

in this issue:



Taking on Lake Anna in Style page 12



Lake Anna Breeze Profile page 9



Scenes from Lake Anna page 5





Welcome to The Cove at Hunter's Landing

Good news, Lake Anna! The Cove at Hunter's Landing, the new restaurant at the old favorite location on Route 719 at the lake is open for business!

The restaurant will be open from 11am to 11pm Monday through Thursday, from 11am to 1:30pm on Friday & Saturday and open until 9pm on Sunday throughout the summer.

The location has been completely renovated and excited locals and weekenders are excited to see the changes and sample the new menu. It's clear that the new owners have paid attention to detail in the popular Lake Anna spot and it's great to see this location re-open for business after closing at the end of last year.

Unfortunately, during this time of

The Cove at Hunter's Landing (continued on page 3)

Newly Renovated Anna Cabana Re-Opens



What's New at Lake Anna?



Citizens of Lake Anna and business owners are fed up with Louisa County bureaucracy. Lake Anna developer Ed Blount said, "we have some great Supervisors on the board like Fitzgerald Barnes, Troy Wade, Dick Havasy and newly elected Toni Williams and with this team we can really accomplish something great here at Lake Anna for **all** of Louisa."

Lake Anna Citizens United, a committee/coalition, is being created to combat the biased agendas of a few officials at Louisa County. Many residents and developers that work in the

Lake Anna area are concerned that a small group are trying to influence policy changes, particularly at Lake Anna for their own personal agendas.

It was recently announced that there were plans to create a Lake Anna plan – headed by Mineral District Supervisor Stephanie Koren with the assistance of Louisa County Community Development Director, "We have some great Supervisors on the board like Fitzgerald Barnes, Troy Wade, Dick Havasy and newly elected Toni Williams and with this team we can really accomplish something great here at Lake Anna for <u>all of Louisa."</u> -Ed Blount Lake Anna Developer

Allyson Finchum, both of whom have resisted much of the growth proposed within the county and used unethical methods, according to Blount. Ms. Koren often cites that she is voting with the best interests of her constituents in mind, but many have complained that if you try to contact her with input that doesn't agree *(continued on page 3)*

New Additions to The Boardwalk on Lake Anna





Crazy Good Eats page 11



A new look for a Lake Anna favorite as the Anna Cabana reopens just in time for the 2016 Summer season! The renovations completed over the off-season include an upper level in the dining room and improvements throughout. There is also a new phone number, so please make sure you update your contacts with 540-895-5151.

If you haven't visited The Anna Cabana before, now's the time! Located on 2 acres with 500 feet of waterfront, Anna Cabana has a beautiful location with pristine views of Lake Anna.

Stop by soon and check out the new look and let us know your favorite menu item by posting a photo to our Lake Anna Breeze Facebook page! Lake Anna will be the home of The Boardwalk Mini Golf! Located next to Tim's at The Boardwalk on Lake Anna, this will be a fun activity for children and adults alike!

The professionally designed (designed and built by Harris Golf in New Jersey), 18-hole mini golf course is beautifully positioned between the restaurant and the bridge and features lovely stone waterfalls and landscaping throughout. The first 9 holes of the course are handicap accessible.

Take your best shot over the hills, through the river, past the waterfall, and around all of the other obstacles put before you.



Mini Golf (continued on page 3)



What's Inside?

Recreation & Leisure5
Home & Dock13
Outdoor Life7
Events Calendar9
Dining11
Real Estate14
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Want your Lake Anna photo included in an upcoming issue? Simply e-mail your submission to jen@lakeannabreeze.com and look for it in an upcoming issue.



To the Editor:

I heard there is another Vito's location opening up? Is it also on Lake Anna?

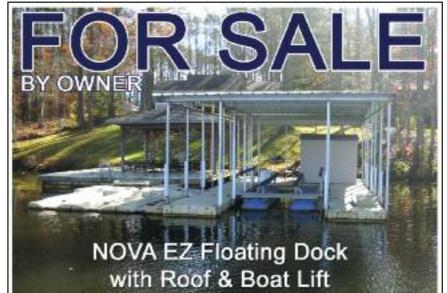
Kristin R., Bumpass

Hi there Kristin!

You heard right! The Boardwalk on Lake Anna will soon be home to Vito's Express! According to The Boardwalk's Facebook page, Vito's Express will be offering pizza, subs, gelato, beer, wine, ice, ice cream and more! In addition to the new Vito's location, there will also be a new miniature golf course (see article on page 1), as well as existing restaurant Tim's at Lake Anna, plus Wake Edgers Gear & Gifts and one of Dockside Realty's three area locations! Exciting times at The Boardwalk on Lake Anna. Stay tuned for more info in our next issue!

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\$22,000 or best offer

Purchased for \$47,800 just 8 years ago, the actual dock is 42' feet long & 19.5' feet wide. Attached is a slot for three (3) Wave Runners that measures 12.5' long x 14.5' wide.

There is also another section of the floating dock attached in front of the Wave Runner dock that measures 9.8' x 9.6' wide.

There is also a "ramp" included measuring 6.2' Long and 4.7' wide. The Hydrohoist Boat Lift is included; the slot for the boat lift measures 25.6' x 10'. The height of the roof covering most of the dock is 11.6' high.

Lastly, there is an 8' x 8' Rubbermaid storage shed attached to the front section of the dock as well. Located in Lake Anna, purchaser is responsible for disassembly & removal.

Please email any questions to CMeighan@erols.com or call 703-283-4840.

The Cove at Hunter's Landing (continued from page 1)



celebration, the staff of The Cove was struck by tragedy and Matt Mandeville, the kitchen manager of the restaurant, was killed in a car accident on his way home from work shortly after the recent opening. He developed the menu and the cuisine served was created from his recipes. Our thoughts and prayers go to his family and his co-workers at the restaurant.

Mini Golf (continued from page 1)



One cool feature that the new business is encouraging is to download the My Mini Golf Scorecard to your device from the App Store to keep track of your score on your phone!

There are also plans to make the location available for birthday parties and other group events.

The hours are currently Sunday - Thursday, 10am to 11pm; Friday & Saturday 10am to midnight. The cost for adults are \$9 per round (18 holes). The cost is only \$7 for children under the counter height, senior citizens 65 and older, and active military with ID.

The course is conveniently located at the Boarwalk, which also features an arcade with a variety of games. You can now play a round of mini golf, have lunch at Tim's, try your luck in the arcade, and soon stop at the new Vito's Express location for some ice cream or gelato! Make an entire lake day for you and your family and friends.

Make sure you stop by this summer and enjoy the first of

Lake Anna Citizens United (continued from page 1)

with her position, she won't contact you back.

Ms. Koren ran for the supervisor position on a pro-development platform, but has consistently voted against development in the growth area. Now, with the formation of this plan, with her at the helm, developers fear the problem is getting worse. We are heading down a road that with anti-development agendas, the county will suffer with less jobs, less customers, less county revenue and a constant need to raise taxes to cover the county's expenses.

For a group whose goal is stated to "get involved in shaping the future of Lake Anna", many feel that it is important to have input from a variety of sources, not just from a few like-minded individuals.

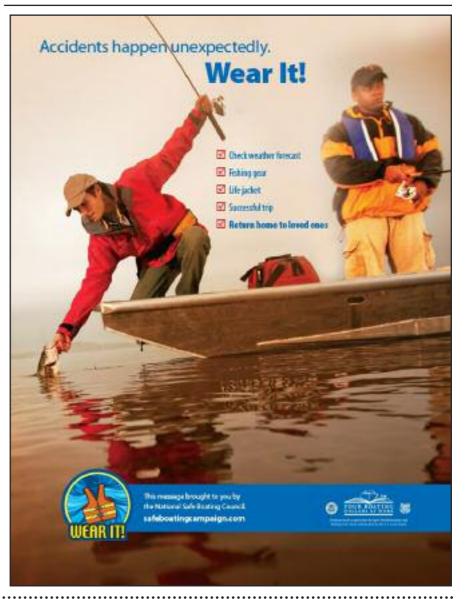
In fact, many were upset they were not notified about the Lake Anna Plan "Kick-Off" meeting, held on the evening of Sunday, May 15th at 6pm. Some feel this was intentional. "I felt that the Sunday night, short notice invite is a ploy to try to accumulate those who share her opinion and relay it as the official opinion of the county," said Jonathan Smith.

"We weren't invited," stated Lake Anna developer John Carroll, "I've told Stephanie Koren countless times that I would like to help." For some, Louisa County has developed a reputation for causing long delays and holding up progress, and it's creating some development companies to look elsewhere.

For years, the citizens in this area have repeatedly shown the desire for some basic services that are lacking in Louisa, such as urgent medical services and high speed internet. The truth of the matter is that in order to attract such businesses, there must be enough customers, or rooftops, to make them viable. The continued attack on development and growth at Lake Anna in Louisa County will only keep these necessities out of reach.

What's more, in the midst of these services still unavailable to its citizens, shunning growth that would bring in large amounts of revenue for the county, Louisa's tax rates continue to rise. They have also been lower than surrounding counties, but with this new direction, some tax-payers are feeling nervous about the future.

If you'd like your voice heard and would like to find out what's going on in regards to development at Lake Anna, please e-mail lakeannacitizens@outlook.com to be notified of meetings of Lake Anna Citizens United.



many summer seasons for this new venture.

Are you ready to take the first swing? We want to see your photos enjoying the new course! Post them to our Lake Anna Breeze Facebook page and you might see your photo in an upcoming issue!

For updates and more information on The Boardwalk Mini Golf, please visit boardwalkminigolf.com.



The Lake Anna Breeze

Lake Anna History: Indians of the Lake Anna Region

Indians had lived in the Lake Anna region for thousands of years before the Europeans came. They arrived 12,000 years ago, or more. The earliest arrivals are distinguished by large spear points with a groove taken out at the base (fig. 1). They hunted deer, moose, and bear. They fished. They gathered nuts and the roots of aquatic plants such as arrow leaf and lilies. But they never stayed in one place for long.

Gradually they added a few cultivated plants to their diets. They learned to make pottery making it possible to prepare soups and gruels that could be easily eaten by the very old and the very young. Fewer people died. The knowledge of the oldsters was retained for the benefit of the community. Populations grew.

The people lived in small groups probably headed by an older man and including his wife, sons, and daughters. Often they were joined by younger men and women ready to start their own families. They lived in round houses made from a frame of poles covered with available materials. Easily made and easily abandoned.

For thousands of years they lived that way. Around 700 or 800 years ago there was a big change. People abandoned the uplands of Louisa County concentrating instead along the major rivers including the James and Rappahannock. Settlements were larger and often fortified. Indian corn had become a staple and led to a change in the settlement pattern and social structure of the people.

Indian corn had been around for a long time as a garden vegetable. It was not until the people learned to mix it with wood ash which liberated certain amino acids that it became a staple. Corn had to be planted in the spring and harvested in the fall so people returned to the same villages twice a year in the rich soils of the flood plains. Even so, they had to plant new fields as the soil became exhausted. Large open areas were created – the ideal forest edge environment for deer.

With thicker deer populations along the major rivers there was less need for the people to go to Louisa County – the land between the rivers – to hunt. The small triangular arrow points characteristic of the late period (fig. 2) are surprisingly scarce in Louisa County or the Lake Anna region.

The larger riverside villages might contain a dozen houses, not the circular dwellings of an earlier period but long houses that sheltered six or a dozen families. By now the people are identifiable as the Monacan tribe, loosely connected with other peoples of the piedmont but in bloody opposition to the Powhatans who lived below the falls in the Tidewater. This was the state of things when Europeans discovered what was to them a New World.

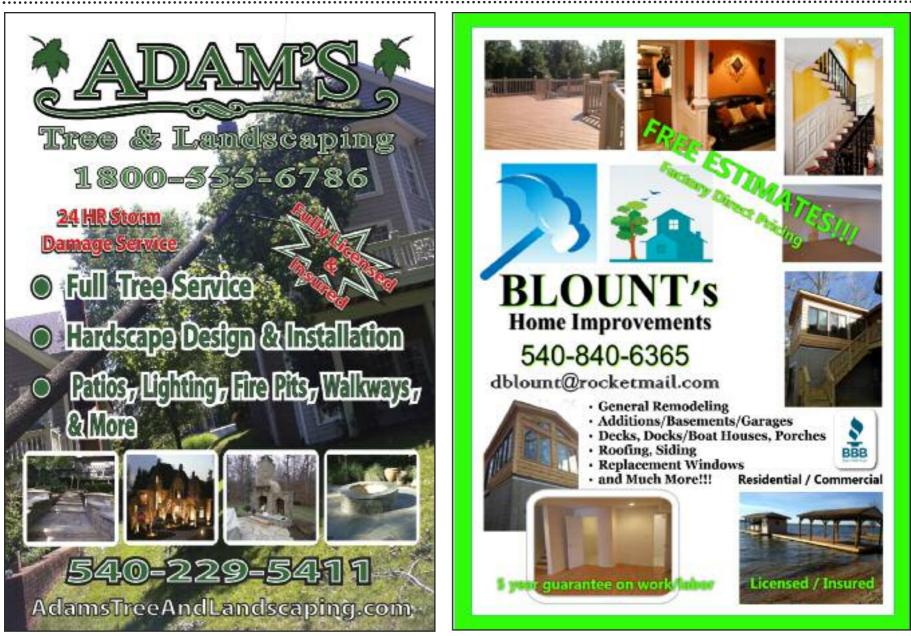


Clovis Point from Loiusa County



Small triangular points characteristic of the late period.

The preceding article was prepared by Dr. Tom Myers, member of the Board of Directors of the Louisa County Historical Society. If you want to learn more about Native American peoples who made Central Virginia their home, you can browse the displays and artifacts at the Sargeant Museum. The Museum is located at 214 Fredericksburg Avenue in Louisa. Its hours are 10:00am to 4:00pm, Monday through Friday.



Scenes

Dave Dumas sent in this photo of the Lake Anna Islanders group having fun at the Jakel



Jay Anderson sent in this photo of his Chesapeake Bay Retriever launching out of Lake Anna.

Photo by BJ Blount





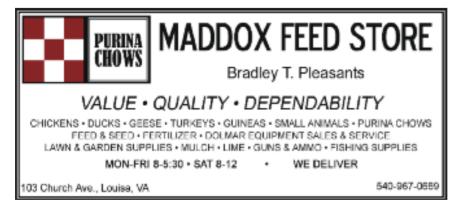
E-mail your photos to: jen®lakeannabreeze.com to share for our next issue! Kaiya Malliana snapped this photo of Dakota enjoying the lake life!







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The Lake Anna Breeze

Summer Boating Safety on Lake Anna

Recreation & Leisure

by contributing writer Kyle Austin



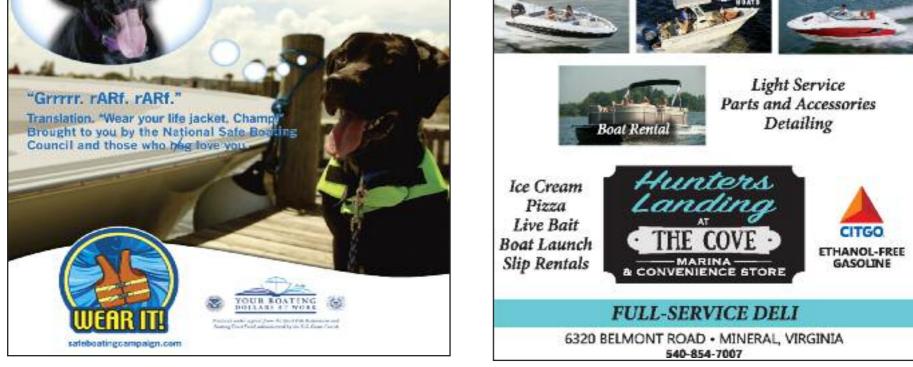
Summertime is finally here and we are all ready to hit the water, but first you must take a step back and check a few things before you go out on the lake. Just because you don't have a boat, doesn't mean that you won't have gear to enjoy behind one. Do you ski? Do you wakeboard? Both require some preseason checking to ensure that they are ready to rock and roll when the warmer weather hits. There are a few things that you can do before you head out with your friends on the water. First check your belongings for any damage that may have been caused during the off season. Cracks or breaks in your equipment can be extremely dangerous at higher speeds on the water. Once you have checked to make sure that your gear is still in great condition you can buff and polish your boards, as well . This helps prevent sun damage and cracks caused by years of direct sunlight. Checking your bindings and mounting areas before going out on the water ensures that your board won't come loose once you're in the air behind the boat. If you can think of any reason that your equipment wouldn't be safe it is always better to replace it than take the health risk on the water. Stopping by your local one stop shop for all things watersports: Wake Edgers Gear and Gifts can provide you with the most safe and reliable gear in today's market.

out what may very well save your life. Personal flotation devices (PFD) fall apart over the years from being weathered. The last thing anyone needs is a life jacket that doesn't do its job. No matter what you are going to be doing on the water you will need a proper life vest for all occasions. Whether you're riding behind the boat wakeboarding or sitting in fishing boat, you need to be properly equipped for any unforeseen boating accidents. Being unprepared with a malfunctioning PFD or non-existent PFD could be the worst decision you can ever make on the water. Some may not even know that if your life vest is torn or in non-functioning condition that it will not be allowed in an onboard search from your local authorities. If it is not in full working order it doesn't count as a working life vest and can result in a citation on the boat if pulled over. Wake Edgers Gear and Gifts also sells a multitude of U.S. Coast Guard approved vests for every age as well as bulk packs for your boat.

These are just some of the items you need to check over before your first day out on the water. Making sure that your family and friends will be safe should take precedence over your riding every time. Now go check out your gear and stop by Wake Edgers Gear and Gifts if you have any questions about your equipment!

Not only should you be checking our boards, you also need to check





LakeAnnaBreeze.com

Outdoor Life at Lake Anna

Lake Anna Outdoors

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

What a wet spring! Hopefully by the time you read this article the rain will calm down, at least a little bit... Anyway, we are headed into the early summer fishing patterns on Lake Anna and the fish are on the move. To deeper water that is, as the boat traffic picks up and the water temps reach into the upper 70's and 80's the fish will retreat to deeper water, only returning to the shallows to gorge themselves in the mornings and evenings.

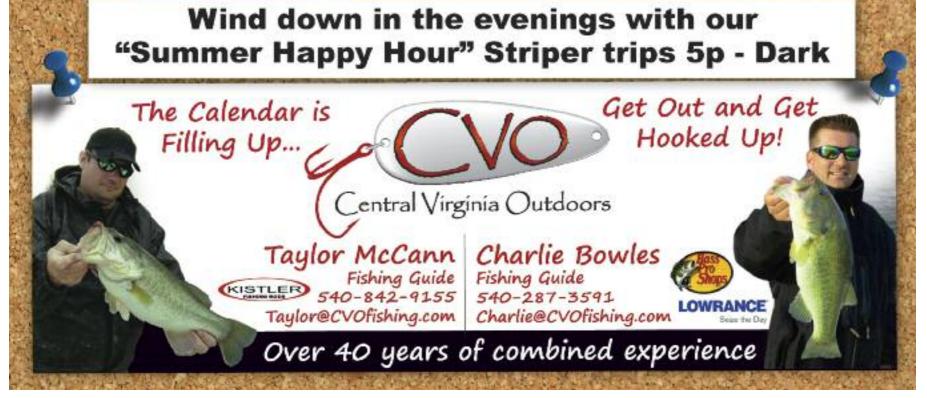
Bass:

Post spawn is in full effect, spreading the bass out into many different places. Some are already into deep haunts, others schooling together near secondary points and humps. You can also limit out very quickly if you "hop" from point to point throwing swim baits, crank baits and spinner baits. Many times it will take 10 points to find one "good one". It's really a matter of being on whatever point they decide to feed on, whenever they decide to do so. There are also some more localized fish in deeper cover (15-30 ft). Tactics change dramatically when you decide to target these fish. You will want to use lighter line (8lb) and soft plastics. Shakey heads and texas rigs are king when targeting deeper cover. Locate deeper brush or dock pilings and reduce your retrieve to a crawl... The slower the better. Be very deliberate in where and how you present your bait, it could make the difference between catching fish or just catching a mean sunburn!

Striper

June marks the beginning of my favorite time of the year to catch high numbers of stripers. We have already been employing casting and trolling techniques to land 15-20 fish in the 5-12 lb range in an afternoon.... And it only gets better. The stripers will form huge (hundreds, maybe thousands of fish) schools in 30-40 ft of water during the day and move up on nearby humps and flats in the morning and evening. Zara Spocks, Poppers, jerkbaits and swimbaits will catch shallow feeding fish in the morning and evening. Catching a big, angry, aggressive striper on a top water plug is by far the most exciting fishing on Lake Anna. By the time the sun gets high and some of the boats are out and about, the fish go deep. There are two main ways to catch deeper stripers, one is to troll crankbaits (dd22's, stretch 20's etc.) and swimbaits while the other is to hang live bait over the schools. Both are very effective methods to catch limits of Lake Anna Stripers and then some





The Lake Anna Breeze



LAKE ANNA

20th Annual Lake Anna Fireworks

Saturday, July 2nd @ 9:15pm @ Dike 2

The 20th Annual Lake Anna Fireworks display will be produced by Zambelli Fireworks and will be located at Dike 2. Visible by both water and land in the area, the show is a local favorite and made possible by donations from the public to the Lake Anna Civic Association. If you'd like to make a donation, please visit www.lakeannavirginia.org.



Memorial Day Into the Nite

May 28th, 6pm to 10pm @ Lake Anna Winery

Official kick off to the lake season. Come by and enjoy music outside under the lights featuring "REUNION", local artists specializing in rock and roll and grooven soul. Bar is open as wine is sold by the glass or bottle. The \$15 fee includes music and dancing under the stars plus a souvenir glass. Food truck specialists "Slideways" will be here when you get hungry. More info: lawinery.com

Memorial Day Pig Roast

May 23-May 25th, Tim's Lake Anna

Tim's at Lake Anna will host Memorial Day Weekend with our Annual Pig Roast from Friday, May 23, through Monday, May 26. Enjoy the sun this weekend from our expansive outdoor seating areas. Pig will be cooked on site and available in a variety of delicious dining selections. Live entertainment all weekend long. More information available at timslakeanna.com



LOUISA / MINERAL

It's Finally Friday! Concert Series

Friday, May 27th, June 17th, June 24th, July 15th, July 29



It's Finally Friday! will be back at Walton Park on Friday, May 27th with FUSION, one of the top cover bands in Central Virginia. FUSION delivers a variety of music from Motown to current pop sprinkled with big belt buckle country tunes. This FREE event promises to be bigger and better than ever! Come and socialize with friends, spend time with family, and enjoy live music. With food vendors and a beer garden hosted by the Mineral

Fire Department Auxiliary for those adults over 21 (must show ID). Bring your lawn chair or blanket and join us for an evening of guaranteed fun for the family! See you there!

Toast to Art: Sailboat on the Lake

June 7th, 6:30 -8:30pm @ Louisa Arts Center Socialize and raise a glass to celebrate the unique artist within. Toast To Art provides all the tools and guidance to create a masterpiece all your own. No painting experience required! Only bring your fun-loving self. At the end of the class take home your 16X20 canvas version of the subject in Acrylic paints. Secure your easel online at louisaarts.org or

book your very own Toast To Art special event 540-967-2200. Cost: \$30, includes all materials and a beverage (wine and beer available with ID).

Family Fun Nights

Friday, June 10th, 11:30am to 9pm @ Louisa County Aquaticic Facility

FREDERICKSBURG

Fredericksburg Food Truck Festival

June 18th, 11am - 7pm

The Fredericksburg Food truck festival, featuring more than the area's top food trucks, makes its debut on Saturday, June 18th at the Fredericksburg Fairgrounds. Spend your Saturday eating your way through more than 20



of the DMV's best food trucks and trailers. Enjoy shorter lines for attendees that pre-purchase VIP Hour tickets. Your entry wristband will be sent to you in the mail! Enjoy our vendors market as well as our headlining entertainment. To purchase tickets, please visit

https://www.freshtix.com/events/fftf

Spotsylvania County Sheriff's Office Youth NFL Camp



June 27th - June 30th at Courtland High School The 2016 Spotsylvania Sheriff's Office Youth NFL Football Camp will have Sheriff Roger L. Harris, 2X Super Bowl Champion Gary Clark formerly of the Washington Redskins and Tessa Wilborne and Jamie Brown of Berkshire Hathaway HomeServices would like to invite your child to an NFL experience of a LIFETIME !! Children must be registered at yournflexperience.com to participate.

Tyler Farr

July 1st, Celebrate Virginia After Hours

Tyler Farr's a thinker, an observer of the human condition, a man in the middle of a surging testosterone country movement in today's Nashville who insists on digging a little deeper, getting a little realer and owning how hard it can be. On Suffer In Peace, the son of a Garden City, Missouri farmer opens his veins and examines the pain that comes from being truly engaged with living. For more



information or to purchase tickets, visit celebratevirginiaafterhours.com.

<u>CULPEPER</u>

24th Annual Graves Mountain Festival of Music June 2-4th, Graves Mountain Lodge

The annual festival features performances by Snyder Family Band, Michael Cleveland & Flamekeeper,U.S. Navy Band "Country Current, Junior Sisk and Ramblers Choice, Russell Moore, Trinity River Band, Ralph Stanley Mulpass Brothers, Larry Stephenson Band, Lonesome River Band, Larry Sparks & The Lonesome Ramblers, Doyle Lawson and Quicksilver, Mark Templeton and Pocket Change, Blue Mafia, Jeff Scroggins & Colorado, Flatt Lonesome and many more!



For more information please visit www.gravesmountain.com

An Evening with Gaelic Storm

June 24th; 8pm @ The State Theatre After nearly two decades and more than 3,000 live shows, Gaelic Storm — the chart-topping, multi-national Celtic band — is looking sharper than ever with their latest release, Matching Sweaters. The new album mixes traditional Irish music with modern influences, creating a sound that's as wide-ranging as the band's own audience. Gaelic Storm will be performing at The State Theatre in Culpeper and tickets are available at culpepertheatre.org.



The Louisa County Aquatic Facility is staying open late a few nights this summer to allow families to enjoy a fun evening at the pool! If your kids are always asking if they can go to the pool after you get home from work, here is your chance to bring the family out to spend an enjoyable evening together. Swim laps, jump in the activity pool, or float on a noodle in the deep end; our facility is open extended hours just for you! Dates throughout the summer, visit lcprt.info for full list of dates!









LakeAnnaBreeze.com

on the Caleni

RICHMOND

Beer Bourbon & BBQ Festival

June 11th, 12pm-6pm @ Richmond Raceway

Join the festival for a great day of beer sippin', bourbon tastin', music listenin', cigar smokin', and barbeque eatin'. Your admission buys you a sampling glass so you can enjoy an ALL-YOU-CARE –TO-TASTE sampling of beer and bourbon. Some of the best barbeque vendors are on-site if you get hungry all while enjoying seminars in the tasting theater and LIVE music all day. Tickets are available at www.beerandbourbon.com



Taste of Virginia



July 2nd; 3:30pm - 9:30pm @ Innsbrook Pavilion An amazing day of the best of all things Virginia! Food, live music, VA craft and vineyard beverages Plus a Fireworks display that will dazzle the senses! The gates open at 3:30 PM so come early and stay late to enjoy all this premiere event has to offer! Enjoy tastings from awardwinning restaurants. Sensational bands on the main stage plus other activities and KidsZone. Restaurants are competing to be the "Taste of Virginia". More info & tickets at innsbrook.com

<u>ORANGE / MADISON</u>

Orange County Volunteer Fire Company Fair

& Parade

June 8th - June 11th, 6-10pm

Come out and support the Orange Volunteer Fire company during their annual fair and parade! Enjoy games and rides, fun for the whole family. The classic Fireman's Parade will start at 6:30pm on Thursday, June 9th. For more information, please visit facebook.com/OrangeVolunteerFireCompany.



Summer Fest at James Madison Museum



June 13th, 1pm-5pm, James Madison Museum Music, artists, crafters and food! Free to the public; come enjoy the music, food and the many talented artists/artisans of our County. The Museum will be open free to the public as well for this first annual event.

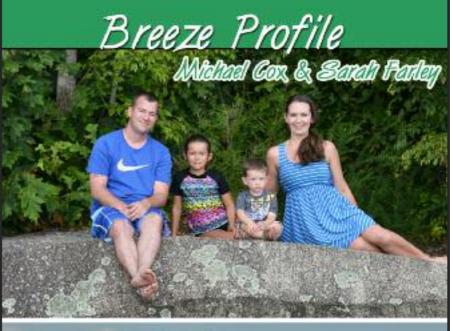
For additional information, please call (540) 672-1776 or visit www.thejamesmadisonmuseum.org.

<u>CHARLOTTESVILLE</u>

The Temptations



June 19th at 8pm @ The Paramount Theater For more than forty years, The Temptations have prospered, propelling popular music with a series of smash hits, and sold-out performances throughout the world. They began their musical life in Detroit in the early sixties. It wasn't until 1964 however, that the Smokey Robinson written-and-produced "The Way You Do the things You Do" turned the guys into stars. For tickets: www.theparamount.net







Meet Michael Cox and Sarah Farley, originally from Naples, Florida and their children Lindsey, 8 and William, 2. Michael works for Pro Air in Washington DC while Sarah works for Cardiology Associate of Fredericksburg.

Michael first started visiting Lake Anna during summer vacations when he was 8 years old. He would visit his aunt and uncle who owned a home here. When he was younger, Michael enjoyed that you could swim in a take without the fear of alligators and learned to kneeboard on the take.

As an adult, he looks forward to sharing happy summer lake memories with his family. Michael loves the peaceful and relaxing atmosphere of Lake Anna. It's only a 30

8th Annual Virginia Summer Solstice

June 25th, 11am - 7pm @ Lazy Days Winery

Join us June 25 from 11-7pm for the 8th Annual Virginia Summer Solstice Wine Festival. Celebrate local wines, live music, great festival foods, local growers, arts and crafts! Tickets can be purchased in advance for a discount at Lazy Days Winery, The Basket Case, and online. ticketriver.com



minute drive, however it feels worlds away from the DC area.

Sarah likes the close family time they spend together at the lake. The children are more interested in swimming and outdoor activities and seldom resort to the usual electronics like tablets or video games for entertainment. Lindsey and William's favorite lake activities are swimming, playing in the sand and boat rides. Their favorite boat route is to Fishtales, where they can feed the fish. Another favorite destination is to the arcade at The Boardwalk and the family is very excited to learn about the new miniature golf course opening soon. Lindsey also enjoys gold panning with her great aunt and also collecting shiny rocks on the shoreline.





The Lake Anna Breeze



LakeAnnaBreeze.com

Crazy Good Eats - Cook-Out

Dining_Spt

As the area grows and expands, our choices for eating out grows with it. No complaints here! For many years, few restaurants were open late and maybe one stayed open late-late but you had to be seated and it always took hours to get seated, waited on, eat, and get out of there. For many, many reasons, there are times when you want to get something to eat at, say, 3:00 a.m. and I'm talking about something made hot and fresh, just for you, not a cold, pre-packaged gas station sandwich or a microwaved egg scramble. I'm talking about something like an In-and-Out Burger.

Our area doesn't have one of those but it is getting something very similar at Massaponax, a Cook-Out. To check it out I went to the other location on Rt. 3 in Fredericksburg, Va. The first thing that caught my attention: OVER 40 custom-made milkshakes. Yes, the normal ones like pineapple, strawberry, peach, and cheesecake,...yep, cheesecake milkshake. A slice of N.Y. cheesecake goes in the blender, and I had them put fresh peanut butter in too. Just because I could! They let you customize your milkshake - who does that? I loved my peanut butter cheesecake milkshake! Of course it was too thick to use a straw, but that was the appeal. Manager Jose Vega told me that they only use fresh fruit, never frozen, and in the months of August and July they have a fresh watermelon milkshake. A pretty cool summer treat that's hard to find anywhere -I will return in August just to try it.

Cook-Out is known for their homemade fresh beef (meat truck delivers daily, no frozen patties here!), grilled burgers and when you drive within a quarter mile from the restaurant with your window down you can smell those flames kissing those patties. It smells like your neighbor is grilling. It smells like you want to get the mac-n-cheese and baked beans ready, it smells...like summer. If you weren't hungry before, you are now! Something about the smell of a hot grill will make that stomach start to rumble, hungry or not. I was tempted to order the half-pound Big Double Burger but Jose suggested the quarter pound Cheddar-Style, a popular burger with melted cheddar cheese, bacon strips, grilled onions and mayo.

The best way to describe this is if you closed your eyes you would swear your Uncle Kenny just took a burger off the grill! Yes, an authentic backyard cook-out burger from somewhere other than a backyard. It was comfort food to the max. The bun was so soft and held the meat, grilled onions, cheese and bacon like a blanket. It's been a long time since I've had mayo on a burger and this will make me start using it again! Now, they have a burger with homemade chili, slaw, mustard and onion called the Cook-Out Style, which Jose said is a local favorite. The Steak Style with A-1 sauce, grilled onions, lettuce, tomato and mayo was also tempting. He also told me that out of over 200 locations, Fredericksburg is the only one that offers fried okra, which I found interesting.

I am truly a hushpuppy snob and rate them when I taste them always remembering who makes the best. Even in the south they can be dry and tasteless but Cook Out's hushpuppies are a decent 8 on a scale of 10. If I had melted butter and a sprinkling of Old Bay with them it could have been a 9. Crunchy outside and a sweet, moist almost doughy inside, you could eat them as a dessert or a sweet snack while driving and 12 for only 99 cents?!

If youre not in the mood for a heavy burger, they also offer a BLT sandwich which is hard to find at 2 in the morning! Cook-Out makes everything fresh when you order it and doesn't hold food under heat lamps but here's the kicker, they close at 4:30 A.M. on Friday and Saturday and 3:30 A.M. the rest of the week! Great to note too that they will be right off the I-95 south exit for those late drives to or from Lake Anna. Fresh meat burgers flamed-grilled when you order and customized toppings at 4 in the morning is CRAZY...Crazy Good that is!





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.



The Lake Anna Breeze

Take on Lake Anna In Style By Megan Wilson, Fashion Blogger and Lake Anna Native



DAY

NIGHT



NIGHT

I have been romping around Lake Anna since I was at least 6 years old. My family moved into their Lake Anna home in 1996. When I was growing up, my attire consisted of bathing suits only, all summer long.

Today, things are a little different. As I return summer after summer, I find myself thinking differently about my "lake wear." Luckily we have fun new events, restaurants options like Tim's (200 Boardwalk Way) and shops like *Hey Gorgeous Boutique* (105 W. Main Street).

I've put together two looks (shown above) to take you from day to night at Lake Anna. All items were found at Hey Gorgeous Boutique, a ladies consignment shop in Louisayou won't want to miss. When I visited, they were filling the racks with more fun frocks & bright summer patterns.

Everything I'm wearing was found at Hey Gorgeous for under

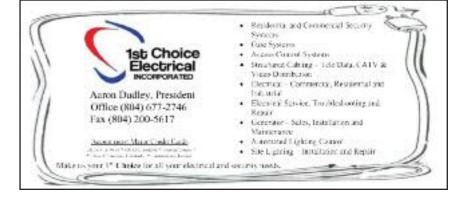


\$50 (except for the shoes, pants, and bathing suits). The center pieces of these looks include a fun pink coverup that easily transitions into a blouse. Throw on white jeans and earrings after a day in the sun and you're ready for a fun cookout! The second look features a Bebe dress only (\$15!) used as a coverup by day and turned into a classic LBD look for night.

If you're interested in more style tips, please visit my blog at www.SweetSauceBlog.com. I post regular outfit photos, recipes, and travel advice, and I also offer personal shopping services (including closet cleanouts!) and give Food

+ Fashion Tours of Richmond, VA. Follow me day-to-day on In- Sweet stagram: @sweetsauceblog.













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Wellness of the Soul...What's That All About?

We could be all over the page here. It's always important to keep focused on the end result. If you can visualize what that looks like? Even better.

When discussing wellness of the soul, what's that all about? What comes to mind is making time to sit and reflect about the positive things in your life; to be joyful in all things, and to feel privileged and blessed and not slighted and needy. Surround yourself with positive people, rather than negative, toxic people. Years ago, I could name the clients I had who were toxic and decided not to "hire"

the body that comes with it...for longer, too.

Recently I have seen well-designed cubicles in public spaces, luxury and work places that are meant for people to sit alone and be with their smartphones. That scene is trying to mimic a chaise, a hammock, a walk in the woods, a niche of your description where you can be alone without your device.

Take a "time out" when you find your place. I speak often that "clutter causes anxiety". There is such a thing as clutter in the mind.

"them" anymore. I am healthier for it and developed a "sensor" that has never failed. Develop the skill to say with gentle authority, "I wish I could help you with that, but I don't have the time to give this the attention it deserves". It's doable and makes a BIG difference in the long run.

Find a niche that becomes your go-to spot for the rest of the body, mind and soul. Try to keep from taking your phone or iPad with you. We can all retreat

to our hammocks. Get one, if you don't have one. Find a pillow and call it your place.

Find what I call "soaking" music...simple strings that say "relax" without words. Let go...find the "you" that you like. This time of the year is best for reclaiming or renewing that "you". Put sticky notes of positive words about you and your beliefs all around you in your per sonal spaces.

This is not gender specific...this is for everyone. Guys, do not be so macho as to pass on a more peaceful soul...more specifically, the mind and heart. Life goes and looks better with this attitude and Give your mind a rest and rid that cutter that blocks dreams and imagination. The ones closest to you will be influenced by your habits. Stress affects the whole

body. The heart is the first part of the body to be af fected by stress. When you subdue your thoughts, feelings and actions trying to deal with the stress, your heart is the first target to suffer. Heart attacks are born in these situations. This is the true science

The best thing to take away from this is to decide if you want to be a slave to stress and the causes of it. You can learn to balance the obvious. The preventions and remedies are there for the asking. Wellness in the soul is about peace, dreams, pleasant thoughts, contemplation, and prayer or meditation, positive outlook on life, wise use of your 24 hours, up-to-date knowledge about healthy food and drink habits, laughter and smiling more! Stress will learn its place in your life and your days and nights will be a joy. Dream more!

'Til next time, **BB**

Embracing the Greys by Heather Mechler-Fickes

There used to be a time when women colored their hair to get rid of grey hair. Women religiously came to the salon every month to touch up their roots before any greys were noticeable. Now, it seems that grey is the new "it" hair color. More and more celebrities are going grey. Lots of magazines are featuring shades of silver and titanium and even grey with hues of blue and violet. Others are embracing their grey hair and avoiding the monthly touchups and are going natural.

lot easier than the whole process of actu- more of an edgy look. If you do decide to ally coloring the hair all grey. Many of the new trends that involve the bright and bold shades also involve lightening the hair in order to obtain the bold colors. Unless your hair is already in healthy shape, it's probably not a good idea to attempt the process. When you do fashion colors get-

ting the hair blonde is a must. But when it comes to the silver grey colors, it's even more important to decolorize (bleach) to a very pale white blond. This will ensure that the grey color will take and be

true to tone. When the grey haircolor is done correctly it actually looks very beautiful. Many fashion magazines show photos of models with silver hair melted into pas-Going grey naturally, seems to be a tel blues and purples. This gives a little try the grey hair trend, remember that upkeep is expensive and requires monthly trips to the salon. Once you bleach the hair this light tone, it's imperative that you use quality salon products to ensure the health and integrity of your hair.



taught by Dr. Caroline Leaf (Your Body, His Temple).



RR





by Lake Anna Interior Designer Barbara Bishop









The Lake Anna Breeze

When it Comes to Real Estate, Whether You Love It or List It... **Think Local**

Real Estate & Real

processes we face in our lives and whether you're looking to buy or sell at Lake Anna, there is one tried and true sentiment to Lake Anna

Real Estate: think local. Sure, these days, you can find everything on the market, view it on your phone, and make decisions fairly easy. However, when you're dealing with a special area like Lake Anna, there are factors to consider that may not be readily accessible via the web or from a real estate listing.

Local realtors offer an insight into all of the Lake Anna factors and can help you find the best option for you. There's very little information regarding the public and private side on the web. When new-

questions visitors often ask is for an explanation of the public side vs. different counties, keeping an eye on pricing and trends in the real esthe private side, what are the advantages/disadvantage, which side is tate is key in getting you the most for your investment.

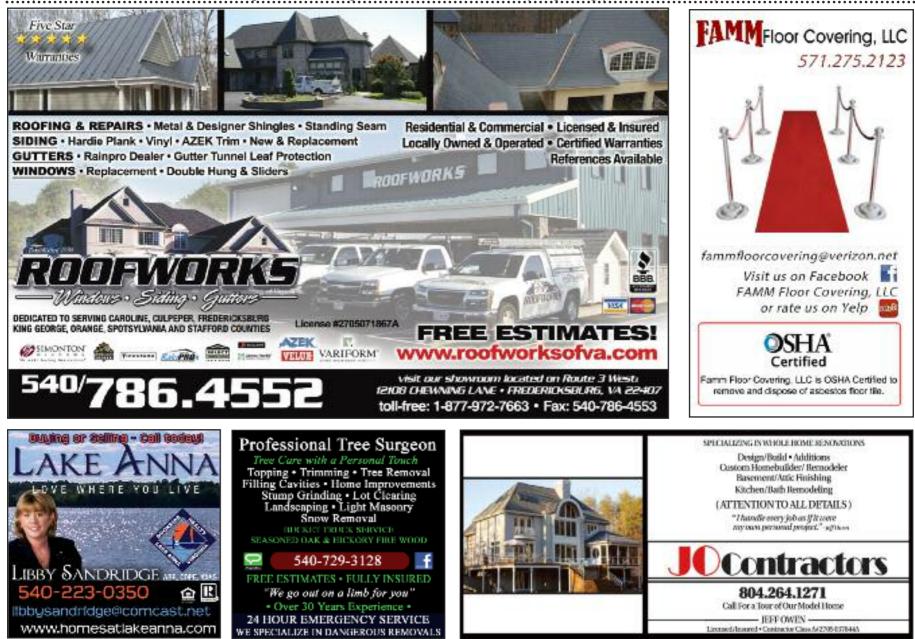
It's of popular opinion that moving is one of the most stressful more expensive, and what's the difference?" said Jennifer Armstrong, Director of the Lake Anna Visitor Center. "They have usually done a little research online but still want to speak to someone familiar with

> the area and it often becomes the first step in purchasing a home."

While many realtors outside the area are listing homes at Lake Anna, they may be less familiar with LOCAL KNOWLEDGE these characteristics, making the process more difficult for buyers. The logistics of having an out-of-area realtor can also make it difficult to schedule appointments and showings for clients.

> If you're considering listing your home, the convenience of having a local realtor close by will help not only with potential clients, but by keeping a close

comers arrive at the lake, this is a frequent topic. "One of the first eye on the local market. With the Lake Anna inventory covering three





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The Lake Anna Breeze

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