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Modernization Of Historic Downtown Draws Continued Fire

– By Valerie Cury Joyner

A recent letter from Purcellville Business Association president James L. Bowman to Gary Garczynski, the Northern Virginia Representative to Virginia's Commonwealth Transportation Board has urged the board to move quickly on the final funding and completion of the Phase II improvements associated with 21st Street's historic downtown district.

While not identifying them by name, Bowman's letter makes the claim that "some disgruntled area residents have petitioned business owners to oppose completion of the project," foreshadowing what may prove to be a very contentious final fight when the CTB meets later this month to vote on whether Purcellville should receive the remaining state grant funds it has requested to complete the project.

As reported in the Blue Ridge Leader's May 2013 edition, Phase I (the area adjacent to the historic train station) saw the addition of new and wider sidewalks and several crosswalks, among other improvements.

Phase II impacts a working commercial district and includes more sweeping and widespread changes including wider sidewalks, a narrowing of 21st Street, an 18-inch lowering of the road bed, more crosswalks, the elimination of loading zones routinely used by present businesses for deliveries and the elimination of select parking spaces.

Two Competing Visions for Purcellville's Historic Commercial District

Competing visions have emerged for an area of town that is both a destination and a thriving commercial district anchored by the 100 year-old Nichols Hardware Store and a wide mix of commercial activity including restaurants, long-standing retail establishments, antique stores and professional buildings.

The Town of Purcellville, in conjunction with select members of the PBA, has for years pursued a tourism-style approach to the area, which would include boulevard style sidewalks characteristic of a modern town center, and may include some combination of multi-story residential/ commercial



Historic District streetscape, anchored by Nichols hardware.

buildings. Underscoring their support, the PBA claims that 21st Street "presently has significant shortcomings that negatively impact pedestrian movement. There is no storm sewer system ... The sidewalks are inadequate in width and certainly do not support the pedestrian environment the Town is promoting." The letter of support for the project goes on to say that parking

lots in the area flood. Recent social media communications from Mayor Robert Lazaro also speak highly of the Phase II project, touting local business support.

Continued push-back from long standing downtown business owners, however, including Ken Nichols, owner of Nichols Hardware—belies rumors of widespread

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Loudoun Valley Receives Awards For "Urinetown"

Loudoun Valley High School's drama team has received eight nominations for CAPPPIES awards for their spring musical *Urinetown*, including best musical. The cast will be performing a number from the show, *Run Freedom Run*,



Photo: Patty Schuchman Photography

during the awards ceremony at the John F. Kennedy Center for the Performing Arts on June 9.

The CAPPPIES (Critics and Awards Program) is a prestigious recognition program in which high school theater and journalism students are trained as critics, attend shows

at other schools, write reviews, and publish the reviews in local newspapers and other area media outlets. At the end of the school year, the student critics vote for awards that are presented at a formal CAPPPIES gala, fashioned after the TONY awards ceremony. Nominees from the Washington, D.C. area are invited to participate in the CAPPPIES Gala, where they perform numbers from their show at the Kennedy Center.

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Happy Father's Day!
June 16, see letter page 22



Wildflowers ... Nature's Buffet Table

Wild Loudoun, page 13

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Ask Dr. Mike

- By Michael Oberschneider, Psy.D.

Dr. Mike,

My wife joined the Weight Watchers program a few months ago, and she's lost close to 20 pounds already! She's always been overweight, so I know this means a lot to her. While I've been supportive, her point counting is driving me (and the kids) nuts! The program allots points to food, so you count your points (i.e. calories and food intake) throughout the day to reach your personal goal. I am not exaggerating to say that she is obsessed with her points, which she pretty much mentions in every conversation we have. It's almost as if her points and diet mean more to her than her family. I can't take it anymore, but I know that if I say anything, I will be viewed by her as being an insensitive, unsupportive jerk of a husband. Your thoughts are appreciated!
- J in Loudoun County



Dr. Mike

J,

You don't need to wait for your wife to tell you that you are being insensitive and unsupportive since I will right here. You write that your wife has always been overweight and that with great effort she

has lost a substantial amount of weight within a short period of time and that this means a lot to her. Being overweight is a very serious health hazard, so she is not only taking greater pride in her appearance for herself (and probably for you as well), she is also taking care of herself. She is probably talking about her points as much as she is because she needs to. It's not easy to lose 20 pounds in a few months, so I imagine she has had to follow a very strict diet plan. Counting points is thus likely affirming to her for the daily or weekly goals she is trying to attain.

In my opinion, your joy and pride for your wife for what she is accomplishing should far outweigh your annoyance with her point counting, and I do not understand why that is not the case for you as her husband. I recommend that you dig deep to understand why you are so bothered by your wife during her time of great personal success. You write "it's almost as if her points and diet mean more to her than her family." Perhaps then counting points is not the main issue, but rather you are upset with your wife because she is focusing more on herself right now than you? I am reminded of a couple I worked with awhile back where the wife became very upset with

Continued on page 39

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492-Home Autumn Hill Development Update

— By Mary M. Bathory Vidaver

On May 21 the Loudoun County Planning Commission had its hearing regarding the Autumn Hill (now, Mayfair) application to build communal water and sewer plants to serve development on the property. Autumn Hill is located near the Purcellville Industrial Park in the vicinity of Hatcher Avenue and adjacent to the Chesnut Hill community.

This application is the latest installment in the two-decade endeavor to construct 492 homes, including 120 affordable dwelling units, on 50 acres of the 70-acre property. As such, it is part of a complex issue that includes an outstanding lawsuit between the developer and the county, the March 6 termination of the county's annexation agreement with the Town of Purcellville, the repeal of the Purcellville Urban Growth Area Management Plan, and the adoption of appropriate amendments to the county's general plan. The current debate surrounds the 2011 decision by the developer, Brookfield Autumn Hill, LLC, to circumvent a requirement that the project be served by Town of Purcellville water and sewer.

After failing to achieve an agreement with the town council in 2011, Brookfield Autumn Hill, LLC filed permit applications with the Virginia Department of Health for permission to establish communal water and wastewater treatment plants on the property as an alternative to town utilities. According to a letter sent by Brookfield to the county, the Loudoun County office of the State Department of Health approved the wastewater treatment plant in May 2012 and issued a construction permit, while the department's Office of Drinking Water issued preliminary approval for the water treatment plant in June 2012. However, under Loudoun County's General Plan and Zoning Ordinance these plants are not by-right uses on land zoned JLMA, such as the Autumn Hill site. In order to move forward with construction, the board of supervisors must approve a commission permit and special exception.

Echoing arguments used by the county attorney's office in documents submitted as part of the lawsuit, county staff recommended that the planning commission deny Brookfield Autumn Hill's special exception application as premature. According to the staff report,

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21st Street continued from page 1

support for the project and questions how it is being handled. Said Nichols in an April 2013 letter to the CTB, "Ultimately, the decision to completely change (i.e. destroy) an historic downtown area of any old town in the United States should be made as the result of a referendum for the voting residents of that town – not by decision of a mayor and a few town council members."

How Other Towns Have Done It

For background on how area local governments have addressed similar historic downtown issues, the Blue Ridge Leader reached out to Hank Willard, a former member of the town council of nearby Shepherdstown, W. Va., who



Mayor Lazaro's vision for historic district, shared on social media. "Great result of @cityofguelp downtown improvement project. New business and jobs. #Purcellville project similar." pic.twitter.com/koBSsISy57

also served as the chair of that locality's Shepherdstown Streetscape Project.

The goal of the project was to "replace deteriorating sidewalks along German Street, plant new trees and extend curbs at the intersections of Church, King and Princess streets to allow for the new landscaping." However, Willard noted, "What we wanted to avoid at all costs was a new manufactured streetscape that you would find in a new shopping center or subdivision ... you would not notice that anything had been done."

For that reason, and following many public meetings at which multiple plans were presented Shepherdstown decided not to widen sidewalks, choosing instead to keep sections of sidewalk that were still serviceable, adding new concrete where necessary, replacing brick where needed and remaking certain sections of brick, using limestone and concrete "to reflect what was there."

The Shepherdstown Streetscape Project "was for the benefit of the community and it must have the full input and support of the entire community." Continued Willard, "there is too much at stake to do it any other way." As Shepherdstown's Lance Dom noted at the time, "About 85 percent of the sidewalks' current materials will be reused ..." (Dom worked on the project when he was mayor.)

Next Steps?

While it is up to the Commonwealth Transportation Board to give final approval

for the remaining monies needed to complete Phase II, in an interview with Gary Grazcynski, who represents northern Virginia for the CTB, it was clear that the body takes a distinctly hands-off approach to any controversy that might arise between proponents and opponents of a given project, particularly when the local government wants the proposal to proceed.

Grazcynski did "reach out" to Mayor Lazaro when business owners on 21st Street expressed their concerns, but he noted, "Mayor Lazaro said that he did his due diligence and the elected officials want it." Grazcynski continued: "I have had conversations with the mayor and found the application to be in order. The vetting of the enhancement grant has taken place."

Local developer Mark Nelis, a member of the PBA board and an individual who, in partnership with John Chapman (also a member of the PBA board), has an interest in the downtown property where "plans are being prepared for the construction of a compact downtown center to bring housing and specialty retail back to downtown Purcellville" (according to the PBA letter) declined to comment on whether he was present at the PBA proceedings that led to the organization's letter of support to the CTB. PBA president Jim Bowman did not return the Blue Ridge Ridge Leader's calls for comment.

Purcellville's downtown is on the National Register of Historic Places. David Edwards, director of the northern regional



Delivery trucks already have trouble negotiating 21st Street; opponents of project oppose further narrowing of the street.

office of the Virginia Department of Historic Resources said, "We would encourage the town to take into consideration the historic character of the streetscape in making improvements." Several preservation planners indicated that the rule of thumb in preservation is repair and maintain first, and make compatible changes with public input. While the community, including business leaders, has expressed continuing concern over the improvements in limited meetings with Purcellville staff, the town met with developers Chapman and Nelis to go over final plans without customary follow up with the community as a whole.

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Magnolias At The Mill

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Guest Opinion – Answer To Mayor Lazaro Supporting More Gun Laws

- By Kecia Brown

As a Loudoun County resident, parent and owner of a business dedicated to training women how to properly and safely use a firearm for their own personal protection, I read Purcellville Mayor Bob Lazaro's recent editorial "Senate Must Pass Sensible Life Saving Gun Laws" with great interest.

The literary cornerstone of Mayor Lazaro's appeal for "sensible" legislation is his reference to an armed attack in 1993 on the Long Island Railroad that left six people dead. He states, "... we must do everything in our power to prevent these tragedies."

The details of the attack left out in the Mayor's editorial? The Long Island Railroad killer was a man by the name of Colin Ferguson. Ferguson purchased the firearm used in his rampage in the state of California after undergoing a background check and a mandatory 15-day waiting period.

Closer to home, in the early morning hours of March 22, 2009, Mr. William Bennett and his wife were brutally attacked



Mayor Robert W. Lazaro at Friends of NRA event in spring of 2012 sporting the sticker, "Guns Save Lives."

along Riverside Parkway in Lansdowne by a gang of three young men. The trio was focused on nothing more than robbery and mayhem. Mr. Bennett, an Army Special Forces veteran, was no match for the group who used crude weapons to kill him and leave his wife clinging to life. Reported to be a concealed carry weapons permit holder, Mr. Bennett was unarmed.

The perpetrators were finally caught, but not until after one of them had robbed a Leesburg gun store in the middle of the night. The "sensible" legislation that



Spring of 2012 Mayor Lazaro, with Kecia Brown, in front of Purcell Guns attending BBQ for Friends of NRA event ("Fundraising for the future of shooting sports.")

Purcellville's mayor now markets will not prevent any similar local tragedy. Only a properly trained person with a firearm could stop such rare but fateful attacks.

Certain aspects of the Senate's proposed legislation on "temporary transfers" will micromanage firearms instructors and could have the effect of shutting them down, thereby limiting training opportunities. Arbitrary magazine capacity limits the Mayor backs will do nothing to stop the lawbreaker from obtaining and using the magazines of their choice. But

such limits could greatly impact the law-abiding armed citizen, who, if encountered by three vicious men, might just need more than ten cartridges fired rapidly to defend themselves – especially if the attackers themselves are carrying guns.

Those who intend to do harm to others will resort to a variety of means to obtain and use a weapon. They might purchase a firearm after undergoing a background check. Maybe they will make a deal in a darkened alley. Some will resort to theft. Or they may simply pick up a piece of pipe or a knife. No new law or laws will change these facts.

What new laws will do is create yet another layer of bureaucracy that will at minimum make it more onerous for law-abiding citizens to obtain firearms and learn how to use them safely, effectively, and efficiently. Rather than being "sensible," the laws Mayor Lazaro proposes are nonsense. They will do nothing to enhance public safety, and in fact will reduce every good and decent citizen's ability to defend themselves and their families.

Kecia Brown is the owner of Athena Self Protection.

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Letters To The Editor

Supports Delegate Joe May

Dear Editor:

Joe May knows how to bring home conservative results for our district.

Joe has been a leader in the state consolidating 19 state agencies, boards and commissions. He has also led the effort to keep over \$700 million in our "rainy day fund" which has helped the state maintain its "AAA" bond rating. He has been a leader in cutting \$7 billion from the state budget and led the effort to audit VDOT, saving the taxpayers hundreds of millions. These are some of the reasons Virginia is one of only 12 states with a "AAA" bond rating.

When we see politicians on the national level allowing spending to get out of control it is good to know our local leaders are keeping the state responsible. Joe is also 100% pro-life and has been endorsed by Congressman Frank Wolf. On June 11th join me in voting for Delegate Joe May.

Alice Farris
Hamilton

May's Desperate Attacks

Dear Editor:

I have been inundated by the mailers concerning the 33rd District Delegate Republican primary race between Joe May and Dave LaRock. I found it quite ironic that in a mailer Joe May accused Dave LaRock of having a negative campaign; since May has launched the most negative

attack I have seen in a very long time. He accused Dave of being a "criminal". Then he really did not tell you what Dave actually did. Perhaps that was because some of you would have applauded him for it. Let me tell you what I know about this "criminal" event. There was an illegal sign erected, a large sign for a West Virginia sex-related business. This sign was erected in the VDOT right of way on Route 9 in Loudoun County. Besides being placed illegally, the major problem was that this sign was exceedingly graphic. My understanding is that many people complained about it and it appeared that no one in authority was going to do anything about it. However, based on all of the complaints and apparent lack of action, Dave removed and destroyed the sign. The owner of the adjacent land then filed a complaint against Dave and rather than spend tons on legal defense, he agreed to pay for the value of the sign. It is my understanding that the Judge accepted this deal. Actually, I had heard the story a long time ago and completely forgot about it. The story has been out there for quite a while. Here is a link to the story: <http://virginiavirtucon.wordpress.com/2013/03/03/and-so-it-begins-smears-and-mudslinging-in-loudoun-county/>.

I think there are a few questions people need to ask themselves as they consider who they will support in the upcoming

primary, including the following: Would you have done it? Are you glad that someone did? Does this send a message that Virginia will not tolerate such graphic displays of porn?

As for the supposedly negative campaign that Joe accused Dave of running, I do not consider it negative to actually tell people the voting record of an incumbent. It has been my experience that when a candidate decides he can't win the debate of the issues, he then resorts to the politics of personal destruction. I have always liked Joe as a person although I have had many significant issues with his voting record over the years. It seems to me that Dave LaRock is really only pointing out Joe's voting record. I suppose Joe considers that negative because he really can't support the record when talking to conservatives. He says all the right words about being pro-life, pro second amendment, and fiscally conservative. He has a 75 percent rating with the pro-abortion organization called NARAL and only a C minus rating with the NRA. It is easy to say these things but unfortunately, his voting record over 20 years does not support those statements.

Joe May has been our Delegate for 20 years. It appears he forgot that he is supposed to represent us, not his liberal RINO agenda. The 33rd District is

Continued on page 7

We Welcome Your Letters To The Editor!

Submissions may be sent to Editor@BRLeader.com, or via mail to PO Box 325, Purcellville, VA 20134-0325.

Please include your name, address and telephone number.

We reserve the right to edit submissions as necessary. Deadline for print edition is the third week of each month, or, online any time.

Advisory Groups ... What Needs Fixing?

– By Malcolm F. Baldwin

Following public notice only three business days earlier, on May 15 the Loudoun County Board of Supervisors discussed and then referred to committees a proposal to eliminate or restructure 20 of its 51 advisory groups or refer the question to its committees to review. Word of the pending vote stimulated quick opposition and emergency meetings from affected advisory groups, and the entire process raised questions about the board's policies concerning public notice and public input.

Advisory groups affect virtually every activity and district in the county, and as a Leesburg Today editorial noted (May 15), the 544 volunteers serving these groups contribute invaluable diversity and expertise, often supported by modest assistance from county staff. For example, the Rural Economic Development Council conducts studies and activities to promote

rural business. The Economic Development Commission does the same for commercial business. The Historic District Review Commission conducts statutory reviews of scores historic properties. The Animal Advisory Committee supports animal protection and management. And, the Courthouse Grounds Committee works for solutions to competing and always heated demands on courthouse ground displays. The previous board's lengthy committee review of advisory groups resulted in the elimination of one – the committee on women's issues whose members themselves agreed no longer served a useful purpose. The present board's staff review of our advisory groups began a year ago, and early this year it collected basic information from each group. Then, in the second week of May came informal word to advisory groups about recommended changes in

status. Public notice and explanation of the recommendations on Friday, May 10 stated that on May 15, the board would vote whether to disband, restructure, consolidate or otherwise modify a score of advisory groups or send the issue to committees. Proposed for elimination were the Animal Advisory Committee, the Courthouse Grounds Committee and the Rural Economic Development Council (REDC); and for merger, the Historic District Review Committee (HDRC).

First notice of these proposals included endorsements of Chairman Scott York and Supervisor Janet Clarke, but after the weekend Chairman York told REDC members at their emergency meeting early on May 15 that he had not agreed to the proposal. So, Supervisor Clarke introduced and defended the measure alone before the board that same evening, just after the board heard strong objections in public comment

from committee heads of the Courthouse Grounds Committee, the Animal Advisory Committee, and the chairman and various members of the REDC.

It soon became obvious that the proposals lacked board support. Supervisor Buona remarked that the matter might have been handled better, noting that the board had endorsed the REDC's business strategy earlier in the year and funded a new full-time staff position to help implement the strategy. The board then voted 8-1 (Reid opposing) to send the entire package to two committees for further consideration.

Supervisor Geary Higgins has subsequently stated to me that "given the significant service to Loudoun of the REDC and the HDRC I strongly favor maintaining their current status." He also noted that "the process worked exactly as it should and the board sent the issue to committee

Continued on page 11

Letters To The Editor continued...

politically one of the most conservative districts in the Commonwealth. Joe's votes do not represent my views. Do they represent yours? In my view, it is time for Joe to be replaced with someone closer to the views of the majority of the district.

Ben Belrose
Purcellville

Epidemic of Disrespect

Dear Editor:

It is never acceptable for politicians or other groups to disrespect or criticize residents and business owners that are asking for open, transparent dialogue about a multi-million dollar project in Purcellville, when only a select group knows what the overall plan really is.

With respect to the cost to residents, the truth about the downtown "enhancement" project is that the grant requires the town to contribute 20 percent of the grant funds and pay in full for all cost overruns.

When I went to Richmond to speak to

the Commonwealth Transportation Board in May, I learned that the local business association, representing 100 members, had sent a letter supporting this project. The letter they sent stated that 21st Street and nearby parking lots flood. Recent heavy rains provided the perfect time to drive to 21st Street and the adjacent parking lots, and I found them all flood-free. No standing water anywhere.

I now have great concern for the twelve downtown properties, identified in a 2012 staff report, that will be required to either give, sell, or have a portion of their property taken by condemnation for the required right of ways needed to complete the downtown project. Most of the business owners have not even been notified that their property will be affected. The way the town handled this issue in Phase I was with quick take action against a business owner who lost a loading zone. The town refused to revise the design plans to help alleviate the impact.

I plan to email the Commonwealth Transportation Board clerk to reiterate that residents and business owners with over 200 combined years operating in Purcellville's historic downtown business district want the town to listen to their concerns.

You can contact the entire CTB by writing to: Carol.Mathis@VDOT.Virginia.gov before their mid-June meeting, and let them know that our community needs to come together and allow for a more open communication, and set aside special interest agendas.

Kelli Grim
Purcellville

Purcellville Secrets

Dear Editor:

I read the Gazette along with the Blue Ridge Leader. The Gazette covers great community stories, but not the more controversial and impacting ones like the Leader. We live in a time where there is little trust in the government. Whether

left, right, or independent, no one has faith in our government.

That is starting to be the case in Purcellville. Does anyone care that our taxes went up without a town hearing and they were not a part of property tax? Does anyone care that Mayor Lazaro is not releasing information about the 21st street renovations that Nicholas Hardware is fighting? Does anyone care about the shady dealings pushing through the Catocin Apartment complex? If that is the direction of the town that the people want I understand and support democracy, but whom out there has heard about this or seen the town make an effort to keep the people informed?

My wife and I moved here 6 months ago to now feel lied to and marginalized. Not the small town involvement we had hoped for.

Please keep up the great work. Without you we would have no idea about these

Continued on page 42

A Big Thanks!

Harmony Middle School's Problem 2 Odyssey of the Mind team would like to thank the members of our community who supported our recent trip to World Finals in East Lansing, Mich. We could not have made the trip without your help!

Support from the Harmony Middle School community was critical to our success. We greatly appreciate the generous donation from the Harmony PTA, the financial sponsorship of the Harmony SCA, and the time and energy expended on our behalf by Principal Dr. Edgar Markley, bookkeeper Barbara Means, and Odyssey coordinator Samantha Berman. Thank you to the numerous students and faculty who purchased our fundraiser lollipops!

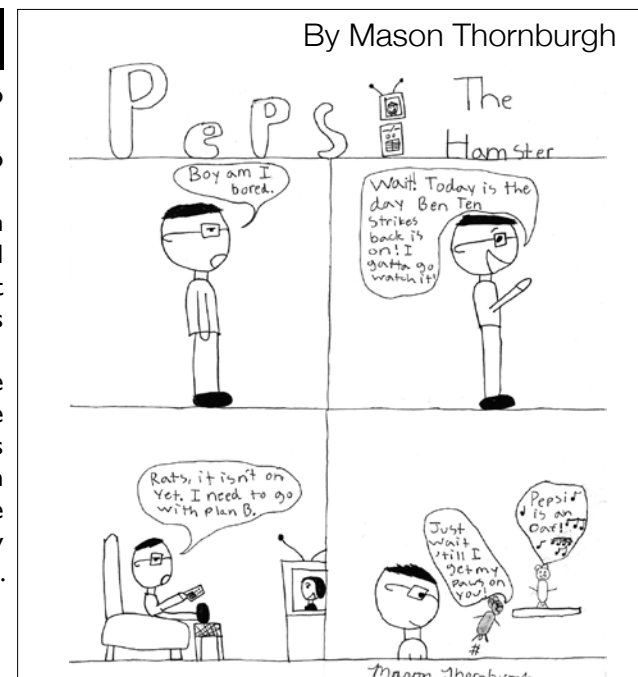
We were also touched by the amount of local business assistance we received. Many thanks to Carahsoft Technology Corp., and the four Purcellville restaurants that hosted spirit nights on our behalf: KFC/Taco Bell, Tropical Smoothie Cafe, Coach's Corner and Jersey Mike's. Gift card donations from Wegman's and Giant Foods helped keep

our team's energy and spirits up through the long drive to Michigan and back.

And to our friends and families who contributed so much, many thanks to you too!

Finally we would like to thank Catocin VOICES Region 14 Odyssey of the Mind board members for their financial support as well as for all the hard work they do throughout the year making Odyssey of the Mind available to students in Western Loudoun County.

The Harmony team placed 3rd in our division in the spontaneous competition and 9th overall out of 53 middle school Problem 2 teams. More than 800 teams from across the country and from as far away as China and Japan participated in the three-day long competition. We were proud to represent Harmony Middle School, Odyssey Region 14, and the State of Virginia at Odyssey World Finals. Kim Ramsey, Coach Round Hill



**"A politician thinks of the next election.
A statesman, of the next generation."**

- James Freeman Clarke

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- Dave will stand with Ken Cuccinelli to advance Ken's Economic Growth & Virginia Jobs Plan.
- Dave will work to protect our Second Amendment rights and the right to life.

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Remembering Jocelyn Victoria Rodearmel

Jocelyn Victoria Rodearmel, 28, of Hamilton, passed away on May 14, 2013, after a long battle with breast cancer.

She was born at Fort Leonard Wood, Missouri, on May 12, 1985. Jocelyn attended Saint David High School in Arizona, and graduated from Park View High School, Virginia, in 2003. She attended Brigham Young University, Southern Virginia University, and received a Bachelor of Science degree in Animal Science from Brigham Young University-Idaho in 2010.

Jocelyn grew up in many places, including Berlin, Germany; Ottawa, Canada; and Tel Aviv, Israel. She enjoyed singing in the choir in high school. She was employed during college breaks at Loudoun County Public Schools and the Virginia Tech Equine Medical Center in Leesburg, and after graduation, at Hoof and Paw Veterinary Service in Purcellville. She loved animals, especially dogs, cats, and horses.

She is survived by: her parents, David and Elaine Rodearmel, and Cynthia and Cedric Johnson; siblings: Samantha and Neil Montgomery, Christopher Rodearmel, Conrad Rodearmel; stepsiblings: Danielle and Mathew Williams, Steven Baer, Spencer Baer; nieces and nephews: Ananda and Benjamin Montgomery; James, Alice, and Natalie Williams; and much extended family.

Memorial services were held on May 18, 2013, at the Church of Jesus Christ of



Latter-day Saints chapel in Hamilton. The family would like to give a heartfelt and sincere thank you to their church community, friends, the communities of Hamilton, Purcellville, Leesburg, Ashburn, Sterling, and the Redskins Team and Charitable Foundation along with so many others for the continuous support and fundraising for Jocelyn through her entire battle.

Contributions in lieu of flowers may be made to Loudoun Breast Health Network; The Loudoun Therapeutic Riding Foundation; Project Horse in Purcellville, VA; or the Kristy Lasch Miracle Foundation.

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Mike Knots – New Manager Middleburg Bank Purcellville

Middleburg Bank, a wholly owned subsidiary of Middleburg Financial Corporation (Nasdaq: MBRG) announced that Michael J. Knots has joined the Bank as vice president, retail banking Manager in the Purcellville Financial Service Center. In this role, Knots will oversee all aspects of the Company's retail business in Purcellville.

Knots has a wealth of banking experience in Virginia, having worked in the City of Winchester along with Frederick, Clarke and Loudoun counties. Most recently, he was at Wells Fargo where he managed retail sales and service functions at the branch level. While at Wells Fargo, he also was responsible for the effective management of 10 Wells Fargo locations throughout Clarke County. Prior to Wells Fargo, Knots spent four years with HSBC Finance. He holds a BBA from Radford University and an MBA from American Public University.

"We are excited Mike has joined Middleburg Bank," said Gary R. Shook, president and CEO of Middleburg Bank. "His retail banking experience, coupled with his commitment to delivering outstanding client service, makes him an excellent choice to lead our Purcellville Financial Service Center" added Shook.

Calling All Home Gardeners

- By Donna Williamson

You don't need to do it all.

You might have heard that the monarch butterflies are in trouble. According to recent books and articles, the only sustaining food source for monarch caterpillars - milkweed - shrank 58 percent in the Midwest as agriculture adopted genetically-modified crops that tolerate mass spraying of herbicides across millions of acres.

As a result, from 1999-2010, monarch egg production dropped by 81 percent in the Midwest. Monarchs migrate hundreds of miles to sites in the Midwest where there is no longer any milkweed at all. It's happening here too.

In addition, millions of acres of weed-free lawns eliminate areas for milkweed to grow. Where milkweed does grow and begin to flower in medians along highways and attract monarchs to lay eggs, the overly tidy highway department mowers and herbicide sprayers descend destroying any accidental habitat for creatures others than us. We know what it does to monarchs - the rest of the damage to pollinators is largely unknown.

The monarch evolved to be able to digest milkweed, a plant that defends itself with a toxic sap, over eons. We know that eating other kinds of plants cannot make up the absence of milkweed because the caterpillars simply cannot eat other stuff.



Butterfly bush is a favorite for many home gardens but not one butterfly will lay its eggs on the bush since no caterpillars (on their way to become butterflies) can eat the leaves. It's value is limited to being a nectar source for adults.

The only chance for monarch survival is the home gardener. Planting and growing (and perhaps tolerating) common milkweed (*Asclepias syriacus*), swamp milkweed (*As-*

clepias incarnata), and perennial butterfly weed (*Asclepias tuberosa*) in multiples, creating a good-sized patch the butterflies can find in the huge mass of inhospitable landscape and lawn, will help. I even plant the tropical milkweed in a big pot so I can watch them closely - just remember to cut it down in late October so they will migrate south before cold weather.

If you are successful, they will eat the leaves of the plant. It might look a little tatty and that's good. You can watch your success in helping them! Might even interest your kids.

Local groups like The Nature Generation and Loudoun Wildlife, as well as the national organizations Wild Ones and Xerxes Society, are working hard to help save the monarch as are many others. Take a moment to learn about the monarch migration and preferred hosts, about growing useful nectar plants for the adults, and how you can take a small step to have a big impact. And while you are at it, tell your friends so they can help too. (www.monarchwatch.org)

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 of The Virginia Gardener's Companion: An Insider's Guide to Low-Maintenance Gardening in Virginia, contact Donna at dwfinegardening.com, 540-877-2002.

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LVHS Award, continued from page 1

There were approximately 55 productions across the DC metro area that qualified for CAPPIES awards. Loudoun Valley High School's nominations put them in the top five across the region.

In addition to the nomination for Best Musical, *Urinetown* received nominations for Best Make Up, Best Stage Crew, Best Ensemble, Best Comedic Actor (Jackson Lessler), Best Comedic Actress (Alie Campbell), Best Supporting Actress (Alex Poirier), and Best Song (Run, Freedom, Run).

"Loudoun Valley's rendition of *Urinetown* was masterfully brought to life by the

extremely animated cast who kept the audience thoroughly entertained with their jocular mannerisms for the entire duration of the show," wrote Brooke Glatz, critic from Briar Woods High School.

Jackie Mass, of Freedom High School, wrote: "This production was nothing short of breathtaking and impressive. Loudoun Valley's production of this musical looked so professional, that these actors possibly could have been performing their rendition on Broadway."

The link to 2013 nominations can be found at: <http://www.cappies.com/nca/Awards/2013Season.aspx>.

Autumn Hill Update, continued from page 3

"The rezoning approval did not consider the use of any other type of utility service other than town utilities and therefore did not evaluate the use of a communal water system with associated on-site production wells or a communal sewage system ... Without a ZCPA [Zoning Concept Plan Amendment] application, staff is uncertain how the proposed integration of the [on-site] utilities into the development would be achieved."

A ZCPA is the county process by which changes to an approved rezoning plan are undertaken. In 2007, Brookfield Autumn Hill initiated a ZCPA to delete the town utility requirement, but after several years of inaction chose to withdraw the request in April 2011. Concurrently, an attorney representing Brookfield sent a letter to the county zoning administrator asking whether the 1991 approval required connection to Purcellville water and sewer without obligating the town to provide such service. The affirmative response by the zoning administrator and the decision by the board of supervisors to uphold that response underlie the lawsuit filed by Brookfield Autumn Hill in December 2011.

As described in the April issue of *The Blue Ridge Leader*, Brookfield Autumn Hill believes that a law enacted by the general assembly in 2009 prohibiting localities from banning the use of alternative wastewater systems nullifies the requirement to use town utilities. Contrary to staff's claim that the special exception without a ZCPA is premature, Brookfield Autumn Hill argues that the ZCPA is unnecessary as a result of the Virginia General Assembly's action.

The upcoming termination of PUGAMP and the annexation agreement is a further complication. PUGAMP designates the town as the sole provider of public utilities in the JLMA and prohibits communal systems, like those proposed by Brookfield Homes. However, PUGAMP is due to expire on July 1, pending the town council's approval of an amendment to terminate the annexation agreement. According to the county staff report, the amendments to the comprehensive plan adopted by the board in conjunction with its repeal of PUGAMP, "recommend that the Town of Purcellville would not be the water and sewer provider for development within the JLMA with the exception that town utility extensions be permitted to serve the Autumn Hill development" and limit the use of communal facilities "only to serve Town and County owned and operated public facilities or cluster residential

developments with densities no greater than one unit per three acres."

Brookfield Autumn Hill interprets the impact of PUGAMP'S repeal differently. According to a letter dated February 27, 2012 from the Brookfield Autumn Hill attorney, Thomas Moore Lawson, "While the proposed language singles out Mayfair as the only site in the Purcellville JLMA where Town water and sewer services are required, Town water and sewer services are unavailable ... the Virginia Code has superseded Proffer 5a [requiring Town utilities] by barring localities from prohibiting systems such as Brookfield proposes where sewer facilities are unavailable." The law appears silent, however, on the matter of communal water systems.

The four-step special exception process involves: (1) pre-application meeting with county staff; (2) submission of an application for county staff analysis; (3) planning commission public hearing and review; and (4) board of supervisors public hearing and review. During the pre-application meeting in July 2012, representatives from Brookfield Autumn Hill were very clear about their goals. In an email to Clarke's aide, Juanita Tool, Deputy Planning Director John Merrithew wrote, "The key discussion at the [meeting] was the applicant's admission that they filed the [pre-application meeting] for a special exception because they want to be able to tell the court they had pursued all available administrative relief." Merrithew was referring to an open lawsuit filed by Brookfield against the county.

Brookfield submitted its special exception applications in late 2012, almost exactly a year after its December 2011 filing of its lawsuit against the county. In the intervening 12 months representatives from Brookfield Autumn Hill met with Supervisor Janet Clarke (R-Blue Ridge) and adjacent landowners, including the Chestnut Hills community, to discuss a proposal for 250 homes rather than the approved 492 homes.

As reported in the October 2012 issue of *The Blue Ridge Leader*, neighbors rejected the developer's new proposal, objecting to the incompatibility of such a large-scale project in an area of homes on 3 or more acres. According to a Sept 17 email sent out by a director of the Chestnut Hills Homeowners Association, the board of supervisors then declined to settle the lawsuit.

The Loudoun County Board of Supervisors will have a public hearing June 12.

Awww, Go Ahead ...

Read This Cicada Recipe – Just For Fun!

– By Andrea Gaines

In our May print edition the Blue Ridge Leader cautiously approached the issue of the impending 17-year Cicada invasion. In the interest of pure fun (we have no other motivation ... promise

... and please do not try this at home!) we would like to share with you this positively lick-smackin' recipe from the University of Maryland that

“**I prefer my Brood II bugs blanched and tossed into a leafy green salad like chunks of chicken.**”



makes use of the little darlings. Gluten-free, high in protein and low in fat, if you are looking to fit into a smaller swimsuit this summer, cicadas, spiced correctly and properly prepared, just might very well be the answer to your prayers

– Ha! (One aficionado describes the little beasts as “The healthy alternative to that bacon double-cheeseburger ... without the bun.”)

Soft-Shell Cicadas

Ingredients:

1 cup Worcestershire sauce
60 freshly emerged 17-year cicadas
4 eggs, beaten
3 cups flour
Salt and pepper to season flour
1 cup corn oil or slightly salted butter

Directions:

Marinate cicadas, alive in a sealed container, in Worcestershire sauce for several hours.
Dip them, in beaten egg, roll them in the seasoned flour and then gently sauté them until they are golden brown.

Advisory Groups, continued from page 7

for more input and review.”

Of course, it was the notice of a possible vote by the board to eliminate and merge the advisory groups, not a committee referral, that caused advisory group alarm and the REDC's emergency meeting. A better option would have been simply to ask the board to decide whether to approve referral to a committee for further action.

The weak rationale for the proposed advisory group elimination and restructuring leaves it unclear what is broken about our advisory groups that needs fixing. The information earlier provided by advisory groups gives no clue. One hopes that going forward the board committees will converse with affected advisory panels and identify any needs for improvement.

Listening and discussion would have highlighted the conflicted rationale for REDC “reform.” On one hand the proposal recommended that REDC become an independent “community based” charity like the Loudoun Youth Initiative, which Supervisor Clarke described as a model. The Youth Initiative is now a 501(c)(3) organization that seeks “to develop and deliver youth programs that empower, connect, and provide leadership opportunities.” It does not promote business.

Yet the board proposal also concluded that the small business promotion mission of REDC would be well represented by the Loudoun Chamber of Commerce and the Farm Bureau because these entities could help rural businesses – hardly charities – become more profitable!

The REDC is neither a charity nor

an appropriate sub-group of these two larger associations. It represents a unique assortment of small profit-making rural business sectors who is aided by public policies that support Loudoun's landscapes and historic attributes. Since its inception REDC has supported rural businesses that benefit Loudoun's residents east and west by keeping taxes lower and providing county-wide services and amenities, including significant growth in tourism.

Other advisory groups provide their own unique benefits that the board can best understand after carrying out rigorous dialogue and analysis with their volunteers.

Looking forward, advisory group recommendations should reflect the benefits gained from volunteers, not simply the costs of county staff support. The score of groups now facing potential elimination or changes must now devote scarce time to enumerating the benefits they offer. Still unanswered: What will county staff do without their advisory group duties and the guidance that the volunteers provide? Might staff with duties reduced to save money be less effective without citizen advisors?

We must hope that the board will vastly improve its public notice and citizen input policies. With lamentably low turnouts in local elections – supervisors received the votes of only 16 percent of the eligible voters (52 percent of the 28 percent who voted) – fostering civic engagement is critical for our community.

Governmental dysfunction frustrates citizens at the federal and state level. We should avoid that experience closer to home.

Memories Last Forever

– By Hannah James

An unknown author once said, “Life gives us brief moments with another, but sometimes in those brief moments we get memories that last forever.” Teenagers often feel like high school will never, ever end. These four years – an almost insignificant amount of time compared to a lifetime of years – seem to drag on forever. Day after day, students are put through their paces in the same schedule, seeing the same people, doing the same things. But, by the time they are seniors, they realize how quickly their time in high school has passed, and how they have made so many unforgettable memories with their friends during their high school years.

Now, let’s be honest, by the time you’re a high school senior, it’s hard to remember every single person you’ve become friends or acquaintances with during the last four years. Enter the yearbook. A window to the past. A representation of the spirit of youth. A compilation of pictures, stories and quotes that causes feelings of nostalgia and happiness. The yearbook is a summary of the past school year, a reminder of forgotten memories that many high school students are eager to possess.

The biggest aspects of the yearbook are the photos. As well as the tiny, often regrettable portraits of every student and staff member in the school, larger photos accompany illustrate the articles and stories. Blown-up all page photos depict scenes from the biggest high school events, including homecoming, powder puff games, pep rallies and prom. Sometimes hilarious, sometimes embarrassing, often enjoyable, these photos capture memories students would hate to forget.

“I love looking at the pictures because



HANNAH JAMES

they remind me of so many events I’d forgotten,” said sophomore Esther James. “And it’s great to have more photos of my senior friends.”

A major part of the pictures sections are the clubs’ and sports’ pictures. Every sports team from freshman to varsity and every club and honor society from A to Z are included in the yearbook. Candid shots and little story blurbs, which relate interesting facts and accomplishments, as well as the name of every member, accompany the nicely posed professional photos.

“My favorite part is definitely the sports section, because I play sports during every season,” said a senior athlete.

A major tradition that accompanies the yearbook is yearbook signing. Students have all of their friends write notes and draw pictures over the covers and inner pages of the yearbook. Students make promises, recount events, and generally ramble on in their allocated spaces.

“I love signing my friends yearbooks because I knew when they look back at it, they’ll remember something they’d forgotten. I hope they smile,” said a rather profound senior.

And that’s what yearbooks are really for, remembering forgotten memories. High school provides arguably the best years of a high school student’s life, and few want to forget all of them. Yearbooks provide a sweet, clean space where memories can be inscribed forever. Yearbooks allow memories to truly last forever.

Hannah James is a junior at Potomac Falls High School, and a member of the GSA School Board.

Host Families Needed For Babe Ruth World Series

Fireman’s Field in Purcellville will once again be the centerpiece of a Babe Ruth World Series. Greater Loudoun Babe Ruth is the host League for the 2013 Babe Ruth 15-year-old World Series.

As part of being the World Series host, housing must be provided by local area families for the players. Babe Ruth policy dictates that all World Series players must stay with host families. About 130 boys need to be placed in local homes. We still need 50 families to volunteer by June 5.

As a host family, you provide an invaluable service for these young players. It is important that the players have a safe home to sleep in and the support of a host family to make their stay here a memorable one. The player’s length of stay will be determined by how their particular team advances in the tournament. This year’s tournament runs from Aug. 15-25. A host family meeting kicks off the event on Aug. 14. Players arrive Aug. 15 and participate in an opening ceremony banquet on

Aug. 16. The first game is slated for Aug. 17. Host families are expected to provide kindness and caring in addition to a bed, meals, transportation to and from tournament games, practices and functions and assistance with care and cleaning of uniforms for at least two players. Each player must have their own bed. Sofas and air mattresses do not count.

Participating families receive guidance from a Greater Loudoun Babe Ruth Board member, as well as a family pass for admission to the tournament. Host families with children between the ages of 9 and 12 may nominate one of their children to act as a bat boy/girl during the World Series for one of the participating teams. They will wear the jersey of the team they support as bat boy/girl throughout the tournament.

If you wish to host players from one of the eight regional teams for the week of the tournament please register online at www.glbr.org, or contact Joe Robillard at joerobes@msn.com or 703-282-7410.

Amy V. Smith’s Money Talks

13 Financial Planning Strategies for 2013-part three of a series

– By Amy Smith

Congress passed the American Taxpayer Relief Act of 2012 (ATRA) on New Year’s Day. A number of changes came out of the act that will affect your tax bill. In this month’s column, I will be offering financial planning strategies for you to consider in 2013 that by taking appropriate action may help you avoid an unexpected tax bill next April.

7. REVISIT YOUR PLANNED CHARITABLE GIVING

Charitable giving can reduce your tax burden and also provide a sense of satisfaction by benefiting your favorite causes. Generally, donations to qualified charities count as an itemized deduction for that tax year. This includes cash, real estate, or other assets. The deductibility of charitable gifts is based on several factors, such as the donor’s income, the nature of the donation, and the charity receiving the donation. A sound plan can help offset an increase in taxes in 2013 due to higher taxes.

When creating a charitable plan, consider:

Outright Gifts – Give appreciated securities to avoid capital gains taxes.

Qualified Charitable Distributions (QCDs) – Individuals over 70-1/2 can make a tax-free qualified charitable distribution of up to \$100,000 from their traditional IRA directly to a qualified charity; QCD’s can be made for 2013 and can be used to fulfill required minimum distribution (RMD) requirements.

Donor Advised Funds – Fund a donor advised fund, which will allow you to make

future donations and claim the current income tax deduction.

Charitable Lead Annuity Trusts (CLATS) – Consider establishing a CLAT, which can generate a larger tax deduction in a low-interest rate environment.

8. MONITOR YOUR COST BASIS

As of January 2011, firms like Raymond James along with broker/dealers, banks, custodians and transfer agents are required to report this information directly to the Internal Revenue Service. In some situations, such as when assets are inherited or transferred from another firm, this information may be incomplete or missing. Review your cost basis information regularly to ensure accuracy, and avoid paying more in capital gains tax than needed.

Amy V. Smith Wealth Management, LLC, is an independent firm. Amy V. Smith, CFP, CIMA offers securities through Raymond James Financial Services, Inc., member FINRA/ SIPC. Her office is located at 161 Fort Evans Road, NE, Suite 345, Leesburg, VA 20176. (Tel: 703-669-5022). www.amysmithwealthmanagement.com. Any opinions are those of Amy V. Smith and not necessarily those of RJFS or Raymond James. Expressions of opinion are as of this date and are subject to change without notice. The information contained in this report does not purport to be a complete description of the securities, markets or developments referred to in this material. The information has been obtained from sources considered to be reliable but we do not guarantee that the foregoing material is accurate or complete. Any information is not a complete summary or statement of all available data necessary for making an investment decision and does not constitute a recommendation. You should discuss any tax or legal issues with the appropriate professional.



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– Elaine Boland, Fields of Athenry



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Wild Loudoun

Wildflowers ... Nature's Buffet Table

– By Andrea Gaines

Wildflowers delight the senses in so many ways. They present us with exquisite colors and delicious scents. Sometimes you want to reach out and touch their soft or spiny leaves and blossoms – just to imagine what it would be like to be them, swaying in the breeze or carpeting a forest floor.

But, nature is both a beautiful and a practical sort. The bee, the butterfly or other insect, the bird, or the small mammal might be alerted to a wildflower because of its color or scent, but it goes there for the nourishment the plant provides.

Indian Pipe (or “Ghost flower”): This is a beautiful and very unusual wildflower that grows in the shade on forest floors. It lacks chlorophyll, the green substance plants create from the sun, and so it is white – occasionally with black flecks or a blush of pink. It secures its nutrients from the fungi associated with different types of trees. Butterflies and small bumblebees feed on the Indian Pipe flower's nectar.



Birds-foot Violet: Birds-foot Violet is described as one of the showier wildflowers of this type, with a larger more prominent blossom. The name comes from the shape of the plant's leaf, which resembles a



bird's foot. Unlike some other violets, which often like a moist environment, Birds-foot Violets can be found in rocky or dry open woods, slopes, ridges, and roadsides. Certain butterflies feed only on violets, including the Birdsfoot Violet, and insects such as ants use the seeds for food.

Wildflower Meadows: Hummingbirds prefer nectar from red tubular flowers. Favored plants include red buckeye, jewelweed, columbine, trumpet creeper, red morning-glory, wild bergamot, bee-balm, scarlet painted-cup, trumpet- or coral-honeysuckle, fly-honeysuckle, cardinal flower, royal catchfly, round-leaved catchfly, and fire-pink, many of which you will see in or near a common wildflower meadow.

Virginia Bluebell: Bluebells are known as “spring ephemerals” – after flowering, the foliage yellows and disappears, as the plant goes dormant until the following spring. Lots of insects use Virginia Bluebells, but because of the shape of the flower only certain bees and butterflies can access the nectar and pollen. Interestingly, neither deer nor wild rabbits seem to eat bluebells! So, it's a great native to feature in your garden or cultivate in the wild areas of your property. (*Fun Fact: Bluebells are also known as “Gentleman's Breeches” – referring to the shape and coloring of the flowers, which resemble men's trousers.*)



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Saturday, July 6 – Patio service accompanied by musician Drew Stevyns of America's Got Talent fame (Drew returns on July 20 and August 10!).
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Sun Smiles On Sadie's Race

For a day forecast to be cloudy with rain, May 11 turned out to be a sunny morning for Sadie's Race 5K and Fun Run for Smile Train. Nearly 300 runners turned out to honor Sadie's memory and to raise money for Smile Train.

Aidan Bergel, 15 of Lovettsville was the fastest male with a time of 18:08 and Molly Ritter, 26 of Arlington was the fastest female posting a time of 19:04.

With this year's donations, well over \$80,000 dollars has been raised for Smile Train.

The next event is the Fore!Smiles Golf Tournament at River Creek Golf Club in Leesburg on June 24 to benefit SmileTrain. Each golfer receives a Nike Pro Fit golf shirt, goodie bag, full Italian buffet, beverage cart and bar. The event includes a hole-in-one car; a silent auction; putting, longest drive and closest to the pin contests, and SmileTrain and vendor booths. Next year's Sadie's Race will be held on May 18, 2014.



Photo: Sophia Orfanides

Girl Scouts Plant Garden For Carver Center

Local Purcellville Girl Scout brownie troop 3008 planted a butterfly garden for the Carver Center in May. The troop includes, from left, Alex Chinn, Alexis Musselman, Emily Campbell, Amanda Jimmerson, Olivia Hines, Faith Fields, Natalie Orfanides and Maris Wilk. A portion of their cookie selling profit was used for this service project as well as a donation from Abernathy & Spencer garden center. The second graders planted in three flower beds behind the day center. Troop leaders are Sophia Orfanides and Kristina Wilk.



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– **Michael Farris**, *Chairman, Homeschool Legal Defense Association; Chancellor, Patrick Henry College, Purcellville, Virginia

"Dave LaRock is a good man who holds clear convictions on matters of importance to citizens of our beloved Commonwealth. I appreciate his clarity on taxes, 2nd amendment liberty, and the life of the unborn. I especially admire his modesty and confidence, his refreshing faith and the relevant life-experience he brings as a leader in our community." – **Fr. Tom Simmons**, *St. Peter's Episcopal Church, Purcellville, Virginia

"Strong leadership and conservative values are significant and paramount in this election cycle as we continue our battle to place true conservatives in leadership positions in Virginia. We trust Dave to make the right decisions for families and the unborn." – **Janet Robey**, Virginia State Director of Concerned Women for America of Virginia.

*Organizations provided for identification purposes only

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Interview With Dave LaRock

– By Tim Jon

The Republican Primary for the 33rd District Delegate Race comes up on June 11th; Challenger Dave LaRock faces Incumbent Joe May. The following is our exchange with Dave LaRock. He's seeking his first term in the House of Delegates. Dave and his wife Joanne run a small general contracting business. LaRock served as Blue Ridge District Chairman for the Loudoun Republican Party. He and his wife Joanne live in Hamilton.

Tim Jon: What are the three most important issues facing the 33rd District; how much effort have you put into these, with what results?

Dave LaRock: Taxation - Our taxes and our tolls are too high. Virginia residents have the 10th highest tax burden in our nation. This drives up our cost of living and makes it difficult to create jobs. I pledge to work with Governor Ken Cuccinelli to cut taxes and to reform Virginia's tax structure, making it more fair and simple by eliminating special-interest tax breaks. I have signed the Taxpayer Protection Pledge to fight for lower taxes; my opponent has refused to sign the pledge.

Along with other dedicated local activists, I spent several months working full-time pushing for special tax districts for the Metro project in an effort to protect Loudoun taxpayers and toll road users from higher taxes and tolls. This resulted in placing the cost burden on station-area developers, preventing or delaying new taxes on most Loudoun residents and businesses. After the decision to opt Loudoun into Metro, I spent several months working on efforts to avoid putting the construction cost of the Silverline on the backs of Dulles Toll Road and Dulles



Greenway users. I believe this effort exposed the unfair cost burden that is being forced upon Dulles Toll Road users.

Spending – Virginia's budget has tripled during my opponent's time in office. This far outpaces our population growth and the rate of inflation resulting in higher taxes and increased debt. My goal is to get spending under control by implementing careful cost-benefit analysis. Wasteful spending depletes resources that must go to core government services such as education and transportation. I will continue fighting for

objective standards for any and all spending, ensuring that taxpayer dollars are spent efficiently.

My efforts have been directed towards resisting all wasteful government expenditures, most noticeably with regard to transportation because necessary transportation improvements and maintenance have become short-funded by tax dollars pumped into developer-friendly projects such as the Dulles Rail, or under-used projects in distant parts of Virginia. For example, Purcellville needs an interchange at Route 690 and Route 7. Instead, our taxes go to Richmond and we get back .30 of each dollar. Alleviating congestion on Route 7, Route 9, and Route 15 must take priority over less impactful projects throughout the state.

Locally- Appropriate allocation of transportation funding is one key to sustaining what we value in our communities. Our local concerns regarding Education and Health cannot afford to take a back seat. I support our local school boards having the control and flexibility to determine what is best for their students. This means fewer mandates and less centralized decision making on the part of the state. Another issue of concern locally is Lyme Disease, which has reached an epidemic proportion. It affects many of my friends and neighbors and yours too. I believe it is time to facilitate private-sector prevention and information initiatives. My opponent voted against the recently passed House Bill 1933 (Lyme Disease Testing Information Disclosure) which, at no cost to taxpayers, requires physicians to inform patients who are tested for Lyme disease that current laboratory tests often produce false negative results in the important early stage of the disease. The Virginia Hospital and Healthcare Association

Continued on page 33

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Interview With Joe May

- By Tim Jon

The Republican Primary for the 33rd District Delegate Race comes up on June 11; Incumbent Joe May faces Challenger Dave LaRock. The following is our exchange with Delegate May. He's seeking his 10th two-year term. The incumbent serves on numerous committees and commissions on the state level. Joe May serves as founder and chairman for the Sterling-based engineering firm, EIT. He and his wife Bobby live in Leesburg.

Tim Jon: What are the three most important issues facing the 33rd District; how much effort have you put into these, with what results?

Joe May: The three most important issues facing the 33rd District are jobs, education and transportation. The issues are interdependent and are absolutely vital to continuing to make our community a great place to live, work and raise a family.

Good jobs are required to properly support our families and our economy. Well educated citizens to fill these jobs, particularly technology jobs, are vital to creating and maintaining these jobs. Finally, a viable transportation system is essential to support our job and education systems.

We are making substantial progress in each of these areas and sound legislative efforts over a sustained period are required to achieve these goals.

I've put a great deal of effort in to all three during my time as your delegate. I've supported secondary and higher education through providing adequate funding for both, including providing additional slots for in-state college students. I created three innovative low cost Science, Technology, Engineering and Mathematics (STEM)



programs for high school students. STEM students are vital for a healthy Virginia economy.

In order to have a vibrant economy in Virginia we must have adequate funding for transportation. Daily traffic not only costs employers hundreds of millions of dollars each year in lost worker hours but it is also impacts the quality of life of every single person who lives in Northern Virginia.

The final transportation bill that passed the General Assembly this year will invest over \$3.5 billion in our roads, highways, bridges and transit network over the next five years. This plan will strengthen our economy, create

jobs and make sure Virginia remains the best state in the nation for business.

TJ: The word 'tax' is hated by many Virginians; should they be abolished altogether, or do they serve a vital purpose?

JM: Nobody likes paying taxes. However, Virginia is consistently ranked as one of the best states in the nation to do business because we maintain a low tax rate and, unlike the federal government, continue to look for ways to cut spending in Richmond. Since 2007 the General Assembly has cut \$7 billion from the state budget without raising personal income taxes.

However, taxes do serve an important purpose and unless state government continues to invest in our community, in areas like transportation and education, the long term consequences could severely cripple Virginia's economy and quality of life.

TJ: The June Primary pits a 20-year incumbent against a conservative challenger; why will you advance to the General Election in November?

JM: Voters of the 33rd District know that I have a record of achieving conservative results for our community. On spending I have worked to find innovative ways to save money - like writing the Rural Rustic Roads Policy which has saved the state hundreds of millions of dollars. As the founder of a technology company I know how important it is to make Virginia business friendly and that is why I was proud to receive a 100 percent perfect rating from the Virginia Chamber of Commerce this year. As an inventor I have always tried to be a problem solver first. This approach has allowed me to find unique ways to cut costs and save the

Continued on page 33



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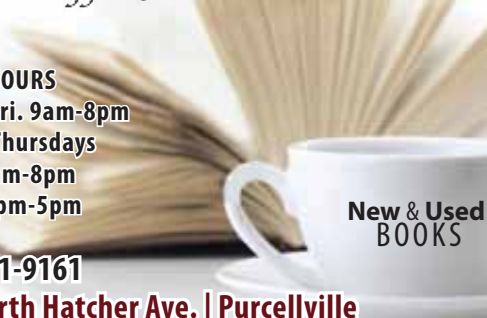
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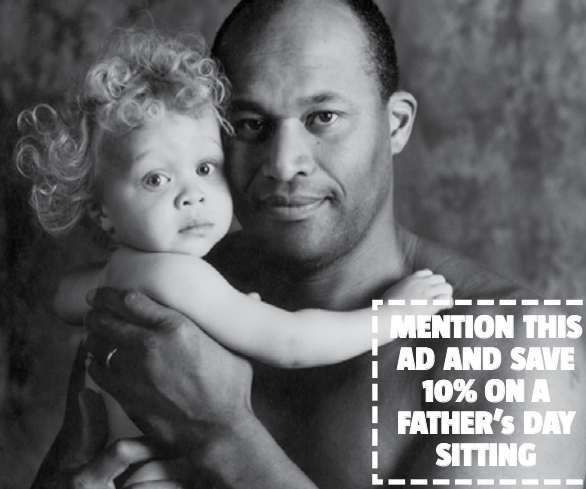
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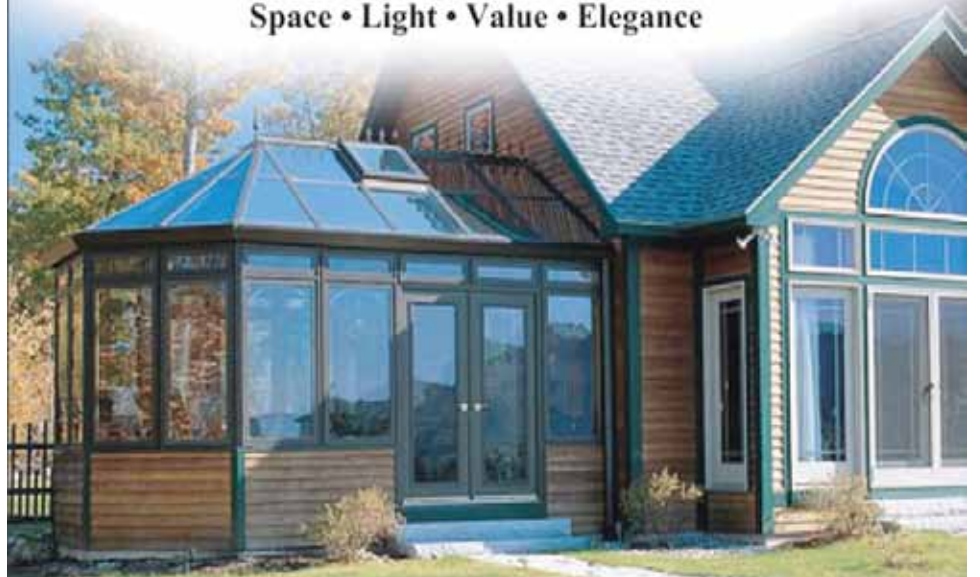


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- Keep your plants hydrated properly!



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40142 Main St. Waterford, 20197
- 12. Kathie Ratcliffe
15575 Second Street Waterford, 20197
- 13. Catherine Fetterman
102 Carlton St SW Leesburg, 20175
- 14. ArtSquare
12 Cardinal Park Drive Leesburg, 20175
Mary Champion - Steena Fullmer-Anderson
Trish Harris - Edith Heins - Linda Hendrickson
Jeff Miller - Deborah Morbeto
Ann Noel - Libby Stevens - Lisa Strout
Dana Thompson - Bethany Widom
- 15. J Douglas
43000 Mill Race Terrace, Leesburg, 20175
- 16. Donna Clark
39207 John Mosby Hwy, Aldie, 20105
- 17. Richard Busch
17642 Canby Rd Leesburg, 20175
- 18. Pat Miller
263 E Colonial Hwy Hamilton, 20158

- 19. John Raymond
37531 Chappelle Hill Rd. Purcellville, 20132
- 20. Kristi Kelly
19130 Pintail Ct. Purcellville, 20132
- 21. Judith Thompson
19965 Lincoln Rd. Purcellville, 20132
- 22. Bob Friedenberg
Karen & Stuart Helble - Richard Weidner
20373 Woodtrail Rd. Round Hill, 20141
- 23. Peter Wood
36276 Mountville Rd. Middleburg, 20117
- 24A. George Andrews Middleburg Academy
35321 Notre Dame Ln. Middleburg, 20117
- 24B. Wayne Paige Middleburg Academy
35320 Notre Dame Ln. Middleburg, 20117
- 25. Amy Oliver
20603 Airmont Rd. Bluemont, 20135
- 26. Blue Ridge Spinners & Weavers Guild
Train Depot 200 N. 21st St. Purcellville, 20132
- 27. Betty Wiley
608 Glenmeade Circle. Purcellville, 20132
- 28. Dale Bright
600 Glenmeade Circle, Purcellville, 20132
- 29. Brian Kirk
36607 Alder School Rd. Purcellville, 20132

- 30. Franklin Park Arts Center
36441 Blueridge View Ln. Purcellville, 20132
Susan Breen - DaVinci Art Studio - Penny Hauffe - Alice Power
- 31. Katy Stidley
10 East Loudoun Round Hill, 20141
- 32. Patricia King
5 McCauley Lane Round Hill, 20141
- 33A. Beth Wilson
35246 Harry Byrd Hwy. Suite 150, Round Hill, 20141
- 33B. Round Hill Arts Center
35246 Harry Byrd Hwy. Round Hill, 20141
Anne Marshall Block - Catherine Hillis
Meredith Hill - Mary Kenesson - Kara Laughlin
- 34. David Norton
18005 Kullgren Rd. Round Hill, 20141
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Woodgrove High School Scholarship Recipients

The Woodgrove Wolverine Athletic Booster Club announced their 2013 Athletic Scholarship recipients. The \$1,000 scholarships are entirely funded by the annual "Fore the Wolverines" Golf Tournament which brought in over \$10,000 in profits this year. Applications were scored on athletic accomplishments, GPA, leadership, community service, employment, honors and awards, and an essay. This year's extremely talented and deserving Athletic Scholarship recipients are: Kevin Barr, Michael Lokie, Peter Volpone, Sam Weber, Olivia Becker, Maggie Buxton, Keira Hornyak, and Alexandra Juzbasich. Also, Alexandra Guendert was awarded the Woodgrove Spirit and Leadership Scholarship, also valued at \$1,000, for her display of Wolverine spirit and leadership throughout the community.



Left to right, Brion Bell BRMS Principal, Taylor Justice and Delegate Randy Minchew.

Taylor Justice Honored For Climbing Mt. Kilimanjaro

Taylor Justice, a seventh grade student at Blue Ridge Middle School was honored May 23 for climbing Mt. Kilimanjaro. Del. Randy Minchew presented Taylor with a commending resolution to recognize her achievement. As part of a team of women participating in the kick-off climb for the organization Climb for Conservation, the nine day trek spotlighted the 'Snows of Kilimanjaro' and the conservation of the critically endangered African Black Rhino, which lives right outside Kilimanjaro National Park.

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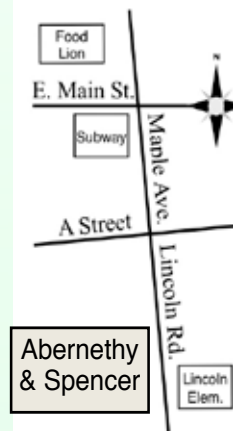
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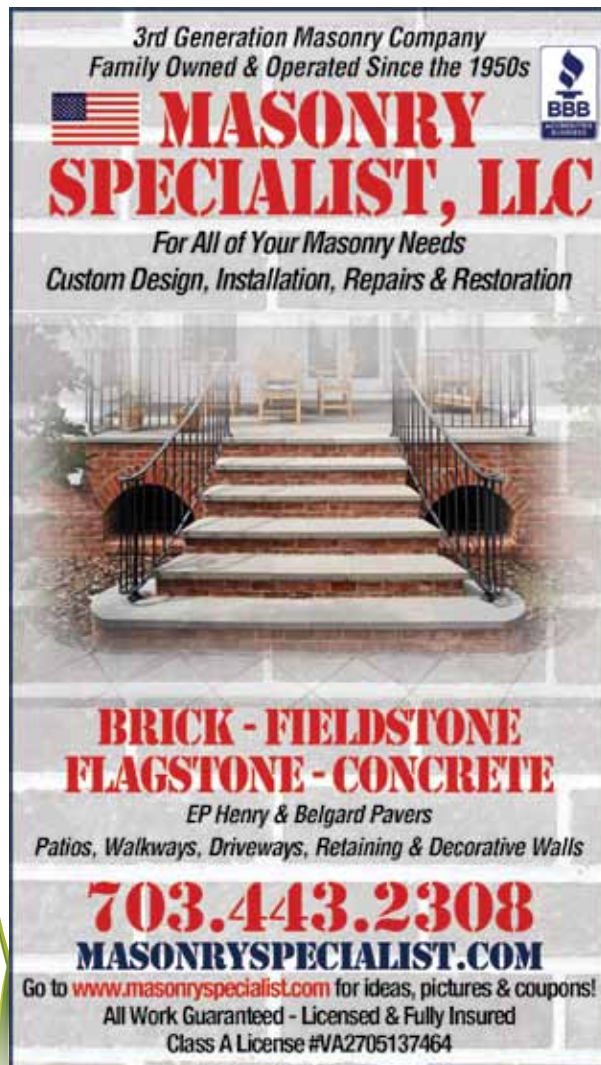
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Kitchen Science Kids - Hey, I See Your DNA

- By Leah Enright

Our bodies are made of 100 trillion tiny packages called cells. Each cell is like a world within itself, having many parts that work together to do the important job of keeping us alive and healthy. At the center of each cell is a special spot called a nucleus. The nucleus contains a tiny ball of skinny strands called Deoxyribonucleic Acid. DNA is important - it gives cells instructions. If your hair is blonde, red or brown, it's because your DNA gave those instructions.

Freckles? A big smile? Thank your DNA, which was passed along to you by your parents.

People aren't the only ones with this special ingredient. In fact, every living thing has it, from you, to that banana in the kitchen, to a giraffe in the zoo.

People did not always know about it. Many scientists worked for a long time to be able to see this mysterious molecule. Now, it is useful for solving crimes, testing food purity and helping doctors understand and treat medical problems.

We can see this special substance too. For our purposes, we'll use common materials.



Let's get started:

You'll need:

1. An adult helper
2. Three strawberries
3. 1 small zip-style freezer bag
4. 1 teaspoon salt
5. 2 teaspoons dish soap
6. 2 clear plastic cups
7. 1 coffee filter
8. ¼ Cup Rubbing Alcohol. (Place the bottle of alcohol in the freezer a few hours before using it, being sure it is

clearly labeled). 91 percent alcohol is best, but 70 percent works, too.

9. 1 toothpick or skewer.

What to do:

1. Ask an adult to read through and approve this activity for you.
2. Place the strawberries in the zip style bag, and seal it. (Remove the green tops first).
3. Gently smash the berries in the bag, until they are mostly liquid, then set the bag aside.
4. In one of the plastic cups, mix 2 teaspoons detergent, 1 teaspoon salt and ½ cup of water.
5. Add two teaspoons of this liquid to the bag with the crushed berries.
6. Reseal the bag and gently mash again for a minute, then set the bag aside.
7. Tape the coffee filter onto the top of the other cup, so that you will be able to strain the berry mixture. Let the liquid flow through the filter until you have as much liquid as you can in the cup.
8. Throw the filter away, and add alcohol to your cup, by tilting the cup

and letting alcohol dribble down the inside of the cup. Stop when you have about an inch of alcohol.

9. In a few minutes, you will see a white cloudy substance floating in the top of your cup. That is DNA! Use your toothpick to pick it up and examine the strands.

10. When you are finished, it is safe to wash this mixture down the drain.

When scientists examine this substance, they look at the way it is put together. Like a set of blocks, the same pieces can be assembled in different ways, to build different things. Your DNA is special and unique to you - that's why you don't look exactly like anyone else.

Now, you've seen it, but there is plenty more to learn. Check your library for books on this fascinating subject, and the next time you pass a basket of strawberries, you can say, "Hey-I've seen your DNA."

Leah Enright loves children, art and science, and puts those three together as often as possible. She lives in Round Hill with her husband, children and a shaggy brown poodle named Snoopy.

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Lady Vikings Advance To State Lacrosse Tourney

-By Mac Shuford

Capping an impressive run in their final year in the Dulles District, the Lady Vikings will be competing for the state title. Despite their heartbreaking 11-10 loss in the Region II final to rival Woodgrove, both teams will advance to face the champions and runners up of three state regions in an eight team single elimination playoff at Westfield High School.

The Lady Vikings delivered as promised May 20 against County, doubling up the Raiders 20-10 and putting away Kettle Run two days later 19-8 to qualify for the state tourney and play for the Region II title.

Valley found themselves with a narrow 5-3 lead at the half as Raider senior standout Haley Knudsen proved difficult to corral. The Lady Vikings exploded in the second half, however, as junior Corley Simons consistently controlled the draw and sophomore Maya Ebrahimnejad dominated the ground balls. Simons recorded 6 goals while Ebrahimnejad, senior Megan Williamson, and junior Ashlyn DiLoreto all had 3. Junior Sarah Ashworth and sophomore Lily Hamilton each had one goal as well. Sophomore Haley Shuford finished the night with 12 saves in goal.

Up only 4-1 at halftime, the Vikings got hot in the second half, finishing 19-8. Leading the offensive charge were Simons, DiLoreto and Ebrahimnejad as well as junior Courtney Schollian. Shuford and junior Kelsey Greene combined for 9 saves in goal for the Lady Vikings.

The finale against Woodgrove was definitely the game of the week as the two rivals faced off for the third time this year. A hard-fought battle throughout, the Vikes finished the first half down 5-6. They quickly tied the game at 6 but eventually found themselves down 3 goals with only minutes to go. Simons led the comeback though with her control of the



Photo: John Ashworth

Junior Courtney Schollian pushing the ball up field against Kettle Run

draw and the tension mounted as Valley came back to within one with less than a minute left to play. Simons led again with 4 goals while Ebrahimnejad and sophomore Samantha Mendiguren added 2 each. DiLoreto dished out 3 assists while Schollian and Ashworth had one goal apiece. Shuford finished with 7 saves in goal.

The Lady Vikings have ended their ladies' lacrosse dynasty in the Dulles District in fine fashion this year as they seek to cap their run with a state championship victory. State playoffs will be held at Westfield High School the final week of school and culminate with the championship game on June 8. Go Vikes!

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Local Baseball Team Raises Money For Children's Hospital



Top row, left to right: Coach Bob Olsen, Jibreel Jaka, Greg Payne, Jordan Winnett, Kris Yermak, Nolan Badura, Coach Marty Hile, Asst. Coach Matt Payne, Coach Dennis Upton. Bottom row, left to right: Manager Jeff Payne, Kyle Dant, Andrew Donofrio, Aidan Nicholson, Sam Upton, Zach Olsen, Clark Hile.

The FCA Power 13u, a western Loudoun based baseball team, surpassed their fundraising goal of \$20,000 by raising \$21,880 in support of Kyles Kamp and the Children's National Medical Center.

The FCA Power reached out to neighbors, church members, friends, teachers and coaches to ask for donations. It was especially meaningful for this team of 13-year-old boys as one of their own, Clark Hile, was diagnosed with leukemia when he was 4 and was successfully treated at Children's National.

Other fund-raising efforts included bake sales with the Upper Loudoun Little League baseball program, spirit nights at Coach's Corner in Purcellville, Smokin Willy in Purcellville and Market Table Bistro in Lovettsville. The team also sold raffle tickets with prizes that included a signed RGIII jersey, a team signed NY Giants football and summer clinics donated by Extra Innings in Frederick and Fielder's Choice in Purcellville.

The Kyles Kamp tournament was started in 2010 after a local boy, Kyle Hahne, was diagnosed with leukemia. During this third year of the tournament they have raised more than \$340,000 to date, with a goal of \$600,000 by June 15. One hundred percent of the donations go to support the Children's National Medical Center, oncology division. Visit the website at www.kyleskamp.org for further information.

Kyles Kamp also introduced this year's Patient Ambassadors, who are local children who have undergone or are currently in treatment at Children's National. The FCA's ambassador is Caitlin Rosenberg, an 8-year-old girl from Winchester who donated bone marrow to help her little sister, Brooke, beat cancer.

The ultimate reward for the four teams that raised the most money for Kyles Kamp was a chance to play at Nationals Park on May 19. The FCA Power was the second ranked team and played the Falcons13u team.

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DONNA DEWITT

Just Like Nothing (Else) On Earth: The Stony Point Ruins

– By Tim Jon

There's a run-down, neglected, dark-reddish little stone structure out in Western Loudoun that gets to me every time I pass by; it doesn't matter whether I'm in a hurry or taking my time, if it's a sunny day or a blustery snowstorm, if it's just after dawn or the middle of the afternoon, or if it's spring, summer, fall or winter. I always imagine that there's a hush about the spot – almost a vortex of peace and silence – a location suitable for quiet contemplation and solitude – or companionship only of the deepest empathy.

Now, mind you, I've never had the opportunity to stop and walk about this ground or examine the decaying shelter standing just off the roadside. I'm also aware that this county's got numerous other historic buildings – many in various states of disrepair that try their best to tell their tales of time gone backward. No, I've never explored here, in the physical sense – and I probably will never get the chance



JON



to give my special little place a closer look than I get in just passing by on the legal right of way; it's private property, and, since I expect people to respect mine, I do the same for theirs.

But, like a lot of things in life, perhaps the rewards I glean from imagination and anticipation would outstrip the real experience; I can walk the ground in my mind and feel the quiet energy of those stone walls from the creative side of my soul. At least, that's what I can tell myself. Like the fox in the Aesop's Fable said, those grapes were probably sour, anyway. If I were to find a spot to park off the nearby two-lane and get out, I'd most likely get my shoes all muddy, and the low ground would most assuredly produce a

good crop of bloodthirsty mosquitos, and all that crumbling stone must have some unhealthy mold harboring who knows what microscopic malevolence. So, as long as I stay in my vehicle and simply drive by, my little place of peace can remain without blemish in the heart of this busy traveler.

Now, part of me wishes that time could stand still – or at least slow down a little – for this and many of the other nameless and seemingly forgotten structures built so long ago by (at least to me) unknown human hands. At some future date it – and, eventually, the others, will collapse altogether, become one with the soil, and disappear from our day-to-day consciousness; still, I hope it stands as long as I do.

So, what is it about this particular spot – and the decrepit shape standing alongside the roadway?

Well, part of it, I'm sure, is that I always travel to this place from the east – along Stony Point Road from its junction with Charles Town Pike on the west end of Hillsboro; you take Stony Point past its close, shady curve at Highwater Road and climb the hill toward the big, wide-open spaces out by Honey Locust Lane, then

descend again to the hush of the tree-lined section where you'll see the T-Intersection of Woodgrove Road coming in from your left. And just before you get there – if you fail to use your peripheral vision to take in the sights along the right side of the road, you could almost miss the story-and-a-half tall stone structure standing just off your path. By the shape of its now-glassless window frames, you might conclude that was once a church of now-forgotten denomination. I always enjoy the calming effect the façade provides after I've driven up and down the windy grade along Highwater to this more level – and seemingly peaceful – spot. I take in the moment, draw in all the positive energy I can, then move on to busier, more populated areas and the tasks at hand.

But I like to think – and feel – that even just a little of all the healing energies of my favorite places remain with me for when they're needed most; 'cause when you come right down to it, isn't that what holiness and spirituality are all about? I'm sure some more learned religious leaders would correct me in my beliefs, but I'll keep to what I've found to be true.

I know it to be real, for it is here.

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May Interview, continued from page 17

state money. For example by transforming the way the state maintains right of ways I was able to save the state \$10 million, and writing the new roadside emissions testing policy saves Northern Virginia motorists over \$6 million per year. These initiatives don't always make the headlines but they continue to save the state millions of dollars each year.

On pro-life issues voters in the 33rd District know that I am 100 percent pro-life. Earlier this year I was proud to receive a 88 percent rating from the Family Foundation of Virginia for 2012-13 and a 100 percent in the preceding 2010-2011 report. Whether voting to prohibit state funding for abortion or working to prevent Obama Care Health Exchanges from using taxpayer money to pay for abortions I will continue to protect the un-born.

TJ: Do Virginians want a delegate who fights over every issue in the Assembly, or one who will compromise?

JM: I think Virginians want a delegate who will seek compromise for the overall benefit of our citizens and state while staying true to their core beliefs.

TJ: Should we have term limits in Virginia, or is it great to have experience?

JM: I believe that our democratic system provides term limits every time we hold an election. The people of the 33rd District have the right to exercise term

limits on their delegate every two years when we hold an election. Your performance in life improves with experience. It is experience that has allowed me to work effectively with the citizens of my district, local officials, my General Assembly colleagues as well as our federal representatives like Congressman Frank Wolf.

TJ: Have you ever turned down a campaign contribution? Would you?

JM: Campaign contributors are public supporters of my campaigns. I certainly have turned down contributions from individuals or groups that, in my view, did not reflect the best interests of my District and the Commonwealth.

TJ: What are the greatest strengths and weaknesses of Virginia government?

JM: One of the greatest strengths of Virginia government is that we are a balanced budget state. Through enacting fiscally conservative policies we have been able to create a business friendly environment in our state. Virginia is one of only nine states in the country to have a AAA bond rating.

Weakness: Virginia is the only state with a governor who can only run for one consecutive term. It is extremely difficult for a one term governor to initiate and achieve positive results over a sustained period because he is a lame duck from the moment he's sworn in.

TJ: Thank you for your time and attention.

LaRock Interview, continued from page 16

(VHHA), which supports my opponent, lobbied against the Lyme Disease bill.

TJ: The word 'tax' is hated by many Virginians; should taxes be abolished altogether, or do they serve a vital purpose?

DLR: People understand the need for taxes, but when taxes are raised too high the cost of living rises, jobs leave, and the economy suffers. Taxes should be as low as possible, which requires tough choices and wise use of resources. Unfortunately, too many in Richmond are more concerned with keeping the lobbyists and fellow legislators happy than they are with keeping taxes low. Chief Justice John Marshall, a Virginian, famously stated, "The power to tax involves the power to destroy." High taxes at the local, state, and national level to feed unwise spending are destroying our economy.

As much as possible, taxes should be closely tied to the government service being used, gas taxes being a good example of this. The massive tax increase my opponent just voted for this year was terrible in this respect. For example, vehicle registration fees were increased by \$15, with 100 percent of that money going to transit, not to roads that would benefit the vehicle's owner.

Some projects are able to be funded by special tax districts whereby those who will benefit from the project pay for it, rather than increasing general taxes. The Route 28 tax district is an example of how this works well. In that example, developers paid for the road and their property values increased.

TJ: The June 11th Primary pits a 20-year incumbent against a conservative challenger; why will you advance to the General Election in November?

DLR: People are tired of government having too much influence in our lives. My opponent has voted for four major tax increases, and too many gradual infringements on our liberty. He has become part of "the system" in Richmond, voting too often for the special interests instead of his constituents, and it is time for a change. He repeatedly refuses to debate or defend his voting record, instead resorting to false personal attacks, and voters see through that. I will work to defend liberty and faithfully

represent the values and voters of the 33rd district.

TJ: Do Virginians want a Delegate who fights over every issue in the Assembly, or one who will compromise?

DLR: The true art of compromise is to maintain commitment to the core principles one espoused while seeking office, while crossing party lines where possible to advance a plausible policy agenda. Some elected officials compromise to gain favor with colleagues or to advance and prolong their careers. That is the wrong kind of compromise. Compromise of principles for the sake of gaining favor is unacceptable.

TJ: Should we have term limits in Virginia, or is it great to have experience?

DLR: Many voters have told me we should have term limits. The biggest concern is the pay-to-play system: lobbyists who sway career legislators to vote against the needs of their constituents. There are a few good men who stay true to principle even after many years in office. I think the best way to resolve this concern is to hold elected officials accountable for their voting record.

TJ: Have you ever turned down a campaign contribution? Would you?

DLR: Yes, a supporter with significant debt offered to contribute to my campaign, I asked her to volunteer instead. I would turn down any contribution offered in exchange for influence, or from any organization asking me to vote contrary to what's best for my district and the conservative principles I adhere to.

TJ: What are the greatest strengths and weaknesses of Virginia government?

DLR: We have been a business friendly state and that is a definite strength. Businesses want low taxes and qualified workers. Our taxes have become too high which is slowing job creation and weakening our state. Virginia taxes are lower than Maryland, but still higher than those paid by taxpayers of 40 other states. We cannot allow taxes to continue rising. I will fight for spending reform by supporting Ken Cuccinelli's plan for lower, flatter, fair taxation that promotes a business friendly, job creating state.

TJ: Thank you for your time and attention.

Sushi – "Tails" from the Barnyard

It is I, Sushi, the small but mighty Cairn Terrier. Do you have a Father of the Year?

June is the month we celebrate our Fathers. But, you know "Fathers Day" really is not just one day or one month out of the year. Fathers are a lifetime thing – or should be. My Father use to say to me "I will be your Father until the day I die and beyond that too! So don't mess up because I will be watching you!" ... and boy did he mean it.

You know, today there is a lot expected of a man. We are supposed to be sensitive yet at the same time beat the beezebors out of anything dangerous that might cross our family. We need to provide a home, hunt and nourish, love and be loved. Sometimes by the time I am done with the nourishing and hunting I just want to go to my den and be left well enough alone. You know – like alright – already!

But, let me share with you a story about one very special father here at Fields of Athenry.

It was just about this time last year, in early June. Mr. and Mrs. Zaza, our Sabastapole geese were honking to anyone that would listen that their five new babies were about to hatch. Everyone in the barnyard was thrilled. You see, Sabastapole geese are very rare. To have a whole group of eggs successfully hatch is something to honk about! All the barnyard animals gathered 'round quietly, gently peering in at Mrs. Zaza looking so glamorous on her nest. She made motherhood look – well – so peaceful and easy. One by one a little chirp could be heard under Mrs. Zaza's long curly white feathers. Mr. Zaza waddled so proudly back and forth, back and forth around the barnyard's "Quackery Pond."

Quackery Pound is surrounded by beautiful large boxwood bushes, gates and electric wire. Mrs. B. built it especially for Old Gnarly Gander – another one of our fine geese – and the Goose Gang's safety. During the day when the visitors come to Fields of Athenry Farm, Mrs. B. turns the electric fence off so all the little children can come observe the animals without getting electric stim!

Well, Mrs. B. must have forgotten to turn the electric fence back on. And, in the morning, as Mr. Zaza was making another nervous fatherly lap around Quackery Pound, I, the brave and mighty Cairn Terrier started getting tingles up my spine. I sat straight up from my nap on the porch sniffing, sniffing, sniffing and there it was, that musty odor – a smell all its own, unmistakably the Sly One ... a fox.

Before I could leap off the porch I heard honking and screeching – the scream for life. As I raced towards the danger I heard behind me the thundering paws of our Bull Mastiff LuluBell.

Neither one of us could get to Quackery Pond quickly enough.

Continued on page 34

Sushi, continued from page 33

And, when we got there we saw that Mr. Zaza had fought to his death defending poor Mrs. Zaza and their newborn babies. At the same moment, Old Gnarly Gander came out from behind the barn, and, swinging his powerful neck gallantly held back the Sly One. I took a short cut behind the barn in Gnarly's direction and LuluBell and I teamed up against the fox just in the nick of time as the Sly One bolted off toward the forbidden woods to his foxy den.

Old Gnarly, awkwardly yet kindly, inspected Mrs. Zaza and the babies, counting each one. Carefully stretching his neck hovering over the "Zaza Family" he paid his condolences to Mrs. Zaza over Mr. Zaza's death. Then quietly and respectfully, Gnarly carefully backed away, lowering and bowing his long goose neck in clear pain for Mrs. Zaza's anguish.

Mrs. Zaza immediately ruffled and puffed her feathers as she pulled her babies in close to her heart. Tucking her head deep into her wings, she cried and cooed to her little ones.

Old Gnarly looked toward LuluBell and I as if to say "Until death do us part I will honor and defend my dear friend's family. I will be these goslings' father to the best I can. I will teach them respect and love for one another but mostly for their mother and their father. For it is in giving that we receive. It is learning to respect, love and cherish, that we become one."



So you see my friends, this is why I have so much respect for old crotchety Gnarly Gander and why I think he is the Father of the Year!

Sincerely and with Love – Sushi



by T. Michelle Thoburn



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CAMP KID SCOOP THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
Puzzle answers, games, opinion polls and much more at: www.kidscoop.com
© 2010 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 26, No. 24

SKIN PROTECTION

SLIP, STOP, SLAP, SEEK and SLIDE

Can you say that five times fast? Australian children learn at an early age the five steps to protecting their skin from the sun. They are:

- SLIP** on protective clothing like a T-shirt.
- STOP** on sunscreen—SPF 30+.
- SLAP** on a hat with a brim.
- SEEK** some shade.
- SLIDE** on sunglasses.

Yeeouch!

If you forget to slip, stop, slap, seek and slide, your skin can burn. A burn from the sun is called a sunburn.

A sunburn can be very painful and is much like a burn from fire. Your skin will turn red, and if the sunburn is bad, you may get blisters. As the burned area heals, your skin peels, which can be very itchy.

How to Treat a Sunburn

- Take a cool bath or use wet cloths to cool down the burned part of your skin.
- Apply special lotion for sunburned skin.
- Don't use soap, as this could dry and irritate your burned skin.
- Stay cool and rest.
- **IMPORTANT:** If watery blisters appear on your skin, you should see your doctor.



Standards Link: Health: Know how to maintain and promote personal health.



Find It

Find these things hiding in this picture: a banana, a house, a crayon, a fish, a surfboard and a dinosaur.

Sort It

After finding the hidden pictures, sort each object by the number of syllables.

- 1 syllable
- 2 syllables
- 3 syllables

Standards Link: Vocabulary: Recognize syllables in words; decode words with two or more syllables.

How Sunburns Happen

The sun's _____ are made up of ultraviolet (UV) radiation. Too much _____ to UV rays can not only _____ a person's skin, but also trigger more _____ problems, such as skin _____ and eye damage.

The sun scorched some of the words out of this paragraph. Can you replace them?

EXPOSURE BURN RAYS
CANCER SERIOUS

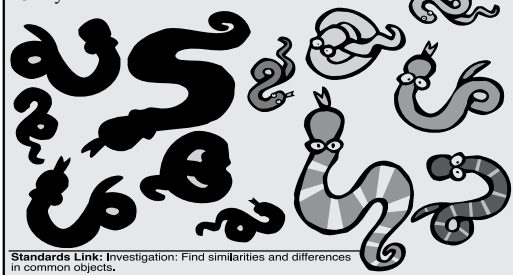
Put Healthy Words Into Your Mouth

Look through the newspaper for as many words as you can that you think relate to good health. Select five words. Try to use these words when speaking for the rest of the day.

Standards Link: Vocabulary: Use grade-level appropriate vocabulary in speech.

Kid Scoop Puzzler

Can you match each snake to its shadow?



Standards Link: Investigation: Find similarities and differences in common objects.

Play this game that teaches simple steps to protect yourself from too much sun. Go to: www.kidscoop.com/kids.

Double Double Word Search

Find the words in the puzzle. Then look for each word in this week's Kid Scoop stories and activities.

R	S	E	T	A	T	I	R	R	I
E	N	B	U	N	N	P	S	B	K
G	R	U	L	D	A	U	N	N	E
G	U	R	E	I	O	Z	O	N	E
I	B	N	I	S	N	I	K	S	
R	N	F	R	O	I	T	C	H	Y
T	U	E	A	S	L	A	E	H	A
L	S	P	E	D	I	L	S	R	R
E	R	U	S	O	P	X	E	N	S

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE KID SCOOP LESSON LIBRARY

Action Language

Look at the models in newspaper ads and write three words that describe the women—and men—in those ads. Discuss how ads influence our ideas of beauty and body types.

Standards Link: Visual Arts: Know how different media, techniques and processes communicate ideas.



Why did the elephant wear sunglasses?

ANSWER: So he wouldn't be recognized.

Kid Scoop Together: Newspaper Hat

Hat-making fun for two!

1. Drape a page of the newspaper over your friend's head.
2. Wrap tape around your friend's forehead—outside of the paper.
3. Crinkle up the paper hanging below the tape and shape it to form a creative hat brim.
4. Decorate the hat with strips of construction paper, feathers, flowers, small toys or whatever you like!
5. Repeat and have your friend help you make your own hat.

Send us pictures of yourselves in your newspaper hats. We will post them on our website. thescoop@kidscoop.com

Standards Link: Reading Comprehension: Follow multi-step written directions.

Kid Scoo-doku™

Complete the grid by using all the letters in the word SHADE in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

S		H		
H				S
A			H	
D	H			
E				H

Kid Scoop VOCABULARY BUILDERS

This week's word: **SEEK**

The verb seek means to try to find, to look for.

When outside, seek shady places to play.

Try to use the word seek in a sentence today when talking with your friends and family members.

Write On! Best Book of the Summer

Tell other kids about a book you think they should read this summer.

2013

CONGRATULATIONS GRADUATES

OF LOUDOUN VALLEY HIGH SCHOOL AND WOODGROVE HIGH SCHOOL

"May your futures be bright, your expectations unlimited and your goals achieved! Reach for the STARS."

— We wish you the best! From all of us at the Blue Ridge Leader & Loudoun Today

Carver Center June Events



The following events are at the Carver Center, 2300 Willie Palmer Way in Purcellville. Call 571-258-3400 with questions.

Friday, June 7

First Friday Movie Matinee: "Top Hat." \$1 for movie, popcorn and ice water (\$2/non-members), 12:30-2 p.m. for ages 55 and older. Come and enjoy a 1935 Fred Astaire and Ginger Rogers musical, with an Irving Berlin.

June 11 and 25

Jerry's Jukebox, 7:15-8:30 p.m. for all ages. Free to senior center members, \$2 for non-members. Practice your dancing on the second and fourth Tuesday of each month.

Friday, June 14

Fathers' Day Dance, 1-3 p.m. \$3 for ages 18 and older. Register through Parks and Rec with RecTrac#430711-01. Seniors are encouraged to bring their adult children to join in the fun. Any kind of dancing goes.

Wednesday, June 19

The Art of James Earle Fraser, 11 a.m. to 12 p.m. for ages 18 and older. Free to senior center members, \$2 for non members. National Park Service Ranger Brad

Berger gives a presentation on the American sculptor James Earle Fraser. Fraser is best known today for his Indian Head nickel, which was taken out of production in 1938.

Friday, June 28

Zoo Day, 10:30 a.m. to 1:30 p.m. For all ages, rain or shine. No entry fee, but donations are being accepted for the Loudoun County Animal Shelter. If you are looking for a fun outing for the whole family, consider attending this annual summer event. You will be able to visit with farm animals, pocket pets, and therapy dogs. Loudoun County Animal Shelter's Mobile Adoption Van will be on site, offering adoptions of cats and small pets. Carolyn Bledsoe will be on hand to paint faces with animal motifs and the Purcellville Police will be giving rides around the parking lot on their always popular barrel train. If animals are not your thing, perhaps you would enjoy browsing through the yard sale items in the Art Room. Snow cones, popcorn and a hot dog lunch will be for sale. After lunch, settle into a seat in the Grand Hall and enjoy a performance of "Twelve Angry Pigs".

Friday, Jun 28

Ballroom Dance Social, 7-10 p.m. For all ages, \$10 if pre-registered or \$15 at door. Lesson from 7-8 p.m.

Lovettsville Co-op Announces Second Annual Farm Market Opening

Lovettsville Cooperative Market's second annual outdoor farm market opened Saturday, June 1, at its new location on the Lovettsville Town Green near the Walker Pavilion. The Co-op will operate the weekly summer farm market on Saturdays from 10 a.m. to 1 p.m. through September. It will feature locally grown or produced fresh fruits, vegetables, meats, eggs, bread, coffee, and other products, as well as local non-food products and handicrafts. This year's Co-op Farm Market will also feature special themed weekends, booths by local interest groups and charities, and live music.

Co-op board member and Lovettsville native, Sarah Searle, is heading the Co-op's Farm Market team.



Searle is excited about changing last year's model to create a more hybrid approach.

"We're hoping to have a bigger market this year with more Loudoun County vendors and a greater variety of products, says Searle. "Like last year, we'll include local Lovettsville vendors like Quarter Branch,

Patowmack, and Milcreek Farms. This year we hope to work with smaller producers who may not have representation at other area markets and would like to come and sell their own products."

Local producers who would like to sell their products at the Lovettsville Co-op's Farm Market are encouraged to contact Searle directly at searle.sarah@gmail.com.

June

☼ **Thursday, June 6, Gardening Lecture.** "Counting on Pollinators: The Banshee Reeks Bee Inventory" is the topic at 7

p.m. at the Rust Library, 380 Waterford Road NW, Leesburg. For more information, visit www.loudouncountymastergardeners.org or call the Loudoun Extension Office at 703-777-0373.

☼ **Friday, June 7 and Saturday, June 8, Mosby Ranger Descendant Reunion** in Middleburg. All events are open to the public; attendants need not be descendants of Rangers to participate. Numerous events will happen during the weekend, including a talk from author and historian Robert O'Neill, the Mosby Ranger Descendant Reunion Gathering, tours of local cemeteries, the Cavaliers, Courage & Coffee Program offered by the Gray Ghost Interpretive Group and a tour of historic houses. For more information, visit www.mosbyheritagearea.org.

☼ **Saturday, June 8. Koinonia: A country breakfast, 8-11 a.m.** or until they run out of food. Buffet meal featuring a wide variety of options, plus a children's corner. Located in Neersville at 11762 Harpers Ferry Rd., (Rt.671). Free will offering.

☼ **Saturday, June 8, Run, Walk and Wag 5K** at 9 a.m. at Philip A. Bolen Memorial Park, 42405 Claudia Drive, Leesburg. Run a 5K, run or walk in a canine and family-friendly 1-mile fun run or take part in one of the contests. The 5K entry fee is \$35 for adults and \$17 for ages 17 and under. The fun run/walk costs \$10 per person or \$30 per family. For more information, contact Taacha.BrownDrummond@loudoun.gov or call 571-258-3745.

☼ **Sunday, June 9, baby shower to benefit wildlife orphans** from 1-3 p.m. at Historic Long Branch in Boyce. List of suggested gifts and more information at www.blueridgewildlife.org.

☼ **Friday, June 14 to Sunday, June 16. To mark the 150th anniversary of the Civil War cavalry battles** of Aldie, Middleburg, and Upperville, partners in the Mosby Heritage Area offer three days of events. The events include a re-enactment in Aldie of a cavalry skirmish and the Battle of Aldie. There will also be a Battle of Upperville cavalry re-enactment on the Trappe Road in Upperville. More information can be found at www.CivilWarinLoudounValley.com.

☼ **Sunday, June 30, Polo for Piedmont at the Upperville Polo Field** (corner of Route 50 and Willisville Road in Upperville) from 2 to 7 p.m.. The cost is \$30 per car and ticket costs are tax deductible. The event benefits Piedmont Child Care Center. For tickets call 540-592-3908 or visit www.piedmontchildcare.org.

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You can rest assured that major US manufacturers are on the availability list under our STASH THE CASH "UP TO 18 MOS NO INTEREST" OFFER. Only limited systems have been reserved and unfortunately this offer ends May 31st, 2013 or when we run out (whichever comes first). You, of course, want to know the catch. Here it is: You MUST call and set up an appointment to have your FREE analysis done in order to find out if you qualify. You will still be responsible for your utility bills. So you could be using these quality systems INTEREST FREE - besides the electricity or gas to cool/heat your home. The good news is, when homeowners in Northern Virginia replace units over 10 years old, the energy savings are as high as 40%.

So, if your furnace or air conditioner has broken down in the past few years or you feel it could break down in the next year, DO NOT WAIT — call right now (540) 905-7795 . Many of you will pay over \$500 in repairs this year on your energy guzzling air conditioners or furnaces. Why would you throw good money towards a system you'd replace?!

National reports on the new high efficiency systems list energy savings as high as \$600+ per year and possibly greater than \$12,000 over the life-span of the system! This is money back in your pocket! Or, you can look at it that the new cooling and heating systems are practically paying for themselves! Imagine going through the sizzling hot summer worry-free, with up to 10 years parts and labor warranties - SAME AS CASH for up to 18 months! PLUS SAVING \$600!

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Jim Dean

Jim Dean, General Manager

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ARTS & ENTERTAINMENT

Blacksmith Returns To His Past



For Clarke County resident Michael Wilson, a double knee replacement has led him to return to his past of being a blacksmith.

The surgeries in 2011 ended his work in horse logging. He sold his team of Persheron draft horses and all of his equipment. After he recovered he gave horse logging another try, but it did not work out.

He sought employment, but he discovered that men in their 70s were not in high demand in the "heavy lifting" field. Too many younger, but highly experienced, men were available to make hiring someone his age attractive.

After discussing the situation with his wife, Karen, he decided to take up blacksmithing again. This would not be shoeing horses, which he had done full or part time from 1959 to 2004, but rather the ornamental, art and bladesmith work

that he had done on the side and as a hobby for decades.

He had a shop and it would require very little capital expenditure to begin. So, at 72, he embarked on a new career. Local Wood of Berryville commissioned him to produce a set of six large strap hinges for a pair of barn doors. Orders for wrought iron table bases followed from Local Wood, and other projects are currently under discussion. He has also created hand forged blades, forged flowers and leaves, sign posts and frames, and household items such as fireplace tools, kitchen utensils, door knockers and boot scrapers.

For the time being he is staying away from large projects that require considerable shop space, lifting equipment, or assistance, but future plans may include larger projects.

Michael Wilson can be reached at (540) 771-0184.

Pottery Studio Has Long History

Every so often, a stranger will spot the old Freeman's Store sign on Airmont Road in Bloomfield and pop inside for a snack or a cold drink. What the visitor finds instead is pottery. Though it looks like a country store from the outside, the single-story, metal-roofed building is home to Monkeytown Pottery, a studio owned by Amy Oliver, whose family has held the property for more than a century.

Both names – Freeman and Monkeytown – are rooted in Oliver's family history. Her great-grandfather's father-in-law, Thomas Derflinger, bought the store, on a winding road 8 miles south of Round Hill, in 1904. Derflinger's son-in-law George Freeman (Oliver's great-grandfather) took over the store in 1944 and gave it his own surname. He also gave it a zoo.

Freeman, an animal lover, housed an odd assortment of animals behind the family business. It included "six monkeys, several white deer, ferrets, mink, fox, and quite a number of unusual pheasants. People used to bring him pheasant eggs from all over the world," Freeman's daughter, Frances Freeman Oliver, told the Loudoun Times Mirror in 1979. The assembly of animals became legend in the area, and it earned Bloomfield a nickname: Monkeytown.

Freeman kept the store open 365 days a year. After Frances Freeman Oliver and her husband, Bill, took it over in 1971, they decided to close the store for half a day on Thanksgiving and all of Christmas Day.

Frances ran the store with Bill, and then by herself after his death, until 2001, when Amy Oliver and her husband, James Hochmuth, bought the property. Though the business closed, Oliver still hears stories about the days when her



relatives ran it.

According to local lore, Freeman kept his makeshift zoo until around 1960, when officials told him the animals were illegal and had to go.

Monkeytown Pottery is a hub of creativity where Oliver makes pots to sell and teaches pottery classes to students of all levels. Classes meet four days a week – Monday and Wednesday evenings and Thursday and Saturday mornings. Oliver's pottery is for sale at her studio and at Great Country Farms in Bluemont, Twigs in Purcellville and Arts in the Village in Leesburg. Her studio is part of the annual Western Loudoun Artists Studio Tour, coming up on June 22 and 23.

For information about Monkeytown Pottery pots and classes, call (540) 554-2811. You can also follow Monkeytown Pottery on Facebook.



One Woman Show – Eleanor Roosevelt: Her Secret Journey

Loretta Swit (seated) signed autographs after her one woman show "Eleanor Roosevelt: Her Secret Journey" in early May at Franklin Park Arts Center. This sold out show inaugurated a new series --Gold Star Performances--bringing top name talent to the Franklin Park Arts Center

Board Members of the Friends of Franklin Park Arts Center pictured with Ms. Swit are from Left to right Maureen Gilmore, Richard Hamilton, Bettina Gregory, Vickie A. Fuog, Fran Rucker, Marilyn Naylor and Barbara Bearman.

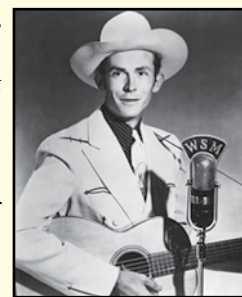
Franklin Park Visual & Performing Arts Center, June 2013

For reservations/tickets call 540-338-7973 or visit www.franklinparkartscenter.org.

Friday, May 10 – Friday, June 14 – 5 for 5 Art Show (in the gallery): Five Artists who have been pivotal and inspirational in the growth of the Arts Center will be on display. Artwork available for purchase, or just come by and enjoy. Free and open to the public, Monday – Friday, 9 a.m. to 5 p.m.

Saturday, June 8, 7:30 p.m. – Sterling Players: Murder of '76. Come and enjoy dessert and help determine Whodunit. Tickets are \$24 and include dessert and the show.

Sunday, June 9, 3 p.m. – Lovesick Blues: The Life & Music of Hank Williams featuring Robbie Limon. A 90-minute musical theater event chronicling the significant phases of America's most influential singer-songwriter. Tickets are \$20 for adults and \$17 for students.



Saturday, June 15, 8 p.m. – Buncaroo Presents: Zach Deputy and Todd Carey. A unique blend of Puerto Rican, Cruzan, Irish, R&B and Calypso music and rhythms.

The Capitol Steps are coming this fall, bringing their wild, wacky and wonderful humor to Franklin Park Arts Center for the first time in two exclusive GOLD STAR performances. Reserved seating. Go to the Franklin Park website for details.

» Real Estate Ticker »

— By Carl Fischer

New Insights

I was recently invited to attend the National Association of Realtors mid-year conference held at the Washington Hilton on Connecticut Avenue as a panelist. It was an invitation-only “Masters of the Market” group consisting of some of the most forward thinking and highly productive real estate brokers in North America. Most were former Howard Brinton “StarPower” honorees, as I was, and for me, it was like “old home” week.

I’m telling you all of that to tell you this: The real estate market, as we all know, has changed dramatically over the past five years. We all knew it would, but it has been a challenge for even full-time top-producing professionals to keep up.

In the two-and-a-half hours we shared, the social exchanges lasted for just a few minutes and rolled into unending flood of new and useful information. One which stood out in my mind as particularly important I describe below.

That buyers are well-informed is an understatement

We are very familiar with the notion that the Internet has played a large role in



FISCHER

many of these changes, but not until I was introduced to an NAR study created in collaboration with Google entitled “The Digital House Hunt: Consumer and Market Trends in Real Estate,” did I really begin to understand the enormity of this recent change in consumer habits.

The study points out that 90 percent of homebuyers searched online during their home buying process (page 3 of this 28 page report), which contributed to Google’s 253 percent growth in real estate searches over the past 4 years.

YouTube has become significant in real estate searches

Demanding buyers want a good understanding of how a house “feels.” They are no longer willing to sit through a glitzy slide show to satisfy their needs. The want explicit, and they want professional-grade video, because that’s what they get in every other venue. The article goes on to state that “36 percent of new-home shoppers utilize a mobile device while they watch TV.”

And technology is no longer the sole domain of the young. It seems that once grandparents discovered that they would speak face-to-face with their grandchildren

via Google’s “Face-Time,” or Skype, all bets were off. No hesitancy arising from fear of the technology now; they don’t hesitate to ask their children or grandchildren how to do it, and “voila!”, it’s now a part of their skill-set.

Zero Moment of Truth

Here is the introduction of the Digital House Hunt article:

Over the past decade, our world, and particularly the world of house hunters has become increasingly digital. Consumers are going online at a rapid pace to look for information to support their buying decisions. They watch “how-to” videos on YouTube, they read review sites, they look up specific brands on search engines, and even research on the go with their smartphones and tablets.

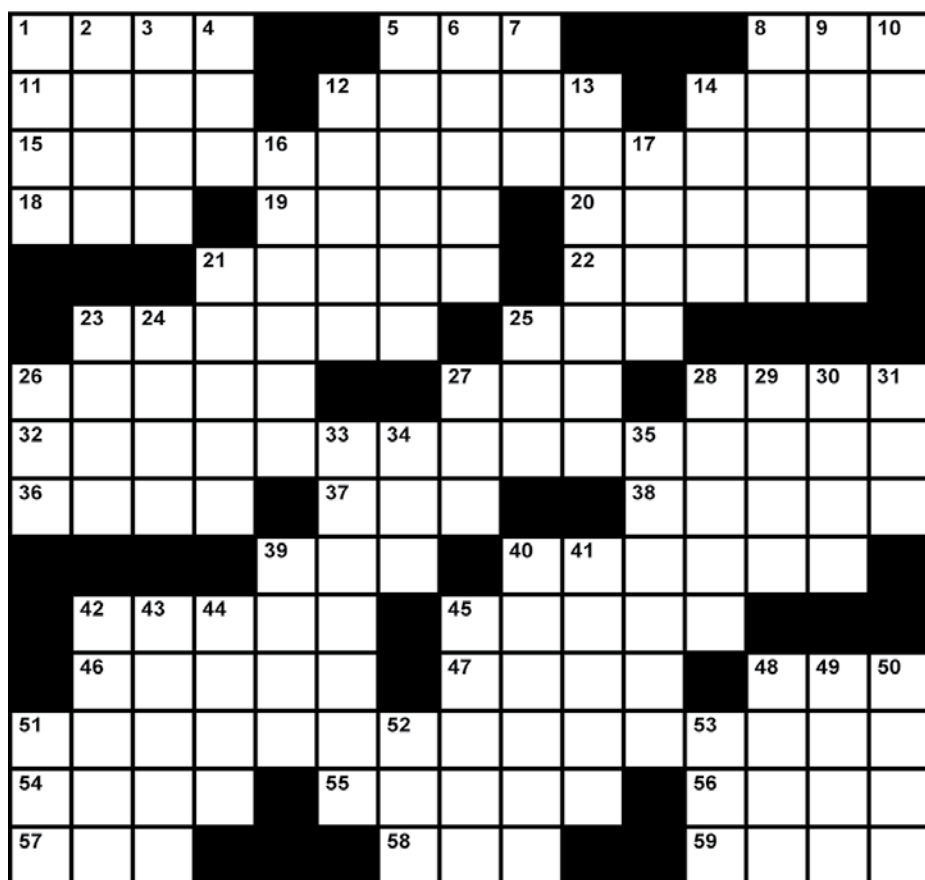
Google calls this idea ZMOT, or the Zero Moment of Truth*; the idea that shopping is no longer about showing up in a store, or in our cases at a brokers’ office or an open house, seeking advice or counsel on what to buy or how much they should pay. As Google’s ZMOT handbook for marketers explains, “the sales funnel isn’t really a funnel anymore.” Today there is a new, empowered consumer generation that does its homework ahead of time at this new and critically important Zero

Moment of Truth. Per the handbook, penned by Jim Lecinski, Google’s ZMOT expert, we know that “at the Zero Moment of Truth, today’s shoppers bounce back and forth at their own speed in a multichannel marketplace. They switch devices to suit their needs at any given moment. They search; go off to look at reviews, ratings, styles and prices; and then search again. They see ads on TV and in newspapers and online. They walk into local stores to look at products. They talk to friends, over the back fence and on social media. Then it’s back to ZMOT for more information.

Want to learn more? Go to www.zeromomentoftruth.com and take a look at Google’s second publication addressing marketing in the “now” and you’ll be as blown-away as I was.

Carl Fischer is the Broker/Owner of United Country Real Estate, which specializes in commercial, investment, and unique residential properties in Northern Virginia, the Eastern Panhandle of West Virginia and Northern Neck waterfront homes. He is licensed in Virginia and West Virginia, and is a member of the Dulles Area Association of Realtor as well as the Northern Neck Association of Realtors. (703) 727-5025.

“All’s Well That Ends Well” — By Myles Mellor and Sally York



ACROSS

1. Credit or tarot follower
5. Dash
8. Bladder, e.g.
11. Organic compound
12. People person, briefly
14. Fodder holder

15. Takes his leave of a lady
18. Nigerian language
19. City in Italy
20. Adult insect
21. Big Bertha’s birthplace
22. Lhasa’s land
23. Raillery

25. Best seller
26. ___-cochere (carriage entrance)
27. Krypton, e.g.
28. Group of poems
32. TV castaway
36. ___ brat
37. College in Ashland (abbr.)
38. ___-made
39. “Come again?”
40. Rears
42. Birthplace of Little Richard
45. Tracks
46. Caribbean cruise stop
47. Units of work
48. Protestant denom.
51. Place to find pennies?
54. European language
55. Dead to the world
56. Consequently
57. Home improvement network
58. Rather than
59. Dated oath

DOWN

1. 27, to 3
2. University in Pakistan
3. Make over
4. “___ Boot”
5. More high-spirited
6. Mischievous
7. Sleep-disturbing legume?
8. ___ of Vicksburg
9. Apportion

10. Mil. rank
12. French commune
13. ___ Columbia
14. Q-Tip
16. Urges onward
17. Give off, as light
21. Admittance
23. 1922 Physics Nobelist
24. Jack-in-the-pulpit, e.g.
25. Pilgrim’s journey
26. School org.
27. African antelope
28. Decorative jugs
29. Hymn of praise: var.
30. Cutlass, e.g.
31. Arch
33. Salt shaker?
34. Joyful exclamation
35. Threat ender
39. Bindle bearer
40. French existentialist
41. Cheap
42. Native New Zealander
43. Dilettantish
44. Adorable
45. Allude
48. Floater
49. Chlorella, e.g.
50. Slog
51. Twin, e.g.
52. Undivided
53. ___ bit

answers on page 42...

Ask Dr. Mike, continued from page 2

her husband's involvement in Alcoholics Anonymous (AA). She complained that his AA meetings, his AA sponsor and AA slogans and the AA philosophy as a whole had come to dominate their lives, and she resented it. She learned over time, however, to accept that AA was a very important part of her husband's newly sober identity; and, she even attended some open AA meetings with him, which served to help bring them closer together.

So the take home message is for you to check your annoyance at the door and fully embrace your wife's weight loss journey. She, and your kids, should see that you are 100 percent in her corner. I know that Weight Watchers has meetings for their members, so perhaps you could attend a meeting or two with her to demonstrate your interest in her and support. You don't mention exercise anywhere in your letter, but exercise is also a very important part of any personal well-being plan. Perhaps you and your wife could join a gym together or even start small by taking walks together on beautiful days. There will come a time when the point counting will end, but your wife will always remember how you treated her during her personal reformation.

Dr. Mike,

My sister-in-law is the perfect mom of two perfect kids. She stays home, doesn't drink alcohol, keeps a perfect house, goes to church every Sunday, bakes cookies, shops organic, cooks amazing meals, etc., etc. I, on the other hand, am the imperfect mom of three imperfect kids. I work way too much, I drink (sometimes to excess), I keep a very messy house, we rarely wake up in time for church and my kids eat Chips Ahoy cookies out of the bag. I wish I had the time my sister-in-law has to make everything just right for everyone... all the time! We were all recently together for a large family vacation where my sister-in-law's perfection as a mother seemed to dominate my imperfection over and over. It got so bad on the trip that I finally mentioned my insecurities to my husband who told me that I was being ridiculous. He was adamant that I am the perfect mom. Anyway, we've returned from the vacation, and I can't seem to shake my

feelings of being a bad mom. I could use some advice. Thanks!

– M in Loudoun County

M,

Your position that your sister-in-law is all good and you are all bad as a mother is what we psychologists call a cognitive distortion. In my opinion, there is something in your current situation, your history and/or your personal psychology that is causing you to both distort reality and trigger you then to feel guilty and badly about yourself. It seems that you are resentful of your sister-in-law in large part because she reminds you of the things you don't have or the things you want for yourself – to want to work less and to take care of yourself and your home and family better.

While it's not uncommon for working mothers, even in 2013, to feel guilty about not being there for their kids, your having a job/career can actually be very beneficial for your relationship with your children. There is even solid research to support that working mothers actually raise very independent and emotionally resilient kids. Working "way too much," however is not a good thing for anyone, and that is something you may want to address. Your drinking is something that you have complete control over, and so too is your messy house, church involvement and the way you shop and eat as family. You just need to think through the things you'd like to change about yourself as a mother and then plan accordingly toward making those changes.

Remember the old saying about the grass always being greener on the other side... well, it rarely if ever is. The things you esteem so highly in your sister-in-law are likely things you can have for yourself with planning, practice and time. The cognitive distortion of your sister-in-law being "perfect" and you being "imperfect" should clear up over time as you get control over the things you can control in improving your own life.

Dr. Mike,

I thought I had planned a great summer for our two young children with all sorts of camps and activities until my husband complained that all I do is spend his money. He thinks that, as a stay at home mom, I should be enough of a resource

for our children and that they don't need "stupid camps that are a waste of money."

He doesn't understand the importance of socialization for toddlers or even his own children's needs. For example, our three year old daughter has Sensory Processing Disorder, and she sees an occupational therapist. The therapist recommended a sensory oriented camp for our daughter, which my husband said is "a racket." My husband earns a large income, and we have and save plenty of money, so I don't understand his position. I am tired of being controlled by the self-appointed CEO of our home. Help please.

– S in Loudoun County

S,

I agree with you that socialization is very important for toddlers. Occupational therapy is also very effective in treating Sensory Processing Disorder, and the sensory oriented camp seems like a good course of action for your daughter. I also agree that as a stay at home mom you cannot be the only resource for your children. What I don't agree with though is your lack of communication as a couple in the co-parenting of your children. Your current dynamic seems to be one in which you make decisions for your children on your own, which your husband then resents you for, which in turn begets greater resentment from you. Defense on defense just escalates things, which is where you are

as parents in your decision making.

In moving forward, I recommend sharing your ideas with your husband and including him more in your parenting decisions. You can start by reviewing your thinking for what you've signed your kids up for already this summer. Perhaps there are some free or community based activities that you and your husband can look into as well. I also recommend including your husband more in your daughter's occupational therapy treatment. If your husband cannot meet with the therapist because of work, perhaps he can schedule a phone call with him/her to learn about what his daughter is working on and what he can do at home to better support her sensory needs. The summer camp likely also has literature that you can share with your husband.

Lastly, you also mention that your husband earns a large income, but, based on what you've written, there seems to be a considerable amount of conflict and disagreement regarding money in your relationship. I encourage you to broach and explore this touchy subject with your husband since it appears to be a source of some strong, negative feelings for you both.

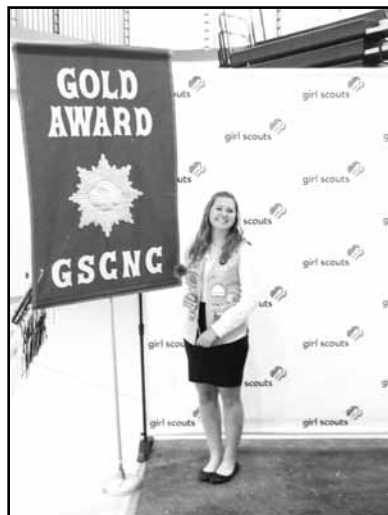
Michael Oberschneider "Dr. Mike" is the Founder and Director of Ashburn Psychological Services (APS), a private mental health clinic comprised of 12 MD and PhD level mental health clinician. He and his team are here to serve our Loudoun children, teens and adults. To learn more about Dr. Mike and the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

Guendert Receives Scout Gold Award

Woodgrove High School senior Alexandra Guendert was recently awarded her Girl Scout Gold Award. Alexandra planted a new landscaped courtyard called "The Grove" at Woodgrove to benefit the entire student body with help from the special needs students.

This project could not have been completed without the help of Woodgrove teacher and project advisor Mrs. Kabernagel, troop leader Sarah Stinger and her scout troop 1579, family, and friends.

Thanks to all donors: Blue Mount Nursery, Mr. and Mrs. Forrest from Faith & Family Foundation, Mr. and Mrs. Steve Cook, Browning Equipment, The Paint and Paper Place, BakeCo., Woodgrove SCA, Elegant Limousine Service Corp., Holly Hoopes SunTrust Mortgage, Home Depot and Giant Food.



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Letters, continued from page 7

disappointing and unfortunate actions.

Also, please note that this was sent to the Gazette for their consideration.

Domenick Alario
Purcellville, VA

The Best Dad In The World

Dear Editor:

Every Father's Day children tell their dads they are the best fathers in the world but do their dads know why? For some people having a good dad means them being their

friend and giving them gifts all the time. Those things are good; however, I think there are so many other important things a father does that people don't think about.

My dad never believed in just giving us things. He always has us work for what we want. At the time I would hate it but looking back I realize he did that to teach us that nothing will come easy in life and if you want something you have to earn it. I know so many people who have always had everything they have ever wanted handed to them and I used to be jealous of that.

However I now see that most of those people are spoiled and don't appreciate what they have been given.

My dad isn't afraid to punish us when we deserve it. I know it sounds weird that I'm thanking my dad for grounding me in the past but I honestly think this is one of the best characteristics in a father. When I look at my friends and people around me I'm almost embarrassed for them. I see them being rude to their parents and other adults because they never had any consequences for their actions as a child. If I ever acted that way my

dad would be the first to give me a 'wake up' call and I'm very thankful for that.

Every year fathers are told they are the best dads in the world. To me being a good dad isn't about being my friend or giving me everything I want but instead being there to teach me 'life lessons'. A father's job is to raise you the right way and prepare you for the future. The perfect dad can do all this without you even knowing it. That's why my dad is the best dad in the world.

Nicole
Purcellville

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Answers to crossword puzzle from page 38 ...

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B	I	D	S	H	E	R	F	A	R	E	W	E	L	L
E	D	O		A	S	T	I		I	M	A	G	O	
				E	S	S	E	N		T	I	B	E	T
	B	A	N	T	E	R		H	I	T				
P	O	R	T	E			G	A	S		E	P	O	S
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B	O	T	T	O	M	O	F	T	H	E	W	E	L	L
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D	I	Y			E	R	E			E	G	A	D	

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