



SUZANNE CARR ROSSI / THE FREE LANCE-STAR

Demand for Lindi Copeland's Honey Habanero Sauce has risen to the point that she uses commercial honey in addition to what her bees can produce.

## SAUCE: 'You've got a gold mine here,' store owner says

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it," Copeland said. "They provide the space, equipment and guidance, but I'm still the head chef getting that sauce made."

Currently, she drives to Richmond on Thursday mornings to buy 10 cases of habaneros that she cleans and cuts up for her sauce. She also orders commercial honey in 5-gallon buckets, because demand for both the peppers and the honey has outstripped what her bees and backyard garden can produce.

It takes her a couple of days from start to finish to produce, bottle and ship 12 cases a week, but once she starts using Ashburn Sauce Co. she'll do the prep work at home and cook at its fully automated facility.

"Then I will go back to have the sauce analyzed to make sure it meets all the FDA safety steps . . . and is shelf-stable," Copeland said. "When I realized how involved it was going to get, I thought twice about it, but this is a wonderful product and I want people to have it."

Pepper jams and jellies have long been popular, and she used recipes for jalapeño pepper jam as a starting

point for her sauce. Then she tweaked it by playing with different amounts of pepper, pectin and honey.

"I wanted something different than what's on the market," she said. "I think we nailed it. There are habanero sauces on the market, but they're 'blow-your-head-off' sauces.' Habaneros have a beautiful floral note; sometimes the sauces are so hot that you miss that characteristic about them. I wanted my sauce to be sweet, but I didn't want it overpoweringly sweet."

Copeland used Legal Zoom.com to create Po River Apiary LLC once she decided that making and selling the sauce was more than a hobby, and she is getting her sauce trademarked. She's also attended a program for budding food entrepreneurs and a two-day Better Process Control School for training in producing acidified foods. Both are sponsored by Virginia Tech and the Virginia Cooperative Extension.

Honey Habanero Sauce is now available at 15 specialty shops in Virginia and Maryland, including Braehead Farm, Made In Virginia Store and Olde Towne Butcher in Fredericksburg.

"The customer doing the

most business with us is Hot Stuff in Chincoteague," she said. "They can't believe it. The owner said, 'You've got a gold mine here. Keep it going.' Those are the kinds of comments that keep me going."

Copeland includes a couple of jars of her sauce with each wholesale order so that customers can try it. She said that it can be poured over mascarpone or cream cheese and served with crackers or toasted baguette slices for a quick appetizer or used as a glaze on salmon.

Justin Cunningham added it to vanilla ice cream and mango slices to make a honey habanero shake when he ran Fizzlebottom's Café in downtown Fredericksburg.

"We had one bride use it for her wedding favors. She said people were asking for extras," Copeland said.

As for herself, she prefers to pour some of the sauce over scoops of vanilla ice cream.

"You get the cold creamy from the ice cream, sweet from the honey and then you get the heat," Copeland said. "It's an interesting combination of flavors."

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## ZITZ: New IronMan One GPS+ includes a Find Me Mode

FROM PAGE C8

one year of free AT&T connectivity, but a spokesman for the wireless company said it's not ready to announce how much it will cost per month after that first year.

The watch doesn't provide voice communication capability. The first smartwatch to do that independent of a smartphone will bury the competition.

Aside from keeping users connected by email if they don't have their smartphone with them or don't have one at all, the IronMan One GPS+:

- Tells friends and family where you are anytime, anywhere

- Offers a Find Me Mode emergency safety solution that sends an alert with location

- For joggers and swimmers, it tracks speed, distance and pace in real time and shares metrics via social media

- Is waterproof up to 50 meters

- Stores up to 4 GB of music to be played via Bluetooth headset

- Has a high-resolution touch display that is always on and is readable in direct sunlight.

The IronMan One GPS+ is also butt ugly, but that may not be important to many of the fitness enthusiasts, hikers and loved ones of older folks with dementia who'd be most likely to consider plunking down \$400.

The timing for the launch of the IronMan One GPS+ may or may not be good. Apple's iWatch is unoffi-

cially expected to go on sale in October. If it turns out to be another superfluous yet expensive smartphone accessory that's not all that functional, that might actually help Timex.

It's likely that you'll need to be packing an iPhone in your pocket for the iWatch to receive and make calls and get and send texts and emails. It's safe to assume that it will easily be the most eye-catching smartwatch, but it may not be much more than a cool-looking, but costly, conversation piece.

If that's the case, the Timex smartwatch might just take a licking and keep on ticking.

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## business briefs

### MERCHANT'S TIRE OPENS IN SPOTSY

The Merchant's Tire and Auto Service Center at 28 Watson Way in Spotsylvania County is now

open and will hold a grand opening event throughout the weekend.

Merchant's is a chain of automotive and tire service centers. This is the fourth location in the Fredericksburg region.

Grand opening festivities are open to the public and will

include free food and refreshments, raffles, door prizes, half-price oil changes and alignments, and a visit for photo opportunities by Bib, the Michelin man.

Activities will happen all weekend long, from Friday to Sunday, during store hours.

Half-price oil changes and alignments will be available throughout the weekend.

—Lindley Estes

### PIZZA PLACE TO OPEN IN COSNER'S CORNER

La Delizza Pizza is expected to open next week in the former Moe's Southwest Grill location in Cosner's Corner.

It will serve pizza, pasta and subs, and be open from 10 a.m. to 10 p.m. daily.

Mauricio Cortez, who has 20 years' experience working in independent restaurants, owns the business with his wife, Miriam Cortez.

—Cathy Jett

## DEAR ABBY

**Dear Abby:** I'm a 15-year-old girl who has two younger brothers. My parents are good people, but they can be extremely harsh and cruel. They curse us out and scream at us for petty things almost every day. I told my best friend about it and she said that it is emotional abuse. I disagree.

I have always been told that every parent yells at their kids. Maybe not every day, but regardless, everyone gets mad sometimes. I honestly didn't even think there was such a thing as emotional abuse.

I don't know what to do. I have been suffering this almost my entire life. I didn't think that it was abuse. AM I being emotionally abused? I would appreciate your help.—**Tired of the Tirades**

**Dear Tired:** The answer to your question is yes, your friend is correct. Because your parents



DEAR ABBY >>

have been doing this on a regular basis, it qualifies as verbal/emotional abuse. Be glad you now recognize it, because their lack of control isn't normal.

Their anger and frustration may have nothing to do with you and your siblings. The problem with this kind of abuse—as opposed to physical abuse—is that although it is damaging, it is often not taken seriously.

If there are family members or close friends who can intervene, help your parents to see how

damaging their lack of control is and convince them to get help, you should confide in them. It might be a good idea for you and your brothers to spend as much time with friends in healthier families as you can. This will get you out of the line of fire and enable you all to see what normal family interactions are like.

**Dear Abby** is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [DearAbby.com](http://DearAbby.com) or Box 69440, Los Angeles, Calif. 90069.

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## SUDOKU

# SUDOKU

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Sunday.

### Conceptis Sudoku

By Dave Green

8	4		6	1				5
	6							2
								6
5			3	6				
9								8
			4	5				2
6								
	7							9
1			5	2		3		7

Difficulty Level ★★★★★

8/09

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### Answer to previous puzzle

1	3	7	9	2	6	8	4	5
9	4	5	7	8	3	6	2	1
8	6	2	5	4	1	7	9	3
3	1	4	8	6	9	5	7	2
5	9	8	1	7	2	4	3	6
2	7	6	3	5	4	1	8	9
4	2	9	6	1	7	3	5	8
6	5	3	4	9	8	2	1	7
7	8	1	2	3	5	9	6	4

Difficulty Level ★★★★★

8/08

## BRIDGE

BY BOBBY WOLFF

"Love, and a cough, cannot be hid."

—George Herbert

Guessing how to deal with powerhouses like South's in competition is really a lottery. Since you can never expect partner to cooperate, my advice is just guess whether to go high or low and hope to be lucky.

That was what today's South did, and when North put down his dummy in six hearts, he apologized to his partner for offering him so little. South thanked him gravely and said that like the curate's egg, parts of it were excellent.

After the lead of the diamond four to the nine and ace, declarer cashed the heart ace, then carefully led the heart eight to dummy's 10. Now declarer played a club toward his hand. East knew declarer had at least two clubs, so he ducked, as good as anything, and the club king scored. South exited with a club, and East overtook his partner's nine to lead a spade through. Declarer scored his spade ace, crossed to dummy by leading his trump two to the three, then ruffed a club to isolate the menace and ran his trumps, pitching a spade and diamond from dummy.

To keep the master club, East discarded a diamond, and South took the last three tricks in diamonds to make his slam.

Notice that declarer has to preserve the extra trump entry to dummy in order to ruff out the clubs and isolate the menace with East. If he does not do so, West keeps the club and spade masters, and the squeeze fails.

**ANSWER:** Had the opponents not intervened, you would

NORTH

♠ 8 7  
♥ 10 4 3  
♦ Q 8 3 2  
♣ 8 6 3 2

08-9-A

WEST

♠ K J 10 9 6 5 3  
♥ 9 7  
♦ 4  
♣ Q 9 7

EAST

♠ Q 4 2  
♥ 6 5  
♦ J 10 9 5  
♣ A J 10 5

SOUTH

♠ A  
♥ A K Q J 8 2  
♦ A K 7 6  
♣ K 4

Vulnerable: Both  
Dealer: West

The bidding:  
South West North East  
3♠ Pass Pass Pass  
6♥ All pass

Opening Lead: Diamond four

### BID WITH THE ACES

08-9-B

South holds:

♠ Q 4 2  
♥ 6 5  
♦ J 10 9 5  
♣ A J 10 5

South West North East  
Pass 1♣ Dbl.

?

probably have responded one diamond, but here there is a decent case for raising to two clubs. You want a club lead if your LHO declares a major. You take away a round of bidding from him, and you may help partner compete for the partscore.

Email at [bobbywolff@mindspring.com](mailto:bobbywolff@mindspring.com)

## TODAY'S BIRTHDAYS

Basketball Hall of Famer Bob Cousy is 86.

Actress Cynthia Harris is 80.

Comedian-director David Steinberg is 72.

Actor Sam Elliott is 70.

Singer Barbara Mason is 67.

Former MLB All-Star pitcher Bill Campbell is 66.

College Football Hall of Famer and former NFL player John Cappelletti is 62.

Actress Melanie Griffith is 57.

Actress Amanda Bearse is 56.

Rapper Kurtis Blow is 55.

TV host Hoda Kotb is 50.

Actor Pat Petersen is 48.

Pro and College Football Hall of Famer Deion Sanders is 47.

Actress Gillian Anderson is 46.

Actor Eric Bana is 46.

Producer-director McG (aka Joseph McGinty Nichol) is 46.

NHL player-turned-assistant coach Rod Brind'Amour is 44.

TV anchor Chris Cuomo is 44.

Actor Thomas Lennon is 44.

Rock musician Arion Salazar is 44.

Rapper Mack 10 is 43.

Actress Nikki Schieler Ziering is 43.

Latin rock singer Juanes is 42.

Actress Liz Vassey is 42.

Actor Kevin McKidd is 41.


Actress Rhona Mitra is 39.

Actor Texas Battle is 38.

Actress Jessica Capshaw is 38.

Actress Ashley Johnson is 31.

Actress Anna Kendrick is 29.



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