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September 2011

— Back to School Notes —

Backpack Safety

By: Christina VanDerHurst, D.C.
Perry J. VanDerHurst, D.C., F.A.S.A.

It's that time of year again when children are returning to school; loading up their backpacks. Unfortunately, those bags are often the cause of injury.

The American Academy of Orthopedics stated that backpack injury is a significant problem for children. Fifty-eight percent of orthopedists have seen patients complaining about back or shoulder problems related to backpacks. The problem usually lies with the weight of the pack, as well as improper use.

Some common conditions we see associated with backpack injury are neck, back, and shoulder pain, arm numbness or tingling, poor posture, muscular imbalances and fatigue, as well as scoliosis. Children's bodies are still growing, so it's extremely important to care for the spine. By

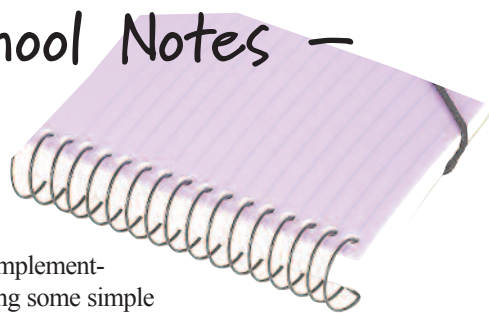
implementing some simple strategies, you can provide your child the best chance at avoiding potentially life-long problems.

In order to be as safe as possible, your child's backpack and its contents should weigh no more than 15% of the child's body weight. To figure this out, weigh your child and use the following formula:

Child's Weight x 0.15 = 15% of body weight

Once you have that number, weigh the backpack with its usual contents and see if it's too heavy. Remove any non-essential items that can contribute to the overall weight of the pack. Also,

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9/11 Remembrances ...

Purcellville:

The 10th Anniversary of the September 11th tragedy will be held at the Bush Tabernacle at Fireman's Field at 250 South Nursery Avenue.

The Remembrance Ceremony will begin at 6:00 PM. Following the ceremony the Town will unveil and dedicate the Town of Purcellville's First Responder Monument featuring a steel I-Beam from the World Trade Center Twin Towers.

Overflow parking will be available at the Loudoun Valley Community Center and Emerick Elementary.

A shuttle will be in service between 5:00 PM – 9:00 PM.

Middleburg:

In recognition of the 10th anniversary of 9/11 Middleburg United Methodist Church will conduct a brief service in the

Church sanctuary at 11:30 AM on Saturday, September 10th, to honor First Responders. All First Responders in the community and their families have been invited to the service and the BBQ luncheon immediately following the ceremony. Loudoun County Supervisor for the Blue Ridge District, Jim Burton, will be on hand to assist in the presentation of the certificates to the honorees.

Members of the public are encouraged to attend the service to support these public servants so worthy of our gratitude. Any member of the public, other than First Responders and family members, who wish to attend the luncheon may do so by making a small donation to the Church. Please RSVP to the Church office at 540 687-6492.

— Special Investigative Report —

Linda Tribby \$14 Million Bank Fraud Sentence A Slap on the Wrist?

— By Molly Pinson Simoneau

It's been said that crime doesn't pay, but it would seem that's not the case when it comes to local scam artist Linda Tribby, who pled guilty to bank fraud last Spring. Tribby's family is still reportedly living a luxurious life paid for with stolen money; and Tribby will be able to join them once her 7-year prison sentence is served.

Tribby had been working at a Wachovia Bank branch in Purcellville, now Wells Fargo bank, for 25 years. In 2003, Tribby began convincing Wachovia customers to invest in a "wealth management account," which, she promised, would pay tax-free interest. Instead, Tribby was simply transferring these funds into her own accounts.

Tribby kept the scam going for seven years or so, providing her victims with fake account statements, and even making periodic interest payments.

By the time she was caught, Tribby had managed to steal over \$14 million. She bought several homes including her family residence near Lovettsville; where, according to a BRL source, "a brand new \$300,000 barn" stands, and a historic home in Waterford. She also bought a house for her daughter in Shepherdstown, West Virginia, as well as recreational properties in New York and Nevada.

Tribby also bought a fleet of vehicles including three Chevrolet Silverados, a 2009 Cadillac

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Saving the phenomena in your back yard.

See Monarch butterflies, p. 13.



SkateNow.org Rallies for New Park

— Fundraising Effort is On! —



Skate Now is a nonprofit organization spearheading the community driven effort to build a skate park in Purcellville. Skating is extremely popular with youth in the area. Hundreds of skaters are anxiously awaiting the building of the park, and having a safe place to enjoy their sport.

The park will be located at the corner of Route 287 and Hirst Road, right near the Purcellville exit from Route 7. The site — on land owned by the Virginia Department of Transportation — is very close to the bike trail, allowing skaters easy access. When complete the park will be leased through the Town of Purcellville.

The Planning Committee for the park is headed by former Round Hill Mayor John Heyner. Russ Forno is heading up the engineering and waste water flow, and working with Purcellville's new Park and Recreation Department, headed by Paul McCray.

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Design Cabinet at work.

INSIDE: SPECIAL ELECTION PREVIEW BLUE RIDGE DISTRICT, PAGE 5

On the web with daily updates at www.brleader.com

Ask Dr. Mike

Dr. Mike, My friend refuses to allow her 17 month old to watch TV. She believes that early TV exposure can cause cognitive problems in development, and she even cited an article to make her point to me. Is this true? I hope not because my toddler loves Sesame Street. He watches a little in the morning and then a little at night. I watched tons of TV growing up, and I turned out okay. What are your thoughts? Am I a bad mom?
 – B. in Loudoun County



B., I do not think you're a bad mom for allowing your toddler to spend a little time with Elmo and the gang. However, between watching television and videos, Twittering, surfing the Internet, texting and playing computer or video games, it seems that we are all spending more time than ever looking at some sort of screen, which does beg the question -- How much screen time is too much for our little ones? As a psychologist, of course I am witness to the extreme cases. However, over the past few years, screen time concerns rank up there for why kids and teens are coming to therapy. Presently, I work with several teenager boys who were spending the majority of their free time gaming in isolation with limited, and for some, no peer related social contact. I also see several teenagers who have great difficulty managing their texting time. More and more elementary aged children I work with can't seem to get enough of their handheld gaming devices – DS, Gameboy, PSP, etc. Early intervention and planning is the key to successfully managing your child's screen time. As the parent of a toddler, you are in a position to set the stage for healthy screen time for him for years to come.

I don't know exactly which article your friend cited, but The American Academy of Pediatrics currently holds the position that children two years and younger should watch NO television and should have NO screen time. Children three years and older, according to the American Academy of Pediatrics, should have very limited screen exposure. Interestingly, some of the research on the Baby Einstein series has actually revealed a delay in language development for toddlers who watch that show. At the same time, complete abstinence from TV for our little ones may not be realistic for all parents. I think it

comes down to time management and the mere fact that most of us are living very busy lives. Screens are wonderful distractions for our toddlers, especially at those times when we as parents have only two hands and way too much to manage.

I hold the position that abstinence is best but moderation in TV viewing is fine for our toddlers. The idea being that TV should not be used as a babysitter but rather as a complimentary activity to your child's day. If you are going to allow your toddler to watch a little TV, then make the most out of each and every viewing experience. Be present when he watches and interact with him during the show. For example, if the Count is counting to the magic number of the day, then count along, or if Elmo is dancing, then dance along. Perhaps you could even schedule TV time as an educational activity each day, reviewing what was watched for greater retention. I advise against allowing your child to watch TV whenever he wishes or alone or for him to watch TV during meals or during other social activities.

Dr. Mike, My husband and I are in a serious disagreement and need your input. I'd like to seek treatment for our teenage daughter who is depressed and acting out in a number of concerning ways. My husband is opposed to treatment because he feels that our daughter will be "labeled for life with a mental disorder" by the insurance company. He also feels we can solve our daughter's problems at home as a family by increasing structure. While I agree that we can and should be doing more as parents, I also feel we need professional help. What do you think about his point on labeling? – S. in Loudoun County

S., Typically a client's private mental health record remains private under the Health Insurance Portability and Availability Act of 1996 (HIPAA). It is true, however, that third party insurers (managed care companies and insurance companies) often require a diagnosis in order for treatment to be approved and covered. Thus, there will be a history, a paper trail and a label for your daughter once she is in the system. While a client's information is generally considered to be private, many of our clients elect not to use their mental health benefits to avoid a mental health diagnostic label on their record (or their child's) or the risk of that information ever being discovered later in life.

I agree with both you and your husband in regard to what you should do. If you believe your daughter is depressed, she should be assessed by a mental health professional immediately. It is better to be safe than sorry with your daughter's wellbeing, and if that means receiving a diagnostic label, so be it. At the same time, as parents you will likely

Continued on page 22

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— Back to School Notes —

Continued from page 1

backpacks should be worn using both shoulder straps, and it should fit snug on the back, rather than hanging down.

Of course, the most difficult part of implementing backpack safety can be getting your child to put the pack in its proper place. Believe it or not, the most common injuries result from someone tripping over a backpack!

(Drs. Christina and Perry VanDerHurst operate Blue Ridge Chiropractic & Acupuncture, in Purcellville, VA.)

Healthy Lunchbox Presentation at Fields of Athenry Farm

Tara Rayburn, "The Healthy Habit Coach" ... "Mom-on-a-Mission" and author of "Essential Gluten Free Recipes" will do a special presentation on "The Healthy Lunchbox ... What's in your Lunchbox?" and "The Essential First Aid Kit", Saturday, September 17, 2011 from 3 to 5 pm.

The event is part of Fields of Athenry Farm's ongoing Farm to Community Health Outreach Series, which brings speakers and experts to the farm on a wide variety of family health topics.

Tara Rayburn is a dynamic speaker, Chi-To-Be Master, Weston A. Price Chapter Leader and 2011 Conference Presenter, Young Living Essential Oils distributor and a Mom-on-a-Mission! Her mission is to share knowledge,



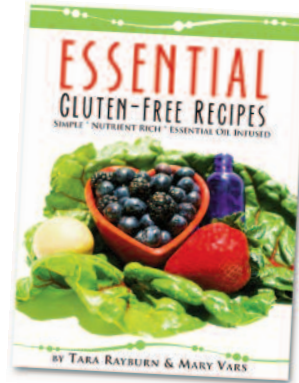
Tara Rayburn

experience and resources and help others live healthy "Pro-Active" lives by tapping into their own intuition. She empowers individuals and teaches them that health is truly an accumulation of our daily habits.

Tara will be flying in from Las Vegas for a special presentation at the Farm on how to pack a healthy and nutrient rich lunch and snack for all of us on the run.

She will also share great advice on how to send your child to school with a truly healthy lunch that will be the envy of all their friends.

Attendees will learn how to build and use an Essential First Aid Kit, and see how good farm food and essential oils have eliminated frequent doctor's visits, asthma, allergies, colds, and the like.



For event pricing and registration go to www.FieldsofAthenryFarm.com.

Purcellville Sports Store Opening! – New Retail Shop in Old Town –

– By Carol Morris Dukes

The lights are back on in the Dental Arts building on the corner of Main and 21st Streets in Old Town Purcellville. Entrepreneurs Tom Inman, and son Alex, have chosen the large corner building for their new Purcellville Sports store.

Purcellville Sports will offer sports equipment and attire for a wide range of team sports with an emphasis on the youth and high school market. Soon, athletes in western Loudoun will be able to shop locally for sports gear for lacrosse, soccer, swimming, baseball, basketball, volleyball, tennis and track. In addition to rackets, balls, helmets, gloves, swim goggles, pads and shin guards, the store will also sell health-related items like tape, mouth guards, and splints. The family is also looking for input from local sports lovers with suggestions to better meet their athletic needs.

A dream of Tom's since 2006, the Inman's finally saw opportunity to open a sports shop when the Dental Arts building came on the

rental market recently. They wanted to be in the Old Town and this seemed a perfect retail space, with over 1300 square feet of merchandise area. Prior to coming to Purcellville, the Inman's lived in Atlanta. Tom has a finance background, and son Alex managed a Circuit City while attending the University of Tennessee.

Sports have always been important to the family: Alex and brother, Stewart, have experience playing lacrosse on the high school and college levels; and sister, Cortney, is a rising junior at Loudoun Valley High School where she plays lacrosse. Mom, Bonnie, still manages to help out, but most people know her as the Executive Director of Loudoun Interfaith Relief. When not working, Bonnie and Tom can sometimes be seen on local tennis courts.

The new Purcellville Sports store gave the public a preview on Friday, Aug 26th, when downtown merchants hosted a Block Party event. They hope to be open with regular hours sometime after the first week in September.

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View From the Ridge – by Stephen Mackey

Are They Dead Yet ... ?

A few weeks ago I received a newsletter from the Friends of Janet Clarke. Within the newsletter was Janet's list of priorities for the next Board of Supervisors. Among others, the list contained the following items:

- ◆ Respect property rights.
- ◆ Help protect our agricultural community and preserve historic properties.
- ◆ Create more transparency, openness, and accountability in government to promote better communication between individuals and their elected officials.

Having recently formed an alliance with Sam and Uta Brown in their fight to save their 250 year-old farm, Crooked Run Orchard, from the malicious quick-take actions perpetrated by the Purcellville Town Council, I felt it appropriate to approach Janet and request her support for the Browns. It seemed logical to me that a candidate espousing property rights would abhor such a quick-take action, particularly from an elderly couple who has made it abundantly clear that they desire to continue farming. Further, the Browns have also made it known that their wish in their passing is to create a foundation in order to leave Crooked Run Orchard to the people of Loudoun County, so that future generations can enjoy and learn from the land.

Having received no response to my inquiry for several days, I returned home from a morning of running errands to find Janet Clarke and Town Councilman James "Doc" Wiley standing unannounced in our winery tasting room. Janet indicated she felt it important that I hear "both sides of the Crooked Run story" since Doc has such a long history in the town and would be able to clarify the motives of the Town Council for me. She also advised me she was "worried about my reputation" since I had sided so strongly with the Browns and she wanted to ensure I had the complete perspective.

I questioned and listened to Doc for over an hour, he became increasingly frustrated at my queries, apparently not expecting my research to be so thorough nor my position

to be so firm. When I asked him how he would feel if the Town had seized his property he agreed, "I would be pretty upset about it too." When I told him I do not believe the Southern Collector Road (SCR) will solve the traffic problems on the east side of Purcellville (once the subsequent development is completed) he agreed saying, "you're probably right." I then asked him if he truly did not believe the SCR was going to actually solve anything, but rather just trade one set of traffic issues for larger ones later, he indicated he was elected by the people of Purcellville to do a job and that "a decision had to be made." When I pressed the issue, he finally crossed his arms, sat back in his chair and said in a huff, "Well, they're old people anyway, and that land is going to be used for something else."

I sat there in stunned disbelief; incredulous that Janet (quietly listening to this exchange) somehow felt that having Doc spell out this predatory mindset for me would somehow alter my opinion of the Browns or their predicament. After having her 99-year old grandfather lead the pledge of allegiance at the Republican convention, then personally driving Doc to my home to explain the Town Council's motives, she was somehow worried about my reputation?

After this exchange I asked Doc if he felt the building of the SCR through the land seized by Mayor Lazaro and the Town Council was a foregone conclusion, or would the Town go back to the table and re-negotiate with the Browns? He indicated he would certainly reconsider on three conditions. One, the Browns would have to agree to sell the smaller two-acre parcel, effectively dividing their property. Two, the Browns would have to drop their lawsuit against the Town. Three, someone would have to reimburse the Town the several hundred thousand dollars they have spent on planning the road through the land they seized.

I told Doc I thought that his last condition was utterly inappropriate, that the Town Council was singularly at fault for spending that money after jumping the gun on the quick-take. I felt his first two points may be reasonable, but that the Browns should be given a plan for the crossing of the road in order to continue their farming operations. Doc insisted the Town had communicated this to the Browns, but

again as I pressed the issue he finally admitted that in fact no definitive plan was ever delivered to the Browns, merely an "assurance that the Town would work with them" to create a solution. He indicated that the Town would not spend the money to create such a solution until the Browns agreed to sell their two acres; they just needed to take it on faith that an acceptable solution would be forthcoming after the sale. Who in their right mind would accept such terms?

I thanked Doc for his time, and was sincerely appreciative for him making the effort to communicate his positions (however misguided) – the only member of the Town leadership who has had the courage or courtesy to do so. As he and Janet drove away, I suddenly became deeply saddened for the future of the Town of Purcellville, as well as western Loudoun. We are all at a fork in the road, with Crooked Run Orchard right in the middle and our collective souls hanging in the balance. Down one path lie big box stores, chain restaurants, parking lots, traffic congestion, and wealthy developers. Down the other lies a historical bedroom community, the hub of rural Loudoun, with agritourism attractions, local eclectic small businesses, and family values, not the least of which is respect for the elderly and appreciation for the lessons of our forefathers.

Unfortunately for the Town Council, the Browns are still very much alive and well. They are intelligent, passionate, committed, and gaining momentum in their efforts to save their farm. A forthcoming petition and survey will show the economic impact their business has upon the other businesses within the Town. However, they cannot win this fight alone, and the voters of the Town of Purcellville and the Blue Ridge District need to ask themselves, "What is the real price of progress? What is my conscience worth?" To answer those questions, we as a community need to define the difference between prosperity and plunder, make our values known on election day, and ensure a sustainable, wholesome and untarnished future for our children.

Stephen Mackey is Co-Founder & Wine Composer, Notaviva Vineyards, LLC.



Actually, I think I'll run as a Republican this time.



Hey, I thought I was supposed to be the indecisive one!

Candidates for Board of Supervisors, Blue Ridge District

Janet Clarke, (R)

Neither Janet Clarke nor her Campaign Manager responded to numerous requests for an interview with the Blue Ridge Leader. However, Ms. Clarke does have a two-year record while serving on the Purcellville Town Council (she was appointed to fill Bob Lazaro's unfinished Town Council term after he was elected Mayor in 2006). And, Ms. Clarke's election platform, as detailed on her website, <http://clarkeforloudoun.com>, promotes her candidacy in a manner which the Blue Ridge Leader believes is in stark contrast to her very public record while on Town Council. Our editorial on Janet Clarke's candidacy appears on page 12.

Letters to the Editor

Likes Malcolm Baldwin

Dear Editor:

We need Malcolm Baldwin to represent the Catocin District. As far as I can tell, all of us are interested in quality education and first-rate schools, development of transportation solutions, wise use of our natural resources (water and air), preserving open space, promotion of our rural economy and sustainable growth. Because Loudoun County has grown more than 84% in the last decade, we need someone who will seek pragmatic and fiscally responsible solutions to the issues that we face because of the rampant growth.

Throughout Malcolm's career in the world economy, he has shown great respect for individual liberties as well as the health and welfare of the citizens of the countries where he has served. He spent nearly four decades of service, including working under four Presidents – Nixon, Ford, Carter and Reagan – at the White House Council on Environmental Quality. He was an environmental consultant for natural resource management and others projects throughout South Asia and the former Soviet Union. He credits his experiences in developing countries for his deep appreciation of American tolerance, concern for fair play and due process, flexibility, ingenuity, free enterprise and optimism. His travels abroad have also taught him that the values of community and communication apply all over the globe. He intends to bring these values to the Board of Supervisors.

Among other positions, Malcolm wants a more efficient government, reviewed by an Accountability Office to reduce costs and deliver better services. He also will work to develop a larger commercial tax base encouraged by more business-friendly policies and procedures.

For further information go to Malcolm Baldwin's website: www.nll.org.

– Jean Brown, Lincoln

Announcing Candidacy

Dear Friends,

This past week I filed my petitions with the county registrar to have my name placed on the ballot as a candidate for Sheriff of Loudoun County. The registrar's office has confirmed that I have successfully qualified, so I want to let you know officially that I am a candidate for re-election.

I enter this campaign with confidence that we in the Sheriff's Office have built a record that is worthy of our citizens' continued support.

Certainly, my 16 years as Sheriff has seen great change come to Loudoun County. Our population has grown faster than almost anywhere in the country. Nearly half of our 300,000 citizens have moved here in the last decade. Such rapid growth has brought new challenges – gangs, drugs, internet crimes, just to name a few. Add to that dangers brought home with the 9/11 attacks, which proved we had to work hard to keep up with the changing times.

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Supervisor Jim Burton, (I)

Jim Burton has represented both the old Mercer District and the Blue Ridge District. The two Districts contain a wide variety of communities, leading Jim to develop a broad perspective on governing in his role as a supervisor. Jim lives with his wife, Lina in Aldie. He and Lina have two children, four granddaughters and one grandson. Details at www.jimbarton.org.



1. The recession has hit local government pretty hard. What kind of condition are the County finances in this, the third year of the economic downturn?

Even though we lost 14 percent of our tax base due to plummeting property values, by tightening our belts and making some very difficult decisions, we have come through the recession in far better shape than most jurisdictions. We were able to open seven new schools, retain our AAA bond rating by all three rating agencies, hold the average homeowner's tax bill in fiscal 2010, 2011, and 2012 to a level below 2009, and finish FY11 with a significant fund balance. Although we see positive signs of a recovery, we are not out of the woods yet. If there is a double-dip recession, we will be faced with some very difficult decisions with long-lasting consequences.

2. Loudoun County's Comprehensive Plan seeks to both accommodate growth and protect the rural economy of our county through what's known as the "Transition Area" – a zoning designation located in between the more urbanized east and the more rural west. The Board of Supervisors recently approved a major new commercial development in the Transition Area called Stonewall Secure Business Park. You voted against this. Can you explain your vote to us in the context of how the Comprehensive Plan is supposed to work, and the "build out" numbers that plan assumes?

The Comprehensive Plan calls for the Transition Area to be developed at a density and scale in between the higher density suburban area to the east and the rural setting to the west. The scale and magnitude of the Stonewall Secure Business Park proposal greatly exceeded what the Plan calls for in that area. I voted against the proposal because, in my opinion, approval would set a dangerous precedent for opening up the Transition Area to more dense development than the Comprehensive Plan called for.

3. Both unfunded and underfunded State and Federal mandates are putting fiscal pressure on Loudoun County. What's an example of a few of these mandates, and how would you suggest we deal with them?

In recent years, it has become customary for the state to reduce its contributions to services mandated by Federal and State law and to force local jurisdictions such as Loudoun to make up the difference by raising local taxes. The Comprehensive Services Act, Adult Protective Services and Child Protective Services (hundreds of child abuse reports per year in this county that must be investigated) are examples of programs where State budget cuts have to be made up with additional local taxes. Last year the County staff published an analysis of unfunded and underfunded mandates and concluded that the bill for Loudoun taxpayers is \$145.2 million per year and increasing. I will continue to press our General Assembly representative to meet their financial obligations to a civilized society. Forcing local governments to raise taxes when the State is afraid or unwilling to do so is unfair.

4. Why is the school budget such a large part of the County's budget?

Educating our children so that they can survive and prosper in the future is a fundamental requirement of local government. While the State and Federal governments provide some funding, the primary financial burden falls upon local government. Since I took office, over 40,000 new students have entered our schools, we have opened 46 new schools, and we have hired 3,438 additional teachers. Meeting the demand and providing a high-quality school system has been, and will continue to be, expensive, but it is an expense that we have an obligation to our children to meet.

5. What is the status of the Chesapeake Bay Ordinance?

As a result of my motion (and the deciding vote in a 5-4 decision), the proposed Chesapeake Bay Ordinance was tabled earlier this spring until such time as the State informed us what mandatory actions would have to be undertaken in response to the court-ordered directive to meet the maximum daily level of nutrients and sediment that Loudoun's water bodies can receive. The State has now informed us that our daily pollution targets are as follows: Nitrogen – 17 percent decrease over current levels; Phosphorus – 21 percent decrease over current levels; Sediment – 30 percent decrease over current levels.

(Interview continued on page 14)

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On the web with daily updates at www.brleader.com

Pendulum Politics – by Valerie Joyner

There are those who believe that growth pays for itself and that property taxes increase every year only because the Board of Supervisors can not control its spending habits. And there are those who also believe in the tooth fairy, but they are generally under the age of ten.

The Fiscal Trends section of the County's annual budget document contains historical data that clearly demonstrates the direct relationship between rapid residential growth, skyrocketing property taxes, and exploding long-term debt.

Between 2000 and 2010, according to the Census Bureau, 143,000 people moved into Loudoun, adding 31,000 new students to the school system. During this same ten-year period the County, in order to serve these new residents, opened 37 new schools, built several new firehouses, libraries, a jail, regional and district parks and hired thousands of teachers, firefighters, and sheriff's deputies. Consequently, long-term debt increased from \$300 million in 2000 to \$1.1 billion in 2010, and the average homeowner's tax bill doubled.

During this period of explosive growth, pro-growth and slow-growth factions battled for control of the Board of Supervisors. Eight of the nine members of the 2000-2004 Board ran on a platform of slow growth.

During its term, that Board revised the Comprehensive Plan and the Zoning Map, thereby reducing the number of future houses that could be built by 83,000. This action led to over 200 lawsuits from developers and landowners who felt that the Board's actions were illegal.

Pro-growth advocates, in reaction, poured money into the campaigns of sympathetic Republican candidates for the 2004-2008 Board.

As the chief executive officer of the Dulles Area Association of Realtors at the time stated in the January 10, 2003 issue of the Loudoun Times Mirror: "We will be focusing on the November elections like we never have before.

We are filling our coffers with PAC money to support candidates who will do what we think is right for the County."

And so they did, leading to a pro-growth Republican majority in the 2004-2008 Board which immediately overturned environmental and building restrictions passed by the previous Board, settled the outstanding lawsuits to the plaintiffs' benefits, and then formally accepted for consideration 28 developer-proposed changes to the Comprehensive Plan that, if approved, would add 60,000 future houses back into the Plan.

Yielding to growing public pressure, that Board decided not to approve those 28 proposed Plan changes; however, it did approve every residential rezoning that came before it, ultimately adding 23,000 houses to the backlog of approved but unbuilt houses already existing.

To its credit, the 2004 Board came to realize, by the end of its term, the direct relationship between residential growth and rising property taxes. Late in its term, it reinstated a slightly watered down version of the major downzoning the previous Board had adopted which had been overturned by the Virginia Supreme Court in 2005 for procedural reasons. However, its pro-growth reputation with the public was so well established that the political pendulum swung back to another slow-growth Board taking office in 2008.

The current Board has, in general, followed its slow-growth promises.

However it has disappointed many of its supporters by opening up the Route 28 Keynote Employment corridor to an additional 5,000 residential units, thus adding to the residential unit backlog while subtracting potential job attracting business acreage. And, now it appears that the political pendulum may swing once again to a pro-growth Republican dominated Board. Money from development



interests and Political Action Committees, whose contributors are unknown, is pouring into candidate coffers.

It is easy for the public to check these donations, by candidate and donor, at the Virginia Public Access Project website (<http://www.vpap.org>).

Since the VPAP website runs a few days behind legal reporting schedules, last minute large contributions can be checked at the Loudoun County General Registrar website's document section (<http://www.loudoun.gov/Default.aspx?tabid=344&fmpath=/Electoral%20Board/2011%20Campaign%20Finance%20Reports>).

The voters owe it to themselves to find out who is funding the candidates in their districts.

Hopefully, the public will see through this battle for profits at the taxpayer's expense and elect people to the next Board who are capable of independent thought and actions, people who understand the long-term consequences of the Board's decisions.

Opinion

Can We Set the Record Straight on the Southern Collector Road?

– By Kelli Grim

Purcellville's "Citizen Update" informs residents on a wide range of issues related to Town finances and activities, zoning/transportation actions and more. The newly released Citizen Update (Summer 2011) makes a number of statements on the Southern Collector Road which simply do not square with the facts. The Blue Ridge Leader & Loudoun Today would like to set the record straight:

"The Southern Collector Road (SCR) is a County approved alignment." Loudoun County has not "approved" any alignment regarding the SCR. The SCR is on the County Transportation Plan, as are thousands of roads, projects, bridges and interchanges. But, this document is meant to guide planning, not to guarantee that specific roads will be built or to establish finer points such as the alignment of a particular right of way. The Hamilton Collector Road – which was at one time in the Purcellville Urban Growth Area Management Plan (PUGAMP) – was removed from the plan – never funded, never built. With all the controversy surrounding the Town's partial taking of Crooked Run Orchard (for the SCR), it seems the Town is trying to "pass the buck" and let the County take the blame.

"Loudoun County designated funding for the SCR in its Fields Farm/Woodgrove High School settlement with the Town of Purcellville." The County did not

designate funding for the SCR in the settlement regarding Fields Farm/Woodgrove High School. The only way to stop Purcellville from pursuing lawsuits regardless of merit – and further delay the much needed high school – was to pay the Town of Purcellville \$5.78 million dollars in unspecified "road improvement funds." Recorded documents and recent court proceedings provide hard evidence that no funds from the County were ever designated for any specific transportation project.

"There has been thirty years of 'public input' regarding the Southern Collector Road." On this issue, it depends on what you mean by "public input" (and "thirty years!") The first time the Southern Collector Road got on the public's radar screen was in 2003, when citizens participated in a formal Comprehensive Plan Review regarding Purcellville's growth plans. At that time, the public sentiment was against the road, as a majority of the community saw the project as a threat to our small town values. In the mid 1990s there were just 800 households in Purcellville ... today there are almost 2,500. The measure of public support (or not) for the road needs to be taken today ... not distorted by some fictitious thirty-year timeframe. The Town 'acquired the right of way to complete the road' by using eminent domain/quick take, condemning over seven acres of one of the three parcels of land owned by Sam Brown. This action has split the working 250-year-old farm in two and made it so the forty five

acre parcel, which has fruit bearing trees, is inaccessible to Mr. Brown. As we all know ... THERE IS STRONG PUBLIC OPPOSITION TO THAT.

The road is "supported by the Loudoun County Public School System, the Purcellville Volunteer Fire Company and the Purcellville Business and Professional Association."

Last year the Blue Ridge Leader met with Wayde Byard, Director of Communications for Loudoun County Public Schools, and asked him how often Mr. Plattenberg, Assistant Superintendent for Support Services, writes letters in support of roads that are not designated as school related road improvements. His answer was, "All the time." A Freedom of Information Act Request was made asking for all the letters of recommendation written by Mr. Plattenberg supporting roads that were not identified as school related road improvements for the years from 2004-2010. There were no letters.

Also, the letter written in support of the SCR written by the Purcellville Volunteer Fire Company was written by Bob Dryden, who is a town employee. The Purcellville Business and Professional Association (PBPA) also wrote a letter in support of the SCR. But, one reason the PBPA strongly supports the planned road is, quite simply, that everyone on the Town Council, including the Town Manager, is a member of this organization.

Parties of interest ... In Search of Transparency – by Kelli Grim

On August 10, 2011, the Purcellville Business & Professional Association (PBPA) sent the following letter to all its members, asking them to provide their input and suggestions regarding “transparency” within the Town government. This issue is set to be on the agenda at the next Town Council meeting on Tuesday, September 13, 2011.

“Dear Purcellville Business & Professional Association Members: A local business owner has asked that Purcellville require ‘Disclosure Statements’ identifying all parties having an interest in land use or development projects requiring legislative approval. The Town Council has asked the Purcellville Business and Professional Association for our opinion on this proposal.

“The purpose would be to make applicants disclose all parties with a direct financial interest in the approval of a project or land use that is under consideration by the Town Council. Typically, these disclosures must include any parties with more than a 10% financial holding in the applicant or the landowner, including individuals, trusts and their beneficiaries, and corporate owners and partners. The disclosure statements typically also include the engineer and attorney.

“The disclosure requirement would only apply to applications subject to public hearings by the Town Council or other official bodies of the Town. Most of the disclosures would likely be related to annexations, re-zonings or special use permits when initiated by an entity other than the Town or another government agency.

“If you have any comments that you would like the Purcellville Business and Professional Association to consider for inclusion in our response to the Town Council, please mail or email them with a title ‘Disclosure Statements’ by September 9, 2011 to the Town Council.”

At a recent PBPA Board meeting, one of the Board members, Eric Zicht (Zicht Engineering) best described how the transparency aspect of this “real parties of interest” document works. He said that if someone with a financial interest in a project coming before the Town Council for approval of an annexation, commercial rezoning or special use permit had made campaign donations to anyone on the Council, it would now be fully disclosed that the donor had an interest in the project. Without the disclosure in place, there would be no record of this connection, and an elected official might find themselves in a conflict of interest situation by voting on the project where they had received monies directly or indirectly from an investor. Since most applicants are Corporations and Limited Liability Companies, it is only when this document is incorporated into a government body’s Planning and Zoning application process that officials and citizens can be assured a more open and transparent process.

Another Board member, John Chapman (Chapman Brothers Construction) did not see it the same way. His argument against this type of disclosure was that it might keep investors from getting involved in projects to avoid public knowledge of their participation, which might subject them to being contacted by others seeking funds for their own development projects. He said he was in the process of raising upwards of \$50 million dollars in capital for projects in the downtown area where he is a major property owner with partner Mark Nelis. He felt it could hinder his efforts to obtain private funds, as banks are very tight with money for commercial projects. It was his opinion that additional disclosure requirements were just another restrictive action by government. He argued that an investor of a \$2 million dollar trust with many members would have their individual identities disclosed, and because of this might not want to invest in a project.

As a local business owner I have come before the Ways and Means Committee and Town Council to advocate for the “Real Parties of Interest Disclosure” to be adopted by

Catoctin Corner

70,000 SF NEW MIXED USE DEVELOPMENT



Catoctin Corner LLC Development was originally valued at \$275,000 at the beginning of the developer’s quest to have it rezoned from R-3 (residential/one house per three acres) to mixed use commercial. After the Purcellville Town Council ignored their own Planning Commission recommendation to deny the rezoning request, the Town Council voted to grant the rezoning to mixed use on this property, bringing the value to \$2.552 million dollars. The Council also granted six special use permits for the property. There is no way to find out who has interest in the property, as Purcellville does not have a Real Parties of Interest Disclosure.

the Town for more than a year. I have documented that it is currently a standard policy in many towns, cities, and counties in Virginia, including Leesburg, Loudoun County, Fairfax, Alexandria, Arlington and many more. I also pointed out, that with all the commercial development in those locations, it did not seem to have slowed down or hindered applications.

In a recent Ways and Means Committee meeting, Council Member Joan Lehr said that she did not see the value of such a disclosure since it simply relies on “honesty” by the applicants. She felt that if an applicant wanted to be deceptive there would be nothing to stop them. Other members questioned how to implement such a procedure if it is difficult to enforce.

Records from the PBPA website and monthly meetings show that the majority of PBPA members are not Town residents and do not vote in Town elections, but are allowed to come and speak at public hearings. Recent changes by the current Town Council also allow non residents to serve on some Town committees. Of the nine PBPA Board positions, only two are Town residents – Joan Lehr of Purcellville Copy is the Town Council liaison, and Jim Bowman of John Marshall Bank serves as Vice-President and Membership Chairperson. Many out of town residents and business owners are closely involved in advising the Town and participating in revisions regarding zoning, parking, the Comprehensive Plan, the Town-wide Transportation Plan and other policies and procedures.

It was Blue Ridge Supervisor Jim Burton in 2007 that initiated a real parties of interest disclosure be put in place in Loudoun County, along with a number of other transparency in government procedures. No records could be found in the Town that any Council member, resident, or business owner has ever proposed that this disclosure be considered. However, Town records do show that over the past five years it is an increasingly rare occurrence for a

Town Council meeting to end without going into a closed session, and closed sessions are also much more common at the end of committee meetings.

At this time, the only input the Purcellville Town Council is seeking is from members of the PBPA, which will be presented at the September 13, 2011 Town Council meeting. There is also a survey at Survey Monkey. Type in: <http://www.surveymonkey.com/s/9HB58G9>.

At the August 29, 2011 Ways and Means Committee Special Meeting, committee members (Greg Wagner, Joan Lehr, Keith Melton and Tom Priscilla sitting in for Mayor Robert Lazaro) voted to go into executive session to interview prospective candidates to be appointed to the vacant seat on the Town Council. Per the preliminary agenda, the candidates to be interviewed were Tim Schutte, John Nave, Patrick McConville, Larry Harrison, Randy Nixon and former Councilwoman Susie Windham.

This is the second time in the past few months that a Purcellville committee has gone into closed session for the purpose of conducting interviews for either a committee or council position. Prior to this, committee interviews were conducted in an open meeting.

Running Totals ... in praise of frugal living

10 Things to Do This Month to Save Money

– By Cat Morris

Think about this: Once you spend a dollar on a one-time-use item or experience, your dollar is gone forever.

When I buy paper goods to use at a barbecue, I exchange hard earned dollars for those paper goods, and as soon as the cups and plates hit the trash, the value of those goods, and the dollars I paid for them, is zero. Gone forever.

This is obvious, right?

Now think about this: When I buy a needed piece of furniture with my dollars, I spend hard earned dollars, but I continue to own the value of those dollars, in a sense, as long as I own and use the furniture. If I buy wisely, my furniture might even increase in value over time.

If I think in terms of the question, “How long will I ‘own’ this dollar after I spend it?” my attitude toward money shifts. Instead of being saddled with the burden of thinking that earning more money is the best way to having more money, I understand that I can have more money by holding onto the money I already have.

The smallest expenditures, right down to the pack of gum at the checkout line, are worthy of careful consideration, because those pennies add up. My college roommate’s mother saved a quarter, a dime, a nickel, and a penny every day. Each year she emptied her jar and found about \$150 dollars to help the family afford a small vacation away from their steel mill town. If she hadn’t bothered to set aside her pocket change all year, she would have been hard pressed to come up with those dollars.

There exist hundreds of small strategies for holding onto your wealth. Try these ten efforts this month and you will have saved well over \$150 in short order, I promise ...

1. Choose one day per week as a “no spend” day. Out of coffee? Ouch! Make tea for today only. Need more bread? Figure it out until tomorrow. Imagine you’re snowed in and can’t get to the store.
2. Eat breakfast cereal for half as many days as usual. Eat oatmeal or another hot grain – and not from individual serving packets! Heat leftover rice with a little milk, a touch of butter, and brown sugar (raisins and cinnamon if you like) for a healthy breakfast. Cold cereal costs 2-4 times more per serving than a hot grain cereal. **THINK OUTSIDE THE CEREAL BOX.**
3. Cut your soda consumption in half. Drink tap water instead for half the time.
4. Nix bottled water altogether. If you insist on filtered water, buy it by the gallon for pennies and refill your own reusable bottles.
5. Reduce the number of meals out by one ... or more.
6. Get radical and unplug the clothes dryer. Clothes dryers merely speed up a process that’s going to happen anyway. Hang clothes to dry, either on a line outside or on a drying rack or curtain rod inside.
7. Increase the number of meatless meals you eat each week by one. If you can’t think past spaghetti, dig out a cookbook or search online for inexpensive vegetarian recipes: Beans and rice, three-egg quiche, and vegetable stir fry (use beans in place of meat) are a few that come to mind.
8. Use dry beans instead of canned. A one-pound bag of dry beans is equivalent to about 3.5 cans of beans. Grocery



stores sell non-sale priced cans of pinto beans for about \$1.29 each, and bags of dry pinto beans for \$1.79 per pound. At these prices, it will cost you \$4.51 to buy as many canned beans as are in that \$1.79 bag. (But please don’t pay \$1.79 for dry beans. If you pay attention, you can find dry beans for closer to .60 per pound.)

9. Evaluate your phone usage. Can you scale back your cell phone service plan? Do you need your landline? If eliminating your house phone makes you nervous, look into converting your landline to a Voice Over Internet Protocol (VOIP) service. With VOIP service, customers pay one low monthly fee (usually around \$20) for local and long distance service that uses an internet connection and your existing phone set.
10. Take an afternoon to check your home and auto insurance policies for expenses you don’t really need. I called my rep at USAA a month ago to say I was looking to trim costs on my auto insurance and we found a ten percent savings on my premiums.

Next month's topic: Radical Saving Experiments.

Cat Morris is a Virginia native currently living in Iowa with her husband and two children. She has been writing a frugal column for years.

Amy V. Smith's Money Talks

– Market Volatility and Your Emotions –

“Market volatility: period when financial instrument prices fall quickly or go up by an unusual amount.” That’s a dictionary definition. Mine is more like the “I’m going to be sick” feeling that usually accompanies a roller coaster ride at my daughter’s favorite theme park. Unless you’ve not been checking your emails, reading newspapers, or watching television (a.k.a. “vacation”), you know it’s been a bumpy ride the last few weeks, and some financial experts say it might be like this for a while.

Here are some things you might want to consider before F.E.A.R. (False Evidence Appearing Real) kicks in:

1. Don’t Panic: No matter how careful you are, you can neither predict nor control the future. No one has a crystal ball.
2. Know what you own and why you own it: When the market goes off the tracks, knowing why you originally made a specific investment can help you evaluate whether those reasons still hold and whether a lower price might actually be a buying opportunity. It is individual stocks that determine the market, not vice versa. Buy value, not market trends or the economic outlook.
3. Tell yourself this too shall pass: The stock market is historically cyclical. There have been a half-dozen previous bear market cycles—declines of 20% or more since the early 1970s.* It may take a while, but the market has bounced back every time. Even in the midst of the Great Depression, there were short-term rallies and trading opportunities. In some cases, people built fortunes over time by investing carefully just

when things seemed bleakest. Remember, past performance does not guarantee future results.

4. Have a game plan: Setting predetermined guidelines that recognize the potential for turbulent times can help prevent your emotions from dictating your decisions. If you decide that you need to re-examine your game plan, it should be done with as much care as you put into developing that plan in the first place.
5. Diversify: Remember that everything is relative. Asset allocation is responsible for most of the variance in portfolio returns. If you’ve got a well-diversified portfolio, it could be useful to compare its performance to relevant benchmarks. Just because a particular index may have dropped doesn’t mean your entire portfolio is down by the same amount. Even when everything seems to be struggling, some asset classes may be struggling less than others. Diversify by country, by industry, by risk. In stocks and bonds, as in much else, there is less volatility in numbers.
6. Remember your road map: If you feel you need to make changes in your portfolio, there are ways to do so short of a total makeover. For example, each month you could slowly put a set dollar amount into an investment you think is well positioned for the future (known as dollar-cost-averaging). Though all investing



involves risk, there are many ways to pursue your long-term investments goals.

7. Learn from your mistakes: The only way to avoid mistakes in my opinion is to not invest, which is the biggest mistake of all. Forgive yourself for your errors. Don’t become discouraged and certainly don’t try to recoup your losses by taking bigger risks. Instead, turn each mistake into a learning experience. Determine exactly what went wrong and how you can avoid the same mistake in the future. One of the biggest mistakes people make is putting too much money into fixed-income securities. Invest for maximum total real return. This means the return on invested dollars after taxes and after inflation. It is vital that you preserve purchasing power.

So, turn off your television occasionally, be patient, and try not to be too fearful. There will of course be corrections, perhaps even crashes or recessions, but for more than 100 years, optimists have carried the day in the stock market. As the global economy recovers, wealth will increase and stock prices should rise accordingly.

I welcome your comments. Just send me an email at Amy.V.Smith@RaymondJames.com. All names and identifying information will be kept strictly confidential unless written permission is given for their use.

**Source: Stock Trader’s Almanac 2011 © Amy V. Smith
Amy V. Smith Wealth Management, LLC, is an independent firm.
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The opinions and recommendations here are those of the columnist.

News From Blue Ridge District

School Board Representative Priscilla Godfrey

Loudoun County Public Schools anticipates 66,000 schoolchildren this year; an anticipated increase of 3,000 children over last year's enrollment. Of this number, almost 1% or 600 children are identified as homeless and 38% of them are without custodial guardians or parents. Our parent liaison program is instrumental in providing services to this vulnerable population. Although we have the honor of having the highest per capita income, there are still many residents in Loudoun who have lost their homes due to the recession. In fact in 2004 there were only 204 homeless children being served, so we have seen a tripling of that number over the last eight years. LCPS is a home away from home by feeding, clothing and teaching these children.



medical care, hygiene supplies and this fall new school backpacks and an ID card that they can use to see a doctor or access other free services. We are so pleased with the many ways that Inova has partnered with the school system but perhaps the most rewarding school-business partnership is this new program of care. When gathering and filling the traditional bookbag or lunchbox for the first day of school, think

about those who may not have someone with which to share the news of the first day. Contact your school's parent liaison, if you would like to help.

— Priscilla B. Godfrey
Blue Ridge District Representative and Vice Chairman
Loudoun County School Board

Priscilla B. Godfrey, Member of Loudoun County School Board 2004 to the present; resident of Philomont, VA for 32 years; mother of 3 children; member of Rotary Club of Purcellville, Loudoun Volunteer Financial Council and Philomont Ladies Auxiliary.

Donna Fortier, of Inova Loudoun Hospital, has created another essential support system called Mobile Hope. A specially outfitted van visits the students where they live – in parking lots, camps, motels – and provides them with basic



On the Market ... with Sam Rees

Round Hill, Purcellville, Bluemont, Hamilton, Leesburg



UNDER CONTRACT IN 5 DAYS!

Under Contract in 5 Days!
Multiple Offers! Round Hill
.57 Acres \$319,900



UNDER CONTRACT!

Round Hill



JUST LISTED!

Just Listed! Lot 6 Sunny Ridge Road, Round Hill
3 acre lot (new paved road) Beautiful Views! Minutes to downtown.
\$175,000



NEW PRICE!

Historic Sunnyside, 25.1 Acres
Restored & Updated! Five bedrooms/3 baths upper level. Barns, Creek & Fenced for Horses!
NEW PRICE \$1,195,000



SOLD!

SOLD - Leesburg
10 acres- listed for \$429,900.



Lakefront in Shenstone
3 Finished levels, pool, barn and professional office.
LO7594571 \$1,295,000



ROOM FOR HORSES!

Carr Lane - Waterford
Top of the line finishes grace this lovely home on 6 plus acres in historic Waterford.
LO7565341 \$629,990



SOLD!

Leesburg



To see a virtual tour of all of Sam's listings, please scan this code with your smart phone or visit:
Sam.Rees.PCRAgent.com

Do you have a real estate question about your current home or one you would like to purchase?

Call Sam Rees, Associate Broker, Prudential Carruthers Realtors


Cell: 703-408-4261 sam.rees.pcragent.com samvrees@yahoo.com

Sam is a western Loudoun resident with 15 years of full time real estate experience and over 100 million in real estate sales. Her custom marketing plans for your home leverage the power of the Internet with professional photography and Design and the latest in Virtual Tour Technology.


Every Real Estate Market has Great Opportunities

Fall colors—come visit.

Fall is for tree planting!



Loudoun Nursery is open for the selection of shade, flowering and ornamental trees.



Loudoun Nursery, Inc.

Evergreen, Shade & Flowering Trees, Container Grains in Loudoun County.

Directions: From Rt. 7 west, take the Purcellville-Lovettsville exit (Rt. 287) toward Purcellville, go short distance to right on First Road, follow to right on Hillsboro Road (Rt. 690); left on Alder School Road (Rt. 711); right on Short Hill Road (Rt. 716); 3rd drive on left.

- Trees that may be underused or not well known.
- Mid-sized shade trees and ornamental bark.
- Disease resistant flowering trees.
- Conifers for screening or specimen locations.

Our fall hours of operation are by appointment, but we are here and ready to serve you. Please call us at (540) 338-4635.

For a list of trees, visit www.LoudounNursery.com.

What's That?



Here is a heavy rusted metal piece found by Rosemary Stanger in the ground at her home in Round Hill. It is large – more than a foot along the base. It swivels in the center and has the following words stamped in it: "Clover Leaf," "Unloader," and "Pat May 12 03."

The item is a Myers Cloverleaf Hay Unloader. It was used to lift hay from a wagon or truck parked outside the barn. A large claw or fork was used to grab the hay and then ropes and pulleys on the unloader

Making Sense of the Stuff We Find in Our Back Yards

– By Mike Clem with Bob Shuey



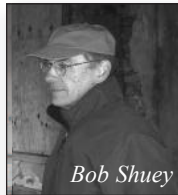
would hoist the hay up to the loft. The unloader was suspended from a track at the peak of the barn. The hay would be lifted and then rolled into place within the loft along the track. I'm sure some "old-timers" out there would know more about the item and may even have one still in their barns.

Mike Clem is a member of the Banshee Reeks Chapter of the Archeology Society of Virginia (BRASV.org) and the Loudoun County Archeologist. Bob Shuey is an archeologist active in local historic preservation efforts.

Send a photo and brief description of your unusual backyard finds to carolbrleader@yahoo.com or mail it to Blue Ridge Leader, 128 South 20th Street, Purcellville, VA 20132.



Mike Clem



Bob Shuey

B

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– By Dane Mullins

Monday, August 29 marks the beginning of the 2nd year for Woodgrove High School. And, based on the energy level during the preparations this summer, it appears that it is going to be twice as exciting as last year.

There are currently 1,508 students enrolled, which includes the first graduating class of seniors. Twenty-nine new teachers have been added to the faculty.

In keeping with tradition, September 2nd will be the Annual Kickoff Celebration.

The festivities will begin promptly after school. The barbecue will definitely get the fans fired up. At 6:15 pm, "Team Woodgrove" will march down to the football stadium – "The Tundra" – with the award winning Woodgrove Wolverine Marching Band leading the procession.

The large brick entrance sign has been

rebuilt, the boulders have been repainted, and there is a new "W" going up by the front entrance.

The sand volleyball pit is in, the ticket booth is completed, and the baseball and softball press boxes are finished.

Ground has been broken for the Nature Trail/Cross Country Course and Outdoor Classrooms linking Woodgrove High School with Mountain View Elementary School.

The bluebird houses along the path have even been occupied.

Mr. Gauriloff, principal of Woodgrove, encourages the students to make a difference, get involved and make the school their own.

His vision is that "Team Woodgrove" continues to build on the success we had last year in academics and athletics.



Dane Mullins – Woodgrove High School Inaugural Class of 2012 – is a native of western Loudoun. He attended Loudoun Valley High School and is currently dual enrolled at Woodgrove High School and Northern Virginia Community College. Dane grew up on a farm and has a passion for tractors. He enjoys working with his hands. He has been the owner and operator of Dane's Hometown Services since 2008. His company provides estate maintenance, landscaping and farm services, excavation and clearing as well as welding services.

Send your school updates, pictures and videos to blueridgeleader@aol.com.

– Special Investigative Report, Linda Tribby, from page 1 –

CTS, and classic cars such as a '56 Chevy Bel Aire. And, she bought a helicopter.

During this time, Tribby, who is married, began a relationship with Scott Whitmore and rented a house for him in Brunswick, Maryland where they met frequently.

On March 4th, Tribby signed a plea agreement in which she agreed to forfeit all properties that are traceable to, or derived from, her offense; however, a source close to Tribby said that she is still in possession of all these properties. "They are still living in all of [Tribby's] houses and driving all of her vehicles," said the source, who also told reporters that Whitmore is still living in the Brunswick home on her dime, and that the federal investigation into Tribby's case "missed a safe and a lot of money."

On the eve of her sentencing, Tribby submitted a 14-page handwritten letter of

apology to United States District Judge Liam O'Grady. Some believe that the letter – along with character reference letters from Whitmore and members of Tribby's family – influenced Judge O'Grady, causing him to give a lighter prison sentence than the recommended 97 to 121 months (a maximum of just over ten years). She was, after all, deeply involved with her community and even volunteered to "Kiss A Pig" for the Loudoun County Fair.

Tribby pled guilty to stealing over \$14 million, but in the sentence set by O'Grady, she received 7 years (with credit for time served while awaiting trial), and is forced to pay restitution in the amount of just \$8.4 million to Wells Fargo – without interest.

When asked whether any restitution payment had been received by Wells Fargo,

Continued on facing page

Just Like Nothing (Else) On Earth – by Tim Jon

Rust Sanctuary

This place – for many of us – really is right around the corner. The morning I visited the Rust Sanctuary on the west side of Leesburg, it was still early enough in the growing season – and the day itself – to get pretty damp – from the shins down – from all the dew on the greenery in the high meadow. I found it hard to realize that day – and a little embarrassing – that I'd lived in Loudoun County for over a decade, and had never before visited the spot. For some reason, I'd envisioned something much smaller, but the Rust Sanctuary – affiliated with the Audubon Naturalist Society – has wide expanses of space: deep woods, a pond, the aforementioned meadows, and a neatly manicured lawn and formal garden surrounding the historic mansion.

And, since I usually make it a point to visit these special places well before sunup, I was the only soul on the premises – at least from my observations. Actually, I should correct that; if animals possess souls, which is a point at least debatable in some circles, I was surrounded, followed and otherwise generally kept company by what seemed like a small army of deer. They lurked in the woods, their heads kept popping up out in the meadow grass, their silhouettes appeared in some truly odd places about the acreage, and their tracks were virtually everywhere. I imagine the visitors at Rust cause them no undue alarm; whitetail deer, being pretty curious creatures, may even welcome the companionship.

OK, OK. I know, in Northern Virginia, we're supposed to think of deer as 'the enemy,' because they get onto OUR roadways and destroy OUR gardens, and even get in the way of OUR bulldozers; you'll have to forgive me, being born and raised in Minnesota, I tend to think of other living things as almost – fellow travelers on this plane of time and space – at least until dinnertime. It's nice to see deer in the morning.

So, my walk, that warm dawn, started at the small parking area next to the old mansion, skirted the woods and went off on a big circle around the high meadow; the open space afforded some truly inspiring views of the sunrise to the east and the hills to the west.

After I'd went around the grassy plain, I felt I needed more of a 'deep woods' experience, so I took off in the other direction from where I'd parked-downhill into a stand of mature trees. It never ceases to surprise me, how many different shades of green which can be concocted by Mother Nature; well, they

were all here.

After a short stint through the woods, the trail sort of bottomed out and I could see- through the remaining trees – the little pond which I'd heard other visitors speak of after their times at Rust. Mist was still rising from the still water, the frogs were obviously waking up for breakfast, and I discovered some very vivid blue irises growing at the edge of the pond.

I found it small enough - and dry enough around its edges – to make my way around the body of water, before heading back uphill to the contrast of the mansion's lawn and garden.

By now, the squirrels were having a heyday with their morning activities, and I was reminded of my own pressing concerns beyond the confines of the quiet, deserted Rust Sanctuary. My experience readied me for a rare, cherished day of home chores and local errands, primed and refreshed



by my morning visit into the natural world.

So: when will I return? Well, I'd like to say, "This fall, when the weather turn a bit crisper, and the leaves are in their boldest colors, and the animals feel the urge to prepare for the upcoming cold spell."

But I know I'll be 'too busy,' working and maintaining some

semblance of order in my home.

I certainly hope to go back to the Rust Sanctuary before another 13 years lapses in my stay in Loudoun County. But, until then, I can return in my dreams – of both the day – and night-time variety.

I can also – in the meantime – derive all the satisfaction I can of knowing a whole lot more about the place, and even from just knowing it's there.



Continued from facing page

Corporate Communications representative Michael McCoy only provided the following statement, "We're pleased that this matter, which was an isolated case involving one former team member, has been resolved." The statement continued: "We have controls and procedures in place to detect if team members are not adhering to these standards and applicable laws, and to address those situations accordingly. In this case, an internal investigation turned up evidence that the team member was committing fraud against Wells Fargo."

Tribby is currently an inmate at the Federal Correctional Institution in Danbury, Connecticut. According to one source, Tribby is able to enjoy frequent long phone conversations, and "has no trouble paying \$3,500 phone bills." While her phone costs have not been substantiated, the minimum security women's prison sounds relatively comfortable. One report from a former inmate who wrote a blog while inside the institution said, "We can move freely around the unit 24 hours a day – to the bathroom, the TV room (which closes at midnight on weekdays and 2 am on weekends), and to the other rooms within the unit. The main lights go out at 11 pm and the dorm is actually very quiet."

For anyone looking for a way to make a quick \$14 million, with risk of only light consequences, it seems bank fraud is the way to go.

The following is a partial list of the properties noted in the court records that "are traceable to, or derived from," Tribby's offense:

- \$37,321.85 seized from Tribby's person at the time of her arrest at Dulles Airport
- \$9,800 seized from Scott Whitmore at the time of Tribby's arrest at Dulles Airport
- Real estate property, Shepardstown, WV
- Real estate property, Hopkinton, NY
- Real estate property, St. Regis Falls, NY
- Real estate property, Lovettsville, VA
- Real estate property, Waterford, VA
- Real estate property, Lovelock, NV
- A 1947 Bell 48 Helicopter
- A 2010 Chevrolet HHR Sedan
- A 2010 Chrysler 300 C
- A 2001 Chevrolet Silverado
- A 2007 Chevrolet Silverado
- A 2000 Chevrolet Silverado
- A 2009 Cadillac CTS
- A 2009 Dodge Ram 3500 Mega Cab
- A 2005 Ford F450
- A 2004 Dodge Sport Caravan
- A 2003 Chevrolet Super Sport Roadster Convertible
- A 2003 Ford Windstar
- A 1999 Volkswagon NGS hatchback
- A 1982 Chevrolet Truck
- A classic 1968 Chevrolet 2-door sedan
- A classic 1967 Chevrolet pickup truck
- A classic 1961 Corvair pickup truck
- A classic 1956 Chevrolet Bel Aire
- A 2007 Fleetwood American Eagle RV
- Two snowmobiles
- 3 ATVs
- A golf cart
- 9 miscellaneous trailers
- A pontoon boat
- A John Deere tractor with snowblower and backhoe attachments
- Miscellaneous farm equipment including a hay stacker, two tractors, and a snow plow

From the Editor

How Janet Clarke's Record on the Purcellville Town Council Informs Voters About Her Candidacy for the Board of Supervisors Blue Ridge District

On the Issue of Agricultural, Historic and Rural Preservation: In her campaign brochure, Ms. Clarke promotes her support of "property rights", and, on her website, Ms. Clarke states: "I understand the civic, cultural, educational, and economic value of our natural surroundings and truly appreciate our agricultural community, including our many vineyards and vast array of other agriculture." **To the contrary ...** one of the most significant actions of the Purcellville Town Council over the last several years – an action Ms. Clarke has wholeheartedly supported – has been the controversial condemnation and "quick take" of a critical portion of Crooked Run Orchard in order to make way for the Southern Collector Road (SCR) and prepare for massive commercial development at the east end of town. Crooked Run Orchard is a year-round 250 year-old working farm that welcomes over thirty thousand customers and visitors each year and is a significant source of educational enrichment on issues of sustainable agriculture. While on Council, Ms. Clarke's stated top priority was supporting the SCR at the expense of the farm.

On the Issue of Transportation: On her website, Ms. Clarke addresses the need to find "appropriate intersection solutions" ... implement "exit ramps where they are needed" ... pave "unsafe and inadequate roads" ... promote "pedestrian-friendly, walkable communities" and more ... **To the contrary ...** While on Town Council Janet Clarke supported the Southern Collector Road – a project designed, not to solve transportation problems but to promote commercial development. At the same time, Janet Clarke supported the summary removal of the Route 690 interchange from Purcellville's Top Ten Priority List – an interchange that would have greatly reduced traffic backups both in town and on the Route 7 Bypass.

Effective Governance and Transparency: On her website, Ms. Clarke promotes her openness and approachability stating: "My decisions will be

transparent and my actions will be accountable to you." She has also promoted her ability to work with others, stating: "I have also participated in county and school task force meetings to negotiate a resolution to a high school land use issue that went to the Supreme Court of Virginia." **To the contrary ...** In just two years on the Purcellville Town Council, Janet Clarke voted to go into "closed session" on seventeen different occasions in Town Council meetings (not including the many closed sessions connected with committee meetings). On the "land use issue" Ms. Clarke describes here, the "negotiations" were, in fact, a series of six or more lawsuits and endless appeals filed and pursued by the Town of Purcellville against Loudoun County (and its taxpayers) to stop the building of a public high school that had been planned since 1995. Janet Clarke helped lead the "negotiating" team that forced the County to pay Purcellville \$5.78 million to drop the lawsuits ... or the Town would keep on suing. (Ms. Clarke also tried to make County condemnation of Crooked Run Orchard part of the settlement ... which the County refused to do.)

On the Issue of Conservative Fiscal Management: In campaign materials Ms. Clarke promotes her strong fiscal management values, and on her website, Ms. Clarke calls for "an independent budget review", for the County while stating that: "My record in public office during my time on the Purcellville Town Council reflects my commitment to not raising taxes. I will work to eliminate wasteful spending ..." **To the contrary ...** While on Town Council Janet Clarke supported lawsuits against the County that cost taxpayers hundreds of thousands of dollars ... voted for a \$30+ million dollar wastewater treatment plant upgrade that was neither mandated nor needed for capacity reasons (resulting in large increases in residents' water bills) ... and voted to set in motion a questionable \$7 million and counting Town Hall relocation project.

Letters to the Editor, continued from page 5

Ours is the largest full service sheriff's office in the Commonwealth of Virginia and I have put the accent on the word "service." Our strategy has been to use the latest in technology, equipment and training with an emphasis on both local and regional approaches.

It starts in Loudoun County, where our efforts have centered on "Community Policing," a program I started here over 10 years ago. To make our deputies more accessible, we have opened the Sterling and Dulles South offices and will break ground soon on the Western substation. We have resource officers working with youth in every middle and high school in the county.

Regionally, we have worked with our neighboring jurisdictions and the federal government to continually address a host of issues. Our deputies serve on the regional gang task force, the Joint Terrorism Task Force and with the financial crimes unit of the US Secret Service. We have worked closely with ICE to identify and remove from our communities criminal illegal aliens. Recently, I brought to the attention of federal authorities a serious shortcoming in the data used to identify these illegal aliens, which resulted in funds being secured to correct this flaw.

I am proud of the way our Deputies and others in my office have responded. And our efforts have paid off. As has been reported in the local media, we have seen a significant drop in the most serious crimes, particularly violent crimes, according to the statistics released by the FBI and my office. This is a long-term trend and I will work to ensure that it keeps going in the right direction.

Loudoun County remains a safe place to live, work and raise a family. It is the main reason why so many people – both of my opponents among them – have decided in recent years to move here. I am raising my family here as well. I have worked diligently on your behalf for nearly 25 years, first through the ranks and ultimately as your Sheriff. Though I am proud of the efforts we have made to keep this county safe, experience shows there is always more to do. I hope to have your continued support and the opportunity to again serve you and your family.

– With best wishes, Sheriff Steve Simpson

Send your letters to the editor at blueridgeleader@aol.com.

Across

- 1. More than some
- 5. "___ Smile" (1976 hit)
- 9. Spray setting
- 13. Lou Gehrig, on the diamond
- 14. Donnybrook
- 15. Knowing about
- 16. Artist Bonheur
- 17. Be part of the cast
- 18. Brought into play
- 19. Simple addition
- 22. Elton John, e.g.
- 23. ___ souci
- 24. Mozart's "L'___ del Cairo"
- 27. Like a bunch
- 29. Debonair
- 32. Undergrad degs.
- 33. Catches
- 36. Whole alternative
- 37. Ecstatic
- 42. Old German duchy name
- 43. Ready for anything
- 44. Wrath
- 45. Layers
- 47. It's found in banks
- 49. Blonde's secret, maybe
- 50. Vex, with "at"

Down

- 52. Word from the decks
- 54. Literary homeowners
- 62. Shades
- 63. Roundish
- 64. Christiania, now
- 65. Tropical fruit
- 66. Rewards
- 67. Simpleton
- 68. Some beans
- 69. "___ quam videri" (North Carolina's motto)
- 70. Chops
- 1. Big do
- 2. "Crazy" bird
- 3. Yorkshire river
- 4. Snares
- 5. Jiffs
- 6. Karen Carpenter, for one
- 7. Checks, with in
- 8. Trojan hero
- 9. Greek dish
- 10. Acad.
- 11. Potpourri
- 12. Big deal
- 14. Gibb brother
- 20. Ceiling

- 21. Occupied, as a lavatory
- 24. ___-Wan Kenobi
- 25. Art able to
- 26. Very, in music
- 28. Australian rock band
- 30. Clear
- 31. File material
- 34. "Harper Valley ___"
- 35. Jerk
- 38. Textual interpretation
- 39. "From the Earth to the Moon" writer
- 40. Signals
- 41. Society page word
- 46. Strauss opera
- 48. Storm part
- 51. Other halves
- 53. Age
- 54. As a result
- 55. "The Hunchback of Notre Dame" writer
- 56. Bank
- 57. "Little piggies"
- 58. All alternative
- 59. "Cast Away" setting
- 60. Worm or lamp
- 61. Creates a lawn

It's a Numbers Game by Myles Mellor and Sally York

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16					17					18			
19				20					21				
			22				23						
24	25	26		27		28		29			30	31	
32					33		34	35		36			
37			38	39				40					41
	42					43					44		
	45				46		47		48		49		
				50			51		52		53		
54	55	56					57	58			59	60	61
62					63					64			
65					66					67			
68					69					70			

Saving the Phenomena in Your Back Yard – Monarchs

– By Debbie Burtaine and Nicole Hamilton

The Monarch butterfly (*Danaus plexippus*) enters life as a fragile egg laid on the underside of a milkweed leaf.

The egg normally hatches within 4 days. The monarch then goes through two additional life cycles, the larval stage (the caterpillar) and chrysalis stage, before maturing into a beautiful black, orange, and white adult butterfly.

As an adult, the Monarch has a wingspan of 3.7 to 4.1 inches. Males can be differentiated from females by the black spot found on a vein on each hind wing ...

There are several subpopulations of Monarch butterflies around the world. They are found throughout the United States and southern Canada, the Caribbean, Australia, New Zealand, and the Pacific Islands. In the United States, there are two distinct subpopulations – one west of the Rocky Mountains and another east of the Rockies.

The western subpopulation, consisting of tens of thousands of individuals, accounts for only 5% of the total North American population. The eastern subpopulation is much larger, consisting of millions of individuals.

Each year the eastern Monarch undertakes an amazing feat – a migration of up to 3,000 miles. When was the last time you took a trip worth 3,000 miles?

At the beginning of spring, millions of adult Monarchs leave small patches of Oyamel fir forest in the central mountains of Mexico to make their way to the northeastern United States and southern Canada to take advantage

“Each year the eastern Monarch undertakes an amazing feat – a migration of up to 3,000 miles. When was the last time you took a trip worth 3,000 miles?”

of the abundance of milkweed found in these regions. At the end of summer or the beginning of fall, adult Monarchs begin the flight back to Mexico to spend the winter.

During the spring and summer, adults live only a month or so and up to four generations may be born and die. The last generation born at the end of summer or early fall is different though. This generation lives up to 9 months and makes the great migration to Mexico! This means that the individuals making the southward journey may be several generations removed from the individuals that migrated north the previous spring. They have no guide to show them the way, yet somehow they know exactly where to go.

In fact, many individuals return to the exact tree that members of their family used in previous years! It is truly one of nature's wondrous events, but it has become threatened primarily due to human activities such as the clearing of fields in the US and the clearing of forest in Mexico. While the Monarch butterfly is not considered threatened or endangered, their migration was designated in 1983 as a threatened phenomenon by the ICUN – World Conservation Union. A threatened species?



No, a threatened phenomena.

Today, rural land in the United States is developed at a rate of approximately 6,000 acres per day, destroying huge swaths of milkweed and wildflowers. This is bad news for the Monarch, because when they are in the caterpillar stage, they feed exclusively on milkweed, consuming the foliage and flower buds.

When you consider that each adult female can lay several hundred eggs but typically only lays one egg per plant, it is clear to see that an abundance of milkweed is absolutely necessary for the survival of the Monarch species.

Just as important to the Monarch as milkweed is an abundance of nectar-producing plants. As adults, nectar serves as the primary source of nutrition, providing energy to carry



out daily activities. In the fall, the nectar is also used to build up fat reserves, which help to migrate to Mexico. The fat reserves also serve as the only source of energy throughout the winter, since Monarchs feed little if at all once they arrive in Mexico.

When the destruction of land is coupled with other threats such as winter storms in Mexico, collisions with automobiles, and poisoning by insecticides and herbicides,

Continued on page 20

Purcellville Spa and Boutique Opens

– By Carol Morris Dukes

The Purcellville Spa and Boutique on Main Street in Purcellville combines the talents of several local beauty professionals and businesses in one new, exciting, full-service salon that has everything the discerning spa lover wants!

Owner Thu Doan of Purcellville Nail and Spa, and Donna Clark Stanford of Del Nora's Hair Salon enjoyed long-standing success at the Loudoun Valley Shopping Center before their shops were razed during the shopping center's current restoration.



From left to right: Thu Doan, Donna Stanford and Jennifer Biggs"

Combining their successes was an obvious next step, and today they are happy to welcome former and future salon clients to experience luxurious care in their new home on Main Street.

The owners have brought together talented professionals from the local area in order to meet the popular demand for specialized spa services, using only top of the line products that are natural and kind to the body.

Professionals include former Del Nora's hair designer Celine Coakley, and Jennifer Biggs, from the former Snippers Hair Designers. Expert nail technicians Van Ostrander and Jamie Van provide a wide range of manicure and pedicure options and Brenda Wayland is the spa's massage and foot reflexology therapist. Thu brings her nail expertise as well as her skills as a skin therapist and provides the ultimate in luxury: an assortment of facials, body wraps and scrubs. Airbrush tanning is also provided, rounding out the full beauty and spa experience.

The Purcellville Spa and Boutique is easy to find at 748 East Main Street, Unit B, Purcellville, across from Loudoun Valley Shopping Center. Look for the sign out front that says Purcellville Salon Nail and Spa. Open Monday-Saturday. Telephone: 540-751-0220. Visit them on the web at www.purcellvillespa.com.

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Blue Ridge Candidates, continued from page 5

Supervisor Jim Burton, (I)

Meeting these mandated targets (60% by 2017 and 100% by 2025) will have a significant impact on the following sectors: Agriculture, urban/suburban storm water, wastewater plants, septic systems, and overall use of fertilizers. Over the next year the County and the State will negotiate and decide upon the specific actions Loudoun must take to meet the mandated targets. I want to emphasize here: These actions will be mandated by the State; other than negotiating the best possible deal we can get for our citizens, Loudoun County will have no choice but to meet this State mandate.

6. Can you give us an overview of the last ten years in Loudoun County, and how our growth rates have affected the budget?

Over the past ten years approximately 143,000 new residents have moved into Loudoun, making it one of the fastest, if not the fastest, growing counties in the nation. The growth has been too rapid for the County to provide the infrastructure needed to serve so many newcomers. We have met the demand for new schools, opening 37 new ones over the ten-year period, but we have struggled to provide libraries, firehouses, jail capacity, parks, community centers, etc. while maintaining a reasonable tax burden. Providing the facilities and services the public needs and expects has produced tremendous upward pressure on homeowners' tax bills, which is the primary source of local tax revenue.

7. With the recent redistricting, you now represent not just the more rural parts of Loudoun County but some suburban neighborhoods as well. How will you approach meeting the needs of everyone in your district (The Blue Ridge District)?

In the past I have simultaneously represented incorporated towns, rural villages, open rural land, part of Leesburg, and eastern Loudoun suburban communities such as South Riding and Lenah Run. While each community has its distinctive characteristics, needs, and challenges, all have a common desire for good schools, a safe environment, and an affordable tax burden. Representing such a wide variety of communities at the same time has given me a broad per-

spective for governing. I will continue to provide that perspective in representing the newly configured Blue Ridge District.

8. How has the rapid growth in Loudoun affected our transportation issues? And what does the future look like?

Simply put, we have too many cars for the road network. The State, which is responsible for building and maintaining roads, has not lived up to its obligation. Three years ago, the State's six-year funding for new road construction in Loudoun was \$43 million. Last year that six-year number was reduced to \$1,024 total, and it was further reduced to \$0 (zero) this year. This spring the State announced a new \$4 billion transportation program. Unfortunately, most of this money is borrowed and will have to be paid back by the next administration, with interest. While the \$4 billion will fund a few important projects in Loudoun, it is not enough to significantly reduce congestion. Without a long-term, reliable State source of funding, congestion will continue to be a problem. I am reluctant to commit any more local tax funding to road projects since that money will be needed for schools.

Recently the State Secretary of Transportation has begun talking publicly about shifting from the State to local governments the State's responsibility for building and maintaining roads because that responsibility has become too expensive for the State. This idea is referred to as "devolution" and will once again force local jurisdictions to raise taxes because the State is not willing to do so. I will resist this idea with every ounce of energy I can muster.

9. What is your position on the proposal to bring the metro rail to Loudoun County?

I believe that bringing Metrorail to Loudoun will provide great benefits to our residents, both from a transportation perspective and an economic development perspective. I remain open-minded on whether or not Loudoun should participate in the program, however; I have serious concerns about the proposed financing scheme and am skeptical that it will actually work. Uncertainty on the availability of Federal loans and possible \$13 one-way tolls on the Toll Road give me serious concern. The program is still evolving and I will keep an open mind until the final product is presented for a vote.

10. Why should you be re-elected as Blue Ridge Supervisor?

The new Blue Ridge District is a microcosm of the County at large, with incorporated towns, rural villages, open farm land, and suburban communities. I have considerable experience in representing such varied communities and, in fact, find it enjoyable. In addition I have an MBA, 15 years of experience on the County's Finance and Government Services/Operations Committee (eight as its Chairman), and considerable experience on the Fiscal Impact Committee, of which I am the Chairman. I believe this kind of in-depth, hands-on education, knowledge, and experience will be vital in leading the County through what may possibly be troubled national, international, and local economic times to come.

11. What success have you had in managing the explosive growth in Loudoun County?

Unfortunately the State has given local governments little authority to manage the rate of growth. I have appeared before the General Assembly on many occasions requesting, on behalf of the County, tools that could be used to slow the growth rate. Each request was denied, as the development industry has a lot of influence in Richmond on this subject. It is the rate of growth that is problematic, for we have been growing far too rapidly to keep up with providing the needed facilities and services. The County currently has a backlog of 41,000 approved but unbuilt houses that can be built any time that the builders want. For this reason, I have urged restraint on approving more residential units until we can provide the facilities and services to the ones already approved. I have followed this policy of restraint and will continue to do so if re-elected.



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FROM THE FARM

By Uta Brown

The perfect apple. Ever seen it? The apple growers industry has certainly tried to make this fruit, our most popular and widely consumed fruit, as perfect as possible. And unfortunately this entails a great deal of genetic manipulation and chemical application. And the apple industry has largely succeeded in making blemish-free apples. Because they are far from perfect, we find a great deal of resistance to our apples on the farm. Years ago we thought we would leave a small portion of our orchards completely unsprayed to see what the response would be by our customers. Those apples were scorned. It's always about expectations. Looks are extremely important to the American consumer even when they have nothing to do with nutrition, and may in fact have an inverse relationship to the health of the product. Rutgers conducted an extensive study twenty years ago about the expectations of the consumers when it came to buying food. The data were very clear. Consumers want perfect looking food with no harmful residues.

Not gonna happen, folks.

All apples are sprayed, including organic apples. But there have been attempts in the apple industry to lower the number of sprays used on apples by targeting certain pests and diseases. This is the price you pay for attempting perfection in the first place. You need to keep reinventing the wheel. When plants evolve, and trial-and-error allows for the slow perfection of a plant or animal over long periods of time, you get fruits and flowers that are perfectly adapted to the environment until the "industry" gets its restless hands on it. Then, it's never good enough – never big enough, sweet enough, red enough.

Soon the kids from the schools will be pouring out of their busses and crowding around the table to pick up their bags or buckets to pick apples. It's Johnny Applesseed time. Born John Chapman, here was a man who slept in the open air, had strange ideas about man and life in general, dressed in discarded grain bags (or so the story goes), and was an astute land speculator. And he planted apple trees in many states in the eastern and central part of the country.

But what he planted were seeds. And so of all the thousands and thousands of trees he planted over all those acres of land, no two were the same. Before the use of root stocks and scions and vegetative propagation on apple trees became routine, seeds were the only way to extend the range of apple trees without intensive time and work such as was already being done by some Europeans. It was hit or miss. Some apples were edible, some not. Some were small, others large. And no two the same. Most of the apples weren't eaten but made into cider, both fresh and hard. Today natural unpasteurized cider, a drink that is incredibly good for your digestive system, is shunned by most people and demonized by the school system. When notes from the school warned parents of the dangers of raw cider were circulated, our sales went down. And yet what could be worse than the school lunch program as far as nutrition is concerned? Ten years later we decided to make raw cider again, since the counter-productive attitudes of the food industry are being more and more exposed for what they are – misleading and at times downright deceitful, used to protect the food

industry giants, not the public. And while e. coli seems to be what all the governmental agencies are so paranoid about, most of the bad food on the store shelves is never labeled as "dangerous to your health" because it would be political suicide to try to put warning labels on all the junk food from the food giants like Coca Cola that contribute to bad health. Substitute raw cider for soda. That change alone would make a tremendous difference in our childrens' well being.

Several decades will pass before people accept the less that perfect apple and we get back to a fresher, less manipulated, local food supply. Go Johnny applesseed!



Uta and her husband Sam operate Crooked Run Orchard.

The Perfect Apple

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Photos by Bella Vista Photography

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The Magic of Virginia in Photos

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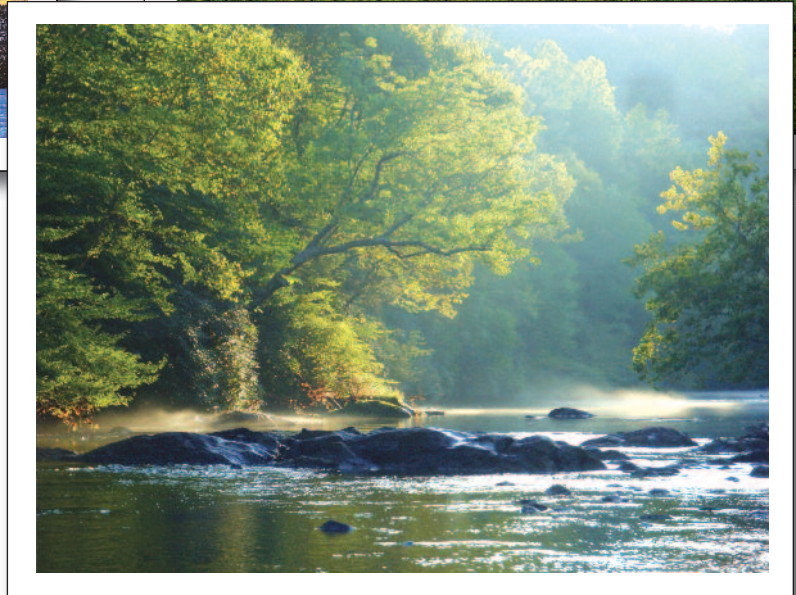
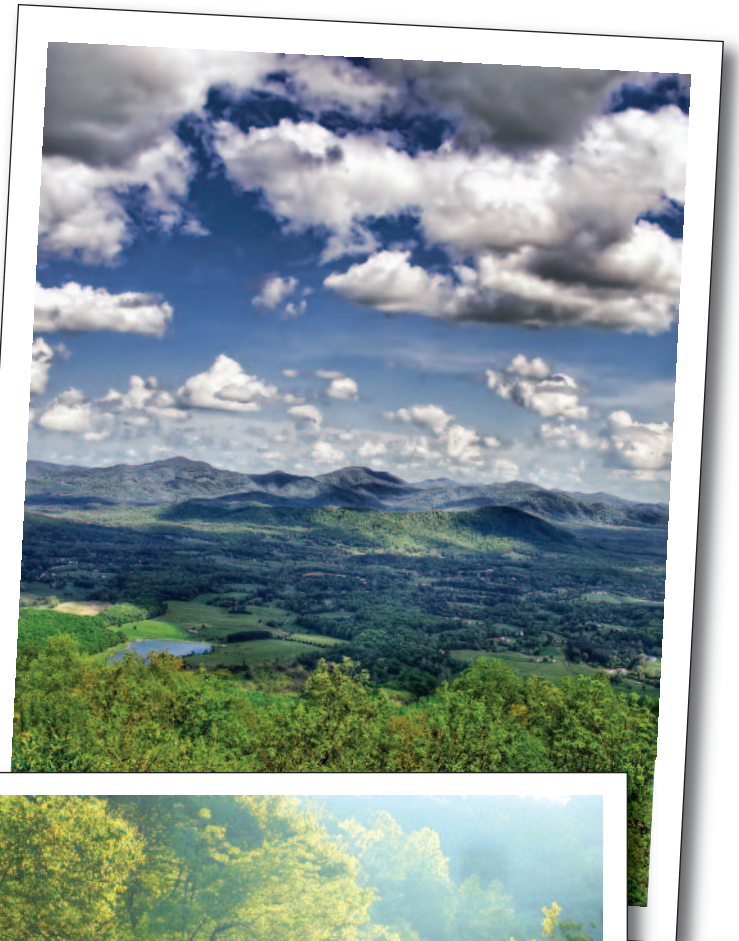


Above: **"BEST IN SHOW"** – Snow Goose Sunset; Photographer: Ron Hugo of Lee Mont; Location: Chincoteague National Wildlife Refuge on Assateague Island; Media for photographer and photo location: Chincoteague Beacon, Eastern Shore News.

Above, right: **Winner PEAKS AND VALLEYS/MOUNTAINS CATEGORY** – Blue Ridge Parkway, Just South of Rockfish Gap – Photographer: Bill Dickinson of Glen Allen; Location: Looking east from the Blue Ridge Parkway just south of Rockfish Gap; Media: Richmond Times-Dispatch, Waynesboro News Virginian, Daily Progress.

Right: **Winner RIVERS AND WATERWAYS CATEGORY** – River Fog Rise Above the Smith; Location: Smith River below Philpott Lake in Henry County; Photographer: Brian M. Williams of Martinsville; Media: Martinsville Bulletin (Ginny Wray, Editor).

To request digital images or obtain additional information, please contact Executive Director Leighton Powell at Scenic Virginia at (804) 363-9453 (cell) or lpowell@scenicvirginia.org.



The Beauty and Abundance of Virginia Farms

Virginia Department of Agriculture and Consumer Services (VDACS) photo contest.



Left: **Adult Category**, Staci Longest of Newtown, Photo taken at the KQCD Farmers' Market, King and Queen County.

Center: **Child Category**, Preston Striebig of Harrisonburg, Age 8; Photo taken at the Harrisonburg Farmers' Market.

Right: **Youth Category**, Wray Sinclair of Herndon, Age 16, Photo taken at the Herndon Farmers' Market.

Brothers Revisit the C&O Canal

By Sue Thompson

The early morning air is cool as it floats up from the waters of the canal, drifting over the little hikers and their dad. The boys charge up the tow path, full of the kind of energy only 10 years old boys can generate at 8 o'clock in the morning. With homemade sandwiches in their backpacks, a discussion ensues as to who gets to carry the flag. After much negotiating, the coveted flag, made from a bamboo branch and an old piece of canvas, is jammed into the winner's backpack, protruding at a jaunty angle. It will change hands several times during the day per negotiations. Time and location are duly noted by dad and 'The Saturday Morning Hiking Club' sets off on another adventure.



Fast forward 46 years. The 184.5 miles of the Chesapeake & Ohio Canal haven't changed a great deal. The trail bed is still clay and crushed stone. The trees along the path have matured since 1965, creating a canopy over the path. The Saturday Morning Hiking Club is a distant memory for the brothers but one that has brought them back to the Canal. They have returned, aiming to tackle the full length of the tow path on bikes. Gone is the boundless energy that propelled them down the tow path in their youth, replaced by middle-aged bodies that are less cooperative.

Dropped off in Cumberland, Maryland at the trails head, with thunderstorms threatening, the boys put foot to pedal at approximately 3 p.m. on June 5, 2011. The trip to Little Orleans is easy with a stop at Bill's place for directions. Bill isn't doing well health wise. Under hospice care for 20 months, Bill has been cheating death. The cook didn't show up at Bill's so the kitchen is closed, and there are no other places in town to eat, so it's on to the Little Orleans Lodge where owner Steve rustles up breakfast for dinner. It tastes like the



very food of heaven to two weary biker brothers. Thanks Steve!

Steve's daughter arrives from Iowa and the four talk of hostels, Air Force bases, 9-11 and bike trails. Videos of the Trans-Allegheny Bike Trail and the C&O illustrate 330 uninterrupted miles of biking from Pittsburg to Washington D.C. Trips like this one can be all about stamina and going the distance and miles per day, and they can also be about the people you meet along the way.

The Chesapeake and Ohio Canal, also known as the Grand Old Ditch, was one of a number of waterways constructed in the 1800s. President John Quincy Adams presided over the groundbreaking ceremony in 1828, with the first section of the canal connecting to the Potomac River by joining with Rock Creek on the east side of Georgetown. More sections followed. Seventy-four locks raised and lowered the water level, eleven stone aqueducts crossed tributaries, seven dams supplied water, waste weirs controlled flow and 200 culverts enabled streams and roads to pass under the canal. Workers periodically spread thick clay along the walls of the canal to prevent water seepage. In its heyday, hundreds of boats plied the waters daily.

A favorite attraction along the canal is the Paw Paw Tunnel. Using over six million bricks, it took engineers twelve years to build the tunnel 3,118 feet through a mountain. Wide enough for only one boat at a time, the tunnel became the site of the now famous Paw Paw Tunnel standoff. Two boats coming from opposite directions met nose to nose in the tunnel. The captains, being more stubborn than their mules, refused to yield. Traffic backed up in either direction until a canal worker lit green corn stalks and smoked them out. Bikers entering the tunnel today must dismount and walk the length of the tunnel behind a sturdy railing, giving themselves time to marvel at thick brick walls – quite an engineering feat for the time.

The second day of the trip is the longest, covering 80 miles from Little Orleans to Harpers Ferry in about seven hours. Fueled by another Steve breakfast at 6 a.m., the boys find their energy flagging in the late afternoon when their first mishap occurs. Note to bikers: if you're traveling



with a heavy pack on the back of your bike, don't put your bike in a bike rack when you stop. The weight can cause the bike to fall over with the front wheel caught in the bike rack resulting in damage to your bike. Lay your bike gently on the ground instead. Tim's bike sustains a wobbly front wheel injury.

Heading back to the canal, wobbly wheel notwithstanding, the boys settle into their pace. Forty-five miles into the day's ride brings them to an overlook at Great Falls Park and lunch. A nap in the sun with Japanese tourists snapping pictures of the dusty bikers rounds out the stop before pressing into the last 15 miles to Georgetown.

This is the most familiar part of the canal for Tim and Peter, especially below Chain Bridge. Both had rowed crew for Washington and Lee High School at the Potomac Boat House and spent many hours training on the tow path. The last mile is a mess, narrow and busy with unyielding commuters and walkers and impassable for the last few hundred yards. At the zero mile marker there is a flurry of picture taking. They had made it! Two middle-aged brothers biked 184 miles in two-and one-half days. And they'd do it again. There's talk of a trip from Washington D.C. to Pittsburg next year.

Susan Thompson, a writer and photographer and a native of Virginia, lives in Purcellville with her husband Tim and a Schipperke named Rocket.

Fun & Games

Magic square

Here you have a 3 x 3 grid.

Courtesy of www.activities-for-kids.net

You must place the numbers 1-9 in the squares so that in each row, column or diagonal line, the total of the three numbers is 15.

The answers to the Magic Square are on page 25. In the meantime ... enjoy this recent post on Facebook:
Q: How do you motivate yourself to face disagreeable tasks versus procrastinate?
A: Ask me this later.

Answers to crossword puzzle from page 12

S	M	E	H		E	S	S	E		S	O	S			
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– MORTGAGE RATES REACH RECORD LOWS –

– By Carl Fischer

Despite the gloom and doom so widely referenced in the national media, there IS a silver lining for those who can take advantage of it.

According to Freddie Mac in its weekly mortgage market survey August 5th, "...the 30-year fixed-rate mortgage, the most popular choice among buyers, averaged 4.39 percent this week, its lowest average for 2011. The 15-year fixed-rate mortgage and the 5-year adjustable rate-mortgage also both reached new historical record lows."

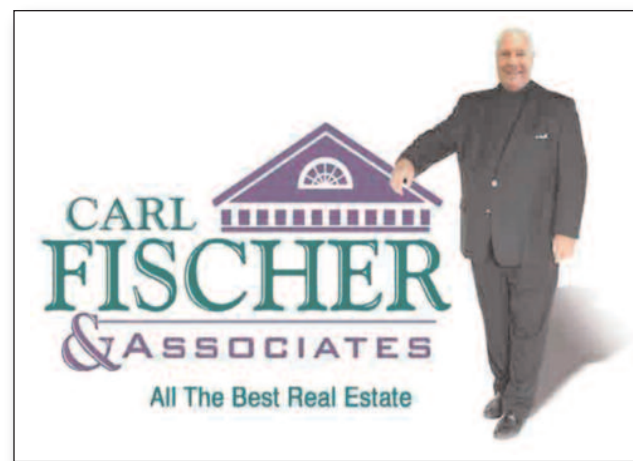
So if you're in a position to purchase a home, or refinance the one you have, right now would be a great time to do just that.

The Metropolitan Regional Information System (MRIS) reports that average Days On Market (DOM) for July was the same 55 days as last year this month, with closed sales

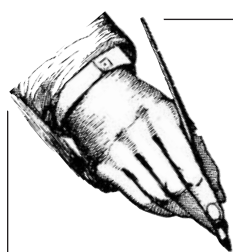
and dollar volume both up over 11% here in Loudoun County. But June sales were nearly 20% lower than the previous month, affirming the generally weak condition of the residential market.

The residential market looks to be "as is" for the next 12-18 months. In their 1st quarter report for 2011, the National Association of Realtor reports that there were 1.98 million homes in foreclosure in the US at that time, down from 2.05 a year earlier. This huge "overhang" of troubled assets will eventually find themselves on the market, competing with arms-length sales, and eroding the prices of those homes in the process.

Before committing to any change in residential ownership at this time, be sure to speak with a seasoned Realtor about your options; there's a lot at stake for you and your family.



Carl Fischer has lived in Loudoun since 1969. Formerly in residential construction management and land development, he has been in real estate since 1989.



Dear Doug

– Real Estate Q&A –



Dear Doug: I own a townhouse which I have rented out to a nice family on a month to month basis for the last 2 years for a very reasonable price. In recent months, my mortgage payment increased after I locked in to a fixed rate. I would like to raise the rent to help re-coup my higher costs, but I don't want to risk losing my tenants. I have done some research, and I know I am renting below the market. Are there any rules about how to go about raising the rent? I want to increase the rent from \$700 to \$800. Is this reasonable? How much notice do I need to give them?

Dear Lucky Landlord/Landlady: I say lucky because you are in a red hot market! While sales are slow, and qualifying for a mortgage is much, much more difficult than it used to be, the flip side of that is, more people HAVE to rent. Couple that with consumers who are not confident in

the market increasing, and who therefore are holding off to buy, and you have a building demand for rental properties. With an increase in demand, what happens? Prices go up. Rentals in the northern Virginia area have increased dramatically in the past several years. For example: I got a call last week from a family who I helped to rent a \$2500 single family house in Ashburn to (near Dulles airport), two years ago. The house has 4 bedrooms, 2.5 baths, a 2 car garage and a fenced-in quarter acre lot. They signed a two year lease, which is up in October of this year. They just got a call from the landlord informing them that the rent would be increasing to \$3200 per month. Quite an increase, isn't it? When I did a new search for them, there was only one single family house in Ashburn for under \$2500 (a 3 bedroom with an unfinished basement). So, the market has shifted, and the tenant is now feeling the pain of it.

Investors are also coming out of hibernation now, and picking up short sales and foreclosures and renting them

out for positive cash flow, with a 20% down payment. They are taking advantage of the rising rental rates, while banking on future appreciation when the market improves. Can you blame them, when cash sitting in banks earns only .05? Two final considerations: First: check your local jurisdiction for rent control rules, if any, before you try to raise the rent. Second: with rental properties that I have, I always try to keep the rent just a bit below market, since I shoot for tenant longevity, and hope for tenants who take care of the property like it is their own. My feeling is that even if I can raise rents more, I want to cut down on tenant turnover, repairs, prepping for new tenants, etc, and I feel that in the long run, renting to good tenants for less than market pays far greater dividends with long-term cash flow, and tenants who take better care of the property.

Let me know how it goes. I will save the column addressing evictions, late rent payments, angry tenants, etc. for a future edition of this paper. Happy landlording!

Douglas Frank holds a BA degree in English from Rutgers University and is a licensed realtor with over 20 years experience. Doug works with Prudential Carruthers Realtors in Fairfax, Virginia. He also has his Home Improvement License and owns a number of investment properties including houses, townhomes, and condos. Doug and his wife and two sons live in Fairfax, Virginia. (Opinions expressed here are ... only opinion!)

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Do you have something to "Classify"? Call Carol Morris Dukes at 703.727.5576.

Rosemary Stanger's Interesting Beauty Shop

(Or: I'll take a rusty railroad spike with my haircut today, thank you.)

– By Carol Morris Dukes

Rosemary Stanger sells haircuts and beauty items at her salon, but wait a minute! This hair designer throws in a quick tour of her own home-grown railroad museum for the curious customer. Rosemary operates the only (so far as we can tell) hair salon that throws in a quick tour of her home-grown railroad museum, to boot. Located off the beaten track (so to speak), in Bluemont, Virginia, Rosemary owns a little piece of Virginia railroad history, and she's doing her part to preserve this spot for others to enjoy.

If you're looking for a nice shampoo, cut and blow dry, or a fancy foil color, she'll serve it up in her funky, well-equipped salon located at her home. Comfy and woodsy, it appeals to customers who want a lot of time, attention and value for their money ... and – entertainment. An enthusiastic Woodstock alum with a penchant for Birkenstocks, Rosemary delivers professional results against a backdrop of eclectic decor. Her salon is decorated with a random collection of things. Interesting things. There's the antique barber pole, 1847 barber chair, and a salon chair that was NASA's working model for John Glenn's chair on the Apollo 9 space flight. There's the ephemera; lots and lots of local ephemera – Oh – and of course, there's her very own railroad museum.

Once the end of the line for the WO & D Railroad which ran from Loudoun County to Alexandria, VA, the Bluemont Station would be a long ago memory if not for Rosemary's affection for history and, well...stuff. The old station house, and grainery tower (there was a mill there, too ... but that's another story) mark the entrance to Rosemary's property and sits several dozen yards in front of her house and beauty shop.

The old train station located on unpaved Railroad Street (how delightful) sits on several acres that Rosemary shares with her partner. Over many years, the two of them, and various friends and well-wishers, have slowly fixed up the station and filled it with random mementos related to the railroad, as well as local Loudoun County memorabilia. A hand-made sign on the building identifies it as the "Bluemont Mill and Train Station" and indeed it is, but perhaps it would be more aptly called "Rosemary's Very Own Private Museum and Ten Dollar Haircuts." Open only a few times a year and by appointment, the museum is a treasure which lays dormant and hidden most of the time. During the Bluemont Fair in September, Rosemary throws open the doors and visitors not only get to see the museum, but get \$10 haircuts while they browse, thanks to the salon chairs she adds to the space. At Christmas-time Santa arrives, and



kids get to visit while mom and dad browse the artifacts. If you're lucky, you might leave with a bit of history. Dozens of railroad artifacts have been found in the soil, and on my visit, Rosemary left me with a lovely rusty old spike. Thanks, Rosie!

Hair Designs by Rosemary (and her Very Own Private Museum) are located at 18292 Railroad Street, in the historic village of Bluemont, just off Snickersville Turnpike. (To be clear, her beauty shop is open every day – the museum is not) Call for an appointment at 703-771-9311. You'll be glad you did!

Monarchs, from page 13

"A threatened species? No. A threatened phenomena."

Monarchs typically have a less than 10% replenishment of young each year. This is a very distressing figure; however, the news is not all bad. Monarchs are very resilient creatures. Estimates suggest that the Monarch can survive losses of up to 90% of the population if the surviving 10% has optimal breeding conditions.

This is where you come in – there is much you can do to help! In 2005, Monarch Watch, a group of concerned scientists, students, and citizens based at the University of Kansas, created a "waystation" program. A waystation consists of a number of plant species that provide breeding habitat (milkweed) for Monarchs in the spring and summer and also provide nectar sources (asters, goldenrods) during their fall migration.

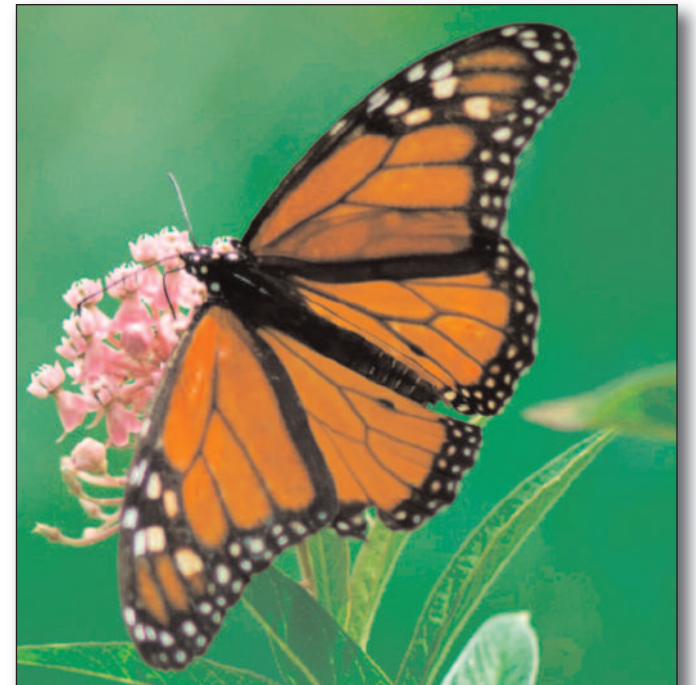
In order to become certified, a waystation must be at least 135 square feet and contain at least two species of milkweed and four or more nectar-producing flowers with different blooming times. Some good nectar-producing plants are the Aster, Joe Pye Weed, Purple Coneflower, goldenrod species, and New York Ironweed.

There are currently 100 known species of milkweed. Of these, common milkweed is the most abundant and also serves as the main host for Monarchs. Other milkweed species native to Virginia include Butterfly weed and Swamp Milkweed – many have beautiful showy flowers and sweet fragrance.

Currently, there are more than 1,000 certified waystations in 43 states. While this is a good start, waystations are desperately needed in large urban and suburban neighborhoods where wild varieties of the necessary plants do not grow in large numbers. For more information on the Monarch waystation program, visit <http://www.monarchwatch.org/waystations/>.

The Loudoun Wildlife Conservancy has Monarch waystation kits available. These kits include information on the waystation program, a variety of milkweed and nectar plant seeds, a planting guide, and an application for certification of your waystation. We also offer several educational programs on the Monarch butterfly and the role of waystations and can provide those to local groups and HOAs.

Fall is an excellent time to plant a waystation. When spring arrives, your garden will be beautiful, and the Monarchs will be grateful. And once you have seen the beautiful Monarch visiting your garden, you will be very pleased. Don't worry if you do not have enough room to plant a certified waystation. Even small patches of wildflowers can serve as important sources of milkweed and nectar plants, and a series of such patches can serve as corridors along the Monarch's migration route. So get outside and plant! (Reprinted with permission of the Loudoun Wildlife Conservancy. Minor additions by Andrea Gaines. More information at: www.loudounwildlife.org/.)



Skate Park, continued from page 1



On August 12, Skate Now was hosted by the Loudoun Design Cabinet at the Government Center in Leesburg.

The Cabinet was made up of architects, urban planners and landscape architects.

The park is designed to benefit the entire community. Skate Now envisions families coming to watch the skaters, and has provided a cordoned off area with small ramps and boxes where young skaters (Skater Tots!) can participate. It would be located next to a covered area with picnic tables.

There is also a desire for an area where bands could play and a food vendor area.

A portion of food sales would go to the park.

There are two kinds of skaters: "street" skaters who use railings, stairs and boxes, and "traditional" skaters who

use concrete, empty pools, ramps and curved embankments.

"Our initial thinking is to meet the needs of both street and traditional park skaters by offering components that meet the expectations of both," said Dave Levinson, who is the head of Skate Now. "However, in the end," continued Levinson, "the community will let us know what serves them best. We are planning to hold events in the near future to work with the skater community to gather their feedback for the park."

For more information on the project go to SkateNow.org. You are also invited to make your tax-deductible donation online!



Hunt Country Gourmet's RESTAURANT REVIEW – Clyde's Willow Creek Farm

– By George E. Humphries

A major jewel in a most un-chain of 13 and counting area restaurants is Clyde's Willow Creek Farm in Broadlands, VA, a short distance south of the Dulles Greenway's Exit 5.

As a long-term off-and-on DC area resident (at the whim of the Navy Department), we have enjoyed the wide-spread hospitality of some of the elements of Clyde's Restaurant Group for several decades they have grown and spread in the DC area. But it is not in any sense a cookie cutter chain. Clyde's contains historic and varied venues such as the 1789 Restaurant, the Old Ebbitt Grill, the Tomato Palace, the Tombs, and the Tower Oaks Lodge. Willow Creek is solidly representative of the quality, variety, and reliability of all we have sampled.

My wife calls Clyde's Willow Creek Farm "a gift to the community." Architecturally, it consists of a marriage of several collected, dismantled, restored, and reassembled historic buildings artfully grouped and joined together to comprise a large and efficient venue for drinking, eating, and entertaining.

Inside these multiple spaces is a veritable museum of Americana – beautifully repaired, refinished, and polished horse carriages and tack; oil paintings; a full and numbered collection of the Audubon Birds of America lithographs; ship figureheads; old wooden shop signs; folk art; brass and ceramic sculptures; collections of silver trophies; and antique kitchen utensils. In any of its many rooms, there is a feast for the eye.

As surprising and fascinating are the physical features of Willow Creek, the food matches or exceeds the excellence they represent.

The menu, an extensive four page affair, changes a little daily. Recently it contained 20 "starters," with ten items including such as standards like shrimp cocktail and Buffalo wings. But it almost features our favorite crab and artichoke dip, a creamy concoction large enough to serve a table of four; and a delicious and equally generous bruschetta. The other ten items included four soups, chili, and five salads among which was a special blackberry and arugula plate dressed with Camembert, hazelnuts, and sherry vinaigrette.

Right here I should stop and point out that many of the fresh ingredients are grown right on the Willow Creek Farm located a short walk from the restaurant buildings. Tomatoes, other



"Our goal is to tell you where good food can be found ..."

vegetables, herbs, berries – they ripen right on the vine or stalk, are picked in the morning, and appear on the table that day. That's something few restaurants anywhere can offer.

A recent lunch menu featured 15 items covering the whole gamut of meat, fish, fowl, and vegetable. It included grilled chicken pasta, trout, salmon, an omelet, fish and chips, and New York strip steak. We really liked two items from Willow Creek Farm itself: Petite Eggplant Parmesan and Willow Creek Farm Salad with grilled shrimp. Altogether, seven of 15 items had ingredients grown on the property.

The dinner menu also contains 15 specials including three pasta dishes, six seafood (mussels, crab cakes, salmon, scallops, trout, and monk fish); steaks (New York Strip, Carne Asada) pork chops, ribs, fried chicken, and duck. There does not seem to be a missing element. We've found the crab cakes and the salmon to be especially good.

Each of these entrees comes with its own special accompaniments. The pork chops are huge but surprisingly tender and accompanied

by cheddar corn pudding, southern-style green beans, and house-made BB sauce. The half-rack of house-smoked pork back ribs is served with cole slaw, potato salad, and cornbread.

It is difficult to fully describe the extent of the menu. As a former restaurant manager, I pale to think of the stock of ingredients, side dishes, and

preparation time that goes into putting together 26 different special accompanying side dishes that are linked with the entrees. Someday I am going to get the courage and ask Tom Meyer, the President of Clyde's Restaurant Group, to let me look in at prep time in the kitchen at Willow Creek.

For all the beauty of its unique décor and the good food, meals are surprisingly affordable with most entrees well under \$20. Portions are generous – big eaters will have no problem filling up; others like ourselves usually walk out of Clyde's with boxes of leftovers that will take us through several more meals. Clyde's food is delicious and definitely cost-effective, and its large but comfortable complex of rooms can accommodate parties of any size from casual to more formal dining.

George Humphries is a retired Navy aviator who began cooking at the age of 10 and has managed several large restaurants. He has lived in Loudoun Country since 1984.



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– Sushi ... "Tails" from the Barn Yard –

Wandering Back Home

Before the school year starts it is Mrs. B.'s tradition to have a fun family gathering around the grill one last time for the summer.

The cool evening breeze was settling in. Bernie and Laino were down by the fields near the Beaver Dam Creek putting their ponies away for the night. Mr. B. was working the grill and good smells began to fill the air. Mrs. B., family and friends filled the tables with yummy treats to compliment the dinner. Before I knew it, we all gathered round Grandfather under the story tree. I love family times like this because you never know what kind of a whopper of a story Grandfather will come up with!

Grandfather cleared his throat; *ahhh um*. Grandfather always did this as it bought him time to think and he stroked his chin. Then he began; *Two wanderers in love ... many long years ago ... came upon a ledge of rocks hidden under some ancient maple trees. Beaver Dam Creek trickled quietly below, luring them in, to make this their new home. That they did. Midnights had come and gone. One cool evening after a storm had cleared, two young Cairn terrier pups were born. Both mother and father were proud of the son and daughter that had come to them under the moon and stars.*

Nelly, the farm Border Collie and I looked at each other. Grandfather lovingly winked at me as if to say – hush now and listen. Yes sir! My ears are in full alert!

Many moons came and went and in the blink of an eye the proud parents knew it was time. They could not keep their son and daughter from moving on in the world.

And as it came to be, one night in the moon's golden beams the brother and sister were gone. The sister went in the direction of Leesburg, where she would follow her dreams. The brother drifted towards Middleburg, where he would work as a great fox hunter.

Now, this is a story about the sister, whose name was Philomena. After she ran away from home she learned about life – with a bright tooth Cairn terrier grin she learned she could have anything from anyone as she understood human's desires and their need for love. Always restless though, one human home after another, soon wore out its excitement and she would travel on. She traveled a one way path towards Sterling, as she knew her life would be



more exciting than where she had been. Upon her arrival she saw the city lights at the foot of the hills. Her heart was beating and would not be still. The city lights beckoned her in. She shook her wiry Cairn terrier coat, sleeking her form with her tongue and practiced her best white toothy grin. She knew what she wanted, she knew what she was after, for Philomena loved to play and dance and grin. Sterling had what she wanted. Into the city she went.

It was the same way back in all the other towns she had left. Human's would feed and care for her. Groom her hair for her. Be silly fools for her.

One shop keeper found her and knew Philomena would be the answer to draw more customers in. The shop keeper had a handsome dog like no other Philomena had seen in her travels. He was a real cowboy's dog, much like Nelly there.

Nelly and I glanced at each other hanging on Grandfather's every word.

The cowboy dog was sleek, long and firm in body. He knew he was different and not like the rest. Philomena grinned and danced as her heart leaped for joy to gain his affection. The strong handsome Cowboy did not play like the rest for he was insanely jealous. He hurt inside ... because his shop keeper had brought into his territory a young little flirt. He shot Philomena a look, as if looks could kill, and she knew this young cowboy had reached his limits with her. He growled and he fussed at her, scaring her more, and he sent her away from the shop with her tail tucked under and her heart forlorn. For you see, Cowboy was the star of his shop, and no one but no one was going to intrude upon his thunder. Defiantly, Cowboy ran Philomena out.

Philomena was tired and sad. She decided to return

My master, Elaine Boland lives with her family in Purcellville, Virginia at Fields of Athentry Farm.

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back home. She had learned that the grasses look greener over the fence, but when all was said and done, life with her family was really the best. Homeward, Philomena trotted. Her heart was filled with joy as she remembered the love, peace and tranquility of her home by the creek in the woods. As she thought about the cool running waters, the shade of the trees, the chasing of butterflies and the honey of the bees, she realized that her home really was the sweetness of life and that was something she could have only learned to appreciate from her long wanderings.

She now knew that family is something you never forget and that the countryside has pleasures that are better than best.

That's a lesson I had to learn as well, the story of home and family as told by Grandfather.

And so now my dear family, summer has come to a close and it is time to get your school books under your nose. Study hard for life is short. Good schooling brings competence, structure and responsibility. Make your Moms and Dads proud.

Come out to the farm and visit – fall is just around the corner! Love, Sushi!

Wow! I now have my very own email address!

[Sushi@fields of Athentryfarm.com!](mailto:Sushi@fieldsofathentryfarm.com)

**I would love to hear from you ...
please email me with lessons of home
that you have learned ...**

– Love Again, Sushi

Ask Dr. Mike, continued from page 2

need to improve communication and increase structure to help her through this difficult time.

For more information on your privacy rights and protecting your mental health treatment, contact SAMHSA's National Mental Health Information Center at: SAMHSA, P.O. Box 42557, Washington, DC 20015. Telephone: 800-789-2647. E-mail: nmhic-info@samhsa.hhs.gov and Webpage: <http://mentalhealth.samhsa.gov>

Dr. Mike, We recently found out that my husband, who is in the Army, is being deployed to Afghanistan for several months, and he is leaving at the end of Summer. We would like some advice on how and when we should tell our sensitive 4 year old daughter. – M. in Loudoun County

M., Your husband's deployment is going to be an adjustment for you all, but there are a few things you can do to make things a little more manageable for your daughter. I would not share the news of the deployment with your daughter too early, as you don't want her to become sad and/or anxious over the next several months. Instead, enjoy your Summer as a family. I would let your daughter know of her daddy's deployment about two weeks before his departure date. This will give her plenty of time, at 4 years of age, to process the hard news and prepare for his leaving.

When you discuss the deployment all together, you and your husband should talk to your daughter openly and honestly. Your husband should certainly let her know that he will miss her, but he should also let her know that he is going away to do something very important and that many people are relying on him to do a great job. It's also normal and okay for your daughter to hear that you are both sad and that you will miss one another

and to see you both sad together as a couple. By experiencing you in these ways as parents, she will be more comfortable opening up about any negative feelings she is having. Your husband will also want to discuss where exactly he is going. Buy your daughter a globe or map, which she can keep in her room and pinpoint Afghanistan with her. You might even want to look up Afghanistan on-line and have age appropriate discussions on the country – the culture, the products that come from there and the weather your husband will be experiencing. The more your daughter knows about where daddy is going and what daddy will be doing the more secure she will be in accepting his deployment. Also, have your daughter help your husband pack. This should help to give her a sense of additional control over things with the departure.

Before your husband's departure, video tape your husband reading several of your daughter's favorite children's books. Your daughter can comfort herself by playing and replaying the videos while your husband is away. Your husband might also want to make a photo calendar comprised of several family photos. This will give your daughter a visual aid to remind her of daddy and your connectedness as a family. She can also cross off the days on the calendar until her daddy returns. Your husband might even want to make two copies of the calendar – one for your daughter and one for him. This way your daughter and her daddy will have the shared, special task of crossing off the days while apart.

The Armed Services is doing an excellent job of supporting deployed service men and women with their children back home. Your husband will likely have frequent access to Skype, in which he can communicate via computer with you and your daughter face-to-face. There are also several good books now to assist your daughter in making sense of

Continued on facing page



Oh, go take a hike! – By Molly Pinson Simoneau

Hiking Harper's Ferry: Maryland Heights

Many hikers hike for a love of nature, or to get exercise, but in the area around Loudoun County there's another great reason to hike: history. Many of the wilderness areas in and around Loudoun weren't always wilderness. They may have been working farms like Wildcat Mountain, mentioned in last month's column, or they may have been the site of vast military operations, like the Maryland Heights area in Harpers Ferry National Historic Park.

If you are a Loudouner who hasn't spent a day in Harpers Ferry, what are you waiting for? I recommend heading to the park early to do the approximately 6 mile Maryland Heights hike, have lunch in town, then wander the streets to check out some of the museum exhibits and chat with the living history docents.

Harpers Ferry is great for families. Most children are fascinated by the living history, asking questions about the clothes people wore, or the ways people accomplished everyday tasks without modern technology; and in my experience, parents love to learn about it too. For groups with individuals unable to walk far, it's easy to split up and let the hikers head across the river and up the mountain for two or three hours, and meet up with everyone else afterward.

Hikers will start out crossing the footbridge over the confluence of the Potomac and Shenandoah rivers, which is just past John Brown's Fort. On the opposite (Maryland) side of the bridge, you'll descend a spiral staircase and follow the C&O canal towpath northwest (left) along the river, and come to a trail head in a little less than half a mile, which heads across the street to the base of a path. This trail becomes very steep, so pace yourself, and stop to check out the historical markers which describe how the Union army fortified this area during the Civil War. The hillside is dotted with batteries, powder magazines, and stone walls. The trail itself was a road built by the Army for the purpose of transporting supplies and troops.

The trail forks after about half a mile. If you're up for hiking the full loop, head left on the blue blazed Stone Fort trail. For a shorter hike to the cliffs overlooking Harpers Ferry, go right following the red blazes, on the Overlook Cliff trail.

If you took the left fork, you'll continue steeply uphill past a charcoal hearth which predates the Civil War, and an area where stone foundations and circular platforms mark the location of a Union encampment that stood for most of the duration of the war. The trail then turns and follows the ridge back towards Harpers Ferry. There's a stone fort, with a photogenic vista here at the mountain's highest point. Another vista lies about another half mile down the trail at the location of the 100-lb battery, a 9-inch Dahlgren gun that could launch 100-lb shells over two miles. Continuing downhill, the trail will intersect with the Overlook Cliff trail.

Head right to the overlook which has stunning views of Harpers Ferry. This is also a popular destination for rock climbers. When you're ready to head back, go uphill the way you came, and follow the red blazed trail to the towpath. Maps, directions, and other info about Harpers Ferry National Historic Park can be found at www.nps.gov/hafe.



Molly Pinson Simoneau grew up in western Loudoun and enjoys hiking most weekends.



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Ask Dr. Mike, continued from facing page

her daddy's being away. I recommend you have a few of those on hand. "My Daddy's a Hero," by Rebecca Christiansen and Jewel Armstrong is a personal favorite of mine.

Once your husband is away, be sensitive to your daughter as she adjusts to her father being away and watch for signs of distress. At age 4 years, you will want to watch for: prolonged sadness, separation struggles, unexplained crying or tearfulness, clinging behavior, regression toward a favorite blanket or toy or younger behavior (e.g., thumb sucking), social avoidance, bad dreams, and fearfulness in new situations. Should your daughter struggle for several weeks across her home, school and social environments, I recommend you seek out the assistance of a child psychiatrist or psychologist for support and guidance.

Dr. Mike, My best friend's child was diagnosed with Lyme Disease and their pediatrician feels that his behavioral and attention problems were caused by Lyme's. My son was diagnosed with ADHD in the second grade. He is now ten and presently takes medication and is in behavior therapy for his ADHD. Should I get him tested for Lyme Disease? Is it possible that my son has been misdiagnosed all along and that he is not receiving the right treatment? – S. in Loudoun County

S., It is true that some individuals are misdiagnosed with psychiatric conditions when in fact they have Lyme Disease. That is because Lyme Disease, if left untreated, can negatively impact the nervous system. Most people think of Lyme's involving circular rashes and swollen and painful joints. However, symptoms of advanced Lyme Disease can include memory impairments, disorientation, an inability to concentrate, migraines, difficulty falling asleep and profound fatigue. Since Lyme's is a deer tick borne condition,

many individuals with the condition may not even be aware that they were bit or why they are now experiencing problems. Those with Lyme's may very well end up at psychiatrist or psychologist's office confused over their symptoms of Panic Attacks, Obsessive Compulsive Disorder, Depression or ADHD.

Early detection and treatment is the key to addressing Lyme's, otherwise the disease can become debilitating if left untreated. So should you test your son for Lyme Disease? I recommend you consult your pediatrician on this, but I think you should. Especially since you are now concerned about it and you live in Loudoun County where there are a fair amount of deer, and therefore, deer ticks.

Now, if your son is tested and Lyme's is discovered, he will likely be on a course of antibiotics for a month or so. If his attentional symptoms are solely due to the Lyme's disease, those problems should subside. Keep in mind though that your son may have ADHD regardless of whether or not he has Lyme Disease. I am not sure how accurately your son was diagnosed with ADHD, and so you may want to reconfirm that diagnosis as well with a qualified mental health professional. Neuropsychologists are the best trained to diagnosis ADHD. Dr. Amy Gordon in Loudoun County is an outstanding neuropsychologist.

Michael Oberschneider "Dr. Mike" is the Founder and Director of Ashburn Psychological Services (APS), a private mental health clinic comprised of 12 MD and PhD level mental health clinicians. He and his team are here to serve our Loudoun children, teens and adults. To learn more about Dr. Mike and the APS team, please visit: www.ashburnpsych.com or (703) 723-2999.

TOWNS and Villages

LINCOLN – By Anne Tiffany

Lincoln's annual family Ice Cream Social is scheduled for Sunday, September 11 at 6 p.m.. This will take place as usual on the front lawn of the Goose Creek Meeting House. You are asked to bring a favorite home made dessert. Drinks and paper products will be provided by the Lincoln Community League. I've lived near Lincoln for 34 years, and this Social was already a yearly event when we came; however, in the early years, we had LOTS of homemade ice cream, hence the name "Ice Cream Social", so take out those machines, and crank out some fresh ice cream.

I saw a plaque saying "I'm Party Trained" which I should have purchased because on August 20th I hosted my fourth major event for the summer. It was to celebrate my father-in-law, James Tiffany, Sr's, 90th birthday. Happy birthday Big Dad!

Ard Keller is considering putting together a photo history book of Lincoln. More information about this will be forthcoming; meanwhile, look through your albums and see if you have any photos that might be included.

The Lincoln Community League is putting together a web site: www.lincolncommunityleague.org. We hope to have this available to the community by the first of October. This will be a good way for members of the community to keep up with Lincoln news.

Ard and Virginia Keller took eight members of their family on a trip to Italy and Switzerland in celebration of Ard's mother's 90th birthday. Dan and Amy Smith just came back from Deep Creek Lake where they had their yearly "family vacation" with their children, spouses and grandchildren. While they were there, they went fishing with PJ Daley as their guide.

Due to the recent weddings, this year I left my family behind and instead I shared my vacation with three couples whom Jim and I have known for 4 years. It was fun for me to see Martha's Vineyard through new eyes as I played tour guide. We enjoyed biking, swimming, an afternoon sail, and I snuck in nine holes of golf. I played really well, but made enough silly errors to affect my score. Phil and Ellie Daley took a two week vacation to Hawaii and Maui. While they were there, they visited Carolyn Taylor's cousin, David Vitarelli and his wife, Nyoko, in their all hand-made home in Maui. Then they visited another of Carolyn's cousins, Margo, in Honolulu, at the Manoa Heritage Center where she is curator. They also spent two days and evenings in Waikiki visiting with Dan Moran, son of Anne and Tom Moran, their next-door Lincoln neighbors.

Let me know what you have been doing this

summer. From now on, please get your news to me via e-mail by the 15th of each month; or you may leave a note in my envelope on the bulletin board in the Lincoln Post Office. If you do leave me a note, please give me a call at 540-338-6240 so I can stop by and pick it up.

Email Anne Tiffany with Lincoln news: jtiff70519@aol.com.

ROUND HILL

– By Susan Kahler

ROUND HILL ICE CREAM SOCIAL An Ice Cream Social and Dinner will be held on Saturday, September 3rd, 6 PM in the Round Hill Town Park, 3 East Loudoun Street (rain location is the RH Firehouse at 4 Main Street). The event is sponsored by the Round Hill Volunteer Fire Department in conjunction with the Round Hill Arts Center and the Round Hill Junior Womens Club. The Fire Department will serve Hamburger and Hotdog meals (with chips and drink) for \$5, and Vanilla or Chocolate ice cream for dessert (price TBD). There will be a face painter and the Round Hill Arts Center will show a family movie starting at 7:45-8 PM. Movie treats will be available for purchase. Send your Round Hill news to Susanne at: kahlerohana@comcast.net.



HAMILTON – By Terry Moon

The Natural Mercantile has installed a new refrigerated case for dairy and one for fruits and vegetables. There's quite a story about getting them delivered and installed. Sue Phillips has a newly discovered talent as a truck driver. Stop in, see in the cases and ask Sue about her adventure.

Hamilton's newest business is Harmony Hair Works at 11B Colonial Highway. That's beside Progressive Automotive. The shop is beautiful and encourages visitors to relax and enjoy their time there. You'll recognize familiar faces formerly of Molly's Cut and Crew. Vicky James is the proud owner. The hairstylists include: Cathy Enos, Norma Frye, Sissy Smith, Brittany Leone and Theresa Wolfe. Most stylists have over 25 years experience and are prepared to assist all members of your family from the very young to the Senior Citizens. They offer all services for men and women including cut, color, perms, the latest styles and waxing. The prices are reasonable and they offer Senior Citizen Discounts. The hours are posted on the door with the early time being when they accept their first appointment and the latest time being the last appoint-

ment. They are open everyday but Sunday. Stop by, welcome everyone to Hamilton and get a hair cut.

Ever wonder why the fire siren is still at the old fire station and not at the Safety Center? Me too. The Town Council is working with the Hamilton Volunteer Fire Department to find some answers.

WATERFORD – By Ed Good

Bluegrass and Barbeque at the Waterford Fair – Mike Marshall, Seldom Scene, and Patent Pending

One of the many attractions of the Waterford Fair is the music fair-goers enjoy throughout the Village of Waterford. Included in the price of admission is a wide variety of music groups who perform on Friday, Saturday, and Sunday, October 7, 8, and 9. This year, fair-goers are in for some special treats.

Mike Marshall: Ever heard the music that opens NPR's Car Talk? That's Mike Marshall along with Earl Scruggs, David Grisman, and Tony Rice. And this fall, on Sunday, Oct. 9, at the Waterford Fair, you can see this master musician in person. Regarded as one of the most versatile and accomplished string players in the country, Mike Marshall's career has spanned 35 years. Whether playing bluegrass, Brazilian choro music, or Baroque classical, Marshall has inspired audiences around the world. Mike has played with some of the world's most famous musicians, including Joshua Bell, Bela Fleck, and Edgar Meyer. One of Marshall's most recent CDs, Big Trio, features Marshall on the mandolin, Alex Hargreaves on the violin, and Paul Kowert on the bass. In the words of Mandolin Magazine: "All three players in this group are virtuosos ... showing no limitations. This is high caliber music from musicians at their peak." Marshall's website (MikeMarshall.net) recounts his early years: "Mike grew up in Central Florida, where he cut his teeth on traditional American music. His interest in many musical styles however eventually led him to the San Francisco Bay Area to join the original David Grisman Quintet in 1978 at age 19. This band toured and recorded with the legendary jazz violinist Stephan Grappelli, Mark O'Connor and guitarist Tony Rice. They performed on the Johnny Carson Show that same year and toured Europe and Japan and helped set a new standard for American stringband music." At the Fair's performance, Mike teams with Caterina Lichtenberg, Europe's foremost mandolin player. She has toured the world for over 18 years playing solo and duo, and with chamber groups and orchestras from both Europe and the U.S. She serves as the sole Professor of Mandolin in all of Europe at the Cologne University of Music,

Germany. They will perform in the refurbished John Wesley Church on Sunday afternoon, October 9.

Seldom Scene Is Often Heard: One of the nation's most popular bluegrass bands, The Seldom Scene, will perform at the Waterford Fair on Saturday, Oct. 8. The band has been entertaining audiences since its inception 40 years ago. One of the founding members is banjo player Ben Eldridge, now 73. Fans love his scat singing in the favorite Lay Down Sally, the fire he brings to the banjo, and his enthusiasm, which has characterized the band's music for the past four decades. Joining Ben's banjo is Dudley Connell's guitar and powerful lead vocals. Waterford fair-goers will delight in Dudley's renditions of Old Train, Blue Diamond Mine, and Rollin' and Tumblin'. Dudley formerly performed with The Johnson Mountain Boys. Ronnie Simpkins provides a steady beat on the bass and adds bass vocals to The Scene's quartets. Formerly a member of The Tony Rice Unit, Ronnie has played bluegrass music since childhood. Singing a high, lonesome tenor and picking the mandolin is Lou Reid, formerly with the Ricky Skaggs Band and current leader of his own group Carolina. And what's a bluegrass band without a Dobro? Lester Flatt introduced this uniquely designed resonator guitar in the 1950s. And "Dobro" is a registered trademark owned by Gibson Guitar. Seldom Scene boasts one of the most widely acclaimed Dobro® players today: Fred Travers. Waterford fair-goers will thoroughly enjoy Fred's vocal renditions of Walk Through This World with Me and From This Moment On.

Patent Pending: The Fair is pleased to welcome back the bluegrass band sensation Patent Pending. If you've ever tuned in to WAMU's Sunday morning bluegrass radio show (88.5 on your dial), you've undoubtedly heard Patent Pending. Featuring Keith and Rusty on guitar, Buster on banjo, Leigh on bass, Eldred on mandolin, Patent Pending has achieved quite a following in the Washington area.

World's Best Barbeque: We hope you'll join the Waterford Citizens' Association at our Barbeque Booth. This year we feature Mr. B's Barbeque, from Sperryville. Visit the vendors at The Old School and drop by the Barbeque Booth. Bluegrass and Barbeque. Doesn't get much better than that.

Waterford Fair Tickets – Oct. 7, 8, and 9: You can save money by purchasing advance tickets at waterfordfoundation.org/fair/fair-tickets.html. See you at The Fair! Ed Good, President, Waterford Citizens' Association. ed.good@grammar.com.

**Do you have community news or want your community or village covered?
Let us hear from you. Email carolbrleader@yahoo.com!**



Victory!

The Upper Loudoun Little League National Allstar team beat the Upper Loudoun American team in the Bret Crowell tournament in Hagerstown, MD.

This is the 12 U team. Bottom Row: Manager Jeff Payne, Andrew Hale, Will Hertel, Joey Eastman, Zach Olsen, Andrew Donofrio, Nick Renda. Top Row: Coach Tom Hertel, Johann Wunder, Greg Payne, Corey Johnson, Bret Donaty, Jibreel Jaka, Jordan Winnett, Coach Nile Coates.

They Always Make Me Smile ... – By Donna Williamson

The asters are starting to bloom. They always make me smile. The color is gorgeous in the late days of summer and on into autumn when so many other plants are tired. They are host to myriad beneficial insects. And they remind me of what a fraud I am.

My classes in gardening and garden design take place in the winter months. One of my stock comments is, "That's a five-minute plant." I'm referring to using a plant that has only a few days of beauty in a location where better performance is required.

Typically these are old-fashioned favorites such as lilac. Planting a lilac close to a house or pathway so you can enjoy the wonderful fragrance is something I discourage since in my part of Virginia and southward, it blooms for what seems like five minutes.

Then, the rest of the summer (usually dry), its leaves are covered by greasy gray mildew. So I recommend that if you have to have one (and I have 14), you place it where you'll have a nice walk to the lilac in April or May, and it will fade into the background the rest of the time.

In my opinion, day lilies tend to be five-minute plants. After blooming – each bloom lasts but a day – the plants develop limp, yellow, mottled foliage and dried, flowerless stems (scapes). The best maintenance approach is then to cut the foliage/scape down to the ground and let new foliage emerge. And then there are asters. Weedy looking at best, asters take up a lot of space if they are healthy and then wait until late August, September, or October to bloom.



Absolutely no doubt – they're five-minute plants. They are easy to propagate and have a tendency to propagate themselves around as well.

Still, pink, lavender, and blue asters work very well for me. Honeysong Pink is a delight, and so are October Skies, Raydon's Favorite, Bluebird, and Alma Potschke.

Five minutes of glory. Maybe six minutes. But when I see them, I smile and know that fall is coming.

Donna Williamson is a master gardener, garden designer, and garden coach. She has taught gardening and design classes at the State Arboretum of Virginia, Oatlands in Leesburg, and Shenandoah University. Author, The Virginia Gardener's Companion: An Insider's Guide to Low-Maintenance Gardening in Virginia, dwfinegardening.com, 540-877-2002.

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Answers to Magic Square from page 12

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Dreams Begin Here!

- **PRESCHOOL OPEN HOUSE –**
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from 1 pm 'til 4 pm.
 Free 1 hr. classes – including an introduction to our Musical Theater class – at 1 pm, 2pm, or 3 pm.
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Community & Business announcements

September

September 1-30: Loudoun Artists Document the Land; Special Display at Thomas Balch Library: Records of the Land by Loudoun Artists is on exhibit during the month of September. This special display presents a strong visual statement that art is an important means for documenting the land, as lasting and as powerful as written records. For information about the artists and their artwork, please contact ArtSquare at 703-777-5498 or www.loudounartsquare.org

Friday, September 2, 8pm: The Last Ham Standing, Tally Ho Theatre, Leesburg, Virginia: The best comedic minds on the East Coast are coming! In the same vein as the hit television series "Whose Line Is It Anyway?", professional performers of Last Ham Standing hit the Tally Ho stage the first Friday of every month to play interactive improv games incorporating audience suggestions and participation. Family-friendly. \$10 adults; \$5 for children under 10. Info: 703-777-1168; www.TallyHoLeesburg.com.

Saturday, September 3, 8am 'til noon, Yard Sale: Roszell Chapel United Methodist Church, 37141 Snickersville Tpke. Rt. 734, Philomont, VA. Variety of items. To donate items, call 540-338-5861 or 540-338-5862. Pickup may be arranged.

Saturday, September 3, 6pm Round Hill Ice Cream Social - Round Hill Town Park, 3 East Loudoun Street (rain location is the RH Firehouse at 4 Main Street). The event is sponsored by the Round Hill Volunteer Fire Department in conjunction with the Round Hill Arts Center and the Round Hill Junior Womens Club. The Fire Department will serve Hamburger and Hotdog meals for \$5, and Vanilla or Chocolate ice cream for dessert. There will be a face painter and the Round Hill Arts Center will show a family movie starting at 7:45-8 PM. Movie treats will be available for purchase.

Friday, September 9, 5:30-8pm New Exhibits Open at ArtSquare!: 2 Cardinal Park Drive SE in Leesburg. -Meet Artists Lee Becky and Donna Robinson at ArtSquare – the center of Loudoun's visual arts. The public is invited to meet the artists at the Opening Reception.

Saturday, September 10, 6pm, Second Annual Blues 'n BBQ to Benefit Purcellville Volunteer Fire Department & Purcellville Volunteer Rescue Squad:

Purcellville Public Safety Center, Maple Avenue, Purcellville, VA. Restored Life Fellowship, a non-denominational community church, is hosting its second annual Blues n BBQ night. The community is invited to come to the Purcellville Public Safety Center for a down-home BBQ dinner



Middleburg, Virginia Hosts Fourth Annual "Celebrate the Harvest Week" September 9-18, 2011

Celebrate the Harvest Week is back in Middleburg, Va., September 9-18, celebrating the best food, wine and art in Virginia's hunt country.

Based on a traditional harvest, a time when communities came together to celebrate the end of the growing season, the fourth annual Celebrate the Harvest Week continues the tradition. Local farms, wineries, breweries and roasters are partnering with many restaurants and businesses in Middleburg to showcase the best locally produced goods that the community has to offer. Throughout the week, restaurants in Middleburg will offer special menus and dishes featuring fresh and local produce, meats, cheeses and wines.

Participating restaurants include Market Salamander, Red Horse Tavern, Julien's, Red Fox Inn, Home Farm, Backstreet --, The Fox's Den, Mello Out, The Upper Crust, Cuppa Giddy Up, Teddy's Pizza, The French Hound, and Goodstone Inn & Restaurant. "Celebrate the Harvest Week is a great way to support local restaurants and purveyors," said Marny Birkitt, co-owner of The French Hound Restaurant and an organizer of the

and listen to the blues-rock sounds of The Gary Smallwood Band. The Purcellville Volunteer Rescue Squad and Purcellville Volunteer Fire Company are volunteer organizations of men and women who have donated their time, talent and energy to serve their community. The Purcellville Public Safety Center will be open for tours of the facility and equipment with volunteers on-hand to discuss their work. Children of all ages will love the opportunity to meet a fireman or EMT and see their vehicles. Families will enjoy smoky BBQ provided by Michael Pruitt of Pruitt's BBQ. The event is free, but donations will be accepted to benefit the PVFD & PVRs. Reservations at bluesnbbq.org – click on "tickets." For more information, please contact Kelley Truxel 703-431-3996.

Sunday, September 11, 4:15pm, Interfaith Youth Choir, Voices of the Valley: All western Loudoun youth grades 7-12 are invited to join the interfaith youth Christmas choir, Voices of the Valley. Rehearsals will held on Sunday afternoons. First rehearsal on September 11, 2011 beginning at 4:15 pm at the Hamilton building of the Church of Jesus Christ of Latter-day Saints (15 N. Reid St, Hamilton). The performance will be held on Sunday evening, December 1, 2011 at Bethany United Methodist Church. Questions: CLMichon@aol.com or 540.338.2466.

Friday, September 16, 1-3pm: Harvest Dance- Carver Center (Ages 55 & up) Dance your heart out at this lively event! DJ Sky Dantine will set the mood with engaging, toe-tapping tunes. Dance instructor Jason Conrad will teach you some new moves and lead group dances. Look for conga lines, line dance, freestyle, partner dancing, and big smiles. \$3.

Saturday, September 17, 11am-6pm: Emancipation Day Celebration, Carver Center:

Each year on the Saturday closest to the anniversary of the Emancipation Proclamation, the community celebrates this special and important event. This celebration also honors the memory of the Loudoun County Emancipation Association. The Association at one time owned the land where the Blue Ridge Bible Church (next door to Carver Center) now stands, known as the Emancipation Grounds. More recently, the celebration has been moved to Carver Center. This is a multi-cultural festival with live music, local cuisine, exhibits, & folklore. Free "Southern" Dinner, Re-enactments from Slavery to Present, Gospel Music: Choirs and Solos, Loudoun County's Freedom Movement - Remembrance from Various Speakers. Keynote Speaker's Address: Loudoun's Black Future.



Saturday, September 17, 3-5pm: Healthy Habit Coach Sara Rayburn's "The Healthy Lunchbox ... What's in Your Lunchbox?" and "The Essential First Aid Kit" presentation at Fields of Athery Farm:

Come on out and see how good farm food and essential oils have eliminated frequent doctor's visits, asthma, allergies, colds, and the like from our family. \$10 per adult advance registration/\$15 per adult at the door (Children 8 and under are free/Children over 8 are \$5). REGISTER TODAY at www.FieldsofAthenryFarm.com.

Friday, September 23, 10am-2pm- Health Fair, Carver Center (Ages 18 & up): Carver's Fall Health Fair features a vendor area from 10:00 am to 12:00 noon, with free hand massage, cooking demo, Lyme disease information, blood pressure checks, a representative from a local online farmers market and much more. Speakers include Dr. Amy Green-Simms from the VA Eye Center speaking about macular degeneration at 10:00 am, Jen Alkhayat speaking about the effects of nutrition on mood and stress at 11:00 am, and Joan Cassidy from the VA Resource Center for the Deaf and Hard of Hearing speaking on how best to communicate with someone with a hearing loss.

Friday, September 23, 7-10 pm-Ballroom Dance Social, Carver Center: Pay at door \$15 (only \$10 with advance registration!) Call 571-258-3400 by 8:00P the day before to register. (Ages 16 & up) Where else in Western Loudoun can you find an hour of superb instruction by a NADTA certified instructor, two additional hours of free dancing, refreshments, nightclub seating and a big, beautiful dance floor for just \$10 per person? Our Ballroom Socials are a steal and those of you who enjoy dancing at other Carver occasions, may wish to take advantage of these monthly events that occur on most 4th Fridays.

Thursday, September 24 – Sunday, September 27, Watermelon ParkFest: Watermelon Park, 3322 Lockes Mill Rd, Berryville, VA. 3 days of family-friendly Bluegrass music, contests, dances and workshops. Go to www.watermelonfest.com for full schedule and information, or call 540-955-1621.

Wednesday, September 28, 12:30pm-2pm, Family Feud: Carver Center-Free, but Drop-in Fees Apply. Look for a wild and crazy time on Feud days! Mistress of ceremonies Trixi Carter keeps the pace lively with questions designed to spark everyone's interest. Each month features a "word from our sponsor" delivered by a famous figure in full celebrity garb. All are invited to submit names for the hat, from which players are drawn. Those remaining, add to the fun by cheering on the teams and oohing and ahing over their responses.

Award-Winning Author and Journalist, Patricia McCormick to Visit Loudoun County Public Library

Patricia McCormick, author of *Purple Heart* – the featured book for Loudoun County Public Library's Annual One Book-One Community Program, will speak at 7:00 pm, Tuesday, September 27 at Cascades Library, 21030 Whitfield Place in Potomac Falls. The presentation is free and open to the general public.

One Book-One Community is an annual program inviting the community to come together through the reading and discussion of a common book. *Purple Heart* will be available at all library branches beginning Thursday, September 1. The books are free and patrons are invited to take a copy and join in the community conversation.

"The book is an attempt to portray how three young people – two 18-year-old American soldiers and a 10-year-old boy – are affected by the war. I finished this book with as many questions as I had when I started. But I came away with a deepened respect for our soldiers, a better understanding of life in a war zone and a strengthened commitment to peace. I hope the One Book-One Community readers of Loudoun County will too," said McCormick.

In addition to the author's public presentation, librarian-facilitated book discussions will be held on the following dates: September 20, 7:30 pm, Lovettsville Library ... September 22, 6:00 pm, Rust Library with Military Historian, Christopher Hamner ... October 3, 7:00 pm, Cascades Library ... October 3, 7:00 pm, Sterling Library ... October 4, 7:00 pm, Purcellville Library ... October 12, 7:00 pm, Rust Library ... October 13, 7:00 pm, Ashburn Library ... October 17, 7:00 pm, Middleburg Library.

Nationals Plan Exciting Month of Festivities for September

With the Washington Nationals heading into the final month of the 2011 season, the team has planned a variety of events and activities throughout September to thank fans and season ticket holders for their unwavering support all season long. The Nationals will also distribute a variety of surprise giveaways – including autographed items from Nationals players, team merchandise and valuable gift carts and experiences donated by corporate partners – to a number of lucky fans. Included in the schedule are the following festivities:

September 2-5: Grand Slam Labor Day Weekend

To celebrate the unofficial end of summer, the Washington Nationals and The Washington Post have teamed up to host a series of special events as part of Grand Slam Labor Day Weekend from Friday, September 2 through Monday, September 5 at Nationals Park.

Friday, Sept. 2:

– Special \$5 Ticket Offer: Nationals fans can purchase tickets to the series opener against the New York Mets for just \$5 while supplies last. For more information, visit nationals.com/grandslam.

– Post-Game Fireworks Presented by PNC Bank: Following Friday's series opener, the Nationals will present a fireworks display to kick off the Grand Slam Labor Day Weekend with a bang!

Saturday, Sept. 3:

– Team On-Field Photo Day: For the first time at Nationals Park, fans will have the opportunity to go down to the warning track to take photos of their favorite Nationals players, coaches, executives and TV/radio personalities before the team takes on the Mets. Beginning at 4 p.m., limited areas of the warning track will be accessible to fans to walk around the outfield. The event will be held from 4:30 p.m. to 5:45 p.m.

– Lifehouse Live at Nationals Park Presented by Coca-Cola: After Saturday's match-up against the Mets, Nationals fans will be treated to a free concert featuring Los Angeles-based rock band Lifehouse, the multi-platinum selling band best known for the hit singles "You and Me," "Hanging by a

Moment" and "Whatever It Takes." Spectators who wish to attend the concert must have a valid ticket from the Nationals-Mets Sept. 3 game.

Sunday, Sept. 4:

– Wounded Warrior Amputee Celebrity Softball Game: The Nationals are proud to host the Wounded Warrior Amputee Celebrity Softball game following the final game of the Nationals-Mets series. The Wounded Warrior Amputee Softball Team is comprised of 15 veterans and active duty service members from across the United States, each of whom have lost limbs while serving our country. The squad will face a group of DC-area celebrities as part of an on-field exhibition game following Sunday's Kids Run the Bases event.

Featured in Sports Illustrated and HBO's Real Sports with Bryant Gumbel, these extraordinary athletes embody the resilience of our military while illustrating the strength and tenacity to overcome any challenge. Using the latest in prosthetic technology, the team faces only able-bodied opponents and competes at the highest levels.

Tickets for the Nationals game against the Mets are on sale through a special ticket link at nationals.com/woundedwarriorsoftball. For each \$20 ticket purchased through the website, \$5 will be donated to the Wounded Warrior Amputee Softball Team. Seats will be located in sections 101-107, a perfect vantage point to take in the softball game. Spectators who wish to attend the softball game must have a valid ticket from the Nationals-Mets September 4 game.

\$1 Kids Day: \$1 tickets will be available for the Nationals series finale against the Mets to children ages 3-12. Fans may buy up to four tickets for \$1 each with the purchase of one full-priced adult ticket in select areas. Tickets can be purchased online at nationals.com/grandslam or at the Box Office on game day and are subject to availability.

Signature Sunday & Kids Run the Bases: Also on Sunday, Nationals players will sign autographs for approximately 20 minutes starting at 12:15 p.m. from on top of the dugouts on a first come, first served basis. Weather permitting, subject to player schedules and timing. Following the game, kids ages 4-12 are invited on the field to run where their heroes play.

Monday, Sept. 5:

– Special \$5 Ticket Offer: Nationals fans can purchase tickets to the series opener against the Los Angeles Dodgers for just \$5 while supplies last. Visit nationals.com/grandslam to purchase tickets. For more information on Grand Slam Labor Day Weekend, visit nationals.com/grandslam or call 202.675.NATS (6287).

Saturday, September 17 – Picnic in the Park:

All Nationals season ticket holders are invited out to Nationals Park for the team's annual Picnic in the Park prior to the Nationals-Marlins game on September 17. The event, which takes place from noon to 3:30 p.m., is offered exclusively to the Nationals most loyal fans who receive insider access to unique experiences throughout the ballpark, including opportunities to:

- ❑ Visit player autograph and photo stations
- ❑ Participate in Q&A sessions with Nationals players, coaches, executives and TV/radio personalities



- ❑ Stroll through an 'Antique Roadshow' exhibit featuring historical sports memorabilia
- ❑ Get a chance to throw pitches in the bullpen
- ❑ Enjoy a variety of family-friendly activities, including face painters and carnival games
- ❑ And so much more!

Sunday, September 25 – Fan Appreciation Day:

The Nationals will celebrate the close of the season with Fan Appreciation Day when the team concludes their 2011 home schedule against the Atlanta Braves on September 25.

September Promotional Schedule:

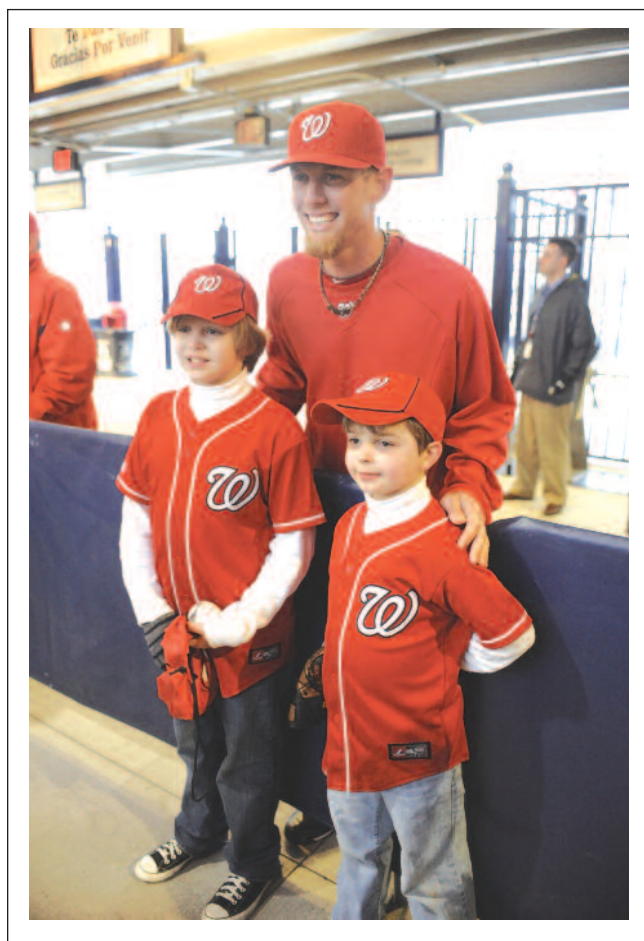
Sunday, September 4 – Zimmerman Fathead Jr. Giveaway: The first 10,000 fans ages 12 and under to enter Nationals Park will receive a Ryan Zimmerman Fathead Jr. poster.

Monday, September 5 – T-Shirt Giveaway:

The first 10,000 fans to enter Nationals Park will receive a stars and stripes Curly "W" presented by The Washington Post.

Saturday, September 10 – Fans' Choice Bobblehead:

Nationals fans have selected Danny Espinosa for this season's Fans' Choice Bobblehead. The bobbleheads, presented by PNC Bank, will be given to the first 15,000 fans attending the Nationals game against the Houston Astros.



All photos courtesy of the Washington Nationals.

Blue Ridge LEADER & Loudoun Today

Bundle packages available!



This is a Golden Retriever named Griffey. The photo was submitted by Alexandra, who is 9 years old. Griffey came to Leesburg from Richmond to fetch the Blue Ridge Leader & Loudoun Today!!!

Advertise With Us & Fetch Great Results for Your Business!

Print Newspaper

Business card ads (actual size)

\$25, or \$88 for 4 months.
(COLOR \$40, or \$152 for 4 months)

Eighth of a page

5-118" x 2.8" \$175 (COLOR \$275)

Quarter page

5-118" x 5-718" \$250
(COLOR \$300)

Front Page Special Runner
10-112" x 2" \$400 (COLOR)

Half page

10-112" x 5-718" \$450
(COLOR \$525)

Full page

10-112" x 12-314" \$700
(COLOR \$800)

Online Ads

at www.brleader.com
(Run for one month)

\$50 for numerous placements;
\$100 for Home Page placement
with "click thru"

Contact us about advertising! Leave a message in our voicemail (540) 338-6200 or speak to Carol at (703) 727-5576. (carolbrleader@yahoo.com)



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It's September ...
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APPLES ... FRESH HERBS ... (PUMPKINS COMING, SOON!)

~ Apples \$1 lb. (50 cents lb. for windrops & ground apples - great for apple sauce. Sept. apple varieties include Mutsu, Jonagold, Golden Delicious, Red Delicious ... with more varieties coming soon! Apple cider end of September ...)

Let us take you through our herb garden ... chat about the health benefits of these special plants ... show you how to pick your own for teas & cooking.



Farm is open Wednesday - Sunday, 8 am to 6 pm
No admission fee & parking is always free!

Please call the farm phone 540.338.6642 for periodic farm schedule & fruit availability updates. Visit our website - www.CrookedRunOrchard.com. (No dogs allowed on the farm, please - safety first!)

Crooked Run Orchard, 37883 Main Street, Purcellville, VA 20132, at the intersection of Business 7 & Route 287.

On the web with daily updates at www.brleader.com