

available on the condition of the passengers.  
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chickens to get food free of chemicals and pesticides, Lewis and her late sister, Edna—whose

grew up in a family that did it to survive.  
“We went to the store occasion-

farmers and other experts will hold the Edible Food Fest in Orange, SEE HEDELT, PAGE C4

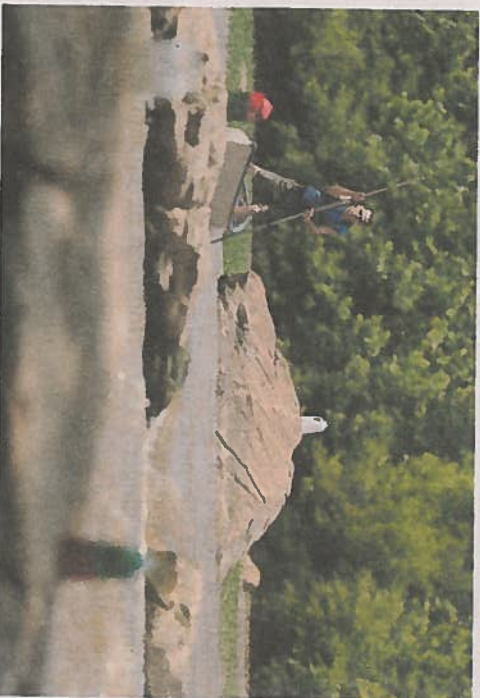
# Poling, the river

RAPPAHANNOCK IS SCENE OF NATIONAL CANOE POLING CHAMPIONSHIPS

BY MICHAEL ZITZ  
THE FREE LANCE-STAR

If some advance polling had been done, this year's National Canoe Poling Championships might not have been held on Memorial Day weekend.

American Canoe Association officials said the event typically draws 25 to 30 contestants from around the



PETER CHELKA / THE FREE LANCE-STAR

**Matt Swift of Blacksburg maneuvers his canoe through the slalom course on the Rappahannock River Saturday.**

country. It attracted 12 this year to Warner's Rapids on the Rappahannock River in Fredericksburg Friday and Saturday.

“Too much else going on,” Doug Ebeling of Spring, Tex.,

near Houston, said Saturday as he stood in the sunshine, and cheering them on. Ebeling wouldn't let a family cookout stop him

SEE POLING, PAGE C2

## IN BRIEF

### in memory

#### FRESH HEARTBREAK FROM WAR ZONE

In honor of Memorial Day, “Military Update” columnist Tom Philpott talks to Courtney Knox, the 24-year-old widow of Sgt. Jabraun Knox. He was killed May 18 in Afghanistan. The couple lived in Auburn, Ind.

“We could have contacted more than a dozen other families who also lost loved ones in Afghanistan just this month, part of the steady, little-noticed stream of casualties this war produces,” he writes. **C5**

## Despite struggles, students succeed

BY PAMELA GOULD  
THE FREE LANCE-STAR

Daniel Reichwein spent three of his 29 years homeless, living in shelters, sleeping in a tool shed, or fashioning a makeshift home from a tent he pitched in a patch of woods in Fredericksburg.

But earlier this month, Reichwein completed his associate degree at Germanna Community College, graduating with highest honors. He's no longer homeless, has a job and is eager to pursue his bachelor's degree in business.

The goal, he said, is to write about homelessness, and one day run a nonprofit

documentary on the woman whose cookbook redefined Southern cuisine.

that will “repudiate stereotypes” of people and offer the special help.

Reichwein told this week to a group of Spotsylvania County school seniors who firsthand his struggles found inspiration in success.

“It helped me to stand I'm not the only one who has these problems,” said Stacie Oliver, a Spotsylvania High School senior. “I don't know how many other people stayed strong that long.”

Stacie has been on two jobs for much of the year. **SEE HOMELESS**

MEMORIAL DAY MEANS THAT SUMMER IS HERE



# POLING: Competitors come from across the country to challenge the rapids

FROM PAGE C1

from coming halfway across the country to compete. He said the polers themselves are something of an extended family.

"We see each other every year, so we're a pretty close-knit group," he said.

Despite the smaller-than-usual turnout, there were competitors not only from Texas, but also from Maine, New York, Pennsylvania and Virginia, said Chris Stec, chief operating officer of ACA, which is based in downtown Fredericksburg.

Stec said the organization, founded in 1880 in Lake George, N.Y., moved to Fredericksburg six years ago.

ACA has 20,000 members in 300 paddling clubs across the country, Stec said. It has certified 5,500 instructors in sports including kayaking and white-water canoeing.

He said poling goes back thousands of years. "People were poling before they were paddling," Stec said.



PETER CHELKA / THE FREE LANCE-STAR

**Doug Ebeling of Texas runs into trouble while competing in the Poling National Championships on the Rappahannock.**

He said the ACA started doing canoe poling racing in 1865, using meticulously carved and sanded cedar and ash poles. Early man sometimes used saplings for poles.

Scott Stepenuck of Ballston Spa, N.Y., chairman of the National Canoe Poling Competition Committee, said he likes poling canoes

better than paddling them because he doesn't need to have a vehicle waiting for him downstream to make the trip back. "You pole your way upstream, then enjoy the ride back to your starting point," he said.

The event, hosted by the Virginia Outdoor Center, was dominated by Chip and Lani Cochrane, from Carrabassette Valley, Maine.

Chip Cochrane won three events: the men's open wild-water, men's open slalom and men's master slalom.

Lani Cochrane won the women's open wildwater, and the women's open slalom.

In the slalom, competitors navigate a series of buoys. The wildwater competitions involve more strategy.

Some polers gingerly traversed the river's edge on their way upstream in an attempt to avoid the strongest currents.

But in the women's wild-water competition, Lani Cochrane attacked the rapids head on, overpowering them. Then she zipped back downstream to the finish line.

"Open wildwater, start to finish, is as fast as you can go with no obstacles," she said. "It's kind of a fun race because you pick your own course."

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husband, Harry June Smith Jr.; three sons, Tommy Hayden (Linda) of Colonial Beach, Kenny Hayden (Jenny) of Louisville, Ky., and Michael Smith of the home; four daughters, Linda Ward (Pat) of Mount Holly, Terry Puffinburger (Danny) of Colonial Beach, Barbara "BJ" Madison (John) of Colonial Beach and Rachel Zumbstein of Jeffersonport; three brothers, Ernest Travers (Carolyn) of Germantown, Md., Eddie Travers (Donna) of Ocala, Fla., and Bernie Dodson of Springfield; a sister, Peggy Hofmann of Titusville, Fla.; and numerous grandchildren, great-grandchildren, nieces and nephews.

A funeral will be held at 3 p.m. Tuesday, May 29, at Colonial Beach United Methodist Church, with the Rev. Yunho Eo officiating. Burial will be private. A reception will follow in the church fellowship hall.

In lieu of flowers, donations may be made to the Susan G. Komen Foundation, 1433 Johnston Willis Drive, Richmond, Va. 23235.

Online guest book may be signed at nashandslawh.com.

## Tonya R. C

Tonya Rose Gil Spotsylvania Co Saturday, May 2 Spotsylvania Regional Center. Arran incomplete at Funeral Chapels tion Service, 10 house Road, Frec