisseur is a steady income and a desire to learn. In this column I will explain how you too can be a beer connoisseur.

Step one is to learn all the different styles. It's not as daunting as it seems but it will take some time. Learn the difference between an ale and a lager and then work your way into the specifics, especially Belgian styles. You should know a *Saison*, *Dubbel*, *Tripel*, *Quadripel*, and *Blonde*, to name a few. Know the Trappist ales, a set of Belgian ales brewed by Trappist monks in Belgium. Some, like Chimay, are easy to get and some will take some searching. The Westvleteren can only be bought in Belgium but don't worry, the St. Bernardus 12 is an adequate substitute. Don't fall into the trap of trying only American craft beer. I've seen many beer enthusiasts who have tried many American Belgian-style ales but have never had a Westmalle. You can't fully appreciate the tribute without appreciating the original.

Once you've learned all the major styles, the next step is to get a beer cellar. It doesn't have to be big; a few beers will do the trick. Most beers aren't age-worthy so you have to find the right ones. Usually strong and high-alcohol beers will do. Styles like barleywines or strong Belgian ales can be aged for several years or more. They don't have to be expensive either. Samichlaus, a very strong lager made in Austria, is about six dollars for a twelve-ounce bottle and can be aged for a decade or more. One essential for any connoisseur's cellar is a *Gueuze*, a type of



naturally fermented Belgian ale that is not alcoholic but very acidic. These almost have to be aged to be fully appreciated.

Make sure you store your beers in a cool, dark place. Around fifty-five degrees is ideal. There is much debate about whether to store them upright or sideways. I don't have a strong preference, as I've never heard a convincing argument either way. If you're just storing them in your basement, then upright is fine; if you have a wine fridge that maintains a constant temperature, then sideways is your only option.

Have the patience to wait for beers to age and then the willingness to open and try these treasured bottles. Experiencing the changes in flavors that come with aging is essential to a connoisseur. Finally, make sure you try beer with food. If you only drink beer on its own you are missing out on one of its best pleasures.

Matt Thomas is now our every-month beer columnist, as Beer Geek Joe Gherlone is up to his ears in career.

Leaseland

BY RALPH "TUFFY" HICKS

I have been asked many times about the early beginnings of Fredericksburg and which homes are still in existence that reflect those days from an architectural standpoint. If for a fleeting moment we could see the spirits of the men and women who at different periods passed through the doors of Fredericksburg's historic old homes, what a magnificent parade of heroes, presidents, soldiers and political statesmen we would be in awe of. Even before the town was conceived, Captain John Smith sailed under the watchful eye of the Patowomeck Indians up the Rappahannock In 1608.



The Sentry Box (above) on Caroline Street was built in 1786 and overlooks the Rappahannock River. It was restored by my friends Charles and Mary McDaniel, who have resided there for many years. The name comes from the fact that during the Revolutionary War, War of 1812 and Civil War, sentries were placed in the home to watch for the enemy either coming up river or crossing from the Stafford side. The home is a fine example of early colonial architecture.

In 1671 Sir William Berkeley granted a tract of land to Thomas Royston and John Buckner for a Colony know as "Leaseland". From those humble beginnings until 1727, when by law the town was given the name Fredericksburg, named for Frederick, father of George III. The streets were named for members of the royal family. The homes were to be built of brick, stone or wood. Here are just a few of my favorite homes.

The stone Home at 1207 Prince Edward Street was one of the older homes in the town being constructed in 1769 owned by Fielding Lewis that did not receive its upper story until after the Civil War. This is a good example of in-town homes in Colonial Virginia.

The home of Colonel Fielding Lewis, who was married to George Washington's sister, Betty, is known as Kenmore (pictured) and is located on Washington Avenue. Built in 1775, the mansion is an example of the finest Colonial architecture, with ornate plasterwork on the ceilings and walls. The building had several interesting inhabitants prior to becoming the historic shrine it is today; recent renovations make it a wonderful place to visit.

The home of Ed and Peggy Jones at 227 Princess Anne Street was built in 1814 as a small cottage. Although it has been expanded in the past, it still has the quaint look of the early cottage.

These are just a few of the many beautiful old homes located in the City of Fredericksburg. Several are for sale! (See the back cover of this magazine.) Over a million visitors yearly pass thru Fredericksburg. With the cool fall days approaching, think about taking a walking tour or a carriage ride.

Sometimes late at night as I look at the harvest moon over the Rappahannock, I hear a sigh from that far off Indian.

Tuffy Hicks has friends in high places.

OUR HERITAGE

A monthly look at the Central Rappahannock Heritage Center collection

ST. GEORGE'S EPISCOPAL CHURCH BURIAL GROUND

In October it is hard not to think of cemeteries in eerily festive terms, but learning about them from a serious perspective will tell you a lot about our local history and its people. The Rev. William Meade Clark, a former rector of St. George's Episcopal Church, wrote in 1892 an interesting account of the burial ground at St. George's on Princess Anne Street. His hardbound journal - *Burying Ground* - is his hand-written account of the 164 positively located burial plots and up to hundreds more undiscovered ones nestled in the tiny cemetery between the main church building and its annex.

The latter part of his journal lists many of the major gifts and their donors that blessed the church with philanthropy. For instance, Alexander Keene Phillips [1805-1892] donated a bell in 1858. He and his wife, Annie Douglas Phillips [1835-1913] were honored by their children in 1914 by their donation of the "angel" stained glass window in place on the church's south side.

Rev. Clark pays tribute to "the antecedents of Virginia's Tidewater families who are buried here." In what is more than a list of names, his journal flows with narrative that reveals one aspect of Christian life in small-town Fredericksburg. Long before the Virginia Assembly founded the City of Fredericksburg in 1727, "tradition," he writes of the site, "says this spot was used as a 'God's Acre' long before that event."



Because of the Civil War, Clark laments, the cemetery was allowed to "fall into a state of great neglect and disrepair." Much of the remainder of the journal emphasizes the call to duty felt mostly by the women of the parish to "agitate the matter of clearing and restoring the cemetery."

Rev. Clark's journal - *Burying Ground* - is fascinating in its eyewitness account of the cemetery and the great and unknown names who saved it or came to their final rest there. The book is available to browse at the Central Rappahannock Heritage Center in Maury Commons on Barton Street.

The reverence one infers from such a reading puts the cemetery in a higher context of history and dignity, even in this month of ghosts and goblins and spooky stories. As it should be.

Photo is from 1849

Hope AT THE CROSSROADS

THE DAZZLING TREES OF HOPE

BY EVA RIGARDO



Hope House is known for providing housing, training and support for homeless mothers and their children. This serious work has great ripple effects on the families and community it touches. The road to awareness within the community, and the financial means by which to reach homeless mothers and their children has a brighter side to it; and one fundraising event dazzles us more than any other in town - the Hope House annual Trees of Hope display (Nov. 5-14 at the Fredericksburg Area Museum and Cultural Center), and festive Gala (Nov. 17 at the University of Mary Washington's Jepson Center). This year's signature fundraiser celebrates Hope House's 25th anniversary

servicing women from the City and Stafford, Spotsylvania, King George and Caroline counties.

The union of need and dazzle happens at the crossroads where homeless women and their children move forward on the generosity of financially successful and philanthropic people, such as Councilwoman Bea Paolucci (left) and her neighbors, Mike and Jeanne Bergerud, and many others. Their paths may never cross directly with the needy, but their hearts are in the same place.

The dazzle of the event also rings in the holiday season, offers gorgeous trees for home or office holiday décor, and brings out the community for a social evening of celebration and donation. To honor its 25th anniversary, Hope House is bringing back its luncheon, fashion show and holiday boutique, and is adding new events, such as a seminar on holiday decorating and a tree-decorating opportunity for children.

Tickets for the gala are the same as last year, \$200 per couple, and at the end of the evening, each ticket holder will go home with a glittery tabletop tree. Gala-goers who have too many trees may allow Hope House to donate theirs to a church, nursing home, or nonprofit organization.

The trees are decorated by area artists, business owners, clubs, decorators and other talented friends. (By the way, Hope House still has a few more trees to be decorated.) The tree exhibit at the Museum will be open daily, beginning Nov. 5, from 10 to 5 p.m.; Sunday noon to 5 p.m., with extended hours until 7 p.m. on Nov. 14, the exhibit's final night, which also offers a decorating seminar - Tree Tips, Tricks and Techniques. On Nov. 15, the trees will move to Jepson Alumni Center at UMW. The luncheon and fashion show will be held there Nov. 16 from 11 to 1 p.m., featuring fashions from CIS and Mock Turtle.

Trees for decorating may be picked up at Hope House, 902 Lafayette Blvd.; tickets for the Gala and luncheon may be purchased there (info: 540-371-0831, treesofhope@hopehouseva.org).

After the dazzle, the real light shines on the women and children who benefit from the proceeds, which help enable them to leave the streets for permanent housing and a chance to become productive tax-paying citizens. To learn more about Hope House or to make a donation, go to www.hopehouseinva.org

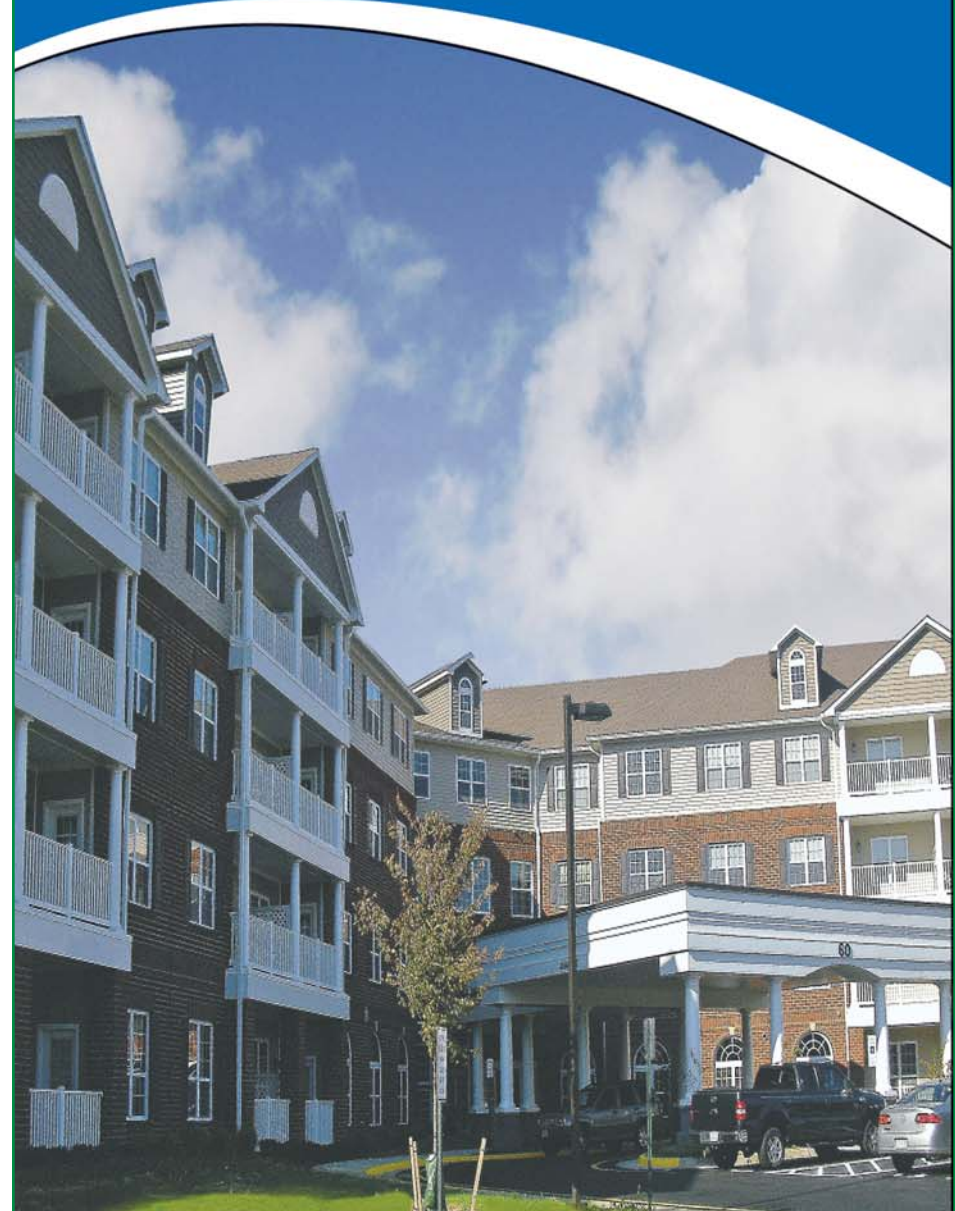
Eva Rigardo is a freelance writer who commutes to DC for her job as a technical writer.

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Companions

STARTING OVER

BY WENDY SCHMITZ



with his exuberance to please me. With hand feeding I recommend that the dog “work” for their food. If they know commands, sit and down can suffice, or if they are learning, using the food as a lure is a great too. But this guy is so smart and so quick, he isn’t interested in being lured, he is interested in the fastest possible way to get food in his mouth, and therefore which behaviors he can offer to get this done. He is a veritable whirlwind of guessing, throwing out every possible body posture and gesture he can think of. I am both intrigued at his brilliance and frightened by it. This is the kind of dog every trainer hopes to find.

In the three short weeks he has been here I have hand fed him at least once a day. Each time I just sit and wait for him to “offer” a new behavior and if I like it, I give him some food, then I put a name to it. This is a great method of encouraging a dog to try new things and expand their knowledge base. So far, Opie has offered sit, down, stand, wait, roll over, crawl, shake, beg, high five, and play dead. He will now do all of these on command. I did not force him to do these things or

Every time I get a new pup I have to remind myself to start over. I can’t expect the new dog to know our rules or to understand what I am saying. He may pick up some cues watching the others, but for the most part, it is best if I am patient and teach him the rules, instead of assuming he should know them.

If I were to assume he came with a certain amount of knowledge, even just the word ‘sit’, I would be setting us both up for failure if this turned out not to be true. So in an effort to put my best foot forward with our new boy, I went all the way back to my early days of dog training and started hand feeding him. Hand feeding is something I recommend to all dog owners, whether your dog is new or you’ve been together a long time. Nothing creates or strengthens a bond like the act of hand feeding. It is a great way of saying “I care if you live or die,” and a great way of conveying, “And I am a great leader who will take care of you.” What is not to love about that? I have never seen a dog not succumb to the subtle messages of hand feeding with an increase in owner respect and attention.

Our new boy, Opie, took to hand feeding like a pig to mud; and what’s more he demonstrated he is ridiculously smart

lay out an agenda for them; Opie just offered them as I sat patiently with a bowl of kibble in front of his face. Once he realized doing “tricks” led to treats, he couldn’t stop himself. Sometimes he does them all so fast in succession that he appears to be doing a choreographed dance. He is entertaining to watch and clearly the smartest dog in this house... you can bet I am properly in awe and equally terrified by his skill and desire.

I wasn’t sure we were ready for a new dog; with 4 already and two kids under 3, it certainly did seem like the right time, but something made me adopt Opie anyway. I have a theory: sometimes dogs come into your life to teach you something or remind of something; if you are open to their message you can become a better version of yourself. I think Opie was meant to find me, to remind me why I love dogs and who I really am; I’m the woman who will sit happily mesmerized by a puppy’s courage to try new things, even when he has no idea where it will lead.

Wendy Schmitz and her husband Jay are raising two children and four dogs, all boys.



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SPAY - NEUTER OPENS IN STAFFORD

BY LISA OLLSON



St. Seton’s Orphaned Animals opened **The Thomas Beath Clinic** in Stafford at 628 Cambridge off US Route 1 North. The new spay-neuter clinic will operate daily, 6 a.m. to 6:30 p.m. and two Saturdays per month, closed Sundays. For info/ reservations, call 540-371-SPAY (7729).

Thanks to a gift of \$94,500 from **PET SMART Charities**, the clinic can perform 8,500 low-cost spay and neuter surgeries its first year. Grants provided by the Jessica Beath Foundation, Petco Foundation and the DJ&T Foundation cover dog surgeries for canine owners who cannot afford them. Everyone can opt for low cost vaccinations and medications. In February, other low-cost surgeries will begin. For the elderly with animals, St. Seton’s offers pet food delivery if you are 60 or older, homebound or unemployed, or receive food stamps or SSI. The clinic offers discounts to TNR return groups.

“We are looking for volunteers, so please email me at lkbales@cox.net” says Director **Lisa Bales**. “Monetary donations, old towels and blankets, as well as empty medication bottles, newspaper, bleach, cleaning supplies, printer paper and dog/cat food are all greatly

appreciated!”

St. Seton’s Orphaned Animals also has cats and dogs for adoption. Again, if you are 60 or older, you can adopt a pet for “FREE”. St. Seton’s is also interested in matching loving pets with caring foster homes. St. Seton’s (saintseton.com) was established in 2002. Its mission is the prevention of cruelty to animals through the preservation of the bond between humans and their pets.

They believe there is a person behind the leash, and if that person is struggling in this economy, the entire family unit will fail. The programs are designed to help people and their pets. The Thomas Beath Clinic (thomasbeathclinic.com) will emphasize the plea to “Please Spay or Neuter your pet.” Its “Adopt, don’t shop” mantra appeals to people to adopt rescue pets rather than buy newly-bred ones from stores or farms. The clinic’s fees for Spay/Neuter are affordably less than those of veterinarian offices and animal surgical centers, and with a top-flight surgical team: **Dr. Ann Schneider**, who established the first veterinary blood bank in Virginia, has extensive experience in Internal Medicine; **Dr. Kerry Kablack**, certified in I.M. from Cornell University, has helped animal welfare groups for over a decade.

Spay for female dogs under 20 lbs. is \$45; 20-40 lbs. is \$60; 40-100 lbs. is \$95; over 100 lbs. is quoted by phone. Neutering of male canines under 20 lbs. is \$40; 20-40 lbs. is \$55; 40-100 lbs. is 90; over 100 lbs. is discussed when you call 540-371-7729 (SPAY)... for your Kitty or Spot!

Lisa Ollson volunteers at the Thomas Beath Clinic.



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Racing for the Good Fight

CASEY PHERSON INSPIRES,
MILE AFTER MILE

BY AMY PEARCE



Casey Pherson did not rush into this idea of hers. Running another race with a reason came to her after nearly a year of consideration.

“My first charity run was in November 2011 on behalf of the American Heart Association in remembrance of my late boyfriend who passed away suddenly at the age of 33 from complications from a massive heart attack. I knew I wanted to do another charity run, but I was not entirely sure of what organization.”

After selecting a charity, Casey submitted a proposal and began formulating events. “I mentioned it to a buddy of mine, **Brianna Easter Kirby**, who was helping me review my resume. A few days later she sent me one of the best text messages I’ve ever received. She told me she thought what I was doing was amazing and that I had inspired her to do the same.”

Bri chose VCU Massey Cancer Center for her event because her mother had been battling cancer most of Bri’s life and had recently lost that battle. After reading Bri’s first blog about it, and not hearing back from her intended charity, Casey “knew exactly what I needed to do.” She called VCU Massey.

The event will take place over a period of 14 months. In a year’s span, Casey and Bri will run 12 half-marathons (Bri’s mostly in Virginia and Casey’s both in and out of state), eventually capping the event with a full marathon in Richmond (their home town and home of Massey).

“We will both be heading to Fredericksburg in May for the Historic Half. I am BEYOND excited for this race! I’ve wanted to do it for years now and am

finally heading back to good ol’ Fred to take it on.”

Casey considers herself very fortunate “that I have not had to experience the devastating affects of cancer first hand. I have had several family members and dear friends who have had bouts with cancer.”

The Richmond native points out that VCU is the major hospital in her hometown. “My mother actually worked for what is now VCU Health Systems for nearly two decades and earned her Master’s of Nursing from VCU. The connection between the run and VCU is that all three of the aforementioned people were treated by VCU. All spoke very highly of their experiences, as do their families.”

Casey, a 2008 graduate of the University of Mary Washington, currently works at Old Dominion University in the Office of International Operations and owns her own small business in Richmond. She did her graduate work at ODU (2010 graduate). Casey, who loves to run (photo by **Giselle Tungol**), has a goal of \$10,000 for Massey, but what she really hopes is to raise cancer awareness. Throughout the year, she and Bri will post on facebook to encourage early detection, “something Bri and I are HUGE proponents of.”

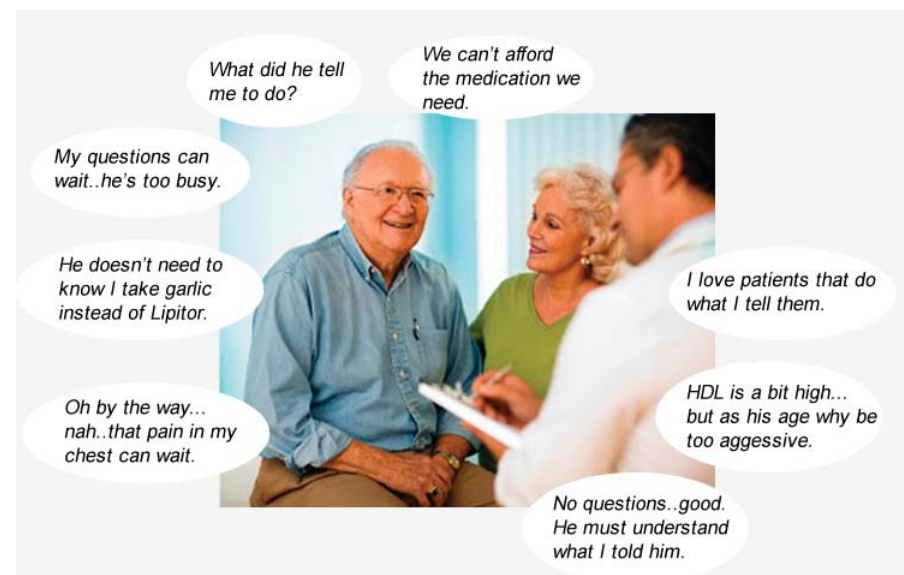
These two encouraging women run a road less traveled. Their true worth cannot be measured in the number of miles they run or the amount of dollars they raise. In the human race, their actions inspire cancer patients to fight the good fight.

Amy Pearce is senior editorial assistant at Front Porch.

SENIOR CARE

PATIENT/DOCTOR COMMUNICATIONS

BY KARL KARCH



One fact of aging is that people have increased health problems, which results in having more than one healthcare provider. On average, people over 65 visit healthcare providers 8 times per year. Those visited may include: primary care doctors, specialists, physical therapists, eye doctors, pharmacists, chiropractors, and acupuncturists, just to name a few. Normal aging also involves loss of hearing and vision, slower processing of information, and declining memory. So, it's no surprise that visiting a doctor can be very troubling and scary.

How much time does your primary care doctor spend with you? With the implementation of the Patient Protection and Affordable Care Act, millions more people will be insured without a corresponding increase in medical professionals. If you think you don't have much time now, it will only get worse in the next few years. So, what can you do to make the most of the few minutes you will have with your doctor?

Your primary doctor should be the quarterback of your team, so preparation is essential. What is the reason for the visit? Write down all your symptoms and any questions you may want answered. Be armed with your medical history details, especially if this is a new physician or specialist. If you're like me, you discuss every ache and pain since your last visit. This is not a good idea. Stay focused on one topic, the primary reason you are there. Remember, the doctor's time is limited and sideline issues only detract from the main purpose. Discuss other providers you are currently seeing. Ask questions, take notes, and summarize what you heard to make certain you understand. To avoid confusion, ask for instructions in writing. It may be beneficial to bring someone with

you to take notes and ask for clarification. Children should play an active role in helping manage their parents' healthcare communications. However, if a family member cannot be with the parent, then hopefully someone else can assist.

If you are using one pharmacist, he/she should play an important role in overseeing your medications to verify there are no conflicting medications. If you use more than one pharmacy, provide all medication details to them, including over-the-counter drugs. Adverse drug interactions and failure to take medicines are one of the greatest reasons for repeat doctor visits.

I'd be remiss if I didn't mention the importance of having all legal medical forms and information organized. Medical release forms are needed to allow the physician to provide information to family members or others you designate. Advance Medical Directive (AMD), Power Of Attorney (POA), and Do Not Resuscitate (DNR) documents are also important to have on record with your physician or hospital so your wishes are made known in the event you are incapacitated in an emergency.

Good patient/doctor communication and documentation reduce repeat visits and avoid medical errors. With effective communication, you will better understand your medical condition and help maintain your independence. And, you will also avoid problems when you get home and are quizzed by your spouse or children.

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

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TRICK OR TREAT PIE



Part 2: Antioxidants

In my August article I gave you information on the types of omega-3 fats you need to combat excess inflammation, which can be very damaging to blood vessels and other delicate tissues of the body. This month, I would like to give you specifics on how fruits and vegetables protect us from the ravages of inflammation, whether it be part of our body's natural free-radical production or free-radicals produced from toxic exposure.

A good deal of the time, damage from free radicals occurs due to a deficiency of the nutrients necessary to protect us. You may have heard of homocysteine and its relationship to heart disease. Homocysteine is part of the cascade of amino acid conversions that occur in the formation of proteins. The intension is that it be converted further down the chain to an amino acid that is critical in protein building. However, the B vitamins and other nutrients are necessary to make this conversion. Since so many people are deficient in the B vitamins, sometimes homocysteine accumulates in the body and is converted instead to a free radical. When this happens, it wrecks havoc on blood vessel walls, stealing the hydrogens it needs to complete its structure and leaving the blood vessels ravaged.

If your cells and extracellular fluid are chock full of Vitamin E, Vitamin C, glutathione, selenium and other needed antioxidants, you will have the necessary nutrients to protect the artery walls from damage by offering up their own hydrogens to the hungry homocysteine. If not, your blood vessel walls will become

This "fake pumpkin pie" recipe using carrots instead of pumpkins began for the higher nutritional value and tastes just like pumpkin pie.

I know nutritional pie sounds like an oxymoron, kind of like organic cigarettes, but if you're going to do something unhealthy you need some kind of rationalization.

- 1) Peel 3 cups of raw carrots to yield 2 cups of carrot puree.
- 2) Steam the carrots for 20 minutes and puree.
- 3) Use a blender to mix carrot puree and 1 cup of brown sugar, 2 tsp ground cinnamon, 1 tsp all spice, ½ tsp ground cloves, ½ tsp ground ginger and ½ tsp of vanilla extract and 4 eggs.
- 4) Pour into a 10-inch deep dish pie crust or into one 8 inch pie crust and use the remaining mix for a frozen daiquiri, that way the trick will make your treat more enjoyable! Bake 425° for 15 minutes and then 350° for another 45-60 minutes.

To help you rationalize eating this nutritional desert, it may be helpful for you to know that the carrots offer more iron, calcium, vitamin A and C than the pumpkin will. Of course, the daiquiri will help you to justify it as well.

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

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WELLNESS

ANTI-INFLAMMATORY DIET

BY CHRISTINE H. THOMPSON, D.C.

the donors, which leaves them depleted and subject to the problems associated with heart disease, stroke, diabetes and other degenerative diseases.

We do have options in helping our bodies to deal with oxidation caused by free radical damage and the resulting



and sweet potatoes. You also may not know that some nuts and herbs are good antioxidant sources.

If, in spite of your good intentions, you still find your diet deficient in these nutrient rich foods, fortunately you do have another option when it comes to getting the antioxidant support you need. You can take antioxidant supplements. Since there is so much available today in the supplement market, my advice is to find a health professional you trust to guide you through supplement-land.

Although we have easy access to endless information, it can be confusing and even overwhelming sometimes. I am hoping that some of this information helps you to elucidate your path to healthy eating and, ultimately, the ability to enjoy your life more fully.

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Gospel According to Jackson Harlem

BY A.E. BAYNE

"Everything is performance. Everywhere is a stage. Everything is religion." So embodies the philosophy of Jackson Harlem. His is a story of creative abundance, influenced by his minister father and growing up in what he describes as "a spiritually aware household." Harlem professes that the essence of entrepreneurship is encoded in his blood, generating a "kind of backpacking spirit, going from place to place to share things I am most passionate about."

Harlem began writing on spare scraps of paper around the age of nine. By eighteen he had figured out his calling, but was unclear about achieving his goals. He studied opera and journalism during college in Tupelo, Mississippi, performing and working for college and local newspapers; and while pursuing publication for several books, he noted that people commented on alterations he made to his clothing. His sister suggested that he start his own menswear line, but he was a business novice. He explains, "I walked into it backwards. I made a bunch of suits, brought in a bunch of models, and had a show. Afterward, people asked the

cost, but I hadn't thought that far in advance. So, in that way it was happenstance. I'm still learning the business side of things. Right now I have my own eyewear line called Jack Icons that are available online." www.JacksonHarlem.com

As a performance artist and writer, Harlem's sound is most distinct when he's on stage drawing from jazz and hip-hop. He says much of this comes naturally, and he is excited when he hears an artist use a musical run, syncopation, or staccato and realizes he has used that styling in his poetry. "Sometimes it just gets good, when you are performing, and you start to feel it. I'll start a rhythm spontaneously, and then I begin using it elsewhere. For instance, I like imitating cars, so that's how I taught myself to growl. I definitely use that in my work, especially after I found out jazz artists like Billy Holiday and Rachelle Ferrell imitate instruments when they sing."

With little self-editing, Harlem acknowledges a free-flowing quality to his writing, but he does take into consideration advice and critique from members of the Riverside Writers group,



to which he belongs. He elaborates, "They don't critique in a negative way, and I almost always agree with the things they suggest. There's no egoist element to their critique, and this is especially important for young writers to learn, because many feel like they have to prove themselves by using an upward / downward comparison when critiquing rather than getting eye to eye with the person and helping them reach their goal."

Harlem believes in the significance of an end in order to create space for new beginnings. He calls this death and says a writer shouldn't be afraid of it. "If you are a writer and your career is stalled, or you are winning awards but are not fulfilled, that signifies a kind of death. A good example is J.K. Rowling; as emotionally invested as she was in Harry Potter, she knew the point when it had to end. So, she 'killed off' Harry without killing his character, allowing her to pursue new ideas." Harlem stresses that he never creates for the sake of a gimmick or hobby. "In fact," he says, "I don't think I really have hobbies, maybe reading, but I end up turning most of my creative pursuits into some kind of career...And everything I do has to have some kind of symbolic meaning that resonates with my audience."

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



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scene&heard

by megan byrnes



UMW alums and friends of S&H Kristin Vinagro with mom (below) and Andrew Coulter were wed on the uber gorgeous first day of autumn. The pair radiated joie de vivre as they exchanged



vows and danced the night away with their friends and family. Betsy and Ben Park, Adele Chapin, Katy Nicholson, Mike and Danielle Payne, and Lauren Cunningham busted a move on the dance floor, with the sweet tunes courtesy of Fredericksburg's own DJ Mudfoot (Kenny Ellinger, for those of you not in the know).

Hap Connors married his long-term gal Maddy last month beneath a blue moon on a friend's waterfront property, surrounded by family and the closest of friends. The vows and views were gorgeous, the company and cooking cheered.

Seen: Tim Kaine at Hyperion Espresso, city councilman Brad Ellis at Wegman's, Don and Christie Doherty and Michael Colangelo out and about after a fundraiser, girlfriends Janelle Kennedy, Lori Izykowski, Susan Lovegrove enjoying dark and stormies on a decidedly un-dark and stormy Fall evening on the Bistro Bethem patio.



Congratulations to the dudes at Magic Bullet Skateboards on the shop's 10-year anniversary! Owner Mark Eyestone, John Levesque, Patrick Brastrom (above) should be totally proud of this awesome accomplishment. In other, sort of but not really related news, I used to live above the skate shop.

Seen: Raymond and Jennifer Renault dining at Miso; Tiffany Chang of Miso dining across the street at Pueblo's. One can only assume that the owner of

Pueblo's was indulging in a steak at La Petite Auberge, right?

Happiest of birthdays to Sandra Regelbrugge, Tom Hastings, Monique dela Cruz, Kelly Pawlik, Kenny Ellinger, Mari Kelly, Aby Bethem, Gabe Pons, Edwin Wyant, Cheryl Bosch, Allison Crierie, Mike Payne, and Dave Hitchens.

Scene: The First Annual Art Attack Fredericksburg was held on the mean streets of William and Caroline last month. Seth Casana drew out portraits, Gabe and Scarlett Pons (below) collaged and sculptured, respectively. Bill Harris, Ronald Jackson, Amy Woodruff, Kenneth Moore, Carter Corbin, Kadeana Langford, and Troy Fowler were just a few of the other artists who participated in this guerilla style art-making mob. And how cool is the name Art Attack, anyway? Pretty sure that's the only attack I'd be willing to endure (and I mean that. No snark here, no siree).



Heard: One of the coolest stores in Fredericksburg - Ten Thousand Villages - is moving from their spot in Central Park to a cooler spot (to match their coolness) in the new Spotsylvania Towne Centre. Manager Kathy Rivers is super excited about the new opportunities the new space will provide the shop. And just in time for the holidays!

Sometimes it feels like Fredericksburg's story stopped when the civil war did; of course our back-then history is so important but HFFI had the awesome idea to celebrate the burg's more recent history. And with that, the first annual HFFI sponsored Historic Route 1 Tour and Fashion Show was born! The event was held last month with lots of vintage cars, tours of Princess Anne St and a vintage fashion show. FFI board member Emily Taggart Schricker wrangled models, stylists, make-up artists and shop owners to Market Square for the fashion show. Mike Skinner from Horseshoes and Hand Grenades, yours truly, Holly from R&R Antiques, Silks Vintage and Diane Buckley all turned out the chicest of looks on the

most beautiful of models- Kasey Nabal, Corinne Marghella, Kate Miceli and Charlotte Johnson (below) to name a few.



Art Attack wasn't the only outdoor art happening in town last month. Via Colori also hosted artists on the streets of the burg, elevating the time-honored children's tradition of sidewalk chalking pavement to high art, frame-ready (if only pavement was frameable). While the sidewalk chalking was mostly for the adults, the magic of magician Michael Taggart (below) was decidedly kid-approved.



Heard: a bebe Starling bird was rescued for the briefest of box-resting on the Grogan compound one September Sunday morning. According to a family friend, Rikki Ansell, the Starling birdies can be trained to "talk human". A speckled Starling's voice on your outdoor message would be pretty cool but alas, raising Starling birds is illegal!

Brush Strokes GALLERY
"Out of the Box"
Nancy Williams
Oct 1 - 28
Reception: Oct 5th 6-9pm
824 Caroline St 540.368.0560
Brush.Strokes.Gallery

THE POETRY MAN

- BY FRANK FRATOE

A New Season Begins

(From Ecclesiastes, chapter 3)

For everyone a new season arises now:

- A time for dying is over, a time for living begins;
- A time for carnage halts, a time to heal starts;
- A time for weeping abates, a time to laugh follows;
- A time for confusion ends, a time to discover comes;
- A time for mourning ceases, a time to dance resumes;
- A time for destruction stops, a time to build dawns;
- A time for shunning ceases, a time to include returns;
- A time for war loses, a time to befriend wins.

Frank Fratoe is a man for all seasons.

“Out of the Box”

NANCY WILLIAMS IN ABSTRACTION

BY MERIAN STEVENS



“Logic & Emotion”

Nancy Williams, as Featured Artist at Brush Strokes Gallery in October, is walking a different path and taking this opportunity to present some her artwork in partial and total abstraction in her show entitled “Out of the Box.”

The pieces Nancy is showing in “Out of the Box” are a mixture of oils, acrylics, and mixed media, some with heavy texture. Memories, feelings, states of mind, and physical processes involving motion and energy are evident as in works as: “Logic & Emotion”, “Dream Time”, “Kinetics,” and “Energy Dance.” Gazing across the show orbs swirl, forms emerge, planes intersect, colors vibrate, and shapes emerge.

Nancy grew up in a family with artists, drew from an early age and kept sketchbooks for decades. She turned to painting over 25 years ago and it became her passion. Nancy is comfortable painting in different media: oils, acrylics,

watercolor, and mixed media.

She believes that learning and experimenting with different media only serves to enhance an artist’s scope of expression, and, she says, “For me, art is a form of communication as important as speech.”

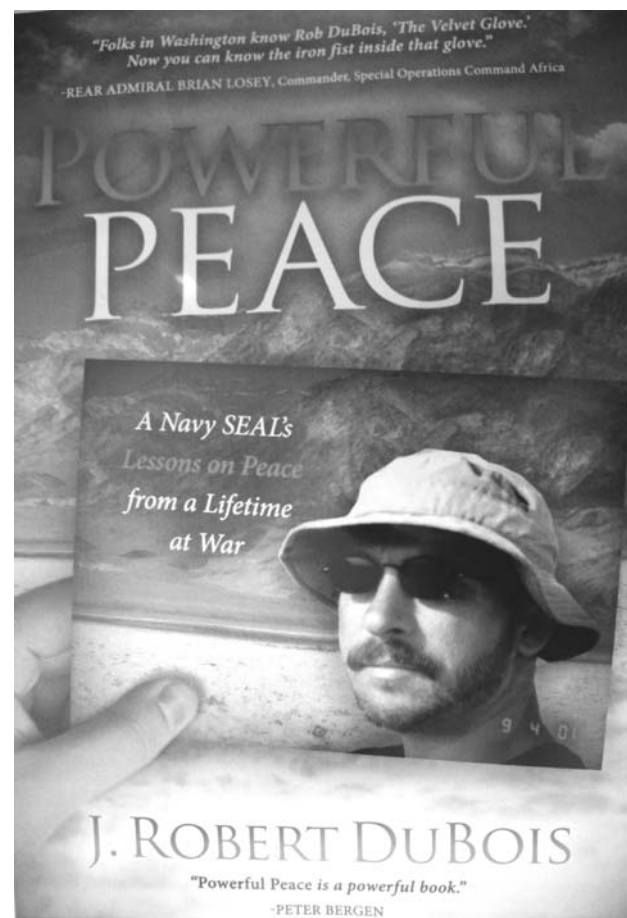
Nancy is a member of Brush Strokes Gallery. She also teaches drawing and painting at her home studio in south Stafford. Her website is nancymariewilliamsartist.com.

“Out of the Box” will hang at Brush Strokes Gallery through October 28, 2012. Brush Stokes is located at 824 Caroline. A First Friday reception is October 5 from 6-9P.

Come see her abstractions. View them out of the box. Experience art as communication. As important as speech.

Merian Stevens is Brush Strokes Gallery’s publicity chair, and an artist.

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Author: J Robert Du Bois Edited by Rob Grogan

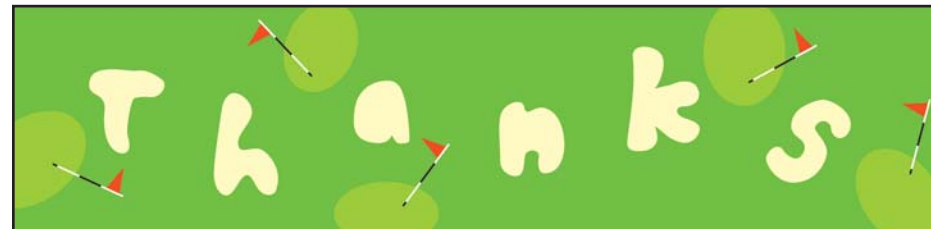
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Art In Action

LYNETTE REED'S SILK SCARF PAINTINGS



Throughout October, members of the Fredericksburg Spinners and Weavers Guild will do a series of fiber art demonstrations at the FXBG Area Museum at 215 William. Rita Brown performs tapestry weaving on Oct. 6. On the 20th, Susan Tyler performs basket weaving. And on Oct. 27, Barbara Posey will demonstrate needlefelting and Lynette Reed silk scarf painting. The museum's current exhibition, Community Artists Series: Fiber Art, includes these three visiting artists and others of their genre.

Lynette is an example of an artist who fell close to the family tree - hers branches out to many artists, particularly her influential grandmother, who Lynette says, "was prolific in both oils and watercolors, and dabbled in clay."

Lynette received her Bachelor in Fine Arts in 1980 as a printmaker and painter. But it was Fiber Art that she discovered during her last year of classes. "Over the years I moved many times with my military husband and children and my ever-expanding stash of fiber equipment and materials. For nearly 20 years my interest was primarily in weaving, spinning, dyeing and felt making with an occasional painting thrown in here and there."

In her live demonstration this month, we see her interest in painting. "It wasn't until moving to Fredericksburg in the fall of 2004 that I began painting again in earnest. I jumped back into oils with both feet but recently I have rediscovered a love for watercolor."

While she is still actively weaving, she recently turned to painting on silk scarves. "I have also added polymer jewelry to my list of interests and am pretty sure there are new discoveries awaiting me just around the corner."

Fredericksburg's art community suits her. She calls it "Artists supporting Artists - a little piece of art heaven!" You



hear that often from artists whose military spouses move them around the country until finally settling in the Fredericksburg area and finding their bliss. Their artwork shows it. It speaks to their beloved community.

"For me, creating a piece of artwork is a pure form of communication from the artist to the viewer. It really doesn't matter what the viewer's interpretation is, or whether as the artist I agree, as long as it speaks!"

Watch Lynette Reed, Barbara Posey, Susan Tyler, and Rita Brown speak through their artwork on this month's special art dates at the museum. - RG

COMMUNITY LINK

Courtesy of WFVA and Front Porch

BIG SHOES, FULL CIRCLE

BY PETER KNOX



Ann Kloeckner, who took over as the director of Rappahannock Legal Services after Bill Botts retired in December 2010 and left big shoes to fill, has come full circle. After earning her law degree from Villanova University and passing the bar exam in Pennsylvania, she practiced law during her first decade as a legal-aid lawyer, in the Keystone State, then in New Jersey and Texas before eventually she arrived in Virginia.

Her legal-aid cases ranged from divorce, domestic violence and child custody, to interstate kidnapping and landlord-tenant disagreements. In Texas, she also coordinated continuing-education courses for lawyers within the State Bar of Texas, and Ann worked with the Department of Criminal Justice, training police how to work with victims.

Her circle became full when she accepted the opportunity for the position in Fredericksburg, and the idea in mind of returning to her specialty of "working with victims of domestic violence." A big part of that aspect of her career took place in Austin, TX, where Ann worked for three years with the Women's Advocacy Project, as a legal advocate for battered women in family-law matters.

Loving one's work is always a benefit; creating bonds with the clients and the people you work with is even better, and the opportunity to work in a close-knit community, like Fredericksburg, is irresistible.

Ann grew up near a small town in north-central Vermont, where the community was neighborly like here. Her earlier background is what drew Ann toward legal work on behalf of those in need who cannot just pick up a phone and call their lawyer at \$200 an hour. "It's nice to be needed" by those in need, she says.

Though Bill Botts has left, he also

endowed the legal aid agency with \$100,000. Ann cites his work and generosity as reasons to keep his legacy alive and use the community's support of him as a catalyst to strengthen Rappahannock Legal Services (Rapplegal.com). Big shoes, full circle. Well done!

Hear Ted Schubel and Ann Kloeckner discuss Rappahannock Legal Aid on "Community Link" 8 a.m. on Sun., Oct. 14 on AM1230 WFVA radio and WFVARadio.com. Peter Knox will be listening.

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AutoKnown Better

NAME THAT TOPIC

BY RIM VINING

It cannot possibly be October and Tom Esker and I cannot possibly be almost as old as our esteemed editor. Granted we will never actually be as old as Papa G. We will, however, share decades.

I keep a running list of topics for articles each month on my handy computer. That way, when I do sit down to write, I need only read the prompts and sally forth. Never actually dated anyone with that name but that is immaterial. (Wikadictionary or Wikawhatever defines sally as being from the French; the past participle of the verb 'to leap forth', itself from Latin. Hence, another of my now famous leaps to...

Candy Corn Automobile Air Fresheners. You might think that the market for candy corn air fresheners is rather slim. (Kandy Korn, pictured here in my high school yearbook, also being someone I did not date.) However, it may in fact be the perfect business opportunity as candy corn never actually goes bad. They only made one batch of the stuff right after WWII. It is stored in cold war missile silos and they have been selling from the same stock ever since. So don't underestimate the guy on his way to a Bain Capital share holder's meeting who smells of candy corn. He probably borrowed money from his folks to start a small business. He used their 401K to buy up all the old stock for pennies on the dollar, (never dated Penny D. either) got the foreign market to re-package the product for a younger audience and presto-change-o, we have candy corn amulets hanging from our rear view mirrors. Nothing says fall like that sweet smell. When all the good candy was gone there was always candy corn.

The first product to sally forth was actually going to be the Claxon Fruit Cake Air Freshener but in field trials it tended to crack the windshield during hard braking when hung from the mirror. There is still talk of including them in a safety kit as wheel chocks along with a few flares and some Fix-A-Flat.

Also in this month's "what the huh?" idea collection was the story of the woman who's vehicle went out of control due to a stuck throttle. The episode lasted almost forty minutes on the interstate with speeds reaching over 100MPH. She was talking to 911 and officers were clearing traffic as she sped along yet no one, not the 911 dispatcher nor trained patrol car operators offered the suggestion to put the car in neutral... perhaps turn off the key?

Now I don't know about you but when I find myself in an out of control situation my first thought is usually, "How can I stop this?" I am not normally interested in seeing how bad the ride will get; I just want it to stop. Sort of like when you might have been 'over-served' and the room is spinning. You don't want to continue this ride, you just want it to stop. Please.

Kind of like this election cycle. Please make it stop. It has become the Bain of our existence. We are watching as money is spent in biblical proportions to once again tell the story of Bain and Able. The story is simple enough to grasp. Able is the shepherd who tends the flock and keeps it safe and each sheep gives wool to the best of their ability to keep society warm. Bain is jealous of the appreciation. He is allergic to wool. He only eats lamb... Wait, that's Cain and Abel and Cain didn't make it through the primaries. I autoknown@aol.com.

Rim Vining and Col. Tom Esker are touring on the senior circuit. Kandy Korn owns a confectionary. Pennie D is now worthless. Sally Forth is living in France. Cain and Abel and Bain - well, you autoknow.



Sandy Cassel

TO COMMUNICATE IS TO COLLABORATE

BY BLANTON MASSEY



"Two events stick out in my memory when I think of the pitfalls of a court divorce, when kids are involved. Early in my career, while working as a child therapist, I was subpoenaed to testify in court. The judge, citing a mother's "natural right to be with her son", awarded custody of the 5-year-old to his mother. This occurred despite it being conclusively demonstrated, during the hearing, that she had been highly abusive to this young boy, over a number of years. After the ruling, both lawyers turned to each other and said: "Do you believe the judge just did that? Wow! Oh, well...see you next week", and walked out.

The other was later in my career, in a case in which the parents continued to bring each other back to court, every 1½ to 2 years, to try to change the custody agreement. I was working with a boy (as his therapist) who was about 16 at the time. He had already been to court a number of times. The judge asked to speak with me and this teenager alone. He asked the boy if it was OK for me to testify. The boy said it was. The judge then asked the teen if he wanted me to talk with just the judge, with just his parents present, or with the lawyers present, as well. The boy answered: "I'm OK with the lawyers being there to hear what Sandy has to say, but I don't want either of my parents present; I don't trust either of them".

The above comments were from an interview with Sanford "Sandy" Cassel, Ph.D., a clinical psychologist by training, who works as both a Communications Coach, and a Child Specialist, in the Collaborative Divorce model, as practiced by the Fredericksburg Area Collaborative Professionals (FACP) fredericksburgcollaborative.com/. Sandy discussed learning about this "non-destructive exit strategy" about five years ago. He received his training soon after, and has been practicing within this model ever since.

As Sandy said: "I am pretty neutral about the choices adults make in their relationships, but I am very biased

about the choices made when kids are involved. To be honest, this is the first model of divorce I have come across, in over 30 years of practice, that doesn't risk disaster, when kids are involved." He added that, in the Collaborative Divorce model, parents actually learn a set of skills in the process of getting divorced, rather than just spending money, and feeling "run over". Specifically, parents are taught how to stop "losing their stuff" in the same old argument. Instead, each learns how to present his/her points calmly and clearly, and how to listen well. The goal, he said, is to "learn how to work together effectively for their kids, WHILE THE DIVORCE IS BEING WORKED OUT, not years later, or never."

Sandy gives high marks to the collaborative model: "In every case, at least one parent has come up to me and said some version of: I wasn't sure about this collaborative thing, but I have to tell you that we have never communicated this well in our lives." He also pointed out that the research on collaborative divorce has shown that 5-10% of couples reconcile, a figure far higher than in any other divorce model.

For more information, go to SandyCassel.com, or the FACP website.

Blanton Massey practices law in Fredericksburg.

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COLLABORATIVE PRACTICE

Elstabo's Erotic Works

BOOK SIGNING @ PONSHOP

BY JANET HAHN

Opening Reception and Book Signing (one night only): Friday, October 5, 6-10P, but after the 5th, still read on...

PONSHOP (712 Caroline) is hosting an exclusive one-night only art show and book signing of Brooklyn-born artist Elstabo's latest book, *Elstabo's Erotic Works*.

Elstabo is a versatile painter and graphic designer who attained his bachelor's degree in fine art from the Fashion Institute of Technology. His career strikes a balance between Fine Art, Illustration and Commercial Arts - exploring themes ranging from fantasy to erotica.

Erotic Works is the second self-published book by the artist. The images selected for the book were selected from exhibitions he has participated in over the past six years across the United States as well as Canada and Europe. Elstabo's



currently affiliated with Art Whino Gallery (National Harbor, Maryland) and has been exhibiting work at PONSHOP since March of this year. His published works can be found in "Aphrodisia: Art of the Female Form book" (Aristata Publishing), and "The World's Greatest Erotic Art of Today" by Erotic Signature. His first self-published book, "Elstabo's Spanish Fly Series," can be found at Blurb.com.

PONSHOP is a multifaceted storefront: an artist studio, gallery, retail store, and classroom. The vision of its owners, Scarlett and Gabriel Pons, is to provide a place that embodies what they love: art, design, and creative education. The gallery/shop features a variety of work from artists both near and far, and Elstabo is a perfect fit. Their studio also doubles as a classroom, providing workshops for students interested in everything from painting, ceramics, and architecture to street art and skateboarding.



entrepreneurial spirit coupled with his graphic design background enabled him to design and create his own compilation of erotic artwork - specifically targeted for the fans of the genre.

Now a resident of Stafford, VA, Elstabo continues to be a prolific and active artist, taking on commissioned work from private clients. His most recent exhibit was at ArteRotica Season IV in Brooklyn, NY this past August. He is

Janet Hahn works at The PONSHOP Studio and Gallery.

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My Own Path

RUN YOUR OWN RACE

BY C. RUTH CASSELL



I watch the trail of trail runners—traipsing through the forest, each on their own mission. Some run the 10K course; others the half marathon. Some run for speed; others run for bragging rights to their children. Some run for the finish line; others run to enjoy being surrounded by moisture trapped under dense tree cover, sharp rocks embedded in Virginia clay, and the somehow soothing sound of insect warfare.

Though traveling the same ground, each runs her own course. Life should be approached this way. We all run the same path, setting our own pace and choosing with whom we travel. Not allowing others to persuade us to run their race, and most especially not allowing anyone to steer us off course.

Often, I've allowed the choices and decisions of others to impact my

actions, and either gotten too far ahead or too far behind the pace I want for my own life. When my ex-husband chose a house for us to buy—a 3,100 square foot, five-bedroom house with an intricate yard and an undeniable charm—I knew we couldn't afford it or take care of it. I think I even said at much, at least once. But, allowing him to set the pace, I sprinted ahead into a home loan solely in my name and based on false income reporting.

Five years later, as I filed bankruptcy and awaited foreclosure, the terms sub-prime mortgage and greedy borrower had become the vocabulary of everyday. Had I followed my intuition and stuck to my personal motivation of financial caution, I may have avoided stepping into that first deep crevice which eventually led to so many more bumps and bruises.

In this case, and so many others,

I strived to be the person he or others wanted me to be. I didn't pick a trail and run it to completion. I wavered and faltered and struggled to remain constant, or motivated or positive.

Over the years, I've learned to set individual goals, representing my own abilities and motivations, and make each small decision based on whether it will help me reach that goal. I began running trail races a little over a year ago. The challenge drives me to compete, but the real benefit of running comes from the practice I get in setting my own pace and running my own race.

Choices in life, as on the trail, must be made wisely, without attempting to catch someone too far ahead or pull someone along who remains behind. I cherish the site of a forest crawling with determined faces and filled with the thunder of feet carrying runners to the goal calling them out onto the trail. I cherish, more, the time I'm on the course—without anyone audibly or visibly in front or behind me. In these times, I know why I am here. I am here for me. I am here because I decided to be here. I am here to run this course and to go home tired and proud and ready to do it again.

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

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