

The Breeze

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January 2025

For People Who Love Lake Anna

Issue 116

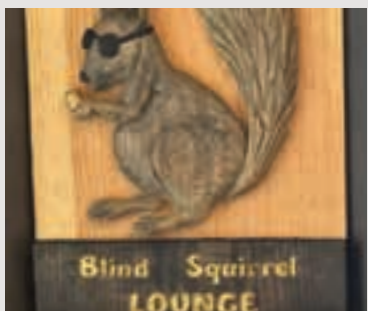
The Cove Holds Steady to 'Lake Time' Amidst Local Development Boom



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Estate Insights p.12



Suzie Squiers, Owner of The Cove Restaurant; Photo by Carol Barker Wyatt

While growth at Lake Anna speeds up, The Cove slows it down. And for this pillar business, the rapid pace of development only strengthens its foundation as an anchor in the community. The Cove Restaurant runs on an easygoing philosophy of enjoying each moment; painting a picture of what "lake life" really means.

"Everything is at a slower pace here," said Suzie Squiers, owner of Hunter's Landing and The Cove Restaurant. "Every day the sun is out, there's a beautiful sunset to enjoy. Our goal is to make sure that as Lake Anna grows, we keep things positive and stay true to that feeling of being on 'lake time' without taking those sunsets for granted." But Squiers didn't set out to own one of Lake Anna's longest-standing dining and marina destinations. In fact, her journey to The Cove Restaurant began with (Cont. P. 3)



The Cove's Annual Car Parade; Photo by John Heishman

LAKE ANNA
Home Tour
LAKEANNAHOMETOUR.COM • MARCH 1ST

PHOTO BY CAROL BARKER WYATT



WAVE MAKER

A MOVEMENT FOR POSITIVE
CHANGE AT LAKE ANNA

What Does Lake Anna Need? Take the Survey.

What do you think the top issues are here at Lake Anna? We need the community to help us identify the most important needs in our tri-county region. **Share your voice and be heard**

Take the Survey
by January 7



lakeanna.online/wave-maker-2024

New Year, Same Awesome You

Come February, those New Year's resolutions you made might already be fading. I get it—throughout the years, I've made my share of promises to myself: exercise more, eat fewer potato chips, call my friends more often. And truthfully? More often than not, I didn't keep them. But why is that? Why do habits feel so hard to form and stick with?



J. Bailey

Lately, I've realized it's not just about the habits themselves—it's about how we measure progress. The problem lies in The Gap, not The Gain (credit to Dan Sullivan and Dr. Benjamin Hardy for this game-changing perspective).

As a marketer, I spend a lot of time helping business owners set and track growth goals. But I can't tell you how many meetings I've been to where someone has lost sight of the big picture. They're so focused on The Gap—what hasn't been achieved—that they miss The Gain entirely.

Here's what I mean: The Gap is when you focus on where you aren't yet. It's looking at the 10 pounds you didn't lose instead of the 20 you already did. It's measuring yourself against perfection—a constantly moving target—and feeling frustrated, stuck, or even like a failure.

The Gain, though, is a completely different mindset. It's about recognizing how far you've come. It's seeing the 20 pounds you did lose, the healthier choices you made, and the progress you've already achieved.

That small shift changes everything. You feel motivated, fulfilled, and positive because you're focused on real, tangible growth. So this year, let's stop beating ourselves up over The Gap. Let's start celebrating The Gain. If you're aware of what you want to change, that's a gain in itself. Because growth isn't about being perfect; it's about moving forward. So here's to 2025 and to celebrating how far you've come.

The Lake Anna Breeze

The Lake Anna Breeze is a publication of Lake Anna Media Group that is distributed to Lake Anna & beyond.

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The mission of The Breeze is to partner with the community by connecting those who love Lake Anna through stories. Messages from our readers are welcome. All events & celebration submissions must be received by the 10th of the month preceding publication.

The Lake Anna Breeze

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Continued: 'Lake Time' at The Cove Restaurant

WRITTEN BY JENNIFER BAILEY



Squiers; Photo by Wyatt

...a leap of faith and a bold career pivot in 2016. After two decades of commuting long hours, and feeling the pull of home and family, she took the plunge.

"I wanted to be home with my kids and around family more," Squiers recalls. "I was working so hard for other people, and it just made sense to make the career change. It was more like jumping off a cliff than anything."

Going into its tenth year, Squiers' decision has not only shaped her family's life - but also become an anchor for the Lake Anna community. As everything around the lake rapidly changes and develops, The Cove will always remain a hub for connection and community - a place where experiences will always be "on lake time."

"We wanted a place where everyone felt welcome, where people could come together no matter what part of the lake they're from," she explains. "The people here care about each other, and we've worked hard to create a space where that community spirit thrives."

Whether it's the annual fireworks display on the Fourth of July, Christmas parades, or hosting community-wide events, The Cove brings neighbors together for moments of shared joy and connection. During the COVID-19 pandemic, Squiers and her team even organized proms for local high school students when schools couldn't, creating cherished memories for kids across multiple counties.

"Our goal is always to make memories and create situations that make people's lives better," Squiers shares. "From

helping neighbors during snowstorms to hosting charity events, it's all about taking care of the people around you."

And for her, it's always been about more than just food and service.

All four of the Squiers children have played a role in the restaurant's success, from Brittney managing the marina side and Cole in the restaurant, to Brooke and Bree helping out during breaks from school. Even Suzie's husband, Barney, and her mother, Wilda "Gigi" Schrade, are key parts of The Cove's special operations. Gigi, affectionately known to regulars, handles purchasing for the store.

"We opened the store on my son's birthday, February 12, 2016," Suzie says with a smile. "The marina side opened first, and the restaurant followed on March (Friday) the 13th. It's been a wild ride ever since."

Squiers' dedication to her staff, affectionately called "The Cove Family," is an anchor in the way she runs business. Many employees have been with her since the beginning, and she's passionate about creating an environment where work feels fulfilling. "My goal is for our staff to give 100%, but I also want them to enjoy what they do," she says. "Working is such a big part of life, and it should be fun."

Through the years Squiers remains grateful for the blessings the restaurant has brought to her family and the community. Whether it's serving up memories, hosting events, or simply providing a place for people to unwind, The Cove continues to make waves as a cornerstone of Lake Anna life.

For Squiers, it all comes back to family—both hers and the extended family she's built at The Cove. "It warms my heart to make a difference in people's lives," she says. "Whether it's teaching the next generation to be kind or helping someone have a great day, that's what it's all about."

So next time you're at The Cove, slow down, soak in the sunset, and enjoy life on lake time. After all, that's what makes The Cove—and Suzie Squiers—truly wave worthy.

From Struggle to Stability: The Journey Home

WRITTEN BY BARRY SCHAEFFER

More than a decade ago, Louisa County resident Debbie Reed noticed many people struggling without basic resources. She believed something had to be done to help these individuals rebuild their lives. This belief led to the creation of The Journey Home (TJH).

With the help of her husband, retired physician Ed Reed, Debbie reached out to government agencies, philanthropic groups, and religious communities for support. Their efforts resulted in donations of time, supplies, and funds. The couple also worked on the facility's design with a local architect.

In 2019, a parcel of land near Mineral was purchased, and construction began. The facility was paid off in five years and completed in 2020. TJH welcomed its first resident that year, called guests. Admission involves a thorough application process, including in-person screening, six months of sobriety, Louisa County residency, and a strong motivation to change. Residents also agree to random drug testing during their stay.

The facility features seven two-bedroom resident suites, each with a private bath and mini-kitchen, as well as shared community rooms, a master kitchen, and laundry. A small staff runs day-to-day operations with support from volunteers. Debbie contributes up to 30 hours weekly, while Ed serves as Chief Grant Writer. Residents also pitch in to maintain the facility and develop life skills.

TJH's strength lies in its supportive, family-like environment. Residents are treated as individuals with hopes and dreams, unlike the impersonal nature of shelters. "Our residents have

often lost all hope and sense of self-worth," Debbie said. "We exist to help them gain that back and build productive lives."

To aid transformation, TJH offers support in managing finances, completing education, and parenting. For residents without transportation, TJH partners with Giving Words to provide vehicles and assists with licensing and insurance.

For residents with young children, TJH works with the County to provide childcare and transportation. As a Christian organization, TJH also holds two mandatory weekly devotion sessions. Recognizing the need for affordable housing, TJH launched the "Next Step" program in 2020. Its first project—a donated modular home—was renovated and now houses a program graduate for modest rent. Plans are underway to expand the program with additional homes.

The Journey Home is more than just a facility. It's a process—a journey to rebuild lives, restore hope, and create a path to a better future.



The Journey Home Staff

Homeschooling: a Growing Choice in Our Community

BY JENNIFER CHRISTIAN



Louisa Homeschoolers Compete with LASER; Photos by Jennifer Christian



With over 500 registered homeschoolers in Louisa County, homeschooling families constitute 10% of K-12 students. Spotsylvania County is close behind with over 7% of its student body registered as homeschooling this year.

In today's teleworking society, many are able to work and homeschool simultaneously, an option that was much more difficult even just 5 years ago. Homeschooling families are as varied as families who choose to attend public schools. Families enjoy homeschooling for the flexibility in teaching practices, as well as scheduling freedom.

With hundreds of homeschoolers in the area, gone are the days of worrying about homeschooling being a lonely experience. Local homeschooling parent Michelle Jackson says, "we love the flexibility of homeschooling. Our local homeschoolers are like a second family. We have found that fellow homeschoolers are always helping each other." Jackie Knoebel adds, "We've homeschooled here for 13 years now. I love being able to customize our kids' education, and the time spent as a family."

Some families travel and are able to homeschool on-the-go. The Miller family is raising 3 boys in Louisa County. Their two oldest boys are involved in competitive martial arts at the national level, which comes with a lot of trips across the coun-

try each year to compete. In addition to sports travel, the Miller family spends a month or more each year out west skiing and homeschooling from there. Getting to have their boys with them to explore the world together as a family is so important to the Millers. It helps them to instill in their children the values of working hard and playing hard.

There are even families who choose to homeschool one child while enrolling another in a school. Children, like adults, often thrive in different environments. What is best for one kid isn't always best for another kid, even in the same family. Some students need more one-on-one attention, while others thrive on the structure of a classroom. "There's the risk of assuming there's only one educational track that prepares children for the 'real world.' The beauty of educational choice is our ability to experience the world in unique ways and take the learning paths best suited for our present and future aspirations," says local parent Lauren Cunningham who homeschools 3 of her 4 children, while sending one child to a more conventional school. She says of her oldest, "he simultaneously loves his school and is proud of his homeschooling background."

Hundreds of families are represented on the Louisa VA Homeschoolers and the Lake Anna Homeschooler Facebook pages. Members share events, and curriculum ideas, and ask questions in these groups. Homeschoolers meet in groups in our community throughout the week, including in cooperative learning groups, an award-winning chess club, and several less formal homeschool groups and meet-ups. Many homeschoolers are also involved in activities and teams in our community that aren't a part of the school system, including recreational and travel sports teams, competitive robotics teams, library groups like the Teen Advisory Board, and art classes. Programs like non-school-sanctioned proms and other dances even give homeschoolers the chance to experience those social events without needing to be enrolled in a school.

Homeschooling regulations, like public school regulations, in our state are determined by the Virginia General Assembly. To homeschool in Virginia, families must meet certain qualifications.



(L) Field Trip to CBS News in Richmond, Photo by Carrie Woolfolk; (R) Olivia, Roman, and Elina Attend Homeschool Dance

Each parent providing homeschool education must:

- 1) Hold a high school diploma or higher;
- 2) Meet the qualifications of a teacher as prescribed by the Virginia Board of Education;
- 3) Provide the child with a curriculum delivered through distance learning or correspondence, or
- 4) Provide evidence that they can provide an adequate education for their child.

At the beginning of the school year (or once a family pulls their child from school), the parent must submit a Notice of Intent to Provide Home Instruction to their local school dis-

trict. At the end of the year, families must submit evidence of progress.

Testing can be provided through ACT, SAT, or a PSA, an evaluation from a licensed teacher or someone with a master's degree in an academic discipline, or a transcript or report card from a college or correspondence program.

Homeschool families in our community have made the choice to homeschool for a variety of reasons and their school days certainly don't all look the same, but they do agree on the right and ability to choose the educational environment that works best for their family.

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The Spirit of Local Firehouses Shine Bright

BY JENNIFER BAILEY; PHOTOS BY JOHN HEISHMAN AND CAROL BARKER WYATT

Not everyone is home on Christmas. For first responders at our local fire stations, it's still a special day—just spent at work.

"We always try to do little things to inspire teamwork," said Battalion Chief Ryan Sampson of the Louisa County Fire Department (LCFD). "It's important to remember that these guys are at the firehouse on Christmas Eve and Christmas Day. It's nice to acknowledge that it's Christmas, and we're here, coming to work together."

Although some of the fire stations traditionally embrace the holiday spirit with decorations, this year the LCFD introduced something extra special: a friendly light decorating contest to brighten the season. To their applause, four stations participated—Louisa, Mineral, Zions Crossroads, and New Bridge Fire Departments.

Each station took the challenge to heart, decking their firehouses in festive lights, wreaths, and creative displays that not only celebrated the season but also showcased their team pride. The competition sparked camaraderie among firefighters while adding a bit of joy for the community members who pass by their beautifully lit stations.

Voting for the contest took place on Facebook and ended on Christmas Eve, with the community enthusiastically rallying to support their favorite station. To see which firehouse

took home the prize, visit the Louisa County Department of Fire/EMS page on Facebook.

The prize for the winning station is something that will bring lasting pride and meaning. "It will be something that brings the station together," said BC Sampson. "A lot of stations have logos and special items paid for by the firehouse or the firefighters themselves. This contest gives them the opportunity to earn something special that truly reflects their station's identity and commitment to the community."



Photos From Top: Louisa, Mineral, New Bridge



What does an Altimeter Have to do with Flying a Plane?

BY MICHAEL ECKERT



Above: Altimeter

An altimeter is an instrument that measures air pressure and uses that to determine the altitude of an object with respect to a fixed level. Before we get into the details, we need to review the history of pressure measurement.

A barometer is used to tell us the pressure of the air at a particular location. Galileo was

puzzled about the question of whether air has weight and if it exerts pressure on surrounding objects. Air weighs about 4.7 pounds per square inch at sea level. The average air pressure, at sea level, is about 1013.2 millibars or 29.92 inches of mercury. At the average air pressure, the air is pushing a thin tube of mercury to a height of 29.92 inches.

Galileo's student, Evangelista Torricelli, finally overcame the difficulty of measuring the height of mercury in a glass tube and invented the first mercury barometer on June 11, 1644. His description of the barometer was in a letter to Michelangelo Ricci. Some historians claim that Rene Descartes actually proposed the first barometer on June 2, 1631 in a letter to one of his pupils. Torricelli had a problem with his barometer. Mercury, like all metals, expands and contracts with changing temperatures. This expansion and contraction of the mercury made accurate measurements impossible. His barometer was acting like a thermometer. It wasn't until the 19th century that corrections for temperature were correctly

applied to mercury barometers.

Gottfried Wilhelm Leibniz proposed a second type of barometer around 1700. He described small-enclosed bellows, which would be compressed and dilated as the weight of the air increased or decreased. There was a question about humidity and how it would affect the instrument, so Leibniz proposed attaching a steel spring inside which would measure the resistance of the spring, against the air pressure. Although it was many years before this type of barometer was invented, he had virtually described the Aneroid Barometer.

Altimeters are aneroid barometers. They are used to find the barometric pressure of your location and convert it into your altitude above sea level when referenced to the existing measured sea level barometric pressure. It can also be converted into a pressure altitude, which is the measurement of the pressure at your particular altitude.

Pressure altimeters are used on aircraft so they can fly and land safely in all types of weather.

Aircraft are separated vertically and horizontally. If one aircraft is not using the correct altimeter setting, it could end up too close vertically to aircraft flying below or above it. If they are off by too much altitude, this could result in a disastrous midair collision.

Landing with good visibility usually is not a problem, but landing in poor weather can be disastrous. A pilot can land by a constant glide approach to the runway, which requires a correct altimeter setting. The constant glide approach is basically a nicely sloped line down to the end of the runway. If the altimeter is set incorrectly there are two things that can occur. The first is overshooting the end of the runway. The second result is you could fly into the ground before the runway.

There have been many well-documented airline disasters directly related to incorrect altimeter settings and monitoring.

Pressure altimeters not only need to be periodically reset for sea level pressure but also for corrections between the actual temperature and standard atmospheric temperature profile. They also need to be calibrated for mechanical errors in the instrument.

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January Event Roundup

Caroling Karaoke Night
Saturday, December 21st @
Southern Revere // 5pm

Elves Night Out Dance Party
Saturday, December 28th @
Southern Revere // 5pm

Cheap Whiskey
Saturday, December 28th @
Log Home Brewing // 6pm

New Years Eve Dinner
Tuesday, December 31st @
Callie Opies Orchard // 5pm

New Years Eve Parties:
The Cove at Lake Anna
Tim's Restaurant
Tavern on the Rail Event
Barn (tickets required)

New Years Day Brunch
Coyote Hole Craft Beverages
Tim's at Lake Anna

Line Dancing
Friday, January 17th @ Coy-
ote Hole // 7pm

Framed Resin Class
Saturday, January 4th @
Jen's Crafters // 11am

New! Cooling Pond Brewery
now offers a "Rise & Dine"
Breakfast all Weekend Long

Every Wednesday
Darts for Charity @ Log
Home Brewing // 6pm

Every Thursday
Karaoke @ The Cove // 8pm

Karaoke @ Lounge //
7:30pm

Trivia Night @ Coyote Hole
// 6pm - 8pm

Open Mic @ Log Home //
Sign up starts 6pm

Lake Anna Jazz @ Callie
Opies Orchard // 6pm

Every Friday & Saturday
Karaoke @ Unionville
Brewery // 8pm

Every Sunday
Bingo @ Louisa Moose
Lodge // 12p



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Lake Anna Home Tour
Saturday, March 1st



Celebrating Pets! *Photo Contest*

Traditionally, October has always been the pets issue of The Lake Anna Breeze. While we took a pause in 2024, we're excited to bring it back in a fresh, fun way for 2025!

Introducing the new Pets Issue of The Lake Anna Breeze! February will be a special tribute to the furry, feathered, and finned members of your family, featuring our inaugural Pet Photo Contest.

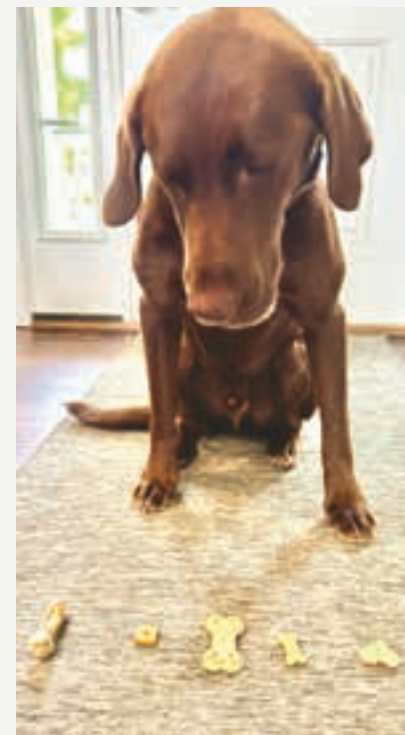
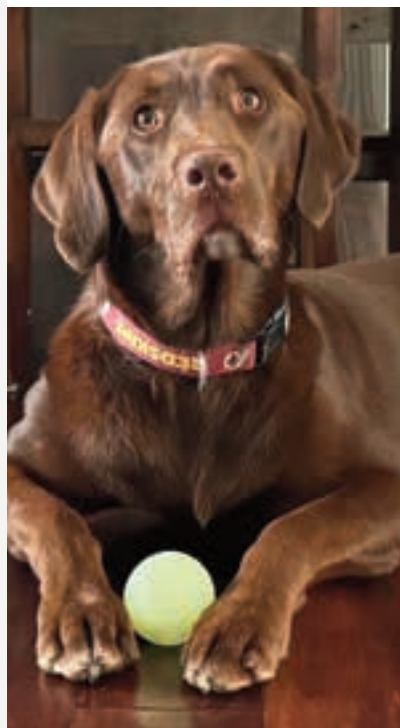
The Grand Prize?

A professional portrait mini-photo shoot with you and your furry friend, sponsored by none other than Lake Anna Photography.

Submit your favorite pet photos NOW through January 15th for a chance to win and be featured in the 2025 Pets Issue.

Let's celebrate the pets that make Lake Anna life even better! **Visit <https://lakeanna.online/pets> to enter!**

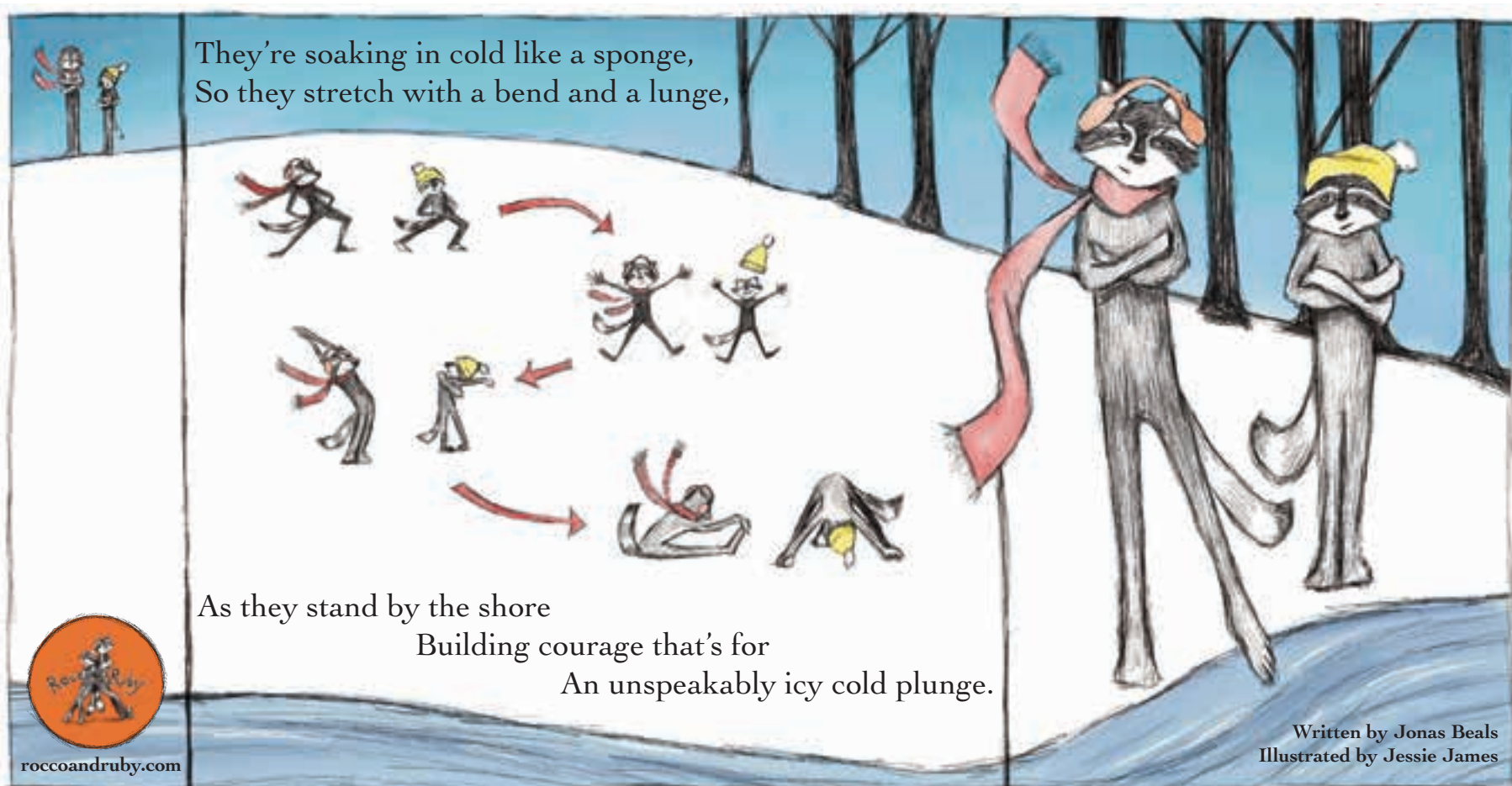
In the meantime, here are some photos of Beauregard McCoy for inspiration... taken by Jim McCoy, of course.




Rocco and Ruby

By JONAS BEALS AND JESSIE JAMES

They're soaking in cold like a sponge,
So they stretch with a bend and a lunge,



As they stand by the shore
Building courage that's for
An unspeakably icy cold plunge.



roccoandruby.com

Written by Jonas Beals
Illustrated by Jessie James

Beau's Perspective: The Magic Tree

BY BEAUREGARD MCCOY, TRANSLATED BY JIM MCCOY

Woof! Well, it happened again. It happened the last time the outside got cold - and the time before that, too. What happened? The Magic Tree came back.

You see, when it gets cold outside, sometimes a tree appears in our house. I don't think it grows on its own; I think my pack-dad and pack-mom bring it in. Now, since I'm a boy four-legger, I feel the need to pee on trees. (It's what I do.) Somehow though, I think it's best to not pee on this one.

I have learned that - when the tree appears in our house - this means lots of other fun things are going to happen. First of all, many of our two-legged pack-family members start to show up. That is my favorite because they always give me lots of attention - you know, rubs and throws and stuff. They sneak me extra two-legger food, too! Woof!

The Magic Tree is special to me. A long, long time ago, when I was a tiny four-legger, I came to live with my pack-family. The day I came, they had a Magic Tree in our pack-den. When I first got there, I was a little bit scared because my pack-mom had me in a box and it was dark.

I could tell she was carrying me around because I was slipping and sliding in there just a little bit. All of a sudden, she put the box down and it wasn't dark anymore! There was lots of movement and noise... So, I walked out and had myself a look around.

The first thing I noticed was that there was a much bigger version of ME already there! (Okay, it wasn't really me, but it was a big four-legger who looked just like a me.) I later learned that he was to be my big four-legged brother, Charlie. Also, there were lots of two-leggers there. Later, I learned that three of them were my two-legger brothers. (They always

come to see me when the Magic Tree is here!)

So...out of the box I came. It really was very noisy! But, I needed to figure this out, so I went up to one of the two-leggers. He



lifted me up, so I gave him a big smooch right on the face. Then I went to the next two legger and then the next. They all got lots of kisses. (I'm a very good kisser).


When I was done with the two-leggers, I focused my attention on the other four-legger. He was the same color as me and he looked just like me, but he was way bigger than me. He didn't look all that tough, so I gave him a little nip on the leg. He loved it! He started jumping around and playing with me and we went racing all around the pack-den. (That was our first day together, and I still miss Charlie. He taught me how to swim, how to fetch, and how to do my "business" outside of the house.)

I always get something fun to play with when the Magic Tree is here. Last year, I chewed the paper skin off a box and when I got it open, there were lots and lots of tennis balls in it! Can you imagine that? Woofin' cool! I usually get a super tasty bone to chew on as well. I love when the Magic Tree comes to our pack-den!

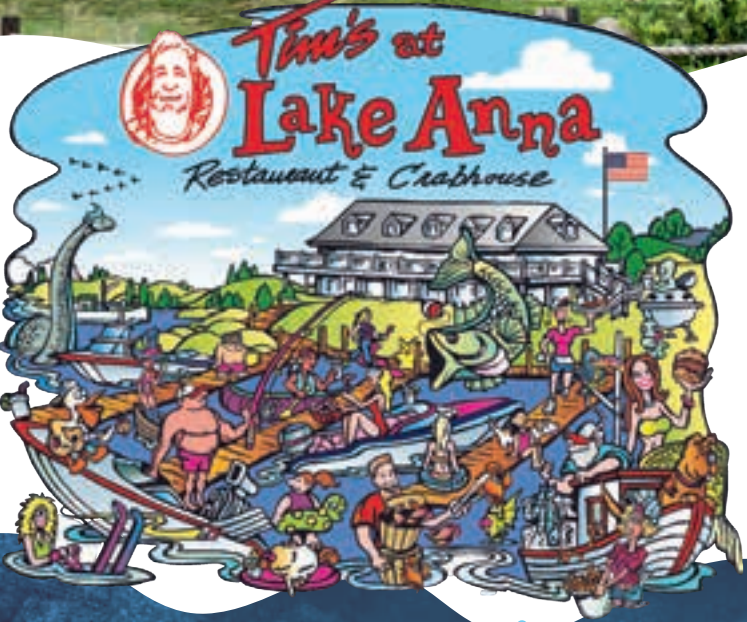


Beau McCoy and Family, by Jim McCoy



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Stay Swing-Ready This Winter: Off-Season Golfing Tips

WRITTEN BY JACK SNYDER; BELOW: PHOTO OF JACK SNYDER

When the weather outside gets a bit too chilly for you to play or practice, there are still some things that you can do physically to stay on top of your game.

1: Work on your flexibility by stretching the areas most prone to use in the golf swing. Stretch your back, shoulder girdle, wrists, fingers, legs. This way, when you return to the game, your body will be ready to move.

2: Do some core exercises. If your core is strong you have the support system to accommodate the rotary forces, back motion, and balance required in the swing motion.

3: Make some practice motion golf swings with or without a club, and do them with speed. The faster you can make these movements, the easier it will be to incorporate some of this quickness into your golf swing.

You can find many of these movements on the internet, and YouTube even has videos that you can follow. Remember, the more that you put into this game, the more you will get out of it. Even if that's just a pain free, fun round of golf.



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2025 Lake Real Estate Insights: a National Perspective

Q&A BY GLENN PHILLIPS; ARTICLE BY TIFFANY HAZELWOOD

The close of 2024 revealed that the U.S. residential housing market remains in an unofficial recession. That said, early indications for 2025 trends should slowly yield a path out of this. We can also expect lake real estate and other “discretionary” housing to break out of this lull faster than most primary residential markets. Let’s look at why...

CEO of Lake Homes Realty, Glenn Phillips shares, “I get to see a unique national view of real estate. Lake Homes Realty is the nation’s leader in lake real estate. We have access to data about thousands of lake real estate markets across the country. This includes tracking millions of visitors on LakeHomes.com, and their behavior online.” Phillips also cites regular conversations with agents all over the country as a broad-tapestry perspective that he gathers and is able to plug in to his kaleidoscope-view of national trends. We sat down with Phillips to review some FAQs posed by consumers in an ever-changing market.

Will there be faster growth? There are three factors that prevented faster growth during the close of 2024: 1. The run-up to the presidential election dampened fall lake home sales. One theory is not that people were waiting to see election results (which is their claim), but instead that they were simply distracted by the drama. It is hard to think about buying or selling a lake home (which is discretionary anyway) when one’s focus is elsewhere. 2. Every year, people write fewer real estate contracts from the week of Thanksgiving through the end of the year. Most people just have other things on their mind or demanding their attention. 3. While inventory is still growing, the turn to more appropriate list prices has only just begun. This shift back... will take a few months.

Will 2025 be more dramatic for transactions? While the close of 2024 may have had a modest increase in the number of transactions, I am predicting 2025 will have at least a 15% increase in year-over-year transactions. My reasoning for this is: 1. The election (regardless of the result) and the holiday distractions will be over. 2. Demand has not diminished (and won’t) for appropriately-priced lake homes. Buyers just need more selection at a reasonable market price. 3. More owners will be ready to sell, and they are becoming more realistic instead of “overly aspirational” in their pricing. In other words, they will be more serious about actually selling instead of dreaming of an inflated profit.

Will the NAR Commission lawsuit settlement impact lake real estate? The impact to lake real estate from the NAR Commission lawsuit settlement will take a few months to evaluate. I expect that the impact will be less for lake real estate, and other discretionary properties, than for other primary residential homes. Lake home buyers and sellers are financially capable of paying for quality real estate agent services and are more accustomed to seeking out expert guidance. They don’t hire the cheapest attorneys, seek the cheapest doctors, and they understand that a true expert in any financial transaction can more than cover their costs.

Will it be a buyer’s market or a seller’s market? Our data suggests we are finally shifting to a “softer” seller’s market for lake real estate. We see a continued steady increase in the number of properties listed for sale. The more interesting data point is that for the first time in months and months, we saw a decrease in the average list price. Interview continued at <https://lakeanna.online/lake-anna-real-estate/>.

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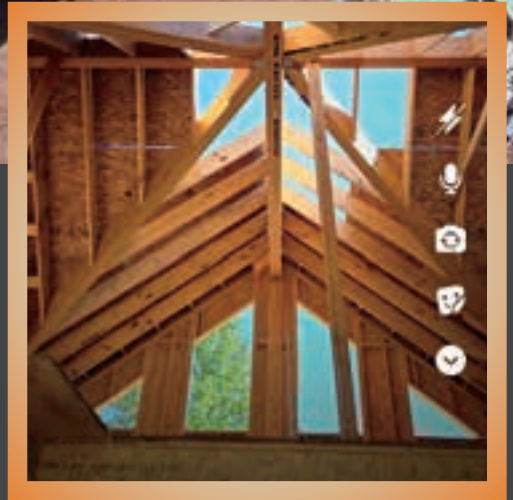
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Unlock Wellness: Beyond Autoimmune Symptoms

WRITTEN BY DAWN MILLS

The other day, I heard one of the saddest statements I have ever heard from a client: "My body is against me." It broke my heart. It literally brought tears to my eyes.

If we're being truthful, lots of people feel that way. It seems that no matter what we try—whether it's to feel better, lose weight, get better sleep, or something else—it just doesn't work. We give up trying.

But here's the truth: Our body doesn't hate us, and it's not against us. Our body is simply responding to the environment we've created for it to live in.

This is not to say that things don't happen beyond our control—they do. But even in difficult situations, where we're facing illnesses outside our control, we can still create an environment for our body to thrive as best it can.

In school, we're taught how to read, write, add, and subtract. We learn about the seasons, the planets, and history. Sometimes, we're even taught basic biology. But we're not taught how to take care of our own bodies—what foods to eat and why, how to manage stress (and why it's so important), or how to balance work with relaxation. So we go through life eating what the food pyramid tells us or whatever is convenient. We reason, "If it's sold in the grocery store, it must be fine to eat and will give me all the nutrition I need."

As we age, we start to experience ailments: painful joints, stomach upset, poor sleep, hormone imbalances. We tell ourselves, "That's okay—I'm just getting older."

But after years of eating food-like substances (rather than truly nutritious food), burning the candle at both ends (and bragging about it), and slathering chemicals on our skin to look younger, we begin to feel the effects.

The thing is, no one told us. No one taught us any differently. And so, we suffer. But here's the good news: We don't have to suffer anymore.

We Can Heal from Autoimmune Symptoms

The environment we choose to live in is one of the four key drivers of autoimmune disease we'll be discussing in my Wellness Beyond Autoimmune Symptoms class this February.

Even if you haven't been diagnosed with an autoimmune (AI) disease, this class will benefit you. Autoimmune disease is on the rise in the U.S., and many people are on the path to developing one without even realizing it. If you want to address feeling poorly for any reason—or guard yourself against developing an AI disease—or if you've already been diagnosed, this class is for you!

Autoimmune Virtual Class

I'm offering four live classes via Zoom starting in February, followed by group discussion and coaching. The course also includes a printed cookbook designed for autoimmune healing. To learn more about the class and sign up, visit: www.pathways-health.com/wellness-beyond-autoimmune-symptoms. Please feel free to email me with any questions: Dawn@pathways-health.com

Dawn Mills is an Applied Functional Medicine Certified Practitioner, specializing in Gut Health, Infertility & Pregnancy, and Autoimmune Disease.

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From brain fog to digestive issues, many people brush off symptoms that could be early warning signs of autoimmune activity. Understanding the spectrum can help you connect the dots.

Speaker
Dawn Mills
Applied Functional Medicine
Certified Practitioner

Sessions in February

dawn@pathways-health.com
www.pathways-health.com

First Ever Lake Anna Home Tour Scheduled for March 1

WRITTEN BY JENNIFER BAILEY

Have you ever been curious to see the inside of some of the majestic lakefront homes here at Lake Anna? Now, for the first time, you can!

On March 1st, Lake Anna will host its Best of Lake Anna Homes Tour, offering an exclusive look inside some of the most unique homes and vacation retreats in the Lake Anna community. This is your chance to explore stunning designs, experience Lake Anna's signature style, and meet local artisans and home experts—all while enjoying delicious food, beverages, and a selection of special vendors at each stop.

One of the most talked-about stops on this year's tour is the illusive "Blind Squirrel Lounge." Nested on the tallest house on Lake Anna, this breathtaking home offers more than just scenic views—it boasts a 9 course putting green!



Also featured on the tour is the grand Foxhall, the hand-crafted dream home of Jeff Owen, owner and builder at J.O. Contractors. Jeff built Foxhall in the early 2000s, and it became his full-time residence in 2008 as his reputation for crafting stunning, one-of-a-kind homes grew. At Foxhall, Owen didn't hold back on unique, personal touches: custom-welded iron railings, elegant balconies and catwalks, striking stone accents, a durable and stylish metal roof... and, perhaps most importantly, a basement bar built for unforgettable entertainment!

As Jeff says, "This is going to be a party palace, and it really does entertain well."

The Best of Lake Anna Homes Tour is more than just a showcase—it's a celebration of Lake Anna living!

The tour comes with the release of Best of Lake Anna Homes Magazine, filled with features and stunning photography of Lake Anna Homes, the "Little Black Book"

of trusted home service contractors, insights into local design, construction and real estate trends. Whether you're building, buying, or simply dreaming, Lake Anna Homes Magazine will be your ultimate guide to life on the lake.

Don't miss this opportunity to step inside some of the lake's most remarkable homes. Tickets are available now at <https://lakeanna.online/tour>.



Do you have a home that deserves the spotlight? Limited spaces remain on the tour—contact us today.

Businesses have a unique chance to showcase their work both on the tour and in the inaugural Lake Anna Homes Magazine. For sponsorship details, email brenda@lakeanna.online.

FREE Business Listings are available in our **Little Black Book of Service Contractors**.

Visit lakeanna.online/homes to add your listing today!

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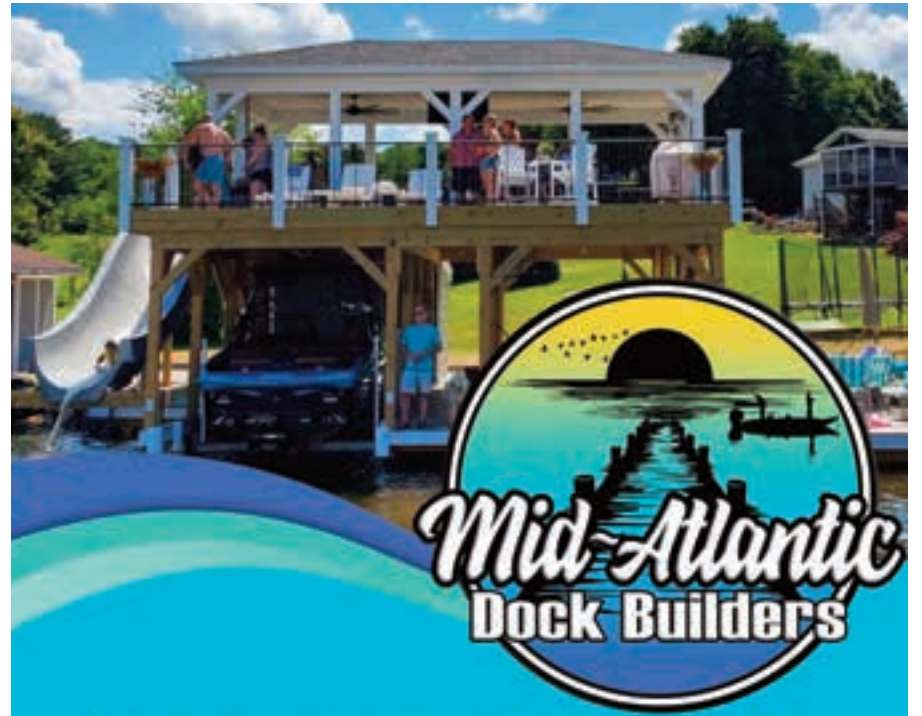
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