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Horse Heroes of Goochland

by Kaitlyn Braswell

id you know the majority of race horses only have a career the length of two to three years? Since most start racing at the age of two that means they will have been retired by the age of five! And unless they were a top tier race horse; most thoroughbreds' careers do not end with them being sold to a breeding farm. Even if they are, what does the future of these animals look like when their services are no longer viable?

You see, some feel that race horses have only one purpose, and if that purpose is not attainable, if an injury is sustained, or after that "pur-

pose" sees fulfillment, then they're no longer of any worth. Sadly, many are neglected or sold for slaughter. But what they don't realize is the potential they have to succeed













in jumping, dressage, barrel racing, ranch work, or trail riding. They can provide strong companionship and some have gone on to become excellent therapy horses. They just need the chance to do so.

After leaving the racing life, a thoroughbred needs to be retrained, rehabilitated, and rehomed. Though it is challenging, time consuming, and costly work, some have realized the rich rewards which come from helping these animals find a new purpose in life, far outweigh any cost.

The folks at the James River Horse Foundation in Goochland County are the local heroes who understand just that. Their goal is to help as many of these horses as possible get adopted into a new family who will appreciate their value and if they're not able to find one, they take it upon themselves to care for them for life.



Along with rehabilitating

horses, the members of the foundation are doing the same for people. They've partnered with the VA Department of Corrections, helping many inmates come to gain a personal bond with these horses through daily handling and care, as they grow together.

One participant of the program, Becky, said: "I can say 110 percent that this horse and this program have changed my life and changed me in so many positive ways...I know that I can say that I am a better human because of it."

To learn more about the foundation, their impact, and to see how you can be a part of the rescue, care, and adoption of these animals, go to JamesRiverHorses.org.





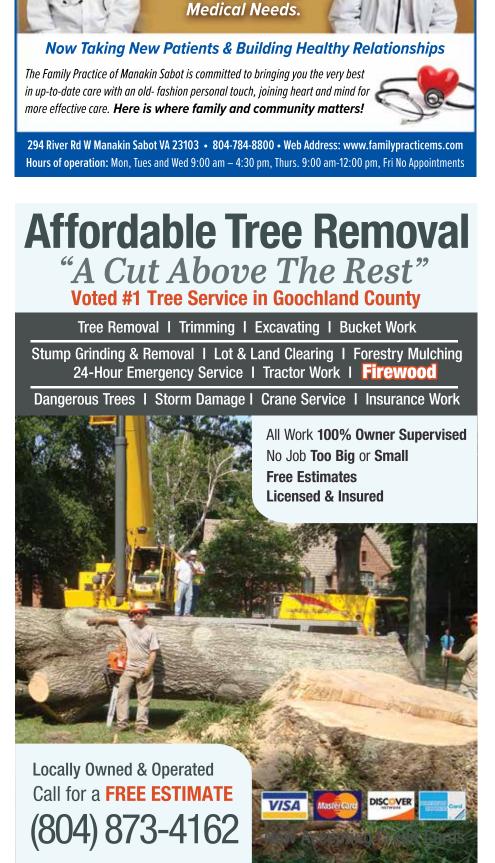


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Fun and Educational Spots for Your Child This Summer

by Andrew Cheshire

uring summer break, many children tend to lose up to 40% of what they learned during the school year. If you're a parent, why not visit some of these places to keep your kids learning during the summer in a fun way?

For young children, the Children's Museum of Richmond (Downtown Location; 2626



West Broad St, Richmond; Childrens-MuseumOfRichmond.org/locations/downtown) is a great place to have fun and play while learning at the same time. The Children's Museum is 44,000 square feet of fun, with over 20 engaging exhibits. The fun is seemingly limitless at the Children's Museum with exhibits that cover topics such as space, art, dinosaurs, money and more.

For kids ages 5-14, Engineering for Kids of Central Virginia (EngineeringForKids.

com/central-va) offers a variety of educational camps for your young ones to enjoy. Programs include lego robotics, aerospace engineering, chemical engineering, and others. These encourage kids to try new things and to build teamwork. Camps can be half or full day to accommodate different schedules. You can also take advantage of such programs throughout the year, not just during summer.



The Science Museum of Virginia (2500 West Broad St, Richmond; SMV.org) provides educational fun for all ages, even adults! The museum allows all to explore science through fun and interesting displays, movies, and live demos. One of my favorite parts of the muse-



um is the Dome Theater. The Dome is the largest screen in Virginia, providing an immersive experience for each feature. I personally enjoy the astronomy shows. They are absolutely stunning and very informative. The live demos are also quite interesting. You can watch a live dissection of a cow eye. If you're not able to stomach that, you might be more interested in watching rats play basketball. If you

don't care for that either, there are plenty more live demos to see. Yes, the Science Museum is one of the best places to go for fun education.

As you can see, the Metro area offers plenty of opportunities to keep your children, and even yourself, learning during the summer break. The great thing about these three places we've covered is that there's so many activities at all three. You can go multiple times and experience something new each time. The opportunities are truly plentiful. Make this summer fun and educational for your kids.

















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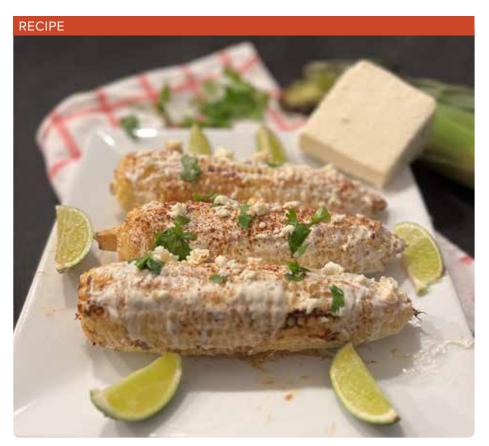
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FROM ANDREA'S KITCHEN MEXICAN GRILLED STREET CORN

by Andrea Woodson



ur August recipe is Mexican Grilled Street Corn, also known as elote. It is a popular snack sold by vendors at Mexican Festivals and fairs, hence its name. While my family has always loved grilled corn, we became obsessed once we tried this recipe! Fresh sweet corn dripping with butter is undeniably delicious, but add to the smokey grilled flavor a few creamy and tangy ingredients, and you've got something utterly addicting. I highly recommend giving this recipe a try. It's full-flavored and super easy to make at home. Be warned; you may find returning to plain buttered corn difficult!

INGREDIENTS

4-6 ears of corn

1/4 cup of Mayo

1/4 cup of Mexican cream or sour cream

1/4 cup crumbled cotija cheese

1/4 cup chopped cilantro

1/2 teaspoon of chili powder

- 1 teaspoon of salt
- 1 lime juiced

PREPARATION

Preheat the grill to 400 degrees. Peel the husk back but do not break it off. Grill corn for 10-12 minutes, turning occasionally until the corn becomes a bit charred. Remove corn from the grill. In a casserole dish, combine the mayo, sour cream, cotija, cilantro, chili powder, and lime juice. Roll the grilled corn in the mixture, evenly coating all sides. Serve with chopped cilantro and a slice of lime. Enjoy!

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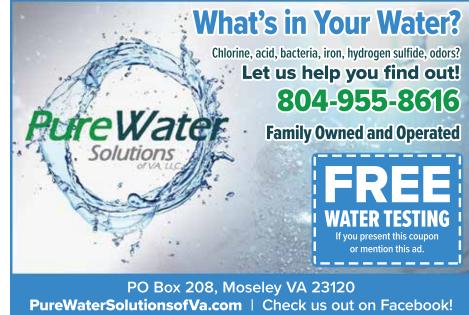
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EVENTS CALENDAR

Carytown Watermelon Festival

SUNDAY, AUGUST 13

Over 115,000 people, 80 musicians, 100+ vendors and more than 3,000 watermelons.

10 a.m. in Carytown, Richmond. CarytownWatermelonFestival.com





Little Feat: Boogie Your Summer Away Tour

FRIDAY, AUGUST 18

Special guests Rob Ickes and Trey Hensley take the stage with this classic California rock band.

8 p.m. at the Dominion Energy Center, Richmond. DominionEnergyCenter.com

Leanne Morgan Just Getting Started Tour SATURDAY, AUGUST 19

Leanne Morgan will take you on a hilarious journey through motherhood and beyond as she finds comedy amidst the chaos.

4 p.m. and 7 p.m. at the Carpenter Center, Richmond. DominionEnergyCenter.com





Jason Bonham's Led Zeppelin Evening

WEDNESDAY, AUGUST 23

The concert celebrates the life and music of Jason Bonham's father, the legendary Led Zeppelin drummer John Bonham.
8 p.m. at the Dominion Energy Center, Richmond. DominionEnergyCenter.com



Todd Barry: Half Joking Tour

THURSDAY, AUGUST 24

Actor, comedian Todd Barry is best known for his deadpan humor. 8 p.m. at the Ashland Theatre, Ashland. AshlandTheatre.org



4th Annual Crabs, Beer & Spirits by the James

SATURDAY. AUGUST 27

All you can eat Crabs, Live Bands, and Vendors. No, you don't eat the bands.

From noon until 8 p.m. on Brown's Island, Richmond. EventBrite.com



Disney Junior Live On Tour: Costume Palooza THURSDAY, SEPT. 7

Look up on the stage! Live! It's your favorite Marvel Super Heroes (plus other beloved Disney characters) in concert, with singing, dancing, acrobatics, and more.

6 p.m. at the Altria Theater, Richmond. AltriaTheater.com

The Capitol Fools

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SATURDAY, SEPT. 9Enjoy musical political satire at its finest as the Capitol Fools hold provide hilarious song parodies and foolish reflections that continue to inspire belly-laughter.

3 p.m. and 7 p.m. at The Cultural Arts Center, Glen Allen. ArtsGlenAllen.com

CAPITOL

Desiree Roots – Center Field Outdoor Show SUNDAY, SEPT. 10

Bring your lawn chair or blanket and enjoy a fun afternoon of live music on on the new outdoor stage.

3 p.m. at The Cultural Arts Center, Glen Allen. ArtsGlenAllen.com



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