

## OTtodock System

### Patented Active Anchor\*

- Attaches to your existing gangway
- Anchors the gangway and dock to shore
- Pushes the dock toward the lake
- Controlled by the Smart Dock application
- USACE Approved

### Smart Dock Application

- For use on Android or Apple devices
- Ensures accurate dock positioning
- Provides real-time dock position feedback
- Video monitoring of gangway
- 24/7 access to dock positioning
- Moves the dock with the touch of a button

### Smart Winch Technology

- Standard 3500 lb winch
- Can be attached to any existing dock
- Maintains proper dock to shore position
- Controlled by the Smart Dock application
- Maintains constant cable tension

## OUR VISION

As lake owners and avid recreational lake users, we were frustrated by the need to constantly chase the water with our dock. As engineers, problem solving was second nature and something we truly enjoyed. In 2016 we set to work automating our own dock and the OTtodock Smart Dock System was born. No more waiting for your neighbors to help, or the dock moving service to show up; you now control the dock's movement from your phone.

### SAFETY

Moving a floating service is not easy, it requires physical strength and time. The OTtodock system maintains proper dock positioning whether on stairs, shoreline or labeled. Your dock is securely locked in place without any risk of physical injury to you, your family or friends. Systemwide low voltage minimizes the risk of electrical shock.

### CONVENIENCE

Imagine moving your dock from your office in the city, a foreign country or a cruise ship in the Caribbean! The OTtodock Application allows real-time monitoring of lake and weather conditions; you use the lake and the dock from your video feed and authorize the move. For added convenience, the OTtodock Premier solution monitors conditions and tells you when to move the dock. You authorize the move, and the dock is securely in place.

### PROTECTION

Maintaining your dock in the correct location and at the proper water depth ensures your boat and dock are always protected. Smart Winches maintain and monitor cable tension to ensure the cables are tight and secure. The active anchor holds the gangway in place for dock stability.

## OTtodock Smart Dock System

### Fully Autonomous Dock Management

### Time to Move the Dock?

#### Move your dock with your phone!

### Contact Us

Website: [www.ottodock.com](http://www.ottodock.com)  
Email: [info@ottodock-c.com](mailto:info@ottodock-c.com)  
Phone: 678-487-8080

# MUSEUM of CULPEPER HISTORY

The Museum of Culpeper History was founded by a volunteer board and is funded by donations and membership fees.

### OPEN YEAR ROUND

Tuesday - Saturday  
11:00 a.m. - 4:00 p.m.  
CLOSED MAJOR HOLIDAYS  
(Sunday 1-4 p.m. April-October)

Your donations large & small are appreciated.

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140 E. Davis Street  
Culpeper, VA 22701  
(703) 825-1973

## HISTORIC DOWNTOWN

PACE is made up of moms like you who home school - we've joined together to combine our talents, network our connections and provide educational and social opportunities for our children.

### Monthly Support Meetings

PACE moms (dads are welcome!) meet on the first Thursday of the month from September through May at the Culpeper United Methodist Church in Culpeper, VA on 7 p.m. Our meetings focus around a topic of interest, whether it's learning styles, budgeting, or teaching math. Sometimes we'll have a speaker, sometimes a panel discussion and sometimes just times of fellowship. No childcare is provided for these meetings, but children are welcome to sit quietly with their parents at any time.

### Website & Forum

Keep track of PACE activities online at our new secure web site, hosted by Home School Life.com. Public pages give general FAQ information and links to "request membership." Once approved, members log in to access our photo gallery, read newsletters, print membership cards, keep track of calendar events, post questions and replies to our forum and manage their email preferences on the private, members-only site. A membership directory is always at your fingertips online, with an option to print your very own paper copy. Every PACE family also has their own family web page to design as they wish with photos and text to share!

PACE is a Christian organization providing support and encouragement to those who are teaching their children at home or are considering doing so. The Word of God, the Bible, guides this organization. In God's Word we are commanded to "stimulate one another to love and good works" - Hebrews 10:24. "Train up a child according to God's Word" - Proverbs 22:6, and "encourage one another daily" - Hebrews 3:13.

### Membership Fees

PACE annual membership runs from August to May and is \$25. See our PACE Secretary for an application or register online!

### Monthly Newsletter

PACE publishes a monthly newsletter to keep everyone abreast of the latest events and activities. It is delivered via email unless you request a paper copy.

Please visit [www.pacehomeschooling.org](http://www.pacehomeschooling.org) for more information.

## Home schooling? or thinking about it?

Come keep PACE with us!

We're a homeschool support group serving Culpeper, Madison, Orange, Fauquier and surrounding counties.

"Let us not grow weary in doing good, for we will reap the harvest if we do not give up." - Galatians 6:9

**p.a.c.e.**

## What are Essential Oils?

Essential oils are natural aromatic compounds extracted from parts of plants (seeds, bark, stems, roots, flowers, etc.). They are comprised of chemical components that can have powerful benefits for your health and wellness.

## What is a carrier oil?

A carrier oil is used with an essential oil to unmask its concentration, prevent evaporation, aid in application, and buffer against skin sensitivity. The most commonly used carrier oil because of its non-greasy, light texture and ease of blending with essential oils. Others that can be used are olive, jojoba, avocado, almond, apricot kernel, borage seed, camellia seed, cranberry seed, etc.

## How should oils be stored?

Although essential oils have a very long shelf life and the amber glass will help protect them, they should be stored in a cool, dry place and not in direct sunlight. The chemical composition can be changed by exposure to light or heat.

## For more information

Have more questions? Contact  
Barby Mouring at [mouring@gmail.com](mailto:mouring@gmail.com)

## ESSENTIAL OILS

## LIVE02

LIVE02 Adaptive Contrast works by accelerating the natural recovery process by driving oxygen deep into the muscle tissues, creating an anti-inflammatory healing environment.

### BENEFITS OF LIVE02

- Reduces inflammation
- Accelerates injury healing for faster recovery
- Extends lung capacity
- Increases alertness and improves reaction time
- Assists recovery from concussion & head injuries
- Improves red blood cell oxygen levels

## CVAC

CVAC (Cyclic Variations in Adaptive Conditioning) applies precisely composed variant changes to pressure, temperature and density of air. These changes "stress" the body on a cellular level, similar to the body's natural response to an intense workout.

### BENEFITS OF CVAC

- Increases stamina
- Improves alertness and mental acuity
- Reduces inflammation and swelling
- Enhanced athletic performance
- Better quality sleep (deeper, more restful)
- Accelerates healing and reduces chronic pain

## Provides Relief from:

- Chronic Pain and Inflammation
- Injury or Surgery Recovery
- Stress and Hormonal Imbalance

Take advantage of your body's own recovery and regenerative processes with natural, safe and efficient treatments. Restore natural balance to body systems and boost your body's immune defenses.

### RXR3 Recovery Lounge offers:

#### OUTSTANDING SERVICE

We will make you feel completely at home and comfortable while in our facility and provide essential follow-up to ensure the best possible recovery results.

#### STATE-OF-THE-ART TECHNOLOGY

RXR3 utilizes cutting-edge technology for therapeutic recovery. Once available only to professional athletes, now these therapies are easily accessible within our facility.

#### FASTER RECOVERY

All our recovery therapies and procedures are designed to get you back on your feet faster and in the game! Our treatments are like rocket fuel to your body's recovery process.

#### NATURALLY ADAPTIVE TREATMENTS

Our treatments take advantage of the body's own recovery and regenerative processes. This provides an efficient, safe and natural way to take control of your own biology for the best results.

## 540-509-9055

revive@rxr3pro.com • [www.rxr3pro.com](http://www.rxr3pro.com)

To schedule services, download our App for free in the App store.

6614 James Madison Hwy, Haymarket, VA 20169

## why float?

### Health & Wellness

People float to relieve stress, recover from injuries, fight addiction, eliminate chronic pain, and much more.

Floating naturally increases your dopamine and endorphin levels, boosting your mood and leaving you with a pleasant afterglow that lasts for days afterwards.

Without the need to fight gravity or take in external information, you'll likely experience the most complete relaxation you've ever felt.

## Come Home for Christmas

"And I do come home for Christmas. We all do, or we all should." - Charles Dickens

## Come Home to Willow Grove Inn

December 5 - 6, 1992

As Featured in Country Accents Magazine Special Country Victorian Christmas Issue On Your Newsstand in November

## Beginner's Guide to Floating

### New Client Specials:

- 3 60-Minute Float Pkg \$99
- 3 90-Minute Float Pkg \$156

\*Must be used within a month. Limited to one-time purchase.

## 540-509-9055

rxr3pro.com

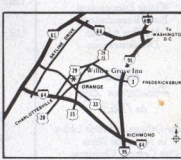


These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

... For the Family  
Tour the manor house all decked out as it would have been in the 19th century. Browse through a world of antiques in the old stone barn. See Christmas trees hung with heirloom ornaments and handmade candles. Hear a Christmas concert. Enjoy an unusual collection of vintage dolls and toys. Chat with costumed artisans as they demonstrate their 18th-century crafts. Take home a fresh-cut tree.

... For the Children  
Watch prancing miniature horses. Feed animals at the petting zoo. Listen to a storyteller spin tales in the old schoolhouse. Take a donkeycart ride. Watch a magic show. Decorate a Christmas cookie. Best of all, shop for gifts in a secret room that has been stocked just for you.

... For the Child in You  
Take an oceanic ride around the plantation. Visit with Father Christmas and join in the carolling. Watch antique toy trains circle an old-fashioned Christmas tree. Savor mulled cider and Brunswick stew simmering over an open fire. Make an ornament to hang on your tree.



14079 Plantation Way  
Orange, VA 22960  
(703) 672-5982  
(800) WC93-1778

Elegant Dinners  
Leisurely Branches  
Romantic Weekends

Come to Willow Grove.  
You may not want to leave.