Blue Ridge LEADER Loudoun Today AUGUST 2014

Soon To Turn 107 - He Still Amazes

- A Tribute To Charlie Clark -

- By Andrea Gaines

I've caught glimpses of "Mr. Charlie," as friends call him, on several occasions.

In recent years I saw a stately old car driving slowly through Purcellville and into the parking lot of a grocery store. A tall lanky man emerged and walked inside, waving and nodding as he passed me. "That's Mr. Clark," I thought to myself. "Still driving way past the gentle age of 100 ... and still doing (at least some of) his own grocery shopping. Wow!"

According to a niece, local author and civil rights activist Elaine Thompson, her uncle doesn't drive anymore, but he does do the occasional grocery shopping. He's slowing down, but few things can stop him, really.

On a recent birthday – his 105th to be exact - Charlie Clark shared his secret to a long and happy life. "Never eat that much. Never drink much. And, never smoke much." He shared similar sentiments upon turning 106, and it's obviously working. On Saturday, Aug. 23, Mr. Clark will celebrate his 107 birthday. His own advice seems to be serving him quite well.

One Of Our Most Beloved Local "Celebrities"

Mr. Charlie is quite famous in the area. He's done dozens of interviews on the occasions of his upcoming birthdays, including when he turned 100. He is a modest man, and according to his niece Elaine has recently weaned himself from the multitude of requests for interviews.

But, she says, that while his long life is pretty well documented, there are some things people might not know about him.

The Infamous Red Ball Express

We know that Charles Clark was born in the village of Hamilton, just east of Purcellville, in 1907. He met his wife, Clarissa in 1930 and they married two years later. They had a son, Charles W. Clark. Clarissa died over



Clark in his WWII uniform.



Clark today.

supplies they needed to reach Germany.

It was hard going. The routes the trucks were to take were marked with red balls – a sign of an urgent delivery – and the mission was extremely dangerous. The convoys

30 years ago, and he lost his son in 2005.

Painful memories, but sweet ones at the

same time, I'm sure. Mr. Charlie has had

a life-long love of fishing, of baseball and

of college sports. And, his favorite meal?

something I did not know about Charlie

In talking with Elaine however, I learned

He is Loudoun County's oldest surviving

WWII veteran - that most of us know. He

was, in fact honored by President Barack

Obama in a private meeting just before he

But, the inside story of that military

The Red Ball Express was a huge trucking

operation that started, ironically, just two days

after Clark's 37th birthday, on Aug. 25, 1944.

Seventy-five percent of the Red Ball drivers

were African American. The army was

segregated at the time and blacks were also

restricted in so far as how and where within the

war effort they could serve. Many were in the

Quartermaster Corps – the army's supply chain.

After the invasion at Normandy, and as Gen.

George S. Patton made his way across France

toward Germany, the Army Transportation

Corps packed up convoys of trucks to make

service is that Charlie was part of what was

known as the "Red Ball Express."

Steak and sweet potatoes.

turned 105.

were not heavily armed but stretched out, exposed, for hundreds of miles. The trucks often drove at night with low lights and at a slow rate of speed to avoid detection by German bombers. Each trip took a little over two days. Fatigue and fear were everywhere.

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First Meeting Of **New Administration Foreshadows Change**

- Town Council Divided, But New Mayor Fights For Fresh Approach –

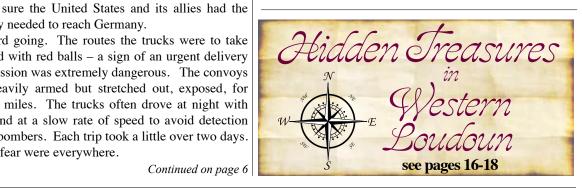
The new Purcellville Town Council and Mayor held their first meeting, a work session, on July 22.

The meeting began with the new administration first discussing and then voting to go into closed-session to conduct interviews of six candidates for two vacancies on the Planning Commission.

The vote for the closed session was 4-3 with council members Lehr, McConville, McCollum, and Packard in favor of the closed session, and with Mayor Fraser, Jimmerson, and Nave voting to keep the interview process open to the public.

Council member Joan Lehr noted that the public might attempt to disrupt the interview process; this was the reason for her closed session vote. Newly elected councilmember Karen Jimmerson remarked that while she acknowledged the pressure some of her colleagues might be under to continue the previous council's practice of holding these interviews in closed sessions, the recent election was a mandate for open government in which the citizens had spoken out against this practice. According to Virginia Statute 2.2-371, she noted, public bodies may but are not required to hold closed meetings under certain limited circumstances. Those interviewing for these positions are merely extensions of the duties of those elected by the citizens, and the statute pertains to those who wish

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Ask Dr. Mike

- By Michael Oberschneider, Psy.D.

Dr. Mike,

My husband and I are going through a nasty divorce, and my son's therapist is refusing to appear in court to help us. His position is that he's



a therapist, not an expert and he isn't comfortable coming to court. This is baffling to me since he has seen my son in weekly counseling for over a year now, knows a lot about my son's condition and has always had a strong opinion about what our son needs. Our son has serious developmental delays, and I'm just trying to make sure my ex-husband covers mental health treatment and educational costs after our divorce. Thanks to Google, I now know the difference between "a fact witness" and an "expert witness" but still don't get why he is making such a big deal about coming to court to speak his mind on what he knows as a therapist. He also told my attorney that he would file something with the court to get out of coming when he learned that we would be subpoenaing him. I am pretty certain he cannot do this. Frankly, I don't care how uncomfortable or upset he is because I need the judge to hear about my son's problems from his therapist. This has been a very stressful

and expensive process for us as a family, and I just want it to end in the best possible way for our son. Thoughts?

A Concerned Parent

Concerned Parent,

Your situation is actually quite common inasmuch as therapists typically do not like to appear in court. The main reason being that therapists do not feel comfortable revealing privileged patient information, especially during a high conflict divorce or custody battle.

As you likely know from your own research, your son's therapist could serve as a fact witness in court to discuss his observations and experiences in treatment with your son, but he cannot offer his opinions beyond that. An expert witness is a different sort of professional; the expert witness is credentialed in his area of specialty (in this case forensic psychiatry or forensic psychology) and appears in court to provide opinions in order to assist and inform the court in its final ruling.

You should also know that most therapists are not trained to appear in court to be forensic experts. And even if your son's therapist were credentialed to serve as an expert witness, he would not be able to serve in that role for your son in your current court case for a few reasons - as therapist, he would lack the needed objectivity required to offer expert

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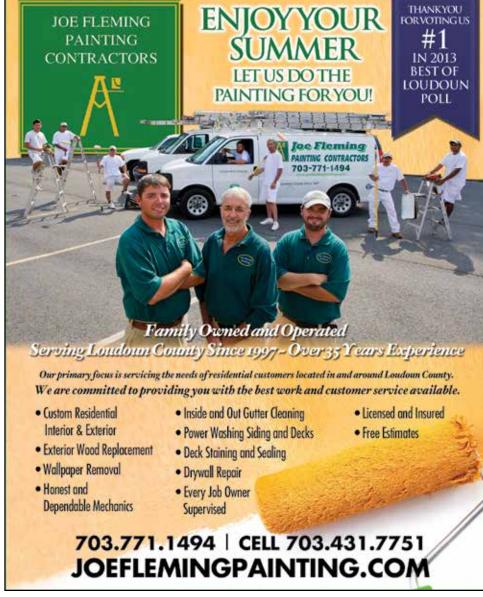


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Making Music While Preserving A Precious Historical Asset

- By Andrea Gaines

The McNair Auditorium at Hillsboro's Old Stone School was filled to capacity for its first in a series of dramatic classical concerts – "Summer Music for Soprano." The series is being presented by the non-profit Hillsboro Community Association (HCA) and the Town of Hillsboro to benefit restoration efforts at the school.

The July 20 concert featured a performance by soprano Grace Srinivasan, accompanied on piano by Neil Weston, the director of the series.

Part one of the concert showcased music by Vivaldi, Purcell, Handel, Mozart, Brahms, Strauss and Faure. Part two thrilled the audience with music from classic musicals, including *The Sound of Music, The Phantom of the Opera*, and *Les Miserables*. Weston added to the fun and educational aspect of the concert series by giving a brief history of either the song or the composer.

Srinivasan is a soprano and actress from the Washington D.C. area working to complete a Masters in Music at Peabody University. She has performed the title role of the docudrama, *Enemy of the Rei*ch, which will air on PBS this fall. Weston is Director of Music at St. Stephen Martyr Catholic Church, a graduate of the University of London and the Royal Academy of Music,



Old Stone School

and a recipient of advanced performance diplomas from the Royal College of Music and the Royal College of Organists. He has performed on BBC Radio and Television, with the United States Army Band, and the Washington Bach Consort, and in several of the nation's most prestigious venues, including the Kennedy Center Concert Hall, Washington National Cathedral, and the National Shrine of the Immaculate Conception.

The concert was sponsored by Middleburg Bank, Fieldstone Farm Bed and Breakfast Inn and Hunt Country Jewelers. Beautiful flower arrangements were provided by Petals and Hedges. Other supporters included It's a Peace of Cake, North Gate Vineyards, and Concolour Creative.

The original name of the school was Locust Grove Academy, the oldest part of which was built in 1874. The beautiful Continued on page 11



KOHLER GENERATORS



My Opinion - Is The Missing Ingredient Casinos?

- By Adam Ray

Northern Virginia is a region in the midst of massive economic expansion. The area's proximity to Washington, D.C., its high-quality public schools and its mix of metropolitan bustle and serene countryside prove to be very attractive qualities for many families. And, unsurprisingly, tourists from all over the world visiting the nation's capital often contribute to the economy of adjacent northern Virginia as well. They visit the malls, such as the Leesburg Outlets and Dulles Town Center, they eat at the restaurants and they take part in the many recreational opportunities it offers. However, given this constant inflow of tourism, there is one market that is not being taken advantage of: The casino industry.

There are many reasons why one might be

reluctant to accept the idea of introducing casinos into northern Virginia, but first, let's examine positive effects. For starters, the revenue that a casino makes is taxed by the state government at rates as high as 35 percent in West Virginia and 67 percent in Maryland. This means introduction of casinos in northern Virginia would raise state tax revenue, allowing for improved infrastructure and quality of life in the state. It's also certain that at least a considerable portion of casino visitors would be tourists on business or on vacation in D.C., meaning that the added revenue is not coming entirely from the pockets of the citizens. We would enjoy all of the social benefits without bearing all of

Another prominent benefit is that adding casinos would give locals and tourists

alike more options for entertainment. Currently, any northern Virginia resident wishing to go to a casino instead of going to the movies or going bowling, for instance, must travel to West Virginia or Maryland. This is an obvious solution. However, there is also a big benefit for those who don't wish to gamble at all. The "Rule of Supply," a long-standing economic principle, states that an increase in the supply of a goods/ services causes a lower price and higher quantity of those goods/services and, often, higher quality. So, if we view casinos as a form of entertainment, just as we would a bar or an ice skating rink, we can see that the introduction of casinos (an increase in the supply of entertainment) would cause the price of other forms of entertainment. to decrease and their quality to increase.

Although the effects may be mild, it is possible that we would see lower drink prices at bars or more discounts at local restaurants.

A recurrent theme in local news in northern Virginia is the controversy of overcommercialization. There is a worry that too much business will detract from the charm and natural beauty of the area. I can certainly sympathize with this view and in fact agree with it. I personally place a tremendous value on our lush rolling hills and equestrian farms. It is important to realize, however, that if casinos were legalized, they would certainly be put in locations that are already heavily commercial, such as the downtowns of Sterling or Vienna. Casino owners would have an incentive to do this because they want

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Letter To The School Board of Loudoun County

To the School Board of Loudoun County, This is an open letter to the Board, the Banneker family and other select individuals

of the Loudoun community.

Loudoun County is the richest county in the United States and continues to grow. Yet the School Board has taken the unilateral decision for western Loudoun schools to share principals, reduce library staff, reduce cafeteria staff and eliminate summer schools. I find it incredulous, in the wealthiest county in America, that this slow squeeze of basic school services is being enacted under the guise of "managing the budget." Why were some of these changes not mentioned in the final tally of cuts? Schools under 300 students are being forced to share principals, such

as Banneker is being forced to share a principal with Aldie. Banneker has also lost one cafeteria worker, now down to one.

This is not just a Banneker Elementary School concern. The Board was forced to bend to enormous public will last school year and keep open Aldie, Hillsboro, Lincoln and Hamilton. These additional cuts appear to be another way to accomplish the same goal without any taxpayer/homeowner involvement. Is this an experiment to see what the voters and taxpayers will swallow before saying next year "see, it worked at Banneker and Aldie, now Waterford and Lucketts will get major cuts and share staff." We do not want our children to go to mega schools, and spend an hour on the bus to get there, under the guise of efficiency.

The Numbers:

Loudoun County's budget for 2015 is \$1.98 billion. Of which \$922 million is for the school system. Is the school board honestly saying that cutting these few positions, which have a minuscule cost savings but a dramatic impact on the various school communities, is the best way to be fiscally responsible? Closing Aldie, Hillsboro, Lincoln and Hamilton would have had only a \$2 million savings per year while forcing many students to take up an hour bus ride, each way, to attend school.

Middleburg Elementary:

Middleburg became a charter school this year, reducing its expenses from the Loudoun County School Budget. That should be an enormous cost savings. With that reduction in Operating and Capital Budget couldn't the board have found enough money to fully staff both Aldie and Banneker? Not add new positions mind you, just keep current ones. Where did all the money go from the savings of Middleburg being off the books? And, Banneker will absorb the students in the Middleburg zone who are not attending the Middleburg Charter school next year. One less school budget in the area, more students going to Banneker and yet positions are still cut.

Small School Bias:

Loudoun is unique in that it is split between an urban east and rural west. Our rural tax base is contributing far more to the school budget per annum than citizens in the rest of the county. Yet, by the cuts

made to our schools we are in essence being told that it is not fair that our children attend schools that are "only" less than 300 students in size. One of the reasons we chose to live in western Loudoun, thereby contributing more than our fair share to the school budget, is the ability to send our children to average sized, good schools. Is the school board considering closing schools east of Hamilton to address the budget issues? Are principals in the eastern part of the county being forced to work multiple schools? Are any other schools in the county getting by with one cafeteria worker? Loudoun County Public Schools has a reputation of excellence in education and standards. With all of the resources available to us, is it really acceptable that some schools "get by"?

At Banneker, our parent/teacher community cares about the education of our children. As PTO President, my job is to serve the students, families and teachers at Banneker in order to enrich the learning environment and elementary experience. In the past, the PTO has raised funds to build a large and modern playground, supply iPads to classrooms, pay for new math enrichment programs and continue paying for field trips, scholastic subscriptions for every class, and subsidize teachers in their expenditures for classroom activities, to name only a few. We will continue to do this in the 2014-2015 school year. This coming year,

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War Madness

- By John P. Flannery

In a world that prefers to war, can't get enough of it, innocents are killed, and those senseless incidents in turn provoke more war.

It happened in the Ukraine and the testosterone is running high. Ukraine calls to the West to put up or shut up with military force, not just economic sanctions. The US saber rattles in response. Partisans insist we must do more.

It could be as "simple" an error in the Ukraine as giving the separatist "freedom fighters" weapons that they should never have had. The Russians entrusted these weapons in the Ukraine conflict. They thought they'd trained them no doubt. When the plane went down, the "freedom fighters" said they'd downed a military transport. When they found out otherwise, the separatists went dark. The United States weighs giving these weapons to other "freedom fighters" in Syria.

Not only do we have to trust these people – freedom fighters – if you must - to use the weapons in a just war, whatever that is these days, we also have to trust that they really know how to use the weapons at all, under the right circumstances, and, oh yes, that they won't lose, give or sell the weapons we supplied to be used against us.

There are sophisticated signals by which you can determine the profile of the aircraft you are targeting, meaning whether it is civilian or military.

Our own people, so fast to draw conclusions in recent days about the Ukraine, couldn't distinguish civilian from military aircraft some years ago. We shot down Iran Air Flight 655 and it was a civilian passenger flight from Tehran to Dubai. Nor was it



The Dying Gaul

some freedom fighters doing the shooting. It was us, by way of the United States Navy guided missile cruiser USS Vincennes on July 3, 1988.

The attack on a civilian airliner took place in Iranian airspace, over Iran's territorial waters in the Persian Gulf, and on the civilian flight's usual flight path.

Our forces destroyed an Airbus A300 B2-203 with SM-

2MR surface-to-air missiles fired from the Vincennes. We took 8 years to pay millions to the survivors of those killed that day for our "error." No, of course,

we didn't admit anything. We just paid a lot of money. There's a madness in war, like the madness of greed or power. It feeds on itself. It becomes self-justifying. Anything necessary to win becomes right because it's us against them. The madness of war is loose in the twisted violent minds of our so-called

leaders here and abroad.

Above the fold news headlines and the daily relentless media bulletins are about hurt and sorrow and violence amid the pretense of soulful humanity.

My Dad told me when I was very young, that this was how we managed an over-populated planet, in addition to famine and disease. We had wars and killed each other.

My Dad wasn't saying it was right, he had been through World War II in the Army Air Force, he knew something of war; he was just saying that was the way it was.

The human impulse, it cannot be denied, is mostly self- destructive and there appears to be less sanity, fewer restraints, more madness in the world every day, than is safe for us to go on this way. But where are the leaders to say otherwise?

Letter To The School Board continued from page 4

however, we will also coordinate parent volunteers to make up for the loss in staff. Just because the staff is cut, does not mean they are not necessary. The Board knows that we care about our children and is using the "budget shortfall" as a tool to have parents make up the difference.

The Process:

As a parent I am dismayed at the lack of transparency into the making of this decision. Why was this decision made without input from the Banneker community? Combined with the other cuts made recently at Banneker, the loss of library assistant and computer lab assistant, as well as only one person to manage, cook, serve and collect funds in the cafeteria, the best interests of the children that attend Banneker Elementary are not at the forefront. I am well aware of the budget shortfall, but schools that have the least resources to begin with are being asked to sacrifice the most. Why were larger elementary schools, ones with an assistant principal in place not asked to share, at least there would be an administrator in the school at all times. At best, this appears to be an experiment into how well a school can function with as little resources as possible.

Banneker now, other schools next:

Mrs. Lee is an excellent principal, organized, efficient, and a true leader for teachers as well as parents. My child loves her smiling face when he gets off the bus every morning. I have faith that she will do her best to divide her time between schools,

but her time will be divided. Who takes place in her absence? I know the answer to this and it will be another teacher. However, not all issues, take place during lunch and recess. What happens to that teacher's class? With the recent reduction of staff, where are these helpers supposed to come from without impacting the active learning time of students? In essence, sharing our principal with Aldie has a ripple effect throughout the school.

A simple request:

Many parents, taxpayers and voters in the areas that are served by Banneker have concerns not only about this decision, staffing levels, program cuts, but also the school board's plan for Banneker Elementary, especially in light of absorbing Middleburg Elementary's zone. We, the parents of Banneker Elementary, have a simple request. A Question and Answer Night at Banneker where we can meet with the Loudoun County School Board to answer the questions we have. We want this meeting to be held in August or early September. Just as you met with parents and staff at Aldie Elementary, we request the same at Banneker. I look forward to your response on proposed dates on when the meeting will take place. We will be more than happy to collect and send a list of questions ahead of time to facilitate the discussion. We look forward to an open dialogue on these issues.

Meredith Gurdak Purcellville

View From The Ridge I Wanna Uh-Uh-Uh-Uh-Uhdo It

- By Andrea Gaines

There's a popular country western song that tells the story of a young woman who gets swept up in a night of partying and wakes up to find she has a ring on her finger, a new last name and a new husband. Knowing she had been duped but determined to take her future back, she proclaims "Boy you blew it, you put me through it I wanna uh-uh-uh-uh-uh-undo it."

Many people in Purcellville feel the same way about the 100,000 square footVineyard Square mixed-use development project ... a project which, once the zoning party got started moved from one excess to another, wedding the citizens and taxpayers of Purcellville to a decidedly unattractive future for their historic downtown.

Although seemingly a done deal, Vineyard Square has faced sustained longstanding opposition by many citizens and local businesses. In addition, because of the massive changes the project would require to 21st Street, the millions of dollars in public utilities infrastructure needed and problems on the developer's end, it is also proving questionable that, in the end, it would come in anywhere near on time and on budget — leaving citizens and taxpayers with one big mess.

In one of its last actions before leaving office, one of the project's greatest boosters – Purcellville's outgoing mayor and town council – attempted to amend the town code to extend the expiration dates of what are known as "Certificates of Design Approval" or CDAs, a move many saw as tailor made to continue to grease the skids of Vineyard Square.

The vote was delayed, and when the town code change was taken up by the incoming town council and mayor it was rejected. Said incoming town council member Karen Jimmerson, this was a political power play, and should be voted down.

This is fair and balanced outcome. And, now the citizens of Purcellville have the opportunity to re-evaluate Vineyard Square, and – through an appropriate, reasoned and open process – reject these changes to historic downtown, if they choose.

The most important reasons for taking a very hard second look at Vineyard Square include:

The Fallacy of the Developer's Original Buy-Right Zoning Argument. With by-right zoning, a particular property is zoned for the use the property owner proposes and the property owner can move forward with their project. In this case, however, the previous town council gave these developers a new zoning, which allowed them to propose a high-density development of up to six stories without regard to the historic nature of the area, including the businesses that had been operating there for 100 years or more. It was a developer give-away.

Previous Town Council Rejections of BAR Recommendations That Might Have Protected Historic Downtown While Allowing The Project To Proceed. Last year the Purcellville Board of Architectural Review, following their design guidelines, approved the project with major revisions to its size and scope. The town council overruled the BAR's recommendations and gave the developers approval to proceed with the project virtually unchanged.

Competing Visions for What Purcellville's Historic Downtown Should Look Like, and How It Should Function. The Vineyard Square development will drop a Reston Town Center style development on the east side of Purcellville's historic downtown, to include retail, condominiums, and underground parking. The development will be coordinated with an effort to turn the historic area into a modern streetscape with boulevard-style sidewalks and other features consistent with the taxpayer-funded tourism zoning the prior mayor and town council gave specifically to this developer. (Existing businesses such as Nichols hardware will need to fend for themselves and see if they can still make a go of it!)

If the citizens believe that one developer should be able to dictate what happens to a historic downtown, that an architectural review board's recommendations can be virtually ignored, and that they agree with this vision of Purcellville's historic downtown, they should let things lie.

Otherwise, they should work with their new mayor and town council to "uh-uh-uh-uh-uh-uhodo it."



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Charlie Clark, continued from page 1

Clark was right in the middle of the action. And, he was honored by the military at the annual Emancipation Day Celebration - held at the Carver Center – for that service several years ago. Presenting Charlie with his award Colonel Spencer Smith said of Charlie's service, "Private First Class Clark's unit was so far forward to the fighting, that their colonel had to direct his co-commander to move his company back because they were in danger of coming into contact with the Germans and losing their supplies. Ladies and gentlemen," he continued, "you have a hero living in your own backyard." (Charlie and many others, as all of our local families of veterans, including my own, know.)

By the time Red Ball ended in mid-November 1944, truckers and soldiers like Clark had delivered over 500,000 tons of gas, oil, lubricants, ammunition, food and other essentials to allied troops and operations. By then, 210,209 African Americans were serving in Europe, with 93,292 of them in the Quartermaster Corps.

Years after the end of WWII Eisenhower wrote, "The spectacular nature of the advance [through France] was due in as great a measure to the men who drove the Red Ball trucks as to those who drove the tanks ... Without it [the Red Ball] the advance across France could not have been made." As the saying of the day went, "Red Ball trucks broke, but didn't

brake," he added.

When asked, Mr. Charlie told of what he remembered of his time serving on the Red Ball Express and how it had influenced his life. He said, "I remember driving in unknown territory with little or no head lights ... taking turns sleeping, driving and working on trucks ... looking out for each other and talking about home. I was a relief driver. My job was to guard and distribute supplies. We passed the temporary graves of American soldiers on the side of road. These were bodies to be dug up later and sent home for proper burial in France or other countries. Sometimes we guarded German prisoners. My service there taught me to never give up on myself or my country."

He also commented on what had changed in the long time he had lived in this area, and what had remained the same, saying, "The biggest change is growth of the area." "What used to be farms and wooded land are now housing developments and stores." He continued, "Another change is that I had the privilege of voting twice for the first black president of the USA and for Purcellville's first black mayor. People have remained pretty much the same. Some are bad, but most are good."

What a guy, truly. What a decent and thoughtful man and American.

Happy Birthday, Charlie Clark. Our community is very fortunate to have you.





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ROUND HILL



PURCELLVILLE .96 acres on Paxson Rd.



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Blue Ridge Student Places Fourth Place At National *You Be The Chemist* Challenge

Varun Mosur, an eighth grade student at Blue Ridge Middle School placed fourth in the National *You Be the Chemist* Challenge that was held on June 23, in Philadelphia. Sponsored by the Chemical Education Foundation, the competition is an interactive academic competition for students in grades fifth through eighth that engages students in learning about important chemistry concepts, scientific discoveries, and laboratory safety.

Mosur competed against 29 other state champions from across the United States in an exhilarating, 10-round competition that took more than 5 hours to complete. According to Mosur, "It is exciting to participate in such a competition - the atmosphere, the people, the representatives of all the chemical companies - all of it added up to an amazing experience for me. It was awesome that I was able to finish fourth (third runner-up). The first few rounds of the competition, I was not at all nervous, but then it slowly became more and more interesting and exciting as I progressed through the rounds to the top 4." Mosur was awarded a \$1,000 educational scholarship, a \$50 gift card to the Discovery Channel Store, a TI-84 calculator, and a CHEM C3000 Chemistry set for his outstanding performance.

BRMS Principal Brion Bell stated, "Varun's hard work and commitment to academic excellence led to his success in this event and will continue to be driving forces in his future endeavors. We are proud of his accomplishments and wish him the best of luck as he begins high school at Thomas Jefferson."



Varun Mosur and Jayne Bowen, BRMS Spectrum Teacher, celebrate after the National You Be the Chemist Challenge



Varun Mosur displaying his scholarship that he received as a result of his outstanding performance.



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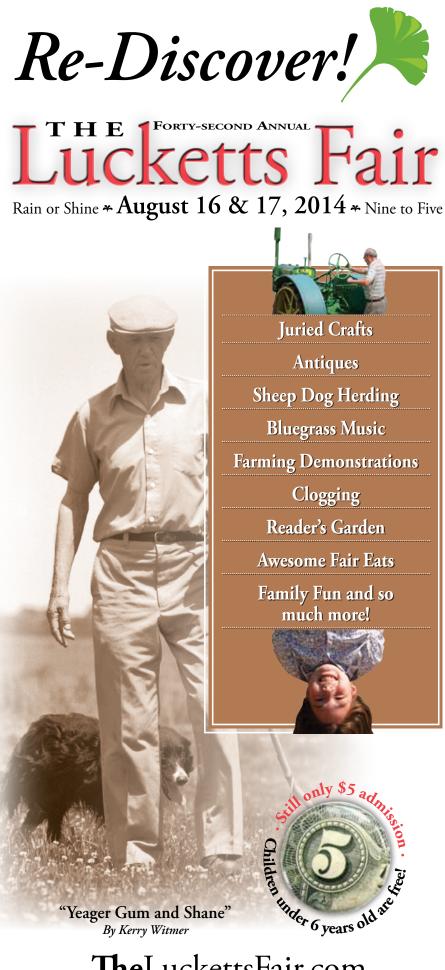
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Watermelon's Nutritional Value

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37 percent. It is also a high-lycopene food, a carotenoid phytonutrient important for our cardiovascular health.

As with all fruits and vegetables, by local and buy ripe.

Watermelon's greatest nutritional benefits come first as the flesh turns from white-pink to pink and then as the flesh turns from pink to a fully developed, juicy red. The last stages of natural ripening are also the time when the Vitamin A in the melon reaches full force.

Three Watermelon "Recipes" For Your Skin

Basic Wash/Exfoliant: Mix 1 teaspoon of watermelon juice with 1 teaspoon of plain yogurt. Lactic acid and enzymes in the yogurt serve to exfoliate your skin. The watermelon hydrates and heals. Leave the wash on your face for 8 to 10 minutes and wash off with

For Mature Skin: Mix 1 teaspoon of mashed avocado with 1 teaspoon of watermelon juice. Avocado is rich in omega-3 fatty acids, as well as vitamin C and vitamin E. Leave the concoction on your face for 20 minutes, and then rinse with warm water.

For Dry Skin: This application calls for mix 1 teaspoon of watermelon juice and 1 teaspoon of organic honey. Honey helps to bring moisture deep into your skin, and the watermelon juice in turn works to hydrate your skin. Apply to your face and leave on for 15-20 minutes. Then, rinse with warm water.

One Great Watermelon, Feta ^E Arugula Salad Recipe

This could not be easier – or more refreshing on a hot August day.

Ingredients:

- 3 cups chopped ripe watermelon 1 cup chopped (or slivered)
- cucumbers

variety)

- ½ cup crumbled feta cheese (use an authentic, organic Greek
- 2 tbsp. chopped fresh mint
- 5 cups fresh baby arugula

The dressing:

- 1/4 cup orange juice
- 1/4 cup lemon juice
- 1/4 cup minced shallots
- 1/2 cup olive oil
- Salt and freshly ground pepper to

Mix the watermelon, arugula and cucumber and drain of any excess water. Toss in the crumbled feta, dress the salad, sprinkle the top with the mint and serve immediately.



Making Music, continued from page 3

stone structure was completed in 1917 with the addition of several more rooms. A junior high school was established there in 1918 and operated until 1935. A brick auditorium was added in 1929. Classes for Grades One through Seven were taught there until 1966.

The next three concerts in this series are "Autumnal Tones for Baritone," on Sept. 7, "Winter Music for Violin," Nov. 2, and "Christmas Through the Ages," Dec. 21. Food and wine will be sold at each of the concerts. Tickets are \$25 at the door / \$22 in advance / \$15 for seniors / \$10 for



Grace and Neil performing

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Just Like Nothing (Else) On Earth: Shreve Mill Road

- By Tim Jon

It's quintessential Loudoun County in transition: In less than 2 miles, this sleepy, little country road passes by decrepit, abandoned structures (apparently just waiting for demolition and development), some surprisingly tranquil waterways, and stretches of mature forest that would entice Robin



Hood, and yet – it offers access (at its mid-point) to the biggest superhighway in our locality (the Dulles Greenway). The real hallmark of mixed identity for Shreve Mill Road, though, for me – at least for now - lies in its claim as a paved – and an unpaved – road. The eastern section offers a very narrow strip of blacktop (almost wide enough for two vehicles), which turns to gravel just after the imposing juncture with the Greenway. Little old County Road 653 even becomes a 'four-laner' as it crosses over its bigger counterpart – as if to make an impression in the presence of all that Green.

So: Where is this interesting little character? Well, Shreve Mill lies just south of Leesburg (a veritable stone's throw from the southern tip of the Airport), running from Evergreen Mills Road in the west and Sycolin Road in the East. Except for the handful of residents, it's used as a quick access point for commuters on that end of town to get on and off the Greenway- as well as the deer, squirrels and other critters trying to eke out a living in this constantly-changing county of ours.

But, as I said, Shreve Mill Road is quintessential Loudoun County in transition: Just give this iconoclastic little country road a few years and it'll house a facility that's already one of the most controversial topics in the halls of local government, finances and public safety. Turns out that the powers that be in these parts – the County Board – slated almost \$20 million for a 21st century firing range – planned for a spot on friendly little Shreve Mill Road – just west of the Greenway.

"Well,boy howdy," you might say: "As if the lately-triggerhappy authorities need improved means of sharpening their skills in order to increase the number of notches on their sidearm grips." I'm as critical of any overreaching of the long arm of the law as anyone, but I see them putting



their life on the line each time the don their uniform. Hey - I'm just sayin'. You could also argue that a halt in local crime would render a new firing range facility as

unnecessary as a training manual for your pet dinosaur. The old, "No bad guys, no need for cops," analogy.

However you feel about this project, though, it's almost certainly going to bring drastic changes to sleepy little Shreve Mill Road: more traffic, of course, which means road improvements – like paving for the western portion and widening for the eastern section - and the corresponding homogenization and sterilization that go along with our march toward the future - not to mention the familiar – almost ubiquitous - intrusion of clearing that patch of ground and installing the proposed facility itself. Having said all this, no – I don't believe all change is bad; I don't weep for every bush, tree and blade of grass uprooted in the name of human necessity. I work in and around new housing developments on almost a daily basis, and I'm smart enough to realize that this kind of growth provides the very livelihood for many like me.

In more years than I care to admit that I've walked the earth, though, I still undergo mixed emotions in experiencing a radical alteration of my surroundings – especially if I've fostered a fond relationship with that environment; in fact I find it hard to place trust in another being if I discover that they lack a similar tendency. Sort of my litmus test of humanity. A well-known Native American once declared that he found it impossible to deal with anyone who had lost touch with the very planet they lived upon.

I guess my advice to those who want to put in a firing range on Shreve Mill Road – or a housing project around Purcellville – or a shopping center in Ashburn (is there any more room there to build?) – or any other construction in my world – to do so with a sense of gravity, humility and the eternal. I'll be watching from a place like Shreve Mill Road in Loudoun County, Virginia.

Tomato Harvest And Other Joys

- By Donna Williamson

Ah, it's tomato time. As usual, I planted and grew many heirloom and newer varieties of tomato plants and am loving every minute of the harvest. Those little cherry tomatoes are so delicious and refreshing while working in the garden or roasted with a touch of olive oil for 20 minutes in a hot oven.

And the big, juicy tomatoes ready for a burger or a salad are the best.

Warm from the garden and never refrigerated, tomato sliced with fresh basil and mozzarella is a memorable summer dish.

My tomato bounty is ready for processing and canning for winter use. Keeping up with the harvest and processing in small batches works for me.

My popcorn crop is growing tall and strong. The variety is called Glass Gem and it's very colorful and beautiful as well as tasty. I planted pumpkins under it on the Fourth of July – a little tradition. They love hot weather. Hoping the pumpkin vines will keep the raccoons away from the ears of corn as they ripen.



"And of course, I grew potatoes in containers. This year I bought small, organic seed potatoes – red, blue, and yellow - from Maine's Wood Prairie Farm and they were the best I have ever grown."

and leafy. Grew some of those purple carrots in a container – lots easier than trying to get nice carrots in stony ground. The shallots and garlic are getting close to harvest.

And of course, I grew potatoes in

There was a great crop of dill and

tarragon this year. The basil is fat

containers. This year I bought small, organic seed potatoes – red, blue, and yellow – from Maine's Wood Prairie Farm and they were the best I have ever grown. It made a huge

difference. I usually just grow the little desiccated potatoes sprouting in the kitchen pantry but they are a pale comparison to these Wood Prairie spuds in growth and harvest.

It's time to plant arugula, lettuce, spinach, and kale seeds They love a warm start.

Hoping your garden is full and juicy too.

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 donnawilliamson 2002@earthlink.net or 540 877-2002.

Why I Still Believe In America



- By Samuel Moore-Sobel

I love the fourth of July. It happens to be my favorite holiday. It's not just the fireworks and the wonderful blueberry pie that my mother makes each year. It is a day when partisanship can be set aside, when everyone pauses to celebrate our great nation. After celebrating the

fourth with close friends in North Carolina, I could not help but feel hopeful. Yet just a few weeks after celebrating our nation's birth, my hope is beginning to fade.

This summer my internship has required me to monitor the news. I have heard many of President Obama's fundraising speeches over the last few weeks, blaming Republicans in Congress for blocking his bills. On the other side, Speaker Boehner decided to bring a lawsuit against the President for using too many executive orders. Instead of solving the problems facing our nation, it seems politicians in both parties would rather blame those standing on the opposite side of the aisle. I worry that there are too many ideologues in Washington, and not enough visionaries. I worry that our politicians are more interested in political gamesmanship than actually getting things done.

While both sides engage in partisan rhetoric and squabbling, the world seems to be falling apart (although I wrote a column back in April claiming the world had gone mad and it was clearly a false alarm). A plane was shot down over Ukraine, and while unconfirmed, Russian President Vladimir Putin is suspected of playing some sort of role in this tragedy. Israel is being forced to defend itself against rockets being set off in Gaza, and the seemingly never ending conflict between the Israeli's and Palestinians is raging on. Even relationships with our allies are fraying, as the Germans dismissed our CIA station chief due to reports of United States' spying on German leaders.

Instead of attempting to confront these challenges head-on, our leaders in Washington just complain about the other side. In the midst of these world events, both sides are jockeying for position, using these international conflicts in order to benefit politically. With the 2014 midterm elections rapidly approaching, partisan rhetoric is likely to only increase.

Now this is not to say that all politicians are bad. There are politicians in Washington who are trying to act in a bipartisan way to make America stronger. Additionally, we know that our nation is great no matter how our elected officials are acting in Washington. Our nation is great because of the individual Americans who make this country unique. Our value as a nation is derived from individual Americans, not politicians in Washington.

I think this partisanship particularly annoys young people. Many young adults realize that we are going to face the consequences of over \$17 trillion in debt. Who is on our side? Who has the courage to take on controversial issues and present viable solutions? As Congress prepares to take most of August off, I hope they contemplate the legacy of deadlock and partisanship that they are leaving behind.

Perhaps naively, I still believe in America, and more importantly, the American people. I still believe that even if the world is indeed falling apart, we will remain that "city on a shining hill," an apt phrase coined by President Reagan in the 1980's. Washington gridlock is not insurmountable, and our voices can still be heard. With an eye towards the midterms and the Presidential race in 2016, I hope the American people choose to elect candidates who have a vision for America. Whenever I am discouraged by Washington, I remember the feeling I got when watching fireworks on July 4^{th} - we can only go up from here.

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

Amy And Dan Smith's Planning For Life Healthcare Decision Making

- Amy and Dan Smith

Because of the evolution of the law, documents relating to medical decision making have a variety of names, which together are confusing if not downright bewildering.

The Advance Directive, Medical Directive, Advance Health Care

Directive, Medical Power of Attorney, Durable Power of Attorney for Healthcare, or Power of Attorney for Healthcare can all refer to a document wherein: 1) You instruct medical caregivers as to how you wish for them to proceed if you are in a condition in which you cannot make decisions or communicate your desires regarding medical treatment; and, 2) You appoint an agent to make decisions on your behalf under certain circumstances. In addition the document may - and in current practice usually does include Living Will provisions, which pertain to end-of-life circumstances. (The Living Will was discussed in our last column)

For simplicity (and consistent with the Code of Virginia) we will use the term Advance Directive. While there could be separate documents, the Advance Directive in current practice usually includes: 1) Your wishes as to healthcare treatment generally; 2) Your wishes in end-of-life circumstances; and, 3) The appointment of your agent to make decisions on your behalf. The person so appointed may be variously referred to as your Agent, Attorney-in-fact for Healthcare, Surrogate, Patient Advocate or Health Care Proxy. The document can also specify an anatomical gift to be made after death of any part or all of the body.

The Advance Directive is inapplicable unless two medical caregivers (who must be either a licensed physician or clinical psychologist) certify in writing that the patient is unable to make an "informed decision." Until such a certification is made, the patient will be making his/her own decisions for medical treatment. Note that your agent cannot act on your behalf until the certification is made, and the agent does not make the certification.

An oral Advance Directive may be enforceable in some circumstances, but a written Advance Directive is highly recommended. Two witnesses are required to sign the document. There is a subtle trap here: a power of attorney is valid if notarized. Therefore, a power of attorney appointing an agent for health care decisions ("a "Healthcare Power of Attorney") should



be enforceable. However, in some states (e.g. Florida) a notarized Healthcare Power of Attorney with no other signature is unenforceable as lacking the second witness. (We'll discuss Powers of Attorney in later columns.)

Interestingly, suggested forms instruct the agent to follow

the desires and preferences for treatment as set forth in the form, but the standard form does not provide alternatives for such preferences. I find that it is very difficult for the average person to specify the type of treatment he or she might want in the abstract – artificial nutrition and hydration, mechanical breathing, and amputation, to name a few. Obviously, much would depend on the circumstances at the time. For example, what if I'm in a coma with little likelihood of full recovery of my mental faculties? On the other hand, what if I don't have a terminal condition, but my mental faculties will be substantially diminished even after recovery? How would such conditions affect my choice of

Life, as we know, does not always lend itself to pre-scripted scenarios. I can say from personal experience that there are grey areas calling for loving, wise and sometimes courageous judgment. At a basic level appointing an agent is an issue of trust: as the principal you are appointing someone who may be making life and death decisions on your behalf; the agent also must trust your choice of him or her as decision maker without second guessing which can be self destructive.

Next column: the Do Not Resuscitate Order ("DNR").

The foregoing article contains general legal information only and is not intended to convey legal advice. For legal advice regarding estate planning, the reader should contact his/her lawyer. Amy V. Smith Wealth Management, LLC is an independent firm. Amy V. Smith, CFP, CIMA offers securities through Raymond James Financial Services, Inc., member FINRA/SIPC. Her office is located at 161 Fort Evans Road, NE, Suite 345, Leesburg, VA 20176. (Tel: 703-669-5022, www.amysmithwealthmanagement. com.) Any opinions are those of Amy and Dan Smith and not necessarily those of Raymond James. Raymond James does not guarantee that the foregoing material is accurate or complete and does not provide legal advice. Dan Smith is not affiliated with Raymond James.

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A Life Changing Service

- By Mary Rose Lunde

Where do I begin? To a Chinese adoptee, going back to the country of your birth is a touchy subject. The one place on earth where you'll look like everyone else but feel like a foreigner. I'll admit, it's a tough choice to make but it is

worth it to go back. China is a wonderful country full of spicy food, traditions, nice people and beautiful landmarks. But that isn't what led me there. The thought of going back had always been on my mind, so when I got an email from Gladney International Adoption Agency about a service trip to China, I jumped at the chance. It wasn't just about finding closure to my own personal story, but also about giving back to my birth country.

The itinerary included a trip to the Great Wall of China in Beijing, Panda reserve in Chengdu, a trip to Jin Mao tower 88 floors above Shanghai's skyline and much more. But those sights may have been great photo opportunities, but they weren't as appealing as being the first service trip ever to be allowed to work with children at an orphanage. Also being given the chance to meet with the head of the China Center for Children's Welfare and Adoption was an honor.

"The orphanage was truly a life changing experience. The bond made with the children in those short three days is one that will last forever. I am so thankful that I was able to make a difference in their lives like they did for me," said Alexa Orsino from New York. Having been adopted from Nanjing, China, this was also her first time back.

While at the orphanage, we also had the opportunity to teach the kids how to do "head, shoulders, knees and toes song" and how to high five. It was so rewarding to watch the joy come across their faces when they did it right.



"I had a great time getting to teach and play with the kids. They were all so sweet and I will really miss them," said Abbie Rudolph from North Carolina. Though she wasn't adopted herself, she does have a little sister from China.

Personally, after saying goodbye to my new mei-mei (little sister)

the emotions have hit hard. I didn't want to leave her and I still feel horrible about saying goodbye. She changed my viewpoint of everything and left a handprint on my heart. I will always remember how adorable her little face was when I lifted her in the air and heard her laugh. I was rewarded by a kiss on the cheek, hearing her little voice saying "wo ai ni, Jia Jia" in my ear meaning I love you, older sister. Those five little words will change my life forever.

I didn't expect to fall in love with China or its people, but I did. That little girl so full of hope only wanting love changed my life, reminding me of how lucky I was to be adopted. I want more than anything to give that little girl a chance, just like I got. As much as I'd like to help all those kids, I know it's impossible. However, what we did for them in three short days made such a difference not only in their lives but ours as well. On the last day, the director came to us giving us hand crafted gifts that the children had specially made for us. That was the most special gift I have ever received knowing in my heart that I'd always have a piece of the experience. I went to China to change the kids' lives, I never expected them to have such an impact on mine.

Mary Rose Lunde is an incoming freshman at Virginia Tech and has been accepted into the integrated science curriculum program. She looks forward to trying out for the Marching Virginian's drum line.

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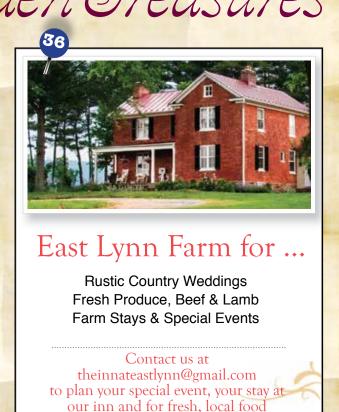
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East Lynn Farm & Inn

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www.eastlynnfarm.com

My Opinion, continued from page 4

their business to be optimally competitive with other entertainment; the customer base would already be there and additional labor and capital would flow in, benefiting the local economy. Other worries, like the notion that casinos increase crime in their surrounding areas, are generally not well justified. Though some early studies have confirmed this effect, these studies were generally flawed by methodological and data limitations.

In sum, northern Virginia stands to benefit greatly from the development of casinos. The citizens could enjoy a higher quality of infrastructure and more social benefits due to increased state revenues, the variety and quality of entertainment would increase and entertainment prices would decrease, and labor and capital inflow would improve the local economy. Most importantly, however, all of these benefits can be reaped while our communities remain safe and free of "corporate takeover." West Virginia, Maryland and many states in the northeast have legalized commercial casinos and have welcomed their positive effects. If, in the near future, the Virginia state legislature follows suit in legalizing casinos, we should be glad to welcome them, too.

Adam Ray is a resident of Purcellville and will enter his senior year as an economics major at the College of Charleston in South Carolina. This piece was part of an op-ed he wrote for a recently taken class.

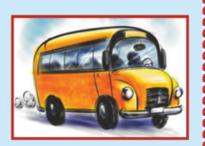


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571.252.1720



Town Council continued from page 1 to gain employment or who are employees and not to appointees. Interviews were open only a few short years ago, she continued, and because staff has the template for how those interviews were done, she believed that the open process should be reinstated with "the veil of secrecy lifted." Mayor Fraser agreed, noting that committee members are not employees but public servants and as such the citizens they are appointed to serve should be able to observe the interview process.

The closed-session interviews ended at 8:30 p.m. at which time the public work session began.

Six candidates had applied for two vacancies on the Planning Commission – David Marlowe, Chris Bledsoe, Keith Melton, Theresa Stein, Russ Forno and Kelli Grim. The majority voted to appoint Teresa

Stein, a senior county planner, and former vice mayor Keith Melton. Council member McCollum was appointed as council liaison to the Planning Commission.

John Nave was appointed vice mayor, and Marlowe and Packard were appointed to the Board of Architectural Review. Other appointments included Nave as liaison to the Economic Development Advisory Commission, McConville as liaison to the Parks and Recreation Advisory Board, and Jimmerson as liaison to the Committee on the Arts. Further, McConville also was appointed as the town's designated representative to Visit Loudoun.

The meeting also included a presentation by OpenGov, a web-based financial transparency program that would put Purcellville's financial status online to share budgetary details with its citizens and

to allow users easy access between old and new data and between reports. In comments after the meeting, Mayor Fraser stated, "OpenGov will enable our citizens, council members, and staff to quickly access and review how precious taxpayer dollars are being managed and used by departments and over time. This data will be presented via user-friendly graphs and charts giving a simple picture of Purcellville's finances that will be easily shareable. At \$4,900, the OpenGov platform cost is 0.028 percent - under one-half of one percent - of our current budget and includes a fully managed and hosted solution and a custom website. I believe this is a worthwhile investment to build trust and to hold us accountable for managing taxpayer dollars."

Council members concerned about the cost doubted whether citizens would have

interest in seeing the town's financial numbers and spending. Subsequently, the motion to use OpenGov failed 1-6, with Mayor Fraser submitting the only yes vote.

Another significant and far-reaching action item of the evening was whether the town code should be amended to extend the expiration of certificates of design approval from one year to two years.

Council members McCollum, McConville, and Lehr denied that this action was specifically designed to benefit the 100,000 square foot Vineyard Square development in historic downtown. However, in an earlier town staff memo dated May 29, 2014, Vineyard Square is used as an example of how the extensions would benefit the developers of this project, addressing three separate upcoming deadlines they faced. This memo

continued on page 20





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Protocol For Lyme Disease Using Homeopathy

- By Joette Calabrese HMC, CCH, RSHom (NA)

If you don't believe that homeopathy can uproot Lyme disease, read ahead. If you're like me and know that homeopathy has cured the likes of cholera, dysentery, mono, strep, influenza and other such illnesses, I'll share with you

what I have learned and used regarding homeopathy and Lyme.

I will not discuss long-term, chronic Lyme as this is something a seasoned homeopath would need to be consulted on personally. Having said this, I've seen some remarkable cases that were many years old come round with good homeopathic treatment.

Let's start with what can be done at the onset of the tick bite. Follow the most recent medical recommendations for removing the tick and do so as soon as possible. Save the tick by placing it in a covered jar with either 180 proof vodka, grain alcohol or brandy and label the date, on whom it was found and where on the body. If all else fails (which is unlikely), the tick can be made into a homeopathic remedy. This is actually known as isopathy, but it works under similar principles. I'll discuss how this kind of remedy is made in another article but for now, just keep the tick in a jar.

I got a little ahead of myself; simultaneously while removing the tick, I have administered the first dose of Ledum 200.

There are slightly differing views on how often the remedies should be taken, but I'll give you one that I learned years ago and have used for my family, including more than many times on Buster, the bad office dog.

Step One: Start with Ledum 200: This is taken every 3 hours for the first day, followed by twice daily for a week. This is then used twice weekly for a month and then once per week for another month.

This is probably overkill, but worth the extra effort to be certain. Ledum 200 is the premiere remedy for any kind of animal bite.

If the bite was rather recent (say a few weeks ago), this measure has been 100 percent effective so far in my experience. We live in the country, have plenty of deer and other critters, and our woods are considered a Lyme tick Mecca.



CALABRESE

If I thought that someone in my family had Lyme that was older and more entrenched, I'd still follow Step One and add Step Two at any time after using Ledum. But I don't believe Step Two is necessary if the tick was discovered in the last few days or so.

Step Two: Aurum arsenicum 200, twice daily for one week and

in the same manner as Ledum. Aurum arsenicum is a capital choice for when a poisonous infection arises, and this is one of those times.

Step Three: For older cases, in which it is critical to take all precautions because illness has set in, the remedy made from the Lyme tick is called either Borrellia 30 or simply Lyme Nosode 30. It is used right along with the previous remedies.

The protocol is to take Borellia once per day for three days and then stop, for a total of three doses. This protocol states that this may need to be repeated every few months if the symptoms remain.

In older cases of Lyme, we see arthritis, chronic fatigue, tingling, dizziness and many other maladies. These should be treated specifically with the homeopathic protocols for each of these symptoms, along with the above procedures.

How effective are these measures? Well, so far, I've not seen a single case of Lyme present when Step One is employed.

In older cases, it's a matter of how entrenched the disease is, how many antibiotics and other allopathic drugs have been employed and the general vital force of the person.

All in all, I've witnessed recovery in many of my clients and students.

Ok, super short. Super easy. And super useful.

Have a great summer.

Joette Calabrese, HMC, CCH, RSHom (NA) is a homeopath, public speaker, author and consultant. This article has been shared from one of her weekly blogs. More from Calabrese can be found at her website at joettecalabrese.com. Calabrese is not a physician and the relationship between Calabrese, her clients and students is that of an educator. The content contained herein is solely the opinion of the author and not medical advice.

Sushi – "Tails" From The Barnyard The Grumpy Old Troll

-By Sushi

One day not long ago a little girl by the name of Adele came to visit the farm.

She was a spirited little thing with long flowing blonde hair. She loved to twirl and dance in the wind. I enjoyed following her around the farm and to make sure she was safe from any danger, as that is my born and bred duty as the brave and mighty Cairn Terrier. She always wore the ruffliest, sparkliest of dresses and skirts that made her prancing and dancing that much prettier. She was so kind and thoughtful and worked hard to making everyone smile and feel better about themselves and others.

She was just like having a good fairy Godmother around.

There was just one thing that made Adele pop her teeny tiny little hands up to cover her eyes and go "Oh" - The footsteps of the Grumpy Old Troll. Thump, thump, thump went the sound that caused Adele to squeal and dive into her mother's arms.

What was Adele doing so near to the Grumpy Old Troll? That my dear is the story to be told.

Sweet Adele had come this July to visit the Fields of Athenry Farm family and stay for the Willowin Farm pony camp, a perfect summer trip indeed with her mother and GrandMary. If any of you have been to the infamous Willowin Farm's pony camp, in the tiny town of Lincoln, Virginia you will know there is a little bridge with water you cross over to get to the indoor arena where riding lessons can be held even if there is inclement weather. Once inside the indoor arena you will notice one end has quite the jagged hole through the wall – not too big – not too small – the perfect place for a Grumpy Old Troll to sneak in and out when no one is looking. It was here that Little Adele was the first one to enter the arena on pony camp morning. She was only 500 feet ahead of everyone else and the first to enter into the arena. No one heard or saw the Grumpy Old Troll snatch her off her beautiful pony Firefly. Poor teeny tiny Adele was pulled through the jagged troll hole before anyone knew what had happened.



The troll threw her over his smelly, hairy shoulder. Little Adele covered her eyes squealing, Oh, Oh, Oh. For she knew that stink bug smell. It was a smell that would drive anyone crazy. In spite of her being frightened, Adele thought, "No wonder Mr. Troll is so grumpy - for he is covered in stink bugs." The notorious stink bugs found their way into Virginia from Allentown, Pennsylvania, who got them from China or Japan? The stinks bug's recent introduction to America whirled through little Adele's mind, for Miss Adele was the daughter of the world's greatest entomologist (bug scientist) of all time - Bugsy Miguel. You don't know the Great Bugsy Miguel made some of the greatest rain forest insect finds and stories of the world? Dengue fever? Little Adele's mind was racing as she was flung into a small wire cage with lots of scared, crying baby trolls. The cage door slammed and a big padlock was snapped tight.

Oh! Oh! Oh! She cried in horror covering her eyes with her tiny little hands.

To be continued...

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.

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notes that if the town code were changed as proposed by the then outgoing mayor and town council, the Vineyard Square developers would have the 12 month extensions they were seeking for demolition, site plan, and zoning permits. If the code is not changed and the CDA deadlines are not met, the developers will have to "apply for new CDAs if and when the existing ones expire. Given this scenario, there is the possibility that approvals will not be forthcoming and the project will have to stop."

Council member Jimmerson said that she had seen the memo and that the code change

"had been put forward for that project and it is disingenuous to say otherwise."

Mayor Fraser said that based on his experience as a certified project manager, "Scheduling is a key concept to implementation. You need to know the timeframe ... you have to meet deadlines."

Councilmember Lehr's motion to amend the town code to extend the CDAs failed 4-3 with Mayor Fraser, council members Jimmerson, Nave and Packard voting no (no extensions) and council members McCollum, McConville and Lehr voting yes (to extend).

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Wildwood Landscapes Relocates And Starts Life Anew

It's been a long and winding road for Wildwood Landscape's Jason Dengler. At he describes it: "My first job involved designing promotional displays for newly-released record albums which enabled me to hone my artistry and drawing skills. After working several years for the record industry, I began working at a local vineyard maintaining the grapes and learning about horticulture. It is here that my excitement for plants grew."

So ... Dengler designed record albums and is now one of the area's most successful landscape designers? Yes. And, to see his work, with its explosions of native plants, perfectly formed pools and walkways, building foundations, quaint English gardens and expansive vistas you begin to understand that just as with fine illustrator, this guy is a true artist.

Dangler recently bought the old Overbrook Nursery site on Route 7, and formed a relationship with a company called Petals and Hedges, which offers wedding and special event floral services and maintains a nursery. Said Petals owner Morgan Walker, "We are beyond excited to be located on such a special property with Jason. He holds the same vision we do in serving aspiring gardeners and professional gardeners alike."

Wildwood continues to do everything. But, whether it's a \$20 purchase of plants, a small vegetable garden worth \$200, a \$1,500 entry way or much larger pool, pool house or formal English garden, to Dengler it's about getting people passionate about gardens and the stewardship that grows with it – whether it is the first unusual butterfly species that pays you a visit, or the fresh baby carrots you bring to the table from your very own patch of the earth.

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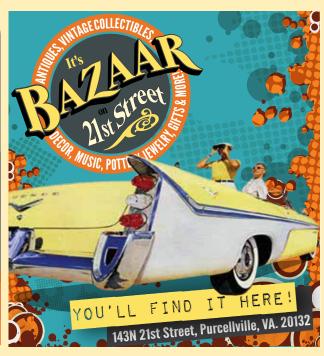
















Wild Loudoun: Mighty Little Crayfish

- By Andrea Gaines

Several years ago I was walking along W&OD Trail in Reston when I saw a mighty little thing – maybe 2 inches long – strutting directly toward me in a very menacing way. It was moving pretty fast and had two large claws raised. I didn't know if this was how this thing behaved – vulnerable and out in the open – or, if it had "seen" me and was preparing for a fight. As I got closer I saw that it was a crayfish. A perfectly proportioned mini lobster intent on what, I didn't know.

In doing research for this article I learned that crayfish are very territorial and pack a mighty pinch when handled. Glad that at that moment I decided to leave the crayfish alone instead of picking it up for closer inspection.

There are 550 crayfish species worldwide, 390 species in North America, 338 species in the United States, and more than 25 species in Virginia. Northern Virginia has several varieties of crayfish, including the virile crayfish, which is an invasive. The virile crayfish is many times larger than our native crayfish and can easily out-compete them for food and habitat. Fishermen in the know dispose of crayfish that are sold as bait, rather than dumping possibly "live" invasive bait into waterways and wetlands. Worldwide, some crayfish are small – less that 1 inch in length. Others can reach up to 16 inches in length. Virginia's crayfish seldom get longer than 4 inches.

Crayfish are omnivorous – eating both plants and animals. They feed primarily at night. The more common animal foods of the crayfish include toads and frogs, butterflies and earthworms, insect larvae and tadpoles, leeches and fish and frog and salamander eggs. They also eat pond lily, duckweed and green algae, and they are scavengers, eating dead bits of food as long as it is relatively fresh. Hawks, owls, fish, turtles, raccoons, snakes and, yes, other crayfish, in turn eat



crayfish. Swamp rose mallow, common reed, long-leaf pondweed, pond lilies and other plants provide them with great opportunities for shelter. They also like to burrow into the mud.

The presence of crayfish in a particular body of water is a sign that the quality of the water is good. They are very sensitive to pollution, and their presence also helps improve and maintain water quality, as they remove some dead and decaying matter from the ecosystem.

The crayfish's main habitat is freshwater lakes and streams that do not freeze all the way to the bottom in winter. You can also find them hiding is wet areas nearby, under rocks and logs.

In May and June female crayfish are often seen "in berry," or carrying fertilized eggs. They carry the eggs in an underside part of their body called swimmerets – feathery structures on the abdomen. The eggs can number in the hundreds and look like a small berries. The female's eggs will hatch in anywhere from two to 20 weeks, and the newborn baby crayfish stay with their mother until after their second molt.

The molt is the process by which the hard exoskeleton splits as the crayfish outgrow it. The soft-bodied freshly molted crayfish emerges – with everything intact – and typically makes itself scarce for a few days while it's new outer shell hardens, as it is more vulnerable to predators at this time.

That mighty little (man?) I saw all those years ago on the bike trail surely was not vulnerable in my eyes and had a very interesting story to tell. Sorry it took so long.

Rice Awarded Little League Scholarship

Each year since 2003, Upper Loudoun Little League has given a scholarship to a graduating senior who has played for ULLL at some point during his/her growing up years. Prior to the start of the Majors championship game, this year's Hometown Heroes Scholarship was awarded to Elliott Rice, a homeschool graduate from the Hillsboro area. Among other community volunteering, Mr. Rice has umpired for Upper Loudoun each year since finishing his Little League playing days at the local and District level including District tournaments. "The reason I volunteer is to give back to the community that I grew up in. As a volunteer I have the opportunity to instill in kids a love for the game," said Rice. Honoring his umpiring skills, Rice has been appointed as the umpire to represent District 16 at the 2014 Virginia Little League State Baseball Tournament in Bridgewater this summer, a recognition seldom given to a teenager.

LCPS Special Permissions Accepted Through Sept. 15

Students in Loudoun County attend the school designated by the School Board to serve the attendance zone in which the student resides, otherwise known as the "regular school of assignment." The regular school of assignment may be overided – assigning a child to another school – based on that student meeting specific criteria including instructional suitability, the relieving of overcrowding, and other factors.

Under LCPS regulations parents may seek "Special Permission" to have their child attend the school of their choice for one year provided there is sufficient capacity at the school and the school has an instructional program appropriate for the student. Granting of the Special Permission assumes the student maintains regular attendance and good behavior and is otherwise in compliance with school rules and regulations. In Special Permission cases it is the responsibility of the parent to provide transportation for the student.

The Special Permission features of the LCPS system apply to institutions such as the newly formed Middleburg Community Charter School and other locales.

Special Acceptance policies are governed by LCPS Section 8-20. For more information go to www.LCPS.org.

Salamander Resort And Spa Unveils 20 Acre Tree Top Zip Tour

Salamander Resort and Spa is launching the latest addition to its pastoral property – the Salamander Tree Top Zip Tour by Empower.

Open to the public and guided by a highly trained staff, the experience begins and ends on the resort's Grand Lawn. Following a short walk, safety briefing and outfitting, participants enter the course with a staircase walk to the top of the first tower. The canopy course is comprised of a series of rope bridges and zip lines varying in length from 90 to 670 feet. While tethered to an advanced pulley system, guests glide from one tree top platform to another on five different zip lines and two suspension sky bridges.

Empower President Joe DeRing, formerly a Captain and US Army Ranger, and Empower CEO Dev Pathik have extensive team development experience with corporations like Home Depot, Sony Pictures Entertainment and General Electric. The Salamander Tree Top Zip Tour offers special teambuilding programs which provide adventures that bond, motivate and inspire a commitment to team excellence. They are customized for each group and combine team briefings and additional team bonding activities to support the group's specific objectives.

For Salamander Tree Top Zip Tour reservations, please call 866.938.7370 or email reservations@salamanderresort.com.





C'MON! LET'S GO!

The Blue Ridge

Center For Environmental Stewardship. 11661 Harpers Ferry Road, Purcellville (540) 668-7640

www.blueridgecenter.org.

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Castleton Festival

 $\label{lem:castleton} \begin{array}{l} 7 \; Castleton \; Meadows \; Lane, Castleton, \; Va. \\ www.castleton festival.org \end{array}$

For its sixth season the festival presents a new production of Mozart's Don Giovanni and Puccini's Madama Butterfly, along with a dramatic reading of G.B. Shaw's Don Juan in Hell, symphonic concerts, chamber music, song recitals and bluegrass.

Chesapeake Beach Water Park

4079 G Stinnett Blvd. Chesapeake Beach, Md. (410) 257-1404

www.chesapeakebeachwaterpark.com A lazy river, lagoon, waterfalls, super soaking slides and a kids' activity pool are all part of the fun. They also offer birthday parties and cabana rentals.

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www.greatwaveswaterpark.com Tube slides, speed slides, a play pool, a sand play area and a wave pool are all at the park. Food, souvenirs and pavilions are also available.

Harpers Ferry Adventure Center

37410 Adventure Center Lane, Purcellville (800) 836-9911

www.harpersferryadventurecenter.com. They offer whitewater rafting, water tubing, zip line tours, kayaking, canoeing, team building, fishing, hiking, camping, off-road Segway tours and more.

Longbranch Plantation

Long Branch Lane, Boyce, VA 22620 (540) 837-1856 www.visitlongbranch.org

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Luray Caverns

101 Čave Hill Rd, Luray www.luraycaverns.com

This natural landmark is the largest cavern in eastern America. They are open every day of the year with tours departing about every 20 minutes.

Marriott Ranches in Hume

5305 Marriott Lane, Hume (540) 364-2627 www.marriottranch.com The Marriott Ranch offers a variety of horse-related activities, including 90-minute trail rides across parts of their 4,200-acre working cattle ranch.

National Harbor

165 Waterfront St. National Harbor, Md. www.nationalharbor.com
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www.nsl.org.

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Oatlands

20850 Oatlands Plantation Lane, Leesburg, VA 20175 (703) 777-3174 www.oatlands.org Oatlands Plantation is an estate located in Leesburg, Virginia. Oatlands is operated by the National Trust for Historic Preservation and is listed on the National Register of Historic Places as a National Historic Landmark.

Opus Oaks - An Art Place

109 First St, Berryville, VA 22611 (540) 955-4226 www.opusoaks.org Classes and workshops in all manner of the arts for all ages.

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Fest 2014 Sept. 25-27!

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This is a family campground, recreation and event venue along the Shenandoah River. Tubing, camping, concession stands, music and more. Watermelon Park

Western Loudoun's Historic Villages

Look for country stores, historic post office buildings, art galleries, antique shops or just places to park and wander.
Lincoln, 3 miles south of Purcellville on Lincoln Road; Waterford, about 3 miles north of the intersection of Rt. 7 and Rt. 9 Hillsboro, Rt. 9 north of Purcellville Middleburg, Rt. 50 about 8 miles west of Gilberts Corner.

Whites Ferry

(301) 349 5200

This historic ferry is the last one on the Potomac River. It has been in operation since 1782. The White's Ferry Store and Grill is also available along with canoe rental.

Ongoing Events

☼ Hillsboro Farmers Market at the Old Stone School. Fresh food, local artisans and live music every Saturday through Sept. 27 from 9:30 a.m. to 1:30 p.m.

○ Aug. 1 - 31, Ripped Paper, Burnt Clay, an exhibit by mother-daughter artists, ceramicist Amy Oliver and collage artist Karen Oliver at the Arts in the Village Gallery. Public reception on Saturday, Aug. 23, from 5 – 8 p.m.at 1601 Village Market Blvd, Suite 116, Leesburg. Go to http://www.artsinthevillage.com/ for information.

♣ Aug. 13, Wednesday, Dance Yoga with Terri Sheaffer. Doors open at 5:30 p.m. Class starts at 6 p.m at. Barns of Rose Hill, 95 Chalmers Court, Berryville. Ongoing classes starting Aug. 13 and running every other Wednesday through Oct. 22. The classes are Aug. 13, Aug. 27, Sept. 10, Sept. 24, Oct. 8 and Oct. 22. Bring a yoga mat. \$10 per adult and \$5 for teens. Go to www.barnsofrosehill.org

August Events

© Friday to Sunday, Aug. 1-3 and 8-10, "Anything Goes," from the Sterling Playmakers. At Potomac Falls High School in Sterling. Friday and Saturday performances at 8 p.m. Sunday matinees are at 2 p.m. Tickets are \$15. More information at www.sterlingplaymakers.com.

• Aug. 9, Saturday, Barns of Rose Hill presents "The Bitter Liberals C.D. Release." Doors open at 7:30 p.m. Show starts at 8 p.m. at Barns of Rose Hill, 95 Chalmers Court, Berryville. \$15 in advance and \$20 at the door. Go to www.barnsofrosehill.org.

♦ Aug. 9, Saturday, Jon Carroll performs from 7-9 p.m. at the Leesburg Town Green, 25 West Market Street, Leesburg. Free and open to the public. Picnics are encouraged. For more information, visit http://www.acousticonthegreen.com.

♠ Aug. 16, Saturday, Water for Life with The Rolling Coyotes. Doors open at 7 p.m. Show starts at 7:30 p.m. at Barns of Rose Hill, 95 Chalmers Court, Berryville. Proceeds go to have 100 clean water wells drilled in South Africa. \$12 in advance, \$15 at the door, 12 and under free. Go to www.barnsofrosehill.org.

♣ Aug. 23, Saturday, Bluegrass & BBQ with with Colebrook Road. Doors open at 7 p.m. Show starts at 8 p.m. at Barns of Rose Hill, 95 Chalmers Court, Berryville. BBQ from Jordan Springs and bluegrass from the Pennsylvania based band Colebrook Road. \$12 in advance, \$15 at the door, 12 and under free. Go to www.barnsofrosehill.org.

◆ Aug. 30, Saturday, Fabulous 1940s

Party at Oatlands from 7:30-11:30 p.m.

Cocktail party featuring live music and dance instruction. Tickets are \$95 per person. 1940s inspired attire is welcome, but not required. Go to http://www.oatlands.org/fabulous40s/ to purchase tickets.

● Sept. 13, Saturday, Blue Ridge Wildlife Center fundraiser, "Furry Tails" at 6 p.m. Gala auction to help care for rescue animals. Five-time Grammy award-winner Mary Chapin Carpenter is the honorary chair. At the home and gardens of Mr. and Mrs. Mazen Farouki, Claytonville Farm, Millwood. Cost is \$150 per person. For information and ticket purchase, call Franny Crawford at 540-550-3057 or visit www.blueridgewildlife.org.

Aug. 27, Wednesday, 350 movie
 showing, "Standing on Sacred
 Ground." Rust Library in Leesburg from 7-9 p.m.



Summer at Franklin Park Arts Center Go out without going far!



Just announced!

The Second City: 55th Anniversary Tour

Sept 13th @ 8PM Tickets on sale now at www.franklinparkartscenter.org



The Immortals-Last Show of the Seniors Showcase Sat, Aug 9 7PM

- A two hour musical variety show of R&B, Rock, Jazz, Blues and Originals showcasing the seniors Julia Hiser and Joseph Keim. This will be their last show in the program.
- Tickets: \$20 Call to reserve 540-338-7973; pay at door.

Sound of Music Sun, Aug 10 2:30PM & 7:30PM

The First Act theater company creates meaningful theatre and musical experiences with teens for the purpose of helping others not for reward or recognition, but because everyone deserves another curtain call. Performances benefit Tree of Life Ministries.

Tickets: \$10 all seats

Visit www.the-first-act.org to purchase tickets.

Tanabata with Hiroya Tsukamoto

Mon, Aug 11

6-8:30PM

- This traditional Japanese festival will celebrate with music, art and food. Our lobby will be transformed to mimic the streets of Sendai province. Make decorations with simple origami and paper cuttings for our Bamboo tree. Write your dreams and wishes on a *tanzaku*. Listen to the traditional musical performance of Hiroya Tsukamoto, a guitarist and singer-songwriter from Kyoto, Japan. Launch a
- floating lantern on the pond in Franklin Park at dusk. Refreshments will be served. **Tickets \$5/person at door**

Barefoot Puppets presents: Ooey Gooey Poetry

Wed, Aug 13

10AM

- This lively puppet show for young audiences features timeless classics including The Three Little Kittens and Little Miss Muffet. Audiences also meet an entertaining circus worm (who meets an unfortunate fate!) and a young man named Jonathan who ate way too
- much cake. Shadow puppets, hand puppets, rod puppets, and even a humanette will delight families and children.
 Tickets: \$5/ child Call 540-338-7973 to Reserve.

Piedmont Arts presents: Legally Blonde

Thurs Aug 21

7:30PM

Fri, Aug 22

7:30PM

Sat, Aug 23

2:30PM & 7:30PM

- Summer Stage 2014 musical production. The mission of the Piedmont Arts Foundation is to support Loudoun County, Virginia Secondary Schools, focusing primarily on theater arts and Drama Department supplemental funding. The secondary mission is
- to support performing arts throughout Loudoun County as a whole. Tickets on sale August 4th. Visit www.piearts.org

Sound of Sleat Sat, Aug 30 7:30PM

• The Sound of Sleat is a pipe-centric Celtic quartet featuring Scottish "indoor" small pipes, cello, piano, accordion, harp, guitar, and vocals. The unique blend of instruments captures the vibrancy as well as the subtlety of Scottish

pipe music and other Celtic traditions.
 Tickets: Advance \$15/\$12 RMitch242@gmail.com or Phone: (301) 775-4951 At door \$17/\$14

In The Gallery: Magical Miniatures

View the private collection of dollhouse miniature artwork owned by Joan & John Gardiner of Unison, VA and more than 120 other juried pieces on display until August 24, 2014. Monday—Friday, 9A—5P and during performances.

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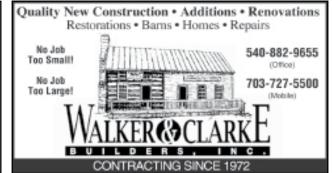
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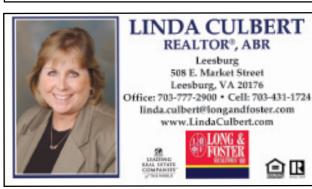


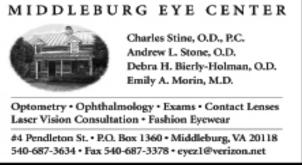
Barbara S. Williams, Esq.

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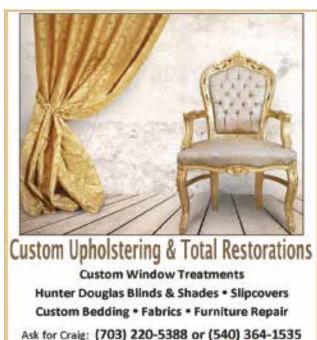
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Video online at: www.loudoun.gov/adultday

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

Franklin Park August 2014 Calendar

For reservations/tickets call 540-338-7973 or visit www.franklinparkartscenter.org. See website for displays and exhibits in the Franklin Park Gallery and for performance schedule details.

Art Exhibit: Magical Miniatures, Through Aug. 25 - 5th Annual Challenge Exhibit Sponsored by The Friends of Franklin Park Arts Center. Regional artists and craftspeople in all media are invited to participate in Magical Miniatures, a juried creative challenge exhibition of simply small pieces and "doll house" scale miniatures, where one inch corresponds to one foot!

Thursday, Aug. 7, 1 p.m., Friday, Aug. 8, 7 p.m. - The Growing Stage: Xanadu. The year is 1980. Somewhere along the beach in Venice, California, Sonny Malone becomes frustrated with the mural he has painted of the nine muses of Greek mythology. After he storms off in frustration, the Muses come to life (I'm Alive) and Kira (a.k.a. Clio), Sonny's Muse, hatches a plan to inspire Sonny to artistic greatness. Free event.

Saturday, Aug. 9, 7 p.m. -The Immortals (Last Show of the Seniors' Showcase). A two-hour musical variety show of R&B, Rock, Jazz,



Blues and Originals showcasing the seniors in the program Julia Hiser and Joseph Keim. This will be their last show in the program. \$7 All Seats. Available at the Door.

Sunday, Aug. 10, 2:30 p.m. & 7:30 p.m. – The Sound of *Music.* The First Act: Teens Acting For A Difference presents the timeless Rogers and Hammerstein musical that is based on the memoir



of Maria von Trapp, The Story of the Trapp Family Singers. Many songs from the musical have become standards, such as "Edelweiss," "My Favorite Things," "Climb Ev'ry Mountain," "Do-Re-Mi," and the title song "The Sound of Music." \$12 Donation to Tree of Life Ministries. Purchase online at The-First-Act.org.

Monday, Aug. 11, 6 p.m. – Tanabata Celebration. We are hosting our own version of this traditional



Japanese festival. Tanzaku and simple origami decorations for the bamboo tree in the gallery, learn the ancient tale of Orihime and Hikoboshi and celebrate with musical entertainment. Then at

dusk, we will release peace lanterns on our pond with your own wishes written on them. \$5 all ages. Call 540-338-7973 to reserve.

Wednesday, Aug. 13, 10 a.m. - Barefoot Puppets: Ooey Gooey Poetry. Sometimes characters end up in sticky situations! Children's literature is a true treasure trove. This lively puppet show for young audiences features timeless classics including The Three Little Kittens and Little Miss Muffet. Audiences also meet an entertaining circus worm (who meets an unfortunate fate!) and a young man named Jonathan who ate way too much cake. Shadow puppets, hand puppets, rod puppets, and even a humanette will delight families and children ages 3 & up. \$5 All ages. Call 540-338-7973 to reserve.



Thursday, Aug. 21, 8 p.m., Friday, Aug. 22, 8 p.m., Saturday, Aug. 23, 8 p.m. - Legally Blonde, The Musical from Piedmont Arts. Harvard's

blonde takes the stage by pink storm in this fun, upbeat musical about self-discovery. Based on the adored movie, LEGALLY BLONDE: THE MUSICAL, stays true to form with a peppy score and playful book. This musical is ridiculously enjoyable from start to finish. Piedmont Arts is a 501 c (3) designated charity supporting high school performing arts in Loudoun, in partnership with Franklin Park Arts Center.

Saturday, Aug. 30, 7:30 p.m. - Sound of *Sleat.* The Celtic influenced Sound of Sleat is comprised of piper Bob Mitchell, multi instrumentalists Tabby Finch and Karin Lova, and guitarist Pat Egan. Expect a dancer or two and some surprises. If you're a fan of the traditional Scottish sound you'll love Sound of Sleat.

\$15 adult, \$12 student/senior in advance, \$17/\$14 at the door. Call 540-338-7973 to reserve seats.

Summer Fun - The Lovettsville Cooperative Market's Member Barn Dance

The Lovettsville Cooperative Market hosted their Member Appreciation Barn Dance on Saturday, July 26, at the barn at Georges Mill Farm Bed & Breakfast in Lovettsville. This event was free for members and \$5 for nonmember guests. Local lamb sausages, hot dogs from Hemp's Meats, and fresh veggie kabobs were served.

Craggy Island and the Short Hill Mountain Boys played throughout the event with a collective jam at the end of the evening with band members and other area musicians. Guests danced with calling provided by Susan Withers (Craggy Island).

The younger guests especially enjoyed visiting and petting the goats that provide milk for the Georges Mill Farm Artisan Cheese.



This event was the Co-op's opportunity to thank its members for their continued support in efforts to bring a member-owned and governed, full-service grocery store to downtown Lovettsville, as well as to meet potential new members, and bring the community together for a relaxing evening at the Georges Mill barn.

August Events At Carver Center

The Carver Center is at 200 Willie Palmer Way in Purcellville. Please call 571-258-3400 to sign up for the following programs.

Aug. 6, Wednesday, monthly afternoon tea from 1-2 p.m. For ages 55 and older. Enjoy an hour of sweets, tea and conversation. Free registration begins two weeks

Aug. 13, Wednesday, library outreach visit from 11 a.m. to 12 p.m. For ages 55 and older. Library staff will provide assistance with book selections, reservations and e-book downloads



Aug. 14, Thursday, Carver Center Supper Club, 4 to 8 p.m. For ages 18 and older. Come to Violino's Restaurante in Winchester. Bus cost is \$6.

Aug. 20, Wednesday, Carver Lunch **Bunch f**rom 11 a.m. to 2 p.m. For ages 55 and older. At Mediterranean Breeze in Ashburn. Cost is \$4 for bus. Cost of lunch and tip is the responsibility of each diner.

Aug. 27, Wednesday, Master Gardener

Presentation, for ages 55 and older. Master Gardener Alta Jones will discuss fall plantings and landscape designs.

Ongoing Classes at the Carver Center

Control Your Core with Pilates, Aug. 26 to Oct. 3. Tuesday, Thursday and Fridays from 8:15-8:45 p.m. For ages 16 and older. Cost is \$121.

Body Sculpting, Aug. 11 to Sept. 22. Mondays and Wednesdays from 5:15-6 p.m. For ages 15 and older. Cost is \$101.

Tai Chi for seniors, every Tuesday from 9:30-10:30 a.m. For ages 55 and older. Non-member drop-in fee of \$2.

Beginner Bridge, every Tuesday from 10:30-noon. For ages 55 and older.

Advisory Board, every Tuesday from 1-2:30 p.m. For ages 18 and older. Make suggestions for programs, projects, activities and events.

Game Night, every Thursday from 4:30-9 p.m. For ages 18 and older. Card and board games.

Dr. Mike, continued from page 2

opinions, and he would be assuming a dual or multiple relationship as both therapist and expert. In most instances, taking on the dual role of therapist and mental health expert for a divorce or custody matter is not advised and could even constitute an ethical and/or professional licensure violation.

So, what should you do? I recommend that you work closely with your attorney and follow his or her direction on the matter. The decision to invite or compel your son's therapist to court should be thought through carefully as there are both potential positives and negatives to having him there. The main positive, of course, would be for the court to learn about your son's treatment and current functioning and needs; the more information the court has in that regard the better. There are, however, some negatives to consider. The most important being that your son's therapist does not wish to appear in court. In my experience, therapy relationships often deteriorate or even end abruptly after the therapist provides testimony. This is because your son, your husband or you may not be entirely pleased with what the therapist says on the stand. In my opinion, the fact that your son's therapist has asserted strongly that he does not wish to come to court and will do whatever is in his power to not attend, should be taken seriously.

Also, therapists are generally advocates for their clients, and your son's therapist is likely biased when it comes to your son and your son's functioning and needs. Thus, depending on what the therapist would say in the courtroom and how convincing he would be, his subjectivity to treatment could end up helping or hurting your case.

As far as the subpoena issue goes, your son's therapist could file a motion to quash or a motion for a protective order with the court, which are means by which he is permitted to argue his position for why his testimony should not occur. The court would consider the arguments put forth by the therapist and offer a final ruling. If the court does not vacate or declare the subpoena invalid, the therapist must honor the subpoena and attend court. Typically, attorneys file the motion to quash, but therapists can as well.

Again, you and your attorney should weigh out all of the positives and negatives of compelling your son's therapist to appear in court. In the end, what is more important to you (and your son), the therapist's testimony or a continued positive therapy relationship with the therapist for your son? Yes, high conflict court disputes can be emotionally (and financially) exhausting as you have pointed out, and I hope that your outcome is a very positive one for all involved, most importantly, your son.

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

Renovations - By Myles Mellor and Sally York

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ACROSS

- 1. Spring flowers
- 6. Holder for 1-Across
- 10. Luxury home features
- 14. Ready for battle again
- 15. Regrettably
- 16. Broke down
- 17. Available
- 18. Barber's supply
- 19. Part of WATS
- 20. Liposuction, e.g. 23. Encirclement
- 24. Maximum
- 27. James, for one
- 32. Clavell's "___-Pan"
- 33. Decorative pitcher
- 37. Emmy-winning Lewis
- 38. Hit TV show
- 42. Turbine part
- 43. Decorative inlay
- 44. Corroded
- 45. Supplement
- 47. Waders
- 50. ___ sin
- 54. Updating a kitchen, e.g. (Brit.)
- 61. Start of something big?
- 62. Stake driver
- 63. Like some calendars
- 64. Make waves?
- 65. Bugbear
- 66. Computer acronym
- 67. Deep black
- 68. Engine parts
- 69. Gave out

DOWN

- 1. Video game 2. City near Sparks
- 3. These may be sowed
- 4. Doggerel
- 5. Drives
- 6. Oracular
- 7. "Wellaway!"
- 8. Hot stuff
- 9. 100 centavos
- 10. Booty
- 11. Title for some priests
- 12. Monkey
- 13. Corset part
- 21. ___ pole
- 22. Apply anew
- 24. Female organs
- 25. Phylum, for one
- 26. Paws
- 28. Howe'er
- 29. They go with the flow
- 30. Mountain ridge
- 31. Some messages
- 34. It's catching
- 35. Down Under bird
- 36. Noise from a fan
- 39. Lobster eggs
- 40. Overthrow, e.g.
- 41. "In & Out" star, 1997
- 46. Aftershock
- 48. "Johnny Armstrong," for one
- 49. Maltreat
- 51. Insect stage
- 52. Noggin
- 53. Wastes time
- 54. Arizona Native American
- 55. Dutch _
- 56. Gloom
- 57. Prize since 1949
- 58. Machu Picchu builder
- 59. Hit hard
- 60. Pluck

Answers on page 30...

Remembering William Homer Leigh, Jr.

William Homer Leigh, Jr. age 86 died at his home of 31 years near Hamilton on July 18, with family and loved ones by his side. Homer was born on June 5, 1928, in Arlington, VA to the late William H. and Ruth E. Leigh.

He was predeceased by his wife of 61 years, Joan Leigh, and their daughter Christine Dayment. Homer is survived by his daughter, Diane Leigh of Hamilton, grandchildren, Stephanie, Wesley, William and Suzanne, and four great grandchildren, all of Ontario Canada.

Homer worked for C&P Telephone Co.

in McLean for 30 years as a PBX installer. After retirement he enjoyed working parttime on the farm with Muncaster & Payne in Hamilton.

The family received friends at Hall Funeral Home in Purcellville on July 22. A graveside service was held July 23 at Hillsboro Cemetery in Hillsboro.

Memorial contributions, in lieu of flowers, can be made to Hamilton Volunteer Rescue or Fire Department.

Please visit www.hallfh.com to express online condolences to the family.

Loudoun Interfaith Relief – And County's Kids – Recipient of \$10,000 Harris Teeter Donation

- By Andrea Gaines

Loudoun Interfaith Relief is Loudoun County's largest food pantry. In recent weeks they received a generous \$10,000 golf tournament gift from Harris Teeter as part of their "10 For 10" campaign, designed to raise \$10,000 in ten months to help feed children over the summer months.

Many children in Loudoun County and communities across the country are at risk for going hungry as the school year ends. During the school year these children qualify for free meals based on income. In the summer they are left without this important nutritional support.

"When we heard about 10 For 10, we told LIR that we wanted to use a portion of our tournament's proceeds to match all donations made to the campaign up to its original goal," said Catherine Becker, communication

manager for Harris Teeter. "We're thrilled to make this contribution, and we will continue to support Loudoun Interfaith Relief's efforts to feed the hungry of Loudoun County."

LIR distributes extra food to families with school-aged children through its Summer Pack Program. The goal of the 10 For 10 campaign was to raise \$10,000 in 10 weeks to continue to feed children over the summer months, when free and reduced-priced meals through school are not available to them. Thanks to the generous support of the Loudoun County community and Harris Teeter, Loudoun Interfaith Relief raised \$21,000 and will be able to provide over 3,000 families quality, nutritious food this summer.

For more information about Loudoun Interfaith Relief and how you can help fight hunger in Loudoun County, please visit www. interfaithrelief.org.

Remembering Josephine (Jody) Haag

Josephine (Jody) Haag, 73, died July 21 of pancreatic cancer at her home in the loving care of her family, surrounded by music, love and the close proximity of her beloved garden.

A longtime resident of the county, Jody came to Loudoun with her family in 1976 after four years with Peace Corps in Fiji and Afghanistan. In 1979, after three years in Waterford, the Haags settled in Hamilton.

Jody was born Jan. 3, 1941, in Philadelphia PA and moved at a very young age to her mother's hometown of Shenandoah, PA. At age of 7, she moved to Tucson, AZ, where she met and later married her husband of 52 years, Richard. The early years of their marriage were spent in Hawaii where Richard was pursuing a doctorate at the University of Hawaii.

Many members of the community knew Jody well from her years of working at the Village Market in Hamilton, the former IGA store in Purcellville, and, for the past several years, at The Natural Mercantile in Hamilton, where her smiling face and warm friendliness endeared her to the many customers she assisted.

Jody was also frequently seen at the many musical performances of her son and daughter and grandson, her proud smiling face and enthusiasm never failing to make her new and fast friends. Reflecting on Jody, one thinks "abundantly giving and



She loved to garden and wanted nothing more than to see her family together enjoying a home cooked meal. She often spoke of her delight in each new day and was invariably bright and positive; a trait she displayed to the very end. Someone who knew her well aptly described her as, "the personification of love."

In addition to her husband, Jody is survived by a son,

Troy Haag and his wife Paula, of Front Royal; a daughter, Heidi Haag Novak and her husband Greg, of Tucson; a grandson, Maxfield Haag, of Ashburn; granddaughters Rachel and Chloe Haag, of Tucson; and granddaughter, Tawny Vaught of Wilmington, N.C.

A memorial for Jody is being planned for a later date at Goose Creek Friends Meeting in Lincoln. Please contact royandpaulahaag@gmail.com with your information and they will notify everyone when details have been finalized.

Donations can be made in Jody's memory to the Foundation of the State Arboretum (FOSA) either online at: http://blandy.virginia. edu/our-foundation/online_payments or mailed to FOSA, 400 Blandy Farm Lane, Boyce, VA 22620. Phone number is 540-837-1758.

Arrangements made by Hall Funeral Home, Purcellville. Please visit www. hallfh.com to express online condolences to the family.

Kitchen Science Kids: Oil and Emulsions

- By Leah Enright

Oil is a prime ingredient in many of my fun activities. Why? Oil is not quite like anything else. It makes things soft and slippery, shines wood, and doesn't mix with water, right? Well, these are true, most of the time. Let's perform an activity to see what I mean.

You'll need:

- -An empty bottle with lid, (such as a water bottle)
- -Cooking oil, (such as vegetable or canola)
 -Liquid dish detergent
- -A drop of food coloring, (if you have it)
- -Permission from an adult to make this mess **Steps:**
- 1. Add a few inches of oil to the bottle.
- 2. Drip in one drop of food coloring.

What happened? Chances are, that drop of food coloring sat on top of the layer of oil and did...nothing. Just sat there. Didn't mix and mingle, get to know the neighborhood-just kept to it self. Now, layer in some water from the tap, put the lid on tightly, and give the bottle a few good shakes. The food coloring,





which is made of coloring and water, will eventually join with the water you added. However, no matter how long or hard you shake, the oil and water will remain separate. (They will blend temporarily, but after a little while the oil and water layer will again become separated. Why? Oil and water are made differently-they can't mix, and water can't dissolve oil on it's own.)

Activity 1:

- 1. Pour a small amount of oil in your hands.
- 2. Rub your hands together, as if you were washing them.
- 3. Now rinse with just water.
- 4. Feel your hands-they should feel greasy So, we see that oil and water don't mix, and water alone can't remove oil. You know what to do-break out the soap. Wash your

hands with soap, and now they are soft and clean. How did soap make the difference? Let's see:

Activity 2:

Open your oil and water bottle. You know that the oil and water didn't mix alone. Let's see what happens if we add soap. Add a small squirt of soap, close the bottle and shake again. Something different happened. Now it looks like a milkshake in there. Wait a while and you'll see that the oil and water are definitely mixed. This is because the soap has acted as a binder for the water and oil, and allowed them to blend. This is called an emulsion. Soap allows oil and water to mix together, and stay that way . . . or emulsify. Examples of emulsions are all around, such as salad dressings, shampoos and mayonnaise. So, when two liquids that don't normally mix, are mixed-we call it an emulsion.

When she's not writing, Leah Enright uses her emulsions in her kitchen at home, and at the Hair Cuttery in Purcellville where she works as a stylist.

Answers to puzzle from page 29 1 C 2 R 3 O 4 C 5 I 6 V 7 A 8 S 9 E 10 S 11 P 12 A 13 S 14 R E A R M 15 A L A S 16 W E P T 17 O N T A P 18 T A L C 19 A R E A R 20 C O S M E 21 T I C S U 22 R G E R Y 18 B 18 L O C K A D E 18 B 18 C S T 18 W 18 T 18 C S W 18 C S

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