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The Breeze

Issue No. 31

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Get Your Feet Wet During the Last Days of Summer at Louisa's Aquatic Facility



by Skyler Smith

There's another hidden gem in the Lake Anna area that travelers may not know about. Located in Louisa's Industrial Park is the Louisa County Aquatic Facility, which hosts all kinds of family fun and exercise!

Swimming is an excellent way to work out, especially if moving around is difficult for you. For example, swimming allows you to work your body without harshly impacting your skeletal system. Additionally, it increases muscular strength, improves flexibility, and heart health. Finally and most importantly, having the knowledge of knowing how to swim could save your life one day. If lacking the ability to swim has you concerned (as it should), LCAF has you covered!

The facility offers swim lessons for all ages and experience, even including private lessons. So whether you are in the lake, at the pool, or near the ocean, you will be
(continued on page 2)



Sobering Reminder About Water Safety

Summer days, ideal for cookouts, social gatherings, and house parties, are a great way to relax and forget about the busier months during the year. However, such festivities can also become a dangerous hazard when mixing too much alcohol with water recreation. For instance, did you know that in a study completed by the CDC, out of the total number of drowning deaths between adolescents and adults, 70% are alcohol related? Not only does alcohol affect your judgment, coordination, and balance, but research has proven that the sun and heat enhance its effects. Another important factor to take into account is who would be most at risk. For instance, the statistics show that 80% of people who
(continued on page 3)

County Planners Take a Closer Look at Lake Anna Resort

The Louisa County Planning Commission held a special work session for the Lake Anna Resort on July 30th to review the new package submitted by developers on July 20th.

This is the Resort's 2nd time through the Planning Commission and it was clear that the developer had mitigated most of the previous concerns because the mood was pleasant and productive.

The major changes from the old package to the new are as follows: The residential density has been reduced from 99 to 60 units with the open space the developer could as for to 120-150 units.

"Rarely do you see a developer put design over profits. The 50% reduction in residential density is a show of good faith from the developer to the county and the neighbors."

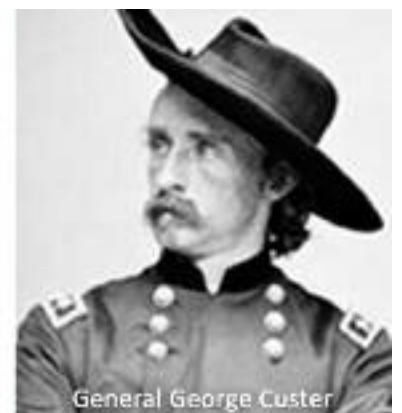
-Jonathan Smith

(continued on page 14)

The Days in May 1864 When the Civil War Came to the Lake Anna Region



General Phil Sheridan



General George Custer

It's the evening of May 8, 1864, the end of the first day of the major Civil War Battle at Spotsylvania Courthouse, the second engagement of the Union's Overland Campaign offensive. Commanding Union General, Ulysses Grant, has ordered General Phil Sheridan to use Union cavalry to "raise havoc" behind the lines of General Robert E. Lee's Confederate Army of Northern Virginia.

Already on the Confederate right flank as a result of the fighting that day at Laurel Hill, at daybreak the next day, Sheridan mustered 10000 troopers on the grounds of Spotsylvania Courthouse. To avoid detection, the mounted force turned east to Telegraph Road (present day U.S. Route 1) and then headed south looking to inflict "havoc" and to engage Confederate Cavalry General J.E.B. Stuart.

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LETTERS *to the Editor*

How do we get involved?

Dear Editor:

My husband & I love Lake Anna and we truly enjoy your newspaper. We really enjoy learning about the upcoming events and try to join in as much as we can. We would love to know more about groups to join in the area where we can volunteer and participate in more festivals and special events and get more involved in the community. Sincerely, Janet in Partlow

Thank you for your letter, Janet! We receive many requests like yours here and from our social media pages and we're working on a board in conjunction with the Lake Anna Visitor Center for this very reason. Please e-mail Jennifer Armstrong at info@lakeannavisitorcenter.com if you're interested!

The Breeze is available for purchase in stores for \$1 per copy. For a list of our current distribution locations, please visit LakeAnnaBreeze.com.

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Story ideas? Suggestions? Questions? Please feel free to contact us with a letter to the editor. **Issue No. 31**

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Louisa Aquatic Facility

(continued from front page)



prepared! If you already know how to swim or feel comfortable enough, LCAF offers even more than just swimming lessons and hosts a number of aquatic programs for the community.

One unique program of the aquatic facility is that they offer "Dive In" movie nights. Hang out and swim while watching a family friendly movie on the big screen for a small fee! Some previous motion pictures include; Star Wars: Return of the Jedi, The Avengers, and Toy Story. These "Dive In" movie nights are perfect if you're in need of a last minute activity, as there is no need to pre-register, allowing you to just show up! Other aquatic programs available at LCAF include; the Deep Water "Run Bike", Land & Sea Workout, Lap Swim, and the Annual Pooch Plunge! What's the Pooch Plunge you may ask? Well, this is another unique event hosted on September 12th, ending the swimming season, and is the only day the LCAF allows our furry four legged friends a chance to swim with their owners and other people-friendly dogs! Tennis balls and doggie treats are provided and pet vendors are encouraged to set up a table at the event.

Finally, don't forget to check out LCAF's next family fun night, which is all about extending swimming hours for busier families, happening Friday August 7th from 10:30 am to 8:30 pm. Please stop by and visit this hidden Gem in Louisa county VA, located less than twelve miles from the 208 new bridge. Discover all Louisa Aquatic Facility has to offer by visiting: <http://www.lcpr.info/LouisaAquaticFacility.asp> or call (540) 967-1085. Admission prices vary per program or activity.

Welcome to Gran Camp!



1st row from left to right: Ty Songer, Wes Songer, Jaxon Upperman, Reese McCommons, Izzy Baker, Caden McCommons, Thomas Winterrowd, Jedy Baker, 2nd row from left to right: Sharayl Songer, Olivia Winterrowd, Carol Sudol, Gloria Leili, Leo Baker, Stephanie Baker, Christy Speet.



1st row from left to right: Caden McCommons, Ty Songer, Thomas Winterrowd, Jaxon Upperman, Wes Songer, Olivia Winterrowd, Reese McCommons, Izzy Baker (absent from photo is Leo Baker) 2nd row from left to right: Carol Sudol, Christy Speet, Gloria Leili

In June, several Rose Valley grandmothers formed their first annual "Gran" Camp. For three days, the four grandmothers, along with one daughter and one daughter-in-law, hosted nine grandchildren from the ages of 4-12: Caden and Reese McCommons, grandchildren of Marty and Gloria Leili; Olivia and Thomas Winterrowd, grandchildren of Dick and Carol Sudol; Jaxon Upperman, grandson of Don and Christy Speet; Ty and Wes Songer, Izzy and Leo Baker, grandchildren of Ed and Jedy Baker.

The "Gran" Camp kicked off in the Rose Valley common area with a meet and greet. With a little help, the kids had fun designing and tie-dying their own t-shirts, which they were able to wear during camp. Sack races, water balloons and volleyball rounded out the morning. The afternoon saw the kids and their grandmothers regroup at the Sudols for water activities, an egg toss, paddle boats and other games. Fun was had by all!

The second day included a trip to Sorbie Farm Alpacas where owner and host, John Hanna, gave a presentation on the care and feeding of alpacas and the use of their wool. The kids also had the opportunity to feed and pet the alpacas. Some went home hoping they could have one of these people-friendly animals as a pet.

Lunch that day was "make your own pizzas" at the Leili's, where each child got to pick their own toppings and make their own lunch. While the kids enjoyed an outdoor sprinkler, the grandmothers enjoyed a brief air conditioned lunch interlude at Christy Speet's. Then it was back to the lake for more water activities. The highlight of that afternoon was tubing behind the Leili's boat, piloted by Marty Leili, and of course, the group picture wearing what else? The tie-dyed t-shirts!

A trip to Lake Anna State Park was our third day adventure. There, Ranger Mariya gave a brief, informative presentation on the history of Lake Anna gold mining, followed by an adventurous truck ride down into the gold mine area to pan for gold. Each child tried their best to find gold and, although no gold was found, the kids thoroughly enjoyed the adventure.

An "End of Camp cook-out" was held that evening with all grandparents and grandchildren gathering at the Baker home for roasting hot dogs on the camp fire, making ice cream, a scavenger hunt, and, of course, s'mores. Tired, but happy, all agreed it was a wonderful experience. The kids now have new Lake Anna friends to build more Lake Anna mem-



From left to right: Jaxon Upperman, Caden McCommons and Reese McCommons

ories.

"Gran" Camp was the idea of Carol Sudol, who several years ago read in Lake Anna Connections about another Lake Anna subdivision holding a camp. Finally by 2015, there were several other grandmothers in Rose Valley with grandchildren of the same ages that made this event finally happen. A transplant of Northern Virginia, the Sudols have enjoyed the lake since 1982, when they bought the land on which they would eventually build. After retiring, they moved full time to their waterfront home in October 2014. Grandchildren Olivia and Thomas make their home in Bristow, VA.

The planner of the group, Gloria Leili, is a recent transplant to the lake from New Jersey. She hosted the group for "make your own pizzas" and husband, Marty, led the tubing activities. The Leilis were looking for a retirement place in Virginia to be in close proximity to their daughter and her family, who live in Spotsylvania. After looking for a while, they were introduced to Lake Anna and fell in love with the area. They purchased the property 2006 and in 2013 built their home and moved to Virginia. Grandchildren Caden and Reese attended the camp and visit the lake often.

Craft activities were headed up by Jedy Baker who has lived at Lake Anna since 1996.

The Bakers were one of the original lot owners in Rose Valley when they purchased their property in 1982. They loved the Lake and decided this was the place they wanted to retire. She and husband, Ed, hosted the grandkids and their grandparents for the "End of Camp" cook-out. Their grandchildren, Ty and Wes, live in Dale City, Va. and grandchildren, Izzy and Leo, make their home in Montclair, Va.

Christy Speet, along with husband Don, are partners in Holland Homes, LLC, a custom home builder in the Fredericksburg and Lake Anna area since 1998, and hosted the group for a lunch and play time. Life-long Virginia residents, they have made Lake Anna their home since 2011. Grandson Jaxon lives in Fredericksburg and is a frequent visitor to his grandparents' Lake Anna home.

Approximately half the residents of Rose Valley, one of Lake Anna's earliest waterfront communities, now make their home full time at Lake Anna.

- submitted by Gloria Leili

Lake Safety

die from drowning are male. To place this in perspective where it might hit closer to home, Lake Anna has had approximately seven drownings since 1995, and at least six were male.

There are tons of startling statistics about accidents on the water, but at the end of the day the goal is to keep you and your loved ones safe. Thankfully, there are a few things to consider in order to prevent future tragedies. The biggest tip is to either limit or eliminate alcohol consumption when participating in water recreation such as swimming, jet skiing, or boating, because staying sober may save a life. Furthermore, do not forget to remain sober when supervising children around water, especially teenagers who are more likely to take risks when swimming or using water vehicles. The golden rule is to always wear a life jacket when in or on the water, and remember that water noodles and inner tubes are not a substitute for water safety devices!

Here are a handful of lesser known facts to look out for. The first is that drownings can actually be silent and the victim will not

(continued from front page)

always call out for help. In addition, there is an illusion that we feel safer in numbers, however this can have an adverse effect, resulting in more distractions and less supervision. For example, a parent may leave their child at the shoreline to refill their drink, all the while thinking that the remaining parents are watching their child. In reality no one is watching their specific child as people will tend to have their guard down. The next tip is to be careful of sudden drop-offs and hidden brush in lakes and rivers, as the debris may snag on clothing or feet. Never enter the water head first, especially in a new area, as the water may look deep but could be shallow in some places. Finally, checking for weather conditions is always a great idea whether your party is expected to be at a lake, the beach, or even the mountains. And above all, pay attention to your surroundings, stay safe, stay sober and have fun. For more information on lake safety and how to prepare for your next trip to Lake Anna, please visit www.cdc.gov/HomeandRecreationalSafety/Water-Safety.



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Learning About the Lake Anna Region's Place in History

(continued from front page)

Later on May 9th, finally learning of Sheridan's departure, Lee ordered Stuart and his unit of 4000 cavalymen to shadow Sheridan's movements and to keep between the Union cavalry and Richmond, the Confederate Capitol.

Some first-hand accounts reported that Sheridan's 10000 cavalymen and baggage train stretched out over 13 miles and took 4 hours to pass as it moved south. The sheer size of Sheridan's mounted army on the move necessitated the deployment of skirmishers to the West and behind to shield the main Union column of riders and to report on and engage any menacing Confederate movements. The Sheridan subordinate unit most suited for this work was General George Custer's Michigan Brigade. Custer at 24 was the youngest Union



Current Beaverdam RR Depot

General and 10 months earlier had successfully fought off Stuart's men during the Battle of Gettysburg. To protect the left flank of the Union column, the party of skirmishers likely would have picked up Old Courthouse Road (current day Route 208) and continued to the north bank of the North Anna, or from Old Courthouse Road turned south on present day Route 601 to reach the North Anna just below the current Lake Anna dam. If the Union skirmishers and maybe Custer had reached the North Anna using Old Courthouse Road, when they arrived at the north bank they would have been just 40 or 50 feet across the river from the location of the present day Lake Anna Visitor Center.

Near sunset on May 9th, Sheridan's forces made camp on the north bank of the North Anna south of Partlow, Virginia a few miles east of the present day Lake Anna dam. Here, Sheridan directed Custer to immediately lead 4000 Union cavalymen across the river to capture and destroy the Central Virginia railroad depot at Beaverdam. Custer overwhelmed and

routed the Confederates. He torched the depot and over \$1 million of food, medical items, and other supplies headed for the Army of Northern Virginia. He destroyed telegraph lines, 2 locomotives, numerous train freight cars, and 10 miles of train tracks in both directions. Fortuitously, Custer's men were also able to free 400 Union

soldiers captured at the Battle of the Wilderness and on their way to Richmond's notorious Libby or Belle Isle prisons. Leaving a small detachment behind, Custer's group rode south to rejoin the main Union force continuing towards the Confederate Capitol.

Stuart was hours behind and to the west of Custer and Sheridan. Unable to prevent the debacle at Beaverdam, he divided his force in an attempt to encircle and halt Sheridan's drive towards Richmond. Stuart's group rode east to

acquire a position on Sheridan's left flank and he ordered General Fitzhugh Lee to stay on the Union's right flank. Fitzhugh Lee probably used present day Kentucky Springs Road to try to overtake Sheridan and Custer. The next day, May 11, 1864, Union and Confederate cavalries met at the Battle of Yellow Tavern near Hanover Junction. It was here that J.E.B. Stuart was mortally wounded.

On May 12th, Sheridan directed Custer and his men back to the area of present day Louisa County with orders to continue to destroy rail and telegraph lines of the Central Virginia between Louisa Court House, Tolersville (now Mineral) and on to Fredericks Hall (the approximate location of the present day Tavern on the Rail Restaurant). All reports are that Custer and his men carried out these orders most aggressively.

You can learn more about Louisa County and the Civil War from the exhibits and artifacts on display at the Sargeant Museum, 214 Fredericksburg Ave. in Louisa. The Museum hours are 10-4 Monday through Friday. Photos & content provided by the Louisa County Historical Society.



General J.E.B. Stuart

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Scenes from Lake Anna



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!



Recreation & Leisure

FYI: PFDs

by contributing writer Kyle Austin



There are a few items that need to be with you at all times when you are on the water: a fire extinguisher, plus throwable and Coast Guard approved life jackets. Here are a few tips and facts about PFDs (Personal Flotation Devices).

In the state of Virginia, no matter how many people are on your boat, there needs to be an appropriate amount of Coast Guard approved vests to match the number of passengers on board. If your boat is rated for 8 people, you need to make sure you have at least 8 Coast Guard approved vests on board at all times to make sure you are **always** in line with Virginia State law. It's okay to have more than enough but never short on vests for your passengers. If you do not have enough vests on board when you are pulled over for a safety check, the sheriff will cite you on the spot. You also need to check each PFD individually. If there are any cracks or holes in them, they are no longer a certified piece of



equipment. If they fail, an officer can cite you for equipment failure.

Now here is one last bit of information that most do not know: in the state of Virginia, when you are on a boat, there are times when

you do not actually have to wear a life jacket (*we do not condone this*). When your driver has a mirror and one passenger, you legally do not need to wear a vest while performing a watersport. The driver has both a mirror and a spotter to let them know the rider has fallen. Again, we do not recommend this at anytime as the human body will sink much faster than you can ever get to a downed person on a boat.

The bottom line is: make sure you always have enough Coast Guard approved vests for each passenger and that they are all free of cracks and cosmetic issues

to be cited for. ALWAYS.....ALWAYS....ALWAYS wear a vest while on the water!

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Lake Anna Outdoors

Outdoor Life at Lake Anna

Late Summer Bait Blitz

Understanding the feeding frenzy

Late summer and early fall fishing on Lake Anna is tremendous. During low light condition (early morning, late evening, and over-cast / rain) schools of juvenile threadfin shad will come to the surface attracting the attention of predators. These schools of baitfish can be as small as a beach towel or as large as your house. As predators begin feeding you will see the water begin to boil, baitfish jumping out of the water, and breach feeding. If bass or stripers are present you will be able to see and hear this feeding activity from a distance. This can last for a few minutes or over an hour. For any fisherman this is an exciting event and the first inclination is to get there as soon as possible so that you can get your hook into the chaos. Having a better understanding of what is taking place will help you prolong the action, learn how to reproduce it, and ultimately catch more fish.

Your first concern should be not spooking the fish. You can do this by running your gas motor sparingly and at low rpm's. Make your final approach with the electric motor or by allowing the wind to push you through the fish if conditions allow. Be careful not to drop anything in the boat, slam hatches, or trim your motor.

As you observe the blitz take notice of wind direction, current, and the general direction that the school is moving in. While this feeding action will take place over open water it will be much more dramatic as the school passes over shallow humps and points. By keying in on these environmental factors you can not only anticipate where the school will surface next but also predict where to start looking next time you are on the water. Once you have determined the direction they moving you can make a wide turn to get in front. It is much easier to allow the fish to work towards your boat than it is to pursue them.

Once you are in the action you want to work the entire water column. While you can visibly see fish breaking the surface, a surface presentation may not be the preferred method to put size or numbers of fish in the boat. For the top third of the water column you should present poppers, chuggers, and walking baits to cover the surface. Soft plastic jerkbaits and lightweight swimbaits are also excellent choices for the top third of the water column. For the mid-range depths a ten-foot suspending jerkbait or heavier swimbait is hard to beat. Spoons and deep diving crankbaits should round out your arsenal and get down to the bottom third of the water column. Be sure to probe all depth during a surface feeding frenzy. Even though small fish may have the bait pinned at the surface, big fish will often lay beneath. As water temperatures begin to cool off in late summer it becomes more common for big fish to school in the vicinity of small fish and bass to school with stripers and large white perch as well.

Above all be courteous to other anglers on the water. Do not crowd anyone and never cut between the school and another boat that is casting to the school. If there is too much company for your taste remember that if conditions are right for this type of feeding action it's probably happening somewhere else. Use your electronics to locate the bait, focus on the surrounding structure and ambush points, probe the entire water column, and get ready for some fast fishing action because it is right around the corner!

Wind down in the evenings with our "Summer Happy Hour" trips 5p - 9p



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LAKE ANNA

Last Days of Summer Jazz

September 5, 2015. 6:00pm-10:00pm; Lake Anna Winery
Join us at summer's end as we wind down the summer season with a tribute to the classics (beach, rock & roll and Motown). \$15 fee includes live music with Richmond sensations Spectrum, wine glass and tasting. These guys can really cook up a good time on the dance floor! Don't worry, we will have someone there with some really special food for the occasion. Keep watching and the mystery will be solved! For more information: www.lawinery.com.



Labor Day Weekend Pig Roast

August 29 - September 1 @ Tim's Lake Anna
Enjoy a weekend of fun at Tim's at Lake Anna with a delicious pig roast all weekend! Pigs are cooked on site and available in various dining choices. For more information, please visit www.timslakeanna.com



Lake Anna Elite Series Fishing Tournament

September 13 @ Sturgeon Creek Marina
Don't forget one of Lake Anna's most popular pastimes, fishing! Test your fishing skills and luck at Sturgeon Creek's annual Elite Series Fishing Tournament. For more information, please visit www.sturgeoncreekmarina.com.



Spotsy Volunteer Fire Dept. Hamburger/Hot Dog Roast

August 15 @ Spotsylvania Auxiliary of Company 2 (across from Livingston Elementary School)
Events include a raffle, food, vendor tables and a silent auction. The money made at this event will be used to supply the needs of the volunteer and career staff and the building. Come out and support our local firefighters! For more information, please call 540-661-8230.



LOUISA / MINERAL

Louisa County Air Show

September 12, 9am-10am @ Louisa County Airport
An annual attraction, this show features airplane rides aerobatics and various other aircraft displays. A great family friendly event to attend, kids young and old will stand in awe at the displayed talent and skill. Food and drink vendors will be available to visitors. For more information, please visit www.lcprt.info.



8th Annual Pooch Plunge

September 12, 2015, 1pm-3pm
It's the official end of the aquatic season and time for the 8th Annual Pooch Plunge. Residents and their four-legged friends are invited for a dip in the pool, which will be reserved for dogs only on this day. Tennis balls will be provided, along with doggie treats. Please only bring people-friendly dogs who have up-to-date shot records. Vendors whose business caters to our furry friends are encouraged to set up a table at this event to let pet owners in the community know about your services. Table space is only \$10 and non-profit associations are free. Don't miss this event! For more information, please visit www.lcprt.info or call 540-967-4420.



Mardi Gras Parade & Dinner

August 21st @ Small Country Campground
Decorate the floats and hay wagon and help throw out the parade beads. Then chow down on the best Jambalaya north of New Orleans (hot dogs for the kids) - \$10/ages 10 & up - \$5.00/kids ages 5-10p. For more information, please visit www.smallcountry.com



Dive-In Movie Night

August 15, 7pm-11pm @ Louisa County Aquatic Facility
Enjoy an iconic summer activity at the Louisa County Aquatic Facility. Watch Toy Story with your family while consuming complementary popcorn and lemonade! Concessions will also be available for purchase. More info available at www.lcprt.info or 540-967-4420.



FREDERICKSBURG

Cookbook Launch & Signing

Aug 8th, 2-4pm @ Rising Sun Tavern
Come see the showcasing of the Rising Sun Tavern Cookbook containing recipes from the colonial period to the present. Many are family recipes from the staff. Some samples will be available for tasting. For more information, Contact Rising Sun Tavern at 540-371-1494



2nd Annual Civil War Symposium

August 7, 8, 9 - 5:00pm Friday through 12pm Sunday
Want to learn more about the Civil War? How about Lincoln's assassination, battlefield preservation, and the legacy of the Civil War? The fee is \$95 and reservations are required. To take part in this exciting event, visit www.emergingcivilwar.com.



Picnic in the Park

Sept. 1, 11:30am-1:30pm @ Hurkamp Park
Enjoy a free live concert, bring lunch or purchase one in the park. A moonbounce, child-friendly activities and more will be available! Music by Andrew O'Day. For more information, please contact (540) 372-1086 or visit fredericksburgva.gov.



Chris Young

August 21, 2015; 6pm at Celebrate Virginia Live
With special guests Parmalee. Tickets are available at www.celebratevirginialive.com and range from \$18.50 to \$100 for the Platinum Experience.



CULPEPER

Canoe/Kayak Wine Run, Lesson & Gourmet Lunch

August 30th, 10:30 am @ Inn at Kelly's Ford
Hoping for an exciting trip on the water with lunch included? The inn at Kelly's Ford is your place to stop! The adventurous trip goes down the Rappahannock River and includes wine and a gourmet lunch at the end of the trip, and you will be returned to Kelly's Ford in a passenger fan! The cost is \$35-\$60 per person. For more information please visit: www.innatkellysford.com or (540) 399-1800.



Beat the Heat

August 15 @ 12pm-6pm; DuCard Vineyards
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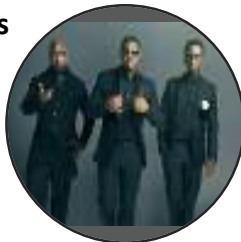
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Butterflies LIVE!



Through October 11th @ Lewis Ginter Botanical Garden
Butterflies LIVE! is an indoor exhibit filled with fun activities. Observe the amazing insects as they feed and fly throughout the exhibit. Explore their origins, habitats, and lifecycles. \$12 for adults, \$8 for children ages 3-12, free for children under age 3 and Garden members.
For more information please visit: www.lewisginter.org

ORANGE / MADISON

4th Annual Edible Food Fest

August 8; 10am-6pm; Downtown Orange

Don't miss the annual Edible Food Fest presented by "edible Blue Ridge Magazine" and the Orange Downtown Alliance. There you will experience a vast array of flavors and hear from leading experts about the workings of sustainable living. Highlights from the event include demos by some of the region's top chefs, live music, and more! For additional information, Call (540) 672-2540 or visit <http://www.ediblefest.com>

Graves Mountain Lodge Big Breakfast Buffet

August 22; Graves Mountain Lodge

Enjoy the Blue Ridge Mountains and Breakfast at Graves Mountain Lodge. This Lodge never misses a beat when it comes to delicious food and amazing views. Join them on August 22nd for sausage, bacon, eggs, grits, pancakes, and more! For more information please visit: www.gravesmountain.com/events



CHARLOTTESVILLE



Farmers in the Park

Wednesdays through September, 3-7pm, Meade Park

Starting in June & running through September, Farmers in the Park is Charlottesville's best place to purchase farm fresh veggies, fruit, baked goods, and so much more. Located at Meade Park on the corner of Chesapeake Street and Meade Avenue, the market is pet-friendly and very welcoming.

For more information, please email citymarket@charlottesville.org

Sunday Sundowns

August 9, 3-6pm @ Washington Park

A free community celebration that allows family and friends to get together with swimming, music, a cookout, games, as well as activities. For more information, call 434-970-3260.

Wine & Harvest Dinner

Thursday September 10, 2015

Four courses will be perfectly paired to enhance your wine experience. The evening will conclude with a Q&A for the Chef and Winemaker. A keepsake menu with tasting notes will be yours to take home. For more information please visit www.trumpwinery.com or call 434-984-4855

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Breeze Profile

Alison Thomas
Lake Anna Photography

Alison is from Haymarket, but spends most of her summers on Lake Anna. A former wakeboarder, Alison first tried wake surfing at the beginning of this summer and now prefers wake surfing more. Her reason for the switch was "wake surfing is a more relaxed, slower paced ride" and she likes the free feeling of not being strapped into a board. Her 15th birthday is coming up this month, so her father bought her an early birthday present, a Ronix 2015 Kono Slimmer-style board that she wanted in order to work on more tricks. She started off on an O'Brien Surf-style board that was more sturdy, but limited the types of tricks she could do. Her old board had three fins while the new Ronix board has one small fin in the middle.

Alison is already doing jumps and kickbacks and has even landed a 360 but she is still working that trick to be more consistent. Alison has not yet competed in wake surfing but is working towards possibly competing at the September Classic held by Wake Edgers on Sept. 12th.

by Carol Wyatt

Grumpy's Ride & BBQ

September 5, 2015

to Benefit Dan "Grumpy" Fox While Battling Cancer

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Poker Run

Registration starts at 9am with the last bike out at 10:30am on a 60-mile ride through Spotsylvania, Louisa & Orange. One hand \$15 with each additional hand \$5 (no limit). Prizes for best hand and worst hand.

Raffles

\$3000 worth of raffles for products, goods and services start at 1pm and go throughout the day. 50/50 raffles hourly starting at 1pm.

Cornhole Tournament

Team registration starts at 12:30 and ends at 1:30pm. Entry fee is \$20 per team. Tournament will start at 1:30pm, but come early to practice! Prizes for 1st and 2nd place teams.

Food

BBQ Pork or Chicken Sandwich for \$5, \$10 for a platter (side & non-alcoholic drink)

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Crazy Good Eats - Poco Loco

Friday night. Summertime. Patio. Live Music. Naked Mango-Habanero grilled wings. Ice cold Mexican beer. Frozen margaritas. Homemade desserts. Fish tacos. Tequila shots? Yes. Please!

Right off of exit 118 at Thornburg, at the corner of Rt. 1 you will find a father-son operation serving up everything like slow-roasted pork tacos to shrimp sautéed in garlic butter. The chef in the kitchen is owner Jose Ramirez and brings to that kitchen 28 years of experience and a lot of creativity. With the help of his son, Brian, the duo have turned the sleepy former Mudd's Tavern into a cool spot to grab some tacos and tequila or a fancy chef's special under the stars.

I have become a bit of a snob in regards to 'wings' and hate those frozen, heavily breaded grocery store type so often found on menus. Meaty wings with just a dusting of flour or even none at all, that are grilled and basted with sweet, hot, sticky glazes (preferably house made) and topped with chopped scallion, cilantro, etc., are totally worth making the driving for. Poco Loco wings are sweet with mango and spicy with habanero peppers and are branded with delicious black grill marks. They do serve it with a mound of celery and carrots along with a side of ranch but you don't need any of that. These wing dings are tender, juicy, meaty and full of flavor!

The Pollo Relleno is a fantastic choice and Brian says that it's not an item found at other restaurants. In fact, he thinks his dad may have even created it himself. It is a chicken breast that is stuffed with an imported cheese from Mexico called Chihuahua, it's made with two different kinds of milk instead of the usual one which makes it creamier than most. I noticed it also makes it melt thinner and it is very rich. The dish is very spicy (love!) and has a jalapeno, fresh mushroom and green pepper sauce that smothers the stuffed chicken. The rice served is used to mix with the sauce to temper the heat. It is a very 'non-mexican' rich, spicy, fulfilling experience.

Every week the chef creates a dish and puts it on the board (FYI-they post it on facebook). This week it's a pineapple crisp. I am a sucker for anything made-from-scratch! This butter, flour and sugar crust mixed with chunks of fresh (not canned) pineapple batter, then dotted with balls of dough then baked in the oven and served warm with vanilla ice cream and drizzled with caramel sauce is a sweet, sweet winner. The caramel sauce is worth getting a cup to go as it is not that stuff in the jars or what they put on ice cream; this is cooked butter and brown sugar. Yes, it's the real kind of caramel sauce that is velvety rich and so hard to find!

If you are looking for a place to get a cold adult beverage (or two!) and some killer appetizers, look for Poco Loco. If you're in the mood for some chef prepared entrees, look for Poco Loco. If you're looking for a patio on a cool summers eve to listen to live music while eating homemade desserts, look for Poco Loco. Finding a local place owned and managed by a father and son...why, that's just CRAZY GOOD!



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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Yep, Still Summer.

Try not to let the “have to’s” and “shoulds” of the busyness of August rob you of the soulful freedom of savoring the remaining days of “summer.” Check your “would love to” list and continue to add to it. My summer reading list is still there with few visits made to my stacks of books, but at least, I know the ones I want to keep out for easy reach. How to Think like Leonardo da Vinci by Michael J. Gelb, has a permanent place on my library table. Just gazing at the cover draws me back inside. It is an encouraging hope for those “pockets in the day” for being alone. “Walking in the woods, listening to music in the car, relaxing in the shower” were some of the responses to Gelb’s query “where are you when get your best ideas?” Almost no one claimed to get their best ideas at work.

Gelb goes on, “although, Da Vinci loved exchanging ideas with others, he knew that his most creative insights came when he was alone.”



Da Vinci wrote “The painter must be solitary...For if you are alone you are completely yourself, but if you are accompanied by a single companion you are half yourself.” Obviously, there are times for walks with your special ones, but this reference is for your time spent away from your “left brain” and becoming more at

ease with your “right brain”. The resulting relaxation is worth every second you allow yourself to slip away.

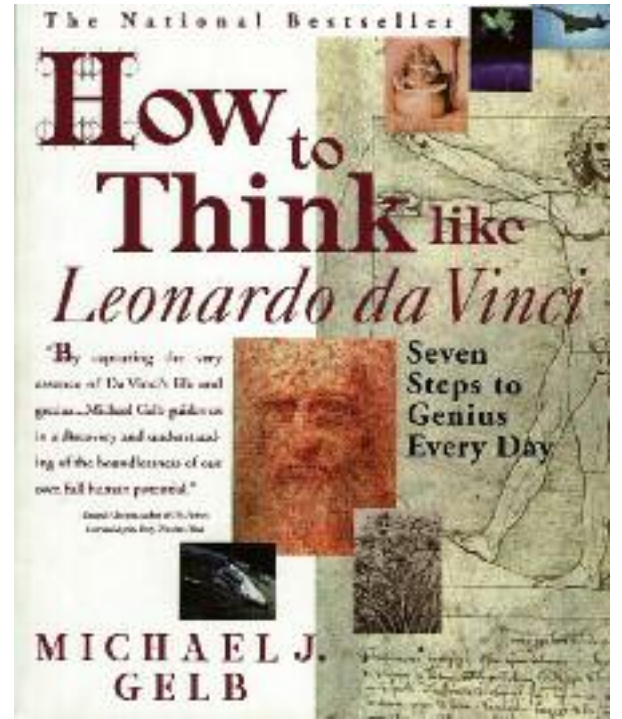
My all-time favorite plant is the gracious fern. The entire species is beautiful. My vases are filled with local ferns in their flourishing months. They represent to me the essence of relaxation and simplicity in their gentle non-demanding shape, giving you just a peak at the beautiful brown spores, hiding within their beauty. My driveway and woods are full of ferns and cry out to me when passing in the car...“stop, take me home.” I try to resist stopping in the car for a quick snip. I hold dear the time spent walking alone with a basket to fill to capacity. Just writing this is relaxing to me.

Ryan Gaaney, my favorite garden guru in Atlanta, quotes Rosemary Verey, internationally known English garden designer, “when you walk in the garden, the garden should walk with you.” This begs for time alone to open up to the brilliance of your wandering thoughts, your day dreams and time to appreciate who you are and all your gifts. Don’t hold back. No one is looking.

With your to-do list filled with preparation for whatever is in your life in coming weeks, give yourself a summer gift of time alone. Fifteen minutes in a hammock or on a bench in a quiet cemetery or park, for instance, renews your soul and mind with much needed peace.

Enjoy these freedom filled days left of summer. That wish might require a shift in your mindset. Take it on.

‘Til next time, ☺☺



Colorful and Bold by Heather Mechler-Fickes

Years ago, bright rainbow colored hair was something a rebellious teen or a punk rocker would have been seen with. Those outrageous colors were meant for Cyndi Lauper music videos. If somebody had blue or purple hair it would stand out because it was so unusual. Times have changed. Now, having bold colored hair is becoming more and more common and less out of the norm. Bright stripes of color are being worn by celebrities, kids, teens and their parents.

Recently, I decided to do some bright colored streaks in my own hair. The beauty supply store has quite a selection of blues, purples, pinks, greens, fushias, yellows and oranges.

It took me awhile to pick the exact shade, but I chose a couple of different shades of purple. At first, I decided to just do some subtle streaks underneath. They were just enough to be seen if I wore my hair up. That was nice for awhile, but I wanted a change. I decided to put some bold purple streaks right on top and have a little more fun. Bright colors definitely make a statement. Many salons offer bright hair color services to their clients. The salon supply closets are getting stocked with more than just the usual golden blondes, chestnuts and



natural reds. If you are thinking about trying a fun shade, its best to have a professional stylist do it. Depending on what color and condition your hair is in to start with makes a difference on what needs to be done to obtain a bright color. It can be a bit more involved than just putting the bright color directly on your hair.

For those that think wild colors are just for the younger crowd- think again. These days, age doesn't matter- if your attitude and mind set is young-then you can pull it off.

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Planners Review Re-Design of Resort

(continued from front page)

The hotel is now 39 units instead of 80. The commercial area is 10,250 square feet and the restaurant is 5,000 square feet. 2,100 and 2,400 square feet between the two venues, one in the main commercial building. The Resort has a whopping 64% open space and still brings many of the county's needs.

"Rarely do you see a developer put design over profits, with 64% open space, the developer could be asking for 120-150 units but only ask for 60? I hope they are commended for their willingness to put design over profit.", stated sales director Jonathan Smith.

During the meeting it became apparent that most of the group were very interested in fine tuning the project. They fired question after question and the developer answered most with confidence that he had or would satisfy their concerns.

Tommy Barlow (Board of Supervisors Chairman and Planning Commission liaison) told Mr. Blount that he was fine with what was on the land but always felt apprehensive putting too much on the water privately because he felt that the water is for everyone.

Barlow followed that statement up with I'm not sure what you can do about it, I know you need slips.

The developer quickly said "I can make it smaller."

Blount stated after the meeting, "Mr. Barlow is a very experienced supervisor that is very familiar with site planning and we have a tremendous amount of respect for him. We will reduce the boat slips and show our respect for his experience, period. If Mr. Barlow feels like the boat slips are a little big. Then I trust his opinion and we will make them smaller somehow. He has always given good advice and has kept us on a clear di-

"Mr. Barlow is a very experienced supervisor that is very familiar with site planning and we have a tremendous amount of respect for him. We will reduce the boat slips and show our respect for his experience, period. If Mr. Barlow feels like the boat slips are a little big. Then I trust his opinion and we will make them smaller somehow. He has always given good advice and has kept us on a clear direction."

- Ed Blount, Developer

rection."

rection."

It seemed that most of the planners liked the changes and the clarity of the new package. Planning Commissioner Holly Reynolds asked the developer for a little more detail on landscaping and renderings and Mr.

"The county just wants to get it right. We will get it approved this time through because it is a great project, great for the county, great for the lake, and overall the perfect project for the property and we have enough county officials that are experienced enough to know what a gift this project is to Louisa County. A couple of years from now, the area will praise the ones that vote for this and we will make sure everyone knows and remembers the visionaries of our county government."

- Ed Blount, Developer

Blount agreed to work on the detail..

It seemed that the developer's willingness to compromise has brought the developer/county relationship to a much better place than the last meeting.

Eric Purcell, chairman walked the commission through a very productive meeting, and thanked

everyone for their time.

The next Planning Commission meeting and Public Hearing date is set for September 10th and the developers are very excited. When asked how he felt about the delays, Blount replied, "The county just wants to get it right. We will get it approved this time through because it is a great project, great for the county, great for the lake, and overall the perfect project for the property and we have enough county officials that are experienced enough to know what a gift this project is to Louisa County, he continued, "a couple of years from now, the area will praise the ones that vote for this and we will make sure everyone knows and remembers the visionaries of our county government."

If you'd like to keep up with the progress of the Lake Anna Resort, please visit www.lakeannaresort.com for the latest benchmark dates in the rezoning process.

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