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The Breeze

Issue No. 27

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Spring Forward

Unlike most mammals, we Lakers cannot hibernate through the winter. So we have battled the elements, winterized the lake toys and instead of bedding down for a long winter's nap, we have read many books, watched many movies, built snowmen (and snowwomen, it's 2015!), ridden more sleighs than Santa Claus, baked cookies, and have gotten in the habit of washing down s'mores with hot chocolate. The holidays keep us busy in the beginning, but once the shiny New Year has been dulled by dirty, salted snow, it seems like spring is a world away. The snowy weather forces us to slow down a bit, which is nice at first, but then our instinct years for the feel of sunrays hitting our skin and a warm breeze from the lake we love.

It's only natural – we love the outdoors and can't get enough. The barbeques, the refreshing walks, pleasure fishing, hours in the hammock, friendly get-togethers, and boat rides into the horizon are just a few of the draws that brought us to this area to begin with. It seems there is a resounding feeling from the area about spring: bring it on!

While before we know it, we'll be celebrating spring and coasting into summer, these last few weeks can sometimes feel like an eternity. We've had some suggestions from our staff and readers about how to make the lingering winter days more bearable.

Remodel – add that addition you will need in spring, a boat house, pool, deck, outdoor kitchen and patio, whatever you'll want to have once the warm

(continued on page 3)



Weaver Services Garage Re-Opens After 2013 Fire

Weaver Services, Inc. is a family-owned garage that has been serving the Lake Anna area for decades. Unfortunately, on November 1, 2013, the 36-year old building which houses the business was destroyed by an electrical fire. Current owner Jay Weaver, who took over the business from his parents James and Bessie Weaver, decided to re-build the 5,000 square foot building and re-start the business.

The Weavers originally built their home in the area before Lake Anna existed, but their property turned out to be within walking distance of the lake after 1972. The couple decided to make their home here, close to family and they felt it was a good place to raise children. After building a garage in Richmond and commuting back to the lake daily, James decided to build Weaver Auto Services, Inc. literally in their own backyard. *(continued on page 3)*

Creating a Strong Defense Against Childhood Obesity



One of Lake Anna's most popular realtors, Liz Wilson and her new team partner Jamie Brown, agents with Long & Foster, are proud to announce their initiative to help in the fight to end childhood obesity in the communities we serve. They are excited to join forces with NFL Legends and Super Bowl Champions in bringing events to households and businesses residing in Louisa, Spotsylvania, Orange, Fredericksburg, Stafford and Caroline. With this partnership, folks are going to enjoy sports and entertainment like never before thanks to the new NFL Legend Sports & Entertainment Division. One of the first events is a Benefit for the Wounded Warriors of Virginia, sponsored by the Spotsylvania Sheriff's Office to be held at the Spotsylvania Town Centre April 25th from 11:30 a.m. to 4:00 p.m. Gary Clark (Washington Redskin NFL Alumni), the Spotsylvania Sheriff's Office, dignitaries, Motorcycle Rodeo, Live Music, Honor Guard and a Multitude of Veteran Services will also be involved. Stay tuned for more information about this exciting new partnership in future issues of the Lake Anna Breeze!

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LETTERS

To the Editor

What's the hold up?


To The Breeze:

I have been following the Lake Anna Resort for a year with eager anticipation and recently attended a meeting for the DRC in Louisa County to hear what was happening. It seems like the county and the developer were still working out the details, but I was wondering what is taking so long? I have seen a lot of development take an extreme amount of time in the past here at the lake and I was under the impression that a nice, exciting development like this would be a shoe-in. Why does everything take so long here?

We have had a lot of interest in this and other new projects and will look into the timing and produce an article in our next issue. Thank you for the suggestion!

The Breeze is available for purchase in stores for \$1 per copy. For a list of our current distribution locations, please visit LakeAnnaBreeze.com. Interested in advertising? Please call 540-872-0684 or e-mail info@lakeannainfo.net. Story ideas? Suggestions? Questions? Please feel free to contact us with a letter to the editor. **Issue No. 27**

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weather gets here. Now is the perfect time to get a jump start so that you can have your projects complete by spring or summer.

Reading & Writing – delve into that classic book you've always wanted to read or re-read your favorite series. There are few things that can take us to another place and time better than a great book. Maybe even try writing one of your own – it's a great way to get your creativity flowing and can be a great stress reliever, even if it's a story just for your own enjoyment.

Cooking – try a new style of food or take a class. This extra time at home might be a great time to brush up on your culinary skills or try re-training your taste buds. That New Year's Resolution might seem a lifetime away, but you still have a chance to get a great start for 2015!

Exercise – that gym membership that you bought on January 2nd? Go get your money's worth. Many days lately have been too cold for any sort of outside exercise, so if we're staying on our healthy living kick, we need to find other ways to stay active (besides shoveling!). For the really adventurous, take a dance class! Step outside your comfort zone and out of the cold and see if you can develop a new skill.

Catch up on movies – whether you decide to venture to the theater or make a quick stop at Redbox, a movie is always a fun way to take a little break from your everyday.

Prioritize the good weather – finish all of those tasks that you usually do once it's warm: spring cleaning, taxes, and maintenance on your summer toys (boat, grill, etc.) during this cold time...then you've got more days to enjoy the rays! While this suggestion doesn't sound the most fun, it will pay off later.

Grill out, dine in – if you can brave the elements for a bit, fire up the grill and make the summertime favorites: hamburgers, hot dogs, corn on the cob, etc. and fashion an indoor picnic to get a little of the warm weather flavor.

Gear up for spring – stop at local gift shops and purchase apparel and gear for the coming lake season so you're ready to go as soon as the cold snap is gone!

Venture out – yes, it's cold, but we still need sunshine and fresh air, so take advantage of the few days we do have that are a little warmer and soak up as much as you can to get you through the season!

Garage Reopens (continued from front page)

Jay Weaver took an early interest in working at the garage with his father since he was very young. Eventually, he owned and operated Auto Tech on Route 208 in Spotsylvania for more than 12 years. For the past six, he has taken the reigns at Weaver Auto Services.

The fire was a huge wake up call for the family and they've taken provisions to ensure this type of loss won't happen again. Nearly everything there was destroyed – equipment, computers, stored files, tools and much more. Now, Jay and his wife Melissa plan to regularly back up customer files and record and store them away from the location.

Local customers will be happy to see Weaver Auto up and running again and enjoy the convenience of automotive repairs and service for your vehicles, Virginia state inspections and they are now offering marine repairs and service. Call today to set up your appointment! 540-895-5492.



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Local Business Raises Stakes



When owners Roger & Karla Harrison created Louisa Tent Rentals more than eight years ago with founding partner Ronnie Walker (who has since been bought out), they had no idea how big their idea would become. Louisa Tent Rentals is now one of the leading providers of tents and events supplies in the area.

The company really caters to events for 200 people or less, including weddings, graduations, birthday parties, reunions, rehearsals, bachelor/bachelorette parties and holiday events. Louisa Tent Rentals has largely benefitted from word of mouth referrals and has built up a large clientele of repeat customers. Why? Karla Harrison explains: "We want to make events nice and memorable, but reasonable." The couple wants to maintain their low pricing with a high standard of service.

"We hear all the time that we need to raise our prices," she continues, "but we started this company to provide reasonable rates. Other people charge for every little item, we like to make it affordable." In fact, Louisa Tent Rentals urges their potential clients to provide a list of what they'd like along with the budget they'd like to use and they work diligently to make that combination happen, often coming in under budget.

One of the ways the company keeps costs down is that you won't find a big office or storefront for the business simply because the entire operation is run out of the couple's home. They have a total of 6-7 employees that help set up, deliver, and tear down the event supplies on a regular basis. This is also not a full time job for either of the Harrisons, but operated mostly in the evenings after completing their day jobs. The business has grown so much more than expected; they often find themselves working into the wee hours on a nightly basis just to keep up. The couple has even considered selling the business, should they find someone who could jump in and keep the same philosophy with the company. "We see an even larger potential for this business for someone who has the time to dedicate to it," Karla explained.

The company currently offers a wide variety of styles and sizes of tents, along with tables, chairs, dance floors, and LED lighted bar, and are working on adding pole covers to their list of items.

The company also wants to remind everyone that any tent that measures more than 900 square feet requires a permit from the county where the tent will be placed. They urge their customers to apply for this early, as soon as the placement for the tent has been determined.

Louisa Tent Rentals is currently holding a contest throughout 2015 for the best photo taken with one of their tents at any event and the winner will receive a \$200 Visa gift card! For more information, you can always visit louisatentrental.com or e-mail louisatentrentals@yahoo.com.



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These are the Times by Wayman Bishop

I Have a Dream



History is nothing if not filled with irony.

A few weeks ago I was in Berkeley, California, walking down Hopkins Street, just having left the North Berkeley Public Library. In the brief walk from the library to my favorite wine shop, I ran into a tall, slender young black man standing in the middle of the sidewalk doing nothing but standing there. People were passing him by as if he wasn't there. I went into the wine shop, purchased my favorite bottle of wine, exited the shop, and saw the man still standing in the middle of the sidewalk.

He had a small badge hanging from around his neck indicating that, having paid his fee, he was a registered street vendor. So I asked him, "What are you selling?" He replied, "I'm soliciting membership in the Southern Poverty Law Center. would you like to join?"

My response was a compassionate "no." I have heard of the organization. They're against hate. Who isn't? But...I'm no longer a "joiner."

What followed between us was an interesting conversation about the civil rights movement of the 60s. My perspective was that of a young teenager growing up in the South during the bloody days of violence aimed to preserve segregation in Georgia, Alabama and Mississippi. His was that of a well-read son of an economics professor at Howard University in Washington, D.C. I was 19 when the Civil Rights Act was signed by President Johnson. My new friend had not yet taken his first breath.



We both expressed our bias. They were complimentary, not contradictory.

His point of view was developed from what he had read and what he had been told by his father and his grandfather. To him Dr. Martin Luther King, Jr., is a prominent figure in Black History. To me Dr. King is a prominent figure in American History. As I see the world, Black History Month, is a subtle yet lingering symptom of segregation ideology and a patronizing response. If full integration is to be the antithesis of full segregation, why would Black History Month be necessary?

When Dr. King was awarded the Nobel Peace Prize in December, 1964, it was as much in recognition of his unshakable courage in the face of violence, ignorance and misguided governance, as it was in recognition of his success in leading a non-violent movement to awaken a nation to its injustices and inequality. He did not die a martyr's death. His success pre-

ceded his assassination. Or in his own words... "I have been to the mountain top."

The Civil Rights Act became the law of the land on July 2, 1964. When he signed the bill into law, President Johnson said, "Let us close forever the springs of racial poison." Dr. King died from an assassin's bullet on April 5, 1968. Nine years later, Dr. King's mother met the same fate while worshipping in her church in Atlanta.

J. Edgar Hoover, founder, first director, and longest serving Director of the FBI, once referred to Dr. King as "the most notorious liar in the country." Hoover was consumed by the notion that Dr. King and the civil rights movement was a conspiracy orchestrated by the communist party to foment anarchy in America. A serious study of civil disobedience during the 60s could lead one to conclude that local law enforcement in Selma and Montgomery were sadly our nation's most notorious anarchists of the time.

Director Hoover was not the only powerful segregationist in Washington during the civil rights movement. Howard Worth Smith, U.S. Congressman representing the 8th Congressional District of Virginia, was a much more aggressive opponent of civil rights reform than was Hoover.

A graduate of the University of Virginia, a staunch conservative, a Southern Democrat, and an outspoken segregationist, the Honorable Mr. Smith

was also Chairman of the powerful House Rules Committee. Under the House rules of the day, all legislation had to pass through the Rules Committee. As Chairman, Smith refused to allow the Civil Rights Bill of 1963 to be brought forward for a vote and the legislation sat in "Smith's Graveyard" for almost a year. Finally giving in to immense pressure from President Johnson, Smith allowed the bill to pass through the Rules Committee and the bill passed in the House 289 - 126 on July 2, 1964. President Johnson signed it in to law late that evening.

President Kennedy had sent the civil rights legislation to Congress the previous June, where it sat in Smith's "in box" until November 20, 1963, when it was passed to the full House for debate...just two days before Kennedy was assassinated. History is nothing if not filled with irony.

In examining our lives, our attitudes and the state of the Republic, we can either declare, "How far we have gone!" or ask the question, "How far have we gone?"

Scenes from Lake Anna

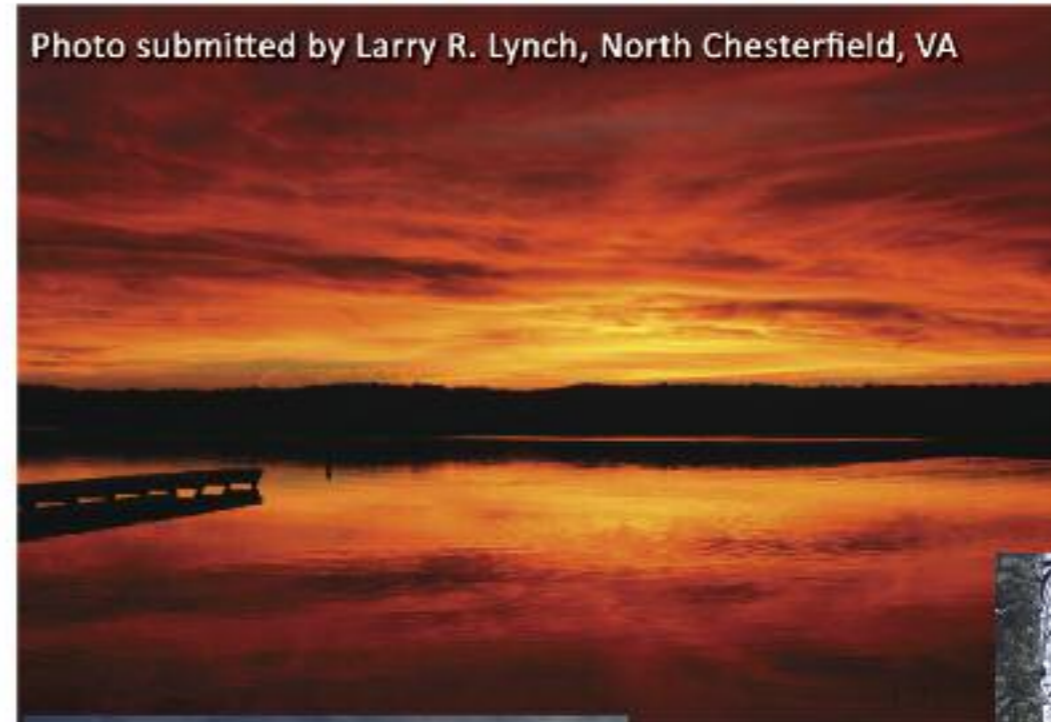


Photo submitted by Larry R. Lynch, North Chesterfield, VA



Photo submitted by Stephanie Clinton



Photo submitted by Donna Lynn

E-mail your photos to:
jen@lakeannabreeze.com
to share for our next issue!



Photos submitted by Christine Love



Photo submitted by Anna Barnes



Photo submitted by Dot Easler



Jordan Davis submitted this photo of her dog Bailey catching some sun on the dock.



Photo submitted by Donna Lynn

Lake Anna's Featured Pets

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



Photo submitted by Courtney Schroeder

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Pre-Season Lake Checklist

by contributing writer Kyle Austin



The season is just around the corner. Are you ready for another amazing summer of fun? I am sure that you are ready to get out of the cold winter weather and back into a bathing suit as soon as possible, but you also need to make sure that your gear and equipment is safe to be out on the water. Here are a few great ways to prepare yourself for another season of good times while keeping your friends and family safe on the water.

Make sure that no matter what type of boating you are going to be doing that you do a pre boating checklist before and after every outing. Make sure that you have enough life jackets for every person on the vessel. The jackets must be Coast Guard approved and they need to be of the appropriate size for each passenger or the VDGIF (Virginia Department of Game and Inland Fisheries) can award you with a fantastic citation for not having the proper equipment. You also need to check that your boat has a fire extinguisher. It should go without saying, but you also need to make sure that the fire extinguisher is full and not out of date. If you are in doubt at any time that it may not be proper, just stop by your local fire department and have them inspect it for you, so you know that you are safe at all times. You must also have a throwable cushion inside the boat at all times. Not only does it have to be in the boat, but it is not allowed to be inside of a storage locker. It must be outside within reach of a passenger so that you are abiding by Virginia State law. Make sure also to check that all of your registration numbers and state tags are in the proper order and alignment on your boat so that you don't have any issues with officers running your numbers while you are on the water. Making sure that you have every safety precaution and boating regulations in order will make for a much better day if you are stopped by the police. The police have the right to stop you at any time without warning to do a safety check of your vessel. Having your registration and boaters safety

course in a water proof bag and readily available at any time will make the stop much easier for everyone on board.

There are many other precautions that need to take place before you leave to get on the water, but these above are the most important in my opinion before you go out. Oh yeah - don't forget to CHECK THAT YOUR PLUGS ARE IN. No one wants to see a sinking boat on their first day of summer!

Make sure that all of your water sports gear is inspected properly so you know that it won't malfunction when on the water. You need to visually inspect your wakeboard bindings, ski bindings and tow ropes for any cracking or problems that may have occurred during the off season. Checking that your hardware is nice and tight is also a priority. You don't want to get out on the water and realize you don't have a screw driver to tighten down your bindings that are loose. Checking your tow ropes for slices and tears is a big deal, as well. When a rider is in tow, you don't want them getting injured because of a simple tow rope malfunction. Check your towables for holes and tears. When filling up your tubes for the season, pouring soap and water over them will help to insure that you don't have holes. If you put soapy water on an inflated tube, it will bubble in any area that has a small pinhole. Local wakeboard and watersports equipment shop Wake Edger's Gear and Gifts has tube patch kits if you run into this problem. Life jackets need to be clearly checked for straps and anything that may be out of order. They're a lifesaving piece of equipment that needs to be looked at EVERY TIME you go out on the water. You will get a ticket if you do not have a 100% perfect life jacket, if you are pulled over.

These are just the beginning of a pre-check list that needs to be done before the season gets here. Make sure that you go out and check every detail before you hit the water to insure a great day on the water every time.

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Outdoor Life at Lake Anna

Local Angler Recognized for Lake Anna Lunger - Again!

By Taylor McCann - Taylor@CVOFishing.com
Fishing Guide, Kistler Pro-Staff

For the second time in 2014 the Angler of the Month award for the state of Virginia was presented to a regular Lake Anna fisherman. On October 11 Mathew Bowen of Orange, VA was fishing in the North Anna River area of Lake Anna. He had caught bait earlier in the afternoon but was running low. Shortly after rigging the last bait in the tank (which happened to be the smallest threadfin he had caught) the fish bit and the fight was on. Bowen made short work of the fish and soon had his 39.5" trophy weighing in at 23 lbs 7oz. Bowen's catch qualified for the Virginia Angler's Recognition Program (VARP) by both length and weight. The fish was taken to Sturgeon Creek Marina where it was weighed and witnessed. Shortly after receiving his certificate for the trophy catch, Bowen 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 October. After no Lake Anna striper angler winning this award for the past 8 years, Lake Anna has produced two tremendous trophies in less than 6 months. This is not only a tremendous accomplishment for the angler but serves as a reminder that there are still GIANT Stripers in Lake Anna.



March Madness!

By Charlie Bowles - Charlie@CVOFishing.com
Fishing Guide, Bass Pro Shops & Lowrance Pro-Staff

It's about more than just college basketball... March marks the end of cold blustery winter weather and the beginning of longer warmer days. For an angler, it means it's time to go fishing! Below is a quick overview of what to expect for March on Lake Anna.

Bass

When the water reaches the magic temperature of 55 degrees Bass will "stage" or move towards the shallower creeks and coves. During this period the Bass will "wake up" and get much more active than they have been in the winter. The lower end of the lake is going to warm before any other area. Dike 3, Valentine Cove, Levy Creek, Rockland Creek, and Dukes Creek will be great areas to concentrate your efforts. Use 1/2 ounce to 3/4 ounce Spinnerbaits, 5' Jerkbaits, and 1/4 ounce swimjigs and swimbaits. Don't forget your favorite variety of finesse baits when the bite gets a little tougher or you are trying to follow up the other baits. I also like to use lizards and senko type baits on a Carolina rig. This technique allows you to cover a lot of water and detect changes in the bottom.

Striper

Many of the larger Stripers in March will be caught in the main rivers near Terrys run, S-Turns, Christopher run, and Duck in hole creek. 1/4 ounce to 1/2 ounce Swimbaits and Jerkbaits will be very productive in these areas. If you are a live bait fisherman use a shallow presentation during lowlight and overcast days. During bright sunlight go out to deeper feeding flats and use down lines.

Crappie

Watch for Crappie to move towards shallow water... There will be thousands of slabs in shallow brush rocks and docks. Grubs and minnows will load the cooler.

The Calendar is Filling Up...



Get Out and Get Hooked Up!



Central Virginia Outdoors

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Fishing Guide
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Charlie Bowles
Fishing Guide
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Over 40 years of combined experience

LAKE ANNA

Annual Ham & Oyster Dinner

April 18, 4-7pm; Belmont Community Center

The Belmont Ruritan Club and the Belmont Club of Women will be holding their annual Ham and Oyster Dinner on April 18th, 2015; 4-7 PM. This local favorite is a little later this year, usually held in March. The ticket price is \$15 for adults and \$8 for children age 6-12. Advance Tickets required. For more information please call 540-854-7439; 540-872-5294.



Saint Patty's Party

March 14, Tim's at Lake Anna

Join the Irish fun at Tim's at Lake Anna to celebrate St. Patrick's Day with Green Beer, yummy food and great music! (540) 894-5011 www.TimsLakeAnna.com



Lake Anna Winery Winter Concert Series

Weekends through March (check for latest schedule on lawinery.com)

Join in the party with great wine and live music! Featuring local artists, this is a great way to spend your weekend sipping some of the state's finest wine and wonderful music!



Crawdad Festival

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Paint & Sip

March 15 @ 2pm, Weston Farm Vineyard

Lauren Wade will be back as instructor. Attendees will paint a 12"x12" of daffodils! \$35 per person prepaid reservation by March 12. Fee includes all materials and one glass of wine. Bring a snack to share. www.westonfarmvineyardandwinery.webs.com



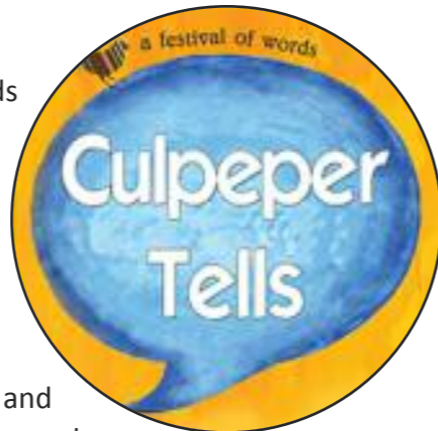
Quarters Auction

March 20th, 6-8:30pm @ Betty Queen Center
 Do you sell cool stuff? Be a Quarters Auction Vendor! Now accepting a limited number of vendors for the March 20th Quarters Auction. Questions? Call 967-4420 or visit LCPR.info for more information!

CULPEPER

Culpeper Tells

March 14 @ The State Theatre
 Culpeper Tells...a Festival of Words is a celebration of storytelling—the tradition of sharing tall tales, accepted truths, or closely guarded confessions. A well told story is a joy to hear no matter whether it inspires you to laugh, cry, or reflect. Join us as professional storytellers take the stage, and just maybe share a story of your own at the story slam. culpepertheatre.org



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March 28-29, 2015; Sat 11-5, Sun 12-5

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3rd Annual Dog Easter Egg Hunt

March 28, 2015



Half of all registration will be given to the Greater Fredericksburg SPCA. All dog parents are required to sign release acknowledging their dog(s) is current on shots and healthy enough to participate. Dogs must be at least 12 weeks old. A small dog area will also be available for dogs under 15 lbs. Pre-registration is requested! On-site registration will be available if space permits.

Email: fredprpf@fredericksburgva.gov Phone: 540-372-1086

Family Fishing Day

April 4, 9-5, Wilderness Resort.

Join Wilderness Presidential Resort on April 4th for our first-ever Family Fishing Day in partner with the Fishing Community's Wounded Heroes Fishing Project! More info: wpresort.com



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March 13-15th, Altria Theater

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Bizarre Bazaar Spring Market

March 20-22 @ Richmond Raceway Complex

This large-scale event provides an optimal shopping experience for all – Think Spring! – gifts for Easter, graduation, birthdays, bridal and baby showers... unique offerings include gourmet food and cookbooks, fine linens, designer clothing, toys, fine crafts and artwork, decorative home accessories and jewelry to name a few. Springtime also brings gardening and the outdoors to the forefront – included in the array of items available are whimsical garden art and accessories, spring and summer perennials, outdoor furniture and much, much more. Info: www.thebizarrebazaar.com



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ORANGE / MADISON

3rd Annual Fried Chicken Festival

May 16, Town of Gordonsville

Gordonsville is famous for its fried chicken, which was served to passengers of trains stopping in town during the late 19th and early 20th centuries by local women carrying platters of the delicacy on their heads. Nationally-known at that time, Gordonsville's fried chicken earned the town the nickname of "chicken-leg center of the universe".

To celebrate this special heritage, the Town of Gordonsville will hold its Famous Fried Chicken Festival on Saturday, May 16, 2015 at the Gordonsville Fire Company Fair Grounds. The event will feature a fried chicken and pie contest, wine garden, and numerous craft and artisan vendors.

www.townofgordonsville.org



SURROUNDING AREAS

20th Annual National Capital Boat Show

March 13-15, Dulles Expo Center

Put aside the shovel, slow traffic, and heavy, wet snow this weekend and get out to the National Capital Boat Show. The snow will melt quickly, the cherry trees will be in full bloom in just a few short weeks, and you will be dreaming about being on the water in your new boat, fishing, swimming, and playing with friends and family so you'll want to be ready! Bring on Spring and Summer! Find everything you need to hit the water this season at one of the largest boat shows in the region. Shop hundreds of new boats from dealers throughout Virginia and Maryland, including runabouts, saltwater fishing boats, ski boats, pontoons, deck boats, jet boats, jon boats, and PVCs.

In addition to the wide range of boats, exhibits will feature marinas, boat lifts, floating docks, outboard and inboard motors, marine electronics, watersports and safety equipment, boating accessories and more. Plus, experts will also be on hand to answer questions and provide information on boat maintenance, repair, financing, insurance and boating safety.

There will be many dealers from all over the region displaying their boats! They are primed and ready to deal. Bring your trade in and make your best deal on a new boat. Don't miss this opportunity to get that new boat you have wanted at the best price around. gsevents.com

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Dining Spotlight

Crazy Good Eats - Mason Dixon Café

C-O-L-D Man Winter barged right on in and made an appearance with single-digit temps and snow-covered roads making me crave some rich and hearty comfort food. The kind of food that makes a bitter-cold winter day all warm and cozy!

I had heard a lot of great things about Mason Dixon Café and decided to give it a try for myself. They make everything in house and from scratch, plus boast some interesting eats so it was a great place to get my comfort fix. Owned and operated by husband and wife, Kelly and Nick Hunt, Kelly a local native and Nick a transplant from South Jersey, hence the name. Kelly's vision is comfort food with a twist and she delivers that vision with a home run.

#SouthernSoulFood - From the Low Country in South Carolina to the French Quarters in New Orleans, a hot, creamy bowl of real Shrimp and Grits fills the soul and warms the heart like few things can. Mason Dixon Café served up a heaping, steaming bowl of al dente large grain grits that were so creamy they blended with the silky-smooth cheese and just the right amount of seasonings and spices which made for a savory 'gravy'. Digging my spoon in to break open the surface I found medium-sized plump, white shrimp, sautéed yellow onions and red pepper strips that added to the overall savory flavor and beauty. Delish!

#GetInMyBelly - The menu has a large selection of Gourmet Dogs, yes, Gourmet Hot Dogs. The 'G' Dog is hand held artery clogging, comfort food at its best. A Bacon-wrapped hot dog that is deep fried, placed on a toasted bun and topped with grilled mac and cheese...a meal all in one! The crispy grilled cheese from the mac-n-cheese acts as a top as the creamy cheese in the inside mac-n-cheese smothers the bacon-wrapped hot dog and the bun lets you hold it all with just one hand. This should not be legal. At this point I was thrilled it was so cold out and I could hide the 'damage' with my oversized parka because I wasn't about to stop now!

#RichRichRich - Next I was on to the Blue Cheese BBQ Chips. Fresh cut potato slices cut paper thin then deep fried and coated in a house-made BBQ seasoning (dry), drizzled with house-made blue cheese dressing and topped off with chunks of blue cheese. The perfect tri-fecta where "casual laid back" meets "fancy-pants". Rich, crunchy, sweet, salty, sharp and tangy. Kelly is really delivering on her "comfort food with a twist" vision.

Kelly says the weekend brunch has become very popular which with menu items like this and I can understand why. The café is a regular stop on Saturdays and Sundays for most of the regulars seeking things like a stack of pancakes the size of a birthday cake, chicken and waffles, crab and asparagus omelets and a club sandwich made with waffles. And if food really isn't your thing their BBQ Marys and even "Man-mosas" are reason enough to get out there for a weekend brunch.

Mason Dixon Café was the perfect spot to fill my comfort food craving and force me into sweatpants for the remainder of the afternoon. Located next to Carl's Ice Cream on Princess Anne Street in Fredericksburg, Mason Dixon Café is impossible to miss and is a great addition to the Fredericksburg area and their growing "foodie town" reputation.



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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LIFESTYLE Reflections by Lake Anna Interior Designer Barbara Bishop

Just How BIG is Your Dream?



Well, this got my attention...and made me focus a bit more towards making my crazy dreams stand up and take notice. Gary Friedman, Chairman and CEO of Restoration Hardware, is quite the dreamer. What a role model with such a positive outlook and belief system! I have shopped or helped clients shop Restoration Hardware stores, enjoying every minute, wishing I had a larger budget!

Gary Friedman is contagious...catch the spirit! As he quotes the late John Barrymore, "A man is not old until regrets take the place of dreams". Barrymore's life had a sad ending, but evident throughout his years, his dreams were alive and pursued with success.

Financial resources aside, this is a picture of Gary Friedman's success in bringing his and his team's hopes and visions for Restoration Hardware to life in a really big way. The evidence is overflowing with adages, quotes and passages we have heard all our lives.

One of my clients has a large biblical quote on her entry wall to their living room: "If you can believe, all things are possible to him who believes". This sets the tone for this household. Knowing yourself and recognizing your dreams as they wave through your mind and your heart, opens the door for possibilities, sometimes appearing absurd, off the page...BIG. Share these thoughts with others or not, but write them down, breaking them into achievable steps. Just remember the Bill Murray line from the movie "What About Bob?" regarding "baby steps" and keep it in your back pocket at all times. If you (or others) do not see yourself as a positive, optimistic person, buy a book on how to "fix" that line of thinking and living. Surround yourself with people who think outside the box and decide you are not going to "kick rocks" about what life brought your way.

Marabel Morgan, popular lifestyle author from the 1970s, finally turned her failing household around by recognizing why it was failing and changing it into a positive, loving home. She realized she had the power to lift others' spirits or bring them to rock bottom with her attitude and that's how she worked that out.

Gary Friedman obviously surrounds himself with a team who thinks as he does. Restoration Hardware is not just about selling furniture, it's about creating a lifestyle that fits each owner like a glove, creating a sense of comfort in the essence of who they are, whether they know the reason for the feeling or not.

According to author Witold Rybczynski, in his book, Home, the concept of comfort was first recognized in the Middle Ages when the conditions of the bourgeois was in such contrast to the other lifestyles of the current times. The poor were badly housed with no water or sanitation. The aristocrat lived in a fortified castle. The cleric lived in a monastery. The serf lived in a hovel. The bourgeois dwelling most resembled a house upstairs with workplace downstairs. Their furnishings were adequate, sparse and multipurpose addressing personal needs. This was the beginning of what we individually address today in our own lives.

Look around your community where you live and play. A lot of what you see and experience is the fruition of someone's dream, believing they could make it happen. Your dream could be anything that keeps showing up on your scope. Our brains and hearts are designed for us to "dream dreams". Ours dreams do not have to look like the flagship store of 70,000 square feet in Atlanta (just down the block from where my husband Wayman and I used to go on Saturdays as kids to the Buckhead Theater matinee...long before we knew each other) - who knew??

Use the dreams of others to fuel yours! Money and who you know have nothing to do with what possibilities lie ahead. Embrace the coming season. Take the designs and ideas you see in the spring catalogs that are arriving daily, and apply the fresh approaches to comfort within your homes. If they are a "fit", wear them for the season and enjoy because you have made them yours!

'Til next time,
BB



Lice is Not Nice by Heather Mechler-Fickes

It seems like every school year, one of my children brings home the dreaded notice informing us that someone in the class has head lice. I cringe at the thought of those creepy crawlers and then my head starts to itch. I immediately inspect all my kids heads -- especially behind the ears and the nape of the neck. They love to hide out and lay their eggs there. If you unfortunately detect lice or lice eggs in your child's hair - don't panic. It is an inconvenience, but if you are informed about lice it makes getting rid of them a lot easier.

Head lice are wingless insects that spend their entire life feeding off of human blood on the scalp. They don't jump from head to head, but they do crawl...and they can crawl fast. They are most common in school age or preschool aged children, but everyone is vulnerable to getting lice. Getting lice is no indication of your personal hygiene. They are just looking for a scalp to feed on. You can get lice from direct contact with a person who has lice or from "shared" items - for example: hats, scarves, brushes, combs, and helmets. I think a big culprit is when the kids hang their backpacks and coats together and those little bugs are crawling looking for their next "opportunity".

The best thing to do is nip the problem in the bud when you realize your child has been exposed. Go through their heads section by section with a fine-tooth comb. Lice are very small and sometimes hard to find. If they have laid eggs, the eggs look like flakes of dandruff but are not easy to remove from the hair strand. Purchase an over the counter kit. Usually these kits contain a lice killing shampoo, comb, and a lice and egg remover. Remember to follow all the kit instructions. You might have to a second application. Also, wash all bedding. There is no need to rewash all clothes and every bit of linens in the house. If you are concerned about some items, such as stuffed animals, put them in the dryer on high heat. If you are concerned about some items that can't be washed, you can bag them up tight for a two weeks. This should kill any lice and should get rid of the infestation. There is no need to bug bomb, spray pesticides or fumigate the entire house. Also, family pets don't spread lice and don't need to be given any treatments for lice.

If you ever receive the lice letter, don't fret, stop scratching your head and vigilantly check your family member's scalp.

A Closer Look at Lake Anna Real Estate



It looks like there is a lot of action in developments around Lake Anna these days. The real estate market is a key player in the economy of the lake and our state. The trend seems to be moving to buy right now.

It looks like The Lake Anna Resort, for example, will bring long needed activities and a venue for tourism, as well. The likelihood of successful investments is very strong for the next ten years, as we know from the past that cities with no growth opportunities start to expand development move to the suburbs. Believe it or not, Lake Anna acts as a suburb for Northern Virginia, Washington DC, Richmond, Fredericksburg and Charlottesville, among other metropolitan areas.

Luckily, Lake Anna has zoning in place that will protect it from overbuilding and over-commercialization. Lake Anna will never be a metropolis and there are very few areas within Lake Anna that will allow commercial growth. These designated areas allow for modern conveniences for residents and visitors and protect those areas that are zoned clearly for residential use.

Optimizing the growth within the appropriate zones will protect the rural charm of the rest of the area that we've grown to love. What would you like to see come to fruition within the growth areas at Lake Anna? A bank? Doctor's office? E-mail us at info@lakeannainfo.net.



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SBR, 3.5BA, Master on Main Level, 5,423 finished Sq. Ft., large kitchen, new appliances, beautiful enclosed, all-weather Sunroom! Well maintained and landscaped, newly opened view of Lake Anna from home site. Covered boat slip with electrical, water & lighted stone bulkhead 100' of waterfront!



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Water Views as far as you can see! - \$775,000
SBR, 2.5BA, Master on Main Level, 2,802 Sq. Ft. Fin., 1,820 Sq. Ft. Unfin., home features large open floor plan, hardwood flooring, covered boat dock with storage, well maintained, circular driveway, fenced area for pets, 2-car garage, recently permitted interior deck and dock powerwashed, ready for you!



6113 Eds Road, Mineral, VA
\$315,000 - Meticulously maintained water access home in Morgan II Subdivision. Deep water Boat slip conveys in large common area w/picnic areas, boat ramp and beach. Home features 4 large bedrooms, 2 full baths, 1,700 finished sq. ft. Lovely Cape Cod home with large deck and yard for fun, large crowd entertaining!



5307 Rye Hill Trail, Lake Anna, VA
\$399,000 - ON SALE! Like New Shores Waterfront Home featuring new appliances, large screened porch, 2-car garage, brand new extra large shed! This home will fit your life with joy, happiness & fun! Golf cart path to Common Area where your covered boat slip will reside. Home is well constructed, granite countertops, Pergo flooring (installed correctly), nice floor plan and an outdoor shower!

I have waterfront and water access lots for sale!
Prices right to sell! \$25,000 to \$425,000!

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