

CULPEPER STAR-EXPONENT

Thanksgiving recipes: Sweet potato pie, tasty sides and more. **LIVELY, D1**



Seahawks top Commanders in final seconds despite Howell's efforts. **SPORTS, B1**

Tuesday, November 14, 2023

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CULPEPER NATIONAL CEMETERY

Community gathers to honor veterans

RICHARD HORNER
Culpeper Star-Exponent

Veterans, local officials and others gathered Saturday for Culpeper National Cemetery's Veterans Day ceremony.

The annual observation was supported by organizations such as Culpeper's American Legion Post 330, the Veterans of Foreign Wars Post 2524 and the Culpeper Min-

utemen chapters of the Sons and Daughters of the American Revolution.

The ceremony included a presentation by Post 330 Commander Lori Medley, who shared information about an American Legion initiative to reduce veteran suicide and destigmatize asking for mental health support. She implored attendees to "Be the One" to help

a veteran in crisis.

"We really want to reach out and try to give them back a sense of community, that they have that comrade that they can talk to about their experiences, that they can tell those stories, what they've been through that would make most people cry but, for us, we could find a way to laugh about it," said Medley. "It's OK not to be OK."

According to Medley, it is estimated as many as 22 U.S. veterans die by suicide every day.

Medley said recent census data indicate the largest group of veterans in Culpeper County served during the Gulf War.

Also speaking during the event was Del. Nick Freitas, R-Culpeper,

Please see CEREMONY, Page A6

THE ART OF AGING



ALLISON BROPHY CHAMPION PHOTOS, CULPEPER STAR-EXPONENT

Allison Larsen, right, gets her grip strength tested by Jessica Epps, director of rehab at Culpeper Health & Rehab, during the Art of Aging Expo held at the Culpeper County Fieldhouse last month. Hundreds of people attended the event providing education and fellowship.

Expo fosters fellowship and independent living

ALLISON BROPHY CHAMPION
Culpeper Star-Exponent

Hundreds of people turned out for the Annual Art of Aging & Wellness Expo, an event providing education, fellowship and lots of freebies.

The new Culpeper County Fieldhouse hosted the free, day-long program offered by Aging Together.

"We're all aging — this is a positive spin on that," stated Ellen Phipps, over the airwaves of WJMA SAM FM, on-site

for the expo. "We're all about healthy aging and how to stay in your homes as long as possible. We can do that with a little bit of support, that's what this is all about today."

Expo attendees, James and Cathy Brown of Fauquier, live independently as a married couple of nearly 50 years.

"Right now we are, but it gets harder and harder," said the senior couple.

Please see EXPO, Page A6



Linda Cave, left, accepts a cut flower arrangement from Lynn King with the Culpeper Garden Club during the expo. Cave planned to deliver the flower to her mother, who lives in a nursing home.

Screening spotlights Packard's sound lab

Local staffers worked to preserve early Native American recordings

RICHARD HORNER
Culpeper Star-Exponent

The Library of Congress Packard Campus Theater held a special advance screening of an upcoming episode of the PBS series, "Native America," last Wednesday night, featuring the work of the local sound preservation lab.

Hosted by the National Audio-Visual Conservation Center, the program featured the episode, "Language is Life," highlighting the reclamation and preservation of Native American languages. The episode is the fourth in the second season of the PBS show that recently started airing.

In addition to the advanced screening, a Q&A session was held at the Nov. 8 free event involving people involved in the episode — in front of the camera and behind the scenes. This panel included Passamaquoddy Tribal Historic Preservation Officer Donald Soctomah, Series Producer Daniel Golding and the series' executive producer, Gary Glassman.

The PBS episode focused on efforts made by the Navajo, Passamaquoddy and the Cherokee tribes to preserve their language through modern media, such as television, movies and social media.

The episode also explored the reclamation of linguistic information thought to be lost but collected through the technology of the day.

The Packard Campus in Culpeper played a central role in the story as its staffers last year worked to convert sound recordings from wax cylinders, preserving indigenous voices recorded in 1890 by anthropologist Jesse Walter Fewkes, to digital. The phonograph cylinders held the first recordings made by Native Americans. Rediscovered in the 1970s, the fragile early sound media held information that filled in knowledge gaps about tribal languages.

For example, regarding the Passamaquoddy tribe of Maine, an older version of the song of the Snake Dance was rediscovered. The recording had different lyrics than what is used today by the tribe.

The Snake Dance is performed by the tribe at ceremonial occasions, including weddings. Other tribes, such as the Hopi in the Southwestern United States, have a version of this dance.

Soctomah described his experience of listening to the voices on the cylinders,

Please see SCREENING, Page A6

Downtown Culpeper to hold Holiday Open House and tree lighting ceremony on Sunday. **PAGE A4**

Weather
Partly sunny
High 60 • Low 28
FORECAST • A8

Inside

ADVICE	D4	COMICS	D3	NATION/WORLD	C1
CLASSIFIEDS	B6	EDITORIAL	A7	SPORTS	B1
COMMUNITY	A3	LIVELY	D1	TELEVISION	D4



Expo

From A1

Mrs. Brown strolled the expo with a hand-held cart, full of free goodies and information. He's retired from glass work, she worked as an aide for Culpeper County Public Schools.

Asked the secret to their long marriage, both were quick to respond.

"Staying away from each other," said Mr. Brown.

"Don't listen to everything he says," she retorted.

Home Instead registered nurse Olivia Barden, of Orange, represented one of the nation's fastest-growing fields — home health care.

"It's always growing," she said. "People are trying to stay in their home, age in place."

Jill Skelton with Empowering Culpeper manned a booth on free food services in the area, with Culpeper Food Closet Director Faith Dickerson.

The Piedmont Action Coalition on Hunger's mission statement is to establish an anti-hunger collective to foster an equitable and collaborative food system that provides nutritious, culturally responsive food, access and education around the five-county planning district.

The nature of hunger is changing, Skelton said.

"What used to be a very clear line for income eligibility is becoming a gray area," she said.

Many individuals are working and experience an unexpected expense, forcing them to choose between things like medicine and buying groceries, Skelton said.

"They may be working but they are having to make trade-offs," she said.

Various programs are available in the region to fill in the

holes in nutrition, places such as Culpeper Food Closet, Empowering Culpeper monthly food distributions and the Minority & Veteran Farmers of the Piedmont, providing free produce grown locally.

Having connections with local food producers makes all the difference for providing nutritious food, added Dickerson. It's a positive that came out of COVID, she said.

"The food pipeline is remains open."

The Culpeper Food Closet is currently in the midst of its Buy-A-Bird Thanksgiving Day dinner campaign. Over 500 families have signed up for the distribution, taking place Nov. 18. The church ministry has budgeted to serve 650 families — donations are needed.

In the aerobic studio at the fieldhouse, Isabelle Baker met with attendees about her class offered on-site with Culpeper County Parks & Recreation, Meditation for Seniors.

Helga Lopatin of Jeffersonton stopped by looking for information about tai chi. She said she found expo vendors and the crowd friendly and approachable.

Asked about the art of aging, Lopatin, a grandmother and retired homemaker, responded, "To age gracefully, to age with knowledge and also to appreciate aging you are going through as you age."

One's perspective on life changes as one gets older, she added.

"You only have so many steps left."

Maintaining self-esteem through the aging process is important, Lopatin said.

"Society tries to make you a third class citizen, but (senior citizens) can bring a lot of know-how of what we have lived



ALLISON BROPHY CHAMPION PHOTOS, CULPEPER STAR-EXPONENT

Helga Lopatin visits with Isabelle Baker, who offers Mindful Meditations classes through Culpeper Parks & Recreation, during the Oct. 26 Art of Aging Expo.

through."

She's learned to put the small stuff aside to concentrate on what is important — your family and yourself, she added.

Aging Together President Ray Parks, director of aging and transportation services for Encompass Community Supports, said he thought the day's expo was wonderful. It was a good move bringing the expo inside to the large gym in the fieldhouse, he said.

"I'm very pleased with the turnout and all the exhibitors."

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Cathy Miller speaks with Kaye Kready, left, of Spiritual Care Support Ministries, during the recent expo at the Culpeper County Fieldhouse.