

Blue Ridge LEADER & Loudoun Today

Since 1984

JUNE 2014

Comparing Their Lives To Those Of Children 200 Years Ago

– Fabled Oakdale School Program A Western Loudoun History Star –

– By Andrea Gaines

With smiles as big as the hats they wore, last week an enthusiastic group of Lincoln elementary school students stepped back in time.

Walking from their own modest elementary school to the even more modest historic Oakdale School, the children experienced what is called an “1881 school day.”

Each was given the biography of a boy or girl student from the time whose identity they assumed for a two-hour “lesson.” A docent in period dress served the role of their teacher, and they, also in period dresses, hats, pants and shirts entered the old Oakdale School to see exactly what it was

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Lincoln Elementary students lived a day in the life of an 1881 child.

Valley Debate Team Big Winners



From left to right Jake Hitchcock, Madison Remillard, Isabella Tucker, Tavish McDonald, Forrest Cinelli, Elizabeth Manero, Ian Gallagher, Noah Mussmon

Loudoun Valley High School has won the VHSL state championship in debate in divisions 1A, 2A and 3A.

The state tournament was at Liberty University in April. “We won our conference and regional’s so we had high hopes for solid scores at State but were overwhelmed by our win,” said coach Julie Hildbold.

The team’s varsity senior captains are Madison Remillard, who came in first place in Lincoln Douglas Debate and will be attending Wellesley this fall, Tavish MacDonald, who competed in Public Forum Debate and will be attending Cornell in the fall and Jake Hitchcock, who will be attending UVA in the fall.

Other top scores were earned by juniors Ian Gallagher and

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Planning Commission Exploring Major Zoning Changes Catoctin Creek Town Center Property – Take Three

– By Valerie Cury

At the May 15 Purcellville Planning Commission meeting work session town staff proposed an “Action Plan” to change the zoning on a collection of properties located from the corner of Hirst/Maple Avenues to nearly the corner of Hirst and Hatcher. Under the proposal this area, currently zoned CM1 Office/Light Industrial, would become MC Mixed Use Commercial – which allows residential units, entertainment and commercial uses.

This is the land, with the exception of one parcel owned by developer John Chapman, that was the proposed site for the Catoctin Creek Town Center

complex. This proposal complete with bumper boats, go carts, bumper cars and more – plus a 178-apartment complex – was denied by the planning commission. The developers withdrew the project before the Town Council had a chance to vote, one month before the May 2014 town-wide elections.

Town staff is proposing to change the zoning in this area to mixed use commercial because it would be more potential revenue for the town. According to staff, if the property remained at its current zoning, which is CM1, “This will limit the revenue for the town.” The town would like the “high end property tax revenue and other fees,” that the MC district would provide.



“Light Industrial” zoning, shown here, is not the intensive use the name implies.

With developer John Chapman sitting in on the meeting, staff said, “They [the developers] won’t get their return on their investment if you keep it [the property] industrial [office light industrial similar to the John Chapman building where the Purcellville police

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Father's Day Recipe, see page 25



Wild Loudoun Milkweed – Sustenance Of The Monarch, page 38

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Handling Suspected Drug Use With Your Teen

– By Michael Oberschneider, Psy.D.

Dr. Mike:

I usually don't spy on my son, but a parent in our neighborhood reached out to me recently to tell me that she is certain that my son and a few other kids are using drugs. She shared a print out of my son's Facebook, which showed a number of concerning things, including photos of marijuana leaves and references to getting high. When I confronted my son with what I discovered, he denied any drug use and was upset with me for viewing his Facebook page without his permission. At 18, he feels that he should have a right to complete privacy and that I should just trust him. I have noticed that something hasn't been quite right with him over the past few months, but I just chalked it up to normal teen stuff. My husband thinks that we should test him for drugs, but I think that that would only upset our son more. He's leaving for school soon, and I don't really know what to do. I'd love to get your thoughts on our situation.



Dr. Mike

of all Americans age 12 years and older have used some sort of drug recreationally within the past month. While 2012 data show that marijuana continues to be the most commonly used and abused substance (14.8 million users), many teens and adults are also using other sorts of drugs – cocaine (2.4 million users), prescription medications (7 million non-medical users), heroin (669, 000 users), hallucinogens (1 million users) and methamphetamine (731, 000 users) are the top contenders.

Drug use does not discriminate across socioeconomic status; you will find drug users amongst the poor, the middle class, the upper middle class and the wealthy. In fact, most illegal drug users are gainfully employed. And Loudoun County is not secluded from or immune to drug abuse and/or dependence. Drugs are most certainly at your son's high school (public or private), and they are in your neighborhood. Recently in the news, use of the deadly new designer drug known as "25i," "Smiles" and "N-Bomb" by three teen girls (ages: 13-18 years) in a Lansdowne home led to police involvement and their hospitalization.

As the director of a private practice that assesses and treats individuals with substance abuse problems and alcoholism, I can tell you first hand that teen drug use

Continued on page 37

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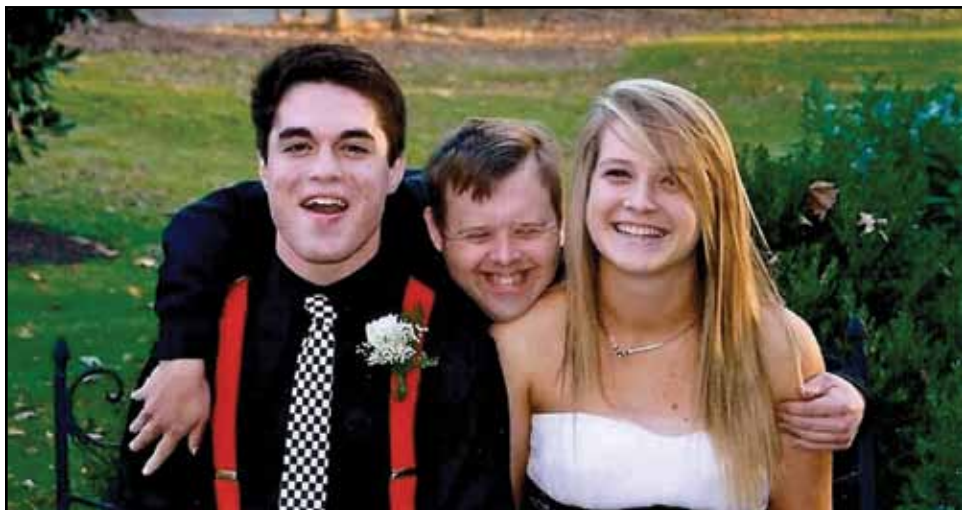
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We Are Not Bodies With Souls, We Are Souls With Bodies

– In Celebration Of Christian Alberto Sierra –



Christian on left, with friends

– By Andrea Gaines

When a family loses one of its own at a young age, it is hard to do justice to the poignant mix of love, grief, horror, laughter and memories that fill the room as they attempt to tell you about that person, and do the respect of celebrating – with as much courage as they can – that person’s life.

Christian Sierra was a 17-year old Loudoun Valley High School student who died in a Purcellville police shooting on May 24.

As his mother, father, sister and uncle describe him, Christian was an athlete and an explorer, a philosopher and a friend, someone who pined about the less fortunate but also loved to laugh. A person for whom education was vitally important, as was delving deep into life’s most profound issues. A person with a very soft side – with exceptional affection for his little sister, Gabriela and the family dog, Odie – a smile for everyone, someone always there with a warm hug and willing to give and receive

Continued on page 13

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Varun Mosur Wins the VA State "You Be the Chemist" Competition



Mosur with representatives of the sponsoring company

Varun Mosur, an eighth grade student at Blue Ridge Middle School, competed against students from across Virginia to earn the title of State Champion in the *You Be the Chemist Challenge*. The competition was held at BASF-The Chemical Company, on April 26 in Suffolk. As champion, Mosur will represent Virginia in the tenth annual national *You Be the Chemist Challenge*, which will be held in Philadelphia from June 22 - 24. He will be competing against students from across the

United States. The top four competitors in the national competition will earn scholarships totaling \$15,000 for their future education.

According to the Chemical Education Foundation who sponsors this program, the interactive contest "engages students in grades 5-8 in learning with their peers and their community, about important chemistry concepts, scientific discoveries and laboratory safety."



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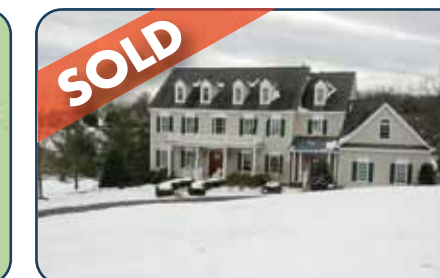
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Bed And Breakfasts - Boon Or Threat To The Rural Economy?

– By Malcolm and Pamela Baldwin

Breaking news, in case you missed it: the Board of Supervisors has created new rules for bed-and-breakfast establishments in Loudoun, among them an increase in the number and frequency of events – such as weddings – B&Bs are allowed to host on their properties. At the same time, the board also tightened fire safety, building code and health-related requirements for the B&Bs themselves and any separate event buildings on their properties. Overall, the board and the B&B community view the changes as a boon to Loudoun's rural economy, which increasingly depends on tourism. Some, however, see B&Bs as actual threats to that same rural economy, with the Piedmont Environmental Council, a long-standing advocate for rural amenities and landscapes, leading the opposition. But, Loudoun's Rural Economic Development Council representing farmers, rural businesses, horticulturalists, the arts, wineries, B&Bs, and park and recreation advocates, strongly favored the new B&B measures. So who is right?

Partisans on both sides of this debate share regard for the attributes that drew them to rural Loudoun. We all value the agricultural landscapes ranging from the large equine estates of the Middleburg area and the large traditional farms that grow hay, corn and soybeans and raise cattle, to the smaller farms with sheep, chickens, fruits, vegetables, wine grapes, flowers, herbs and trees. Many of these small farms draw "agritourism" visitors themselves, while also bringing visitors to local wineries, farm-to-table restaurants, equestrian events, county-sponsored semi-

annual farm tours, and yes, rural weddings. It's also safe to say that most residents of western Loudoun on both sides of this debate recognize that growth pressures over the last two decades have threatened rural landscapes and lifestyles.

The county first addressed the threat to its rural western areas in a comprehensive 1998 report entitled "The 200,000 Acre Solution," which proposed efforts to develop the rural economy in new ways, including agritourism. A 2007 update reported that the 200,000-farmland acres had been reduced by about 25,000, and a much-needed (but not yet planned) 2015 update would need to be called "The 140,000 Acre Solution." While not as densely populated as eastern Loudoun, thanks to rural zoning, the west has been more successful at growing houses than any other "crop," and that will surely continue as traditional farmers retire or die and their heirs sell the family farms to developers – unless they can find new ways to use the land and farm buildings profitably.

Meanwhile, Loudoun tourism has grown and drawn people to our countryside, most notably to wineries but also to pick-your-own farms, farmers' markets, food and wine festivals, farm tours and yes, B&Bs. Western Loudoun has no large hotels other than the new high-end Salamander Resort, so B&Bs are critical to accommodating overnight guests, as recognized and endorsed in the Rural Economy Policies of the 2003 Comprehensive Plan. It states: "The County will facilitate the expansion of rural hospitality businesses, such as bed and breakfasts and country inns, which preserve the rural character while offering

services that support rural tourism."

PEC's opposition to the B&B and event liberalization stems not from documented impacts or complaints – virtually non-existent – but on fears that more tourism and events *may* cause adverse impacts on roads, neighborhood amenities and community health and safety. One prominent Blue Ridge resident articulated these fears in a recent letter to the *Loudoun Times Mirror*, complaining of inadequate public engagement in the development of the new zoning changes (despite two public hearings) and arguing that the changes would damage the "garden home" of tranquility offered by Loudoun's rural agriculture of horses, cattle, hay and corn, and concluding, "Making it a bustling tourist destination threatens that character." The letter concluded by quoting a Wordsworth poem to complain that "The world is too much with us," and that the new B&B regulations will promote too much "getting and spending."

We cannot agree that bed-and-breakfasts cause too much "getting and spending" or pose a future threat to the rural economy. Further, it should be clear that the rural west cannot survive by relying on traditional farming. The large equestrian farms around Middleburg will surely prosper under the ownership of wealthy families not required to make their living from their land, but the cattle, hay, soybean and corn farmers largely lack independent wealth, and their farms steadily disappear. An example: we buy round bales from a farmer in Lovettsville who manages 10 large farms owned by others. His main base is a 300-acre farm owned by an 80 year old whose children have no interest in continuing his farm after his death. Like all but two of the 10 properties, it lacks a conservation easement. This farm seems destined to join those 60,000 acres of farmland lost since 1998 in being divided into 20-acre parcels that could, under by-right cluster development, produce four new houses each, thus costing the county \$1.62 for schools and other public services for every \$1.00 produced in property taxes.

Lest it be misunderstood, the new B&B and event regulations are replete with fire, zoning, and health restrictions, and liberalizing our B&B and event regulations will have no adverse effect on our vulnerable large farms. As organizations such as the Land Trust of Virginia and PEC understand,

conservation easements that allow farmers to obtain tax credits and cash from tax credit sales are critical to saving Loudoun's farms. Further help needs to come from adoption of a program to allow developers to trade and transfer development rights from farms in the west to increase the density around Loudoun's Metro stations, thereby ensuring the economic viability of these population and commercial centers while also protecting rural agriculture.

But many small farms in rural Loudoun, even those already protected by conservation easements, also require tourist and event revenue to survive, which the REDC understands and PEC does not.

For us as retirees from careers that took us all over the world, WeatherLea Farm's agritourism is both a "Wordsworthy" rural haven and a mom and pop business generating tourism dollars that enable us to maintain and enhance our property without the least disturbance to any of our very supportive neighbors. Our conservation easement, with Virginia's tax credit sales, allowed us to put a new roof on our barn. And now the barn in turn supports our ability to stay on our farm and anticipate its transfer to our children. In this respect we are typical of our colleagues in the Loudoun Bed & Breakfast Guild.

We estimate that for every dollar we receive from cottages and weddings, another five dollars goes to other Loudoun wedding-related businesses such as caterers and restaurants featuring local meats and produce, florists and local flower farms, and a host of other local businesses, and all of us pay significant sales tax and transient occupancy tax.

What's not to love about B&Bs and the events they host? In the scheme of things, there are lots of reasons why our rural landscape may be endangered, but bed-and-breakfasts are not among them.

Editor's Note: By way of disclosure, the Balwins own a 28-acre farm in Lovettsville where they raise sheep and grow wine grapes, host overnight guests in a one-bedroom B&B cottage and plan to convert a second cottage to a three-bedroom B&B cottage next year. They host approximately 10 weddings per year, holding outdoor ceremonies and receptions in their 19th-century barn, which houses sheep and farm equipment in half of the structure. Malcolm formerly served on the PEC board and currently serves on the REDC.

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View From The Ridge - There's A New Gang In Town - And Isn't It Time?

– By Andrea Gaines

For many, the recent town-wide elections in Purcellville present all of western Loudoun with a significant opportunity to launch a more citizen-focused future.

On July 1 there will be a new mayor and a decidedly different balance of power on the Purcellville Town Council, as four new members with fresh policy views join the group.

Growth is here and will continue. But, the question of exactly where that growth will occur, whom it will benefit and who will pay for it now has the opportunity to be answered – out in the open.

This will affect not just land inside the town, but land primed for annexation on its borders and every one of the individual smaller towns, villages and communities

that dot the western Loudoun landscape – Lovettsville, Lincoln, Paonian Springs, Waterford, Hillsboro, Philomont, Middleburg, Saint Louis, Bluemont and Aldie. Purcellville, because of its size, holds the key to what western Loudoun – and all of these precious places – will look like in ten or twenty years.

In major citizen input sessions over the last many, many years the citizens of Purcellville came together and with their government created the town's Comprehensive Plan. A blueprint of sorts, the plan identifies established residential areas and commercial areas, undeveloped land available for various kinds of uses and the basic rules by which growth and development can occur. The plan provides a measure of surety. A homebuyer, for example, will know what might go in on the undeveloped land

adjacent to his or her back yard.

The plan also establishes densities – how much of a particular thing can be accommodated on a particular parcel of land based on its size and how it relates to nearby homes and businesses. And, the plan identifies places and features of special interest and sensitivity to the public or otherwise legally protected – including wetlands and watersheds, historic districts and structures, public lands and facilities.

Purcellville's new mayor, Kwasi Fraser, has pledged to get back to this basic document known as the comprehensive plan. Review it, change it if need be – based on what the citizens want – but make it the working document that citizens and government use together to direct the area's

Continued on page 16

Letters To The Editor

Thank You, Citizens Of Purcellville

Dear Editor:

I'd like to take this opportunity to express my gratitude to all the residents of Purcellville for their wonderful support during my campaign for mayor.

It was very rewarding to meet you and to have the chance to hear your feedback as I campaigned door to door. Ultimately, the decision to run was mine alone, but I could not have done it without the support, dedication, and counsel of you, the citizens of Purcellville. And, for that, I am deeply grateful.

I look forward to working hard, every day, to earn your continued trust, and I welcome your additional feedback as we go forward, together, to make our community a place of which we can all be proud.

My favorite part of the campaign was meeting the many residents and business owners of Purcellville. Our free and open exchange of ideas will continue to be critical as we move forward.

I would also like to thank my wife, Angela, and my children, Darius, Naomi and Jeremy. It is because of their love, support, and sacrifice that I am able to accomplish all that I do.

To all, again, please feel free to reach out to me personally with your concerns and your ideas for making Purcellville the town we love to call home. Lots to do – and I'm ready.

Kwasi Fraser, mayor-elect
Purcellville
(540) 751-8338

Immensely Grateful

Dear Editor:

I am immensely grateful to my family, friends and supporters who so generously contributed their time and effort to my campaign. It was inspiring and enjoyable to meet so many residents of Purcellville during the campaign, which further affirmed that my message was their message. You took the time to share with me your ideas, your concerns, your aspirations and I appreciate your willingness to share what matters most to you.

Going forward, we need to take a coordinated look at our community and work together in the best interests of our citizens. We must to be pro-active and not

re-active. We need to continue to fight against development that does not truly benefit our community or truly contribute positively to our local economy. We must work in partnership with our county and state legislatures to obtain our fair share of county and state tax dollars. As a town we need to be better communicators and we need to be more transparent with your tax dollars and strive for a sound financial foundation, which will help grow our local economy and provide the funds to meet the needs of our residents.

I want to encourage everyone to stay involved by attending town meetings so your voice will continue to be heard. Town Hall is open to everybody and the more active and willing to contribute our residents are, the faster we will achieve our vision for Purcellville. We can't do this job without the involvement and openness of the people.

Purcellville faces challenges in the coming years, but we can overcome them if we always do what is best for residents. I continue to be delighted that my family picked Purcellville as the place to raise our three daughters and I will work hard to see this town reach its full potential without abandoning what makes it so charming and attractive to those who choose to live here. Thank you.

Karen Jimmerson,
Town Council member-elect
Purcellville

Thank You For Voting – Doug McCollum

Dear Editor:

Thanks to all who voted on May 6 in the town election. Your votes were important to all of the candidates. For those who voted for me, I appreciate your support and will work hard to justify your trust. For those who did not vote for me, I will work just as hard to earn your trust. As a council member, I represent the whole town and I take that responsibility seriously. I look forward to working with the mayor-elect, the new council members, and the incumbent council members as we work together on behalf of the citizens and businesses of Purcellville to better our

community. I campaigned on my interest in listening to residents and businesses in Purcellville. I will listen as well to those who live outside town but are affected by decisions our council makes. In the upcoming weeks I will visit with local businesses to hear from them what the town can do to support their businesses and to attract new businesses to town. If anyone wants to contact me before I am sworn into office, please send an email to doug.mccollum@yahoo.com or call my cell phone 703-244-5126.

Doug McCollum,
Town Council member-elect
Purcellville

Thank You For Your Support – Ben Packard

Dear Editor:

First, let me express my gratitude to the residents of Purcellville for the outpouring of support, not only as demonstrated by the votes but also for all those who spoke with me around town and at Emerick Elementary on Election Day. I ran for town council because I enjoy our community and want it to continue while I reside here.

Next, let me thank those who have served diligently over the last number of years. Service is not easy, requiring time, patience, and making hard decisions. They have worked hard to do what they thought was best for the town and whether you agree with the decisions at the end of the day, I believe we have to respect people willing to take on the challenge.

Finally, let me conclude that I believe the function of government is to serve the people. As I join those on the town council, along with those newly elected, I hope to encourage open communication with all residents while striving to consider solutions to the issues facing the town. It is important for residents to recognize that town council is bound by laws and ordinances, sometimes requiring decisions that are not favorable to everyone. Even so, we will strive to communicate reasons for decisions made and I hope to search with the rest of the council for solutions to maximize the benefits to the town as we make decisions for our future.

Thanks again for your support and I look forward to serving the residents of Purcellville with the town council for the next four years.

Ben Packard,
Town Council member-elect
Purcellville

Medicaid Expansion Doesn't Make Financial Sense

Dear Editor:

I am a 15 year-old from Round Hill, Virginia. I have heard quite a few people discussing the controversial issue of Medicaid expansion recently, and one thing that I do not understand is why most people do not know that much about the subject. On one side, you have the group of people who favor Medicaid's expansion, thinking that it will be for the benefit of everyone in Virginia if all can enjoy affordable care. On the other side of the argument, there are the people who think that Medicaid expansion doesn't make any financial sense, believing that the Medicaid budget will be paid through ridiculously high taxes once the government withdraws support of the plan.

I myself belong to the latter group for a few good reasons. The first reason is that Medicaid expansion is an entitlement program, and these kinds of programs have always historically cost more than they originally intended. Secondly, once Virginia takes this plan on, we are probably never going to get out of it, regardless of whether we want to or not. Some people think that the government will just give free money to pay for Medicaid's expansion, but most people know that if we depend on it, it will come with some kind of condition. Last of all, people ignore the fact that when the government cuts back on its contributions, it will cost a lot of money down the road for many people. That is almost an incentive to leave Virginia due to the fact that many other young people will have to pay for someone else's health care. I really think that the all Virginians need to consider every aspect of this plan before they make a decision that could harm Virginians for years to come.

Sam Soltis
Round Hill

Continued on page 14

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Lady Vikings Claim District Lacrosse Title

- By Mac Shuford

The Loudoun Valley girls lacrosse team beat Woodgrove 10-7 on May 22 for the district championship. It was a hard fought victory and a long time coming as Valley had never beaten Woodgrove until this game, having narrowly lost last year's district and regional Titles in the same stadium. Woodgrove scored first after winning the opening draw and held that lead until about halfway into the first half with their ball control offense and aggressive defense. However, the Wolverines had no answer for Valley senior and district player of the year Corley Simons as her third goal of the night gave the Vikings a 5-4 lead while she controlled nearly every draw in the first half.

Taking an 8-6 lead into halftime, the momentum swung heavily to Valley in the second half as the Viking defense clamped down hard allowing the Wolverines only one more goal in the closing seconds of the game. Leading all scorers, Simons finished with 4 goals, junior Maya Ebrahimnejad tossed in 3, while



Senior District Player of the Year Corley Simons playing against Woodgrove

senior Courtney Schollian and sophomore Marguerite Keane had 2 and 1 respectively. Junior Haley Shuford logged six saves in goal for the evening.

Valley had eight girls named to the all-district team. First team honorees included seniors Corley Simons, Courtney Schollian and Ashlyn DiLoreto while the second team

included senior Brittany Raffa, junior Haley Shuford, sophomores Hailey Voell and Lindsey Sweet and freshman Hanna Tadie. As they progress on to regional competition, Valley will need to finish in the top two of the eight regional teams to qualify for the state tournament held at Lake Braddock the second week of June.

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Oakdale School, continued from page 1

like to be educated back in that time, sitting on old wooden benches, flipping through original 1818 text books and taking a turn with hand-made quill and ink pens.

A project of the Goose Creek Friends Meeting, the Oakdale School Living History Program is open to student groups large and small in May and June and again in September and October of each school year.

Built in 1815 at a cost of just \$400, as many as 700 children attended Oakdale – from the well-known names of families such as Brown, Janney, Hirst, Purcell, Nichols and Taylor. African America students were also educated here. Many of these families are still represented in the village of Lincoln, Purcellville and surrounding communities.



1815 Oakdale School building

The program is testimony to the fact that both the county's older small elementary schools and historical assets such as the red brick Oakdale School building play an important role in Loudoun County's educational excellence. Here, there is much history to be shared, experienced and valued by all.



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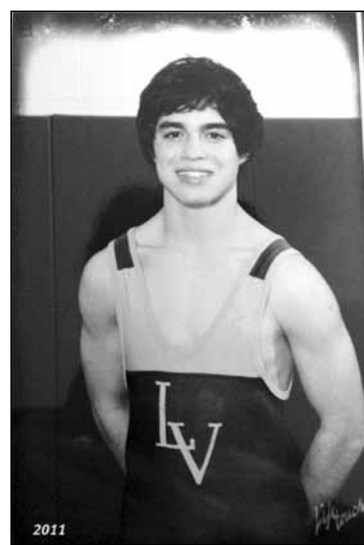
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The Sierra, Posada, and Moriarty extended family. Christian appears in the upper row of children, second from left.



Christian with his mother, Sandra.



Christian, 2011 wrestling.



Christian's friends and family at his funeral.

Photo by Sarah Huntington



Phot by Sarah Huntington

Christian, continued from page 3

love. A thoughtful youth growing into a man – someone who took relationships seriously and cherished family and friends.

Christian's family's roots were in Columbia, and while he was born in the United States he was a fairly experienced international traveler, planning to visit his uncle in Australia with his mother Sandra, in mid June. He had also travelled to Columbia to his father Eduardo's hometown of Dabeiba where he took great joy in handing out popsicles to children for whom this treat meant the world at that moment. He also purchased kites for village children, knowing it would give them great joy.

Christian was born in Oakland Park, Florida. And, the family also lived on Long Island for a time.

Described as "cute and clownish" as a baby, he lived in Florida before relocating with his family to Purcellville where he was enrolled in Emerick Elementary School. He then attended Mountain View Elementary until the fifth grade.

Sports were a huge part of Christian's life. He started playing soccer at age 4, and then he moved into wrestling. He had, in fact, come from a wrestling family.

He joined the Loudoun Youth Wrestling Team and also played lacrosse for two seasons. Along the way he received presidential awards for physical fitness. He was a star.

He qualified for the varsity wrestling team in his first year in high school ... and he was also well known among classmates and friends as the "Hacky-Sack" champion, organizing friends and foes in endless games of the popular activity.

Christian "loved history when he was younger," according to his mom. His beloved uncle John Paul also noted that Christian's motto was "never panic," and that one of his favorite books was "The Way of the Peaceful Warrior." A popular book with youth, it tells the story of an athlete's quest for happiness and spiritual growth.

So, Christian Sierra was by all measure a very deep young man, and on a personal journey. But, he was not known as particularly solitary, even if he felt that way personally at times. He was known as available, friendly, and positive – there for you. As his mother Sandra noted, "He has imparted this community with his charm and his beautiful smile."

Friends and family alike say he didn't like to criticize or judge. They also say he was probably not aware of how much of an influence he had on other people. But, everyone we talked to was overcome with emotion at how truly special Christian was.

Christian's family shared how shocked and upset his high school friends were at his death. The family also shared how much they had learned about him during this time. One of his favorite quotes now makes so much sense: "We are not bodies with souls, we are souls with bodies."

His father Eduardo recounted how he'd often seen Christian as a rebel without a cause, but, how he now understood that Christian was a rebel with a cause. He really believed he wanted to influence the world. He was expanding his own horizons with yoga and meditation. He wanted to take his father up to Bear's Den on the Appalachian Trail so they could explore these things together. He taught them all to not take anything for granted in life – not your family, not your friends, not your opportunities.

Christian's family also remarked about how he had stood up for others in school whom he thought were being bullied.

And, on a lighter note ... they talked about how he enjoyed authentic Columbian food, including fried pork belly, South America's version of bacon.

"Stay trippy mayne." That was Christian's motto. Everyone loved him for it and everyone will carry that sweet, strong intent into his or her own life going forward.

Rest in peace. All will miss you dearly, Christian Alberto Sierra.

A service was held in Christian's honor at the Purcellville Baptist Church on May 30.

Just Like Nothing (Else) On Earth: Mountville Road

– By Tim Jon

Glancing at a map, it really doesn't look like much to the casual observer – one might think: “Hmm, just a little connector road in the southwestern portion of a place called Loudoun County” – from Snickersville Turnpike in the north to Foxcroft Road in the South; looking back upon my drives along Mountville Road, though, I'd say it packs in a lot of experience in that small horizontal distance – like a short canoe trip over deep, clear waters. I recall visions of neat – almost immaculate – farms, with impressive stocks of equine and bovine specimens on display – seemingly for the pleasure of the casual visitor – well-tended stone walls stretching so far that it makes you wonder where in the world they ever found so many rocks; these, complemented by stands of trees in scattered, park-like groupings, and the whole aggregate adds up to a very orderly appearance.

In fact, the look and feel of the two-lane blacktop coursing through this environment reminds me of some of those classic European road-race circuits like the now-historic tracks shown in the 1968 film – Grand Prix – with James Garner. Watch your speed here, though, Parnelli; the farmers (and local authorities) – like to keep things on an even keel in these parts.

And the very name – Mountville – might make you think of the hilly terrain in the surrounding distances; actually, this handle came from one of the original Europeans in the



JON



locale – a guy named Ezekial Mount, who settled here in the late 1700's- having moved from another Mountville – in Pennsylvania. This unincorporated community (the one in our neck of the woods, that is) sits at the intersection of Snickersville Turnpike and Mountville Road – just southeast of Hibbs Bridge. So I'm not sure if that (the 'Mount' connection) makes the name ironic - or geographically synchronistic. Another one of those conundrums about Loudoun County that makes me love the place so much. (Where's Herman Melville with his wonderful American metaphors when you need him?)

Now, if you travel south from Mountville, you'll reach another unincorporated village at the crossroads of Foxcroft,

Pot House and Mountville Roads – called Leithtown, or Pot House. I'll try to refrain from any symbolism in connection to that moniker. Better to just savor the historic choices for the names of some of these places.

Upon reflection, as I scope back from the stops along the way on this transportation corridor to focus on the larger picture, it occurs to me, that there are certain things that are very hard to place value upon, yet they keep whispering in our ear those little hints that remind us that we are, after all, human – mammal, cellular, even: things like pre-dawn farmhouse silhouettes, early-morning dew turning to mist as it evaporates from the ground, stately-looking horses beginning their day with an easy stroll and a mouthful of grass, the warmth and visual clarity brought by the rising sun in a setting worthy of at least a brief pause – and, last but certainly not least – lots of solitude (a rare commodity in 21st Century Northern Virginia) - I experienced all of these and more the last time I took the opportunity to spend a precious few minutes driving the length of Mountville Road. I look forward to the day when my wall-to-wall schedule allows more than just a quick, Sunday-morning run through this blacktop corridor; the 'busy-ness' of the lives of most of us in this time and place provides meager opportunity for static contemplation – like, remaining in one place long enough to hear the birds sing, the leaves whistle in the wind, and maybe a squirrel or two rummage for lunch. I couldn't think of a better setting for the often-dismissed, yet therapeutic, distractions like these than an easily-overlooked line on a local map called Mountville Road.

I hope I'm there right now. Was that you?

Making Marriage Last 50 Years

- By Samuel Moore-Sobel

Only 5 percent of marriages last for 50 years or more in America today. This seems like an extremely low statistic, indicative of the fact that marriage is not easy. My grandparents recently reached this impressive milestone on May 2. If you ask my grandparents why they have remained married for 50 years, they will utter one simple word: Stubbornness. Every marriage experiences ups and downs, moments of extreme joy and unbearable pain. Oftentimes sheer stubbornness is what can hold two people together and the absolute unwillingness to give up in the face of adversity.



MOORE-SOBEL

I have heard countless other reasons cited for sticking it out in marriage. Some cite the fear of being alone, while others believe the secret lies in remaining in love. The fact that many have an opposing theory may indicate that every marriage is different and requires a unique set of priorities. There may be different qualities that are important for different marriages, with only a few general principles applying to all.

A common reason cited for the break-up of a marriage is that it was too hard to face the challenges together. A family friend told me that one can choose to leave when the going gets tough, but he didn't think the challenges faced would be any easier alone than faced together with his wife. The longer a marriage lasts, the more of a history they share together. This shared history may provide a source of comfort in the face of adversity. He also pointed out that children are the artifacts of a marriage and expressed the desire that his children be mothered only by his wife.

If you ask my mother why my parents have remained

married for 21 years, she will tell you that first and foremost her faith and commitment to God has kept their marriage strong. My parent's belief in Jesus Christ has been the glue that has kept them together no matter what challenges they have faced. My mom also says she has stayed married to my dad because she loves him and my dad adds that there has never been a day where he has ever regretted marrying my mom.

Having a goal in mind also seems to be important when it comes to making a marriage last. It seems unwise to marry without the intention of staying together. If you commit with the door open to leaving down the road, when the hard times come, it makes it easier to walk through that door. My mom is quick to point out that there are times when marriage isn't easy, when the challenges seem unconquerable. Yet the fact remains that you made a commitment.

This is not to say that divorce is never necessary. There are circumstances such as an abusive relationship when it is necessary to divorce. The secrets of a long-lasting marriage won't be unlocked in a short column written by someone who has never been married. Yet I think it's important to try to glean lessons from the successful marriages that exist around us.

I feel very blessed to have a legacy of long-lasting marriages in my family. All three of my grandparent's children have not been divorced. My father's parents were married 43 years until my grandfather's death in 2006. My parents have been married for 21 years, and I believe will be one of the 5 percent who make it to 50 years or more. I am very grateful to have these examples of what it takes to have a successful marriage. May many more marriages make it to the 50 year mark and beyond.

Samuel Moore-Sobel is a rising junior at George Mason University and an intern at the Republican National Committee in Washington.

Letters, continued from page 7

Bee Adventure

Dear Editor:

Something to consider if you see a swarm of bees. Last week I noticed a huge swarm of bees in one of the trees on my septic mound - thousands! I know that we need them, and that we need to support the bee populations here. I was not too keen on becoming a bee keeper myself though. A can of Raid was not the answer. I Googled bee swarms in Loudoun County and got the Loudoun County Bee Keepers Association. Under "swarms" I found a list of folks to call. One quick call and a bee keeper said they would be thrilled to come over and fetch them. Ten minutes later, two bee keepers and their equipment rolled into the drive. Someone near us is a bee keeper and their hives were expanding and sent a queen with workers out to find a new home. This is called swarming. The bees fill up with honey and go on to search. They were just taking a rest. The swarm surrounds the queen to keep her warm (must be above 90 degrees) and they send out scouts to search home sights. The Russian bees we had were very docile. In fact when they are filled with honey, they cannot bend their bodies enough to sting anyone.

Without much ado, Paul Bickford walked over, held a new hive just below the swarm and gently brushed the bees into the box. That simple. All of the bees wanted to stay with the queen and all calmly moved operations into the box.

Two days later I walked out to see if they were all gone and lo and behold, another swarm. I knew just who to call. Just a few minutes later, another swarm was saved and is living in their brand new hive with a bee keeper in their own apple orchard.

So, if you see bees, make it class time and help them out. Better, cheaper and faster than any exterminator. Just contact the Loudoun County Bee Keepers Association.

Richard Corns
Purcellville

Amy And Dan Smith's Planning For Life

New Beginnings

– By Amy and Dan Smith

In preparing for a recent speaking engagement on “Financial Planning for Life,” I was reminded that there is more to talk about than money in the world of financial planning. Money is just the vehicle to get us to our financial destinations. What we do when we arrive is another issue.

Why should we try to plan for life? – Because life is full of surprises. We cannot control our future, but we can control our financial behavior – planning, saving, budgeting, investing and covering risk of loss. This is when the discipline and benefit of financial planning is realized.

After almost 15 years as a certified financial planning practitioner, I have learned that the essence of effective financial planning is holistic, not compartmentalized. To talk only about money is to see a work of art with one eye closed.

Sticking with the vehicle analogy, you may have a brand new car, but where is it taking you? If you're planning a trip, where are you going? How will you get there? When will you arrive? You'll likely need a road map to reach your final destination.

The same analogy applies to financial planning. For example, when setting goals for retirement, most of us will want to maintain, at the very least, today's standard of living, before inflation, when we retire and not take a pay cut when we no longer earn an income. How and when we plan to get there is the equivalent of a financial road map, a financial plan.



AMY & DAN SMITH

Starting this month, I'd like to expand the scope of this column to include the whole picture, not just the parts, and begin asking the “big questions.” This means not only presenting ideas on individual topics such as investments, taxes, and insurance, but also exploring how these financial vehicles can work together to benefit you, the reader, in your personal retirement planning, risk management and legacy planning.

Start with the End in Sight

To address these bigger life issues, I've invited my husband, Dan Smith, practicing estate planning attorney for more than 40 years, to join me in writing this column with a new title to fit this broader perspective: *Amy and Dan Smith's Planning For Life*. Dan and I have been married almost 8 years. We both experienced the death of our spouses. While neither of us had planned for this to happen, it did. Were we prepared? Not really. Were these lessons learned that influenced our work as professionals? Absolutely.

As this column goes forward, we will share with you information and suggestions, which hopefully, you will find helpful in your planning for life.

Amy V. Smith Wealth Management, LLC, is an independent firm located at 161 Fort Evans Road, NE, Suite 345, Leesburg, VA, 20176. (Tel: 703-669-5022). Amy V. Smith, CFP, CIMA offers securities through Raymond James Financial Services, Inc., member FINRA/SIPC. Any opinions are those of Amy and Dan Smith and not necessarily those of RJFS or Raymond James. RJFS does not provide tax or legal advice. You should discuss any tax or legal matters with the appropriate professional. Dan Smith is not affiliated with Raymond James.

Zoning, continued from page 1

department is located].” It was noted that Chapman was considering selling his property in the area that was being discussed for a zoning change.

Chairman of the Planning Commission and newly elected town councilmember Doug McCollum said that he likes mixed use commercial because it provides more opportunity and variety for the developers.

If the area were to be rezoned from CM1 to MC, most of the uses proposed for the recently rejected Catocin Creek Town Center development would now be “by right,” allowing development to proceed with no public input, and no required developer proffers to help pay for related infrastructure. Since the MC district allows for residential units this would also have an impact on overcrowding at schools.

The importance of adhering to the Comprehensive Plan (the “master” zoning document for the town), while at the same time using zoning to direct how development proceeds, was a heated topic in the town's recent elections. Opponents of the controversial Vineyard Square development, for example, which will add 100,000 square feet of mixed use commercial and new 4-5 story structures to historic downtown noted that the by right zoning given to the developers by the town now threatens the historic character of the area. Staff noted at the meeting that the zoning given to the developers of Vineyard Square was “a very intended consequence” of the town council.

With respect to the proposed rezoning, newly elected Town Council member Karen Jimmerson said:

“I am deeply concerned about the proposal to consolidate commercial districts, specifically the MC (mixed use commercial) between Hatcher and Maple. The staff action proposes it be changed as to allow the land owners a ‘return on investment.’ But, we need to be clear. It isn't the role of our town government to ensure that businesses and landowners get a return on their investment. Government can be a friend of the business community, but simultaneously it needs to be a friend to the public, and specifically the taxpayers who support that local government.”

Although the property as currently zoned is in compliance with the town's Comprehensive Plan, the planning commissioners gave the go-ahead to proceed with a rezoning process that would contradict that plan, reportedly hoping to wrap up the rezoning by July 1.

Staff also said that the light industrial CM1 district and the mixed-use commercial district MC would generate the same traffic. Light industrial districts do not generate much traffic. They are revenue producing with low impact traffic – offices with employees and no rapid customer turnover – and are not dependent on customer traffic. In MC mixed commercial districts, retail/commercial and entertainment survives on the number of customers drawn to the site, and is also meant to attract large numbers. In addition, residential, which is part of the MC district generates on average ten car trips per day per unit, according to studies.

The Countdown To Graduation

– By Mary Rose Lunde



LUNDE

As the final week begins for seniors at Potomac Falls High School, senioritis has taken its hold on everyone. The anticipation for graduation has only increased with each and every hour and each and every block that passes. As one of these seniors I am just waiting for something to just happen. It's finally

struck many of us that we indeed graduating within a month and will be attending college soon. It's a bizarre thought and the expression “time flies when you're having fun” seems to fit this situation perfectly.

It's not all a happy thought though; many seniors can't shake the dreadful idea of saying goodbye to what they've grown accustomed to, especially to close friends and amazing teachers. Carolina Chung, who will be attending the University of Virginia, said that she's “most upset about leaving her underclass men friends behind.”

It's a sad thought saying goodbye to the freshmen you've taken under your guidance, the juniors you've become close too and even the teachers you've known since freshman year. Personally, I agree with Carolina, saying goodbye will be tough but it's only temporary and necessary to start a new adventure.

Graduating isn't all about saying goodbyes however; it's also about starting the next chapter in our lives. Catrina Howe explains that she is most looking forward to “making new friends, and living life more independently at college.” Many seniors at this point would agree with Catrina, only thinking excitedly about college. Living independently is a different challenge, but seeing as many seniors have already turned 18 and are thus legal adults, they are already independent enough and won't have to change their habits as much. Many have driver's licenses and aren't under as much control from their parents. A majority are actually more excited about meeting new people.

It's scary at first to think about meeting new people and starting over again after four years of being with people in the same classes with similar interests. Although college is another chance at first impressions and changing the way many people think about you, many people are so concerned at how people think about them that they don't think about how they view themselves. It's all about first impressions and who you want to be. Personally, I'm nervous about meeting more people and “putting myself out there” in an attempt to make friends. But it's nervousness that everyone has and the only thing that matters is stepping past that nervousness. College is a step toward finding what truly interests you and other people that enjoy those same interests.

The graduation of one class means the beginning of another senior class, in this case the class of 2015. When asked what advice she would give upcoming seniors, Christina Guintu, who will attend James Madison University in the fall, said that she would tell them to “have a fun senior year, making each moment last, and mostly make it count!” Having almost completed senior year, I fully agree with Christina's advice. Time goes by way too fast and you can never get any moment back. Looking back, I wish I could have heard this advice and though not much would have changed, I think this advice will benefit the incoming 2015 senior class.

Graduation looms around the corner and time has moved from a fast paced movement to a ticking down clock until graduation. Like the rest of the class of 2014, I look forward to graduating and all the fun of college. Though I'm still in no rush to grow up, I am excited to become a legal adult while enjoying myself in college. As the last few days of senior year fly by and the graduation clock counts down, I would like to wish the rest of my classmates and the next senior class the best of luck in the future.

Mary Rose is a senior at Potomac Falls High School and will be attending Virginia Tech in the fall. She is counting down the days to graduation and is looking forward being a Hokie.

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Remembering Louise Gatrell Nold

Louise Gatrell Nold, 99, of Hamilton, died on Thursday, May 8, 2014. Born on June 23, 1914, in Martinsburg, W. Va., she was the daughter of the late J. William Gatrell, Sr. and Louisa I. Hanshaw Gatrell. After graduation from Martinsburg High School, she attended Shepherd College and graduated with a BA in 1935. She worked in the family apple orchard business, the Rothwell-Gatrell Fruit Company, as an accountant. In 1941 she married Truman B. Nold and settled in Falls Church. During WWII, she volunteered with the Emergency Medical Service of the Motor Corp of the American Red Cross and as an observer with the U.S. Army Aircraft Warning Service in Fairfax County. She and Truman continued living in Fairfax County until they moved to Winchester in 1960. During that time, she was a member of the Women's Civic League and a volunteer with the Winchester Hospital, in addition to raising her three daughters. She moved to Hamilton in 2005.



Louise Gatrell Nold

Surviving are her daughters Barbara L. Jarvis (husband Destry) of Hamilton, and Ethel I. Newell (husband Robert) of Portola Valley, Ca.; son-in-law Ron Williamson of Ashton, Md.; five grandchildren: Quint Newell, Jennifer Jarvis, David Newell, Joshua Jarvis and Matthew Newell; seven (with eighth on the way) great grandchildren; brother-in-law Linden Nold of Wathena, Kan.; niece Judy Bowers of Hagerstown, Md.; nephew Jacob W. Gatrell, III of Ocean Pines, Md.; and many other nephews and nieces. She was preceded in death by her husband, Truman, and one daughter, Annett Nold (married to Ron Williamson), and two sisters and two brothers.

Louise will be fondly remembered as a woman with a spirited wit who baked the best apple pies in America.

Funeral services were held on Saturday, May 17 at the St. Andrew Presbyterian Church in Purcellville with the Rev. Jessica McClure Archer officiating. Graveside services were held at Green Hill Cemetery.

In lieu of flowers, the family suggests donations to Friends of the Loudoun County Adult Day Centers, 200 Willie Palmer Way, Purcellville, VA 20132 or the Capital Caring Hospice Services, Resource Development Dept., 2900 Telestar Ct, Falls Church, VA 22042.

Debate Winners, continued from page 1

Noah Mussmon, and sophomore Elizabeth Manero, who will be the Lincoln Douglas captain this fall. "I have learned so much from my time doing debate. My experiences have extended all of the lessons I have learned in school far beyond what could be taught in a classroom," Mussmon said. "I also cannot thank our dedicated coach, Mrs. Hildbold, enough. She judged debate rounds on countless Saturdays and sacrificed many afternoons to ensure our success, and for this we are all very grateful."

The team meets twice a week and competes in two types of debate: Lincoln Douglas and Public Forum. "Despite the individualistic nature of our debates, it's truly a team effort and I'm glad that everyone on the team was able to experience this before graduation," said Manero. "The level of debate was thought inducing and challenging and exemplified what debate is really about. As only a sophomore, being at states was an immensely rewarding experience."

Williams Honored, Announces New Partnership

Barbara S. Williams announces her partnership with Cory R. Ford and that her personal injury law firm, Barbara S. Williams P.C., has been renamed to WilliamsFord.

Williams and Ford have more than 35 years of combined experience representing clients injured in car crashes, tractor-trailer wrecks or wrongfully killed as a result of negligence.

"Cory has been with the firm for almost 8 years and he has a real compassion for our clients' grief and loss. At the same time, he's a strong advocate and extremely smart, the perfect combination for a personal injury lawyer. I'm proud to call him my partner," Williams said.

Williams recently assumed the office of immediate past president of the Virginia Trial Lawyers Association. On May 8 she was honored by the Loudoun Chapter of the Virginia Women Attorneys Association at Palio's restaurant in Leesburg. During the luncheon, she was recognized for the accomplishments she spearheaded while serving as VTLA president, including the formation of a Women's Caucus and the Virginia College of Trial Advocacy. She is a past president of the statewide VWAA, helping that organization grow from 5 to 9 chapters. She is a founding member of both the Loudoun and Winchester chapters of the VWAA. The Loudoun Chapter of the VWAA has more than 50 members.

"Our VWAA Loudoun Chapter congratulates Barbara on a monumental term as president of the VTLA. She has served and led by example and fostered women in the law by promoting professionalism among Virginia Lawyers. Her



Barbara Williams, left, with VWAA President Carole Capalis.

leadership positions and the strong relationships that she's developed are an example for us all to follow. We are proud of our colleague, mentor and friend!" said Carole Capalis, VWAA president, Loudoun Chapter.

View From The Ridge, continued from page 7

future. Put it out there for all to see, and follow it.

The most controversial growth decisions the Town of Purcellville made over the last several years involved planning and zoning decisions that in reality paid lip service to the idea of a comprehensive plan and, outside of that, were a total failure in terms of their attention to the public trust. This includes routine comprehensive plan amendments, zoning amendments and changes to the process which in effect change the essential nature of the plan the public had helped direct. For example, the planning commission is currently addressing the issue of eliminating most "special use permits," a process in place to provide for public input on things not allowed "by right," such as drive thrus.

An example of Purcellville not following the Comprehensive Plan was when the town council approved intensive additional commercial at the "gateway" to Purcellville – the over 50,000 square feet mixed use Catocin Corner development located at the corner of Rt. 7 and Rt. 287 (across from Harris Teeter, now in the pipeline and waiting to be built). Not consistent with the Comprehensive Plan, citizens didn't direct this decision, developers, did.

The Vineyard Square debacle, 100,000 square feet of mixed-use development threatens the very existence of historic downtown Purcellville. Citizens didn't direct this

decision, developers, did.

Catocin Creek Town Center, a development put on hold but all assume not for long would have brought bumper cars and more candy-style entertainment right into the back yards of peoples' homes. Citizens protested earnestly, and the developers back off, for now.

Each of these projects fed themselves and moved slowly forward not based on a comprehensive plan or a willing and open partnership between the citizens of Purcellville

and the town, but backroom deals negotiated between the town – who gave property owners the zoning they wanted – and developers seeking to maximize their profits.

And, there are new but related schemes bubbling up out there, including a "northern collector" road obsessively intended to service the new Autumn Hill/Mayfair

development, but really paving the way for totally unplanned future speculative development, as investors buy up land, promise to build more of the road and push for the zoning of their choice.

This willy-nilly carving up of land serves the developer and land-investor's needs just fine, but serves nothing close to the public trust and has no connection to the concept of a true comprehensive plan.

There's a new gang in town. Citizens need to engage with them and support them to turn things around. Isn't it time?

"[Purcellville's growth] will affect not just land inside the town, but land primed for annexation on its borders and every one of the individual smaller towns, villages and communities that dot the western Loudoun landscape – Lovettsville, Lincoln, Paonian Springs, Waterford, Hillsboro, Philomont, Middleburg, Saint Louis, Bluemont and Aldie. Purcellville, because of its size, holds the key to what western Loudoun – and all of these places – will look like in ten or twenty years."

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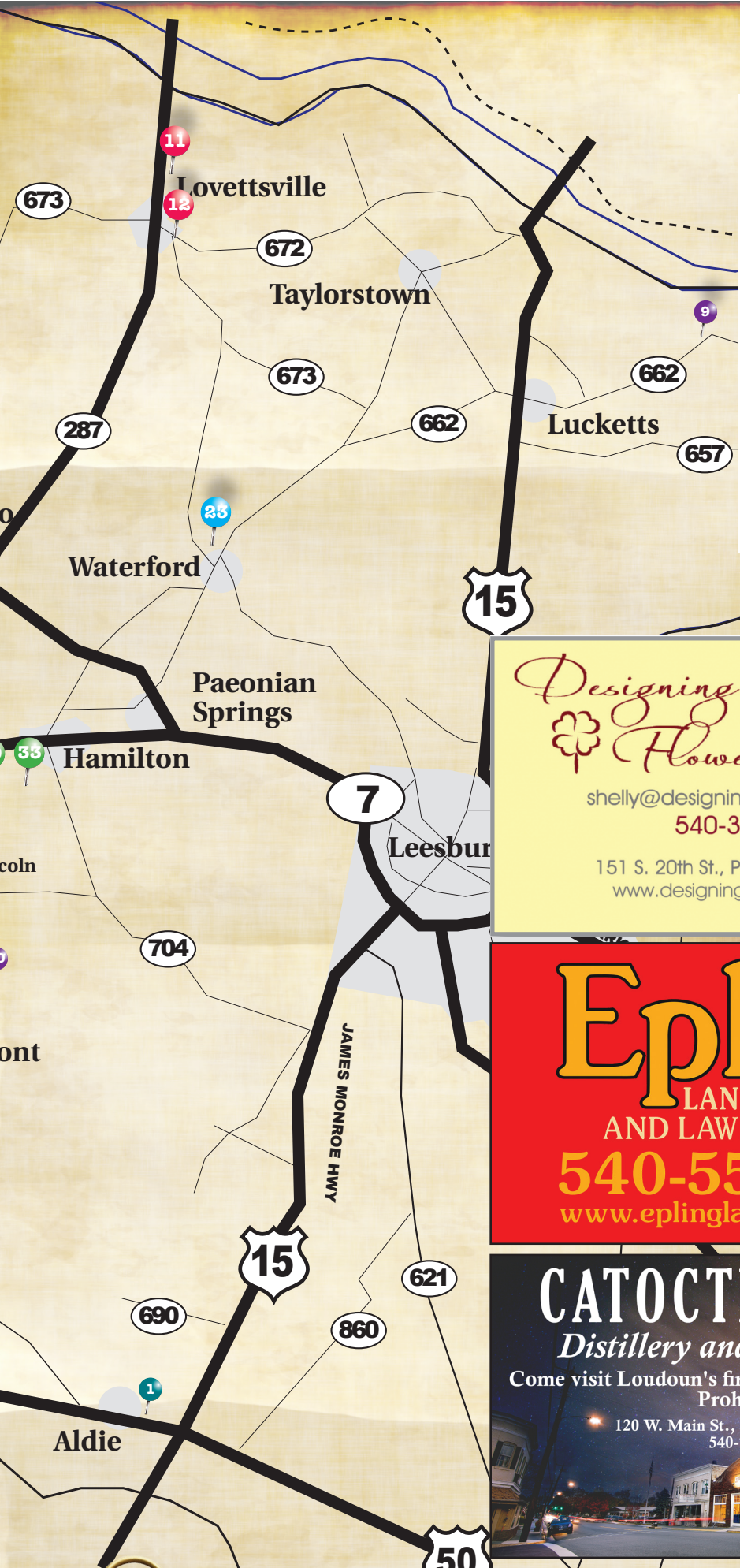
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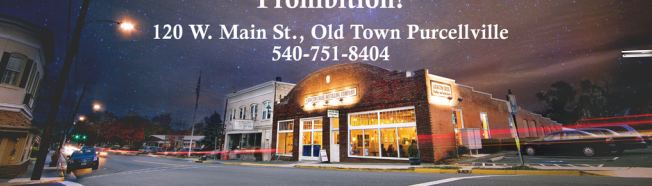
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- 1 lb. of locally raised ground beef (1/4 lb. per burger)
 - 2 ripe tomatoes
 - 4 slices of Vandalia onion
 - A local lettuce of your choice (we like romaine or arugula)
 - 4 slices of local cheddar cheese (or crumbled blue cheese, goat cheese or provolone)

Whole grain mustard, ketchup, mayonnaise and pickles as condiments

Whole wheat, white, potato or gluten-free bun

Directions:

Form each burger to your Dad's desired thickness – thin as a pancake, medium, or thick as all get out.

Cook on a warm skillet or grill to Dad's desired temperature (don't forget to sprinkle a little sea salt and pepper) – well done, medium rare or rare. If it has a nice sear, Dad might like it more.

Just before the burger is finished, put the bun on the grill to give it a nice toast.

When burger is ready, apply it to the bun with condiments (don't forget the pickles!) and serve to Dad ... and everyone else.

P.S. We forgot to say – top it off with a milkshake! Yumm!



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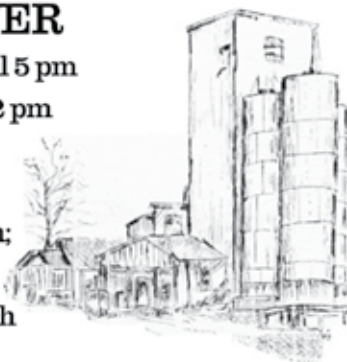
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Left to right: David Mock, Carol Frye, Mark Cangemi, Debbie Barzee, Nolan Barzee, Albert Patterson

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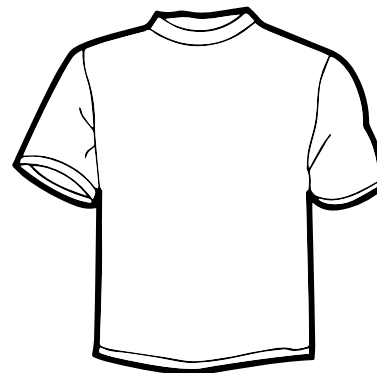


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Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

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GUY FIERI'S Cooking with kids Birthday Bash!



Appetizers at a birthday party go together like birthday cake and candles! Work with your parents to make these crunchy pretzel chicken tenders – they're chicken tenders with a twist!

LET'S DO THIS!
Work on this page with a parent. Cooking together builds creativity and confidence!

GUY'S RECIPE OF THE WEEK AWESOME PRETZEL CHICKEN TENDERS

Recipe Courtesy Guy Fieri
Prep Time: 30 min
Cook Time: 30 min
Makes: 8 servings



STUFF YOU'LL NEED:

- 2 tbsp dried basil
- 2 tbsp dried oregano
- 2 tbsp granulated garlic
- 3/4 tsp salt
- 2 tsp pepper
- 3/4 tsp red pepper flakes
- 2 cups buttermilk
- 3 lbs boneless, skinless breast sliced into 1 1/2 inch strips
- 1 1/2 cup smoked almonds
- 12 large sourdough hard pretzels
- Honey Dijon sauce (store bought)

1. In a small bowl, combine basil, oregano, garlic, salt, pepper and red pepper flakes. Place the buttermilk and spice mix into two plastic bags, one inside the other. Add chicken and massage bag until well coated. Refrigerate 6 hours.
2. Preheat oven to 350° F.
3. Line a roasting tray with foil and spray with nonstick spray.
4. Remove tenders from buttermilk and dredge in crushed almond-pretzel mixture, pressing mixture into the tenders.
5. Spread tenders in a single layer on tray and bake for 20 - 30 minutes until they are golden brown and cooked through. Serve with Honey Dijon dipping sauce.

GET CRUSHIN'

Place almonds and pretzels in a sealable bag. Crush with a rolling pin until they look like coarse crumbs.

Extra! Extra! Words You Can Hear

Words like POP, BOOM, BUZZ and THUD all sound like the sound they describe. Read through the newspaper for words that help you to "hear" a story. Clip the words and draw a picture to go with each one.

Standards Link: Vocabulary: Understand how language is used in a variety of texts.

GUY SAYS:

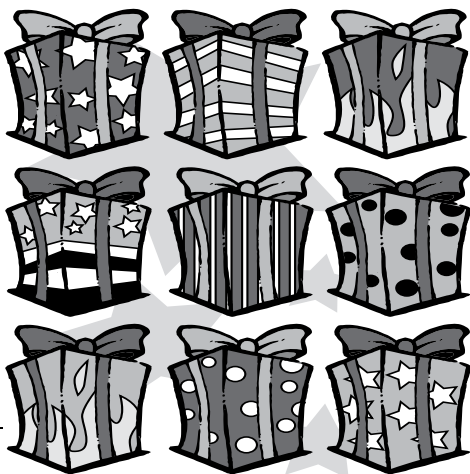
Awesome hors d'oeuvres make party guests instantly feel welcome. And making them yourself is especially cool!

DID YOU KNOW?

"Happy Birthday To You" is the most recognized song in the English language, according to The Guinness Book of World Records. It was written back in 1893 by sisters Patty and Mildred Hill.

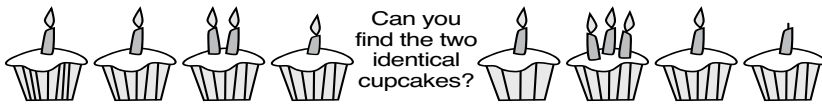
Present Puzzler

One of these presents is for Guy. Use the clues to decide which one.



- ★ Guy digs flames, but not on his presents.
- ★ His present has stripes, but not skinny ones.
- ★ Guy doesn't do polka dots.
- ★ He likes stars.

Standards Link: Visual Discrimination: Find similarities and differences in common objects.



Can you find the two identical cupcakes?

Birthday Party to Fight Hunger

For her 9th birthday, Katherine Tichy didn't ask for video games or other toys. Instead, she asked the 18 friends she invited to her birthday party to make a donation to her favorite charity.

Katherine is a good egg!



The result was a collection of \$425 for Heifer International – a nonprofit organization that works to end hunger and poverty around the world.

"I felt really good that someone else would be getting something," she said.

★ How many stars can you find on this page? Race a friend!

Standards Link: Life Skills: Students establish and achieve personal goals.



Kids: Send us a picture or video showing your family making Guy's Pretzel Chicken Tenders. It might be posted on Guy Fieri's Cooking With Kids site (cwkfoundation.org). Send to: kidscook@kidscoop.com

Kid Scoop Table Talks

Mealtime is a chance for families to talk about things that are interesting. Here's tonight's topic: Everyone can make a difference each day. **At breakfast discuss:** What good can I do today? **At dinner discuss:** What good did I do today?



Double Double Word Search

BIRTHDAY CHICKEN PRETZEL CANDLES CRUMBS FLAKES TWIST PARTY FIERI SPICE BASIL BASH CAKE GUY

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

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

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

Kid Scoop FIT & FUN

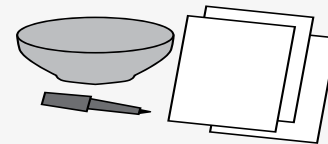
Utensil Charades

Here's a great game to play at your next birthday party.

Before your guests arrive:

STUFF YOU'LL NEED:

- Sheets of paper
- Pen or pencil
- A large bowl



1. Think of lots of types of cooking utensils and write the name of a different utensil on each piece of paper. Some suggestions:

- whisk
- spatula
- cheese grater
- wooden spoon
- egg slicer
- measuring spoon

2. Put all the papers in the large bowl.

When your guests arrive:

Step 1: Have each child pick a piece of paper. If the child doesn't recognize the utensil they've picked, take them into the kitchen and show it to them, and explain what it's used for.

Step 2: The child has 30 seconds to give the other children clues that will help them guess the utensil. If no one guesses correctly, get the utensil out to show everyone.

Step 3: The first guest to guess correctly is next to describe a utensil. If no one guesses correctly, get the utensil out to show everyone.

Standards Link: Physical Education: Use a variety of basic and advanced movement forms.

What a Character! Kids' energy comes from ...



... eating right and getting plenty of sleep.

Kid Scoop-doku

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

P	A	R	T	Y
			Y	
		Y		
Y				

Why do we put candles on top of a birthday cake?



Use the code to discover the punch line!
A = 8 | C = 33 | E = 17 | I = 16 | M = 22 | O = 30 | R = 4 | T = 24 | V = 21
B = 19 | D = 2 | H = 29 | L = 11 | N = 14 | P = 26 | S = 15 | U = 5 | W = 28

16	24	16	15	24	30	30	29	8	4	2	24	30	26	5	24
24	29	17	22	30	14	24	29	17	19	30	24	24	30	22	

For more ideas about cooking with kids, visit www.cwkfoundation.org

Write On!

My Best Birthday Present

Write about the best birthday gift you've ever received. What was it about this gift that made it so special?



Col. James Moore in Afghanistan

Col. Moore Retires After 30 Years

Col. James Harrison Moore, 52, of Round Hill is retiring from the U.S. Army Reserve on June 1 after serving 30 years.

Moore is a 1984 graduate of the Virginia Military Institute in Lexington and two of his four older brothers also attended VMI. Although he had never seriously considered the military previously, Moore was recruited by VMI for their track and field team after setting the state record in the high jump. At the time, every VMI Cadet was required to select an ROTC branch and since the Army was the only service to offer a Reserve option, the Army Reserve is what he chose. His original plan was to complete his 6 year obligation and get out.

He found a home with the 416th Engineers, however, a unit that did technical engineering and was deployed to an “unknown destination for an unknown duration” immediately following 9/11. This destination later became known as Camp Stronghold Freedom (orK2), a previous Soviet Fighter Air Base in Uzbekistan which they helped

develop from a hastily built base camp supporting U.S. efforts in Afghanistan into a theater logistics hub which supported more than 4,500 assigned military personnel.

Moore has since served two additional deployments, to Fallujah, Iraq, in Al Anbar Province for 18 months in 2007-2008 and Afghanistan in 2012. When asked what his strengths were during his time serving in the Army Reserve, Moore said, “Belief in my duty to the nation as a citizen-warrior, along with the belief that my involvement in the engineering and construction efforts in Uzbekistan, Iraq and Afghanistan will ultimately have a positive impact on the future generations of those countries and lead to a better future understanding and respect between our cultures.”

Moore received the Meritorious Service Medal, American flag, and retirement letter signed by Gen. Ray Odierno, chief of staff of the Army, at his retirement ceremony in at the Army Reserve Center in Darien, Ill., on May 3.

Wild Loudoun

Milkweed – Sustenance Of The Monarch

– By Andrea Gaines

Where there is milkweed, there are monarchs. Sounds like a simple enough idea. Butterflies like flowers and milkweed is a flower. But the connection between the monarch butterfly and the milkweed plant is as strong as the connection between you and the oxygen you take into your lungs every time you draw a breath.

Humans and monarchs live in the same world, but, we don’t use it in the same way. While you and I can survive in just about every climate on just about any kind food, and find shelter and successful ways of producing the next generation in, literally, billions of different ways, the monarch butterfly is quite different.

Adult monarchs can draw nectar – food – from a fairly wide variety of flowering plants: asters, goldenrod and bee balm, for example. But, as they leave their southern wintering grounds – including small patches of high forest in Mexico – and head north and east through Texas, Louisiana, Tennessee, the Carolinas, Virginia and beyond, they are 100 percent dependent on the milkweed plant. Female monarchs lay their eggs on milkweed and milkweed alone, and the tiny caterpillars that emerge from those eggs to take a fighting chance at life eat milkweed and milkweed alone.

Monarchs have evolved this exclusive relationship with the milkweed plant the way nature chooses a mate – to help ensure their offspring’s survival. Toxins in the milkweed leaf called cardiac glycosides make the

caterpillar unpalatable and even deadly to many potential predators, including birds, wasps and small mammals. Monarchs and other insects that use the milkweed return the favor, picking up pollen on their legs, for example, depositing that same pollen on the next flower and continuing the plant’s cycle of life.

Protecting the essential relationship between milkweed and the monarch has drawn intense scientific attention in recent years. Herbicides – sprayed as part of routine roadside maintenance – our growing love of lush green lawns and indiscriminant development patterns have

caused the loss of millions of acres of previously diverse swaths of grasslands and wild-flower meadow.

But, our instinctive reverence for the beautiful stained glass beauty known as the monarch is changing the way we look at plants we had previously considered to be “just another weed.”

Gardeners are adding natives such as the milkweed to their stash of flowering plants. Farmers and property owners are timing the mowing and haying of their land to coincide with milkweed’s growth and flowering cycles. And, many local governments are rethinking their use of harsh herbicides and chemicals.

Long live the milkweed and by the same stroke of conservation ... the monarch.

For more information about how to cultivate and conserve milkweed and monarchs, visit the Loudoun Wildlife Conservancy’s website at www.loudounwildlife.org.



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June - July Experiment Planting Tomatoes

- By Donna Williamson

It's possible to be regularly fascinated if gardening is a pastime you love. Just last year I learned about winter-sowing and started growing baptisia, hydrangea, and many native perennials from seed easily and inexpensively.

Last month I read an article about planting tomatoes in succession. It's good timing to think about that idea. I grow several varieties of heirloom tomatoes because I can/jar them in the late summer for winter use and good tomato taste is important. But the heirlooms have not been "improved" and are often susceptible to diseases as the summer goes on. They also can slow down in production of new tomatoes in late summer.

So the idea is to start some new tomato plants about a month after starting your first crop. These tomatoes will not be as far along now and will be producing more heavily in the late summer and early fall. Any unripe tomatoes can be brought in and stored for later fall use if frost threatens.

Late May and early June is a great time to plant the first group of tomato plants. In spite of growing my own heirlooms, I can't resist buying more plants at the local high school greenhouse. They will get a good start in warm soil and long days of sunny weather. In July, I will plant a second group of tomatoes and see if the succession idea works at my home.

Not every idea works, but when they do, it's great fun and you get to add a new tool to your gardening toolbox. And plant enough tomato plants so you can share and leave the hornworms alone. Either they either grow to become magnificent sphinx moths or they are attacked by tiny wasps that mature both inside and outside of the hornworm - a dismal fate - but good for the tiny wasps that are great garden predators. Tomatoes recover quickly.

Donna Williamson is a garden designer and coach. She has taught classes at the State Arboretum of Virginia, Oatlands and Shenandoah University. She can be reached at donnawilliamson2002@earthlink.net or 540 877-2002.



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Gardening Tips, June 2014 – The Power Of Natives

– By Andrea Gaines

Natives – naturally occurring trees, flowers and grasses that a property owner might incorporate into their landscape – offer very special benefits to the environment. A really artful native plant landscaper or gardener will also help you understand that natives do not mean less in terms of the color, variety and structure that is portrayed in a planned landscape.



Native Virginia anemone

A “native” plant is used to describe trees, flowers and grasses that are endemic or naturalized to a particular area. They occur there naturally and/or because, with the help of a little human intervention, an area meets their needs for water, sunlight and nutrients allowing them to successfully establish themselves there.

Beneficial insects depend on native plants. Wildlife depends on native plants. Native plants also shape and direct the natural rhythms present in nature – storing water, producing food and creating the micro and macro environments that support life, including meadows, underbrush, forests and marshy areas.

I have a flower known as a native anemone in my garden. Its beautiful green foliage comes in early spring and is followed by a pretty white bloom with a bright yellow center.

This anemone flourishes in a part of my garden that is in full shade in the morning and almost full sun in the afternoon. It requires almost no care, although I do thin it out to allow my bee balm to also flourish. The anemone is

used heavily by pollinators and is an early food source for native butterflies. “Carefree once established in the landscape” is the way one native plant group describes it.

Some of my other native favorites are:

Redbud and dogwood trees – they are lovely for their color and shape, and the dogwood tree is also a significant food source for birds.

Bee balm – it comes in a variety of soft to vibrant pinks and attracts butterflies and

moths – including my personal favorite, the hummingbird moth – like crazy.

Simple but beautiful native woodland ferns – nothing beats them for their ability to fill in a shaded area and add structure to your garden.

Rudbeckia – a relative of the coneflower, this tall and colorful self-seeder looks beautiful blowing in the breeze on a late summer day. The snipping of dead flowers encourages re-blooming, but I leave the old flowers on the plant as the seeds are an important food source for goldfinches and other birds.

Natives are not only beautiful ... but economical. Established in the right place they often require less maintenance, tending and water. And, they can be insect resistant, allowing the property owner to easily reduce or eliminate their use of pesticides.

A good resource for the gardener and or landscaper looking to increase their use of natives is www.dcr.virginia.gov.



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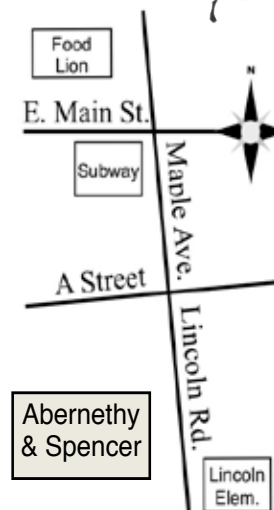
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– ARTIST'S PROFILE –

Antonia Walker – Painting From Life While Pushing The Color

– By Andrea Gaines

Antonia Walker is a graceful and vibrant woman with as much love for life as she has for her art.

Walker lives in an historic home in Waterford and also works there – in a spare and beautiful studio that at one time was a quaint general store.

Many of these lovely old buildings still exist in Loudoun County, repurposed or still feeding, refreshing and helping families restock on basics such as flour, canned goods, laundry soap and snacks. It is just so appropriate that a place that once also served as a gathering place for Quakers and farmers now serves as a showcase for one of Loudoun County's most inspiring painters.

Walker's work, which includes landscapes, figures and architectural subjects, has what I'd call "experienced but unseen" color. The figure, pastoral scene or building is there. As Walker lays down her paint, deeply green trees, dark blue water, grey shadows and what Walker describes as "shards of light" punch through as vibrant, interactive patches of warm violet, ultramarine blue, cerulean blue and toasty brown. You know you are looking at a sunset over a softly flowing river. But the colors that emerge represent not only the scene but the things that she says have always motivated her art – music, literature, dance and travel.

As I interviewed Antonia she spoke of early family road trips. Sitting on the porch in the late afternoon. Sweet memories of listening to a Yo Yo Ma viola performance. Classical music, including Beethoven. The expressive, there-but-gone-in-an-instant gesture of a dancer in a favorite ballet.

Walker told me, "I always loved to draw. I got serious in college – at the University of Georgia." At that time the university was trying to revitalize their art program, inspired by the likes of Bob Dylan and jazz legend Nina Simone. And this had a great influence on Walker's approach to her work.

Antonia Walker has become known for her paintings of the light and color of the Virginia countryside as well as images of Italy and France. She received a Bachelor of Fine Arts from the University of Georgia and later attended graduate school at George Washington University where she studied with William Woodward in Brittany. While living in El Salvador, she studied drawing with Spanish sculptor, Benjamin Saul. She received a Visiting Artist Residency from the American Academy in Rome. She has also taught oil and watercolor at ArtSquare, at Lord Fairfax Community College and in France where she took students to paint the landscapes of Provence.

Before establishing herself as an independent artist Walker worked as a technical illustrator for the National Academy of Sci-



Antonia Walker

ences, and then in a job at the CIA.

At some point as Walker says, "I just decided it was time to paint." She kept the pilot light on and paid the bills with art-related work but through it all always made time to paint for herself.

As an artist now living in Loudoun County she talks of how much of her work is about "honoring the crops and fields and orchards that I see around me." "A sense of place," says Walker "a sense of the time of day, my favorite of which is early morning and late

afternoon is what it is all about. I try and capture the peace and melancholy of what I feel when I look out on the landscape."

And again, says Walker, there are those "shards of light" that, along with the music and dance and memories in her head turn a dull white or cream to a place where her paintbrush tells her to push the color.

Antonia Walker's studio is located at 15502 2nd Street, Waterford, VA. Samples of her work can be seen at www.AntoniaWalker.net.

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June Events At Franklin Park

The Franklin Parks Arts Center is at 36441 Blueridge View Lane in Purcellville. Call them at 540-338-7973.

June 8, Sunday, Loudoun Symphonic Winds perform at 3 p.m. Tickets are \$12/ adult, \$10/student and senior.

June 11, Wednesday, Blue Sky Puppet Theatre performs "The Jester's Box" at 10 a.m. Children \$5, adults free.

June 14, Saturday, Bush Brothers Live at 8 p.m. A night of eclectic Americana music and song. All seats \$15.

June 20, Friday, Last Ham Standing at 8 p.m. A group of talented performers take suggestions from the audience to create scenes and improv games. Tickets are \$12 adult, \$10 student, \$8 child. Visit www.lastham.com.

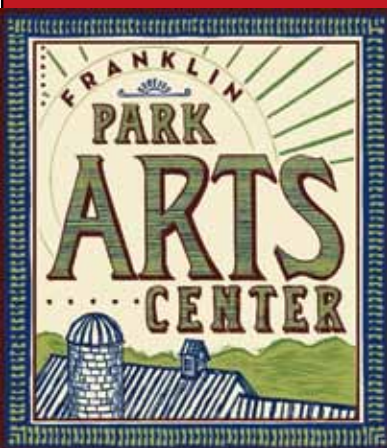
June 21-June 23, Western Loudoun Artists Studio Tour. Franklin Park Arts Center is just one of many stops on the 9th Annual Western Loudoun Artists Studio Tour. For more information, visit www.wlast.org.

June 28, Saturday, An Evening with Shenandoah Run at 8 p.m. Shenandoah Run is a nine-member Americana folk band from the Washington, D.C. area. Tickets are \$20 advance, \$18 seniors/students, \$22 and \$20 at the door. Purchase online at www.shenandoahrun.com.

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Franklin Park Arts Center invites you to

Loudoun Symphonic Winds

Sun, June 8 3PM

The Loudoun Symphonic Winds strives to give the Loudoun community an opportunity to play and hear the best of today's concert band music. In the footsteps of great bands from Sousa to the Eastman Wind Ensemble, LSW's members and Principal Conductor Gil Corella give you a spectrum of music from classic marches to Broadway songs to holiday favorites.

Tickets: \$12 Adult, \$10 Student/Senior. Call 540-338-7973 to Reserve.

Blue Sky Puppet Theatre: The Jester's Box

Wed, June 11 10 AM

Blue Sky Puppet Theatre's most charming and unusual show! The jester, Ralph, is off to see King NFAFETMHL, the king who Never Found Anything Funny Enough To Make Him Laugh. If Ralph can make him laugh, he will gain fame and gold. But, if he fails, he must endure a jester's greatest humiliation – getting hit with a pie!

Tickets: Children \$5, Adults Free, Call 540-338-7973 to Reserve.

Bush Brothers Live!

Sat, June 14 8PM

Whether it's the high energy of a Bluegrass tune or the tight sweet harmonies of a ballad or original song coupled with awesome instrumentals, The Bush Brothers bring their years of experience together for a great night of fun. They were recently joined on stage at High Falls Cafe by the legendary Garth Hudson of "The Band." This promises to be an awesome night of eclectic Americana music and song. All Seats \$15.

Buy Online at www.franklinparkartscenter.org

Last Ham Standing

Fri, June 20 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'll love Last Ham Standing, the other comedy meat!

Tickets: \$12 Adults, \$10 Students, \$8 Children.

Buy Online at www.franklinparkartscenter.org

Western Loudoun Artists Studio Tour

Sat & Sun, June 21-22 10AM- 5PM

Franklin Park Arts Center is just one of many stops on the 9th Annual Western Loudoun Artists Studio Tour, where you can see artists in their studios and guest locations creating and selling their work. This year's self-guided tour takes place on Saturday and Sunday, June 21st and 22nd. For more information, visit www.wlast.org

An Evening with Shenandoah Run

Sat, June 28 8PM

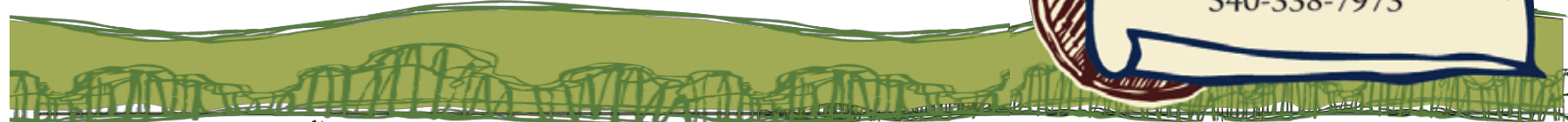
Shenandoah Run is a nine-member Americana folk band from the Washington, DC area. Formed in 2011, the band blends rootsy vintage, classic and contemporary folk music in a manner that appeals to a diverse audience.

Tickets: \$20 Advance, \$18 Seniors/Students, \$22 and \$20 at the door.

Buy Online at www.shenandoahrun.com



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Sushi – “Tails” From The Barnyard

Always Paddle Your Own Canoe

– By Sushi

Dear Friends of the Farm,

It is June, which means school is almost out and the summer kicks off at Fields of Athenry Farm celebrating Father's Day. Oh boy, the sisters are up to crazy plans to surprise Mr. B. There was just one problem that almost ruined me for life but more about that later.

Being the ever obedient and loyal Cairn Terrier I have kept my jowls shut determined not to blow the surprise for Mr. B. I can share the Fathers Day plans with you here because I know I can trust my dear friends not to tell.

Saturday, June 14, 11a.m. to 5:30 p.m. all of you are invited to bring your dads and join us on the farm shop patio for a super duper great time of live music, good food, good drinks, merriness and fun, fun, fun. You can play corn hole, bring your baseball mitts and play toss with all of us, or take your dads for a hike and play down by our glorious Beaver Dam Creek.

Oh speaking of the creek that is part of the big surprise for Mr. B. Now you all must keep your jowls tight on this one - promise?

How many of you have been in a canoe? I must admit, I have not until recently. I now prefer to trust my own way in the creek feeling the water and sand beneath my paws. The waters can get deep and swift but my tail rudder works just fine on its own. Here is where the problem came in. The sisters seem to think the most ingenious gift in the world right now is a canoe. Let me tell you, it would be if they didn't have to think my wingman Murphy the great Saint Bernard and me should somehow have to learn how to ride in this thing.

The sister's brilliant idea was that Murph and me would equal the weight of Mr. B. and that they could practice paddling downstream with us before they took Mr. B. for his virgin ride in the new canoe.

Why oh why is it bred in us dogs to be loyal and obedient? Yes, we obediently obliged. Big mistake. I really think we



should be awarded a Purple Heart for this one as we almost died in the line of duty. First the girls climbed into the canoe, then me, then Murphy the Great. Murphy wasn't so sure and was quite a bit shaky as his creek legs were not so steady. The girls pushed off the bank and headed down stream, Murphy started shaking hard, the canoe started rocking, the water was getting swifter and before I knew what was happening Murphy's ginormous body slammed into one side of the canoe flipping us all into the water. I scrambled as fast as I could to not get caught underneath; Murphy lunged with all his might to get out of the creek and up the bank side. The sisters roared with laughter and ended up in a splashing fight. Murphy and I followed the creek bank home and refused to get back in the canoe. Could you really blame us?

I'm loyal but not a fool I tell you. I learned one very important lesson this day: "Have many friends, trust a few, and always paddle your own canoe."

Have a wonderful and blessed Fathers Day with all your loved ones.

Love,
Sushi



My master, Elaine Boland lives with her husband and five daughters in Purcellville, Virginia 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.

other fair memorabilia.

In addition, a design by Melissa Lew of South Riding, was selected to be etched onto glasses for the Beer Garden, which this year will be merged with Wine Tasting and Gourmet Foods, making adult beverages and treats available in a one-stop venue.

For more information about the Bluemont Fair call 540-554-2367 or go to www.bluemontfair.org.

Organizers of the **45th Annual Bluemont Fair**, to be held **September 20 and 21** are pleased to announce that the winner of this year's poster design contest is Daneel Merrill of Lovettsville. Her contemporary design, which suggests an eagle emerging from the Blue Ridge mountains, will grace the Bluemont Fair's distinctive poster, t-shirt, mug, and



Kitchen Science Kids: Roots, Stems And Leaves

– By Leah Enright



Please join me - I'm having lunch. On the menu are crunchy red roots, stringy stems, and tender green leaves. I'll even add some flowers and creamy dressing. No thank you, you say? Well, I admit that dish doesn't sound very good, unless I explain that this perfectly describes my favorite salad: Lettuce greens with radishes, celery, and broccoli. People eat plant parts every day, without thinking about the fact that that broccoli heads are actually flowers, carrots and radishes are roots, and celery and spring onions are stems. Of course lettuce, spinach and other greens are leaves, and mighty tasty, if you ask me.

Plants have three parts: Roots that burrow beneath the surface of the soil to draw water through the stems, which act as drinking straws to pull water to the leaves, and leaves which use energy from the sun to make food for the plant and release gases. All three of these parts are useful and tasty for people and animals.

Let's try an activity to see how these parts work.

You'll need:

- A clear plastic drinking cup
- Soil, to fill the cup
- Two uncooked lima or other large bean, (from the dried bean section of the supermarket)

Fill the plastic cup with soil, and insert the beans into the cup, against the inside



of the plastic cup, so you can clearly see each bean. Place one with the little dent or mark facing up, and one with that little mark facing down. Water the soil so that the soil is moist, but not very wet, and set the cup in a warm place. (I suggest the kitchen, so you will remember to water it.) Add a little water each day, being sure the soil is damp, not very wet. After a few days, look for progress every day. What happened? What you should see are roots and shoots-roots growing down, (no matter which way the seed was planted), and shoots rising up to become leaves.

Let your new little friend grow, and take care of it. We'll use it again in next month's Kitchen Science Kids activity.

Until then, remember to stay healthy by eating your roots, stems and leaves.

Leah Enright loves birds, and nature. She will be hanging her basket from a tree in her yard in Round Hill.

Loudoun Board of Supervisors Approves New Pet Adoption Policy To Include Pit Bull Terriers

The Loudoun County Board of Supervisors has approved a change in the county's animal adoption policy to allow the adoption of Pit Bull Terriers. For the first time in nearly 50 years, Pit Bulls can now be adopted directly from Loudoun County Animal Services.

"We are ecstatic about this change," said Shelter Administrator Amy Martin. "LCAS has transferred about 82 wonderful Pit Bulls in the past several years to our tremendously supportive rescue partners. I am thrilled that we will now be able to find these dogs homes directly from our shelter."

Loudoun County Animal Services operates the Loudoun County Animal Shelter, which provides for companion animals that have been surrendered by their owners or found stray in the county. The Animal Shelter also offers pets for adoption. LCAS also maintains a lost and found animal file, issues dog licenses and assists citizens with a variety of animal issues. For more information, contact Shelter Administrator Amy Martin at 703-777-0406 or animals@loudoun.gov.



Lead Loudoun County Animal Control Officer Angela Chan with a Pit Bull Terrier.

Photo courtesy Loudoun County.

Cellophane Anyone?

- By Tony Salahi

Shiny, soft hair – we all want it, but how do we get it? Smoothing your hair cuticle is the answer. The smoother the cuticle, the more light it reflects. When a cuticle is damaged, light gets absorbed into cracks and crevices, making your hair look dull. Enter the Cellophanes, a 1970s invention by Sebastian that rocked the hair color world. Cellophane is a pure, transparent, semi-permanent color that contains no ammonia or alcohol and uses heat, not peroxide, to infuse color into the hair. The result is healthy, natural looking hair with incredible shine. Cellophanes come in many colors and clear if all you want is a glossy mane. If you have dry or coarse hair, a cellophane treatment is ideal as it seals the hair cuticle and controls frizziness. If you are a swimmer in chlorinated water, cellophanes can help to protect your hair. Expect your cellophane to last 3-6 months depending on how you treat your hair. Like all color services, you need to be kind to your hair to see long-term benefits. Always use sulfate and paraben-free shampoos and conditioners!



to close the cuticle, resulting in shine and softness. Before styling, apply a silicone oil or serum to damp hair to mend any gaps in the cuticle. The Hair Mill's Rain Drops is an excellent product for this. Use a boar bristle brush when blow drying – it distributes the oil throughout the hair, boosting shine. After styling, spritz your hair with a spray-on shine product. Glass Shine by The Hair Mill and Shine Mist by JBeverly Hills are two suggestions. The use of any or all of these products will help you get that shiny, silky hair that you love.

Tony Salahi owns the Hair Mill Salon in the Purcellville Plaza at 201-G North Maple. Consultations at The Hair Mill are complimentary and their web site is www.hairmillsalon.com.

Of course, cellophanes aren't the only way to get shiny, soft hair. There are an incredible amount of hair products out there that can do the job, too. As always, I recommend you purchase all of your hair products from a salon to insure you are getting the best quality available. Begin with a moisturizing shampoo and conditioner to hydrate your hair, such as Goldwell's Kerasilk line. Finish your rinse in the shower with a quick spray of cold water. The chilly temp helps

Pets And Hot Cars: A Deadly Mix

Nearly every day in spring and summer, Loudoun County Animal Control Officers respond to reports of pets left inside cars on hot days. The cars are usually found in shopping center parking lots, and the pet owners often offer the same response, "I was only in the store for a few minutes." Not only is it illegal to leave an animal in a car when the outside temperature is above 70 degrees and the temperature inside a vehicle is above 80 degrees, it can also be deadly.

Studies show that even when the high temperature is a relatively cool 72 degrees, a car's internal temperature will rocket to 116 degrees within 60 minutes. Keeping the windows slightly open hardly slows the rise at all. Pets are vulnerable to heat stroke at temperatures over 110 degrees.

Loudoun County Animal Control officials remind pet owners that heat is especially hard on pets because they can only cool themselves by panting and sweating through their paws. With only hot air to breathe, dogs and other animals can suffer irreparable brain damage and even die of heatstroke. Warning signs include restlessness, excessive thirst, heavy panting, lethargy, lack of appetite, dark tongue, rapid pulse, fever, vomiting, glazed eyes, dizziness or lack of coordination.

Anyone who sees unattended pets in hot cars should immediately:

- Record the make, model, color, license plate number, and location of the vehicle.
- Call Loudoun County Animal Services at 703-777-0406 or Loudoun County Sheriff's Dept. 703-777-1021.
- Report this information to the store/mall manager and ask that the owner of the pet be paged.
- If possible, stay until an Animal Control Officer arrives to help them locate the vehicle.

Body Parts – By Myles Mellor and Sally York

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ACROSS

1. Twosome
5. P.D.Q.
9. Finance magazine
14. Kashmir clan
15. Chronicle
16. Madison Square Garden, e.g.
17. Fill to excess
18. Property conveyer
20. Is a loving person
22. Days ____
23. Orinoco, e.g.
24. Ridiculously incongruous
28. French game
33. Capital city
34. Central points
35. In the preceding month: abbr.
36. Ready for battle
40. Whisper sweet nothings
41. Wild about
42. "____ So Vain"
43. Indirect implication
46. ____ algebra
47. Degree in math?
48. Mont Blanc, e.g.
49. Cooperate closely
58. Issuances
59. Department
60. Industrial city in France
61. Quote
62. Silver Needle, et al.
63. Condition
64. Sorority letters
65. "____ Toledo!"

5. Don't cut
6. See-through wrap
7. Banned apple spray
8. Confined
9. Secret society: var.
10. "She flies with her own wings" is its motto
11. Student of Seneca
12. Hydroxyl compound
13. 9144 meter
19. IncurSION
21. Engaged
24. Old adders
25. Trace mineral
26. Cowell
27. World govt. in TV's "Futurama"
28. African primate
29. Lingering trace
30. Braid
31. The "U" of UHF
32. Early anesthetic
34. Like some memories
37. Soldier's helmet, slangily
38. Drawing
39. Age
44. Disentangle
45. C2H6
46. Climbing herbs
48. Noted caravel
49. Joins
50. Bypass
51. Important Indian
52. "Good shot!"
53. "Go ahead!"
54. Homebuilder's strip

DOWN

1. Narrow margin
2. West Samoan monetary unit
3. Freudian topics
4. Aboriginal tribe

answers on page 37

June Events At Carver Center

The Carver Center is at 200 Willie Palmer Way in Purcellville. Contact them at 571-258-3400.

June 3, Computers for Beginners, 9-10:30 a.m. or 6:30-8 p.m. for ages 55 and older. A six-week introduction to using computers. Fee includes \$12 cost of optional textbook. Instructor: Ibby Dickson. \$49.

June 12, Carver Center Supper Club to Dutch's Daughter from 4 to 8 p.m. for ages 18 and older. Transportation by bus available to and from the restaurant from the Carver Center for a fee.

June 18, Carver Lunch Bunch to Sweetwater Tavern for ages 55 and older. Transportation by bus available to and from the restaurant from the Carver Center for a fee.

June 11, "Beach Reads" Library Presentation, from 11 a.m. to 12 p.m. for ages 18 and older. Purcellville Library Services will visit to provide a Beach Reads Program. \$2 drop-in for non-members.

June 13 Father's Day Celebration from 1-3 p.m. for ages 18 and older. Seniors are encouraged to bring their adult children to join in on the fun. DJ Sky



Debra Foster and Jerry Smith

Dantine will spin the tunes at this event. Tickets are \$3.

June 18, Local History Lecture Series from 6:30 to 7:30 p.m. for ages 18 and older. This five-session series will focus on the history of Loudoun County. Cost: \$38.

June 20, Carver Center Theatre Group Presents "The Capricious Pearls"

from 12:45 to 1:45 p.m. For ages 55 and older. \$2 drop-in for non-members.

June 25, Historical Presentation on "The Bonus March" from 12:30 to 2 p.m. for ages 18 and older. Washington, D.C., simmered during the summer of 1932, when a large "Bonus Army" gathered in the Nation's Capital to make demands of the government. \$2 drop-in fee for non-members.

June 25, Reading With Kids at Ballentine Farm from 12:30 to 2 p.m. for ages 55 and older. Visit with campers at Ballentine Farm for reading and writing.

June 26, Carver Chess Club from 6 to 9 p.m. Class meetings are divided into three sections: 30 minute warm up, a one-hour themed lesson, and 90 minutes free play. \$2 drop-in for non-members.

Captain Gabrielli Recognized For 31-Years Service

Loudoun County Sheriff's Office Captain Allen Gabrielli was honored May 7 by the Loudoun County Board of Supervisors for his 31-years of service to the county. Captain Gabrielli is a life-long resident of Loudoun County and a graduate of Park View High School.

The resolution, introduced by Supervisor Suzanne Volpe, recognized Captain Gabrielli for his achievement, commitment, service and dedication to the residents of Loudoun County.

Over his career, Captain Gabrielli has honorably held positions as a corrections deputy, field deputy, special operations-motor officer, criminal investigations-narcotics, a sergeant in field operations, a second lieutenant in field operations, a first lieutenant in field operations, Captain (Patrol and Emergency Communications Center) and the commander of the eastern Loudoun



Photo: (left to right) Supervisor Ralph Buona, Chairman Scott York, Supervisor Suzanne Volpe, Captain Gabrielli, and Sheriff Mike Chapman

Station. "The Loudoun County Sheriff's Office strives to provide professional service to the community and we are proud to have Captain Gabrielli as part of our leadership team," said Sheriff Mike Chapman.

Captain Gabrielli has received many awards and honors for his service, including the Meritorious Service Award by the Loudoun County Chamber of Commerce. He was hired by the Loudoun County Sheriff's Office in 1983.



A Fourth Of July Tradition: Terry's Fireworks Stand

Terry's Fireworks Stand has moved from East Main Street to West Main – to the Purcellville Marketplace. Terry Reed is a native of Purcellville and a graduate of Loudoun Valley High School. He moved to Hamilton in 1968 and has lived there since. In addition to his towing business, which he started in 1979, he also details cars.

Reed opened his firework business in Purcellville 26 years ago, and it was first located in the Food Lion parking lot. He then moved to the Moorcones Theater and has now settled where the old town hall used to be on Main Street.

Pete Reed, Reed's uncle, built his nephew's first stand and he used it for 15 years.

The second stand was built by Terry and his cousin Wayne Danner. They used a utility trailer and converted it into his current fireworks stand.

"I look forward to selling fireworks every year, and seeing my regular customers. I also enjoy meeting new people," said Reed. It's really great to be here and I enjoy doing this every year. I am excited about seeing everyone this year."

He will be open from June 20 to July 6, from noon to 9 or 10 p.m. daily seven days a week. Reed and Maggie Hoeltzel will be running the stand this year, and they will be glad to explain how to use the fireworks and what they do.

JUNE EVENTS

- ☉ **June 1, Sunday, Spring Homecoming Service** at Ketocin Baptist Church outside of Purcellville at 3 p.m. Go to: www.ketocinchurch.com.
- ☉ **June 6, Friday, Sloan Wainwright** performs at the Old Stone School in Hillsboro at 8 p.m. Tickets are \$25, \$15 for students. Proceeds benefit the Old Stone School at 37098 Charles Town Pike.
- ☉ **June 7, Saturday, opening of the trail Pollinator Plot** at the Chapman DeMary Trail from 2 -4 p.m. The Chapman DeMary Trail is at 355 North Hatcher Ave. in Purcellville. Learn more about the trail at www.NatGen.org.
- ☉ **June 7, Saturday, Keep Your Garden Growing Strong:** Presentation by Loudoun County Master Gardeners. Ida Lee Park in Leesburg from 10 a.m. to noon.
- ☉ **June 14, Saturday, yard sale** at Roszell Chapel United Methodist Church, 37141 Snickersville Tpke. Rt. 734, Philomont from 8 a.m. to noon.
- ☉ **June 14, Saturday, art gallery reception for artists Anne Jordan and Jim Haller.** Free event at Arts in the Village Gallery, 1601 Village Market Blvd SE, Suite 116, Leesburg, from 5-8 p.m. Go to <http://www.artsinthevillage.com>.
- ☉ **June 28, Saturday, Bluemont Concert Series** starts in Warrenton. At the Warren Green lawn, at the corner of Culpeper and Hotel Street in Warrenton. Admission is \$5 per person, \$4 for Bluemont friends and seniors, \$2 for kids under 12. Go to www.bluemont.org.
- ☉ **Thursday, June 12, Lyme Disease Tracking and Awareness** by Dr. David P. Goodfriend, director of the Loudoun County Health Department. At the Purcellville Town Hall, 221 S. Nursery Ave., at 7 p.m.

9th Annual!

WLAST

June 21st & 22nd

Western Loudoun

Artists Studio Tour

FREE & open to the public

Visit more than 60 artists in their studios, watch them at work, enjoy demonstrations, buy art and take in the beautiful Loudoun countryside on this self-guided studio tour!

www.wlast.org

Visit our website for extensive information and on-line map
Phone: 540-338-7973

CLASSIFIEDS

– HELP WANTED –

EXPERIENCED STYLIST at Jenny's Salon in Purcellville.

Booth rental is \$115 per week, provide your own supplies. Access to this charming salon 7 days a week. 500 E. Main St, above LoCo Joe and adjacent to EveryDay Elegance Purcellville Va. 20132
 Call Jenny @ 540-338-7634 Or email - Jnngrft@aol.com

– HELP WANTED –

If you want to make a difference. Apply with us! Serve the elderly with non-medical care, Companionship, and help in their homes. Flexible day, evening, and Weekend shifts available. No certification required and age is no barrier.

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Or visit www.homeinstead.com/507

Dr. Mike, continued from page 2

in Loudoun County is a very real problem and your concern is valid. Not surprisingly, I received a number of phone calls from concerned parents regarding their own children in response to the recent Lansdowne incident. However, based off of the limited information you have provided here, it is not clear to me if your son is abusing drugs. His seemingly proud posts and interest in marijuana may simply be his attempt to be cool and to fit in with others or it may reflect a more serious problem for him.

There are a number of general signs for alcohol and drug use to watch for as a parent, which I have listed below:

- A shift from normal patterns of behavior and interests
- Mood changes and/or attitude problems
- Disrespect and a lack of cooperation with family rules and responsibilities
- Declining grades and/or sudden academic struggles
- School truancy and/or a lack of interest in school
- Having a decreased interest in activities or dropping out of activities
- Changing friendships (and not allowing you to meet certain friends)
- Erratic, hostile or aggressive behaviors
- Decreased motivation
- Lethargy
- Depression
- Anxiety
- Sleep Problems (increase or decrease)
- Missing money or valuables from your purse or wallet or the home
- Poor hygiene and a changing physical appearance
- Cognitive struggles – disorganization and forgetfulness
- Sudden appetite changes (increase or decrease)

I agree with you that drug testing your son will most likely upset him, and it may also drive a very real wedge between him and you as parents this summer. Thus, instead of starting out with a drug test, I think you should first sit down with your son to discuss your concerns as parents. I recommend respectfully reviewing the Facebook printouts with him and also sharing any concerns you might have in your observations of him. Try to get him to understand that you are approaching him as concerned parents and not parents that want to accuse him or catch him.

During your talk, I think you should also address your expectations of your son over the summer and before he heads off to college. Your expectations should be

clear and reasonable across all of the areas of importance – job, curfew, family time, chores – in helping him to have a fun, productive and responsible summer.

I agree with your son regarding his need for privacy and trust inasmuch as he is 18 and he will soon be out of the house and on his own at school. However, I think your son needs to understand that these rights are not unconditional and that, as loving and caring parents, you will increase your involvement and control in his life if you continue to have concerns (e.g., drug testing if warranted).

The take home message for your son is that you want him to be happy and successful at 18 and in life and that you would prefer to not be concerned about him or overly involved as parents. It really is all about the choices he makes and the way he behaves. You might also want to speak to your son about the sort of messages he is sending out about himself to the world. The Internet is not entirely private, and many employers, and even schools, review Facebook and other social media.

If, however, you continue to have concerns about possible drug or alcohol involvement for your son, I recommend, for a couple of important reasons, that you do not drug test your son but instead that you seek professional help. First, over the counter drug tests are not necessarily valid or reliable and the majority of them can be manipulated by teens that know how to do so. Professionals in your area of need have much stronger tests that cannot be easily manipulated. Second, it is not just about catching your son and punishing him. If your son is using marijuana or other illicit substances, he may be in trouble in different ways psychologically (e.g., he may be depressed or he may be addicted or dependent) and you will want to get him the necessary treatment. The situation most often worsens when parents attempt to wear too many hats and hats that they are not trained to wear – the law enforcement hat and the therapist hat.

It is my hope that with a firm but loving talk, your son will be on the same page with you as parents involving drug use. It is also my hope that he will have a fantastic summer before heading off to his new life as a college student and that you will be confident in his doing so.

Michael Oberschneider "Dr. Mike" is 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.

Answers to crossword puzzle from page 35

1	I	T	E	M	5	A	S	A	P	9	M	O	11	12	13	Y
14	N	A	G	A	15	T	A	L	E	16	A	R	E	N	A	
17	C	L	O	Y	18	T	R	A	N	19	S	F	E	R	O	R
20	H	A	S	A	21	H	E	A	R	T	O	F	G	O	L	D
					22	I	N	N		23	R	I	O			
24	A	B	S	U	R	D	28	P	E	T	A	N	30	Q	U	E
33	B	O	I	S	E	34	F	O	C	I		35	U	L	T	
36	A	R	M	E	D	37	T	O	T	H	E	38	T	E	E	T
40	C	O	O		41	I	N	T	O	42	Y	O	U	R	E	
43	I	N	N	44	U	E	N	D	O	46	L	I	N	E	A	R
				47	N	T	H		48	P	E	N				
49	W	O	R	K	H	A	N	D	I	N	G	54	L	O	V	E
58	E	M	A	N	A	T	I	O	N	S	59	A	R	E	A	
60	D	I	J	O	N	61	C	I	T	E	62	T	E	A	S	
63	S	T	A	T	E	64	E	T	A	S	65	H	O	L	Y	

The Blue Ridge Leader is pledged to the letter and spirit of Virginia's and HUD's Equal Opportunity Housing Policies. Virginia's Fair Housing Law makes it illegal to advertise any preference, limitation or discrimination based on race, color, national origin, sex, elderliness, familial status and handicap. This newspaper will not knowingly accept advertising for real estate that violates the Fair Housing Law. Our readers are hereby informed that all dwellings advertised in the paper are available on an equal housing opportunity basis. For more information about Virginia's Fair Housing Law, or to file a Fair Housing complaint, call the Virginia Fair Housing Office at 804.376.8530; toll-free 888.551.3247; for the hearing impaired: 804.527.4290; email - fairhousing@dpor.virginia.gov; web: www.fairhousing.vipnet.org.



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Autumn Hill/Mayfair Update

On May 15 the Purcellville Planning Commission held a preliminary review for the recent rezoning request on two parcels that make up the 74-acre Autumn Hill/Mayfair parcel. Both properties are zoned Transition X. This area was originally JLMA-3 (one house per three acres). Transition X indicates that the new zoning is yet to be decided.

The original developer plan, which came in about a month ago was asking for a PDH 8 zoning on one 3.91-acre parcel. Brookfield has changed the request to R-3 which would be 8 detached units on the property, since a minimum of 5 acres is necessary for a PDH-8 zoning as well as R-8 zoning. PDH-8 would have allowed 32 units and R-8 would have permitted 15 units.

Brookfield is requesting the 19 plus acre parcel to be changed from Transitional X to M-1 Limited Industrial.

At the June 5 Planning Commission meeting there will be a presentation from the developer and most likely a public hearing.

Council member-elect Karen Jimmerson spoke and said that leaving the 3.91-acre parcel, as open space would be a nice transition for the area.

New Young Artist's Program

– 2014 Summer Photography Camps For Teens –

– By Andrea Gaines

Photoworks, one of Loudoun's most celebrated and well-established photography studios has just launched The Leesburg School of Photography.

Classes will be offered for students from all backgrounds and levels – from experienced photographers to those just starting out.

One of the most exciting sets of classes will be offered this summer – the new school's 2014 Summer Photography Camps For Teens.

Well-known Time-Life cinematographer Thomas Ramsay will serve as the school's lead instructor. Sarah Huntington and Tammy Morin will serve as film and darkroom instructors. Huntington has earned the title "Loudoun's Best Photographer" no fewer than ten times. Morin is a highly experienced and gifted graphics and photographic arts teacher who has taught for 11 years in the Fairfax County school system.

Dates and topics for the school's three weeklong teen camps are as follows:

- July 7-11: Film-based Photography and Darkroom Printing, including film camera techniques, film processing and printing images with an enlarger.
- July 14-18: Digital Still Photography With Fields Trips, including camera techniques, slide show production and portfolio development.
- July 21-25: Video Production, including HD video camera techniques, storytelling in video, audio recording and video editing and production.



For information on the school and its Young Artist's Program and 2014 Summer Camps go to www.leesburgschoolofphotography.com. 703.777.4002.

Driving a School Bus or being a Bus Attendant for Loudoun County Public Schools can be a pretty cool job!

LCPS

Loudoun Co. Public Schools is now accepting applications for **School Bus Drivers** (\$17.65/start) and **School Bus Attendants** (\$14.53/ start).

Each position requires that you enjoy working with children and have the ability to lift 50 lbs. Potential Drivers need a good driving record, be able to pass a physical & drug screening and be a minimum of 20 years old with 4 yrs driving exp.

You can apply online at www.lcps.org/trans.

Select Employment Opportunities then click on the School Bus Icon to begin the application process.

Questions? Call Brian in the Training Office at 571.252.1720

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Our licensed adult day centers provide:

- ◆ A safe, social environment with therapeutic activities
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- ◆ Reasonable sliding scale fees

Offering engaging activities, individualized personal care, nutritious lunch and snacks, exercise, medication administration, health monitoring and limited transportation.
Open weekdays from 7:30AM – 5:30PM.

Purcellville Carver Center (off S. 20th St.) 200 Willie Palmer Way 571-258-3402	Ashburn (off George Washington Blvd.) 45140 Riverside Parkway 571-258-3232	Leesburg (near Leesburg Airport) 16501 Meadowview Ct. 703-771-5334
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Video online at: www.loudoun.gov/adulthood

Administered by Loudoun County Area Agency on Aging, Loudoun County Department of Parks, Recreation & Community Services.

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