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Board of Supervisors Seat in Mineral Up for Grabs on Election Day



In addition to the Virginia gubernatorial race, there is a hotly contested seat for the Mineral seat on the Board of Supervisors. Turn to page 10 for a listing of candidates for both!

(continued on page 10)

3rd Annual Best of Lake Anna Awards Celebration Set for October 24th

Delegate John Cox
presents an award
at last year's celebration.



Local business owners & individuals will gather Thursday, October 24th at the Lake Anna Winery to celebrate the past year at Lake Anna and honor all of the nominees who were submitted as the "Best of Lake Anna" for the 3rd year, hosted by the Lake Anna Guide. There are five categories voted on by the general public, along with an additional five honorees who will be given Editor's Awards. The event has sold out in both previous years and this year, it is on par to do so again.

(continued on page 3)

Local Family's Product Featured on National Reality Television Competition



The Van Cleve Seafood Co.'s seafood product, Crab Pie, which has been sold at the family restaurant in Spotsylvania for a decade, and family member Monica Van Cleve will be featured on Supermarket Superstar airing Sept. 19 at 10:30 p.m.

Lifetime TV's Supermarket Superstar features host Stacey Keibler and mentors
(continued on page 3)



The 1st Annual Lake Anna Wine Festival Draws Record Crowd

Event draws crowds from around the state & beyond to become Lake Anna's Event of the Year.

The inaugural Lake Anna Wine Festival was a huge success and early crowd estimates of more than 3,500 attendees made the event a scale the area has never seen before. Feedback was overwhelmingly positive, with the only real complaint that the lines for some vendors were longer than expected. While early estimates were on par with the turnout, many vendors were not prepared for such a large crowd for a first time festival. Plans are underway for the 2nd annual festival, which should be announced shortly on LakeAnnaWineFestival.com. Those in the area who would like to attend another wine festival, the county of Louisa is holding their 3rd annual wine festival on October 12th at Walton Park in Mineral.

For more photos, turn to page 5!

on the *Inside*

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with a letter to the editor.

Issue No. 18

LETTERS *to the Editor*

Dear Lake Anna Breeze,

I am writing to ask if your team could add a little more news to your publication. My family loves the lake and all of us (including our kids) read your paper from cover to cover every month.

We love the way you tell us about events coming up like no one else and love to see the photos from these events to follow up. We enjoy the fact that your publication has a positive, vacation vibe.

As homeowners, we also are interested in local news a bit, especially when it comes to the Lake Anna area. If you could mix in some of the issues being discussed around Lake Anna, we would appreciate it.

We will keep reading and thanks for listening. With the Lake Anna Breeze being delivered to my Maryland home, we feel like we can feel the 'Breeze' all the way up here.

-The Donovans

Thank you for your letter! We usually try to focus on the fun, exciting news at Lake Anna and since we come out on a montly basis, it's sometimes hard to include news that is timely, now that most of us get our breaking news delivered instantly to our phones. We will do our best to keep you informed of important issues, including the Mineral Board of Supervisors race coming up on election day. Thanks for reading!

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Best of Lake Anna celebrated on Thursday, October 24th

(continued from front page)



Tim's at Lake Anna owner Tim Bauckman accepts an award at last year's event.

Hundreds of nominations poured in for favorites in five categories. Those nominations were narrowed down to the finalists and locals votes for their choices over the past month.

By the end of voting on October 4th, more than 7,000 votes had been cast to choose the winners for Lake Anna's Business of the Year (nominees include: Cutalong, Dockside Realty, Lake Anna Long & Foster, Tim's at Lake Anna and Tractor Hill Equipment); Business Person of the Year (nominees include: JC Bane of Mill Run, Tim Bauckman of Tim's at Lake Anna, Jeff Heidig of Lake Anna Winery, Ashley Walton Hoffman of Lake Anna Island Realty, and Liz Wilson from Lake Anna's Long & Foster); Best Customer Service (the nominees are: Food Lion, Louisa Tent Rentals, Louisa True Value Hardware, Virginia Community Bank, Southern States); the Best Promotion of Lake Anna (nominees include: Kyle Austin of Wake Savers, The Central Virginian, Stacy Collis of Cyberbility, Dukes Creek Marina, Lake Anna Business Partnership, Lake Anna Chamber of Commerce, The Sunset Team of Long & Foster, Wake Edgers) and the Most Charitable Organization (nominees include: Dominion, Lake Anna Civic Association and the Masonic Lodge. Winners will be posted on LakeAn-

Locally Based Company debuts on Lifetime's "Supermarket Superstar"

(continued from front page)

Debbi Fields of the Mrs. Fields Cookie empire, celebrity chef Michael Chiarello and branding guru Chris Cornyn of DINE Marketing.

The tantalizing Crab Pie episode was filmed in Los Angeles and Spotsylvania. The reality competition show is best described as Shark Tank meets Top Chef as the winner of the series will have his or her food product professionally produced, packaged and placed on the shelves of supermarkets nationwide.

"If you like crab cakes, you will love Crab Pie!" Van Cleve said. "It is just one of those dishes that is totally unique, a one-of-a-kind seafood product that our family saw the success from making and selling the 150-year-old recipe in our own restaurant and wholesale." According to family history, the Crab Pie recipe was a favorite of General Robert E. Lee's family at Stratford Hall Plantation in Westmoreland County."

Demand for Crab Pie far exceeded what the Van Cleves could produce. In fact, they have been approached by national retailers such as Whole Foods and Costco.com. "We decided to close the restaurant last summer and put our time and energy into Crab Pie."

Van Cleve saw the open casting call in Austin, Texas, as a once-in-a-lifetime chance to get Crab Pie on every supermarket store shelf and was confident that the locally loved Crab Pie would make it to the top. She beat out thousands of other applicants to appear on the show's Dinner Entrée episode.

Since closing Capt. Jack's Seafood Shack, the Van Cleve family has concentrated on large-scale production of their rich and decadent artisan product, currently available online at www.CrabPie.com. From water to table, Crab Pies come in two varieties: Blue Crab and now the cold-water Atlantic Red Crab caught 80 miles off of the Virginia Coast. Crab Pie is proud to promote the Virginia seafood industry and is a Virginia's Finest Product.

"We now make our Crab Pies right at the source where they steam and pick fresh crabs – Graham & Rollins Inc. on the Chesapeake Bay. It doesn't get any fresher than that! Our Crab Pies are all made by hand using all fresh ingredients," Van Cleve said. "Even the fresh pastry dough is rolled out, hand cut, and lined into pans."

Van Cleve, her mother, Shelly, and sister, Allie, are launching a

seafood sauce line and releasing a new cookbook, Girls With Crabs, this fall. "Being on Supermarket Superstar has already opened doors for us," Van Cleve said. "I just returned from a visit with QVC, so stayed tuned!"

The Van Cleve Seafood Co., headquartered in Spotsylvania, Va., is the owner and manufacturer of Crab Pie, a seafood product made famous in the Van Cleve seafood restaurant in the Washington D.C./Richmond area in the last decade. Crab Pie is a Virginia's Finest product and is made in two varieties, using the Blue crab and Atlantic Red crabmeat.

The Van Cleve Seafood Co. is a second-generation family owned and operated business dedicated to providing high-quality seafood products. For more information visit www.crabpie.com.

Each one-hour episode of Supermarket Superstar follows three home chefs as they pitch their product concepts to titans of the food world for the opportunity to have their creation launched nationally in a major grocery chain. Chef, vintner, TV host and specialty foods pioneer Michael Chiarello; cookie mogul Debbi Fields of Mrs. Fields Cookies; and branding expert and food product visionary Chris Cornyn serve as the series' mentors to share their expertise with the contestants as they prepare their products.

With the help of Chiarello and research and development chef Andrew Hunter, the three hopefuls must refine and perfect their recipes to impress targeted focus groups of real-life consumers to make it to the next round. The surviving contestants then must create professional packaging to present their product to Tom Dahlen, the supermarket buyer for The Great Atlantic & Pacific Tea Company (A&P), who determines the winner of each episode. The last cook standing is awarded \$10,000 in prize money and \$100,000 worth of product development from DINE Marketing and Mattson (the largest independent food and beverage innovation company in the country).

For the Supermarket Superstar finale Sept. 26, three winners from the season will be invited back to compete for the grand prize by presenting their products to A&P CEO Sam Martin, with the hope that their dream will be realized when their product is launched in A&P supermarkets and affiliated chains nationwide.



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The Lore of the Lake by Wayman Bishop



“Are you Campin' or Buildin' ?”

You may, if you read it, recall in the last offering of “Lore of the Lake,” my first encounter with Hunter Perkinson was when he approached our dock in the Spring of 1984 and asked us if we were “campin' or buildin'?” Just a few days before this fortuitous meeting, I had received a letter from the “government” informing me that camping on my newly acquired land on the shores of Lake Anna was prohibited. Seems we had purchased a piece of property zoned “residential-recreational” and the local law did not allow camping.

My first encounter with county government occurred shortly after I received that bad news, when I called the Spotsylvania County “zoners” and asked for a clarification concerning their “anti-camping” law. Their explanation didn't pass my common-sense smell test and I immediately branded their policy as a clear example of government overreach. Silly me.

So you can understand my anxiousness when two weeks later we were approached by a stranger in a boat asking us if we were camping. I mistook the well-intended Hunter Perkinson for the Spotsylvania County anti-camping boat patrol. I had a vision of him arresting us, hooking us up to his fish stringer, dragging us to jail behind his small boat powered by a 5 horsepower outboard. Silly me.

I soon came to know that Hunter wasn't harassing us but was welcoming us to the neighborhood, his neighborhood, in an expression of his interest in the common good of Lake Anna.

In 1967, Hunter and Sue Perkinson purchased Twin Oaks Farm just a half mile up stream from the confluence of Plentiful and Pamunkey Creeks. At the time, Hunter was a pilot for United Airlines, and he and Sue with their three children lived in Fairfax, Virginia. The farm had not been a working farm for many years and the farmhouse on Plentiful Creek had been owned and occupied by the Shannon Family. The Shannons had acquired the land through a long line of ownership which originated in a land grant from King George, III, of England. Pre-dating the Shannons, the land was acquired by descendants of President Zachary Taylor who lost title to the land in a sporting game of poker gone south.

Shortly after Hunter and Sue Perkinson purchased the farm in 1967, they renamed the land “Plentiful Farm,” which as it turns out was

the name given by a previous owner. At the time, Plentiful Creek was about ten feet wide and just deep enough to lose a quarter in and Lake Anna was probably no more than a dotted line on U.S. Corps of Engineer's surveyor's map, safe from a government shutdown.

Without considerable forethought, Hunter began to build a community of soon-to-retire United Airlines pilots. He “marketed” the potential of Lake Anna to his friends and soon many of them began to purchase land here and many of them retired here after the lake was completed. Many of them still live here, now enjoying their grandchildren on weekends and during the summer months.

I enjoy a vague sense of humility knowing that I share, though be it indirectly, in the legacy Hunter established on the banks of Plentiful Creek.

“The Chairman announced that it was without discussion the unanimous decision of the Board to rezone the land for commercial use.”

In 1982, Hunter expressed an interest in purchasing from Bill “W.W.” Whitlock, a two-acre tract of land just upstream of Dillard's Bridge on the south bank of Pamunkey Creek. The land was zoned residential-recreational by the Spotsylvania County “zoners” ruling out camping and commercial interests. A restaurant and convenience store was Hunter's interest.

With a little help from his friends, the issue to rezone the property for commercial use found its way before a meeting of the Spotsylvania County Board of Supervisors. When at the meeting, the “zoners” introduced the issue to the Supervisors, there was a brief exchange of whispers between them, at the end of which the Chairman announced that it was without discussion the unanimous decision of the Board to rezone the land for commercial use, for Hunter Perkinson to build his convenience store and restaurant...now known to us at this end of the lake as Hunter's Landing.

The rumor that circulated among those who at the time followed the doings of the Spotsylvania County Board of Supervisors and their “zoners” suggested that the Board's decision to approve rezoning unanimously was done so exclusively on the reputation of Hunter Perkinson's irreproachable character. This rumor was just recently verified to me as fact by a witness to the event and the discussions that followed.

Be still my cynical heart! How different governance would be today if character still had sway. Thanks, Hunter.

For the Makeup Obsessed by Heather Mechler-Fickes of Chameleon & Co. Salon

When I was 5 years old my grandparents gave me a Barbie makeup kit. The little kit included a garish red lipstick, a washable nail polish, and an eye shadow compact with two neutral shades of brown, and a bright blue. I enjoyed that little kit so much, especially the blue eye shadow. I don't think anyone realized at the time that little kit would create a “makeup obsessed” monster. Even as an adult, I just get overly excited about taking a trip to Sephora or ordering a new makeup product online. I, personally, am a fan of the bright colors, and have never been big on, what I consider, boring brown shades. My eyes light up when I see eye shadow palettes with hues of bold greens, blues and purples. I am in makeup heaven.

Every season the makeup trends change and techniques are recycled. These are a few trends I've noticed that are popular for the fall. Orange, prune, and grey colored eye shadows. In the photos I've seen, they are very muted variations of these shades. Nothing real bold, except having the shade go from eyelid to brow bone. For lips, the standard red is the rage. It can be either matte or glossy. Also berry and wine colors are trendy. For years, the smokey eye technique has been in a lot of runway shows and magazines. It looks like it has been replaced by the cat eye look. Dark eye shadow or thick liner winging

out on each side of the eye. Personally, I don't think these trends are all that wonderful, but I was excited to see that “glitter eyes” are popular this season.

No matter what the trends are or what is popular, I always seem to go for the fun and bright stuff. Who cares if it looks somewhat clownish or over the top? In my makeup collection there is no such thing as too many sparkles, jeweled tones, or fake eyelashes.



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Scenes from Lake Anna



Everyone always wants to enjoy the last few warm days on the lake at summer's end. This photo was captured by Anna Barnes this month!

This Issue's
Featured Pets!

Photos Submitted By:
Kathy Minchew (left)
&
Michael Thomas (right)



LAKE ANNA WINE FESTIVAL



The Pat McGee Band entertained the crowd

photos by Stephanie French

Lake Anna Idol

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The 2nd Annual September Classic

by contributing writer Kyle Austin



Whoever said that the lake dies down after labor day must not have been around for the Second Annual September Classic hosted by Wake Edgers Gear and Gifts last month, with 40 riders competing in wakeboard, wake skate and wakesurf categories throughout the competition. The crowd got to enjoy all sorts of fun during the day from live music, a big screen tv with live coverage of the riders and tons of vendors to enjoy the day with. Music playing from the DJ entertained the crowd and support from the community brought that exciting energy to the lake, post Labor Day like no one knew possible.

The morning started off early at 7 am with riders showing up at the door step to Wake Edgers shop under the Tim's Lake Anna Restaurant. As the vendor tents started going up more and more, spectators and riders came, as well. With nearly 40 riders signed up to shred the September waters, the day was off to a huge success. Even though it was the "end of the season," we had a few riders who stepped up and made it their very first contest to compete in.

The amazing wake behind the Epic 23v was roaring through the waters making each riders' ramp to success a test of their skills. Girls flipping and guys spinning up in the air all day made one amazing spectacle for those watching by boat and

those watching the live feed from the shoreline.

A huge shout out goes to rider Jimmy McClure for bringing his "A" game to the event, taking home first place in both advanced wakeskate and men's outlaw wakeboard. Jimmy is an up-and-coming star in the watersports world so make sure to remember his name and get ready in 2014 as he takes his talents all over the east coast to challenge the big leagues.

The wakesurf contest had an amazing display of sportsmanship this year, with competitors filling each division, there was a real fight for the right to be at the top of the podiums. Larry Amos came out to his first contest of the year and rode out to 3rd place in the men's outlaw



division was a top notch in his book after thinking he wouldn't place at all at the beginning of the day. To his surprise, he was so good, he was bumped from the amateur division to the outlaws after his first run. Congrats to Larry on his victory at the "Classic".

Make sure to keep up with all of the crazy and awesome events that Wake Edgers Gear & Gifts organizes almost every month. 2014 will be one amazing year, with the path that they are making in the water sports world. Each event is bigger and more amazing each and every time. Check them out on facebook and www.wakeedgers.com.

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Outdoor Life at Lake Anna

Resident Canada Geese – There's a reason for the season

By Taylor McCann
Fishing Guide, Kistler Pro-Staff

Canada Geese are deemed a migratory bird and follow historical flight patterns known as flyways. These flyways and the habitat that lies within have been protected for decades to promote a healthy water-fowl population. Typically migratory Canada Geese do not pass through the Lake Anna area until late November depending on the severity of our fall / winter temperatures. The geese that you see through the summer months are known as resident geese. Many believe that these geese are decedents of birds that were stocked from other flyways during periods of low goose numbers or remain from the use of live decoys (now illegal but a common practice in the early 1900's). Because these birds do not migrate they tend to live longer, bread at an earlier age, and have larger clutches of young. Do to increasing numbers of resident geese and increasing goose / human problems, Virginia (and Maryland) have determined that the harvest of these birds is beneficial to all.



Although most people find a few geese acceptable, problems develop as local flocks grow. Problems include over-grazed lawns and agricultural areas, accumulations of droppings and feathers on play areas and walkways (a goose produces a pound of droppings per day), nutrient loading in ponds, public health concerns at beaches and drinking water supplies, aggressive behavior by nesting birds, and safety hazards near roads and airports (Maryland Department of Natural Resources).

The Canada Goose hunting season that specifically targets resident birds covers most of September. For specific information regarding the legal methods of harvest visit the Virginia Department of Game and Inland Fisheries' web site www.dgif.virginia.gov . If you are experiencing goose problems in an area that is not conducive for hunting, the Maryland Department of Natural Resources (www.dnr.state.md.us) offers a number of suggestions for deterring the birds. Deterring birds can be expensive, time consuming, and requires 100% commitment. Hunting is considered to be the most important management tool for controlling local Canada Goose populations.

Fishing Report

By Charlie Bowles
Fishing Guide, Bass Pro Shops & Lowrance Pro-Staff

This month is all about the early transition from summer to fall. All species of fish will begin to cover more water and feed a little more aggressively than they did during the heat of the summer. Look for great top water action and shallower feeding habits as the water temperatures begin to lower.

Bass:

September totally changes the playing field when it comes to bass fishing. In the past month most fish have been in deeper brush and channel edges seeking comfortable water temps and feeding sporadically. As September sets in the fish will begin to move a little more and suspend over or near slightly shallower



structure with bait present. Depending on how quickly the water cools they will start hitting spinner baits and medium range crank baits more readily as well as slow sinking weightless baits like Senkos and Flukes. September will offer some great days of largemouth fishing but it can be very difficult to adapt to the changes of late Summer/ early Fall.

Striper

The linesiders in Lake Anna will be in the beginning stages of all out mayhem on resident baitfish. They'll start to push up on very shallow flats and points in the mornings chasing gizzard and threadfin shad. Fan cast large shallow flats with super spoons and large poppers for the first 2 hours of light. Move out towards deeper water as the sun gets up. Once the fish have moved out of shallow water, use your sonar to locate schools of fish. You can use live bait if you are proficient in finding, catching and keeping it alive. Or you can jig 1/2 oz to 1 ounce spoons and blade baits in the school. You can also troll crank baits and swim baits with great success.



Crappie

Nice size slabs can be found all over the lake. Bridges, docks, brush piles, and beaver huts, are home to thousands of Crappie. One method is to try casting grubs, tubes, and beetle spins or roadrunners as close to whatever cover you are targeting. Another approach is to use a slip bobber above a #6 gold hook tipped with a small minnow.



Call Now!

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The 3rd Annual Lake Anna Christmas Tree Lighting

Saturday, Nov. 30; 5:30-8:30pm
 Lake Anna's fastest growing Christmas tradition with local school and church choirs performing holiday classics, vendors serving fun foods like funnel cakes, kettle corn & hot chocolate, crafters offering the perfect Christmas gifts, and, of course, the lake's largest Christmas Tree! Arrive early & carpool if you can, as parking is limited! The lighting, presented by Lake is Great, is next to the Lake Anna Visitor Center at 208 Lake Front Drive in Mineral. For more information to become a participant, vendor, sponsor or volunteer, call 540.872.0684.



The Louisa Wine Festival Sat. October 12th

Uncork the pleasure and spend the day at the Louisa Wine Festival sipping fine wines and enjoying the company of good friends.

The festival goes on rain or shine on Saturday, October 12 from 11:00 a.m. to 5:00 p.m. in beautiful Walton Park in Mineral, Virginia. Conveniently located within 45 minutes of Charlottesville, Fredericksburg and Richmond. City people--escape the city and spend a day tasting fabulous Virginia Wines and plan to stay the night at one of local B & Bs or in a waterfront rental on Lake Anna. Learn to cook with wine or pair wines with cheese, or everyone's favorite -- chocolate! Enjoy complimentary carriage rides led by a team of beautiful Friesian horses. Visit an array of vendors and crafters while enjoying two fabulous bands during the day. Tickets are \$15 in advance, \$20 at the gate. Non-tasters (designated drivers) pay \$10 in advance or \$15 at gate.



Included in the non-tasting fee are complimentary soda and water and all entertainment. Children under 12 free. Buy tickets online now at <http://louisawinefestival.com>.

The Haunted Trail at the Betty Queen Center

Hosted by the Louisa County Parks & Recreation & Louisa County Community Response Team

Scaring Louisa County five weekends throughout October, some of the terrifying scenes include the Twisted Clown Carnival, Creepy Dolls, Bio-Hazard Area, Bigfoot and Zombies!

For more information, please email CART@louisa.org.

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Haunting Halloween Madness at Lake Anna Winery

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Meet Mineral Board of Supervisors Candidate Stephanie Koren



Stephanie Koren, candidate for Louisa County Board of Supervisors, Mineral District, recently described her position on protecting and preserving Lake Anna to a group of voters at Ally's on the Lake. She told the group that appropriately managed development in the designated growth areas of the county will be good for Lake Anna and for Louisa County. She added that proper growth can boost the local economy, provide jobs and add services and conveniences for our residents. She continued to state that water quality and safety will be key issues as she represents the Lake portion of the Mineral District.

Koren explained that many voters have told her that they don't want excessive growth compromising the rural atmosphere that attracted so many to the area. Louisa County is one of the fastest growing counties in Virginia and managing that growth and balancing it with the rural character of the Mineral District will be one of Stephanie's highest priorities.

Stephanie states, "When I am elected, I will work with developers and other county and state officials to bring the type of growth that benefits everyone. I will also continue to talk to my constituents to hear what's on their minds."

Growth also requires services that support the area. Stephanie believes that attracting and keeping qualified county personnel is critical to a successful future for Louisa County. Stephanie has heard from Mineral District residents about the importance of effective education, medical and emergency services, and law enforcement. She has met with community officials and leaders to gain a full understanding of their roles and the challenges they face daily. Stephanie believes that by fully understanding all of the County agencies, she is better equipped to support them as a Supervisor.

"I believe it is very important to not just listen to our citizens, but also to hear what they are saying and act accordingly. I will bring fresh ideas and a new voice for constituents in the Mineral District. It is never too early to start learning about your candidates," states Koren, "and using that knowledge to vote is the most important way for citizens to be heard."

More information about Stephanie and her campaign can be found on her website, www.stephformineral.com. This site includes biographical information and a calendar of upcoming events (including a series of Meet and Greets) as well as her pledge to Mineral District constituents.

Election Day is Tuesday, November 5th

One of the most exciting races this year is for the Mineral Board of Supervisors between the 3 independent candidates:

R. Mark Alberts II (Ind)

Willie L. Harper (Ind)

Stephanie L. Koren (Ind)

The Lake Anna Chamber of Commerce plans to host debates between the candidates on October 16th. For more information, please visit their website at www.lakeannachamber.org.

The state of Virginia will be electing a new Governor this month and the candidates are:

Ken Cuccinelli (R)

Terry McAuliffe (D)

Robert Sarvis (L)

Do your research, choose the best candidate for you and don't forget to vote on **Tuesday, November 5th!**

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Featured Food: Mimi's Cafe

This month's Crazy Good Eats review came completely unexpected. It was late, I was out shopping near SouthPointe and was STARVING. Most of the restaurants in the area were closed except for the fast food chains and just as I was conceding to the dreadful idea of having to stop by a grocery store and cook I see Mimi's Cafe. I quickly park and with no intention of writing a food review, I leave my notebook in the car.

This was my first time in Mimi's Cafe and I have to admit I had always judged this restaurant by it's name and was envisioning a traditional chain "cafe" or diner. Completely wrong! Although Mimi's is a chain it has a quaint, cozy atmosphere and offerings from comfort food to cultural food. Who knew?

The waitress, Nikki, greets us with a huge smile and a passionate explanation of the specials and her personal menu recommendations as she leaves warm bread on the table. There was a variety of breads reminiscent of a French bakery along with soft butter in the basket which was a plus!

I am always weary of ordering a salad as an entree because most often I am left disappointed or hungry...or both. But I go on to order the Blue Cheese & Walnut Salad anyway which is described on the menu as baby greens, dried cranberries, bacon, tomatoes and strawberries tossed in balsamic vinaigrette. The salad came pre-tossed with the perfect amount of dressing and I'm pretty sure there were more bacon crumbles and cranberries than actual spinach. Every bite was full of walnuts, blue cheese and bacon. Winner in my book! It was then that I went out to the car, got my notebook and wrote down "Man Salad". Not a healthy, dainty salad, not a lunch salad, but a salad that you would actually WANT to order as an entree. It was "meaty" with no actual meat in it and left me pleasantly surprised and full!

Next, I ordered the Roasted Chicken Crepes described on the menu as Roasted Chicken, mushrooms, spinach and tomatoes, sautéed with brie cheese and honey Dijon cream sauce. Oh, la la ...I couldn't believe Mimi's was hiding these in Spotsylvania this whole time and I had NO idea! The brie cheese and honey dijon cream sauce that was smothering the crepes was so good I would've been satisfied with just a bowl of that and a straw. The crepes were delicate and the perfect thin-pancake like texture. Inside the crepes I found juicy strips of chicken, fresh sauteed spinach and mushrooms. The crepes alone were well worth the trip to Mimi's Cafe.

Having family ties in New Orleans I was so excited to hear they had bread pudding that they make in house! They are described on the menu as "Baked from scratch with plump raisins, vanilla and a special spice blend. Served warm with a buttery whiskey sauce". The bread pudding had a smooth, velvety texture throughout the entire dessert and was topped with rich whipped cream. The buttery whiskey sauce was the perfect compliment to this wonderful, not overly sweet dessert.

You can find these Crazy Good Eats at Mimi's Cafe located at 10001 Jefferson Davis Hwy, Fredericksburg, VA 22407.

Monica Van Cleve is the founder and publisher of the award-winning food magazine Let's Eat Out Menus, and other food guides. She believes in supporting, and exposing those who have a passion for preparing and serving Crazy Good food.



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photo courtesy Martha Stewart Living

There was a time not too long ago when my husband Wayman and I were able to go to Paris on three occasions to enjoy the beginning of the fall seasons. Three times was a charm. Actually, just once was a charm!

We were recently going through boxes and discerning “keepers” and discards, when we found ourselves reminiscing about being in Paris in the fall. What amazing fun that was. If we can’t make a ritual of going to Paris in the fall, we can go through the exercise of recreating the joy of a lovely time.

I think reminiscing for longer than a nostalgic moment, is not something we allow ourselves to do often enough. Many we know are devoted to wonderful projects like organizing photographs or building scrapbooks. I long for the process in that. In a busy, busy culture we have so many things “waiting in line” to be implemented in what is already a full day. The thought of taking time to talk and enjoy the memories of autumns past is fleeting.

After Labor Day, it is somewhat ingrained in us to begin the rituals of changing seasons. These are activities we move into sometimes with dread and sometimes with joy. Our summer clothes need to be put away. (hmm, seems like we just pulled them out.) Why do we even bother having these multi-seasonal clothes? We are not in the city where social expectations used to require “NO white shoes after labor day or before Easter”. Our weather has been so erratic over the past couple of years lending permission not to even wear a coat in most of the winter months. Think of the “rituals” in your life whether for the seasons or your traditions or your standards. Are they still part of who you are today?

Tom Driver wrote a book entitled Liberating Rites: Understanding the

Transformative Power of Ritual. As one reviewer stated, “Driver removed the ritual from its churchly wrappings and presents it as something raw, basic and central to all living beings. He examines the varied ways humans use ritual to give order to their lives, to deepen feelings of communal belonging and to transform the status quo.”

Think about handshakes and toasts and kissing both cheeks for a greeting. I don’t know where they originated, but they are good. They are very good to pass on to next generations. What about the rituals we would love to “liberate.” We are talking about the ones that perhaps bring on a sad or negative feeling which lingers for a moment. We won’t go to where those feelings originated, only that they should be gone. Liberate the negative “shoulds” in your life and establish the uplifting positive new rituals beginning with this season at hand. Practice them and pass them on. Good things stay.

We merge these new practices in ways we live and socialize. Pull out the martini glasses for wine or basil lemonade...just because you can. Consider those in your life, who may bring a gloomy perspective to the things that should bring joy. Begin praying blessings over them and watch for the change. Your positive lifestyle with upbeat attitudes will be contagious. This should be your new positive ritual. Instill this identity into all you do. Life will take on a new look.

Now... remember it’s time to put out the mums, and prune the dead branches. Also, it’s time to plan some fun activities with pumpkin carving or making pumpkin soup. Begin looking for the paper whites to “force” for blooms all winter. Start planning your “First Annual Whatever” party. If you decide not to do it again, don’t....because you don’t have to. You are motivated to so many around you without your awareness. Have fun quietly noticing a change in them because of who you have decided you will be! Happy Fall.



photo courtesy Martha Stewart Living

Till next month, BB

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The Lake Anna Resort progress continues to grow steadily, as the larger plan comes together to include the best options for Lake Anna

The Lake Anna Resort had planned to break ground last month, but will take a little more time to plan out the commercial end of The Resort. The developers are trying to purchase more land to be able to fit more commercial businesses into the development. "As excited as we are to submit for rezone and get construction started, we also want to take time to make all the right decisions," developer Ed Blount stated. "We already have seventeen of the villas reserved and there is a line of businesses waiting to sign up, so we are going to plan it out and place the best choices in the open spaces."

"We will submit soon to rezone and will build next year," Blount continued, "and create a destination and help residents and visitors with the modern conveniences they deserve."

"[We will] create a destination at Lake Anna and help residents and visitors with the modern conveniences they deserve."

Desired Businesses at the Lake Anna Resort include:

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- Amphitheater
- Apparel Shop
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- Beach Rentals
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- Business Kiosks: Dock Builders, Realtors, etc
- Coffee Shop
- Community Clubhouse
- Fishing / Hunting / Bait / Tackle Shop
- Fishing Guides
- Gift Shop
- High End Fast Food Restaurant
- Hotel
- Information Center
- Italian Restaurant
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- Sailing - Rentals, Classes, Sales
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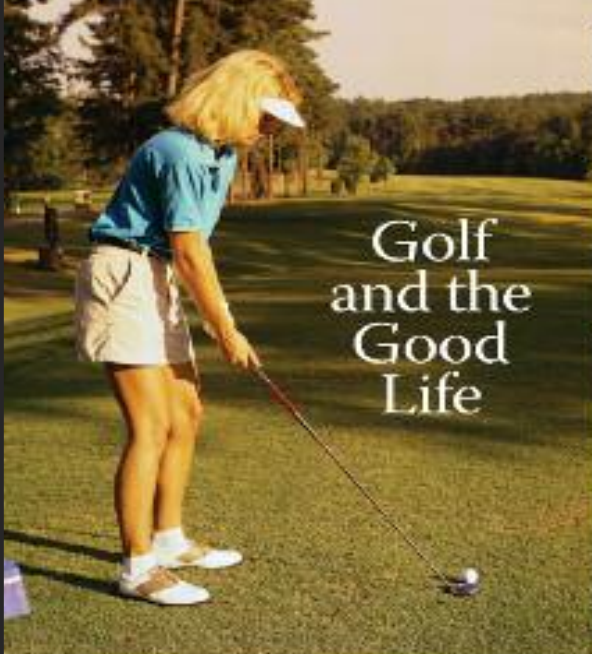

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