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# Simply Patrick County

## NEWSLETTER

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How to contact us:  
 Patrick County Tourism  
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 P.O. Box 466  
 Stuart, VA 24171  
 276.694.6094

For packages or ideas on planning your visit, check out our website: [visitpatrickcounty.org](http://visitpatrickcounty.org)

## JUNE EVENTS

In last month's newsletter we shared information about our Mountains of Music Homecoming event, an annual nine-day, region-wide celebration of traditional music and all the many cultural and natural assets. June 12-20th will be full of the sounds of national and international artists of rich bluegrass, old time gospel, traditional singing, and traditional dance. In addition to the many cultural experiences, guided history walks, exhibits, artisan demonstrations, jam sessions, and community meals, The Crooked Road has created a main concert featuring the finest traditional artists of our region. Plan your vacation to Patrick County by reading our [Mountains of Music booklet](#).

## OTHER JUNE EVENTS

**June 5th, 8:00pm. Movie at the Market.** Downtown Stuart. FREE viewing of Big Hero 6. DJ music and concessions at 7:00pm with movie starting at 8:00pm.

**June 6th, 8:00pm - The World Famous Foddrells.** \$5.00. Honduras Coffee Shop

### June 7th, 2:00pm. Feline Fest and Motorcycle Ride

Feline Fest sponsored by CMA Dragon Slayers #1209 and Clover Cat Rescue -- music, food and fun; admission \$5, rain or shine! (South Gate Entrance). Motorcycle Ride, \$15 per rider/\$10 per passenger - for more information, call JW Young at 276-694-6366; ride ends at Primland, admission to Feline Fest is included, meal provided by Primland; registration from NOON to 1:00pm, ride leaves at 1:00pm -- motorcycles meet at DeHart Park in Stuart, VA

**June 27th, 12:00noon-4:00pm. Classic Car Cruise In.** Come enjoy classic cars, music, food, and fellowship. 276-694-3811 for more information.

## STARS AMONG US



### LeeAnn Libasci Seeley



LeeAnn Libasci Seeley, a Certified Natural Health Professional is an intuitive, kind and uplifting spirit whose sunny disposition and enthusiasm infuses those around her with happy, vibrant energy. Her knowledge of herbs, herbal teas and tinctures is the result of many years of experience – growing herbs, designing herbal gardens commercially, teaching classes, and currently, blending organic herbal teas, along with her line of organic green and black teas for her Happy Bee Herbs and Tea Company. She studied horticulture at SUNY Farmingdale, The Pfeiffer Center for Biodynamic Agriculture, Cornell University's Long Island Horticultural Research & Extension Program and Organic studies at The Nature Lyceum. An advocate for organics and biodynamics; natural and herbal remedies, LeeAnn has taught classes for Virginia Tech VCE Master Gardener programs in Fairfax and

Patrick County, and has taught herbal classes at Virginia Tech's College for Older Adults at the Reynolds Homestead Continuing Education Center. LeeAnn has been a keynote speaker at Arlington's Rose Society Symposium, Arlington Virginia, for Organics at the Cleveland Home and Garden Show and The Green Industry Professional Seminar Recertification Training in Washington, DC.

LeeAnn lives and gardens in Woolwine VA . Her products are available at The Stuart Farmers Market, local retail outlets and on line at [happybeeherbs.com](http://happybeeherbs.com).

## STUART FAMILY RESTAURANT

If you're looking for a great family restaurant while visiting Patrick County or traveling through Stuart, stop by the Stuart Family Restaurant on South Main Street in Stuart. I'll let the comments below tell you all about it.

"Food was excellent, portions were large, and prices reasonable. Waitresses were all working hard and moving fast to meet the needs of the customers. Great place to eat in a small town nestled in the mountains." Sanderlyn, VA

"The service was friendly and quick. We were all happy with our food. I would make a special trip to Stuart to eat there again even though I live in NC!", says Snake Charmer.

Jay Brown says, "Not sure what you want for lunch? You've come to the right place. From Gyros to seafood, everything I have eaten here was great. Even a picky friend of mine that only eats chicken strips liked theirs. Only negative I can think of is, most local folks know how good this place is, so it will fill up during prime meal hours. Bon appétit".

"Good food. Great prices. May have to wait for seating because it is very popular. Filled with happy locals." Annie O., Galax VA

"When ordering be prepared to be wowed. You will get your money's worth. Family atmosphere. Great coffee, excellent breakfast, wonderful staff, good take out." Melinda, NC

## WHAT'S COOKIN'?

### Old Fashioned Stuffed Eggplant

2 medium eggplants, sliced lengthwise	1/2 tsp black pepper
1 (8oz) can tomato sauce, divided	1/2 cup chopped onion
1 lb. ground beef or pork (may use half/half)	1/2 cup chopped bell pepper
1 1/4 tsp salt	1 egg, lightly beaten
	1/2 cup quick cooking oats



Preheat oven to 375°. Hull out eggplants to 1/4 inch of skin. Set skins aside and chop hilled eggplant. Combine chopped eggplant with 1/2 can tomato sauce (reserve remaining 1/2 can for topping.) Mix in remaining ingredients and shape into 4 loaves. Place each loaf into an eggplant shell.

Topping:  
2 Tbsp. brown sugar  
1 Tbsp. prepared mustard

Combine remaining 1/2 can tomato sauce with brown sugar and mustard; mix well. Spread on loaves. Back 1 hour or until done

Recipe compliments of Crossing at the Dan

This recipe and more can be seen in the *\*Eat & Explore Virginia Cookbook\**. The Cookbook is available for purchase at the Patrick County Chamber of Commerce office located at 103-B Stonewall Court in Stuart, VA. Or by calling 276.694.6012

## QUOTE OF THE MONTH

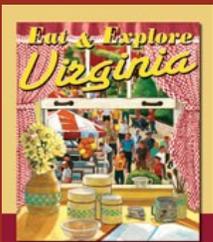


Your smile is your logo, your personality is your business card, how you leave others feeling after an experience with you becomes your trademark.

Jay Danzie

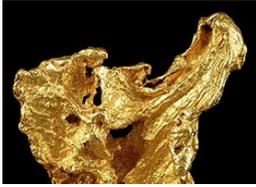


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## "THAR'S GOLD IN THEM THAR HILLS"

### **GOLD**



Gold is a yellow, dense, and soft metal. Its chemical symbol is Au, and it is found most commonly as free gold in nature, often associated with quartz, pyrite and other sulfide minerals. It may be found as little more than a trace within other minerals, most notably tellurides, or may be alloyed to a small extent with other metals such as silver. It is ductile, malleable, and sectile, a good conductor of heat and electricity, and is unaffected by air and most reagents. Gold has many applications, including

in photography, dentistry, electronics, plating, jewelry, currency, and as an international monetary standard.

There are currently two privately owned gold mining sites in Patrick County, one in the Pole Bridge Creek area, the other in Claudville. [Gold map](#) [Tips on Panning for Gold](#)

This distinctive mineral is easy to identify by its platy appearance. Commonly seen as shiny flecks in sedimentary, igneous, or metamorphic rocks, mica easily flakes off into thin crystal plates. Two common varieties of mica are muscovite (typically pale in color) and biotite (darker brown to black). Mica is commonly found in the Piedmont and Blue Ridge Provinces of Virginia. Photo courtesy of Rob Lavinsky.

### **MICA SCHIST**



In Patrick County, an abandoned Mica Schist quarry was found on Poor House Creek Road in Stuart. It was also found on a 5 acre tract on Rt 631 west of Stuart, and on 1 acre on Route 8 South before a cemetery. Staurolite mica schist was found on a 3 acre tract on Route 8 South.

Saprolite, schist-2 acre tract approximately 3 miles down Route 680 in Patrick Springs. Summer Camp site. Charity



[UNSUBSCRIBE](#)

### **STAUROLITE**



Staurolite forms interesting brownish black twinned crystals, also known as "Fairy Stones", that can appear in medium-grade metamorphic rocks such as gneiss or schist. Staurolite can be found in Patrick County, specifically at Fairy Stone State Park. Staurolite is named from the Greek term "stauros" which means cross, in reference to this mineral's frequent twinning habit.

### **GARNET**

Typically dark reddish brown, garnets are commonly found in medium- to high-grade metamorphic rocks such as schist of the Piedmont and Blue Ridge Provinces.



### **QUARTZ**



One of the most common minerals in the world, quartz can be found in sedimentary, metamorphic, and igneous rocks throughout Virginia. Quartz typically appears as clear or whitish crystals within a rock such as granite. Amethyst, agate, chalcedony, chert (flint), and opal are all varieties of quartz.

In Patrick County, the Elder Carrol Quartz Vein was located 4.5 miles south-southwest of Meadows of Dan.

To learn more or research about gold and other minerals found in Virginia, [click here](#). All photo courtesy of Rob Lavinsky

