

covering  
Lake Anna, Fredericksburg, Louisa,  
Spotsylvania, Richmond, Ashland,  
Orange, Culpeper & surrounding  
areas!

# The Breeze



Issue No. 25

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## 2014 Holiday Guide

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Christmas Festival & Parade 12/6

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Downtown Holiday Open House 11/23

*Spotsylvania*  
37th Annual Christmas Parade 12/6

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Bass Pro Shops - Santa's Wonderland 11/16 - 12/14

*Charlottesville*  
First Night Virginia 12/31

due to the time sensitive nature of events, always make sure dates/times haven't changed!

The holiday season is upon us again and that means it's time to get out your planners and decide where you'll be dividing you and your family's time this season! In our area, we're lucky enough to have several different locales and we can partake in several different celebrations to get ourselves into the Christmas spirit!

The Breeze coverage area is expanding rapidly and we're now available in a large portion of Central Virginia so we've highlighted some of the best and brightest events here - make sure you do your best to get involved in our community and help celebrate the year and focus on the positive. This is a great time to slow down a bit and be thankful for our friends and family and make memories to last the rest of our lifetimes!

Be sure to flip to pages 8 & 9 and take a look at our featured events and visit the LakeAnnaBreeze.com events calendar for many more events throughout the area, updated constantly for our readers to enjoy!

## Shop Small, Make a Big Difference



**The official Small Business Saturday this year falls on November 29th, the day after "Black Friday"**

In 2010, American Express created "Small Business Saturday" - a day to bring attention to our nation's small businesses and to encourage patrons to support the backbone of the American economy.

Sure, we've all gone to the big box stores to get great deals and low prices on staples for our households, which also helps the local economy by employing many of our friends and neighbors. However, it's also



a great reminder that when we're out spending our hard earned money, especially during the holiday season, it helps our community to keep in mind the smaller businesses that help drive many of the jobs and well beings of our counties.

Particularly during the Christmas season, there are typically more unique options to find among small businesses that will create some of the best gifts for loved ones.

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Story ideas? Suggestions? Questions?  
Please feel free to contact us  
with a letter to the editor.

Issue No. 25

## LETTERS *to the Editor*

### Reader Submitted Photos?

Dear Editor,

I miss the "Lore of the Lake" column in your latest issues - will it return?

Barb, Mineral

*Thank you for your question. The "Lore of the Lake" is a column that our contributor, Wayman Bishop, creates for us, in addition to his "These are the Times" pieces (as is the one that appears in this very issue). Luckily, Wayman can weave effortlessly through both history and current events and we also enjoy reading his material in each issue. The "Lore of the Lake" historical column will continue and we look forward to both the look back at our lake's history as well as the current point of view of today's issues. We welcome all of our reader's feedback on all of our contributors articles and appreciate their dedication to making the best newspaper possible.*

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Looking for more  
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 Events Calendar  
 at [LakeAnnaGuide.com](http://LakeAnnaGuide.com)  
 for the most  
 recent updates!



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# New Dental Office Opens Doors at Lake Anna

# Shop Local

(continued from Page 1)



If you've traveled the Lake Anna Parkway recently, you probably noticed the large new sign for Piedmont Dental at Lake Anna just past Sturgeon Creek Marina. Dr. D. Michael Clark, DDS recently opened the doors of his new practice at Lake Anna.

A native Virginian, Dr. Clark grew up in Richmond, has called Charlottesville home, and spent the last 8 years in the rural area of the Northern Neck of Virginia. Currently living in Fredericksburg, Dr. Clark will be making Lake Anna his permanent home. "I have been visiting Lake Anna for the past six years and fell in love with it like everyone else," said Dr. Clark. "I enjoy spending time outside and on the water with my family," he continued, adding that quality time on the lake is enjoyed with his wife Anna and their three children. In his spare time, Dr. Clark is usually engaged in a D-I-Y home improvement project, doing all of his own renovation work.

The new dental office also provides renovation of another kind. The office will provide every aspect of dentistry, including everything from routine checkups to full reconstruction, including cosmetic dentistry, dental implants, root canals, and crowns.

The office is 100% digital with electronic charting, patient education, and digital X-rays, which allow for much lower doses of radiation versus conventional X-rays. A full series of these digital X-rays exposes the patient to less radiation than a person is exposed to during a three-hour plane flight.

The experienced doctor will see patients of all ages. "I see patients from the time a baby gets their first tooth," Dr. Clark says this is the recommended time to make a first dental visit, "to patients aged 102 and older."

A family atmosphere is priority at Piedmont Dental, Dr. Clark explains. "My role is to help people with their dental needs," he says, "I treat everyone like they are family and I have a role to play in this community just like everyone else."

"I make and keep every patient comfortable, involve them in their care through education and listening to their concerns to provide the best treatment options for each patient's individual needs."

Piedmont Dental is always accepting new patients and looks forward to meeting everyone at Lake Anna and surrounding areas. *Piedmont Dental at Lake Anna, 540-895-7330, 5205 Courthouse Road, Suite 201, Spotsylvania, VA 22551. [www.piedmontdentallakeanna.com](http://www.piedmontdentallakeanna.com)*



The official Small Business Saturday this year falls on Saturday, November 29th, the day following Black Friday. In 2011, support from governors, mayors, senators, and the President voiced their support for the day and in 2012, American Express encouraged small business owners to take charge of the day and help promote the movement in stores and online, resulting in an estimated \$5.5 billion spent at small, independent businesses on that day. The following year in 2013, more than 1,450 neighborhood champions signed up to rally their communities throughout the country, with more neighborhoods than ever contributing effort to the success of the day.

Looking ahead to 2014, the push to support local businesses is bigger than ever and the benefits throughout the community are endless. The reminder of the importance of spending locally can be an important one and we encourage all of our readers to go out and revisit some of our local shops and businesses and make a positive impact on our community.

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# These are the Times by Wayman Bishop



## Fear or Fear Mongering?



“So, first of all, let me assert my firm belief that the only thing we have to fear is fear itself – nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance.”

*Franklin D. Roosevelt  
March 4, 1933  
First Inaugural Address*

At the time of the delivery of this address, our Republic had reached the greatest depth of the Great Depression. The reference to “unjustified terror” was made to call attention to the abject failure of the Hoover Administration to lead the country through almost total economic collapse.

During the campaign of 1932, Roosevelt accused Hoover of “reckless and extravagant” spending and trying to “center control of everything in Washington.” Thirteen million Americans were unemployed, mortgage foreclosures brought nightmares to the American dream. American heavy industry was operating at fifty percent capacity, banks were closing and individual wages had declined 60% from the previous year. Then...just two months before Roosevelt's inauguration Adolph Hitler became the Chancellor of Germany. Many historians argue that Hoover saw all of this coming but was incapable of leading the nation in time of domestic and international crisis.

Fear covered the country like a dreaded disease.

So here we are today, eighty-plus years later. One could argue that only the names have changed. The “lone wolf” terrorist has emerged on the North American continent. “Islamic State” is enjoying unprecedented success in establishing the foundation of a global caliphate. Jihadists are the new cowardice bullies on the block, sur-

passing the violence targeted against Jews by Hitler's Brownshirt thugs. Many communities in the United States harbor deep distrust, if not fear, of local law enforcement. The Constitution of the United States is losing relevance as a foundational document.

As elected representatives of the “will of the people,” the politicians in Washington, and even Richmond, appear to take sport in fighting one another, losing sight of the need to govern. The approval rating of government (the White House, Congress and the Supreme Court) is lower than the graduation rate among college football players.

Global cases of Ebola have just passed 10,000 and the mortality rate among those infected is approaching fifty percent...all while the CDC changes protocols on a daily basis. It's a toss up: who wins the trophy for ineptitude? Health and Human Services, Veterans Administration, Center for Disease Control, Internal Revenue Service, White House Communications Office, White House Political Office, Amtrac, NFL, or the Tallahassee Police Department?

Be still my cynical heart.

Historical Note: In the election of 1932, in reaction to Hoover's perceived incompetence, Roosevelt won over 60% of the popular vote, 479 of 531 votes in the electoral college, and the Democrats took control of the House and the Senate. The American people were desperate for government in which they could place their trust. As it is often said, what goes around, comes around.

Pay attention, stay informed, be a force for positive change, because these are the times.

*Wayman Bishop*

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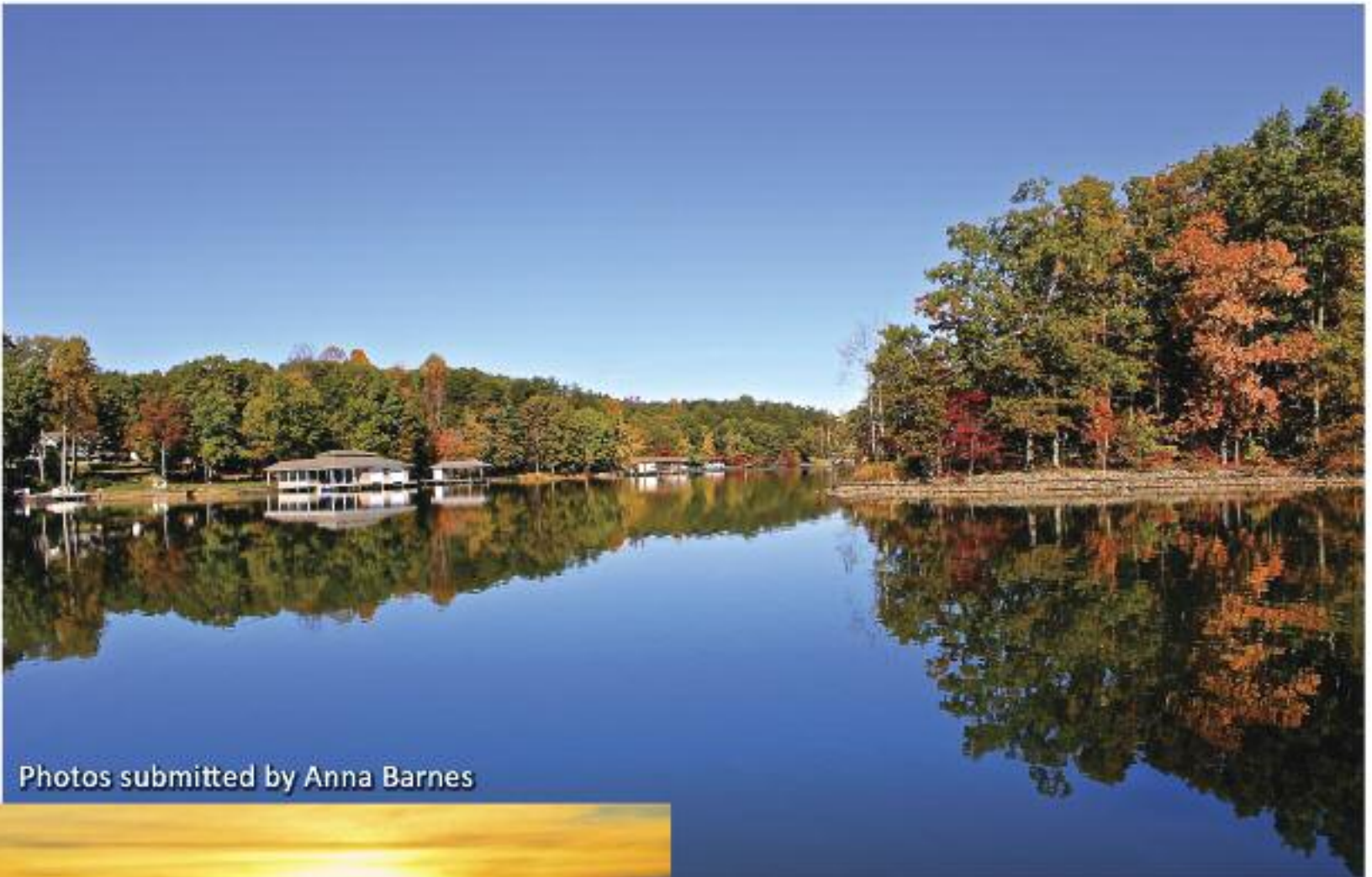
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# Scenes from Lake Anna



Photos submitted by Anna Barnes



Photo submitted by Donna Smith-Seeley



E-mail your photos to:  
[jen@lakeannabreeze.com](mailto:jen@lakeannabreeze.com)  
to share for our next issue!



Photo of Turbo  
submitted by Kim Berkley

## Lake Anna's Featured Pets

Send your photos to our facebook page or e-mail them to [jen@lakeannabreeze.com](mailto:jen@lakeannabreeze.com) and you could see your pet featured here next time!



## Wet and Dry Suits: Keeping You in the Water Year Round

by contributing writer Kyle Austin



Too chilly for you now? Don't worry! Wet suits and dry suits are one of the greatest investments you can make to extend your riding season even further. Offered by many companies to suit your every need the wet suit or dry suit will never cease to amaze.

The main reason for owning such a great product is to keep your body from going into a hypothermic state. Hypothermia is when the body temperature drops below 95 degrees. Wet suits are designed for watersports enthusiasts in all aspects of life, whether it be scuba diving, surfing or even wake boarding. The major benefits that they provide are thermal insulation, abrasion resistance and buoyancy to the rider.

We all know that lake anna can get chilly fast so investing in a good wetsuit will help you extend your season for as long as you can take it. Obviously the major benefit is taking your suit to

the warm side of the lake and being able to ride almost all year long. No one can argue with the opportunity to enjoy your boating experience all year.



Dry suits although more expensive create an almost out of body experience like no other as you will be in the water and yet nothing but your hands and feet will get wet. You can actually wear jeans and a sweat shirt underneath your dry suit and continue to ride behind your boat in the midst of the coldest winter day. Purchasing a facemask will be most beneficial as to keep your face from the chilly water and air once you are up and riding.

Dry suits and wet suits all range in price. Do your reserach and keep in mind your desired activities to help in your perfect

suit pursuit. The extended season may be able to justify the expense of your purchase.

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Outdoor Life at Lake Anna

Local Angler Recognized for Lake Anna Lunger

By Taylor McCann  
Fishing Guide, Kistler Pro-Staff



Lake Anna produced the largest Striped Bass Caught in Virginia for the month of June.

Richard Rose of Fredericksburg was fishing on June 10, 2014 at Lake Anna on a guided fishing trip with Central Virginia Outdoors (CVO) as he had many times before. Early in the evening, while trolling for Striped Bass (Stripers) just below Stubbs Bridge, the rod bent and the fight was on. After several long runs the fish came to the boat. Immediately captain and crew knew this was an extraordinary catch. After some debate about how much the Striper weighed Rose decided to end the trip early and head for the scales where the trophy weighed in at 20 pounds and 9 ounces and measured 36.75 inches long. The fish had qualified for the Virginia Angler's Recognition Program (VARP) by both weight and length requirements. Shortly after receiving his certificate for the trophy catch, Rose received a letter from the Director of Virginia Department Of Game and Inland Fisheries in charge of VARP congratulating him on his catch and naming him "Angler of the Month" for having caught the largest Striped Bass in the state for the month of June. The last time that this designation was awarded to a Lake Anna angler was in November of 2006 when Robert McRae Jr. of Bumpass caught a Striper that weighed 20 pounds 8 ounces and measured 37 inches. This is not only a tremendous accomplishment for the angler but serves as a reminder that there are still GIANT Stripers in Lake Anna.



Fall Fishing Report

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

The nights will be slightly longer than the days and the weather is cooling drastically, making the backs of creeks and river systems up to 10 degrees cooler than the main lake. The fish are getting very active - schooling on baitfish in open water, choke points and shallow flats. The fishing will continue to get better as fall progresses.

Bass:

The lower end of the lake has large schools of 11" to 15" bass near all three dikes. During over cast days they will stay on the surface throughout the entire day. These fish will readily take XPS poppers, smaller swimbaits and flukes. There are some larger fish near these schools... you can usually find them underneath the smaller fish or in nearby cover/structure such as brush, points or dock pilings. Flip jigs, finesse worms, and senko style baits at these ambush points to entice strikes from the lunkers.

The mid lake area (from Sturgeon to the "Spills") is producing some nice keepers as well. The backs of the feeder creeks and coves are active early in the morning with threadfin shad and 2-4 lb bass. Flukes, poppers, and spoons are producing some nice catches in the first couple hours of daylight. Once the sun has come out and the threadfin are not visible in the backs of the creeks, it is time to fish the first major ledge, point or wood cover in that area. The nice sized bass will take shaky heads, jigs, texas rigs and slow rolling spinnerbaits throughout the day as long as you pick apart the cover that they are holding tight to.

Last but not least - the upper end of the lake (basically the North Anna and Pamunkey branches) has some of the cooler water in the lake and is producing some nice catches in the backs of the creeks, grass beds, and rocky points. Jigs, Worms, spinnerbaits, and crankbaits are working in the right circumstance. For example try throwing a half ounce chartreuse spinnerbail with a Colorado blade in the grass in the North Anna, or cast small pearl colored crankbaits at the rocky points and ledges in the s-turns, and if the sun is up, flip jigs into heavy cover near an old channel bend in the upper flats.

There are several different techniques and patterns that are working on Lake Anna right now. The best bet is to start with the type of water and technique that you feel most comfortable with and make adjustments. Make sure not to waste too much time in areas that are not producing fish. And most importantly, pay attention to the current conditions... Is the water rising (pushes fish to the banks) or falling (pulls fish out to points and ledges)? If it is cloudy look for a more aggressive bite... If it is really bright, look for shade... etc. etc. There are dozens of variables that affect the behavior of largemouth, you have to try to figure out "the formula" every day on the water. That's what makes it so challenging and entertaining!

Striper

You have to love it when fall sets in on Lake Anna. The Striped Bass get really wound up when the temperature starts to drop. There are stripers from one end of the lake to the other. And many of them can be found in some of the same spots as the largemouth schoolies.

The lower end of the lake has thousands of 14"-22" stripers from the dam to the power plant. At times, the school near the power plant is 5-10 acres wide! The smaller fish are near the top while the keepers are usually in about 18-22 ft of water. You can use a variety of baits to catch 20-50 small stripers. I prefer to cast 3-4 inch pearl swimbaits or casting spoons. You can use jerkbaits, poppers, spoons, bucktails, grubs, whatever. But the most success for me in huge schools of smaller fish are spoons and swimbaits.

As you get to the splits area of the lake you will notice that some of the schools will get smaller but the fish are getting bigger. These fish will "push up" on main and secondary points and under water humps and islands. Always keep a spook or a popper tied on in case you see these fish come up on the surface. But most of the time you'll need to find these fish with your sonar. Once you have located them you can jig spoons or present a variety of trolling techniques depending on the depth and activity of the fish (that could be a whole article of its own).

The upper ends of the lake have some nice fish feeding on the shallow points and even in the backs of some of the creeks. One of my all time favorite baits, the XPS pro series 6 inch jerkbait, becomes deadly in mid October. I focus on points in the Pamunkey and North Anna using a jerk - jerk - pause cadence, covering the water very quickly. Large stripers and bass will slam a large jerkbait more and more regularly as the water continues to cool.



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Fishing Guide  
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**LAKE ANNA**

**Heart of Virginia Jingle Bell Trail**

**December 6-7 @ Lake Anna Winery**  
Buy a passport ticket for only \$20.00 and you get a souvenir wineglass, wine tasting at the SIX Heart of Virginia Wineries: Lake Anna, James River, Cooper, Grayhaven, Weston Farms, and Mattaponi. During our special wine trail weekends you will get to graze on munchies at each winery and check out special Christmas promotions. [www.lawinery.com](http://www.lawinery.com)



**Breakfast with Santa**

**December 21, Tim's at Lake Anna**  
A great chance to enjoy some lakefront seafood dining and let the kids visit Santa and relay their Christmas lists! For more information: [timslakeanna.com](http://timslakeanna.com)

**New Year's Bash!**

**December 31st**  
A popular holiday event at Lake Anna each year, Tim's New Year's Bash offers a special menu to become a wonderful spot to ring in 2015! More information to come soon on their website and Facebook page! [timslakeanna.com](http://timslakeanna.com)



**Lake Anna Christmas Tree Lighting**

**Cancelled**

The committee for the Lake Anna Christmas Tree regrets to inform the community that the Christmas Tree Lighting will not be held this holiday season. The early announcement of plans to hold the lighting this year generated such an overwhelming response that the estimate of parking spaces needed outnumbered any available spaces. The committee is currently researching new spaces that will provide enough parking to hold this holiday favorite for next year.

**LOUISA / MINERAL**

**Evening with the Prince of Bluegrass Music**

**Nathan Stanley & The Clinch Mountain Boys, December 12 – 7:00p.m.**

Nathan Stanley has traveled the world with his famous grandfather, the legendary Dr. Ralph Stanley. He's lead singer for the Clinch Mountain Boys. Stanley's latest album just received a Dove Award for Best Bluegrass Album of the Year. Don't miss your chance to see Bluegrass Music Royalty in concert. (Purchase a Nathan Stanley CD at this concert & receive a chance to win a FREE guitar autographed by Nathan and Dr. Ralph Stanley, to be given away at the concert.) For more information: [louisaarts.org](http://louisaarts.org)



**Holiday Open House**

**Weston Farm Vineyard & Winery, November 29**

Join the folks at the Weston Farm & Vineyard at the Holiday Open House the Saturday following Thanksgiving! [westonfarmvineyardandwinery.webs.com](http://westonfarmvineyardandwinery.webs.com)

**Louisa Christmas Festival & Parade**

**December 6 @ 10am-3pm**

The Louisa Christmas Festival and Parade are two Holiday traditions that you don't want to miss! The festival, which is held from 10 a.m. until 3 p.m. in the Courthouse Square is a great place to do some Christmas shopping. Vendors will have all kinds of gift ideas; all types of Christmas wares, woodcrafts, jewelry, Tupperware, Scentsy, Pampered Chef, wreaths, and quilts are just some of the items that have been for sale in years past. [www.lcpr.info](http://www.lcpr.info)



**CULPEPER**

**Rhonda Vincent, Queen of Bluegrass**

**November 21st @ The State Theatre**

Bluegrass vocalist and fiddler Rhonda Vincent began her professional music career at the age of five, playing drums with her family's band, the Sally Mountain Show. She picked up the mandolin at eight and the fiddle at ten, performing with the family band at festivals on weekends. After appearing on TNN's nationally televised You Can Be a Star program in her mid-twenties, Vincent struck out on her own, singing with the Grand Ole Opry's Jim Ed Brown, eventually leading to a deal with Rebel Records. Her work with Brown and her Rebel recordings caught the attention of Giant Nashville's president, James Stroud, who signed Vincent to record two contemporary country albums. After her time at Giant, she moved to Rounder Records, and demonstrated her passion for the traditional music she grew up with, on Back Home Again. For more information: [culpepertheatre.org](http://culpepertheatre.org)





## FREDERICKSBURG

### Downtown Holiday Open House

November 8-9, Caroline Street, Downtown Fredericksburg

Join curious shoppers in downtown Fredericksburg for this annual holiday tradition - lights, music, and decorations! For more information, please call (540) 373-1776.



### Holiday Spirits Festival

November 15, A. Smith Bowman Distillery  
Second Annual Grapes and Grains Holiday Spirits Festival, an indoor wine festival with food and spirits tasting, crafters, and food vendors, music and fun. Featuring the wineries, distillery and breweries on the Grapes and Grains Trail. For more information: 540-507-7205.



### Trains at Christmas Model Railroad Show & Sale

November 22-23, National Guard Armory

Bring your family to the National Guard Armory for a Great Train Show to get everyone in the Christmas spirit! Enjoy the operating railroad layouts including the highly detailed HO scale layout. Saturday hours are 10 to 5 and Sunday hours are 10 to 4.

Door prizes are announced hourly. <http://www.rcnrhs.com>



## CHARLOTTESVILLE

### Monticello Holiday Open House

Celebrate the beginning of the holiday season at Monticello's FREE Second Annual Holiday Open House with host, Thomas Jefferson (Bill Barker), and live music in the parlor. Be among the first to see Monticello decorated for the holidays as you stroll through the first floor at your own pace. Discover unique holiday gifts at the Shop at Monticello, which will be offering tastings and treats and a 10% off sale! For more information:

<http://www.monticello.org>



### First Night Virginia

The original First Night was celebrated in Boston in 1976. Since then, 200 cities in North America and others around the world have joined the First Night family. The mission of First Night Virginia is to bring families together and unite the community in all its diversity through the visual and performing arts in Charlottesville on New Year's Eve. Throughout the night, there are fabulous musicians, magicians, storytellers, puppet shows, and entertainers galore. First Night Virginia, a self-supporting nonprofit organization, is dedicated to high quality programming that is affordable, accessible, and alcohol-free. [www.firstnightva.org](http://www.firstnightva.org)



## ORANGE / MADISON

### Orange Holiday Parade & Memorial Christmas Tree Lighting

Sunday, December 07, 2014 @ 4pm  
Come celebrate the holiday season in downtown Orange. Bring the whole family to our annual Orange Holiday Parade. [visitorangevirginia.org](http://visitorangevirginia.org)



### Gordonsville Memorial Christmas Tree Lighting

November 30, 5:30 - 7:30 pm, Town Hall - Downtown Gordonsville  
For more information: [www.townofgordonsville.org](http://www.townofgordonsville.org)

## SURROUNDING AREAS

### Belmont's Tour of the Fannie Roots House

November 9th, 2pm, Falmouth VA

Gari Melcher's Home and Studio at Belmont will open the historic Fannie Roots House to the public for the first time on Sunday, November 9.

Dating back to the 1880s, the house is a rare example of a post-civil war workman's cottage. A presentation on the history of the house and restoration work will begin in the Studio Pavilion at 2 p.m. before tours of the house. The event is free and open to the public.

<http://garimelchers.umw.edu>



### Jerry Seinfeld: Live

The Altria Theater, Richmond, December 13th

Entertainment icon Jerry Seinfeld's comedy career took off after his first appearance on The Tonight Show with Johnny Carson in 1981. Eight years later, he teamed up with fellow comedian Larry David to create what was to become the most successful comedy series in the history of television: Seinfeld. The show ran on NBC for nine seasons, winning numerous Emmy, Golden Globe and People's Choice awards, and was named the greatest television show of all time in 2009 by TV Guide.

Seinfeld has also starred in, written and produced movies (Comedian, Bee Movie), directed and produced a Broadway hit (Colin Quinn Long Story Short), and even wrote a best-selling book (Seinlanguage) and a children's book (Halloween).

Seinfeld's latest project is critically-acclaimed web series Comedians in Cars Getting Coffee, seen exclusively on Crackle and [comediansincarsgettingcoffee.com](http://comediansincarsgettingcoffee.com). Ticket information available at [www.altriatheater.com](http://www.altriatheater.com).



### Little Women

Four County Players, Weekends starting November 21 - December 14

One of the most cherished stories of all time, Little Women makes a triumphant return to Four County Players for the first time since 2002 with a brand new adaptation by Miller Murray Susen. The March sisters—Meg, Jo, Beth, and Amy—along with their beloved Marmee, are awaiting Father's return from the Civil War. As they try to make the most of a humble Christmas season, they learn together that family is the greatest gift of all.

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## Crazy Good Eats — Mama P's Deli

There is something about a little country store that takes me back to lazy Sunday drives with my family when I was a little girl through the small towns of rural Virginia. The country store is a dying piece of Americana that so easily can transport you to a simpler place and time and evoke that sentimental longing for the past. Mama P's Deli on Catharprin Road in Spotsylvania immediately swooned me with its no frills shelves, old fashioned candy and welcoming smiles from behind the counter genuinely happy to see me.

The concept of grabbing a bite to eat at a place where you can fill up your tank and get a gallon of milk and a box of laundry soap is not new. It's the old school Mom and Pop country stores that started the trend with the Sheetz and Wawa chains. In the authentic iconic stores you will most likely find the store owner behind the counter and their family members sweeping the floors and stocking the shelves. And it's that way at Mama P's, a local family-owned and run business. That's one of the reasons why you can order your food exactly the way you want it made. If I lived closer to this place I am sure I would be the first one to offer to run out and get a gallon of "milk" on the fly.

The menu at the deli is pretty simple (which I have come to appreciate about a menu these days) and the Philly cheesesteak was my first victim. You know what will make or break a Philly cheesesteak (or really any sandwich for that matter)? The bread. If the bread is too hard it doesn't matter what is on that sandwich - it's over for me. Good thing the folks at Mama P's bake their own bread in-house and is as soft a tortilla. The juicy, seasoned meat, the peppers, the onions, the melted provolone cheese and the pillowy soft bread made me certain I would see it later in my dreams.

The guilt-ridden Chili and Cheese Fries were too irresistible to pass up (since I had missed going to the State Fair) and I asked for them 'loaded'. The serving could have been a meal as it was a plethora of crinkle fries that were crispy on the outside and cooked to perfection on the inside. Smothering these spuds were equal amounts of warm nacho cheese and a dark chili, which was topped off with diced onions and pickled hot jalapeno pepper rings. Being a glutton for punishment I added a good squeeze of hot sauce over the whole thing. I sat on a stool at their tiny counter and closed my eyes and for a minute I was transported to the food alley at the fair. It was a cheap trip as the loaded Chili Cheese Fries were only \$2.79!

Breakfast sandwiches and platters are offered starting early in the morning and there is an array of other items ranging from chicken wings to tuna sandwiches, all prepared to your liking. They serve up a half-smoke that you can smother with grilled green peppers, onions, and mushrooms - which is a hard-to-find "fair food" item that when you have a craving for, nothing else will substitute. Save the boring lettuce and carrot salad with low-cal dressing for a business lunch - this is the kind of Crazy Good Eats you sneak in and enjoy solo, and maybe even keep the outing to yourself! Supporting the local country stores that are family run feels pretty good, too. Go by and say hi to Mama P herself at 10941 Catharprin Road in Spotsylvania and tell her Monica sent you for her Crazy Good Eats!



Monica Van Cleve is the owner of The Van Cleve Seafood Company and co-author of the cookbook, Girls with Crabs- 'Slingin crabs ain't no piece of cake'. When Monica is not traveling the world and stuffing her face with Crazy Good Eats she spends her time trying to learn how to cook something other than seafood.

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The fall months are such a great time to walk and shop, eat and shop, and drink and shop...what better place for such an enjoyable time than on Caroline Street in Fredericksburg, Virginia? The familial feeling of your evening or daytime venture in and out of the shops there is almost like you are a regular and "sometimes you want to go where everybody knows your name...and they're always glad you came" just like that neighborhood bar on *Cheers*. Go often enough and you'll be on a first name basis...a nice feeling. Make it happen! It's the beauty of claiming Virginia... like it or not, somehow we are all related by blood or marriage. It is such a blessing when a non-native joins the group and adds a pleasant twist to the everyday! God has His hand in this plan.

Fraser Wood Elements is a fairly new member of this quasi-Georgetown environs. David (the non-Virginia native) and Biz (the Fredericksburg native Elizabeth Mitchell Fraser) and son, Buice, moved back to Biz's hometown and set up "shop" on Caroline Street this past March. It's hard to believe this small storefront holds as much as it does. You leave there letting your remembrances expand into visions of amazing possibilities. If you're not a dreamer like I am, you actually see and want to buy things "ready to go" in the store...fancy that, with the holidays upon us! I have to admit, I am not an advance shopper. Not a good thing when your family members are amazing shoppers. I think that this year just might be different.

So...this is the time to explore, have a dream or vision of "what could be" for Christmas now or just see a great gift to take home today. If you have a birthday gift for a bowtie kind-of-guy, how cool would it be to surprise him with a "wooden" bow tie....go figure. You could enclose a pocket square from Brooks Brothers...there you have it!!

Some of the offerings are wooden eye glasses, wallets, beer openers, business card holders, and many more unique gifts, all out of wood.



Many of you know I am a "home therapist" (once deemed by a client) – Fraser Wood Elements is all about home and connections with our inner soul...our past, our future...what we leave our children...or not. Wayman and I are "wood people". I wish we had known David and Biz back when we designed and built our Yankee Barn Home in 1991, to guide us down better than best paths. Hmm...I'm not sure they taught what Wayman and I needed when Biz and David were in the first grade. It all ended well.

I encourage you to come into their shop and "dream"...David is definitely equipped now to guide you as you make your own decisions. You bring a picture or idea of what you are dreaming and David can guide you to bringing it to the size and style you have in your heart.

David's showroom is stocked with all types of wood, vintage and new, and an amazing assortment of furniture and accessories for your home, waiting to be customized to your vision. You can buy off the floor or work with David to "make it your own".

Dream big! Real life brings it down to proper proportions for size limitations and budgets. David can work with you to make your dreams a reality within your limitations. For you, who do not have those limitations....go in and have the time of your life. David can procure any thing you or he can dream for your space.

Fraser Wood Elements opens their space for you to host a meeting or party at their shop. The best cocktail parties or weddings I have ever attended have been at museums or shops. As we drove away from one, I told Wayman I would have paid to go to that party! Think about it for your next gathering. A little cover at the door, and great energizing surroundings, great food, catered by amazing people nearby or what you work out with David, ...an evening, not to be forgotten....with your name on it!

You'll be missing out if you don't get to Fraser Wood Elements soon. Call ahead to make sure David is there to meet and show you around.

'Til next month, *BB*

## *Fall Super Foods* by Heather Mechler-Fickes

You can invest all your money into the finest and most expensive beauty products on the market. They can make a difference, but a lot of the time looking our best has very little to do with what we put on our skin and hair. Looking our best has a lot to do with what we put into our bodies. Many health shows and magazines list super foods that not only taste great but are good for you too. Here are some super foods that can be found at your local grocery store or farmers market.

**Blueberries** - Blueberries have antioxidants that protect your skin from premature aging.  
**Wild salmon**- Wild salmon is full of omega 3 fatty acids and Vitamin D. Omega 3 keeps skin moisturized and soft. The vitamin D keeps bones and teeth strong.

**Spinach**- Spinach is full of nutrients, antioxidants, and lutein that keeps eyes sparkly and healthy.



**Walnuts** - Walnuts are a good source of vitamin E. Vitamin E keeps skin smooth and bones strong.

**Oysters** - Oysters are full of zinc. Zinc help replenish and repair skin and keeps hair and nails healthy.

**Dark Chocolate** - Dark Chocolate keeps skin hydrated, and protects skin from sun damage. Chocolate doesn't cause acne. But make sure to pick a chocolate that contains at least 60% cacao.

**Yogurt** - Yogurt is full of calcium. Calcium is great for bones, teeth and posture.

**Sweet Potatoes** - They have lots of beta carotene which prevents aging.

If you haven't already started enjoying these super foods, give them a try. You will definitely start feeling and looking better than ever.

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## Warm and Cozy Through the Holidays



The warmth and the ambience of a cozy fire on a long winter's night is a feeling that soothes the soul. The flicker of light and shadows dancing unchoreographed through the evening accompanied by the warmth bring even the most cluttered mind to rest and relaxation.

The good news is that technology has brought this nostalgic luxury out of the complicated, work-filled chore to the easy flick of a switch that we've grown accustomed to in this modern age.

The process would start with either cutting logs and splitting wood or buying the cut and split pieces ready-to-use. Then you'd have to stack the logs and start a small firing with kindling (usually chopped from the split wood) which could sometimes be messy with insects, leaves, and general dampness. You'd start a small fire then add logs, making your small mess only larger.

Smoke and small pieces of burning would spread into your house. No need to continue bashing the traditions that kept our forefathers, ancestors, and some of us older folks warm and alive through the centuries. Even that natural crackle sound from the fire almost makes the messy process worth it, but let's move forward to the current age where a smokeless fire reigns free in any household instantly whenever you'd like.

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**Beauty:** There are endless amounts of fireplace boxes to choose from and many accents, such as the mantel, hearth and surround and trim. It's also fun to choose the perfect stone or brick to suit your home and create a warm facade for your fireplace.

**Maintenance:** Very little is required...no sweeping ashes and maybe a yearly professional inspection to make sure everything is working as smoothly as possible. Of course, a carbon monoxide detector should be used, whether you're using gas or real logs.

**Environment:** Propane gas is non-toxic and EPA approved. Data



*This fireplace, built by Lakehouse Building & Design is a perfect example of customizing a gas log firebox and surround to fit your home. Ed Blount from Lakehouse Building & Design says "I can handle everything on this inside and Virginia Propane handles everything on the outside" which would include the tank, line and gas.*

from the EPA states that thirty wood burning houses emit more air pollution than 300,000 homes using gas log fireplaces.

**Financial:** The gas logs are less expensive and less intrusive to your home during installation. Also, most people use their communal living areas (living room, kitchen, etc.) and can use the heat in a condensed space and spend less heating the whole house. Inserting a propane firebox in the shared space while keeping the other rooms colder typically saves between 40 and 60% on fuel costs.

**Time:** Installing propane logs is fast and easy. Faux stone and other products have made it possible to make the system look like old fireplaces of the past or new age creations that inspire the most modern folks.

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