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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 $\rangle\rangle\rangle$ or sold for slaughter. But what they don't realize is the potential they have to succeed





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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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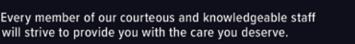
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Try Smith Mountain Lake for Your Next Vacation or Weekend Getaway

by Jeff Reid

or over 50 years, vacationers have been hypnotized by the deep blue waters and lush green mountains of Smith Mountain Lake. Called the Jewel of the Blue Ridge Mountains, the 20,000-acre lake stretches out over 40 miles with 500 miles of shoreline, and it's cradled by the warm embrace of the Blue Ridge Mountains. Fed by Gills Creek and the Roanoke and Blackwater Rivers, and located between Roanoke and Lynchburg, not only is Smith Mountain Lake visually appealing but a sportsman's paradise, the current state record for a striped bass is 53 lbs. 7 oz., caught in 2000 from below the SML dam in Leesville Lake.

There is also an endless variety of water activities including sailing, water skiing and wakeboarding. The lake is bordered by Smith Mountain Lake State Park to the north, which covers 1,500 acres of beautiful shoreline, sandy beaches, hiking trails, picnic areas, and an amphitheater for concerts. On the Franklin County side of the lake there is Smith Mountain Lake Community Park which boasts a fishing pier, picnic areas, a spacious beach and numerous hiking trails that border the lake.

Whether you're here for a quick getaway or are lucky enough to enjoy a longer stay, great lodging is easy to find at Smith Mountain Lake.

The community prides itself on offering a wide range of accommodations, including quaint bed and breakfast hideaways, vacation rental homes of all sizes, hotel and resort suites and lakeside camping for both tent and RV adventures.

And if you're feeling really adventurous, try renting a 53' Deluxe Keycraft cruiser houseboat from Parrot Cove Marina at Bridgewater. With 2 staterooms and 2 full bathrooms, a television, DVD player and water slide, as well as heating and air conditioning, the boat sleeps 10 people and provides all the creature comforts you'd find on land while allowing up close and personal access to one of the Blue Ridge's best kept secrets. It's not unusual to see them anchored at the base of Smith Mountain for weeklong stays year round.

For golf enthusiasts, there are several public golf courses including the Robert Trent Jones-designed Mariners Landing in Huddleston and Copper Cove in Westlake. Disc golfers will enjoy five championship level courses in Bedford County that were designed by six-time world champion disc golf player Paul McBeth.

The restaurant scene at Smith Mountain Lake is equally dynamic, with dozens of spots to grab breakfast, lunch and dinner both off and on the water.

At SML, you'll discover cuisines ranging from Asian fusion to Tex-mex and Italian, plus coffee shops, momand-pop ice cream shops and farmer's markets, each with its own unique character and style.

For more information, go to the Smith Mountain Lake Regional Chamber of Commerce website at https://www.visitsmithmountainlake.com.



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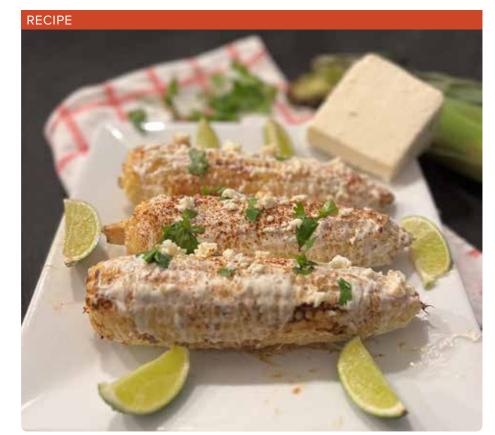


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FROM ANDREA'S KITCHEN MEXICAN GRILLED STREET CORN



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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EVENTS CALENDAR

Classic Looney Tunes Cartoon Shorts from 1948

THURSDAY, AUGUST 10 Help celebrate the Theatre's 75th anniversary with the classic cartoons and the cost is only 75 cents. 1 p.m. at the Ashland Theatre, Ashland. AshlandTheatre.org



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

Open Mic Night on the Main Stage



TUESDAY, AUGUST 15

Sing, dance, tell jokes, do a little magic, It's up to you. You're the star. 7 p.m. at the Ashland Theatre, Ashland. AshlandTheatre.org

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





don't eat the bands.

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**



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

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The Capitol Fools SATURDAY, SEPT. 9

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

Desiree Roots – Center Field Outdoor Show SUNDAY, SEPT. 10 Bring your lawn chair or blanket and enjoy a fun afternoon of live

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

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