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CANDIDATE INTERVIEWS See pages 8, 9, 24 and 25

Citizen Protest Regarding Closed Door Meetings – Denied

– By Valerie Cury

Loudoun District Court judge Deborah C. Welsh – former Purcellville Town attorney – ruled against Purcellville citizen Ben Belrose in his September Freedom of Information Act complaint against the Town of Purcellville. Belrose had filed his complaint on Tuesday, Sept. 10 in an attempt to prevent Purcellville from using select provisions of the Virginia Code to go into “closed session” while conducting discussions regarding future possible

annexations of land by the town. Closed sessions enable governmental bodies to preclude public attendance and input in specified proceedings.

The annexation discussions have special bearing on a series of 2012 actions taken by the town and the county to repeal PUGAMP – the Purcellville Urban Growth Area Management Plan. PUGAMP provided for a process wherein Purcellville’s growth – via annexation or other actions – would be timed to ensure the town had the ability to

Continued on page 15

100 Year Anniversary Celebration At Lucketts Community Center

The Loudoun County Department of Parks, Recreation and Community Services held a ceremony marking the re-opening and 100-year anniversary of Lucketts Community Center in Leesburg, Sept. 28. The public attended the ribbon cutting ceremony at 10:00 a.m.



which was followed by an anniversary celebration and featured tours of the renovated facility, exhibits and talks about the building’s history. Refreshments and live bluegrass music filled the air.

The original building was constructed

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Halloween Block Party Oct. 26



The 2012 Halloween Block Party

Costumed Purcellville residents of all ages will be found Saturday Oct. 26 on 21st Street. That is the date for the third annual Purcellville Halloween Block Party. The free event is from 5-9 p.m. and will kick off with nationally known children’s musician Mr. Knick Knack - 21st Street will be closed to vehicular traffic.

There will be costume contests in five divisions that will start at 5:30 with infants to 5-year-olds, followed by 6-12-year olds, then teen through adults and ending with pets. Finally there will be the overall grand prize winner. There will be approximately \$1,500 in cash and trophies given to

winners in all divisions.

The event was started by Michael Oaks and Kim Patterson of Re-Love It, in association with the Purcellville Business Association.

Last year’s event was the largest family block party in Purcellville with 6,000 in attendance. This year will also include decorations, games for kids, trick or treating in stores and music. Food will be available from Roving Italian, Boodacades BBQ, Magnolias and the Hawaiian Shaved Ice by Lickety Splitz.

Volunteers are welcome and needed. To become a sponsor email reloveit@aol.com or go to www.purcellvillehalloween.com.

Town Of Purcellville Passes Sweeping Public “Conduct” Regulations

– By Andrea Gaines

New Town of Purcellville policies put in place seek to control “Public Meeting Conduct” and conduct in public facilities.

The regulations, designed to address what a Sept. 19 Staff Report describes as “formal and informal complaints from citizens, businesses and the public who were impacted by the conduct of a few individuals within our community” were adopted in late September.

While the regulations are very detailed, cover public conduct in both town facilities and at public meetings, and are acknowledged by the town to be of great “magnitude,” the staff report did not present any evidence or documentation of the bad behavior described.

Individuals and local news sources who regularly attend town council meetings are puzzled by the severity of the regulations. Said Mary Beth Barbagallo, “I attend

meetings in order to be informed. At a recent town council meeting I had difficulty hearing because of the conversation two people were having behind me, so, I understand the need for orderliness. But, I have never seen behavior by any one individual or organization that the town describes here – and I go to a lot of meetings! I see these regulations as an attempt by the town to create an illusion

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The Trumpet Vine

Wild Loudoun, page 27

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Co-Parenting Through Divorce And Toward Two Happy Homes

– By Michael Oberschneider, Psy.D.



Dr. Mike

For many, divorce is an unavoidable reality. Put plain and simple, some marriages – short or long lived – just don't work. Research on divorce has shown infidelity, lack of communication and financial problems to be the top reasons for marriages ending. Marrying too young, abuse, changing individual needs, sexual problems, psychological/alcohol/drug problems, and differences (e.g., religious and cultural) are some of the other reasons cited in the divorce literature.

Sometimes one spouse wants to call it quits, while other times, both are in agreement that the marriage is over. But keep in mind that as the divorcing adults, you have many internal resources to wrestle through the emotional loss, adjustment and redefinition that occur during your separation and divorce. Children and teens, even resilient ones, on the other hand, have fewer emotional

resources to call upon during the process.

There is a large body of research to show that children of divorce have higher rates of emotional, behavioral and physical health struggles compared to children of intact families. Academic and relationship problems also appear to occur at higher rates for divorced children and teens. But divorce isn't all bad, and there is even some research to show that children of divorce have greater independence and emotional maturity; the idea being that two happy homes with love, respect and security is better for children socially and emotionally than one home where there is little to no love, respect or security.

As a psychologist in private practice, I am often performe in the role of helping children, teens and the involved adults navigate their way through the changes and adjustments associated with separation and divorce. In my experience, spouses and parents who manage themselves well, both individually and together, end up having fewer problems with their children during separation and after divorce. My involvement typically

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The Art of Rezoning

- By Mary M. Bathory Vidaver

At its Sept. 4 business meeting the Loudoun Board of Supervisors approved plans for 199 town homes on land originally zoned for non-residential uses. In return, the county received approximately \$6.5 million in cash proffers. Unfortunately, the county's cost to provide necessary capital infrastructure for the new residents is slightly more than \$7 million. The county does not receive contributions for on-going operating costs (such as salaries for teachers and rescue workers) created by the new development.

With these two applications, one in University Center and the other between South Riding and Stone Ridge on Route 50, the board has approved a total of six rezonings. The other four rezonings include:

One Loudoun – Edelman Field Ball Park
Stone Ridge East – 160 additional single family homes

ProLogis Park Gateway – Industrial park
Waltonwood Ashburn – approximately 211 senior housing units

However, according to the Loudoun Online Land Applications System, there are another 19 rezonings in the pipeline seeking to add approximately 8,026 additional housing units to the existing

county plan. This number does not include land development applications submitted to and under consideration by Loudoun towns.

In a change from historic trends, only some 1,700 of these units are intended as single-family homes. The vast majority are proposed as townhome (2,100) and apartment units (4,200), including one 300-unit high rise building near Arcola. More than half (approximately 5,200) of the units are proposed on land currently zoned for either commercial or low-density residential.

The problem with residential rezonings is that they rarely pay for themselves. Each new resident arrives with the expectation that the county will provide services, such as schools, parks, and public safety centers. Under Virginia state law localities cannot impose impact fees or other charges to ensure that development pays for itself. Instead, the Virginia General Assembly allows localities to negotiate proffers – voluntary contributions on the part of the developer to partially offset the capital costs associated with residential development.

Under this mechanism local governments can request proffers from a developer in return for approving additional density over

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What The Current Board Of Supervisors Could – But Probably Won't – Do For A Better Loudoun

– By Malcolm Baldwin

Over the past 21 months, the Loudoun County Board of Supervisors has proclaimed its interest in improving Loudoun's economy, business friendliness and fiscal soundness, while actually working in many ways counter to a sound vision of a vibrant Loudoun County. Despite glimmers of hope in a few areas, future prospects look dim for our board to reverse itself in time to promote a better, sounder vision for Loudoun during its current term.

So, what should citizens know? How can they encourage the board to redirect its efforts and further the vision that most Loudoun citizens could favor and benefit from?

- In education, it would invest wisely and sufficiently not only to accommodate 2,000-3,000 new students annually, but to create a world-class system offering educational opportunities in both the "STEM" subjects (science, technology, engineering and math), and in the humanities, languages, and the arts. Putting Loudoun in the forefront of America's schools is entirely possible here, in the richest county in the nation.

Instead, the board's single-minded goal is to lower property tax rates – now working on a rate of \$1.16 per \$100 and

pursuing 2 cents lower – through deep cuts in education as well as public safety, fire and rescue and possibly even through the elimination of sick leave for county employees. This year's budget will highlight these conflicts while student population continues to grow.

- In transportation, the board would invest county funds and work to attract more state and federal investment only on transportation projects that ease east-west traffic congestion, while rejecting costly north-south parkways that simply spur more development.

Instead, actual board priorities include support for a costly north-south parkway that won't meet the more pressing east-west congestion problems. The parkway favored by the board, which many call the "outer beltway," evokes controversies and has been opposed by other Republican and Democratic politicians and citizen groups in both Loudoun and Prince William counties. The proposed outer beltway would also run through historic land on the western boundary of Manassas National Battlefield, compromising this one of a kind landscape, even, as opposing citizen groups note, our nation honors the 150th Anniversary of the Civil War.

- To encourage public confidence, engagement and understanding, the board would reverse procedural changes it has adopted that discourage public comment on board proposals, make using the county website an exercise in frustration and obscure the details of the board's debates. And, to improve public respect for elected supervisors and the programs they support, the board would embrace, not ignore, meaningful ethics requirements that avoid conflicts of interest and misuse of public funds.

Instead, the present board remains reluctant to adopt the basic ethics policy that previous supervisors established, even after it had to censor Supervisor Delgaudio for his abuse of his staff and position. Instead, Supervisor Volpe bristles at the injustice of a Virginia law requiring Loudoun County supervisors to recuse themselves from votes on projects by developers who gave them \$100 or more over the previous 12 months – a law passed in response to past FBI investigations of Loudoun supervisors.

- To fulfill its own election promises to relieve residential property tax burdens by increasing the business tax base, our board would reject all but the most exceptional zoning changes from commercial to

residential use and support cost-effective commercial and mixed use development of the areas around future metro stations.

Instead, in September the Board voted to change a developer's parcel from commercial to residential zoning, thereby allowing more than 90 new housing units despite its opposition by the planning commission and county staff as being contrary to the County's Revised General Plan. Deeming the 13.5 acres too isolated and steep for commercial use, the board bailed out the ill-advised developer (of University Center) while accepting only very modest proffers. Supervisors Williams and Letourneau pointed out that – contrary to Supervisor Higgins' assertion – this was not a "cash positive," but a long-term cash-negative result for the county, since every new residence produces only \$1 in property tax revenue while generating \$1.62 in school and other public costs. The University Center's developer, however, will make millions in real estate profits. Now we shall see how the board responds to applications for hundreds more housing units being proposed in eastern Loudoun.

- To promote fiscal soundness along with tourism and quality of life, the

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Letters To The Editor

Why Not Support Educational Freedom

Dear Editor:

Democrat nominee for the 33rd House race, Mary Daniel answered a question that I didn't know anyone was asking. On the concept of parent-directed education, Daniel gave a resounding "no." Her comments on taxes, public schools, and educational freedom show a rigid adherence to the status quo, and a surprising unwillingness to consider funding options that have been shown to have no negative impact on public schools when implemented in the real world.

By fighting against the ability of parents to pay for the educational choice that they think is right for their kids, Daniel is showing she's really opposed to the concept of educational freedom altogether. If she's already unreceptive to the idea of financial options for families with kids in school now, I don't expect her to be more receptive if and when she's elected.

As a soon to be parent I want what's best for my child, and I want to be able to cast my vote for someone who also cares about giving our kids the best education. We can be trusted to do what's best for our kids, but for the life of me, I don't understand why Democrats insist that the only educational freedom we should have is the freedom to choose public schools.

Jesse Andrews
Lovettsville

Where's The Beef?

Dear Editor:

When I hear Mary Daniel rehash over and over again how she's a moderate just like our last moderate delegate, I'm reminded of Walter Mondale and that old Wendy's ad - "Where's the beef?"

The beef isn't in her approach to taxes, Daniel isn't saying whether she'll raise them, lower them, or try to keep them the same. She says the last tax hike wasn't perfect, but she doesn't want to change any of the bad parts, either.

There isn't any beef on her website. There isn't any in her interviews. I have yet to hear her even mention jobs or the economy, much less come offer a single suggestion as to how we're going to improve our business environment here in the state. There's not only no beef, there's no bun. There isn't even any lettuce.

Joe May is a very friendly, personable guy - a lot like Daniel in that regard. But Joe May also passed dozens of bills every term that had value to the state - bills dealing with traffic, infrastructure, and taxes. Daniel has yet to show us a shadow of the substance that May brought to the table. The label of "moderate" alone just isn't going to cut it.

A good choice is to Vote for Dave LaRock in November, he has a better idea where the good beef is to be found.

Ramona DeLaFe
Berryville

Daniel vs LaRock

Dear Editor:

Like many of the letter-writers who support Dave LaRock for delegate, I too found him a friendly, unthreatening guy when I met him. We were both passing out leaflets for candidates on a back-to-school night in Hamilton. Between waves of incoming parents we had a chance to chat. He spent most of that time trying, earnestly and sincerely, to convince me that America is in real danger from being taken over by Sharia, the religious laws of Islam. I expressed my doubts and he promised to send me the web pages with the evidence. I gave him my email address but I never did receive any evidence. Is this really what we want our delegate in Richmond to be spending time and effort on? Mary Daniel, a practical moderate with enormous experience who wants to work to improve the lives of Virginians, not ride off on some ideological hobby horse, is whom I am supporting.

David Williams
Lincoln

Williams Misleading LTE

Dear Editor:

I am responding to David Williams misleading letter that appeared in several local papers criticizing Dave LaRock for discussing the threat of radical Islam with him. Dave LaRock was not at the Hamilton back-to-school night this year, so that story

Continued on page 5

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.

Davenport Recommends Huge Increase In Water/Sewer Rates

Davenport & Company, the town's financial advisor, presented their findings to the Purcellville Town Council at the Sept. 10 town council meeting. In the analysis of the utility funds, they explained how the funds have been running at a deficit for several years now.

The town expanded the waste water plant because they wanted to have a large enough facility to grow the town. The expansion was done at the same time the town upgraded the facility to meet the Chesapeake Bay mandates. The cost of the expansion greatly exceeded the cost of the mandates (the town received a 6 million

dollar grant to meet the mandates, and with the expansion the total cost was \$33 million). When there are certain mandates a municipality can choose whether or not to upgrade their plant at the same time, to accommodate growth if that is the direction they choose to take. Typically, the average daily usage of the sewer plant is 50 to 60 percent of the old capacity or one third of the new capacity.

Davenport stated how the reserves have been drawn down and the town must take steps to rebuild the reserve. They said that in order to stop the deficits and build up the reserves that the cumulative

additional rate increases would need to be 68 percent. The typical bill is already about \$360 bimonthly. That rate would bring the typical bill to approximately \$675. Already the town's rates are about four times that of Loudoun County. Davenport also stated that to avoid these huge increases the town could refinance the utility funds loans. Although this action would likely increase the interest rate because the loan market is higher today, it would spread the payments out over another 10 years and thereby reduce the payments. This is equivalent to refinancing your house. Without taking any money out from

the built up equity (if there is any), the net effect is to reduce the payments but increase the length of time before the loan is repaid. Homeowners usually do this to capture a lower interest rate. In this case, the town would likely have the interest rate increase by about one half of a percent, but could forestall huge increases in the utility rates. The projected increase under this scenario would be another 25 percent increase. The town is expected to select the latter option. Under this option, the typical residential bill will only increase to about \$500 bimonthly.

* Info from previous Davenport Report

Letters To The Editor Continued ...

from Mr. Williams is either made up or from years ago when people were more focused on terrorism. Dave's campaign has been focused on the economy, jobs and improving transportation and education.
Kristen Kalina
Hamilton

Next Delegate To Send To Richmond

Dear Editor:

As a 33rd District resident with children ready to enter college and the work force, I am hoping this fall we will elect a delegate who will make life easier for businesses in the Commonwealth, not harder. How can that happen? The next delegate we send to Richmond can make Virginia a better place to work by cutting taxes, not increasing them. Our new delegate needs to get rid of needless bureaucracy and cut smothering regulations. When heavy-handed bureaucracy and strangulating regulations are removed, business will thrive. Virginians are entrepreneurs. Our businesses will flourish on their own once state government gets out of the way and this District's economy can grow. Fortunately, we have a candidate who we know will fight for lower taxes, smarter spending and less regulation. That candidate is Dave LaRock. I'm voting for Mr. LaRock this fall not just because he champions my values, but also on behalf of my children and their future.

Laura Battle
Hamilton

Supervisor Clarke, Step Up To The Plate

Dear Supervisor Clarke:

Another month has passed us by while traffic related issues on Purcellville Road remain unabated and continue to mount. The officials to whom we entrust the public safety of our roads and traffic enforcement remain neglectful. We turn to you, Supervisor Clarke because you control the budgets of these agencies. As voters, we recognize that you hold ultimate responsibility for traffic safety and enforcement in our community.

Dr Adamo, Director of Planning and Legislative Services for Loudoun County Public Schools assured us in a public meeting, "School bus traffic will not be an issue because



Recent accident on Purcellville Road

only those picking up and dropping off will be using Purcellville Road." This is clearly not the case. In the morning, caravans of school buses unnecessarily travel Purcellville Road from Route 9 and from Hirst Road to the school complex. This past week we counted approximately 90 school bus trips per day between Hirst Road and Alder School Road. In addition to our woes, these school buses carrying our young students have often been seen exceeding the posted speed limit for which residents have requested additional traffic enforcement.

Why does this matter?

The accident pictured (above) occurred during the morning timeframe when residents have stated additional traffic enforcement is urgently needed. Three accidents in the past few weeks have only been single vehicle accidents with only minor injuries. All three accidents could have been much worse. Two of the three accidents involved high school drivers. On Friday, Sept. 20, there was a school bus accident in Purcellville. We owe our blessings that the bus was not on Purcellville Road where the accident may have been tragic. It very well could have been head on with another school bus, or with one of the tow trucks or with one of the bulk water transport trucks ignoring the "No Thru Truck" restriction and the posted speed limit on Purcellville Road.

Our fear is that before long we will see a tragic scene on Purcellville Road. The school buses that do not pick up and drop off on Purcellville Road need to be redirected as agreed to prior to the construction of the schools. The speed limit needs to be enforced. The safety and traffic control needs of our community must be attended to.

Supervisor Clarke, the answer is not to

widen and pave all the dirt and narrow roads in Western Loudoun County. The answer is to step up to the plate and see to it that our laws and agreements are enforced.

Bill Baker
Purcellville

Qualified Candidate

Dear Editor:

If I needed plumbing work done in my house, I would not call my insurance agent to do this (unless he/she were also a licensed plumber). I would not ask my eye Dr. to install a light fixture. I would not ask the contractor who built my home to file my income taxes. I think you get my drift. People are hired to do a job that they are qualified to do. Candidates should be elected for the same reason.

I believe Mary Costello Daniel, is the only qualified candidate in the 33rd District House of Delegates race. Mary Daniel is a practicing attorney who founded a successful multi-practice Law Firm she has managed for over 15 years. This is business, financial, human resources and legal experience taught by education and experience. As a member of and working with Berryville Town council members for the past 6 years no one paid more taxes. This is government experience and proof of being fiscally responsible with tax payer money. As an active member of several Rotary groups, she is also involved with many other civic and legal organizations.

A Delegate needs to be elected because of their background, education, experience. Qualifications to do the job are more important than being influenced by deep pockets who pay for a campaign by groups and individuals who would profit by the delegate's votes. Mary has been endorsed by respected and prestigious organizations and individuals, many who have served the public. Those endorsements have come from both Democrats and from Republicans. She is running on her own sterling reputation, as a moderate, non-partisan woman with an A plus proven track record in government and legal areas.
Pamela Carr Mitchell
Lake Frederick, VA

Who Will Help?

Dear Editor:

I am a resident on Paxson Road, Rt. 725, and am appalled at the weight of traffic that

is using this road because of the Airmont Road closure and excess construction vehicles. Nobody is using the legal detour or going to Snickersville Turnpike to get to Purcellville and beyond.

I walk my dogs twice a day on Rt. 725 and have been doing so for 8 years. It has always been a pleasure and a serene time for me and the dogs. I am now forced to pull over at least 6 times a walk in order to convenience cars exceeding the 25 mph speed limit. Why is this road not posted as "Access only?"

For conservancy issues, I have noticed during this time (one month), one deer killed, eight young snapping turtles flattened on their way to ponds beyond and, a protected species, an Eastern Box Turtle smashed by the excess of traffic. This is not a joke when volume is killing protected species.

Please do all you can and limit traffic on this country road.
Ernestine Gates
Round Hill

LaRock Will Work For The People

Dear Editor:

My sincere thanks go out to Dave LaRock for being willing to go to work for the people of the 33rd district. I know enough about him to spot something unique. There is no doubt in my mind he is in it to work for the people, not the lobbyists and special interests, and that is refreshing.

Dave is a solid constitutional conservative which to me means he will protect our rights from the federal overreach that ignores the US Constitution. Dave has a business background that gives him the know-how to reign in the spending and tax increases that are crushing working people.

I don't know much about the Democrat lawyer who popped up after the Primary. I've looked at her website and she tells us almost nothing about her ideas and intentions. She must have something to hide or realizes campaigning as a true Democrat will hurt her chances in this conservative district. The people spoke in the primary, and they want someone who is honest about their position and who will stand up for their constitutional rights.

John Grigsby
Hillsboro

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Just Like Nothing (Else) On Earth: Foxcroft Road

– By Tim Jon

People don't talk much about this one - it doesn't slip off the tongue like Snickersville Turnpike or Harpers Ferry Road - or even John Mosby Highway - and it doesn't serve as a major conduit between big population centers, like Sycolin Road or Claiborne Parkway or Sterling Boulevard. But it's a nice drive on a Sunday afternoon - or just about anytime you'd like to see some inspiring, expansive vistas and feel some G-Forces as you make the tight turns on this twisty, two-lane blacktop. No, I haven't read any rhapsodies of this one on any internet blogs or in any newspaper articles - not recently, anyway - or in any of the local travel brochures. And I'm sure most of the people in Middleburg and Unison are OK with that - as well as those sprinkled along the way on the 6 miles or so of windy, hilly and narrow Rt. 626 - Foxcroft Road.

It takes you right by the famed Salamander Inn - as well as the venerated Foxcroft School - and very impressive estates and farms devoted to equine pursuits and beef production. You also travel through some of the more active Civil War history country in Loudoun- with Unison and Middleburg each boasting tales of skirmishes between the Blue and Grey.

Oh, and - ever heard of Leithtown - otherwise known as Pot House?

No?

Well, you'll go through there, too: It's the don't-blink-



JON



or-you'll-miss-it collection of structures at the intersection of Foxcroft, Mountville and Pot House Roads.

But you've most certainly heard of Goose Creek, and this trip takes you over the waterway at one of its most visually appealing points (the bridge itself isn't much to admire, but it takes you across at a pretty spot along the way). You can also see ruins of the old stone bridge buttresses - book-ending the creek, adjacent to the more 'modern' structure.

So: Why would I want to travel from Unison to Middleburg, or vice versa? Well, neither lie close to my home, and, although they're both wonderful communities, the beginning and end point of this trip are not what draw me to journey from one to the other; for me, as in much of life, it's the trip rather than the finish line itself that's come to enrich and teach me more about existence, experience - and myself - in this crazy world of ours. And, yes, Virginia, the drive down the length of Foxcroft is

definitely a trip: You've got history, solitude, lots of tilt-o-whirl sensations, natural (and man-made) beauty, and a wide variety of geography - with a surprising amount of what appears to be untouched landscape, as well as those large expanses of agricultural range. And, unlike so many of our larger, faster, straighter - and more boring corridors, when you get to the end of Rt. 626, you'll feel like you've really been somewhere. Maybe not quite like Lewis and Clarke reaching the Pacific, but you may have the distinct sensation of having earned that afternoon of activities in Middleburg, or attending that history lecture in Unison. Just as our relative wealth of experience allows us to 'bring something to the table' wherever we may go, our drive on Foxcroft Road - or any other stimulating and memorable path of progress - can fortify us for what lies ahead.

Now, don't get me wrong - I probably drive on those straight, 'boring' highways these days about 99 times out of 100 - getting to and from work and making the necessary trips to maintain a pretty simple existence. But that one chance I get to go on a field trip and not worry about the time expended, I'll take that slower, less direct - and more demanding - route like our Foxcroft Road. Because, even though I've had quite a rich life full of colorful memories, I'm still collecting experience for that personal treasure chest.

I hope there's always a discovery waiting around the corner that'll take me in unexpected directions with unanticipated sensations. Having learned how to enjoy the unknown and make it familiar, I guess it's an ingrained aspect of behavior.



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Not Everyone Needs To Study Business

– By Samuel Moore-Sobel



Why do most people go to college? Is it for the joy of learning? Or is it simply to get a better job and therefore have higher earning potential? Most would probably answer in the latter.

With the country still under the cloud of the great recession the possibility of not getting a job upon graduation haunts many students. This isn't the only reason, though. It seems that all anyone thinks about is money. The Declaration of Independence should be changed to, "life, liberty, and the pursuit of money." But money does not equal nor guarantee happiness. Happiness, and contentment, comes from within.

This pursuit of money drives many students into changing their majors from what they really want to study to a major such as business or finance, majors that are deemed moneymakers. While there is nothing wrong with majoring in business, if there is something else you are more passionate about, that is what you should pursue. Too many people put themselves into a box, limiting their options to pursuing their dreams. There is nothing wrong with practicality, but at the same time, getting a business degree does not guarantee success. I know plenty of business majors who are out of work right now, and I know plenty of liberal arts majors who have great jobs. The major doesn't determine your future. Look at Howard Schultz, president of Starbucks. Did he major in business or economics? No, in fact, he majored in

communications. What about Ali Velshi, who has his own show on CNN about money. Certainly he majored in business. No, in fact, he majored in a major deemed the least successful by countless surveys and supposed experts: Religion.

We seem to be forgetting that not everyone has to have the same experiences or same mindset. If every student graduates with a business degree how will we be able to tackle the problems facing us? A business mind is not the only way to look at a situation. We need multiple perspectives and multiple backgrounds. Most companies know this, which is why they do not just exclusively hire business majors. They want all perspectives to come to the table and make a contribution.

Most of all, there is so much more to you than your degree. Your degree is not your most important attribute. There is not one single road that you must travel in order to achieve your goals. Even if you choose the "wrong major," if there is such a thing, you will have plenty of opportunities to grow and achieve beyond that decision. Our whole lives do not hinge on our decision whether to major in liberal arts or business. Your degree does not ensure your future. Only you have the keys that open the door to success.

I myself hope to make a lot of money in the future. Money is important. More importantly, I want to have a job and be in a field that I really love. I want to be able to go to work each day knowing that I have made a positive difference in the lives of others. Isn't that worth all of the money in the world?

Samuel Moore-Sobel is a sophomore at George Mason University.

Amy V. Smith's Money Talks 13 Financial Planning Strategies For 2013 – Final Part Of A 7-Part Series.

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.

12. Watch For Alternative Minimum Tax (AMT)

The American Tax Relief Act permanently "patched" the AMT for 2012 and subsequent years by increasing the exemption amounts and indexing them for inflation. The 2013 AMT exemption is expected to be \$51,900 for individuals and \$80,750 for joint filers.

There are a number of factors to be aware of that will help avoid or reduce your AMT:

Exercising incentive stock options (ISOs): When exercising ISO's, be aware of the AMT income you are generating.

Deferring income or accelerating deductible expenses: If you think you may be subject to AMT in 2013, plan carefully when it comes to these actions.

Claim AMT credits and refunds when possible:

The good news is you have to pay AMT if you may be eligible for a credit, which can be carried forward and used when your regular tax liability exceeds your AMT liability. In a given year you may also request a refund of up to 50 percent per year of refundable AMT credits that are at least four years old. Planning for your taxes and overall financial position in light of the American Taxpayer Relief Act of 2012 is important but it may feel daunting. To get started,



we recommend you work with your CPA or tax professional to coordinate appropriate tax strategies. Remember, what is most critical is establishing short-and long-term goals, planning accordingly and stress testing your plan under different scenarios. Financial planning is an on-going process, and

it is important to have several planning conversations throughout the year.

If you don't have a written financial plan, 2013 should be the year you put one in place with your advisor given the more long-term tax certainty we now have.

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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Interview With Gubernatorial Candidate Terry McAuliffe

- By Tim Jon

Democratic candidate for governor, Terry McAuliffe, served as chairman for the Democratic National Committee from 2001-2005. He also led Hillary Clinton's 2008 presidential election campaign, and co-chaired President Bill Clinton's 1996 re-election run. McAuliffe's professional career includes the industries of banking, real estate, home building, hotels and venture capital. He and his wife, Dorothy live in Fairfax County. Terry McAuliffe faces Republican Ken Cuccinelli and Libertarian Robert Sarvis in the Nov. 5 election.

Tim Jon: How has your life experience prepared you to lead the Commonwealth in the 21st Century?

Terry McAuliffe: I started my first business when I was 14 years old because I knew I would have to help pay for college. Since then I've worked in a number of diverse businesses where I have learned the ups and downs of entrepreneurship. My wife Dorothy and I have lived in Virginia for the last 21 years and want our five kids to be able to stay here. That's why, like Mark Warner, I plan on using my business approach to find bipartisan solutions to strengthen and diversify the economy. With sequestration looking like it will continue



into next year and federal spending cuts already having an impact, Virginia faces some real challenges. We need a governor who will take a mainstream approach, not push a divisive ideological agenda.

TJ: Are Virginia's tax structure – and the Government's use thereof – fair? If not, how would you fix it?

TM: Virginia is already a low tax state and we need to keep it that way. We do have some onerous business taxes that I think we need to give localities the

option of replacing with revenue neutral alternatives. In particular the BPOL, machinery and tool tax, and merchants capital taxes hurt businesses' ability to grow and thrive. My opponent has pledged a \$1.4 billion tax cut. I'd love to promise to cut taxes by a billion dollars but that's simply not fiscally responsible. While my opponent has promised a massive tax cut, he's refused to say how he'd pay for it. Longtime Republican legislator and chair of the Appropriations Committee Vince Callahan has called the plan dangerous.

TJ: How would you protect Second Amendment rights as well as kids in schools and people in shopping malls and so on?

TM: As a gun owner and life-long hunter, I know the importance of protecting gun owners' rights. However, there are some commonsense things we can do to help protect people. That's why I support universal background checks and an increased focus on mental health treatment and reporting.

TJ: How will history treat your service as Virginia's governor?

TM: I hope that people look back on my time in office and are able to see the work I do to improve Virginia's education system. We need to expand access to early childhood education, reform the SOLs, make college more affordable and ensure

that our 23 spectacular community colleges are the engines of workforce development. My biggest task as governor will be to help diversify the economy and that begins with a strong education system.

TJ: Should rail to Dulles be supported – or derailed?

TM: Rail to Dulles is critical and I fully support it. It is a critical piece of our infrastructure that will help with quality of life and economic development. This is a place my opponent and I disagree strongly. He said he wanted to "kill" the Silver Line after it was halfway complete. Ken Cuccinelli also tried to derail the bipartisan transportation compromise at every opportunity. The key to strengthening and diversifying our economy is to improve our transportation system and the Silver Line is a critical component.

TJ: What is your position on the so-called Bi-County Parkway project?

TM: We need to unlock Dulles airport but there are also some legitimate concerns about this proposal related to road closures and impacts on the battlefield. After I'm elected I will meet with all the stakeholders to ensure that our solution is both economically beneficial and supported by the local community.

TJ: Do you think political candidates

Continued on page 14

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Interview With Gubernatorial Candidate Ken Cuccinelli

- By Tim Jon

Republican Gubernatorial Candidate, Ken Cuccinelli serves as Virginia's Attorney General. He represented the 27th District in the Senate from 2002-2010. Cuccinelli holds degrees in law, engineering and commercial policy. He and his wife Teiro live in Prince William County. Cuccinelli faces Democrat Terry McAuliffe and Libertarian Robert Sarvis in the November 5 election.



Tim Jon: How has your life experience prepared you to lead the Commonwealth in the 21st Century?

Ken Cuccinelli: I am the only candidate who has been working to make Virginia a better place during his adult lifetime. My family always placed an emphasis on volunteering and giving back to our community and I've spent time volunteering at a local homeless shelter, helping those suffering from mental illness, preventing juvenile delinquency, and in college I started a sexual assault prevention program at UVA that is still functioning today. As a state senator, I fought to lower taxes, protect property rights, and promote mental health and as Governor I will continue to fight for Virginia by growing the economy, creating jobs, and giving every child the opportunity to receive a quality education.

TJ: Are Virginia's tax structure – and the Government's use thereof – fair? If not,

how would you fix it?

KC: My Economic Growth and Virginia Jobs Plan reduces the personal income tax from 5.75 percent to 5 percent and the corporate income from 6 percent to 4 percent. I will cap spending on the rate of revenue growth to help cover the cost of the tax cuts. My plan also closes special interest tax loopholes and exemptions to simplify the tax code and create a fair tax structure that moves government out of the business of picking winners and losers.

My plan allows families and businesses to keep more of their hard-earned money to reinvest in the economy, create more jobs and will lessen the tax burden on localities.

TJ: How would you protect Second Amendment rights as well as kids in schools and people in shopping malls and so on?

KC: We have a constitutional right to bear arms and as governor I will continue to protect that right. To reduce random violence, we must focus more on helping our citizens suffering with mental illness and ensure they get the treatment and support necessary. I have been working with people suffering from mental illness for over fifteen years, and I am the only candidate with the experience to address this issue.

TJ: How will history treat your service as Virginia's Governor?

KC: I hope people will look back on my governorship and see that my detailed policies improved the economy and created jobs, and my time in office limited government interference in the lives of Virginians, gave children across the Commonwealth the opportunity to succeed, and upheld the principles of our Founding Fathers. At the end of my term, I hope Virginia will be an even better place to have a career, raise family, and start a business.

TJ: Should rail to Dulles be supported – or derailed?

KC: Funding has already been included for the Dulles rail project and now we must ensure it is managed well, kept on budget, and is completed on time.

TJ: What is your position on the so-called Bi-County Parkway project?

KC: The Bi-County Parkway Plan closes major transportation arteries, and I find this approach unacceptable. I am open to considering alternative plans that would achieve the same goals without major disruption to local traffic flow.

TJ: Do you think political candidates should make themselves available to interviews, debates and other public forums?

KC: I think public and local debates are critical in an important election like the Governor's race, which is why I challenged my opponent to 15 debates across the Commonwealth. Every Virginian deserves to hear the candidates discuss issues that are important to them, not just trade sound bites in a few, inaccessible venues. Unfortunately for the voters, my opponent refused to accept my offer or join me in town halls meetings, so we were only able to hold three debates in this election. I believe voters should have access to candidates, which is why I held over a dozen town hall meetings all across Virginia, so voters had the opportunity to ask me whatever questions they needed answered.

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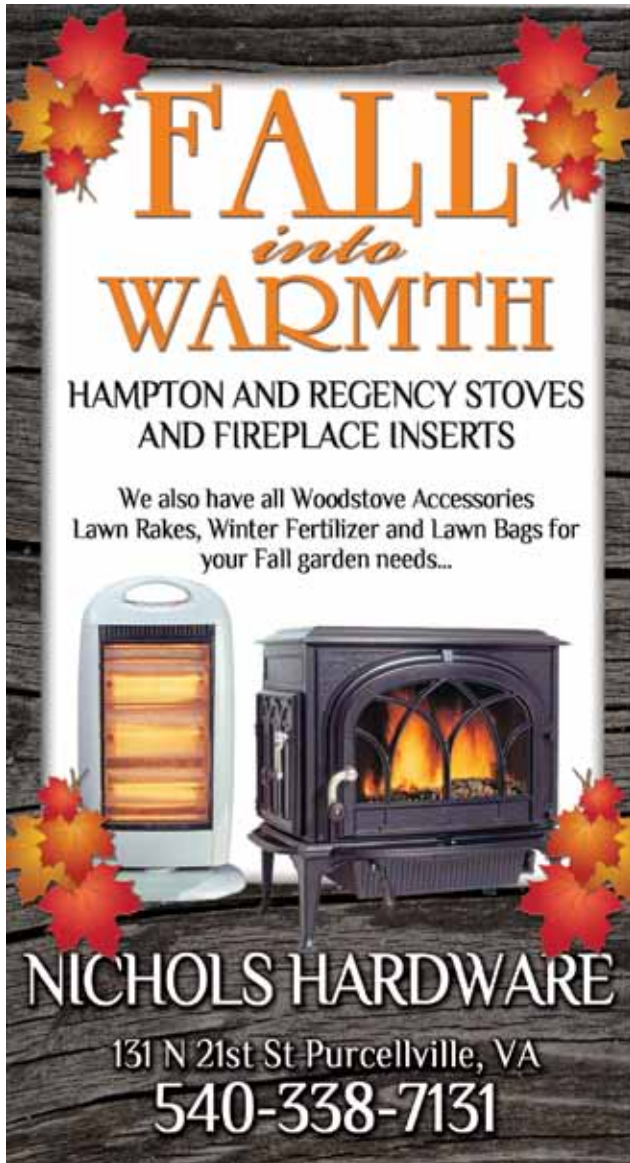
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Wild Quinine Flowers

– By Donna Williamson

September is one of the most beautiful months of the year in Northern Virginia. Humidity is reduced and skies are bright blue and often cloudless. As the temperatures get more comfortable, we can take long, easy walks with the dog and relax a bit.

Cloudless September skies remind me of Sept. 11 and that reminds me that people seem to want to return to nature when terrible things happen. Thousands of daffodils were planted in lower Manhattan in late fall that year, knowing spring would come and healing could begin.

Start thinking about spring bulbs – it's a great time to add a nice patch of daffodils and some muscari and chionodoxa. You might seek out the catalog of John Scheepers/Van Englen (same company). The Scheepers catalog has the photos; the Van Engelen catalog has wholesale prices in lots of 50, 100, 500 (and no photos) but the prices are very reasonable – even for hundreds.

Planting is easy – not 100 holes, but several large, shallow depressions. If that is too much work, I'm told you can even lay out the bulbs above ground and cover them well with leaf compost – shocking, I know. It is certainly easier for the squirrels if you plant something delicious like crocus. You will have to tell me how that works out next spring. (www.vanengelen.com)

Order them now so you can get those you love, but not to worry - bulbs won't be shipped until mid-October.

Because spring will come...

Donna Williamson is a garden designer and coach. She has taught gardening and design classes at the State Arboretum



of Virginia, Oatlands, and Shenandoah University; she continues to hold classes in Waterford each winter. She is working on a revision of her book The Virginia Gardener's Companion. Contact her at 540-877-2002.



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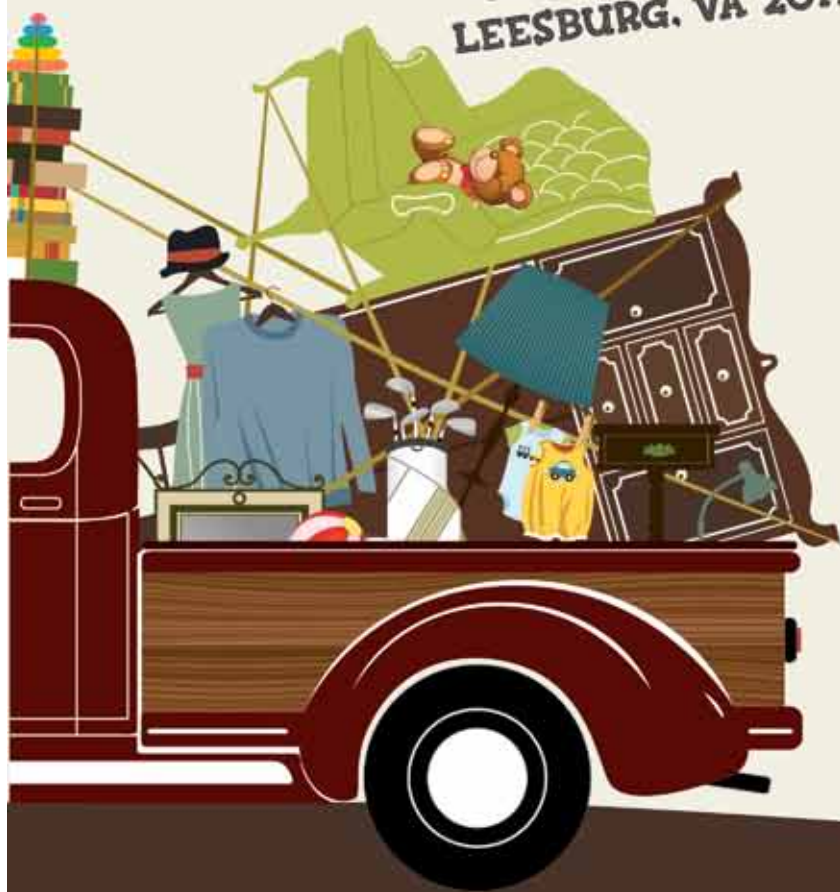


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Wounded Warrior Retreat Opens

Letters To The Editor, continued from page 5



Boulder Crest Retreat had its grand opening on Sept. 6. The 37-acre retreat in Bluemont will provide private accommodations and recreational and healing activities and resources to 250-500 military families each year.

The project was initiated over the kitchen table between Ken Falke and his wife, Julia, in 2007. The Falkes have a guest house on their property that they used to invite a few wounded military personnel and their families to come and stay and relax. The guest house proved to be incompatible with the needs of their guests, which prompted their idea to take 37.5 acres of their farm and build the retreat. The

retreat will be for any and all wounded warriors and their families. The hope is that families will come for short couple of days to a week and enjoy the realization of the seclusion and a break from daily stress and routines.

The retreat was built from scratch with volunteers performing the sweat and labor. Donations include everything from major appliances and building materials to quilts and handmade furniture.

For more information on this project, go to <http://bouldercrestretreat.org/>.

Mary Daniel Has What It Takes

Dear Editor:

Pope Francis recently remarked in an interview, "The feminine genius is needed wherever we make important decisions," and while I am not Catholic personally, I do weigh his perspective with respect.

Certainly there is a genius to many women's abilities to consider the broad context of problem solving -- especially women who have proven success in their combined family, professional and public services. Mary Daniel is such a woman. The Virginia legislature is a critical place where we, as a body politic, make important decisions that affect the lives of every Commonwealth citizen.

We need Mrs. Daniel there -- with her knowledge and experience to weigh the impact on the public interest of the appropriate role of government in fostering infrastructure, providing safety, protecting our natural resources, upholding integrity and decrying the forces of corruption. With the kind of wisdom that knows low taxes are a good thing, of course. And also knowing that at some point lower and lower taxes will kill the host just as surely as a diet gone wrong gives a teen-age girl anorexia. We want someone at the helm who has the genius to tell the difference. We do not need more "Greenway toll road"-types of privatization projects that result in highway robbery.

I urge you to join me Nov. 5 and elect Mary Daniel to the Virginia House of Delegates.

S Ann Robinson
Leesburg

Other People's Money

Dear Editor:

I'm going to vote for the fiscal conservative on the ballot this fall, Dave LaRock. I think it's an easy choice.

We live in a day when the government seems to be addicted to other people's money. They spend like drunken sailors and then come back for more. They push us to the breaking point.

So now the Democrats want to hire/elect a collections lawyer to make sure they get every last nickel out of taxpayers who are already working hard to make ends meet?

Mary Daniel will bring her unique skill set as a collections attorney to Richmond and help refine their ability to get more of our money, if we elect her. That's what her party stands for, and while she's not really talking about what she will or won't do as delegate, we have every reason to believe she'll keep in line with what her party demands. After all, she wasn't even picked by voters in a primary.

Dave LaRock has promised to do his best to get our tax money back to this area instead of sending it who knows where. I think we ought to give Dave an opportunity to do that.

Carolyn Leeds
Berryville

Daniel Has My Vote

Dear Editor:

Mary Daniel may have entered the contest for election to the 33rd House of Delegates seat late, but she is clearly the most qualified to represent this area in the same fiscally conservative mold as Joe May who lost to a conservative ideologue in June after serving this district so well for 20 years.

Mary will work to preserve the quality of life we have come to enjoy in this part of Virginia -- she has rural roots (born on the family farm in Frederick County). Her qualifications as a criminal prosecutor representing victims of abuse is well known. She will work across the aisle with Republicans and Democrats to maintain a strong business climate. She will, as well, work hard to ensure quality education that is fully funded, cut wasteful spending and hold the line on taxes.

Mary Daniel has my vote on Nov. 5.

Jean Brown
Lincoln



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Malcolm Baldwin, continued from page 4

board would work harder to protect and promote the rural economy by encouraging agriculture and agribusiness on both small and large acreage and by adopting legal land conservation tools now being successfully employed by other counties in Virginia.

We can be happy that the board approved one administrative position (bringing the total to three staffers in the Agricultural Development office) to further the Rural Business Strategy of the Rural Economic Development Council (on which I serve but for which I do not speak in this article). But, the board only narrowly passed this modest measure by 5-4, with the unexpected support of Supervisor Delgaudio – a long-time critic and nemesis of rural Loudoun – and without the support of eastern Loudoun Supervisors known as steadfast allies of the business community. Board support for the rural economy remains tenuous, even though a strong rural economy avoids costs, enhances county revenue through tourism, and provides immeasurable recreational and other intangible benefits to Loudoun residents.

We shall see how well the board comprehends the workings of the rural economy when it addresses upcoming proposals to eliminate land use tax relief for present “open space” parcels of 5 to 20 acres. While one may reasonably argue against land use tax rates where the land is not in actual agricultural or rural business use, such uses can be encouraged even on small acreage by giving tax credit for horses, small livestock, vegetable produce, vineyards

and other activities that support services, professions, and other key elements of the rural economy. Small parcels may, in fact, be the only ones that young farmers can afford to own or lease.

• To reduce public costs for public safety, incarceration and social services, the board would increase, not decrease, funding for non-profit organizations that deliver services to Loudoun’s less fortunate citizens. And, to enhance the historical, cultural and artistic reputation we deserve as the home to many outstanding artists and performers, the board would also provide support to organizations in these fields.

The board has already cut county programs serving those most in need, such as the Drug Court and various social service NGOs, and others that enhance Loudoun’s quality of life. This includes the Master Gardener program, the county archeologist and the Loudoun Symphony and museum. Instead, it has provided incentives for construction of a new sports stadium to serve as the home of the Loudoun Hounds, a phantom team still with no league affiliation.

An honest appraisal of our Loudoun County Board of Supervisors’ past and present actions leaves no reason to expect policy shifts resulting in a Loudoun with a stellar education system, beautiful and sustainable landscapes and a less polarized political environment. But, voters should recognize that such a vision is, in fact, achievable – if not by this board, by another in the future that we elect.

McAuliffe, continued from page 8

should make themselves available to interviews, debates and other public forums?

TM: Absolutely. I agreed to the five traditional debates and was disappointed when my opponent refused to participate in the AARP/League of Women Voters debate because he thinks that they are left

wing organizations. I have been out every day for the last few years listening to folks and gathering mainstream ideas. The most important thing I can do to prepare myself to be governor is to ask the advice of folks who are actually running businesses, teaching students, and dealing with the challenges that are facing Virginia.

Conduct, continued from page 1

that there are bad actors out there. Typically, the same people attend the meetings, and, it’s not a large number. So, who are they attempting to implicate ... the people who they see as ‘political enemies’?”

Prohibited conduct includes but is not limited to:

“Applause, cheers, geers, etc. ...”

“Making non-germane or frivolous statements ...”

“Audible conversations ... which interrupts or prohibits individuals from hearing ...”

“Standing in the back or side isles [sp.] of the council room as long as there are sufficient seats available ...”

Exits from a meeting that are not made “quietly and in an orderly fashion ...”

“Use of language which insults or demeans any person or which, when directed at a public official or employee is not related to his or her official duties, however,

citizens have the right to comment on the performance, conduct and qualification of public figures ...”

“Discussion of a sectarian or partisan nature ...”

Penalties for a citizen or meeting attendee’s violation of the regulation include expulsion from the facility and/or meeting. Individuals can also be prohibited from attending public meetings for up to six months to a year.

The process for evaluating behavior and enforcing the regulations includes a request that the person leave the meeting or facility. If the person refuses to comply, the police may remove them. There are also provisions for a “Disruptive Behavior Incident Summary Form.” The form “is designed to provide a mechanism for reporting, responding [to] and tracking incidents that may reveal patterns of disruptive and/or inappropriate behavior ...”

Lucketts Anniversary, continued from page 1

as a school for rural students in 1913. Two additions were added in 1919 and 1929. The building last served as an elementary school for the county in 1972. In 1981, the county appropriated \$20,000 to restore the school and re-dedicate it as Lucketts Community Center. The building was added to the National Registry of Historic Places in 1993.

Local tax funding was adopted for renovations and additions to the community center in 2009. The renovation project, completed in June 2013, included re-establishment of the original front entrance to the building, restoration of the bell tower, structural repairs, reinforcing for assembly

room flooring, structural attachment of the bell tower, window and flooring restoration, ADA accessibility retrofits (including an elevator), building insulation, a new fire protection system, an electrical system upgrade, a new geothermal, ground-source HVAC system, plumbing modifications, new toilets, an electronic security system and lead abatement.

New construction included approximately 600 square feet of new entrance space, a ramp to the assembly room, new walkways and additional parking spaces. The renovation project cost was \$2, 617,626.

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Sweats For Vets Kicked Off Oct. 1

The Town of Purcellville started its Sweats For Vets program on Oct. 1. It will continue until Nov. 30. The town asks for new sweat sets (sweat tops and pants) to be dropped off at town hall at 221 South Nursery Ave. The best sizes are XL, 2XL and larger sizes. The Mosby Center in Hamilton will offer 50 percent off of sweats for this program.

Denied, continued from page 1

provide public utilities and other required services to, for example, new residential developments. PUGAMP also provided for extensive public input on how and where Purcellville might grow. At the time that PUGAMP was repealed, Mayor Bob Lazaro commented that the town had no intention of expanding its borders and was not interested in growing.

At the hearing, two months after PUGAMP was eliminated, in addressing the judge in Belrose's complaint Purcellville Town Attorney Sally Hankins noted that the town is contemplating annexing land.

In the agenda made available to the public for the town council meeting at which the possible annexations were being discussed, the town announced the closed session as "Pursuant to section 2.2-371 1(A)(7) of the Code of Virginia ... to participate in consultation with legal council ... regarding the process for incorporation of property into Town limits with the expiration of PUGAMP and the Town/County Annexation Agreement [and] Legal advice regarding the terms and conditions under which certain properties may be annexed into the town limits."

Per Belrose's FOIA complaint, while the Code of Virginia does allow for closed sessions for "Consultation with legal council and briefings by staff members or consultants pertaining to actual or probable litigation ..." probable litigation "means litigation that has been specifically threatened or on which the public body or its legal counsel has a reasonable basis to believe will be commenced ..." The code goes on to note: "Nothing in this subdivision shall be construed to permit the closure of a meeting merely because an attorney representing the public body is in attendance or is consulted on a matter."

According to Belrose, when challenged the town did not provide information regarding any specific annexation-related litigation that had been threatened or the presence at the meeting of any opposing/negotiating parties. While in the meeting the town added to its original justification for the closed session, citing broader exemptions to the requirements for open public meetings related to possible annexation "negotiations" that "are or would be subject to review by the Commission on Local Government ..." In her decision denying Belrose's FOIA complaint, Welsh held that the closed meeting was legitimate for that reason, even though any annexation-related discussions would be just that – preliminary discussions versus formal mediation/legal negotiations between opposite parties that

might require a private, not-open-to-the-public forum.

Said Ben Belrose, "When citizen Bob Lazaro moved to Purcellville in 2002 he came before the Purcellville Town Council to speak specifically about the section 2.2-371 openness provisions of the Virginia Code on a similar annexation-related issue, saying: '... I do not believe that these things should be done in the back room. They should be done in full public and I urge the board [Purcellville Town Council] to have this discussion in full view of the residents of the town.'" Continued Belrose, "Now that he is the mayor, with respect to openness in government he seems to be doing just the opposite."

Virginia Judicial Conduct Provisions

Judge Welsh served as Purcellville Town Attorney for a number of years. The Canons of Judicial Conduct for the State of Virginia provide that "A judge shall disqualify himself or herself in a proceeding in which the judge's impartiality might reasonably be questioned ..." The provisions include but are not limited to instances where, among other factors: "... The judge served as a lawyer in the matter in controversy, or a lawyer with whom the judge previously practiced law served during such association as a lawyer concerning the matter, or the judge has been a material witness concerning it; ..."

Purpose of FOIA

The Freedom of Information Act is known as a "sunshine law," the intent of which is to facilitate openness in government. The introduction to the law states: "By enacting this chapter, the [Virginia] General Assembly ensures the people of the commonwealth ready access to public records in the custody of a public body or its officers and employees, and free entry to meetings of public bodies wherein the business of the people is being conducted. The affairs of government are not intended to be conducted in an atmosphere of secrecy since at all times the public is to be the beneficiary of any action taken at any level of government ... the provisions of this chapter shall be liberally construed to promote an increased awareness by all persons of governmental activities ..."

The Art of Rezoning, continued from page 3

the base density allowed by the zoning. Such contributions can take the form of a cash payment for each additional unit above the base zoning, in-kind contributions, such as acreage for a school or public safety center or a combination of both. Where a developer chooses cash contributions, the expectation is that the cost will either be passed through to the homebuyer in the purchase price or absorbed as a cost of business by the developer.

In negotiating proffers Loudoun County uses a number called the Capital Intensity Factor. The CIF quantifies the county's cost to provide the necessary capital facilities by type of residence and location. It is derived from the county's Capital Facilities Standards, which records the board's decision of what facilities it will provide to residents, how many, and when. For example, the CFS states that the county plans one fire station for every 25,000 residents in eastern Loudoun and, due to the distances involved, one station for every 10,000 residents in western Loudoun.

The current CIF for a single-family house runs from \$45,923 in western Loudoun to \$49,734 in Central Loudoun (which includes the Route 15 corridor, the Leesburg Planning Area and the Transition Area) to \$59,470 in eastern Loudoun. The overwhelming proportion of the CIF derives from school costs. Thus, the CIF for town homes and apartment units, which typically have fewer bedrooms and fewer children, are substantially lower than those for single-family homes.

However, a few points should be kept in mind. First, the county only updates the CIF once every board term. Thus, it tends to lag behind the actual cost to build the facilities. Second, the CIF is not applied to by-right or affordable dwelling units. Thus, the total proffers received from a rezoning never covers the total cost of its development. Finally, the proffers only apply to the cost of construction. Operating costs (salaries, utilities, etc.) are not included.

Ideally, the taxes paid by residents would fully cover those operating costs. However, they rarely do. Research produced by the American Farmland Trust indicates that the median cost to provide services per dollar of tax revenue raised is \$1.16 for residential property versus \$0.29 for commercial / industrial property and \$0.35 for farmland. In short, residences are revenue negative – they cost local governments more to serve than they provide in taxes. This is why elected officials often speak about offsetting the costs of residential development by either promoting commercial and economic development or by protecting farmland.

Barbara S. Williams

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Fire Prevention Month In October

October has once again been designated Fire Prevention Month, and the Loudoun County Fire and Rescue System is joining forces with the National Fire Protection Association (NFPA) to remind local residents to 'Prevent Kitchen Fires.' During this year's fire safety campaign, firefighters and safety advocates will be spreading the word about the dangers of kitchen fires and teaching local residents how to prevent kitchen fires.

According to the latest NFPA research, cooking is the leading cause of home fires. Two of every five home fires begin in the kitchen and cooking fires are also the leading cause of home fire-related injuries. "Often when we're called to a fire that started in the kitchen, the residents tell us that they only left the kitchen for a few minutes," said Fire Chief, W. Keith Brower Jr. "Sadly, that's all it takes for a dangerous fire to start. I hope that by spreading the word about kitchen fire safety and encouraging the public to attend our Fire Prevention Month activities, we can reach folks in the community before they've suffered a damaging lesson."

Among the safety tips that firefighters and safety advocates will be emphasizing:

- Stay in the kitchen when you are frying, grilling, broiling, or boiling food. If you must leave the room, even for a short period of time, turn off the stove or appliance. Most kitchen fires result from unattended cooking.
- When simmering, baking, or roasting

food, check it regularly, stay in the home, and use a timer to remind you.

- Don't disable smoke alarms when cooking. If they alarm regularly during normal cooking practices, consider relocating them to a safe alternative position. For more information on smoke alarms, visit www.loudoun.gov/smokealarms.

- If you have young children, use the stove's back burners, if possible, and keep children and pets at least three feet away from the stove.

- When you cook, wear clothing with tight-fitting sleeves.

- Keep potholders, oven mitts, wooden utensils, paper and plastic bags, towels, and anything else that can burn or melt, away from your stovetop.

- Clean up food and grease from burners and stovetops.

Month many of Loudoun's Fire and Rescue Companies will be hosting open houses throughout October. Here is a listing of upcoming fire prevention month events:

Saturday, Oct. 5

Leesburg Fire Open House: 10a.m. – 2p.m., 61 Plaza St, NE, Leesburg www.leesburgfire.org Activities to include meeting firefighters, equipment displays, vehicle extrication demonstration, 911 simulator, fire truck rides, kiddie firefighting prop, moon bounce and more.

Sunday, Oct. 6

Purcellville Fire & Purcellville Rescue

Open House: 11a.m. – 4p.m., 500 N. Maple Ave, Purcellville, www.purcellvillefire.org or www.purcellvillerescue.org Meet the fire and rescue crews, fire truck rides, win a fire truck ride to school, bucket brigade competition, equipment displays, demonstrations of fire and rescue techniques, moon bounce, face painting, and give-a-ways.

Ashburn Fire and Rescue Open House: 12p.m. – 3:45p.m., Station 22 19485 Sandridge Way, Lansdowne, www.ashburnfirerescue.org. Activities include: ambulance and fire engine tours, gypsy fortune teller, fire safety, kitchen safety, shoot the hose, arson dog demonstration, face painting, meet a firefighter, balloon artist, fire truck moon slide and more.

Saturday, Oct. 12

Sterling Volunteer Fire Open House: 10a.m. – 4p.m. Station 11, 104 Commerce Street, Sterling www.sterlingfire.org. Stove fire demonstrations, tower ladder drills, hose pull competitions, two minute drill competitions, firefighter gear demonstrations, car cutting demonstration, and apparatus tours. Kid activities include the smoke house, Stop Drop and Roll and the 911 simulator. Loudoun County's Bomb Squad will be in attendance. The Loudoun County Sheriff's office offering demonstrations with their DUI goggles. Sterling Volunteer Fire open house is held in conjunction with Sterlingfest.

Hamilton Fire Open House: 11a.m. – 4p.m., 39071 East Colonial Hwy.

Sunday, Oct. 13

Lovettsville Volunteer Fire and Rescue Open House: 12p.m. – 4p.m., 12837 Berlin Turnpike. Kids moon bounce, 911 Simulator, safety house, kids video presentation, hot dogs and much more. For more info, email Admin@Lovettsvillevfr.org or visit www.lovettsvillevfr.org

Saturday, Oct. 19

Aldie Firequacker Duck Race: The semi-world famous Aldie Duck Race is back. This quacktacular fundraiser, now brought to you by the Aldie Heritage Association, will be held in Little River adjacent to the Aldie Fire Station during the Aldie Harvest Festival. One winning duck will be worth \$100,000. In order to take a quack at winning this big race, visit www.aldieheritage.com or www.aldiefire.org.

Sunday, Oct. 20

Arcola Volunteer Fire-Rescue Open House: 1p.m. – 4p.m., 24300 Gum Springs Road - www.arcolavfd.org. Come join Smokey the Bear and Arcola VFD. Bring the whole family for fire engine rides, ambulance and fire house tours, safety demonstrations, Loudoun County Sheriff's Department Child ID, health checks, children's activities and refreshments. The Air Care Medvac Helicopter is also scheduled to fly in for a visit. Call 703-348-4317.

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The PRIORITIES – Common sense, not politics, should inform and guide important spending decisions.

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The PEOPLE want results, NOT higher taxes. Our money must go to reducing traffic, improving schools, fixing roads, and to public safety, NOT buying votes.

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The PROGRESS – For years, Dave and his watchdog group have been demanding Virginia's transportation funds be spent where they are needed to relieve congestion. Dave LaRock led efforts to protect Loudoun taxpayers and toll payers in the Metro extension financial plan.

Results – A few days ago, the *Washington Post* reported that Speaker of the Virginia House Bill Howell announced his support for prioritizing funding based on congestion relief and safety (NOT POLITICS).

Results – Due to Dave and his citizen watchdog allies' accountability efforts on Dulles Rail, Loudoun formed tax districts that shifted the tax burden from residents to station-area developers. The Airports Authority knew they were being watched, shaved \$300-\$400 million off the contract estimate for Phase 2, and dropped the controversial union-favoring project labor agreement.

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Jason and Nicole Reaves Wed Sept. 21



Jason and Nicole Reaves – shown dancing at their wedding reception, Saturday, September 21, 2013. Jason, originally from Purcellville, is the Executive Pastry Chef at the Salamander Resort and Spa in Middleburg. Nicole grew up in Pennsylvania and is the director of Paul Mitchell the School in Woodbridge. The wedding and reception took place at the Salamander Resort and Spa in Middleburg and was attended by family and friends. The couple is honeymooning in Napa Valley of California.

Kristyn and Eric Ferguson Wed Sept. 21



On Sept. 21, Kristyn Redmond and Eric Ferguson were married surrounded by friends and family in a garden wedding in Purcellville, followed by a reception at the Hillsboro Winery.

The bride is the daughter of Pat Redmond, formerly of New Canaan, Connecticut, now of Ormond Beach, Florida. The groom is the son of Mary Ferguson of North Potomac, Maryland and Scott Ferguson of Lincoln, Virginia.

Kristyn is an associate in the Riker Danzig Corporate Group in its New York office, working on mergers and acquisitions law. She received her undergraduate degree from Emory University and her JD from New York Law School where she was a member of its Law Review.

Eric is a graduate of the University of Pennsylvania and the Johnson Graduate School of Management at Cornell University. He is Vice President of Media Client Services for the Nielsen Company.

After a honeymoon in New Zealand, the couple will live in New York City.

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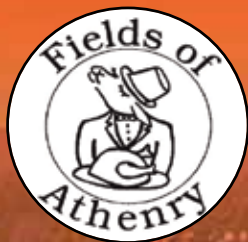
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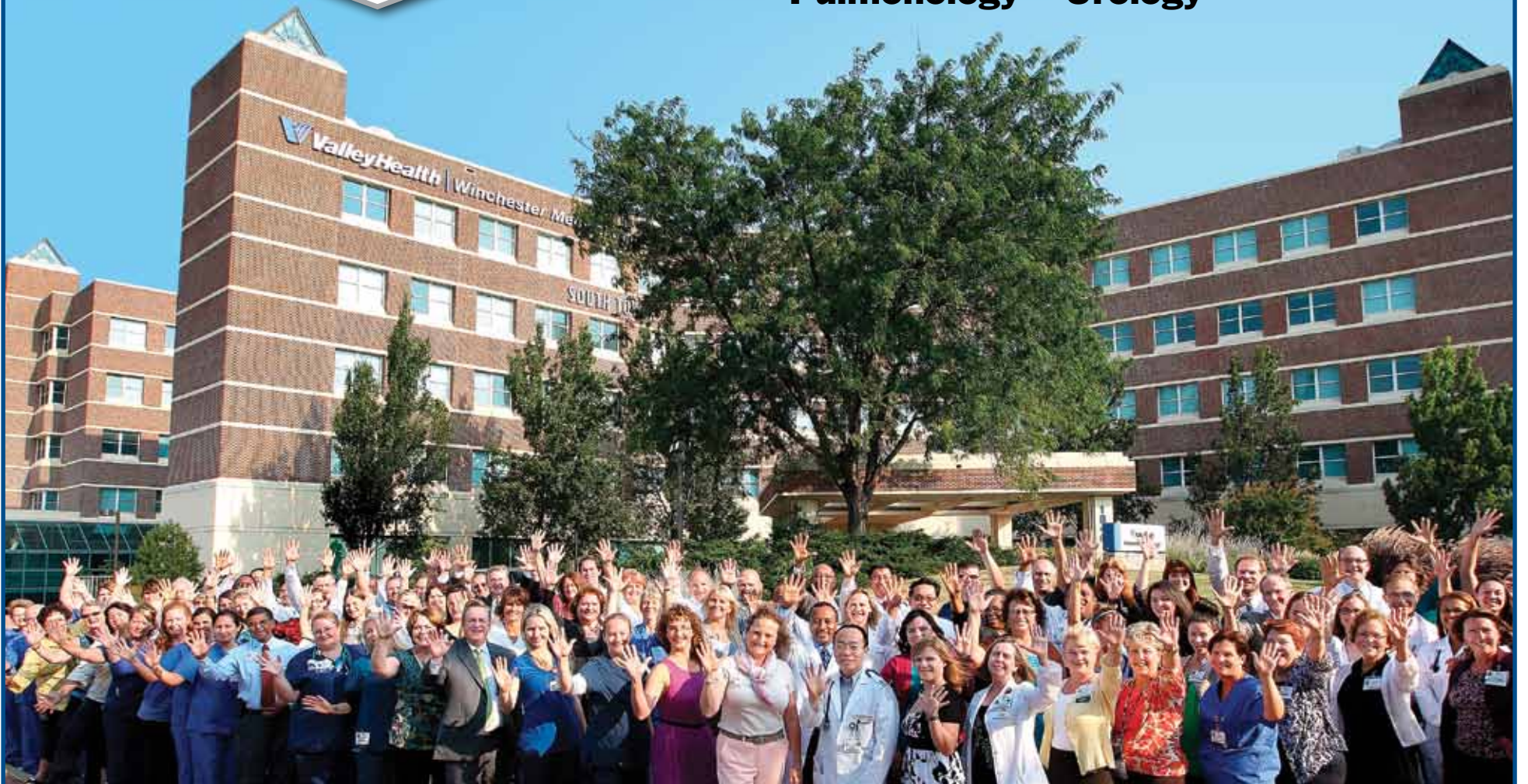
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Greer A National Merit Semifinalist

Middleburg Academy senior Caroline Greer of Aldie was named a semifinalist in the 2014 National Merit Scholarship Program. The nationwide pool of semifinalists represents less than 1 percent of U.S. high school seniors.

Greer is among the approximately 16,000 semifinalists who have the opportunity to continue in the competition for some 8,000 National Merit Scholarships worth approximately \$35 million. To be considered for the merit scholarship award that will be offered in the spring, semifinalists must fulfill several requirements to advance to the finalist level of the competition. About 90 percent of the semifinalists are expected to attain finalist standing, and more than half of the finalists will win a National Merit Scholarship.

Approximately 1.5 million students in more than 22,000 high schools entered the 2014 National Merit Scholarship Program by taking the 2012 Preliminary SAT/ National Merit Scholarship Qualifying test (PSAT/NMSQT), which served as an initial screen of program entrants.

Greer is the daughter of Cindy and Robert Greer of Aldie and a graduate of Mercer Middle School.

Among her most recent accolades is being named a Virginia aerospace and technology scholar; Greer was subsequently selected to attend the week-long, all expenses paid



Caroline Greer

2013 Summer Academy at NASA Langley Research Center in Hampton, Va. Last spring, she won the first prize (drawing category) in the 10th Congressional District Art Exhibition and also received, at her secondary school's academic awards ceremony in May, the Jefferson Book Award presented by the University of Virginia alumni. At that same ceremony, Greer was also acknowledged with a President's Award for educational excellence and a Presidential Award for service, and she received an exceptional number of subject achievement awards (Honors English 11; AP United States History; Physics; AP/DE Calculus AB; AP/College Chemistry; and College Art).

The SCA Helps Welcome Freshmen And New Students To The 2013-2014 School Year

The Woodgrove High School year started on Tuesday, September 3. The annual orientation day took place the week before, and approximately 1,500 students came to school, received their schedules, toured the building, and meet their teachers.

The Student Council Association (SCA) worked with the counseling office to make orientation run smoothly. Members of the SCA provided guidance to new WHS students and the members of the incoming Freshman Class, and this created an inviting and memorable experience.

The freshmen arrived one hour prior to upperclassmen and received special attention. They were greeted with festive streamers and balloons running the length of the entrance set up by the SCA. The main entrance to the school was flanked by cheerleaders and the marching band who played a popular pep music and the Woodgrove fight song. After meeting the teachers, the newest Wolverines were invited to the cafeteria for some desserts. It was an opportunity to socialize and meet some new classmates. Orientation ended with the SCA welcoming the incoming freshmen with a mini pep rally - including cheers, games, and a glimpse of the school's three-years-worth of traditions.



Photo: Stevie McCauley, for the WHS SCA.

From left to right: Angela Yost and Georgia Bloomfield apply Cool Whip to an incoming freshman as a pep rally game prepares to start.



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Interview With 33rd District Candidate Dave LaRock

– By Tim Jon

Republican Candidate for the 33rd District, Dave LaRock defeated longtime incumbent Joe May in the June primary. He served as Blue Ridge District Chairman for the Loudoun Republican Party. He and his wife Joanne run a general contracting business and live in Hamilton. LaRock faces Democrat Mary Daniel in the Nov. election.

Tim Jon: How have you prepared yourself for service in the General Assembly?

Dave LaRock: I've made it my priority to meet with elected officials, community leaders, and most importantly, the voters. My family and I have visited over 10,000 homes during this campaign, meeting voters face to face. Nothing replaces listening to people and sensing first-hand the emotion and the urgency of their needs. I'm serious about providing the leadership our community deserves, representing working men and women in a determined effort to improve our quality of life.

This elected position is about customer service and results, not promises and press releases. My 30 years running a small business taught me the value of service, honesty, listening, planning wisely, and negotiating the best terms available for every dollar spent. I applied that business experience to my volunteer efforts as a

watchdog protecting the residents of Loudoun County, and it paid off by saving us hundreds of millions of dollars. I've visited the General Assembly several times to fight for common-sense transportation reforms, and I have read our Virginia Constitution many times to understand it well.

TJ: What are the top issues for this particular District, and which direction do voters want you to take on them?

DL: Economic issues are clearly at the top of our list. My priorities are holding the line on taxes and spending, while at the same time advocating for the continuous improvement of our schools, insisting on our fair share of transportation funding to ease traffic congestion, and standing up to federal overreach. I also promise to do everything in my power to help our citizens who are afflicted with Lyme disease and to move quickly toward the eradication of this debilitating illness.

I will work hard to improve how our money is spent. We must spend wisely to succeed in business or in a household



and that is exactly what I believe government must do with its house to be certain our essential priorities such as high quality education, transportation solutions, and public safety don't come up short.

TJ: Can Virginia continue to afford public transportation projects as we move forward into the 21st Century?

DL: Transportation spending has been an issue I have focused on long before I decided to run for public office. I led citizen watchdog efforts to protect Loudoun residents from tax increases to pay for Dulles Rail, and the result was over \$300 million in reduced project costs and shifting of the tax burden to station-area developers. Money is being wasted on projects that bring little or no relief to our traffic woes. The fundamental practice of cost-benefit analysis does not direct transportation funding and we must change that. I will not let up on this fact.

The good news for all of us is that last week, Bill Howell, speaker of the Virginia House announced his support for performance-based transportation spending reform which would rate projects and direct funds according to what will be most cost-effective. When it comes to transportation spending, replacing politics with common-sense, objective prioritization is the right way forward. I will work to keep this on track and you will see that we can afford new projects and maintenance without raising taxes again and again.

TJ: Is the right to bear arms in any way at odds with public safety?

DL: No, not if you accept what the experts who study this concern have found. A recent Harvard report, *Would Banning Firearms Reduce Murder and Suicide?* clearly indicates that more gun laws may in fact increase death rates. The study also finds the thought that "more guns mean more deaths and that fewer guns therefore mean fewer deaths" is wrong. I'll trust the experts on this and say what I knew before reading about the study, the right to bear arms is not at odds with public safety. Enforcement of existing laws is critical.

TJ: Which critical needs do you think deserve use of Virginia taxes, and where should we cut?

DL: Virginia is exercising good management practices and economic growth is exceeding expectations, but there's no denying how severely the recession set Virginia back. We must continue to invest in education, transportation, and public safety, but as I have looked through the state budget even in these core areas, I see where money should be saved or spent more efficiently. My priority is to make sure we are spending wisely in all areas and

getting a solid return for every dollar spent.

Forbes Magazine recently ranked Virginia as "America's Best State for Business". I will fight to protect our state's business friendly regulatory environment and right-to-work status. Bringing more good jobs to Virginia is essential.

TJ: Are you satisfied with the current system of campaign contributions - and the use thereof - in the commonwealth?

DL: Our campaign contribution disclosure system works well. Clearly there needs to be better disclosure of (and possibly limits on) personal gifts to elected officials.

TJ: What unique qualities of Northern Virginia would you like to see passed on to the future?

DL: Virginia led the way as our nation was built upon a foundation of rights to life, liberty and property for all. This inspires me because I know adhering to these principles in areas such as right-to-work is central to our economic success. Our state has a constitutionally mandated balanced budget which prevents us from going down the same unfortunate road to massive debt as our federal government has done.

We must instill in future generations our knowledge that all rights including life are God-given and precious. Unalienable rights cannot be taken away. However, they can be violated when government fails to respect proper limits. I want our future generations to inherit a government that is passionately committed to upholding all of our rights, as I am.

Our Virginia countryside is magnificent. We must be good stewards of this natural asset and preserve it by encouraging agricultural enterprises such as wineries, crops and livestock production.

Agriculture and forestry combined are Virginia's largest industry, and they support many other industries. They are extremely important as job-creators and in sustaining our local communities. That makes agriculture and forestry extremely important to all of us. I support fair and science-based regulation. I believe open space easements have their place in Virginia.

My own property is in a Land Use Assessment Program. I believe this type of program helps offset the financial pressure placed on farmers and landowners by development. It encourages activities that are beneficial to the community overall such as farming. My highest priority is to exercise fiscally responsible budgetary management. This means spending must pass the test of having a solid return. I am sure we can protect the interests of farmers while managing the state budget wisely.

TJ: Should the General Assembly support Dulles Rail - or the Bi-County Parkway project?

DL: The cost-benefit analysis for Dulles Rail caused the federal government to deny funding for this project. Absent federal

Continued on page 27

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Interview With 33rd District Candidate Mary Daniel

- By Tim Jon

Democratic candidate for the 33rd District, Mary Daniel served as assistant commonwealth attorney for the City of Winchester before opening her private practice - The Daniel Group, Attorneys at Law. She currently serves on the Town Council in Berryville, where she lives with her husband Bill. Daniel also served on the Clarke County Planning Commission. She faces Republican Dave LaRock in the Nov. 5 election.



time in 25 years we have had a statewide plan in Virginia. This is important for safety - there have been many recent examples of bridge failures with tragic consequences and great financial cost. We should look for a dedicated income stream for funding our ongoing transportation needs in the commonwealth.

TJ: Is the right to bear arms in any way at odds with public safety?

MD: I come from a family with a strong hunting tradition and possess a concealed carry permit (from my days as a prosecutor). I do not believe the 2nd Amendment is at odds with public safety when we are sure all firearms are purchased legally. I fully support the fundamental constitutional right of law-abiding citizens to own firearms.

TJ: Which critical needs do you think deserve use of Virginia taxes and where should we cut?

MD: Education, transportation and public safety, are important uses of funding. All of these needs use a combination of resources - federal, state, and local - so it is important for all these levels of government to work together. I also believe that it is important for the commonwealth to take care of its most vulnerable citizens. However, there are efficiencies that we can realize and federal resources we can access that have not been taken advantage of in recent years.

TJ: Are you satisfied with the current system of campaign contributions - and the use thereof - in the commonwealth?

MD: I know that many view the Virginia system, with no limits on contributions, make it appear that people can buy their office. I am more concerned that we need a law banning gifts to elected officials, one that mirrors what is allowed for state employees.

TJ: What unique qualities of Northern Virginia would you like to see passed on to the future?

MD: I believe that the ability to accommodate the needs of rural and suburban lifestyles is important. The dedication to funding education in this region is the best in the commonwealth. Western Loudoun is an excellent example of sustainable agriculture as a viable way of life.

TJ: Should the General Assembly support Dulles Rail - or the Bi-County Parkway project?

MD: I have yet to see information that proves to me the Bi-County Parkway project is a reasonable transportation solution. Dulles Rail is important because it will have a direct impact on traffic in the region. The advantage for the Silver Line is more than just reducing traffic - rail is better for the environment and its use can improve our air quality.

Tim Jon: How have you prepared yourself for service in the General Assembly?

Mary Daniel: I have served on the Clarke County Planning Commission and the Berryville Town Council, so I understand how what happens in Richmond affects local governments. At the town level, any action includes an extensive amount of research and feedback, and I appreciate the contribution of citizens, town staff and professional experts to the process. I am especially aware of how the General Assembly can support or impede local government progress, especially in areas of agriculture and conservation. As a former prosecutor, I know how important it is that our criminal laws keep up with what is needed to keep our communities safe. Additionally, I have been active in reviewing proposed legislation, giving feedback and discussing the impact on my community, clients and profession. This involvement extended to leading trainings on the impact of new legislation for prosecutors and other attorneys.

TJ: What are the top issues for this particular District, and which direction do voters want you to take on them?

MD: Education, transportation, public safety and conservation are the top issues for the 33rd. Voters want excellence in education and to have affordable opportunities for post-secondary education and training. Transportation is important to getting all of us to and from work, moving goods and services and promoting tourism. We need to be forward-thinking to solve transportation issues. Voters appreciate the work of public safety professionals, and want them to have the resources and training they need to do their jobs. In this district, sustainable agriculture is a viable way of life and makes the region a desirable place to work, live, and visit. Voters want to be sure action is taken to manage our water resources and maintain our rural heritage.

TJ: Can Virginia continue to afford public transportation projects as we move forward into the 21st Century?

MD: Virginia must manage its transportation infrastructure in a more proactive fashion. We must plan ahead for transportation issues. The 2013 transportation legislation is the first

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Hunger Summit Looks At Need In Loudoun

While Loudoun County often ranks as the richest county in the United States, there are also a number of residents in this affluent community who are food insecure or hungry.

For the second year in a row, representatives from local government, faith groups, food pantries, food banks, philanthropists, the Chamber of Commerce, charitable organizations, the school board and other government organizations came together to discuss issues and potential solutions during the second annual Loudoun County Hunger Summit on Sept. 20.

Lisa Lombardozi represented LINK, a Sterling non-profit food pantry, and discussed the pantry's partnership with Fairfax County Public Schools. LINK obtains excess or unused cafeteria food. Lombardozi said that this partnership saved about 37,000 pounds of food from being wasted. Scott raised the question as to whether or not Loudoun County Public Schools could emulate the FCPS model to supply excess food to the local pantries.

Tracey White, chamber chair for the Loudoun Chamber of Commerce, introduced a new online networking tool developed through the chamber and the county. Connect Northern Virginia (connectnorthernvirginia.org) is an online portal offering a variety of networking and community resources. Many summit attendees discussed

the positive uses this could create for food pantries that could use this online community to post events, network and advertise donation needs for technology and service.

100 Women Strong was represented again this year by President Karen Schaufeld who discussed the fund's involvement in the Backpack Buddies program through funding to the Blue Ridge Area Food Bank. Schaufeld said that the goal was to improve and expand the program over the next few years to be able to feed 100 percent of the food insecure children in Loudoun through the Backpack Buddies program.

"We know that a lack of adequate food has long term brain and physical development implications so the need to fix this is urgent. Every child who doesn't reach their full potential is a loss to me, to you and to Loudoun," she said.

The focus of the Summit program turned to presentations of a holistic approach to combating hunger, or what was termed "a hand up" instead of a handout. The Good Shepherd Alliance organization focuses its program on teaching six steps to self-sufficiency including personal development, education, job training etc.

Another presenter whose organization has expanded to life skills training is Brian McMullan, director of Tree of Life Ministries pantry in Purcellville. McMullan spoke of

his pantry's philosophy of a "bigger picture approach." He shared that Tree of Life's purpose is "to reach out to the poor and needy in our community with the love of Jesus Christ" through an expanded program of food, shelter, life skills, health care and relief. This expansion to include these services began in March of this year.

The last formal presenter was Guy Hicks, Ashburn Stake President of the The Church of Jesus Christ of Latter-day Saints. Hick's shared the church's specific welfare principles of provident living and self-reliance through education, career development, financial management, emergency preparedness and food storage, physical health and mental/emotional strength. These principles are taught often in the LDS faith and members are encouraged to embrace it in their lives.

"Going forward," Hicks said, "our hope is to remain deeply imbedded in the movement to address the needs of those that are hungry by utilizing all resources from donations to life skills training. Strengthening relationships, not just in the interfaith community, but also in the business community and government will provide a successful three way partnership. All of us have different skills, talents and benefits that we can bring. If we can't work together, we're never going to address the need."

Dr. Mike, continued from page 2

becomes more intense and protracted when there is a longstanding and troubled family dynamic and history and/or when divorcing spouses have difficulty working together to positively co-parent their children/teens.

While each family is unique, and while there isn't a one size fits all to managing divorce well for one's children and teens, I've provided a few helpful points below for consideration.

Address the topic of separation and divorce (age appropriately) with your children and teens. Once you and your spouse decide to separate and divorce, prepare your children. Be honest and try to answer any questions your children might have for you as best you can. The initial conversation is best dealt with together as a family, but be prepared for your children to have questions for you later and as the process unfolds. The tone of the conversation should be supportive, and you should demonstrate and reassure your children of your love for them and for each other (as parents). Also as parents, you should reassure your children/teens that they did nothing to contribute toward your decision to divorce.

All children respond differently to the divorce talk; some will deny and minimize the moment and reality, while others will become sad or angry. Some children and teens will not be surprised by the news and may even welcome it if things have been bad for a while, while others will be shocked and devastated. Your children's age and personality style are also factors that will impact how the news is heard and taken, so be sensitive to each child's individual needs. Generally, younger children handle emotionally laden information in a more concrete manner, so you should keep the message brief and loving. Older children and teens may want, and even expect, a more detailed explanation with additional information. Be careful to keep your message loving and respectful of each other as parents.

Support your child or teen's relationship with your spouse. Except in rare exceptions where your spouse would not be afforded an active relationship with his or her child (e.g., significant abuse or mental illness, etc.), your children/teens have a right to a loving and healthy

relationship with both of their parents. So, remember to separate your feelings from your behaviors for your spouse when it comes to your children. Regardless of how you might feel about your spouse or the wrongdoing that occurred in your marriage, encouraging and supporting a loving relationship for your children/teens with your spouse is the best thing you can do for them. Children/teens learn from and identify with their same and opposite sex parents in very important ways that then contributes to who they become, how they feel about themselves and how they have relationships.

Co-parent with kindness and respect. Again, regardless of how you feel about your spouse, he or she will likely be a part of your child or teen's life forever – during his or her life and after in memory. Fast-forward beyond your divorce, your spouse will be at the same graduations, weddings and family gatherings. By practicing kindness and respect with your spouse in the presence of your children/teens, you are making the active point that their needs come first and that they do not belong in the middle of your issues. So, don't speak badly about your spouse in the presence of your children or teens.

Avoid blaming, show restraint and present a united front. Again, keep your children out of the middle. Even if you feel justified in remaining hurt and/or angry at your spouse, speaking or behaving negatively to him or her will likely only worsen things for your children/teens. Sometimes children or teens will ally themselves more with one parent over the other during a divorce, but encouraging that to occur will most likely create later problems for all involved. So, don't treat your child as a messenger for adult issues, don't keep secrets with your child that positions you and your child in opposition to your spouse, and don't have adult conversations or fights in earshot of your child. Instead, try to be aware of your thoughts and feelings when you are with your spouse and your children/teens inasmuch being united in the service of good co-parenting may not be easy to do initially and for some time.

Cover your co-parenting strategies and assess your bandwidth in advance. Co-parenting as a concept isn't static, and its success will determine on how willing and/or

able you and your spouse are to work together. If negative feelings such as distrust, sadness or anger remain, you may only be able to co-parent in very basic ways with your spouse when it comes to visitation, financial issues, medical needs, education and communication. So, don't expect too much from yourself or your spouse as you learn to co-parent your children and/or teens as divorced parents. To facilitate positive change, apologize to your spouse if warranted, ask your spouse for his or her input and opinion and keep a level head. Over time, the hope would be that you and your spouse are able to put aside your emotions and your issues in the service of parenting your children and/teens where respect, communication, compromise, requests and consistency can be managed together positively.

Get your children help if they need it. Your child or teen may experience situational anxiety/stress or depression due to the divorce (or other problems), or if he or she may just need someone to discuss things with to deal with the many changes. You as parents may also benefit from meeting with a therapist who is trained and credentialed in co-parenting work. This work can be extremely helpful when the marital history or ongoing problems as parents are significant.

Don't forget to take care of yourself. They say that divorce is one of the most stressful events to experience, so be good to yourself. Lean on your family and friends, exercise, eat healthily, set short and long-term goals, don't drink to excess, and see a therapist if needed. Adjusting to life after a bad marriage as a family will take time, and there very well will be other changes to come for you and/or your ex (e.g., dating, moving and later blending your family with new partners, remarriage and perhaps stepsiblings). The sooner you and your spouse can create a framework for yourselves that supports the most important thing in your life – your children and their well-being – the better off all will be.

Michael Oberschneider "Dr. Mike" is the founder and Director of Ashburn Psychological Services, a private mental health clinic comprised of 12 MD and PhD level mental health clinicians. To learn more go to www.ashburnpsych.com or call 703 723-2999

Wild Loudoun

Trumpet Vine – Zesty, Assertive Beauty

– By Andrea Gaines

It can cause a rash. Plant or cultivate it in the wrong place and it can take down your house. It tends to crowd out other plants. And, its nectar is a closely guarded secret – not many animals and insects can reach far enough inside to take advantage of it.

So why do I love the North American native known as trumpet vine?

Well, both the foliage and the flowers are stunning in their color – a deep, emerald green and a hot and zesty orange. It has a strong constitution. Older vines develop thick, woody trunks that can grow up to 7 inches thick and thirty feet high. It has a sort of prehistoric look, with large, curved, tubular flowers, spiky leaves, and oversized pods that use the wind to disperse hundreds of brown papery seeds. And, it greatly benefits both bees and hummingbirds, two living things that could really use our help right now.

I also like the fact that trumpet vine always looks like it has been in its environment for a long time, even if is a relatively young plant. That's probably because once it establishes itself it literally takes over, as if to say: "This is my space ... and I don't like to share."

You see trumpet vine (or trumpet creeper as some call it) in woods and fields. But, it is most common on forest edges and along stream banks.

One of the reasons trumpet vine is so effective at taking over is its root system. The vine uses aerial rootlets – small roots capable of grabbing onto trees, bushes, other vines, fences, or walls – to do what it does best; hitch a ride and climb upwards towards the sun.



I suppose that before we all became a little timid in our landscaping, trumpet vine might have been more prevalent and more favored. You often see it taking over a long unused, long forgotten barn, or a rusty garden trellis. I like the way it adds some color to abandoned farm houses as it breaks through dry and brittle window panes, happy to provide nectar to bees, the dense, twisting vines favored as nesting sites by certain species of birds and another season of supportive scaffolding for a graceful old structure struggling not to fall in on itself.

The trumpet vine grows quickly – a characteristic celebrated by gardeners and property owners trying to boost the natural value of their land.

But, with proper care and pruning (and placement) you can enjoy the beautiful foliage and flowers of the trumpet vine without also losing nearby fencing, shrubs and gutters.

Trumpet vines sound out their most colorful tune from June to September – they have a long blooming season. But, the vine takes several years to mature and before that it won't bloom, unless you have purchased or relocated an older plant.

So, start planning this fall about where you will get your trumpet vine, where you will plant it and how you'll care for it. Again, it does well in woody, less cultivated areas and places where it's ok when it does its natural thing and just takes over.

You'll welcome this stunning vine's assertiveness the first time you hear the buzz of a hummingbird looking for nectar and a perhaps a place to rest before either setting up house or continuing on its migration. With a trumpet vine nearby, hummingbirds and other fragile parts of nature can become a normal part of the natural joys that visit your world.

lifecycle cost of this project, we need to see it now.

Likewise, with the Bi-County Parkway; what is gained? As taxpayers, we have yet to be shown how effective this will be at relieving traffic congestion, and hours in traffic saved per dollar spent. The idea of using a value capture system which shifts cost for new roads to the land developers whose property values increase is fundamentally fair and ought to be used.

In regard to all concerns facing us as a growing district and state, I am looking forward to serving the 33rd District and our commonwealth by continuing to advocate for our priorities and common sense government.

Sushi – "Tails" From The Barnyard

I Can I Can I Can ... Here Comes The Power!

– By Sushi

I am Sushi, the brave and mighty Cairn Terrier, and my life flows with the rhythm of the farm that I bow down to in honor ... to serve and defend. No storm can shake my inmost calm, I cling to the belief that this little man can. For you see, there is always some new creation around here to protect. When things get tough the tough get going and that is just what I need to do sometimes.

When it does get tough, I cling to my belief I can, I can, I can, and I can! The sound "I can!" triumphs like music in my ears and echoes in my soul. I trot around the farm as if I own the world. I believe I do. My beautiful farm is a place of magic and wonder. It is ever changing. All things are mine and how do I keep from bursting at the belly with joy and gladness? Fall is here and I feel like springing on hay bales and howling to the moon with complete joy.

You see, this little farm of mine has the land, the earth that grows and produces not only plants but pasture that feeds the livestock, the horses, cows, sheep, geese, ducks, worms and more. This land is to be nourished and treated with dignity and love, replenished and not degraded or taken for granted.

The cow is to be understood for the food it provides through its milk and meat. It must be cared for in a humane way. In the end, it is in its proper care that it will be best used to nourish others.

The sheep provide clothing and food. And again, the wool, milk, meat, the sheep, the herd must have a good shepherd to watch over and tend to them, carefully and with kindness and knowledge. As with all the creatures around us great and small it is a blessing to have an earth like ours, a farm team that works together in harmony, a team that I love being a part of ... a team that I will need when my job gets tough next month, for you see, Hatti the Witch will be courting us soon as Halloween approaches. I am sure in next month's issue I will have



a ghostly tale to tell of her most bewitching hour as she is always up to something this time of year!

I will be grateful that my new wing man Murphy, our Saint Bernard will be by my side. If that Hattie the Witch gets out of control I tell you, I will be yelling; "Here Comes the Power! Here Comes the Power!" I can't wait to see her face when she encounters the Murph man! Ha, you will just have to wait now until next month – so stay tuned ...



With All My Love, Sushi

P. S. My master, Elaine Boland lives with her husband and five daughters in Purcellville at Fields of Athenry Farm. She cherishes farm life and the joy of providing her customers with fine fresh meats and products. She can be reached at www.fieldsofathenryfarm.com, or 703.926.8444.

LaRock, continued from page 24

funding, the new plan that forces higher tolls on the Dulles Toll Road users was formed, adding insult to injury for people who will be stuck in traffic as they are forced to move off the toll road back onto free roads. There is a high probability that this project will lose about 55 percent of its funding based on court challenges regarding tolling authority. The opportunity cost of pouring tens of billions of dollars into a project that studies show will do little to relieve traffic congestion is unacceptable to me. This is money that would be better spent lowering taxes; or on our existing roads, public education and improving public safety.

If there is new information to indicate enough benefit to offset the enormous

Volunteers And Money Needed For Stop Hunger Now

Stop Hunger Now is happening Oct. 26 at Harmony United Methodist Church in Hamilton. Volunteers will be packaging meals to be shipped around the world to support school feeding programs and crisis relief. The assembly process combines rice, soy, dehydrated vegetables and a flavoring mix including 21 essential vitamins and minerals into small meal packages. The food stores easily, transports quickly and has a shelf life of two years.

Each package serves a family of six people and may be the only meal they

have that day. Volunteers are need on Oct. 26 from 9 a.m. to 1 p.m. All ages are welcome to help. To volunteer, visit www.harmonyva.org or call Harmony Church at (540) 338-2937.

Funds are needed to purchase the food. The goal is to package 30,000 meals. That means \$7,500 must be raised (25 cents per meal) prior to the event. To donate, make checks payable to Stop Hunger Now and mail to: Harmony Church, 380 East Colonial Hwy, Hamilton, VA, 20158.

Candidate Forum in Clarke

There will be a candidate forum Oct. 7 at Clarke County High School in Berryville.

The Clarke County Education Association has invited the three candidates for the 33rd District of the House of Delegates, Mary Daniel, David LaRock and Patrick Hagerty. Also invited are George Archibald and Roberta Lasiter, the two Clarke County School Board Berryville District candidates who stepped forward to fill the seat vacated by James Brinkmeier. The 10th District candidates, Monte Johnson and Randy Minchew, are also invited.

The evening starts at 6:30 p.m. with a school board candidate forum and debate. At 7:15 is a reception for school board and House of Delegate candidates and the debate for the 33rd district candidates starts at 7:45.

The event is also sponsored by E(3) Clarke (Educate, Engage, Evolve, Clarke.) Clarke County High School is located at 627 Mosby Blvd., in Berryville.

Carver Center October Events

Medicare & the Affordable Care Act Presentation

10:45-11:30 Thursday, Oct. 3

Join certified Virginia Insurance Counseling and Assistance Program counselor, Tom Glenn, for an informative presentation on how those with Medicare will be affected by the new healthcare law.

Jerry's Jukebox, 7:15-8:30 Tuesday, Oct. 8 and 22, This informal class offers an opportunity for dance practice on a great dance floor each 2nd and 4th Tuesday. Instruction in beginning movements is offered by Jerry Smith.

Presentation on Trips, Falls & Vestibular Disorders

12:30-2 p.m. Wednesday, Oct. 9

The knowledgeable staff of Loudoun Sports Therapy Center will discuss balance issues and how to prevent trips and falls. Vestibular Therapy, an exercise based program to help eliminate symptoms of dizziness and imbalance will also be discussed. Pre-register 571-258-3400.



Chuck Fisher's Legends Show and Dance

6-9 p.m. Saturday, Oct. 19

The Carver Center Advisory Board invites you to join them for a performance and dance with Captain Chuck and the Legends. The legends show is designed for the Baby Boomer Audience. The performance will include classics, oldies, modern and country music, with vocals in the style of Elvis, Patsy Cline and Captain Chuck. Tickets are \$7. Ticket sales - call Myrtle Mahowald 571-258-3400.

Lincoln Memorial Presentation

11 a.m.-12 p.m.

Wednesday Oct. 30

Ages 18 and up - A single visit to a Washington DC monument or memorial can bring a surprising number of facts and anecdotes to the surface. National Park Service Ranger Brad Berger will bring this history to life with an illustrated presentation.

Ballroom Dance Social

7-10 p.m. Friday, Oct. 25

Waltz Lesson from 7-8 p.m.

Certified instructor Jason Conrad will lead you through basic moves during the lesson, and then call out each dance (Waltz, Swing, Rumba, etc.) as the music changes. Light refreshments.

Beginner Line Dance

Classes for ages 55 and up

Mondays 1-2 p.m.

Carolyn Bledsoe creates a learning environment with a focus on fun. Mistakes are just part of the process of mastering each sequence of steps.

OCTOBER

Friday, Oct. 4 to Sunday, Oct. 6, 16th annual conference by the Mosby Heritage Area Association.

This year's theme is "Prelude to Gettysburg-The Armies Move North." Registration for the three days is \$425, or \$200 for Friday and Saturday's talks and lunch. To register, call 540-687-6681 or go to www.mosbyheritagearea.org.

Saturday, Oct. 5, **Discovering Willowsford**, 9 a.m. nature walk with Loudoun Wildlife Conservancy. Meet at the Boat House, 41095 Braddock Road in Aldie. Register at www.loudounwildlife.org.

Oct. 5 4-7 **Kwesi Kankam** 4-7 p.m. Notaviva Vineyards, Purcellville.

Tuesday, Oct. 8, **Wildlife Behavior Myths**, 7 p.m. at Rust Library in Leesburg. Loudoun Wildlife Conservancy hosts Leslie Sinn for a presentation on commonly held misconceptions about wildlife behavior. Register at www.loudounwildlife.org.

Oct. 11-13 **Halloween Woods** Haunted Forest Attraction Algonkian Regional Park.

Saturday, Oct. 12, **bird walk** 8 a.m. at Banshee Reeks Nature Preserve. Contact jcoleman@loudounwildlife.org.

Saturday, Oct. 12 **The Lucketts Bluegrass Concert Series** continues its 40th season of weekly concerts at the Lucketts Community Center at 7 PM featuring Eddie and Martha Adcock with Tom Gray. Tickets are \$15 at the door, show time is 7:00 PM, doors open at 6:00 PM and Lucketts' famous hot dogs, barbeque sandwiches plus other snacks and drinks will be available at the kitchen.

Oct. 12-13 **Purcellville Town Wide Tag Sale.** Oct. 12, 8a.m.-4p.m.,

Oct. 13, 10a.m.-4p.m.

Monday, Oct. 14, **Columbus Day Birding** at Bles Park at 8 a.m. Join the Loudoun Wildlife Conservancy at Bles Park for a free bird walk led by Joe Coleman and Bill Brown. Register at www.loudounwildlife.org.

Friday, Oct. 18 to Sunday, Oct. 20, **Art in the Foothills**, a juried show and sale featuring artists working in a variety of media, at The Meeting House at Boulder Crest Retreat for Wounded Warriors in Bluemont. Admission is free. Hours are Friday from 10 a.m.-6 p.m., Saturday and Sunday 10 a.m. to 5 p.m. For more information call 540-554-2809 or visit www.friends-of-bluemont.org.

Oct. 19 **Loudoun Fall Farm Tour** 10 a.m.-4 p.m. both days.

Saturday, Oct. 19, **Family Stream Day** from 11 a.m. to 3 p.m. Join the Loudoun Watershed Watch and the Loudoun Environmental Stewardship Alliance at the Loudoun Water Campus. www.loudounwatershedwatch.org.

Sunday, Oct. 20, **Harvest Festival at Oatlands**, 1-5 p.m. - live music, hayrides, face painting, country line dancing and more. Call 703-777-3174 or go to www.oatlands.org/harvestfestival2013.

Thursday, Oct. 24, **Sterling Rotary 25th Anniversary Celebration** from 6-9 p.m. at Bungalow Lake House in Sterling. Tickets are \$25. RSVP by Oct. 14 <https://sterlingsilverrotary.eventbrite.com>.

Thursday, Oct. 24 to Sunday, Oct. 27, **Middleburg Film Festival.** Featured films include Alexander Payne's "Nebraska" and "Mandela: Long Walk to Freedom." For film listings and screening times, event schedule, FAQs and to order tickets visit: www.middleburgfilmfestival.com.

Saturday, Oct. 26, **Unison Heritage Day** from noon to 4 p.m. at the Unison Store. Virginia barbeque, Chesapeake Bay oysters and homemade desserts will be available for \$30 per person.

Friday, Oct. 25 and Saturday, Oct. 26, **Vernal Pool Enhancement Workshop** at Morven Park. Cost is \$35. Register at <http://vernalpools2013.eventbrite.com>.



Visit the Village

Experience Route 50
For more information, visit
www.VillageOfAldie.com

Saturday, October 19th
9am - 5pm
49th Annual Village-wide
Aldie Harvest Festival!

Join us for a day of...

- Vintage & Antiques Dealers
- Craft & Jewelry Vendors
- Country Cookin' & Baked Goods
- Food Trucks & Church Lunches!
- Kids' Moonbounce & Face Painting
- Living Historians & Artisan Demos
- Live Band & a Barber Shop Quartet
- Famous Duck Race in Little River
- Shopping, Strolling & Fun



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Free tours offered throughout the day.

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Single Duck \$2

Quack Pack (6 Ducks) \$10

Quack Attack (25 Ducks) \$25

Visit Duck Dealer or Purchase online
www.aldieheritage.com/duckrace

Directions:
West on Route 50 (John Mosby Hwy) into Loudoun County towards Middleburg. One mile west of Gilbert's Corner traffic circle (Intersection of Rt 15 & Rt 50).
Parking at Church of Our Redeemer on Rt. 50 or Aldie Elementary on Meeting House Lane.



October brings comedy and theater to Franklin Park Arts Center

Last Ham Standing

Friday, October 4th at 8PM

Don't miss this hilarious show full of laughs for the entire family. A group of talented performers take suggestions from the audience to create wacky scenes and funny improv games. If you like "Whose Line is it Anyway?", you will love Last Ham Standing, the other comedy meat! **Tickets: \$12 Adults, \$10 Students, \$8 Child** www.franklinparkartscenter.org



The Same Sky Project

Saturday, October 5th at 7PM

A Place To Be Music Therapy presents "The Same Sky Project". Twenty-five students from Loudoun County come together in a profoundly moving 60-minute production about acceptance, differences and empathy. Produced by A Place To Be. **Tickets: \$10 at the door**

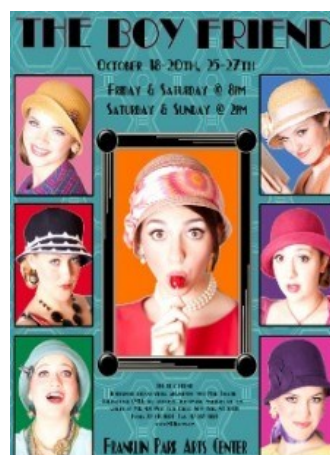
The Boy Friend

Fri & Sat	October 18th, 19th	8PM
Sun	October 20th	3PM
Fri & Sat	October 25th, 26th	8PM
Sun	October 27th	3PM

The Jazz Ages lives on in this light, romantic spoof of 1920's musical comedy. The setting is the French Riviera and the show's many memorable roles include the flirtatious Mme. Dubonnet, her boy-crazy students and Polly (the role which turned Julie Andrews into an overnight sensation). With its catchy tunes, period dances (including the inevitable Charleston) and winning sense of humor, The Boy Friend is a sparkling, tongue-in-cheek 1920's romp!

Tickets: \$20 Adults, \$15 Students/Seniors

To Reserve, contact Karlalouis@aol.com



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ARTS & ENTERTAINMENT

ARTIST'S PROFILE

THE I.IV.V'S, "BURIED ALIVE IN THE BLUES"

– By Andrea Gaines

The promotional message on this band's business card reads: "Blues that make you move." And they rightly do. Their music, described as Chicago style blues, is tight and flowing, smooth, rhythmic and highly refined, with each instrument blending perfectly into the other while rendering a sound all its own. Listening to it, you do want to dance, take a slow spin, open your ears to the meaning of the song, even if it is with yourself.

But, it's a verse in one of the first songs to be played by the band at this year's Bluemont Fair that had me nodding and thinking to myself, "That's it – absolutely, that's what defines this band." "Buried alive in the blues ... " is how the line goes. Buried alive without a care in the world, immersed in your music and where it takes you, oblivious to everything around. Captive of the feeling. That's how I felt watching "Chopper" sing, a man lost in his music even as he engaged a chatty, freewheeling audience of children and

adults, couples and teenagers hanging out on a perfectly beautiful late September afternoon in rural, Virginia.

Current band members include Mike Breen, drums; Rudy Bzdyk, key boards; Jay Price, lead guitar and vocals; Mike (Chopper) Thomas, vocals and harmony; and Jeff Stearn, bass.

The I.IV.V reference is a nod to 1-4-5 or, more correctly, the I-IV-V chord progression is the most common chord progression in all of pop music. The I-IV-V is what classical composers call "figured bass," which is also the fundamental structure of blues, and by extension rock.

Each member of I.IV.V is a professional musician, and they play at many large and small venues in the area, as well as private parties. But all have "day jobs," ranging from a fine cabinetmaker to a UPS driver to a teacher.

Seeing and hearing them perform you'd swear they were at the Bluemont fair as part of a 20-nation tour. They are that good.



Front row left to right: Mike Breen, Jay Price and Mike Thomas.

Back Row left to right: Rudy Bzdyk, Jeff Stearn.

Get Up And Go! ...

Great Places To Experience Art

Arts in the Village, Leesburg

Arts in the Village is a non-profit artists' cooperative gallery operated as a program of the Loudoun Arts Council and located at the Village At Leesburg. The gallery shop sells handmade fine and functional artwork from over 20 of the area's most creative artists and craftspeople, featuring ceramics, fiber, glass, jewelry, metal, painting, photography, pottery, sculpture, wood, and more. Arts in the Village Gallery is also a venue for area performing and literary artists and organizations including poets, writers and musicians. The gallery celebrated its 1-year anniversary "Arts in the Village 365" with a meet the artists reception on Sept. 25. www.artsinthevillage.com.

National Sporting Library & Museum, Middleburg

The National Sporting Library & Museum is dedicated to preserving, promoting and sharing the literature, art and culture of equestrian, angling and field sports. The library and

museum has over 24,000-books dating from the 16th- to 21st centuries. A library and museum fellowship program supports the research of visiting scholars. The newly renovated museum houses exhibits of American and European animal and sporting fine art. Upcoming exhibits include Teaming with Nature: James Prosek, Oct. 8 through Jan. 30. The exhibit features selected Prosek watercolors from his book *Trout of the World*, on public display for the first time. www.NSL.org.

ArtSquare, Leesburg

ArtSquare describes itself as a place that combines fine art classes, gallery exhibit space and the work of 14 artists all under one roof. With large open rooms and beautiful lighting it is a wonderful place to both view and purchase art and crafts of all kinds. Current exhibitions include Alfred Hennen McAdams: 1914 – 2008: A Retrospective. The exhibit runs from Sept. 13 through Oct. 6. An upcoming photography exhibit includes the work



Artist, Jill Perla

of ArtSquare students. The photography exhibit runs from Oct. 11 through Nov. 3. www.loudounacademy.org.

Art In The Foothills, Bluemont

Art In The Foothills, a juried show and sale featuring artists working in a variety of media, will be held in the Meeting House at Bolder Crest Retreat for Wounded Warriors in Bluemont, Oct. 18 through 20. Friends of Bluemont is sponsoring this 9th annual exhibit. Times: Oct. 18, 10 a.m. to 6 p.m., Oct. 19 & 20, 10 a.m. to 5 p.m. www.friends-of-bluemont.org; www.bluemontva.org.

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Franklin Park Visual & Performing Arts Center, October 2013

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

Friday, Oct. 4, 8 p.m. – Last Ham Standing. Don't miss this hilarious show full of laughs for the entire family. A group of talented performers take suggestions from the audience to create wacky scenes and funny improv games. If you like Whose Line Is It Anyway?, you'll love Last Ham Standing, the other comedy meat. Tickets: \$12 Adult, \$10 Student, \$8 Child.

Saturday, Oct. 5, 7 p.m. – A Place To Be: The Same Sky Project. This musical is based on the inspiring life of Amy Stone, a young woman who sees her cerebral palsy not as a disability, but as a gift to teach others about acceptance and courage. This powerful show reminds us to look inside people and ourselves and recognize that we are more than just labels. Tickets: \$10 all seats, available at the door.

Oct. 18-27, Friday & Saturday 3 p.m. and 8 p.m., Sunday 3 p.m. – Main Street Theater: The Boy Friend. The Jazz Age lives on in this light, romantic spoof of 1920's musical comedy. The setting is the French Riviera.

Polly, an English heiress attending Mme. Dubonnet's Finishing School, falls in love with Tony, a delivery boy ... and things get complicated. **The Boy Friend** is a sparkling, tongue-in-cheek 1920's romp. Tickets: \$20 Adults, \$15 Students/Seniors. To reserve seats, contact karlahlouis@aol.com.



Friday, Nov. 1, 7:30 p.m. & Saturday, Nov. 2, 3 p.m. and 7:30 p.m. – Loudoun School of Ballet's JAZZ&CO Dance. The Loudoun School of Ballet's JAZZ&CO Dance, a pre-professional contemporary dance company directed by Sharon Mercke, entertains audiences of all ages with lively performances that blend dance disciplines ranging from traditional jazz and musical theater to modern and lyrical dance, hip hop and contemporary ballet. Tickets: \$10 Adult, \$7 Student/Senior. Call 540-338-7973 to reserve your seats.

Sunday, Nov. 3, 3 p.m. – Franklin Park Big Band. The Franklin Park Big Band was formed in 2009 by Gil Paist and Isaiah McPeak to fill an apparent community need for a musical outlet. The band experienced immense support from Franklin Park Arts Center and Patrick Henry College and was able to deliver its first concert with a full 17-piece band (plus vocalists) just five months later. Tickets: \$5 Individual, \$10 Family. Call 540-338-7973 to reserve your seats.

Saturday, Nov. 9, 3 p.m. and 8 p.m. – The Capitol Steps. Since 1981 The Capitol Steps have been digging into the headlines of the day and creating skits and parodies to poke fun at Presidents, Congress, the political establishment and life in America. They've recorded over 33 albums – including their latest: "Fiscal Shades of Gray." The Capitol Steps have been featured on national TV including ABC, CBS, NBC and PBS ... and now – for the first time – they're bringing their wacky and wonderful humor to Franklin Park Arts Center in two exclusive performances.

FINE ART

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www.JillPerla.com
703-407-5695, Jill@Perla-art.com

SUSAN CARNEY Sheperdstown, WV-based watercolor and more artist. www.SusanCarney.com. 540.538.4703. Purcellville Tag Sale, Oct. 12 & 13, 102 N 21st. St. More shows detailed on website.

JEWELRY

ANDREA GAINES JEWELRY
Lincoln-based graphic artist, jewelry artist and writer. www.AndreaGaines.com. 540.687.0855. Andrea@AndreaGaines.com. Purcellville Tag Sale, Oct. 12 & 13, 102 N 21st. St.

BARBARA SLOAN Middleburg-based management consultant (Sloan Dialogs) & jewelry artist. Barbara@SloanDialogs.com. 202.256-6271. Purcellville Tag Sale, Oct. 12 & 13, 102 N 21st. St.

POTTERY

MONKEYTOWN POTTERY
Monkeytown Pottery will be at the Bluemont Community Center for the Holiday Craft Show, Sat. Nov 30th, 9a.m. - 5p.m. Call or email Amy for private showings at her studio. MonkeytownPottery@yahoo.com 540-454-7599

PHOTOGRAPHY

SARAH HUNTINGTON PHOTOGRAPHY
Voted "Best Photographer in Lo. Co.," 10 consecutive years. www.SarahHuntington.com. 540.338.7809. Purcellville Tag Sale, Oct. 12 & 13, 102 N 21st. St. (near her studio).


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SILLY SCARY STORIES

With Halloween just around the corner and a chill in the air, it's the perfect time to write a funny, spooky tale by letting your imagination run wild!

How many bats can you find on this page?



POE-ENTRY IN MOTION

Edgar Allan Poe (1809 - 1849) wrote many creepy poems and stories that are still popular today. They've been made into movies and inspired countless other writers, too.

How many words can you think of to rhyme with each of the things shown here? Use them to write a great Halloween poem to read to your class.

Standards Link: Vocabulary: Identify words that rhyme.



ATAK OF THE THESAURUS!

Even though it sounds like some kind of dinosaur, a **thesaurus** is filled with lots of great words to spice up your stories.

With a thesaurus, *she lived in a big, scary house transforms into she dwelled in a gigantic, forboding mansion.* Nice!

Standards Link: Vocabulary: Use a thesaurus.



Read each sentence. Then draw a line to the word that has the same meaning as each of these circled words. If you get stuck, use a thesaurus for help!

The creature knocked down the old castle wall.

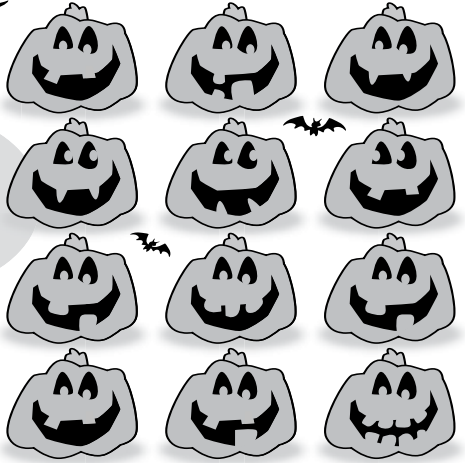
As the sun rose, the vampire looked angry.

The full moon was covered by dark clouds.

The werewolf had a loud howl.

The mummy began to walk towards me.

Find the two identical jack-o-lanterns.



lurch blaring livid
ancient dusky



DR. BOOKER NOVELS

INCREDIBLE STEAM-POWERED STORY GENERATOR

Having a hard time coming up with a silly, scary story idea? Use this awesome device to choose a **character**, **location** and **plot**. Mix and match to create lots of story ideas!

CHARACTER	LOCATION	PLOT
<ul style="list-style-type: none"> A dancing dinosaur A seasick werewolf A powerful penguin A sleepy vampire An unraveling mummy A very nervous spider A zombie duck 	<ul style="list-style-type: none"> on another planet in a spooky swamp in a fancy hotel in a crumbling castle in a frozen forest next door to you in a chilly cave 	<ul style="list-style-type: none"> builds a cheese-powered rocket. digs a tunnel to a distant city. becomes principal of your school. discovers how to turn invisible. wins a motorcycle stunt competition. explores the ocean in a submarine. becomes a country music star.

Extra! Extra!

Story Starts in the Newspaper

Look through the newspaper for:

- five nouns
- five verbs
- ten adjectives
- a rhyme
- a vehicle
- a food

Use all of these words in a spooky story.

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Puzzler

Ghostly Mildred is planning a Halloween party but she got a bit carried away with her shopping list. Cross out the items that don't really seem correct for Halloween fun.

COBWEBS	FAKE SPIDERS
CANDY CANES	CANDY CORN
EGGNOG	FLASHLIGHTS
HAMBURGER	SWIMSUITS
PUMPKIN	BALLOONS
AMERICAN FLAG	CAULDRON
TURKEY	MISTLETOE
ICE CREAM	FOG MACHINE
CANDY EGGS	POLKA MUSIC
LEMONADE	VAMPIRE TEETH

Standards Link: Reading Comprehension: Use context clues to determine meaning.

Double Double Word Search

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

E	C	I	P	S	C	V	S	S	S
C	L	I	L	E	R	R	L	L	U
I	Y	A	O	N	E	H	S	C	R
V	D	A	T	T	E	Y	R	D	U
E	L	Y	I	E	P	M	A	U	A
D	I	R	D	N	Y	E	S	S	S
T	W	G	O	C	R	R	I	K	E
E	A	S	M	E	O	P	S	Y	H
R	E	T	C	A	R	A	H	C	T

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

Kid Scoop Together: FUNNY FILLER

Ask a friend to give you each type of word to fill in the blanks. Then read your silly story aloud.

The Creature

Dr. Alexander de Cay has performed a lot of _____ ADJECTIVE experiments in his _____ NOUN.

He once combined a pumpkin and a _____ ADJECTIVE NOUN and brought it to life one very _____ ADJECTIVE evening.

As _____ PLURAL NOUN crashed, he laughed and exclaimed, "I have done it! I have created the world's first _____ ADJECTIVE NOUN!"

But soon his creature escaped and began to _____ VERB towards town. All of the town's _____ PLURAL NOUN were terrified of the _____ ADJECTIVE creature.

The creature began to make _____ PLURAL NOUN with people and before long, the creature became quite happy.

The creature now works at the local school as a _____ ADJECTIVE NOUN. The kids are very glad about that and they bring the creature a lot of _____ PLURAL NOUN as treats.

Standards Link: Language Arts: Use nouns, adjectives and verbs correctly.

Kid Scoop-doku™

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

	B		T
	A		
	T		
T	S		

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www.kidscoop.com

Guess My Costume

Look at the ads in the Classified Ad section of the newspaper. Write an ad about who or what you are going to be for Halloween. Give your ad to a pal and see if he or she can guess what your ad represents.

Standards Link: Writing: Describe and summarize concepts.

What happens to ghosts who get lost in the fog?

ANSWER: They are mist!

Write On! STRANGE HOUSE

They claimed the house was haunted, but it looked okay to me. So ...

Finish this story!

Kitchen Science Kids: Bending Light



– By Leah Enright

I love bubbles. Who doesn't? Happy, round floaty things that last just a second . . . and when you blow a big one, what magic! Looking at a bubble, what will you see? A micro-thin film of multi colored, glistening fluid gently slipping and sliding around a transparent ball. They are beautiful . . . until they pop! At that point I'm hooked and I will blow and marvel until I remember that I am a grown up with laundry to fold.

How did that rainbow get on the side of that bubble? Well, to answer that we have to go all the way back to 1666 and an amazing guy-Isaac Newton. Isaac Newton achieved many great accomplishments, (including having a cookie named after him-Fig Newtons!) Newton was interested in **optics**, (which is the study of light and how things are seen). In fact, when coming home from a town fair with a toy glass prism, (a piece of glass shaped like a triangle), Isaac Newton noticed something interesting-white light came into the prism as expected, but came out of the prism broken into distinct colors-red, orange, yellow, green, blue, indigo, and violet. Amazing! The curious and inventive young man went on to accomplish many great things in science, but the one that we

can see today is this fact that if light rays, which travel straight down from the sun, are interrupted and bent, they break apart and we can see that white light is not white after all. It is actually a combination of the seven colors of the rainbow, all mixed together! Wow! How can we bend the light to see this rainbow?

Simple . . . by making the World's Best Bubbles.

Best Ever Bubble Solution

- Mix together:
- 1/3 cup liquid dish soap
- 1 cup water
- ¼ cup white corn syrup

Blow away! For creative blowers, try: dipping and blowing out through drinking straws, pipe cleaners bent into loops, slotted spoons, clean fly swatters or anything else with small holes.

So remember, white light is not white after all-it is a combination of seven colors that when appearing all together look white to us. When those colors are broken apart, by being bent by a prism or soap bubbles, we can see the colors separated into individual pieces.

Learn more about the color spectrum and Isaac Newton at the library.

I'd love to hear your suggestions for future Kitchen Science Kids articles. What types of experiments or activities are most interesting to you?

Leah Enright keeps herself busy between trying new science things in the kitchen and working as a hair stylist at Hair Cuttery in Purcellville. She hopes to gather comments and feedback from her readers at mizbeytac@yahoo.com

Edible Arrangements

– By Myles Mellor and Sally York

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
	20			21						22				
			23					24						
25	26	27			28	29			30		31	32	33	
34					35	36		37			38			
39					40				41	42				
43					44				45					
46			47	48		49		50		51				
			52		53			54	55					
56	57	58					59					60	61	
62					63						64			65
66					67						68			
69					70						71			

ACROSS

1. Holy man
5. Annoyances
10. Like some columns
14. Baker's need
15. Fancy tie
16. Stalactite site
17. Sandwich bread
18. Bathroom item
19. Hands
20. Indian restaurant fare
23. Coarse file
24. Disaster
25. Fragrant oil
28. Canal site
30. Bloodstream fluid
34. Start to like
36. Miss-named?
38. "___ Time transfigured me." - Yeats
39. Fine produce
43. Apply
44. Flatter, in a way
45. Building blocks
46. Fine thread
49. Polar worker
51. Idiotic
52. Gorbachev was its last leader (abbr.)
54. Floating, perhaps
56. Celebratory meal, probably
62. Basil, e.g.
63. Accustom
64. Enthusiasm
66. Advocate
67. One who makes dreams come true
68. Dead against
69. Rude person
70. Good point
71. Bit of choreography

DOWN

1. Chop (off)
2. Tel ___
3. Allot, with "out"
4. Word riddles
5. Yesteryears
6. Break
7. One who crosses the line?
8. No charge on the bridge?
9. It is best stainless
10. Absorb
11. Henry VIII's last wife
12. Always
13. Wet, as morning grass
21. Third of nine
22. Newspaper div.
25. Bad
26. Foot bones
27. Genealogical diagrams
29. Sweetheart
31. Peach dessert
32. Dress up
33. Literature Nobelism Hermann
35. Lab eggs
37. Flight board abbr.
40. Table centerpieces
41. Bye word
42. Windfalls
47. Felled trees
48. Medium ability?
50. Imaginary land of supernatural beings
53. Goatlike antelope
55. Precipitation
56. Great Lakes fish
57. Deli sandwich
58. Jason's ship
59. Women in habits
60. Tiny payment
61. Can't take
65. Mouth piece answers on page 39

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Do you experience leg discomfort, swelling or varicose veins? If so, you may be one of 25 million Americans who suffer from venous reflux. Traditional painful vein stripping surgery is now outdated and has been replaced by simple outpatient procedures that are available at Virginia Vein Care in Purcellville. With local anesthesia, these procedures can be done in under an hour with very little discomfort or downtime and are usually covered by private insurance and Medicare.

Although a variety of physicians offer vein care, the consumer should know that vein disease is not a cosmetic problem. Varicose and spider veins are often the result of an underlying disorder of the circulatory system known as venous reflux. Veins are part of the circulatory system, as are the heart and arteries, and deserve the care of a cardiovascular surgeon with specialized training, knowledge and experience in treating disease of the heart and blood vessels.

Dr. Lawrence Markovitz, the founder of Virginia Vein Care, is a Board Certified cardiovascular surgeon and a Fellow of the American College of Surgeons. He has been a practicing cardiovascular surgeon since 1990. Dr. Hamza Rana is the only American College of Phlebology fellowship trained vein specialist in the entire Washington, DC region.

Varicose veins are known for their bulging appearance on the skin and characteristic blue color. Spider veins are a mild form of varicose vein disease. The cause of both is venous reflux. Normally, the veins carry blood from the feet to the heart, against gravity. A series of paper thin valves keeps this process functioning properly. Varicose veins are caused by damaged valves and the backward flow of blood within the legs, a condition known as venous reflux. This leads to the formation of varicose and spider veins. Besides being ugly, varicose veins can cause significant symptoms which include swelling, aching, throbbing and itching as well as leg heaviness, tired legs and restless legs. Left untreated, they can lead to venous ulcers, phlebitis and bleeding.

Symptomatic patients, even those with more mild symptoms, often report significant relief of symptoms, frequently while treatments are still in progress. "Those patients with the most severe symptoms usually experience improvement that is quite dramatic," said Dr. Markovitz. Patient concerns for the aesthetic appearance of their legs is, naturally, a high priority and patients are pleased that they are able to show their legs again without being self-conscious.

Inaugural Loudoun Golf Tournament Raises Funds For Local FCA

Northern Virginia Fellowship of Christian Athletes raised close to \$10,000 at their inaugural Loudoun golf tournament on September 24. Former Washington Redskins wide receiver Mark Stock, cornerback and Hall of Famer Darrell Green and defensive end Charles Mann showed their support by attending the event and taking photos with guests.

Mark Stock, title sponsor and tournament coordinator, said, "We are excited with the success of the tournament. Everyone enjoyed a day of golfing, competition and fellowship. I'm looking forward to future FCA events and continuing to raise awareness and funds for our local FCA."

Eighty-seven golfers and many spectators attended the inaugural golf tournament to show their support of NOVA FCA



Loudoun Golf Scramble Banana Ball champions with Charles Mann and Darell Green



How easy would it be to finally get rid of your varicose veins, eliminate the pain, and regain confidence in the way your legs look?

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REWARD

Answers to crossword puzzle from page 35 ...

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



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