



PERSPECTIVES - SEPTEMBER 2022

President's Message – Pierre Payette

Hello, Everyone.

Needless to say, but I was elated at the number of attendees at our August meeting. I hope that is a portent of things to come. We have a lot of things happening, and I am just getting my feet wet, but we are off to a good start. All positions are filled, with the exception of one Director. If we don't fill it soon, we may have to have an election in November. We may also need to elect a new Secretary, as Beth has only agreed stay until December of this year. If anyone is interested in either of these 2 positions, please make yourself known. Karen Kovarik and Judi Schrage have agreed to co-chair our participation in the Community Yard sale in Oct. Garry Archer is working in partnership with the "Tiques" on a **Food Drive** to be held **Sept 10th, 9am – 1pm** at the front gate. Please support this worthy effort. Our next **Board of Directors Meeting** will be **Monday Sept 12** starting at **10 am** at Fareways. Everyone is invited to attend if you wish. It is an ideal time to present to the Board, any ideas you have. Next **General Meeting** will be **Monday, Sept 19** at the Clubhouse. Social starts at 9:30, meeting begins at 10 am. See you all there.



COMMUNITY YARD SALE SATURDAY OCTOBER 8TH - Karen Kovarik and Judy Schrage, co-chairs

Delighted with the response we have received, and details are shaping up. First and foremost we will be accepting small pieces of furniture – like end tables or book cases – and can pick them up the week before the sale! Call Karen (540-972-7866) or Judy (540-972-4028) to sign on for a pick-up.

Yes, other items can be picked-up, think smaller than a bread basket or as light. Second, ladies please bring any discarded jewelry to our **September 19th meeting**. That will give us the opportunity to price and arrange a suitable display for “estate” sales. Halloween will be upcoming. This is an ideal opportunity for those of us who decorate to review our larder and donate those which have out grown our storage chests. You may also bring items to the Community Center that morning, but please by 8am to give us ample opportunity to price and arrange before 9am. Cashiers will be needed and recruited at our meeting.

September Birthdays – Pam Archer

Cheerful birthday wishes to our members with September birthdays: Tina Aris, John Barnes, Ellen Bearden, Donna Bentz, Charles Brewer, Hattie Brinsfield, Jean Bunting, Mike Chewning, Dave Davies, Larry Donoho, Barbara Dunbar, Carolyn Durphy, Janite Hamilton, John Hughes, Barbara Lacks, Nancy Lamb, Kathy Lyon, Alice Munsell, Irene Payette, Joy Poole, Al Rico, Bill Ruark, Elaine Shirkey, Marcia Shorten, Ana Smith, Carolyn Spero, Dee Tillman, and Ann Wood



Sunshine Report – Vi Liberti

Get Well cards to Sandie Frame, Irene Payette and Peggy Pope.
Sympathy card to Irene Payette on the death of her brother.

Wilderness Crossing Developers – Joan Albertella & Charles Brewer

As many of you may already know, the application for the much talked-about Wilderness Crossing (WC) project across Rt. 3 from LOW expired at the end of March. As of July 22, 2022 the developers have reapplied, per an article in the Culpeper Star-Exponent. In the article, the Chairman of the Orange County Planning Commission indicated that the applicants will have to start anew with the County process.

The developers have scheduled a Town Hall for Thursday, Sept. 8 at 6PM at the Locust Grove Middle School outside the LOW back gate. After a presentation, I suspect the developers will be open to answering questions and hearing concerns.

One of my main concerns, besides the potential effects upon Wilderness Battlefield sites as well as the exponentially increased traffic such a project would bring over its 30 year development cycle, was exacerbation of vehicle pollution and noise with the potential of a relocation of the Routes 3 & 20 intersection closer to the Keaton Lake dam area. However, in our Aug 11 Zoom conference with the Piedmont Environmental Council we were informed that VDOT seems to have stepped back from that idea. (See Aug 11 meeting on YouTube)

The developer's drawings have the main entrance to the WC development where that relocation had been placed as part of the Greater Wilderness Area Plan from the 2012 timeframe. Even without a new intersection, the WC plan proposes about 3 additional traffic lights between the LOW entrance and the Sheetz light!

Another environmental concern, besides traffic exhaust and noise, is the fact that a not insignificant portion of the land assemblage in the 1800s (mostly) was used for gold mining with the leaching of arsenic into the soil and tributaries that feed into the Rapidan River, a long portion of which adjacent to parts of the WC assemblage contains a no fishing advisory!!

I'm sure you have concerns of your own. I encourage you to consider attending the Town Hall to stay as informed as you can as this second pass of this attempted development goes through the County planning process!

Charles Brewer, President 540-645-2705

Please visit our website often: <http://www.civilwarstudygroup.org>

Take Me Out to a Ball Game – John Trach

I would like to know if there would be anyone interested in getting a group together to attend some local ball games. Please contact me at 540-972-4883.



Tours and Travel – Pierre Payette

Christmas at the Biltmore House in Ashville, NC, from Dec 6, thru Dec 9, featuring a Christmas candle light tour of the mansion.

The trip is 4 days -3 nights and includes 3 nights lodging, 3 breakfasts. 3 Dinners, daytime visit to the Biltmore grounds, guided tour of Ashville, including the Folk Art Center, Blue Ridge Mountain Opry, and more.

Price is \$699 per person for double occupancy, and includes motor coach transportation from Lake of the Woods, luggage handling, and taxes and meal gratuities. **Add \$220 for single occupancy.**

Trip flyer is available on the AARP website: aarp5239.org under "downloads."

Seats are going fast, and the deadline is fast approaching. Contact Pierre Payette at pierre114@verizon.net

Another Plug for a Mediterranean Type Diet – Sandie Frame

Healthy hearts and longer lives is linked to olive oil usage. People living in nations that border the Mediterranean Sea tend to live longer, healthier lives, likely due in large part to a diet that has been linked to lower rates of heart disease and stroke.

A new study found that people in the U.S. who consume healthy amounts of olive oil, a central component in the Mediterranean diet, enjoy similar benefits, especially when it comes to preventing deaths caused by cardiovascular disease. Researchers at Harvard University looked at diet logs and health outcomes for 92,000 nurses and doctors involved in a study that stretched 28 years. Those with the highest average daily consumption of olive oil – whether eaten on foods or used when cooking foods – had a 19% lower risk of dying of any cause – than those with the lowest consumption. Even more pronounced, the high consumers of olive oil had a 29% lower risk of dying of brain disorders such as Alzheimer's or Parkinson's disease. Mayo Clinic experts say that the study – while not definitive in regard to the benefits of olive oil – does provide additional data and support for the health benefits of the Mediterranean diet, in which olive oil is a key component. Olive oil is a monounsaturated fat, which can lower total cholesterol and lower density lipoprotein (LDL, or "bad" cholesterol levels). Nuts and seeds also contain monounsaturated fats. So do other plant-based oils, such as canola oil, peanut oil, safflower oil and sesame oil.

Source: Mayo Clinic Health Letter

Notes of Interest –

We noticed recently in the Free Lance-Star that the Packard Campus Theater has reopened for movie screenings. If you are interested you should check it out at:

<https://www.loc.gov/programs/audio-visual-conservation/events-and-screenings/screenings/>

If you are a chapter member who resides outside of LOW, note that you should tell security at the front gate that you are coming to the Clubhouse for the monthly AARP meeting.





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