

## With The Name “Hammer,” He Was Born To Be A Deputy

- By Hannah Hager

One could say Bill was born to be a Sheriff’s deputy. With a name like Shellhammer, how could he not have been predestined to live a life laying down the law?

Purcellville resident William “Bill” P. Shellhammer died in his home Dec. 16, aged 80. He was a retired Loudoun County Sheriff’s deputy, a former Vienna Police Department deputy and a U.S. Marine Corps veteran who served during the Korean War.

These days, if a Sheriff’s Deputy knows you by name it indicates that you are a delinquent or a malefactor who is up to no good. In Shellhammer’s heyday, however, it was a mark of his sharpness of mind.

Shellhammer knew every kid by name in 1960s  
*Continued on page 28*



Deputy Shellhammer patrolling in Vienna, 1960s.

## Mayor Fraser To Present State Of The Town Address Jan. 12

Purcellville Mayor Kwasi Fraser will present the annual state of the town address for the first time to the citizens on Monday, Jan. 12, from 7-8 p.m. at the Purcellville Town Hall. The family-friendly address will be followed by a question and answer session. Mayor Fraser is optimistic on the challenges that lie ahead. “As stated in our newly adopted mission statement; as stewards worthy of community trust, we work to discern, define and implement an agenda to nurture and preserve our resident’s quality of life. Our state of the town address is a step towards garnering that community trust via open communication with our citizens on the strengths, weaknesses, opportunities, and threats that are before us, along with our plans to realize the vision of Purcellville where history and progress intersect and people prosper,” said Fraser.

The focus will be on key accomplishments, challenges, opportunities and goals for the next 12 months. Sign up for the mayor’s town newsletter on PurcellvilleVa.com.

## 2015: A Year For Looking Forward

- By Hannah Hager

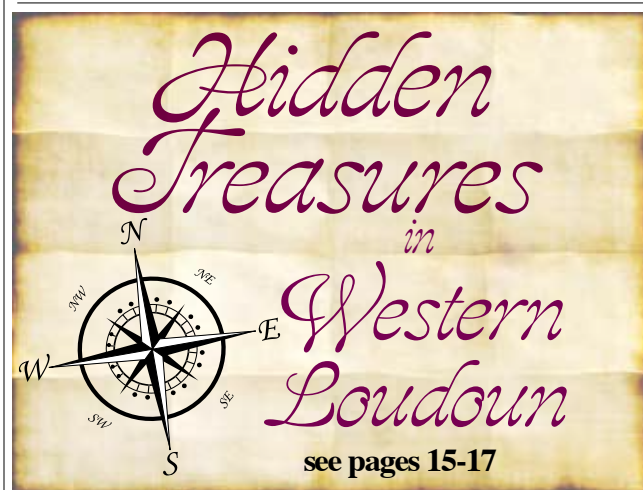
It wasn’t on the same scale as the famed ball drop in New York City’s Time Square, but Loudoun had its own New Year’s celebratory Town Square – Lovettsville’s Berserkle in the Squirkle. Loudouners across the county ushered in the New Year with great enthusiasm and varying displays of celebration. And there’s much to celebrate as 2015 holds great promise as western Loudoun continues to take shape as one of the best counties in the nation. From family comedy shows at Franklin Park’s Center for the Arts to Lovettsville’s Berserkle in the Squirkle, we truly know how to bid Auld Lang Syne. Here’s a look at how some of you marked the occasion.

### Lovettsville

More than 100 people attended Lovettsville’s Third Annual Berserkle in the Squirkle, which kicked off with a 5K  
*Continued on page 6*



Participants in Lovettsville’s Berserkle in the Squirkle.



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## Coping With The Post-Holiday Blues

- By Michael Oberschneider, Psy.D.



The holidays are over and a new year has just begun. For many this is a time of joy and rejuvenation, but for many others, this time of year can be very difficult. Seasonal Affective Disorder, also known as “The Winter Blues” or “Winter Depression,” is a type of depression that affects over 10 million Americans each year. And research has shown that 10 to 20 percent of folks may struggle with a milder form of SAD.

SAD is a depression that occurs based on seasons; symptoms for the winter variant begin in the fall and dissipate by spring. Women are impacted more than men, and the condition typically begins around 20. SAD symptoms include: Weight gain, oversleeping, having an increased craving for carbohydrates, irritability, having an increased sensitivity for rejection, sadness, anxiety, fatigue/low energy, having an overall sense of heaviness in the arms and legs, oversleeping and lethargy.

Here are some tips to consider if you or a loved one is currently struggling with the winter blues:

Decreased exposure to sunlight and changes in one’s biological clock and changes in Serotonin levels are believed to

be the main two causes of SAD. Thus, exposure to light is the go-to intervention for the treatment of SAD. Phototherapy or bright light therapy has been shown to suppress the brain’s secretion of melatonin, and many people respond to the treatment. The

device most often used today is a bank of white fluorescent lights on a metal reflector and a shield with a plastic screen. For mild symptoms, spending time outdoors or arranging one’s home and workplace during the day to receive more sunlight may be helpful. One study found that an hour’s walk in winter sunlight was as effective as two and a half hours under bright light.

Exercise is probably the last thing one wants to do if depressed, however, research has shown that physical activity can help with anxiety and improve mood. An exercise plan should always be reasonable and attainable, especially if one is depressed. So, instead of a gym membership to start, perhaps starting out with a project in the house, running errands or going for a walk around the block is the way to go. Establishing an exercise routine and sticking to it is what is most important for getting oneself moving and more active.

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## The Loudoun County Makers Movement

How People Who Love To Tinker, Invent And Dream Are Shaking Up Our Economic And Social Landscape

– By Andrea Gaines

Look up his LinkedIn profile and you'll see that Loudouner Patrick Scannell describes himself as a "Maker, Technology Strategist, Product Innovator" in the Washington, DC area.

The technology and innovation part of Scannell's LinkedIn calling card certainly makes sense for the resident of county that is home to the Dulles Technology Corridor – "The Silicon Valley of the East." It is likewise compatible with a place that has a long history of agricultural innovation, and works closely with research powerhouses such as Virginia Tech.

But, what exactly is a "maker" – the curious third leg of how Scannell describes himself on LinkedIn's professional networking website? And, what is that term's relevance to a county so rich in history and all of the things that happened before. A county that many see as a place where one can leave the worst of the modern world behind and retreat back in time, happy to go home to that every night?

Makers are part of what is known as The Makers Movement; a growing community of individuals networking both virtually and literally to share ideas about the things they make or want to make, the problems

that they want to solve, the roadblocks and avenues to success they find as they go about their merry personal, family and workplace way.

Makers work their magic in their basements, in their classroom, within their company's R&D space and in cyberspace – not just about everywhere, but, literally, everywhere.

The movement spurs everything from technological advances to advances in manufacturing to solutions to a family's everyday household needs.

As Scannell's website says, "We are makers, entrepreneurs, inventors, geeks, artists, thinkers, tinkers, [do-it-yourselfers], engineers and some normal people."

And, Scannell himself notes that being a maker is about "sharing everything you know." It's also, he says, about empowering people to pursue really big ideas "without having to sell their house," or, for smaller capital needs "without having to sell off a favorite pair of skis." And, Scannell sees the maker movement as a way to act on the pursuit of happiness concept so prevalent in American culture. As a maker, he says, "You can find a connectedness to others, satisfy your needs for personal growth and be a part of something bigger than yourself."

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## Liberty In The 21st Century

– By Malcolm F. Baldwin

Our elected leaders frequently express thanks for the “blessings of liberty,” reminding us of the importance of adhering to our founding fathers’ “original intent” as expressed in the Constitution. But what, exactly, is “liberty,” and what guidance would the founders offer us in facing today’s complex issues?

Within only a few years of independence from Britain and governed by the separate and diverse authorities of the sovereign states under the Articles of Confederation, Virginia’s James Madison and George Washington (among others) expressed grave concern – especially after an uprising in Massachusetts known as Shay’s Rebellion -- that the decentralized powers of the Confederation lacked coherence in economic matters and the authority to quell unrest. And so they sought to spur the development of a national government that would supersede the powers of each state in key areas, while maintaining state authority in others.

We hear a lot these days from our state leaders about “the Virginia way,” a concept not well defined that seems in practice to rely mainly on private back-room debate and deal-making among politicians as the path to decision-making on complex 21st-century issues and an era of open government never envisioned by the founders.

Perhaps Madison should be credited with the first expression of a “Virginia way” when he came to the Constitutional convention with his “Virginia Plan” that might surprise today’s state legislators: It recommended giving the federal government the power

to veto any state law, and to appoint state governors – both positions well beyond what was eventually written into the Constitution. The state militias – the only military forces that existed in the 1780s after Congress disbanded Washington’s Revolutionary Army – were to be controlled by the national government. (These were, of course, the citizen militias that were later referred to in the Second Amendment as the basis for the right to bear arms.) Liberty – to Madison, Washington and the signers of the Constitution – meant measured restraints upon discordant states, their fractured financial systems, citizen rebellion and restrictions on interstate trade and commerce. Enacted after much debate and discord, the Constitution embodied compromise on many issues and failed to resolve others – including slavery – leading to ongoing struggles and the need for multiple later amendments.

Today, many vocal advocates of protecting liberty and adhering to the “original intent” of the constitutional framers invoke the views of one Virginian who declined to attend the Constitutional Convention: Patrick Henry. He is now famous mainly for “Give me liberty or give me death!” – a cry aimed specifically at freedom from the yoke of King George III. As a former governor of Virginia in 1787, Henry saw the Constitutional Convention as a dangerous step toward establishment of an American monarchy, and in 1789 he argued against ratification of the Constitution. But later he participated in drafting the 10 amendments of the Bill of Rights, and after the French Revolution

he came to fear unfettered mob rule and favored John Adams and the Federalist Party against what he considered to be the dangerous states-rights resolutions of Kentucky and Virginia during the Washington administration. One wonders how many Patrick Henry devotees are aware of this interesting evolution of his positions.

What does this history mean for Virginia today as constitutional debates continue amidst pious declarations about liberty? Clearly, concepts of liberty have expanded. We at last freed the slaves with the 13th amendment, and by enacting the 14th amendment guaranteed all citizens protection from state as well as federal denial of the rights of life, liberty, property without due process and equal protection. Much later, we granted women the right to vote. Finally, with several Supreme Court cases and the Civil Rights Act of 1964 and Voting Rights Act of 1965, we began to make real the rights of African Americans that for a century after the Civil War and Emancipation Proclamation had been barred in the South and more subtly discouraged in the North.

Today, debates about “liberty” continue to incite passions on both the left and the right over such wide-ranging issues as election finance and voting rights, health care, education, taxation, guns, environmental protection, public works, marriage equality, reproductive rights and religious expression. These issues, largely unforeseeable to our founders, evolved amid expanding knowledge, technological change, globalization and vastly increased population diversity. Addressing them

requires thoughtful political leaders to engage in principled and respectful discussion of tough and complex issues, not just vague expressions of support for abstract notions of “liberty.”

In Virginia a new legislative session will soon begin, with expanding Medicaid near the top of the governor’s legislative agenda. Unlike 28 states, including eight states with Republican governors (and three more considering it), in Virginia our 33rd District Delegate David LaRock and his Republican colleagues have thus far voted against allowing 400,000 uninsured citizens the benefits of health insurance that would be largely paid for by the federal government. (In most countries – including many with far less liberty and prosperity than ours • access to basic health care is considered a fundamental human right and a public function.) Parsimonious support for public schools and Delegate LaRock’s proposed tax credits for home and private schooling families would diminish state funds available for public education. How “liberated” do daily commuters feel when our Delegate tries to reduce funding for public transportation? (Will we be visited this year once again by that big pig Mr. LaRock drove around to illustrate his opposition to Metro?) And did his support for that notorious requirement for medically unnecessary trans-vaginal ultrasounds further the liberty of our women?

Let’s put real meaning into our regard for liberty through concrete action grounded in the human values that our founders so ably began to advance more than two centuries ago. That, surely, is the “Virginia way” we should all endorse.

# Blue Ridge LEADER & Loudoun Today

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**PUBLISHER & EDITOR**  
Valerie Cury

**CREATIVE DEPARTMENT**  
Meredith Hancock, Layout/Design

**ADVERTISING**  
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**EDITOR:**

(letters to the editor & press releases):  
[editor@BRLeader.com](mailto:editor@BRLeader.com)

**SPECIAL EDITORIAL**  
Andrea Gaines  
[andrea@andregaines.com](mailto:andrea@andregaines.com)

**HOT NEWS TIPS:**  
Valerie Cury, (703) 943-8806,  
[tipline@BRLeader.com](mailto:tipline@BRLeader.com)

**WEBMASTER:**

[webmaster@BRLeader.com](mailto:webmaster@BRLeader.com)

**MAILING ADDRESS:**

PO Box 325, Purcellville, VA 20134-0325

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**WE WELCOME YOUR LETTERS TO THE EDITOR:**

Submissions may be sent to  
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Please include your name, address and telephone number.

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

## View From The Ridge - Correct Course And Review The Comprehensive Plan

– By Andrea Gaines

Like a ship lost at sea, many residents of Purcellville see the development patterns in and around town as having drifted dangerously off course.

The Autumn Hill/Mayfair development – which resulted in the annexation of previously open land, is one example of this drift. The Vineyard Square development project, which, if built, will in one fell swoop fundamentally and permanently degrade the historic nature of Purcellville’s downtown.

Town-based communities in Loudoun County are required to develop the planning and zoning document known as a Comprehensive Plan – a blueprint that directs both where and how development will occur, and provides protection for the historic and environmental resources communities have identified as essential to how they see themselves today and want to define themselves in the future.

Depending on whom you talk to, these communities – including Lovettsville, Leesburg, Middleburg and Purcellville – have managed to keep their growth patterns on course ...or not; inspiring and accommodating

growth while preserving what is unique and economically beneficial to the community as a whole, or failing to do so.

The storm-strength winds, currents and tides of growth rolling through western Loudoun County are formidable. And, as evidenced by the possible loss of much of its historic downtown, Purcellville is struggling. Hundreds of millions of dollars are at stake. Major zoning changes are being proposed, housing and commercial densities are being increased, special exceptions are becoming more and more common, and things that in prior years would have required formal amendment to the citizen-driven Comprehensive Plan are being decided “in committee.” This includes major proposed changes to the zoning in the Hirst Road corridor. Developers, town staff and some on council, are pushing for these changes while sidestepping repeated calls for a thorough Comprehensive Plan review first. Citizens need to know that this is the scenario that resulted in the approval of the Vineyard Square development – an outcome that few wanted and even fewer saw coming.

*continued on page 20*

## Letters To The Editor



THS Key Club Donation Pickup

### LCPS Head Start Program Gives A Big Thanks

Dear Editor:

The Loudoun County Public Schools Head Start Program would like to acknowledge the many businesses, families and organizations that donated holiday help to students enrolled in the Head Start Program. These children live at the poverty level and often their families struggle to afford such necessities as food and clothing.

The Head Start Staff would like to sincerely thank:

- AutoNation Toyota Scion Leesburg
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- AARC (Ashburn Area Running Club)
- Aparicio Family
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- McDougall Family
- Steve Jacobus, Shari Menefee and the Red Knights Motorcycle Club
- Kim Goodlin and the Fellowship Group from Loudoun Valley Church of the Nazarene
- Mr. Brian Bednarski and the Tuscarora High School Key Club
- Student Ambassadors and school community of Cedar Lane Elementary School
- LCPS employees from the Administration Building, Assistive Technology, Head Start, and Union Street
- LINK Inc. and the Community Holiday Coalition also provided assistance to a number of Head Start families.

We extend our Happiest New Year wishes to all of the businesses, families, and organizations noted above who helped make this holiday so much happier for so many families in our community.

### Advice To Developers

Dear Editor:

We know you want to make money and lots of it. But across America citizens are fighting back. Please don't destroy our quaint little town. Tough! We need progress. More homes, more businesses mean more income for town officials.

In every election since Loudoun became a bedroom community, developers and politicians became close friends. Lots of money was spent to get developer friendly politicians elected. So here was what the developers need to do to save face with the elected officials. Simply double or triple your density, building heights, water privileges, roads, and so on, knowing that you can "settle" for what you really need.

Next time there is a hearing, the developers can "back off" just a bit. Still the citizens will not be satisfied. So after a few more hearings, even lawsuits, you can advise the population that the town successfully reduced the developers plans. Hooray for the citizens. They are pleased. And the developers got what they wanted - corruption and deception begins at the local level. Stay alert.

A. Kevin Carbone, PhD  
Bluemont

### Zoning War Confusion

Dear Editor:

It is often amazing to read articles covering meetings that seem far different than those I attend. A good example was your recent article "Zoning War Coming To A Head." First, while it may make good press to suggest that there is a confrontational relationship between the mayor and me, the fact is that we have had and continue to have a strong and good working relationship. Reasonable minds may disagree, but when there is respect for each others point of view, then there is not animosity between the parties. The two items I made a motion to remove from the agenda were discussed briefly before and more thoroughly after the meeting with the mayor to make sure he understood fully why I did not believe the Efficiency Review and Real Parties of Interest were not ready for discussion (for those who didn't attend the meeting, the reason I stated was no staff report or additional information provided beforehand to prepare us for discussion and no council members were yet to be assigned to the council task items). I would welcome the two items in the future when citizens and council members are adequately prepared to discuss the matters and we have council members championing the items.

Second, there is no "Zoning War" coming, nor are there any "pro planning, pro citizen" contingents on the Town Council. The only zoning use issue raised was by council member McCollum, not me, to allow the planning commission time to complete its "Uses Review" so that residents and town council will have the results of their review in a format they deem appropriate to allow an informed decision by council after citizen comments. I commented during discussion that the appropriate forum for personal requests by members of council is during planning commission meetings, not during town

council meeting, since the work is being done there. I would also note all planning commission recommendations and council consideration thereof have been, and will be, open to citizen comment before recommendation or action.

Finally, while I appreciate your covering these civic items that can impact our town, I would encourage you to stress the collaborative efforts, and not attempt to create division and community uproar at a time when the council is working hard to build unity. I very much appreciate the hard work of our planning commissioners, staff, the mayor, my fellow council members, and the public who are engaged as we work together for a better Purcellville.

Ben Packard  
Purcellville Town Council

Editor's Note:

*The Blue Ridge Leader and Loudoun Today appreciates all points of view on the issues facing western Loudoun and its citizens, including Councilmember Packard's.*

*On the issue of Real Parties of Interest, as previously reported and verified via audio recording, Councilmember Packard removed the issue from the town council's meeting agenda, indicating that it had been "previously discussed." That assertion is incorrect. The question at hand was whether Purcellville should join the county, towns such as Leesburg and states such as Virginia in adopting specific Real Parties of Interest Disclosure by requiring that all parties associated with a development proposal coming before town disclose all parties involved in a particular project, for example they would have to list all investors, attorneys and everyone involved financially in a specific project.*

*On the issue of the mayor's request for a Comprehensive Plan review, the question at hand is how to keep development patterns in line with the vision of the citizens as codified in the plan and implemented by the zoning code. Purcellville's planning commission is currently considering zoning use changes that many see as incompatible with that vision. It is therefore appropriate, in the minds of many that a Comprehensive Plan review be conducted prior to wholesale changes that may not meet the community's goals with respect to land use. A typical comprehensive plan review, in reality can take one year or less - if government leaders make it a priority.*

*The Blue Ridge Leader and Loudoun Today, too, believes strongly in the critical role the media plays in reporting on the innermost workings of local government. However, it is inappropriate for a newspaper to stress the "collaborative" side of an issue over those government activities and proceedings that may tell a different story. We seek to give citizens an open window on what has occurred, not avoid the "division and community uproar" that might come as a consequence of our reporting on a particular issue.*

### A Loudoun Civics Lesson: It Pays To Have Money

Dear Editor:

Having spent an evening at the Loudoun Planning Commission monthly meeting Dec. 16 to listen and participate in the exception application for the helipad on Egypt Farm, I came away much more knowledgeable about how the exception process works and gained additional knowledge about helipads and helicopters.

Some items presented by the Helipad/Helicopter applicant Charles Kuhn or his designated helicopter expert are:

- I didn't know this but to satisfy the exceptions bylaws, an exception for this area can be granted only if it's for agricultural use. The answer: Mr. Kuhn needs the helicopter to monitor his cattle on his Egypt farm Ponderosa. Really. Wonder if they'll be a cattle drive through our neighborhood? The fact his moving company operates out of Maryland and also has a helipad has nothing to do with his need for a helicopter. Nah, no way.
- I didn't know this but bald eagles, 10 of which live on the flight path of the helicopter, actually like helicopters. Yes, they like to fly right with them - or so says the expert Mr. Kuhn had present for most of the session. I hope the bald eagles don't fly too close.
- I didn't know this, but you can be 16 years old and fly a helicopter. And guess what, Mr. Kuhn has a 16-year-old son. Many public speakers including myself spoke of being "buzzed" by this helicopter already and seeing the helicopter flying at all times and sometimes even landing at parties. Hope one of us doesn't end up like the mother and two young children who lost their lives a few weeks ago when a small plane crashed into a home.
- I didn't know this, but according to one public speaker, a helicopter will be a benefit for the historical nature of the area. Silly me, I thought it was the Civil War being honored along Snickersville Turnpike, now I know it's Vietnam, too- with real life enactments of helicopters suddenly rising above the tree line from nowhere.
- I didn't know this but hot-air balloons are considered more of a public hazard than a helicopter. It was pointed out by the public that a hot air balloon exception was denied by the board in the past yet it's OK for a helicopter to be buzzing around the neighborhood. Of course, hot air balloons are much more dangerous, loud and less aesthetically appealing - Not.
- I didn't know this but the Blue Ridge representative to the Planning Commission, Charles Douglass, has quite a history of flying planes and helicopters he let it be known throughout the

*continued on page 6*

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hearing about his past to the point he was cut short twice by the chairman of the Planning Commission due to time constraints. Maybe Mr. Kuhn will give him a chance to fly his helicopter, as that's how excited Mr. Charles Douglass seemed to be with the chance to speak about this application.

- I didn't know this but it's up to the public to monitor personal use of a helicopter. We were advised to take pictures if a helicopter is buzzing too low and carry a decimeter to record sound levels. And I didn't get a decimeter for Christmas. Also, if we are so lucky to capture a picture or record a decibel level, we can submit a complaint to some agency. What happens once the complaint is lodged, no one on the board or any of the experts knew the answer. But heh, these are trivial matters. Let's move on.
- I didn't know this, but it's OK to have a helicopter for personal use because there are already helicopters flying above us from the military and paramedics as pointed out by Mr. Kuhn's expert. I also didn't know this, but it's OK to have a helicopter because motorcycles make a lot more noise and are used more frequently than a helicopter would

be as pointed out by a member of the public. Two wrongs do make a right. Silly me.

- I didn't know this, but as the very last public speaker pointed out, it doesn't matter what the greater good of the public might be. The speaker pointed out no one but one person benefits from this helipad/helicopter and that's Mr. Kuhn. The speaker pointed out even those who were in favor of the application don't benefit, they are just willing to tolerate the helicopter. Further, it was pointed out many of us chose Loudoun Blue Ridge District as our home knowing full well our commutes will be longer but we chose that as our option anyway.
- So what's the final civics lesson learned? The answer: A successful exception to the way the rest of us have to live is not about the public will, it's not about safety, it's not about preserving agriculture or farming, it's not about preserving historical sites or the environment, I wonder if it's all about the money, what else could it be? So remember that in case you wonder why the planning commission decision so easily passes when logic should dictate the opposite. All I can do now is express my displeasure at the ballot box.

Steve Dunkleberger  
Purcellville

2015, continued from page 1

Family Fun Run on the Town Square, which is affectionately and colloquially referred to as the Squirrel. Participants wore creative gear, costumes or tricked out their strollers and prizes were awarded for funniest hat, best costume, best decorated stroller, best dressed dog, wildest hair, most serious runner and best family costume. The event was hosted by the town's "We're in Lovettsville Business and Tourism Committee" with vendors on pit row including the Lovettsville Lions Club, Lovettsville Game Protective Association, Donald Peyman Realtor, Lizzy Fontaine/Thirty One, Coalition to Salute American's Heroes, Heather's Kids, and the Lovettsville Library. Throughout the race, participants were selected at random to receive prizes that had been "re-gifted" from other participants. Examples included a pair of pink socks, color by numbers, a pink LED flashlight, a can of soup, a box of chocolates, and a chalkboard horse statue.

#### Purcellville

Laughing Your Way to the New Year

What better way to ring in the New Year than with laughter? That's what patrons of Franklin Park Arts Center's New Year's family celebration enjoyed. Wholesome showings were presented by the LVHS Comedy Cult improv and The Funny Guy, Paul Hadfield. Excitement was provided by refreshments, party favors and glow necklaces.

#### Leesburg

A Winter's Tale

Leesburg's Arts in the Village Gallery continues to usher in the New Year with an all-artists exhibit, The Winter Palette, featuring bright and vivid colors popping from backgrounds of wintery neutrals and gray. Visitors will be warmed by the bright offerings of the gallery's painters, photographers, potters, fiber, glass, wood and copper artists and more. And the party's not over yet. You can also check out the silent auction -- Come in from the Cold -- to benefit the Humane Society of Loudoun County.

#### Rockn' Noon Year's Eve

Sweet and Sassy, the premiere children's hair salon at the Village at Leesburg, primped their tiny patrons with a glittery NYE makeover with a rockn' up-do before enjoying a disco ball countdown and a Rockin' Glow in the Dark DJ Dance Party.

#### Winchester

New Years at Noon

Who needs a countdown at midnight when instead you could be catching some Zzz's? The folks at Winchester's Shenandoah Valley Discovery Museum that hosted a New Year's Noon Celebration on New Year's Eve where they hosted a countdown at noon. Kids were also invited to check out the touch-and-play exhibits and planned crafts and activities.

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# Nichols Celebrates 100th Anniversary

On Saturday Dec. 13 family, friends, fellow Purcellville businesses and customers celebrated Nichols 100<sup>th</sup> anniversary. Nichols Hardware Store has been in business and in the same location for 100 years now. A big thanks goes out to Re-Love It Consignment Shop's Michael Oaks and Kim Patterson-Oaks for helping to organize the celebration. Local photographer Sarah Huntington of Lincoln Studios was in attendance

taking great pictures – and had the documentary film by Lincoln Studios on sale along with colorful tote bags with one of her pictures of the Nichols Hardware community. Lori Connelly-De Franco spent over a weeks work designing and making the float – which was a small model of the store. The large cake was made by Joy Greenly who owns Joys Dream Bakery of Purcellville. It was delicious and enjoyed by everyone.



photos by Sarah Huntington

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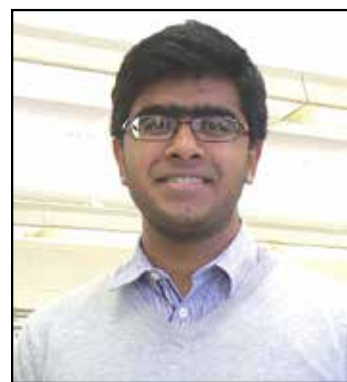
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# Middleburg Academy Students Accepted To NASA Center

Melissa Eom, Class of 2016 and Saketh Vellanki, Class of 2015 at Middleburg Academy have been accepted to the NASA Langley Research Center and the Virginia Space Grant Consortium Aerospace program which started Nov. 28, 2014. Melissa and Saketh will be participating in an online aerospace engineering course from Nov. 2014 to May 2015. Upon successful completion of the program, Melissa and Saketh could be accepted into an on-site summer research opportunity at the NASA Langley Research Center.

Another student at the Academy, Niketh Vellanki, Saketh's younger brother, Class of 2017 has been accepted into the Virginia Space Coast Scholars program that focuses on science, engineering, and technology integral to current missions at NASA Wallops Flight Facility and the Mid-Atlantic Regional Spaceport. The program features a dynamic online STEM learning experience in five modules and a seven-day residential summer academy at NASA Wallops Flight Facility on Wallops Island, Va. where scholars learn first-hand from NASA professionals.



Saketh Vellanki



Melissa Eom

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# It's A New Year – Show No Mercy

– By Sarah Nearis

It's 2015. A time for renewal, a time to take a fresh look at that thing called "your wardrobe."

Many women don't see the things in their closet as a wardrobe. But, they do know how their clothes, shoes and accessories make them feel. It's OK to miss the mark once in a while. But, they want to go for that good feeling – something on their body that allows them to enjoy the moment by making a good impression, on themselves.

So, as you begin the New Year, consider this novel idea – shop your own closet. Set aside some time to look through it just like you were stepping into your own personal boutique. Select the things that work, that make you feel good, and discard the rest. Here are

a few simple truths and three simple steps to get started ...

### 1. Facing Facts Will Make Things Easier

Cristobal Balenciga said, "Elegance is elimination." The first step in shopping your own closet is to get rid of all items that don't fit or you no longer wear. You love the item. You spent good money on it. It has sentimental meaning. You'll lose weight and wear it again. No. Show no mercy. Frame the item and hang it in your living room if you must, but eliminate it as a wardrobe choice.

### 2. Purging Will Free You

Lauren Hutton said, "Fashion is what you're offered four times a year by designers ... style is what you choose." The second step is to remove those items that are in poor condition, or short on style and

*continued on page 13*

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**Happy New Year!**  
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# Coalition Hires New Manager of Community Relations

The Coalition to Salute America's Heroes, a not-for-profit organization dedicated to rebuilding the lives of severely wounded veterans of the War on Terror, announced that Brandon Boyd has been hired as its new manager of community relations.

Boyd is a combat-wounded veteran of the United States Army. While on deployment in Iraq in 2008, Boyd suffered a severe TBI, T10 paraplegic and PTSD. After retiring from the Army, he worked at the Pentagon and the Mark Center as the COOP, emergency manager and assistant security manager for the Department of Defense. In July 2014, he left the government to found Restoration Homefront, a Virginia-based organization that provides resume-building, jobs, college and housing resources for veterans.

"I've seen the Coalition in action for years, including recently through my work with Restoration Homefront and



Front Brandon Boyd. Back from left to right Dana Bowman, former member of the U.S. Army Elite Parachute Team, The Golden Knights, and Brandon's wife Norma.

Operation SEAs the Day," Boyd said. "It's an extraordinary

organization doing life-changing work for wounded veterans. I'm grateful for the opportunity they've given me to continue to serve my fellow combat-wounded, and I look forward to getting out into the various communities here in the Northern Virginia/Maryland/DC Region to raise awareness of the Coalition's critical mission."

Boyd and his wife, Norma, are relocating to Lovettsville to be closer to the Coalition's headquarters office in Leesburg.

"Brandon is going to be a wonderful addition to our team, not only because he's a smart guy with experience in our field, but because he can relate on a very direct and personal level to the men and women we serve every day," said David Walker, president of the Coalition. "We couldn't have asked for a better fit for our organization."

For more information on the Coalition visit [www.saluteheroes.org](http://www.saluteheroes.org).

## Amy & Dan Smith's Planning For Life: Planning Your Will

— By Amy and Dan Smith

A will is a highly protected form of writing. The requirements for a valid will must not be casually regarded. With rare exception in Virginia, only the original of a will – not a copy – may be admitted to probate. To be admitted to probate a will must (1) be in writing, (2) signed by the testator (the person making the will) and (3) signed by two competent witnesses who were both present with the testator either to watch him sign it or to hear him acknowledge his signature. There is a popularly known exception for a will, which is entirely in the handwriting of the testator, called a "holographic" will. However, it is dangerous to rely on this exception because it is very narrowly applied by the courts.

The requisite formalities may not be strictly applied to wills made by persons in military service. Wills made by a person deemed of "unsound mind" or by a minor are not valid.

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AMY & DAN SMITH

manner of proving a will is for the will to include a notarized statement (an "affidavit") reciting that the formalities were followed. If a will is presented with such an affidavit attached, it is said to be "self-proving." Without the affidavit, the witnesses must appear personally before the clerk or may, in some cases, provide a written statement to prove the due execution of the will.

The will should name the executor (also called the "personal representative") and, if there are children under the age of 18, a guardian for the person and property of each minor child. An executor is required to give bond at the time he/she is "qualified" (that is, when he/she is appointed). The bond is a personal pledge by the executor in the amount set by the clerk that he/she will perform the required duties of the office. In many cases a "surety" will be required. A surety is a contract from an insurance company to protect the beneficiaries and creditors of the estate. A surety policy requires annual premiums until the estate is

settled. Increasingly, insurance companies are raising the requirements for issuing surety contracts making them more difficult to obtain. The will may waive the requirement for a surety. However, while the executor need not be a resident of Virginia, the surety requirement cannot be waived for a non-resident executor. This problem can be avoided by having the non-resident executor appoint a resident co-executor to serve.

The testator expresses his directions regarding the disposition of his estate in the will. The law allows the will to refer to a separate informal writing outside of the will to direct the disposition of items of tangible personal property, such as furniture and jewelry. It is important to note that the will has no effect on property placed in certain forms of ownership such as, for example, property in a living trust, in joint tenancy with survivorship, in accounts with pay-on-death designations, and life insurance and retirement funds with beneficiary designations. These forms of ownership supersede any provisions in a will.

Marriage, divorce and the birth of a child can affect the provisions of an existing will. Thus, in such situations, and upon a change in financial circumstances, the will should

be reviewed. A change to a will, called a "codicil," requires the same formalities as the will.

At the risk of sounding self-serving (admission: your author is an attorney), the do-it-yourself will and trust kits are not recommended. Dollars saved initially are often lost in fees and courts costs necessary to unravel self-made documents.

*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, 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](http://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.*

### Sarah's Closet, continued from page 12

long on fashion fad. Examples of this include clothes with stains, tears or missing parts (buttons, trim), anything with big shoulder pads, clothes that have a boxy "I'm trying to hide something" shape, or things that are over-embellished or over styled. In the first step you eliminated items for very practical reasons. As a result, the items you have left will need to work harder for you. Shoulder pads with too many bells and whistles won't cut it. Show no mercy.

#### 3. Sticking To Clothing Basics Will Save You

Yves Saint Laurent said, "I wish I had invented blue jeans: the most spectacular, the most practical, the most relaxed and nonchalant." The third step in shopping your closet is to organize your classics. Sounds like a cliché – the "little black dress," for example. But, it's not about clichés, it's about whittling down to a core easy to wear, feel good wardrobe. Hopefully this will include simple black dresses, nice black pants and leggings, two to three pairs of good jeans, a favorite

denim jacket (they are not just for the 80s), and a set of casual and fancy black, white or colored blouses and sweaters. Basics need to be comfortable and easy to wear, whether it's a nice dress or a simple turtleneck. Stick to this formula and see how you feel. Items you don't go back to time and again probably should have been bravely cast aside in steps 1 and 2.

Now, on to accessories, including jewelry, hats and scarves. For shoes, keep a pair of nude/neutral and black pumps. If you go lower in terms of heel height, keep a basic leather flat – ballet style or loafer. Keep your most simple all-weather boots and sneakers, too.

For jewelry, think simple studs and hoops, pearls and something with a little more daring such as a chandelier earring. If you are afraid of long earrings, keep a basic bold clip earring in your wardrobe.

For scarves and hats, keep your most favorite silks and wools, ones that can take you from winter to spring, and your favorite chunky ones appropriate for winter.

The 1, 2, 3 process here will not solve all of the wardrobe issues you might have developed over time, but it will help you feel better about how you look – impress yourself. Take some time in January to experiment with different combinations – that scarf with this blouse, that hat with that coat, those earrings with that dress or sweater. Put together outfits to emphasize your best features – a trim waist, great eyes, nice hips – not simply hide everything that's not so perfect. And, try focusing an outfit on the one item you'd like to pop – a colorful scarf, the perfect pair of shoes, a beautiful sweater. Think best actor with a great supporting cast. Fashion should be simple and easy – isn't that the way you want to feel?

*P.S. Sarah Nearis is a fashion stylist, fashion blogger & style expert. A graduate of Bay State College in Boston and The School of Style, Sarah's attitude is: "The moment you are ready to quit is usually the moment right before a miracle happens. Don't give up." Connect with Sarah on her All Things Beautiful blog: [sarahnearis.blogspot.com](http://sarahnearis.blogspot.com).*

## Below Zero At Virginia Tech

- By Mary Rose Lunde

Walking across the Virginia Tech Drill Field in the morning to get to class means one thing: Five minutes of below zero temperatures. The Drill Field is referred to as a wind tunnel in the winter and when you walk across in the dark it feels like the temperature is below zero. It's not, but it sure as heck feels it. Snow falling around you to the ground does not help, neither does the heavy jacket you swore would keep you warm. Wearing gloves, a scarf and fuzzy socks do nothing but prevent frostbitten hands, ears and toes. Suffice to say, going to a college in the mountains does have its downsides.

Blacksburg weather is bipolar at best. I've been told that all four seasons have happened in one weekend. From what I've experienced so far I don't doubt that. Though the question remains if it's going to be a "bad winter" or not. Last year, most of the East Coast of the United States was covered in snow for a majority of the winter months. Schools were out for over a week at a time. Some schools, like my high school, had to cancel midterms because of the number of days missed. Even colleges like Virginia Tech, which has only had 11 snow days since opened, had to cancel because the conditions were that dangerous. This poses the question of how bad this year's winter will be. How many days will be below zero and calling for snow?

Virginia Tech hasn't sent anything about what winter will be like, and as a freshman I have no idea what to expect. "I feel like it may be cold and windy as you walk across the Drill Field because I was told it was like a wind tunnel, but I think if you dress well and are prepared it will look really nice," my



LUNDE

friend Rachel Myers told me with sheer confidence. Like me she grew up in what is known as NoVa (Northern Virginia) and has dealt with harsh winters before. She has the right idea though; dressing warmly in multiple layers seems to be the most productive way of dealing with the cold environment.

**"Blacksburg weather is bipolar at best."**

Another friend and freshman, Brittany Miller, told me that she's not really sure if it will be a cold winter because it "wasn't cold when I walked across before we left [for winter break]." From what she sees now she said she thinks it'll be a warmer winter. Although

I would like to agree with her, I'm fairly uncertain about how warm or cold it will be. She is right though, up to winter break the cold weather hasn't been too terrible with the occasional day where it's too cold to walk outside longer than 10 minutes.

Personally speaking, I would rather have a cold winter if the snow is enough to have snowball fights and build snowman (cue "Do you want to build a snowman" from "Frozen"). If it's warm, so be it. It's already been a pretty green December. I'd rather have it snow a lot or not even bother. In any case, my advice is to bundle up in layers for the cold temperatures and if possible stay outside as briefly as you can. Also, a warm beverage such as hot chocolate with marshmallows and whipped cream or a steaming cup of tea are perfect for a cold winter day. Take it from me; a nice steaming cup of chamomile tea with honey is the easiest way to warm up, especially after walking across the drill field to get back to my dorm.

*Mary Rose Lunde is a freshman double majoring in biology and creative writing at Virginia Tech. She is a member of Chi Alpha and the knit and crochet club.*

## The Unparalleled Joys Of Travel

- By Samuel Moore-Sobel



MOORE-SOBEL

The holiday season is known for many things, such as spending time with family, opening presents and eating lots of food. Yet travel usually plays a part in the holidays as well. As many can attest to, traveling is not always as seamless as we would like it to be.

For the first time in more than a decade, my family and I decided to spend Christmas abroad. Before the trip, I felt nothing but excitement at the prospect of finally going on a vacation with my parents, brother and sister. Yet since I had not traveled in so long, I had conveniently forgotten the stark realities of air travel. First of all, you have to arrive at the airport hours before take-off, only to find out your flight has been delayed. Spending countless hours in an airport is not my idea of fun.

Passing through security also presents its own unique challenges. A special designated section within the airport filled with angry passengers removing clothing, baggage and an unending amount of liquids. Who can relate to having their bottle of aftershave thrown out because it exceeded the 3.4 ounce limit? That will teach you to wait to purchase toiletries until after you have arrived at your destination. Most irritatingly of all, everyone between the ages of 13-74 is required to remove their shoes. I understand and wholeheartedly support strict security measures to keep Americans safe, but do I really have to walk barefoot through the airport to achieve this goal? I, like most sane people, would rather not have people walk around with their stinky feet exposed getting athletes foot. Can TSA at least provide clothes pins to deaden our sense of smell?

Finally arriving at the gate, nothing rivals the experience of sitting in the hard and uncomfortable airport chairs while listening to the airline employee yelling and mispronouncing the names of everyone and their brother over the loudspeaker asking them to report to the desk. To top it all off, you are then forced to sit next to someone who looks and smells like they haven't showered in days. Of course this person desperately wants to talk even though you would rather just read a book. This was the point at which I began to question the wisdom in traveling during the holidays.

I suspect that this is how most of us feel about traveling. I feel bad for those

who are forced to undergo this yearly ritual simply because they have chosen to live far away from their family. This might rule out taking a job that is not within a few hours from my parent's home after graduation. In all seriousness, though, I wonder for the amount

of money we all pay to travel during the holiday season if a way could be found to make the process more enjoyable. With the

amount of creativity and ingenuity that we possess in this country, it seems something could be done to improve the way we travel.

Once we arrived at our destination, my regrets quickly faded. It turned out to be the best Christmas in recent memory, away from the hustle and bustle of Northern Virginia, spending precious moments with my four most favorite people in the world. Yet on our way home, things took an interesting turn. Of

**"Who can relate to having their bottle of aftershave thrown out because it exceeded the 3.4 ounce limit?"**

course our flight was delayed, and we had to be rerouted to a new destination. We finally reached our connecting flight, which only lasted an eventful hour and eight minutes when a young man had a medical emergency near the end of the flight. When the pilot announced that "the authorities," were coming onto the plane, most safely assumed this meant paramedics were coming to attend to the young man. Instead, a gasp could be heard from the passengers after our eyes were greeted with the sight of two police officers walking through the aisles in an effort to apprehend a man sitting in the far back of the plane. Wait a second, you mean to tell me that we just spent an hour and eight minutes in the air with a man who could possibly be a criminal? I thought that was why I had to take my shoes off! Next time can I keep them on?

So for those of you returning home in the New Year, beware. The joys of travel contain more perils than you think, or more adventures, depending on how you look at it. That itchy foot could be leftover from the last trip and not a sign of wanting to take to the skies again. You never know who you will be sitting next to, unwashed friend or foe? I doubt that the New Year will bring us any less travel woes than the last, yet hope springs eternal.

*Samuel Moore-Sobel is a junior at George Mason University. He is majoring in government and international politics.*

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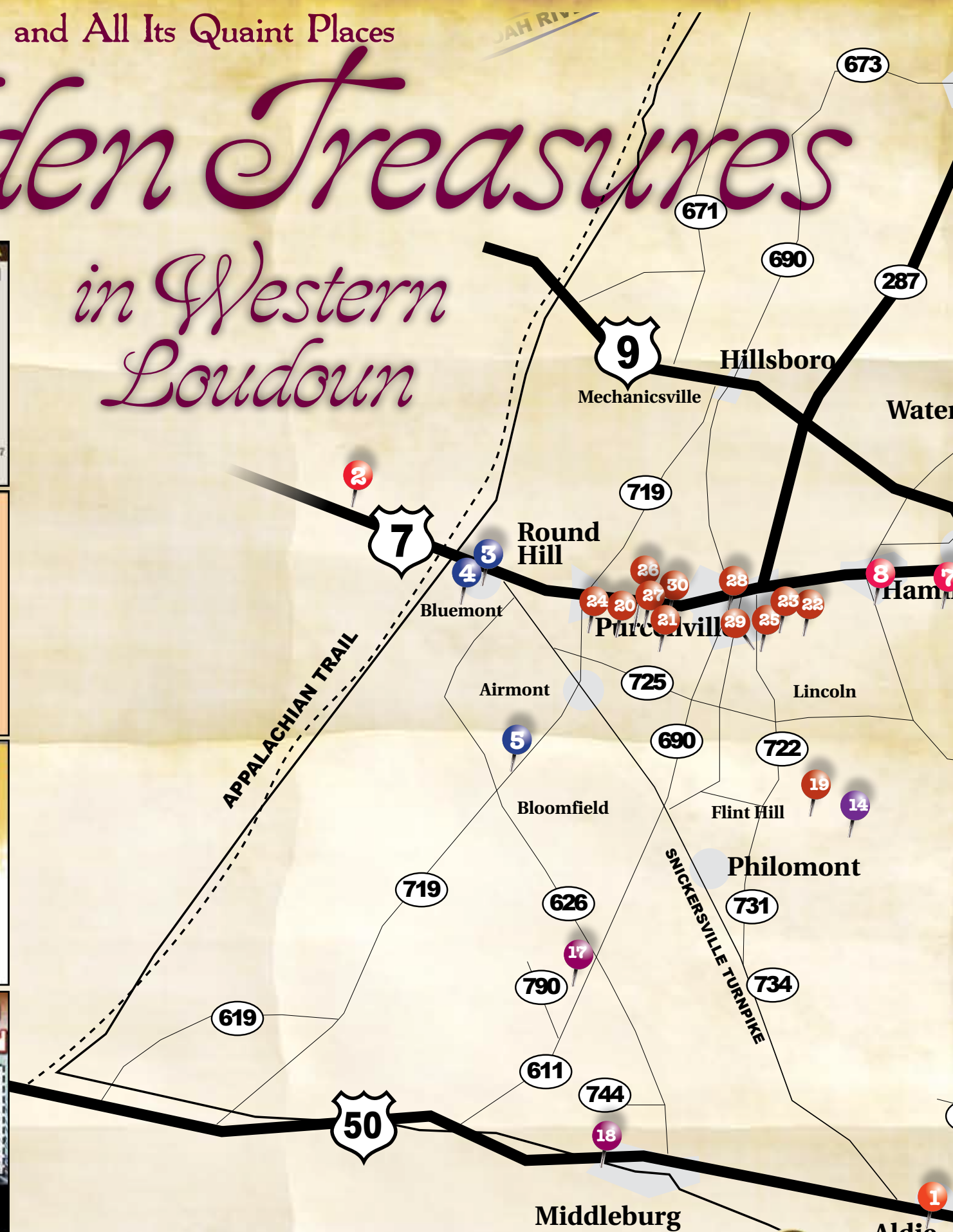


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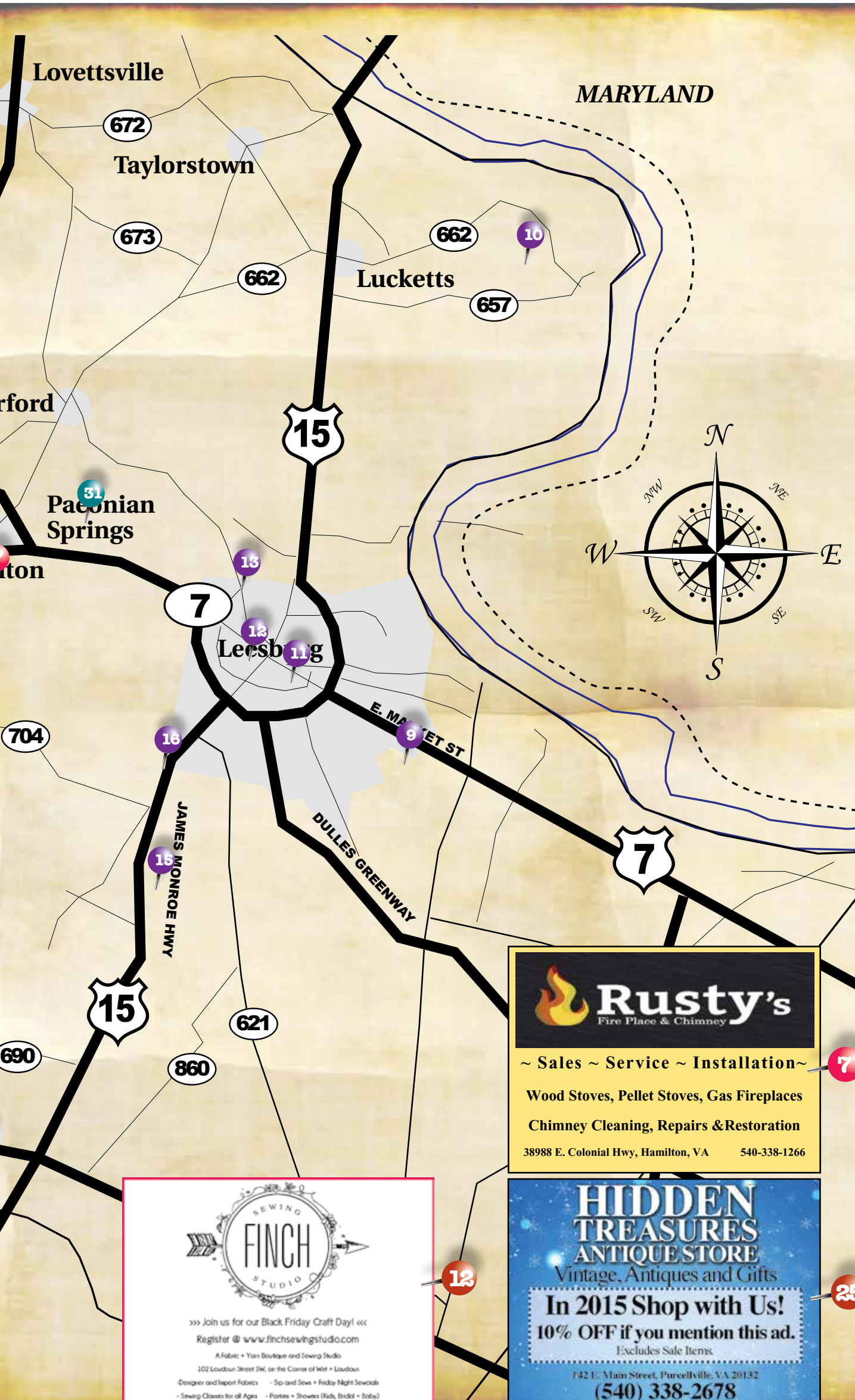
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## Just Like Nothing (Else) On Earth: Keyes Gap

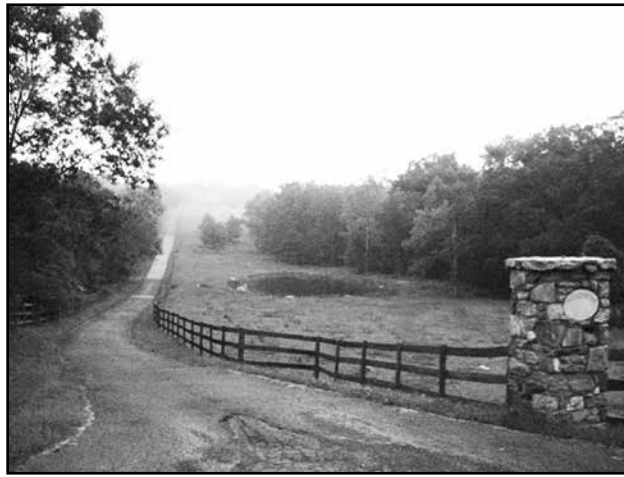
- By Tim Jon



This is a place I have seen in all weathers, in all seasons and under a variety of circumstances: It's not a location I'd send a friend (or just about anyone else) during anything like inclement weather, as the local microclimate at that particular spot can be almost otherworldly. But, on a sunny, summery day, it's a destination for many travelers – whether they seek high adventure or merely a nice view from the car. Keyes Gap (at the Western Loudoun Border on Rt. 9 – Charles Town Pike) stands just over 900 feet above sea level (compare that to just over 340 feet for good, old Leesburg), and the nature of the 'pass' through the Blue Ridge Mountains can bring the nearly constant breeze to the 'howling wind' stage – not something you'd relish, say, during a snow- or ice-storm.

One of the rural mail routes out of the Purcellville Post Office takes the carrier up to that spot, then back down the mountain to more sheltered areas and neighborhoods. It's always a pleasure (for me, at least) to attain that elevation, get a quick glimpse of Charles Town and surrounding West Virginia hundreds of feet below, and then turn around and resume delivery on the downslope for the rest of the day's travails.

And the rest of the motorists you encounter at the top – well, you know that they're all feeling that sensation, too ('We're just about there – yup, we made it to the top, and it's all downhill from here!'), in greater or lesser degree. And some of those travelers turn off into the parking area for further adventure along the famed Appalachian Trail –



of which I've partaken – on occasion - in my own personal time. I like knowing that vacation- and recreation-land lie so close to places I've worked – and not all that far from my home.

Keyes Gap played its roles in regional history, serving as a conduit for troops in the French and Indian War – as they marched from the east out as far as Fort Duquesne (basically, Pittsburgh)- following no less a personage than the father of our country, George Washington (by order of General Edward Braddock). See, at 900-odd feet above sea level, Keyes Gap (called Vestal's Gap at the time) represented the lowest and most negotiable pass between Alexandria and Winchester – so the location's seen its share of action through the years.

One of my most harrowing experiences atop this ridge came during one of our 'snowmageddon' events one recent winter: Knee-deep snow (and icy under-surfaces) meant

extremely treacherous conditions for the best of inclement weather vehicles – much less a mail truck (with rear-wheel drive and a light back end). Conditions in the 'valley' were bad enough, but by the time I'd made it to the top; visibility was pretty much laughable, since the winds brought the snow down in almost pre-formed drifts. The temperatures at that height were noticeably lower as well, adding to the 'sturm and drang' of my saga. I even recall making a parcel delivery to one of the addresses near the very summit – which meant running through the growing drifts to the customer's doorstep (if I could find the stairs) and back to the forlorn-looking mail truck. At times like that, the pass becomes as inhospitable as the North Pole – at least in the mind's eye, in the moment at hand, and you're thankful to have made it up, turn around and start the descent into (hopefully) more favorable conditions. And if circumstances are that inhuman in a place like Keyes Gap, you shudder to think what it must be like right on top of the mountain itself. I've never ventured to experience those moments – which would be nigh-on to impossible to access.

But as spring comes around and the weather becomes inviting enough for some of us to venture out into the woods again, you'll see invigorated travelers seeking access points to the Appalachian Trail – some of which stem from the roadside along Rt. 9 as it crosses Keyes Gap and into West Virginia. During those warmer months of the year, you can almost forget even the possibility of such harsh conditions encountered just weeks before – right in that same spot. The rays of the sun can work wonders – not only on our physical frames, but, seemingly, on our interiors, too – giving the term 'heartwarming' quite a literal context.

Was it really so bad up there, last winter, you ask? Nah – it couldn't have been that bad. Or was it?

### Makers, continued from page 3

Indeed, the makers movement has a very organic, perpetual motion quality to it.

First there was MAKE Magazine, launched in 2006. Now there is Makers the Movie and Maker Media, and there are Maker Faires, and all are growing in size and public interest.

One such fair was held at the White House in 2014, celebrating our country's history as a nation of "tinkerers, inventors, and entrepreneurs" and promoting efforts to inspire invention. The fair recognized everyone from a Seattle Washington man who figured out a way to use waste plastic in 3D printers, to school students from Calera, Alabama, who designed and built low-cost prosthetic legs for a community in Honduras, and others.

In Loudoun County, Makersmiths and the movement has captured the loyalty of Jennifer Michaels, who follows her passion for traditional crafts and organic fabrics through a new storefront – Crafty Stitches in Leesburg. It has grabbed the interest of Tom Hill, who teaches metalworking in the Loudoun County school system, Brian Kirk, another Loudoun educator, and John Raymond a technology expert and sculptor.

Raymond laments about how many modern high schools no longer offer woodshop and other courses that pass on traditional handcraft and mechanical skills, and how trade schools that teach the same are now few and far between. But, he gushes about Pat Scannell, Makersmiths and the makers movement-inspired tech shops that are popping up; coops of sorts where the public can get access to the latest industrial sewing machines, machine tools and more – and other resources, including the people who know how to use those tools and machines.

Locally, Tom Scannell and Makersmiths will promote and cultivate the inner workings of the maker movement

based on the people, industries, reservoirs of knowledge and needs present in Loudoun County. These inner workings include "open sourcing." Originating as a computer term, open sourcing has come to mean universal and free access to previously proprietary designs, blueprints and processes. Another goal of the makers movement is to promote local manufacturing, to grease the skids for "crowd funding" – campaigns inventors us to secure financing for various projects, and digital fabrication. Examples of digital fabrication include CNC machines, where shapes are cut out of wood and other materials, 3D printing and laser cutting.

Makersmiths has, and will no doubt enjoy growing success in our area.

Economically, Loudoun has a very strong agricultural base. In centuries past it was food production, the personal and household needs of wealthy landowners and seasonal residents, the area's proximity to Washington D.C. and centers of government power, and, to a great extent the horse industry that drove the local economy. Today that is changing. However, as described by both John Raymond and Pat Scannell, Loudoun is filled with do-it-yourselfers who, with the right knowledge and experience can develop the skills necessary to maintain their own properties or start a small boutique farm or winery of their own, hi-tech entrepreneurs wanting to tap into the continued availability of government contracts, commuters wanting to connect with the office during the week while enjoying the relative peace still afforded to residents of western Loudoun on the weekends.

All this is to say that in a grassroots movement like makers, where individuals with a particular spirit and a particular need provide the fuel that drives it, an historic and at the same time modern place like Loudoun County

seems to be an excellent fit.

As noted by western Loudoun's new mayor, Purcellville's Kwasi Fraser: "The Maker Movement enables individuals and businesses to create, manufacture, and innovate faster, more efficiently and more cost effectively than ever before ... This is all possible via the creative spirit of each individual along with access to advanced tools and applications such as laser cutters, 3D printers, 3D Scanners, MIG welders, AutoCAD and more. Some entrepreneurs have reportedly saved 95-98 percent of their development costs by collaboratively leveraging the tools, applications and expertise in the maker community. For a town like Purcellville with many entrepreneurs and do-it-yourselfers, a strong maker community can give rise to new and profitable businesses within a short period of time that will serve the local, national, and international marketplace. I firmly believe the maker movement is revolutionizing the manufacturing industry and I am a proud supporter, and promoter of it."

One maker, featured in Makers The Movie said that the movement is all about "Not taking the world as it is given." Another described it as searching for "new ways of doing things."

In a fascinating trailer for this you see a young man opening a white plastic box of sorts. The plastic is formed into a series of hinged panels of various shapes. Amazingly, with one twist of the wrist the box opens and snaps gently into the shape of a fully functioning kayak. You have to see it to believe it, or, (nodding your head, now) recognize that you may be a maker yourself – ready to put yourself out there, or at least connect with people who love to create, to "make stuff."

To find out more about the local makers movement, go to [www.Makersmiths.org](http://www.Makersmiths.org).

## Exhibit Space Available For Loudoun YouthFest



Exhibit space is available for Loudoun YouthFest '15. The event, targeting middle and high school teens, will feature amusements, interactive games, local bands and nationally known recording artists We The Kings. YouthFest will be Saturday, May 30 at the Barn at One Loudoun, 20450 Savin Hill Drive in Ashburn.

Exhibit spaces start at \$100. A limited amount of free exhibit space is available

for Loudoun non-profit organizations and government agencies that provide programs and services to the county's middle and high school students, as well as teen vendors selling select homemade items (e.g., original artwork, t-shirts, jewelry, CDs).

Registration information and forms are available at [www.loudounteens.org](http://www.loudounteens.org). The deadline for applications is Jan. 31.

## Carver Center January Events

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

### Martin Luther King Day Celebration

**Friday, Jan. 16 from 1:15-1:45 p.m.** Free event for ages 18 and older. Come celebrate with a special lunch, a celebratory musical performance and a panel discussion featuring individuals who attended Dr. King's 1963 "I Have a Dream" speech at the Lincoln Memorial in Washington, DC.

### Appraisal Day

**Saturday, Jan. 24 from 1-5:30 p.m.** \$5 per item, with a maximum of three items per person. For all ages. Todd Peenstra, antiques and art appraiser, will be offering appraisals of furniture, glass, porcelain, silver, bronze, coins, toys, documents, etc. Call Carver Center to register and schedule your time slot before Wednesday Jan. 21.

### Hatha Yoga I

**Wednesdays from 6:30-7:30** beginning Jan. 7. For ages 16 and older. Cost is \$120 for 8 weeks.

### Daytime Knitting Group

**Fridays from 12:30-2 p.m.** Free to members/\$2 drop-in fee for non-members. For ages 55 and older.

### Evening Handwork Group

**Tuesdays from 7-9 p.m.** Free to members/drop-in fee for non-members. For ages 18 and older.

### Creative Writing

**Tuesdays from 12:30-2 p.m.** Free to members/drop-in fee for non-members. For ages 18 and older. A weekly group for anyone interested in exploring the writing process. Group leader is author Bobbi Carducci.



*Appraisal Day*

## Volunteers Needed To Deliver Meals To Homebound Seniors

If you are able to volunteer even one hour of your time each week or month, your good deed can touch the hearts of older adults in Loudoun who are confined to their home. The Home Delivered Meals Program, administered by the Loudoun County Area Agency on Aging, currently needs volunteers 18 and older to deliver

nutritious, noontime meals and friendship to homebound seniors on weekdays in Ashburn, Leesburg and Purcellville. Drivers are especially needed in the Leesburg area.

Volunteers use their personal vehicle to deliver meals to residents along a specified route. Contact [debra.bressler@loudoun.gov](mailto:debra.bressler@loudoun.gov) or call 703-777-0505 for more information.

## ONGOING EVENTS

- ☉ **Saturdays, Purcellville Town Market** from 10 a.m. to 1 p.m. at It's Bazaar, 143 N. 21st St in Purcellville.
- ☉ **Greater Loudoun Babe Ruth League** spring 2015 registration is now open for 13, 14-15, and 16-18 year olds. Go to [www.glbr.org](http://www.glbr.org) for more information.

## JANUARY EVENTS

- ☉ **Jan. 8, Thursday, blood pressure screening**, 10 a.m. – noon at the Carver Center, 200 Willie Palmer Way, Purcellville.
- ☉ **Jan. 9, Friday, 1st Friday at the Middleburg Community Center**, 300 West Washington Street in Middleburg from 4:30-8:30 p.m. For ages 7 to 12. Dinner and transportation to Monkey Joe's provided for \$30. RSVP by Jan. 7.
- ☉ **Jan. 10, Saturday, Ebenezer United Methodist Church Country Breakfast** from 8-10:30 a.m. at the old firehouse, 11762 Harpers Ferry Rd., (Rt.671) Purcellville.
- ☉ **Jan. 13, Tuesday, "Living With Alzheimer's, The 10 Warning Signs"** from 7-8:30 p.m. at the Middleburg Community Center, 300 West Washington Street, Middleburg. Call 540-687-6375 to RSVP by Friday, Jan. 9.
- ☉ **Jan. 15, Thursday, blood pressure screening**, 11 a.m. – noon at the Lovettsville Community Center, 57 E. Broad Way, Lovettsville.
- ☉ **Jan. 16, Friday, Parent's Night Out** from 6-10 p.m. at the Middleburg Community Center, 300 West Washington Street, Middleburg. For ages 5 to 12. \$20 first child, \$15 each additional child. RSVP by Jan. 14 to 540-687-6375.
- ☉ **Jan. 19 and Jan. 26, Mondays, Schools Out** from 7:45 a.m. to 6 p.m. for ages 5 to 12. Cost is \$55.
- ☉ **Jan. 22, Thursday, blood pressure screening**, 10 a.m. – noon at the Carver Center, 200 Willie Palmer Way, Purcellville.
- ☉ **Jan. 23-24, Friday and Saturday, Maggie Blake Bailey** will be the featured writer at Foxcroft School's Poetry Festival in Middleburg. All the festival events are open to the public at no charge. Go to [www.foxcroft.org](http://www.foxcroft.org) for details.
- ☉ **Jan. 24, Saturday, Snowflake Ball** from 7-9 p.m. at the Middleburg Community Center, 300 West Washington Street, Middleburg. For all ages. \$20 per couple/\$5 each additional family member. Call 540-687-6375 to RSVP by Wednesday Jan. 20.
- ☉ **Jan. 26, Monday, blood pressure screening**, 11 a.m. – 1 p.m. at Levis Hill House, 1000 West Washington Street, Middleburg.
- ☉ **Jan. 28, Wednesday, Foxcroft School's Red Cross Blood Drive** from 1 to 7 p.m. To schedule your donation, call 800-RED-CROSS or visit [www.redcrossblood.org](http://www.redcrossblood.org) and use Sponsor Code "Foxcroft School."

## Garden Lecture – 180 Miles of Trees: The Living Legacy Tree Project

The 2015 Master Gardener Lecture series kicks off the year with Peter Hart, certified tree arborist, speaking about the Journey through Hallowed Ground Living Legacy Tree Planting Project -- an ambitious initiative to commemorate the 150<sup>th</sup> Anniversary of the American Civil War by planting one tree for each of the 620,000 soldiers who died in the war. Peter Hart is a volunteer with the program and is involved in the selection and planting of trees which eventually will create an allee of 180 miles, stretching north to south and over three states.

The free lecture will be held at 7p.m. on Thursday, Jan. 8 at the Loudoun Extension office (Wells Fargo Bank Building), 30 Catocin Circle SE, Suite B, Leesburg. For more information go to [www.loudouncountymastergardeners.org](http://www.loudouncountymastergardeners.org).

*View, continued from page 4*

As embodied in the town's Comprehensive Plan – the last thorough review of which occurred over eight years ago with three days of community input, now – the intended destination of Purcellville's ship, as clearly expressed by the citizens is to accommodate growth but avoid uncontrolled sprawl. The Comprehensive Plan is designed to preserve the environmental, historic and small town character and encourage a varied, broad-based economy, rather than more subdivisions and commercial developments that benefit the few at the expense of the community, and to preserve Purcellville as a "sense of place," rather than an indistinct

spot on the map somewhere in between Tyson's Corner and Winchester along the Rt.7 corridor.

It's a new year and there are several new people "at the helm" in Purcellville, including a new mayor and several new members of the town council.

Like a ship whose future is threatened by strong winds, currents, tides and unexpected storms, Purcellville's leadership must work with its citizens, and citizens must work with this new leadership to resist zoning changes that threaten the integrity of the Comprehensive Plan, lobby for a thorough Comprehensive Plan review, and get the town back on course.

# 2015 New Year's Resolutions

Become a part of my community

Help those in need

Obtain valuable skills and certifications for free

Improve my health

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## Betsey Brown Becomes Author

Betsey Brown of Leesburg fulfilled her 80 year dream to become an author by writing and publishing a children's book. "America's First Panda" is the true story about Ruth Harkness who in 1936 traveled from New York City to the mountains of China to bring back a baby panda, a bear that few had ever seen or heard about in those days.

The baby giant panda named Su Lin which Ruth translated to mean "a little bit of something very cute" was given to the Brookfield Zoo in Chicago. Hayden Harris, director of the Brookfield Zoo, and grandfather to the late Valeria (A.V.) Symington of Temple Hall Farm Regional Park, Leesburg, was instrumental in helping Ruth Harkness bring Su Lin to America.

Betsey, who was a close friend of A.V. Symington decided to write the book after A.V. gave her a copy of "The Baby Giant Panda" by Ruth Harkness. "I've been wanting to publish a book since I turned 5 years old," said Betsey as she opened a box of the first copies of her book. They arrived on her 85<sup>th</sup> birthday. "And now here it is in memory of my dear friend, A.V".

"America's First Panda" is illustrated by Brown's son-in-law, Brion Devlin, a graduate of the Pennsylvania Academy of Fine Arts and former art director for McCann-Erikson Worldwide. The book is his debut as a children's book illustrator; however, he had some good training growing up as the son of Harry & Wende Devlin, successful authors and illustrators of 27 children's books from the 1960s to the 1990s.

"America's First Panda" is available for sale through Amazon.com.



Left to Right, Lina Burton, Brion Devlin and Betsey Brown



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## Franklin Park Arts Center Go out without going far!



### Lovesick Blues: The Life & Music of Hank Williams Sr. featuring

**Robbie Limon**

**Sat, February 7**

**8:00PM**

*Lovesick Blues is a 90 minute musical theater event which chronicles the significant phases of America's most influential singer-songwriter as he drives his promising career to an early end. Robbie Limon gives an award-winning characterization of Williams' life, supported on stage by a classic country-sing quartet. All songs are full-length renditions using instrumentation and arrangements as recorded throughout the 1940s.*

**Tickets: \$20/person Reserved Seating**

**[www.franklinparkartscenter.org](http://www.franklinparkartscenter.org)**

### Black & White Art Exhibit Opening Reception

**Sun, Jan 11**

**3:00 – 5:00PM**

*The Franklin Park Arts Center lobby Gallery opens a new exhibit entitled Black & White featuring artwork in all mediums. Support local artists at the opening reception for this unique exhibit.*

**[www.franklinparkartscenter.org](http://www.franklinparkartscenter.org)**

### Penguin's Playground Puppet Show

**Wed, Jan 14**

**10:00AM**

*Join Puppeteer Bob Brown for an Awesome Artic Adventure exploring a Super-Secret Playground hidden at the very bottom of the world. To get through the long gloomy winter, Bob's clever creatures lift their spirits by putting on a spectacular show, right out among the icebergs.*

**Tickets: \$5/person Call to Reserve 540-338-7973**

### Pre-Mardi Gras concert: The Crowdaddies

**Fri, Jan 16**

**8:00PM**

*Usher in the Mardi Gras season with The Crowdaddies, a very popular group from the East Coast whose music combines some of Louisiana's Cajun/Zydeco/Blues sounds with North Eastern's Roots Rock/Americana/Ska influences to create a very unique sound that is all its own.*

**Tickets: \$15/All Seats Reserved Seating**

**[www.franklinparkartscenter.org](http://www.franklinparkartscenter.org)**

### Bright Star Touring Theater

**Sat, Jan 17**

**4:00PM & 7:00PM**

*This touring children's theater company from Ashville, NC brings two 55-minute musicals to the stage, Aesop's Fables 4:00 PM and a second show (recommended for audiences 8 & up) Stories from the Underground Railroad at 7:00PM. There will be a break in between shows that would allow enough time to go out to dinner with the family in between shows.*

**Tickets: \$12/person-one show or \$20/person-both shows [www.franklinparkartscenter.org](http://www.franklinparkartscenter.org)**

### Andy Hawk & Train Wreck Endings

**Sat, Jan 24**

**8:00PM**

*Andy Hawk is a songwriter living in Hamilton, VA and has released seven CDs of original material to critical acclaim. For this annual concert, he appears with Train Wreck Endings, an American/Blues/Folk-Rock group, that bring his songs to the stage.*

**Tickets: \$20/person**

**General Admission**

**[www.andyhawk.com](http://www.andyhawk.com)**

### Last Ham Standing

**Fri, Jan 30**

**8:00PM**

*Don't miss this hilarious show full of laughs for the entire family. A group of talented performers take suggestions from the audience to create wacky scenes and funny improv games.*

**Tickets: \$12 Adults, \$10 Seniors, \$8 kids – Reserved Seating**

**[www.franklinparkartscenter.org](http://www.franklinparkartscenter.org)**

### Danny Knicely Big Winter Concert

**Sat, Jan 31**

**8:00PM**

*Danny Knicely's 9th annual concert entitled "The Meaning of Buckdance" featuring Good Foot Dance Company, Urban Artistry, Baakari Wilder and music by Danny Knicely, Jabari Exum, and Aimee Curl. Winner of the Kennedy Center's Local Dance Commissioning Project Award*

**Tickets: \$20 Advance/ \$22 At Door General Admission**

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# Two Kitchen Cousins Present - Let's Throw A Winter Chili Party

– By Lisa Wasson and Andrea Gaines

If you're going to be snowed in, there's nothing better than being snowed in with something savory simmering on the stove and making the house smell delicious.

This chili recipe – meant to satisfy both the vegetarian and the meat eater in your household – fits the bill. It has a deep, spicy flavor and also freezes beautifully. Make extra that you can heat up over a weekend and/or have available for a quick lunch, a weekend afternoon of football or a ready-to-go dinner with a fresh salad and warm bread during the week. This recipe makes about 1-1/2 quarts. The list of ingredients is rather long, but it's worth the effort.

Prepare the basic recipe first and set a portion of that aside for vegetarians. Take the remainder and add your choice of meat for the carnivores in your household.

## Ingredients:

1/3 cup olive oil  
2 cups finely chopped yellow onions  
3/4 cup celery  
1 cup chopped sweet green peppers (or use a combination of red, yellow and green peppers or other sweet pepper variety)  
1 cup chopped or small whole baby carrots  
1 tablespoon minced garlic  
2 cups chopped mushrooms  
1/4 teaspoon red pepper flakes  
1 tablespoon ground cumin  
3/4 teaspoon dried basil  
3 tablespoons chili powder  
3/4 teaspoon dried oregano

2 cups chopped tomatoes  
2 cups un-drained kidney beans  
1/2 teaspoon tobasco  
2 tablespoons lemon juice  
3 tablespoons tomato paste  
1 tablespoon Worcestershire sauce  
1/4 cup dry red or white wine (optional)  
2 tablespoons of canned green chilies  
Salt and pepper to taste  
Dollop of sour cream as garnish, if you wish

**Directions:** Heat the olive oil in a large skillet. On high heat, add the onions, celery, fresh/dried peppers, carrots, garlic, mushrooms, spices (all) and salt

and pepper. Cook, stirring all together until the onions are translucent. Move to a large pot on your stovetop, adding the tomatoes, kidney beans, Worcestershire, lemon juice and tomato paste. Bring to a boil, adding a bit of water if needed for consistency. Then, reduce the heat and simmer for another 20 minutes. Reserve the amount of chili you need to feed the non-meat eaters – it's ready to go. Add sautéed ground beef, ground turkey or ground pork to the remainder (about 1 lb. per quart). Add the meat to that portion, simmer for another 20 minutes and then add a touch more salt and pepper to taste.

P.S. Chili leftovers make a great dip for tortilla chips.

***About Andrea & Lisa:** Andrea and Lisa are cousins who grew up on Long Island together. Andrea is a well-know writer for the Blue Ridge Leader & Loudoun Today. Lisa is a private chef who has been making people's mouths water ever since she started baking fresh muffins for her office mates in New York City. We hope you enjoy this delicious new chef/writer cousin-to-cousin feature.*



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# Wild Loudoun: See A Skunk Doing A Handstand? Run.

– By Andrea Gaines

Skunks and humans have something in common: they don't want to be near us and we don't want to be near them.

With their bold and dramatic markings, if they weren't so darn smelly – and for that reason, scary – we might actually consider them to be a quite the handsome/pretty member of our local wildlife community. But, only one bad encounter with a skunk makes for one perfectly clear message ... don't go there!

## Skunk Varieties

Worldwide, there are eleven species of skunk, nine of which are found in our western hemisphere.

The common striped skunk is found from central Canada to northern Mexico and throughout the United States, including Virginia. This is the skunk we know and love to enjoy at a distance; with dense black fur, a white stripe between the eyes and a dramatic white “V” down its back.

The hooded skunk of the southwestern United States is quite similar to our common striped skunk. It however has a dark grey appearance, as the stripes are not always present and the white fur is interspersed with black. This skunk gets its name from the long hairs at the back of the neck, which resemble a hood.

The spotted skunk occurs from southwestern Canada to the tropics. It spends more time in trees than our striped skunk, and gets its name from the dashes of white down its back and along its sides. Spotted skunks are rarely documented in Virginia, but according to conservationists they do occur here.

The hog-nosed skunk is a North American species – larger and in some cases smaller than our common striped skunks. It



Photo by Creative Commons;  
David Steen Ph.D.

has the same “V” pattern as the striped skunk, but no spot between the eyes.

## Skunk Behavior

Skunks are crepuscular animals, meaning that they are most active at twilight and at dawn. They are typically solitary unless they are breeding. In colder climates, however, they sometimes gather in communal dens for warmth.

Skunks are not classified as true hibernators, but they do go through a dormant, relatively inactive stage in winter. They have an excellent sense of smell and hearing, but their vision is very poor. It is their poor vision that accounts for the large number of skunks we see dead on the road from vehicular traffic, as they are able to see for a distance of only 10 feet. Their large highway death toll also accounts

for the fact that most wild skunks live only up to a year, while captive skunks can live up to 10 years.

Female skunks give birth in the spring, usually in May. Babies, or kits, are born deaf and blind with a soft layer of fur and, in the case of the striped skunk, the classic and dramatic V pattern. Babies stay with their mother until they are able to mate – at about 1 year old.

## The Skunk's Diet

Very adaptable creatures, skunks are omnivorous and opportunistic eaters.

They consume a wide variety of plant and animal material, subsisting on a diet of insects, small rodents and lizards, frogs and snakes, berries, roots, leaves and grasses and fungi and nuts. They also seek out any and all food sources in our garbage cans, gardens and compost bins and eat carcasses left by both domestic and wild animals. A skunk's thick fur enables it to eat honeybees without being stung.

## Why The Stink?

A skunk's varied diet provides the nourishment they and their young need. A gland near the base of their tail, on the

other hand, shoots out that unmistakable, strong-smelling oily material that provides protection from predators and/or anything that may be viewed as a threat.

A skunk can hit a target up to 10 feet away with this noxiously protective substance – and it is very accurate.

Thankfully for us, skunks want to avoid the threat as much as most of those threats want to avoid them. A skunk's distinctive markings have evolved to serve as a warning to predators that they have the ability to spray. The dramatic V pattern, for example, is said to point to the gland at the base of the animal's tail. (Brightly colored tree frogs and some insects have similar visual traits designed to warn predators that they make for a very bitter meal.)

## Acrobatics

And, then there is the particular brand of warning displayed by the more rare eastern spotted skunk. When threatened, this animal stomps the ground with its front feet. It then goes into a handstand of sorts, raising the back end of its body off the ground. If the threat does not go away, the animal drops back onto all fours, curves its body and shoots out the stink, and this skunk can hit targets as far as 16 feet away.

If you happen to see this rare spotted skunk go into a handstand, or if you see our more common striped skunk raise its tail in a threatening way, get out of there.

## P.S.

Tomato juice as the anecdote for “being skunked” is overrated – it simply masks, rather than neutralizes the odor. Check with your doctor or your vet first. But, that person might suggest you use oxidizing agents such as hydrogen peroxide and baking powder. Mix 1 quart of 3 percent hydrogen peroxide with a quarter cup of baking soda and one teaspoon of liquid detergent, lather up the area (or pet) and rinse off after about 5 minutes. Make sure that if you use a commercial skunk odor product it is safe for the living thing it is being applied to – another reason to always consult your doctor or vet, first.

## Winter Warmth is Just a Phone Call Away!



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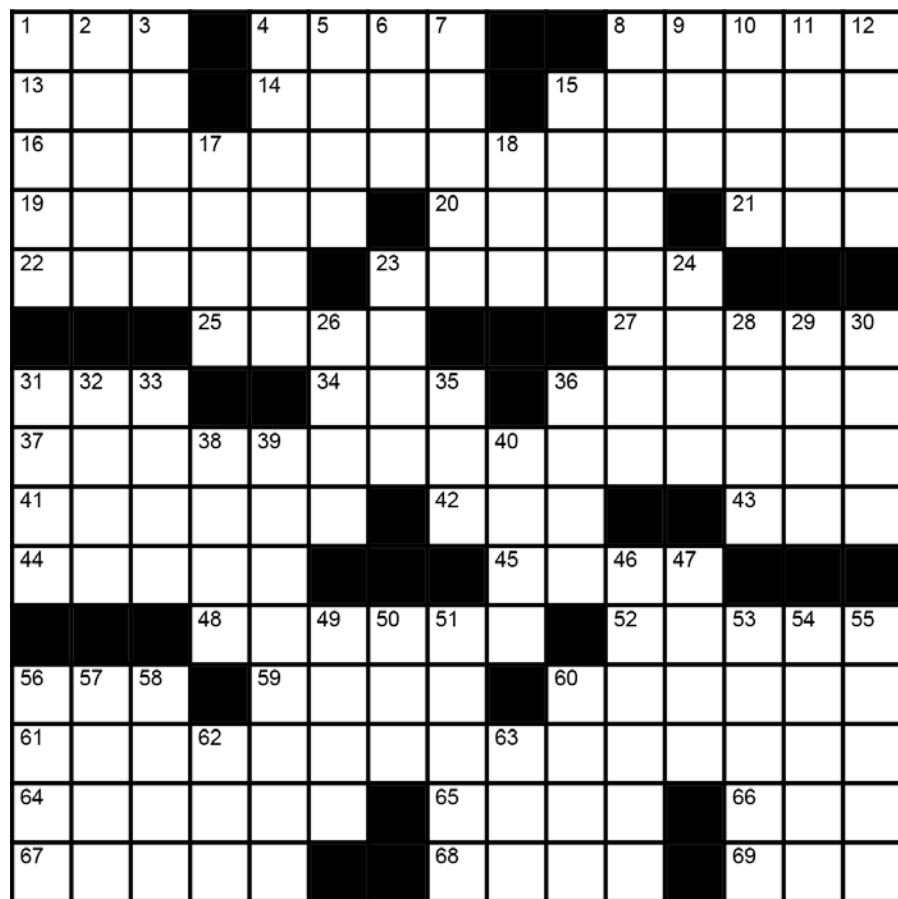
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## Looks Like A Thousand Bucks - By Myles Mellor and Sally York

**ACROSS**

1. Pretense
4. Chips \_\_\_\_
8. Like some kitchens
13. Vamp's accessory
14. Narthex neighbor
15. Unite
16. They were introduced by Sohmer & Co. in 1884
19. Out
20. Cousin of a canvasback
21. Big bang producer
22. Appropriate
23. Computer instructions
25. Web page
27. Money transferring systems
31. Uneven
34. Stumblebum
36. Most immense
37. In a pompous style
41. Pull back
42. Heater
43. Kind of skin
44. Some painted vessels
45. New couple
48. Frilly hat of long ago
52. Itinerant, British var.
56. Fox competitor
59. Expression of pride?
60. Baroque
61. Military approaches
64. Hindu wives
65. They may be wild
66. Consult
67. Fur capitalist
68. \_\_\_\_ Who
69. Much spam

**DOWN**

1. Old Jewish scholars
2. Go downhill, maybe

3. Put off, as a motion
4. "Measure for Measure" villain
5. Dwell
6. Female gametes
7. "Fiddler on the Roof" role
8. Afterword
9. C.S.A. state
10. TV control
11. Desktop feature
12. Birth place
15. Debate (with)
17. "Sure"
18. Datebook abbr.
23. Kind of ticket
24. Omen
26. Drudge
28. No longer working: Abbr.
29. Cold capital
30. Eye problem
31. Brute
32. Didn't stand pat
33. Freshwater fish
35. Radiohead tune
36. Stalk
38. Cliff's pal on "Cheers"
39. Chaos
40. Bon mot
46. Means of escape
47. Like some vases
49. Big cheese
50. Dude
51. Pointer
53. Bangladesh dough
54. Charger
55. Toadies' replies
56. Old Mogul capital
57. Support group?
58. Jargon
60. Camp Swampy dog
62. Liberal leader?
63. Spa sound

Answers on page 30

## Loudoun County Public Safety Firing Range Community Information Session

Loudoun County will provide an update on the design of the Public Safety Firing Range project at a community information session on Tuesday, Jan. 20, 6:30 p.m. at 801 Sycolin Road in Leesburg. The meeting will be held in the large conference room on the first floor of the offices of the Department of Transportation and Capital Infrastructure.

The Public Safety Firing Range will be a fully-contained, indoor range which will support the Loudoun County Sheriff's Office training programs. The facility will be located on a county-owned parcel on Shreve Mill Road on the south side of the Dulles Greenway and will replace an existing outdoor facility currently leased by the Sheriff's Office. The future Leesburg South Fire and Rescue Station is planned to be co-located on this site.

At the meeting staff from DTIC and the Sheriff's Office, in conjunction with the design firm of Clark Nexsen, will present an update on the design of the project and will be available to address questions. For questions contact Peter Hargreaves at Peter.Hargreaves@loudoun.gov or 703-771-5564.

### Shellhammer, continued from page 1

Vienna. If you misbehaved or were up to no good, you had better prepare yourself for a stern talking to. Bill took on the proxy role as a parent in uniform; he meant business if he called you by your surname instead of your first name. "What would your mother think?" He would ask, sending quivers down spines.

You couldn't bank on his forgetfulness, either. He was known to throw the book at recurring offenders. One Purcellville resident remembers Shellhammer dismissing his pleas for a warning for the offense of squealing wheels as a teen in Vienna. No such luck -- Shellhammer remembered he had warned the teen six months prior. This time he would receive a ticket.

He was tough but fair. Loudoun residents would joke that if he had found his own mother to be out of line he would write her out a ticket. This may be true, but often what is tough on the outside is soft on the inside. He treated everyone equally and had a good heart. He would often stay past his shift on special occasions so young kids could have their picture taken with him and his squad car.

"Getting out of the car and meeting shop owners and citizens in the community was a large and important part of what Shellhammer did," said former Loudoun County Sheriff Steve Simpson.

Simpson consequently grew up in Vienna, Va., and one of his first encounters with Shellhammer further cemented Simpson's goal to become a police officer when aged 10 or 11 he attended a firearms safety program at which Shellhammer was an instructor and member of the Vienna Police Pistol Team, who were national champions.

"The final day of the program he and several members of the team demonstrated some of their shooting abilities. He put an ax in the middle hung from a T frame with pigeons on either side. His hand gun shot the ax blade which would split the bullet in half and would break the clay pigeon on each side. I even still have one of the bullets from that day," said Sheriff Simpson.

**"He was tough  
but fair. Loudoun  
residents would joke  
that if he had found  
his own mother to  
be out of line he  
would write her out  
a ticket."**

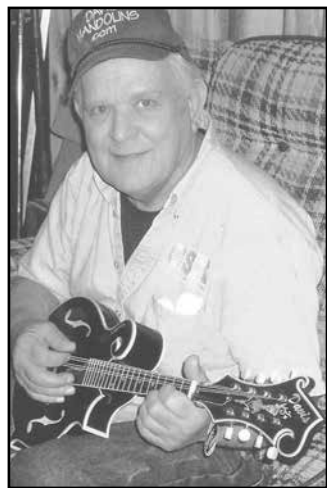
During his time as an officer, just about every western Loudoun resident was handed a ticket from him. Even the Vienna residents who couldn't escape the "Hammer's" tickets as teens would find that years later they would be pounded again -- this time most likely while he was patrolling along Route 9.

Shellhammer was born Aug. 31, 1934 in Apollo, Penn., to the late William Park Shellhammer Sr. and Genevieve Burkette. Bill joined the U.S. Marine Corps after graduating high school, serving five years during and in the Korean War. He then went on to work for the U.S. Secret Service as security detail for former U.S. Secretary of State Henry Kissinger and the Mellon family after joining the Vienna Police Department in Vienna, Va. He retired from the Loudoun County Sheriff Department.

Bill is preceded in death by his daughter, Deborah Clark. He is survived by his son, Kurt Shellhammer (Debbie) of Stafford; grandchildren, Jeffrey, Gregory, Lindsey, Kevin and Nathan; and great-grandson, Bruce. The memorial service was held Dec. 20 at Loudoun Funeral Chapel. Memorial donations may be made to the Loudoun County Sheriff's Office, 803 Sycolin Road SE Leesburg, VA 20175 or to Loudoun County Deputy Sheriff's Association, <http://www.lcdsa.net/index.php>.

## Remembering John D. "Buddy" Davis

John D. Davis, known to family and friends as "Buddy" passed away surrounded by members of his family on Dec. 20. He will be greatly missed by his wife of 54 years, Kay, three daughters and two son-in-laws, Jennifer-Lynn and Jamie Lee, Melissa and Nima Ebrahimnejad and Kimberly Davis, seven grandchildren, Rebecca, Jacob, Kayla, Samuel, Maya, Emma and Maxwell and his niece Linda



his musical instruments and was selling them throughout the United States. His Davis brand included Mandolins and Banjos.

Buddy also played in several bluegrass bands during his musical career. The one he is most remembered for was the Potomac Valley Boys with Charlie Smith. He also played with Dave Vernon and The Dixie Rebels and Leon Morris.

Thomson as well as many other nieces and nephews. He was preceded in death by his sister June Gerber and his Mother Eloise Linthicum.

Davis was born on Oct. 13, 1934, in Keyser W. Va., and moved to the Washington D.C. area as a youngster. In his early years he developed an interest in music, especially bluegrass. He was a self-taught musician and luthier (maker of string instruments) who apprenticed under a good friend and mentor Tom Morgan. He enlisted in the USAF in 1954 with friend Allen Lewis during the Korean War and trained as a jet mechanic. He was stationed at Andrews AFB. It was during this time that he met his future wife Kay.

They made their home in Sterling where he raised his family while working for Lindsey Cadillac as a skilled auto body mechanic. In the mid 1980's he changed careers and started working for the Gannett Company. He was the first USA Today newspaper distributor in Loudoun County. Throughout all of these years he continued to make and improve upon

In 1990 he moved to Bluemont where he retired and went to work part-time for Cochran's Lumber and Millwork. He continued to make his instruments which by this time were being played on the Grand Ole Opry and by Larry Stephenson. He made his last Davis Mandolin (his 79<sup>th</sup>) in 2012 for his urologist and family friend Dr. Nicholas G. Lailas.

Davis is also especially remembered for his love of trains, the real thing and miniatures. He acquired quite a collection of miniatures including HO and Lionel train sets over the years and was a frequent visitor to Cass, W. Va. for a ride on the real thing... a steam-driven locomotive.

Services will be held Jan. 10 at the Hall Funeral Home in Purcellville from 2 to 3 p.m. Relatives and friends are welcome at the service and the reception immediately following at the Thomas Family Residence in Purcellville (map and directions will be provided at the service).

Special thanks to The Adler Center for Hospice Care in Aldie for the comfort they provided.

*Dr. Mike, continued from page 2*

Most people with depression crave carbohydrates because these foods are comforting and they convert into higher Serotonin levels, a neurochemical in the brain associated with mood. But while cookies, brownies, pasta, etc., may initially serve to comfort, that comfort is fleeting. Ultimately, eating large amounts of carbohydrates could lead to weight gain and an increased feeling of badness. Refined sugar, caffeine and alcohol are also linked to mood and should be consumed with care and in moderation.

Research studies have repeatedly shown the benefits of antidepressant medication and psychotherapy in the treatment of depression. More specifically, studies have found that antidepressant medication can be very effective for the treatment of severe depression, and several other studies have shown great success with the combined treatment of medication and psychotherapy together for moderate to severe depression. Numerous other studies have shown that psychotherapy alone, specifically cognitive-behavior therapy, can be very successful in reducing symptoms of depression.

Staying connected with important others is also important when depressed. Most depressed individuals prefer to be left alone

since it is often challenging and painful to openly discuss negative emotions and thoughts. But remaining disconnected from others while depressed could potentially hamper improvement and even worsen symptoms.

Addressing sleep problems is essential for the recovery of depression. Avoiding naps, maintaining a regular sleep schedule, limiting or avoiding caffeine and sugar, and getting some form of exercise every day should altogether help to normalize sleep problems associated with depression.

Keeping an accurate log of your mood, energy, eating and sleeping habits over time will also be helpful for determining whether any changes are in fact seasonal.

Remember that small things like a walk on a sunny winter day can be a boost both physically and mentally. And spring is only a few months away.

*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. Go to www.Ashburnpsych.com or call 703 723-2999 to learn more.*

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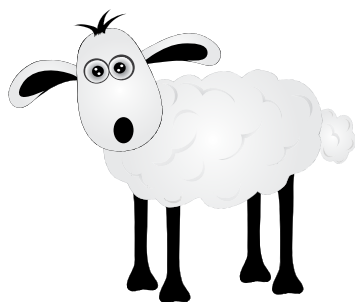
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# Sushi – “Tails” From The Barnyard

- By Sushi



A winter's rose stood all alone in the solitude of the forbidden woods just beyond the opposite edge of our creek bed. Her perfect head glistened, silver drops of water like diamonds hung from her delicate petals. The clear waters of beaver dam creek sang along, while the crisp winter cold rustled through the leafless trees and their bows danced in the wind.

The sunlight played upon the diamonds of the rose beckoning one to take a closer look. With the intrigue of a great gem, like a pirate to treasure, I quickly found my way down toward the creek to inspect more closely. How could a rose be growing this time of year and in a more unlikely place for any rose to grow?

I was so lost in the rose I didn't hear the tip toeing hoofs of a certain bad little lamb following me. As I got closer to the creek bed this bad little lamb slipped on a sheet of ice causing him to slide into me, knocking my stunned self into the bitter icy cold creek's water. I couldn't breathe, I couldn't swim and the rushing water took me in. The last thing I heard was the little lambs gasps and bahhhs.

I could hear the bad little lamb talking to himself, "If I go and get help I am in big trouble for leaving my flock. If I don't get help, Sushi will die. Uggg - what was one to do? If anything happened to Sushi I could never forgive myself."

The little lamb ran, ran, and ran, as fast as he could straight up the long steep path until he arrived at the front door of the old white farm house. Huffing, puffing, nostrils flaring, he tried to catch his breathe. He bahhed and bahhed and bahhed as loud as he could until finally Murphy, the Great Saint Bernard and Mrs. B. came rushing to the door wondering what all the commotion was about.

Mrs. B. saw the frantic little lamb look at

her, the lamb turned its head and pranced toward the front porch steps, turned back and pranced toward the steps again, as if to say follow me. Murphy nudged the lamb and in his great Murphy wisdom followed as Mrs. B yelled; "Murphy go." The little lamb and Murphy raced through the barn yard, passed the flock of sheep, leaving them all looking in wonder, – the little lambs mother called out to him; "Son where are you going?" The bad little lamb knew he was in big trouble ... Murphy nudged the lamb on straight down the steep path to the cold creek below. They could hear Mrs. B in the four wheel drive not far behind.

The lamb and Murphy came to the creek's bank. Murphy's eye caught my limp cold body caught on a tree trunk just down the opposite side of the creek where the perfect winters rose had grown. Murphy plunged his great body into the creek's rushing water and deftly swam to me. I don't really remember but I am told by one little lamb, that Murphy my wing man not only saved one life that day but two. And, that there was one bad little lamb that came out smelling like a winter's rose.



*My master, Elaine Boland lives with her husband and five daughters in Purcellville at Fields of Athenry Farm. She cherishes farm life and the joy of providing her customers with fine fresh meats and products. She can be reached at www.fieldsofathenryfarm.com or 703 926-8444.*

# Preparing Your Garden For Spring

- By Donna Williamson

My winter sowing experiments of the last two winters have been entertaining and successful. One of the amazing things is that growing woody plants from seed is remarkably easy. Hydrangeas, abelias, and roses have germinated and grown quickly.

The tiny rose hips from my native pasture rose (*Rosa carolina*) opened to reveal shiny brown seeds that grew into foot tall plants this past summer. This rose actually likes sunny, dry hillsides and can thrive here on the mountain, forming dense thickets that birds, butterflies, and bees enjoy.

The practice of setting seeds and a little clean potting soil out in plastic containers to have rain, snow, and frigid temperatures as well as sun work on them is a great way to increase the perennials in your garden inexpensively. Whether you buy seeds or collect them from existing plants, annuals and perennials grow very well using this process.

Penstemon, goldenrod, phlox, milkweed, and wild senna are easy to propagate using winter sowing. Some of the grasses have been easy, like little bluestem. Lettuce and basil are so easy and I even start my popcorn plants this way.

Two sowings during the winter work best. In January, plant woody, perennials, and cold-hardy vegetable seeds. In late

March, sow the more tender plants, like tomatoes, peppers, eggplant, corn, and basil. There are two lists on my website that you can copy to help you with ideas-[dwfinegardening.com](http://dwfinegardening.com)

The folks who have tried this have enjoyed it so give it a chance. For information and photos of this process, go to [www.agardenforthehouse.com](http://www.agardenforthehouse.com)

Those of you ready for some fun can sign up for my winter classes beginning Feb. 4 – Wednesdays this year – at the Village Vineyard. We will be looking at new planting schemes from Europe and how to incorporate good-looking natives into our home landscapes. Sorting out landscape problems and building better designs for your home will be featured this year. Email me for the registration form at [donna-williamson2002@earthlink.net](mailto:donna-williamson2002@earthlink.net).

We have a whole new year to play in the garden – what could be more fun.

*Donna Williamson is a garden designer and coach. She has taught gardening and design classes at the State Arboretum of Virginia, Oatlands, and Shenandoah University. She continues to hold classes in Waterford each winter. Her e-book, The Mid-Atlantic Garden, is now available on Amazon. Email [donna-williamson2002@earthlink.net](mailto:donna-williamson2002@earthlink.net) or call her at 540-877-2002.*

# Kitchen Science Kids: Top Secret

- By Leah Enright



When I was a kid, I wrote many secret messages. None of them contained actual, important information, as I didn't know any, but I loved the idea of getting away with something, (especially since it wouldn't get me in trouble if my parents found out.) I never knew that my secret message formula worked because of a simple chemical reaction, called oxidation. I just knew that it was fun, and you may like it too. Let's try – you'll need:

- Plain paper
- Cotton swabs, (Q-Tips)
- A lemon, squeezed into a small cup
- Water
- A small cup
- A lamp with a bulb
- Parental permission and supervision

Add a teaspoon of water to the lemon juice. Mix, and write a word or message on your paper. When it is dry, (no longer wet or shiny looking), ask an adult to hold it over an electric toaster until the letters turn brown. Now you can see it. Wow. Of course, the paper may look suspiciously

wrinkly from the water and juice, but at least your secrets are safe until heat is applied. Try it again with plain water. What happened?

If all went according to plan, the lemon juice letters turned brown and visible while nothing happened with the water letters. Why? Because the fruit, in this case lemon, has a natural chemical inside that oxidizes, and turns brown. Water does not. "Oxidation" is a chemical change that happens to some substances when they mix with air. In this case, the toaster heated the air, and made the reaction happen much faster.

So, there you have it, a great way to send secret messages, and all thanks to a handy little reaction called oxidation.


You can see oxidation in action every time you see a candle burn, take a bite from a fresh apple, (the bitten part oxidizes and turns brown), or food spoils.

Oxidation is simple-and it happens every day.

*Leah Enright is constantly gluing, mixing and bubbling anything she can get her hands on, at her home in Round Hill and hair salon in Purcellville. The results of these shenanigans become fodder for her articles, written for kids and adults in the Hair Industry.*

## Answers to puzzle from page 28

1	A	C	T		4	H	6	Y		8	E	A	T	I	N		
13	B	O	A		14	N	A	V	E	15	S	P	L	I	C	E	
16	B	A	B	17	Y	G	R	A	N	18	D	P	I	A	N	O	S
19	A	S	L	E	E	P		20	T	E	A	L		21	T	N	T
22	S	T	E	A	L		23	M	A	C	R	O	S				
			25	H	O	M	E			27	G	I	R	O	S		
31	O	D	D		34	O	A	35	F	36	H	U	G	E	S	T	
37	G	R	A	N	D	I	L	O	40	Q	U	E	N	T	L	Y	
41	R	E	C	O	I	L		42	G	U	N			43	D	O	E
44	E	W	E	R	S			45	I	T	46	E	M				
			48	M	O	B	C	A	P	52	G	I	P	S	Y		
56	A	B	C		59	R	O	A	R		60	O	R	N	A	T	E
61	G	R	A	62	N	D	S	T	R	63	A	T	E	G	I	E	S
64	R	A	N	E	E	S		65	O	A	T	S		66	S	E	E
67	A	S	T	O	R			68	W	H	O	S		69	A	D	S



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# On the Market ... with Sam Rees

Serving Purcellville, Hamilton, Leesburg, Round Hill, Bluemont, Middleburg, Waterford, Lucketts, Lincoln, Lovettsville and Berryville since 1995

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## VINEYARD COUNTRY



### "WATERSLADE"

Extremely charming 2 bed/2bath nicely updated in bucolic setting. Nearly 2 acres on Yellow Schoolhouse Road, BLUEMONT AREA. \$387,500

## PURCELLVILLE 1/2 ! DOWNTOWN!



### MAIN STREET USA! PURCELLVILLE

Enchanting in town home with lovely rooms, wood burning fireplace, 2 main floor offices, circular drive for guests, rear drive leads to detached garage. Experience life on Main street! Large yard with gardens and terrific privacy. \$539,000

## HORSE PROPERTY



### BITTERSWEET FARM- FORMER HOME OF MARY GODFREY.

Stunning Stone Residence on 24 acres with classic features including high ceilings and moldings. 24 acres, beautiful stable and grounds. Immaculate with new metal roof and magazine caliber kitchen.

## REDUCED



### DOWNTOWN HISTORIC LEESBURG

Classic home with wood floors and beautiful moldings. Charming and private .22 acre yard with gardens and flagstone patio. 4 bedrooms, 3.5 baths. Nicely updated. 2 car garage. \$659,900

## DREAM SETTING



### LEESBURG

10 gorgeous acres- close to Marc Train and White's Ferry. Perfect for horses. Bring your builder or use ours.

## ONE-OF-A-KIND



### PURCELLVILLE

Motivated sellers have dropped price of this 5 bedroom custom home on 11 acres to \$925,000. You can not build this in this location for this price. Lovely home with 4/5 car garage and full walk out finished basement on lower level. HORSES Welcome! Paved roads. 15 minutes to Dulles Greenway. 5 minutes to downtown Purcellville. A TRUE VALUE! \$925,000

## IMMEDIATE MOVE IN!



### POWERS HOMES LEESBURG

Mountain Views - 2 Acres. Gorgeous new home with 5 bedrooms/ 3 baths upper level, 4th full bath on main level. Stunning kitchen w/ antique look cabinets/ granite. Wood floors whole main level. Beautiful morning room to watch sun rises and mountain views. All paved roads. \$644,500

## RENTAL \$1850



### ASHBURN FARM

Gorgeous 3 bedroom with wood floors--Ashburn Farm amenities- pools, tennis, tot lots. Very close to Greenway and Reston Metro! Ready for January move in!

## LOY ESTATES



### LEESBURG

We have just a few lots left at beautiful Loy Estates from 499,900. Lots range from 1.5 acres to 16 acres. Standard features include: Hardwood floors in foyer, kitchen and powder room, granite counters in kitchen, 9 foot ceilings on main level, side load garage and several other value features! Mountain views and country living. Call for a personal tour with Builder and Agent.

## These are just some of the homes Sam Sold in 2014:



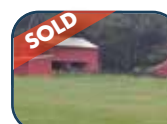
PURCELLVILLE \$799,900



ROUND HILL \$799,900



LEESBURG LOT 10 POWERS HOMES



PURCELLVILLE 10 ACRES



BLUEMONT Five Acres \$499,900



THOMAS MILL COTTAGE \$379,900



BEACON HILL - 0 DAYS ON MARKET! \$1,025,000



WATERFORD \$318,000



LEESBURG \$469,700



HAMILTON \$817,000



PURCELLVILLE \$537,500

**IN 2013 & 2014 JANUARY WAS A VERY STRONG MONTH TO LIST HOMES.**

If you are thinking about listing your home this Spring you may want to consider the Winter. Please call me for a no-obligation consultation! Moving should not be stressful! I work a strong team of stagers, interior designers, contractors and movers to make selling your home a great experience!

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Call Sam Rees  
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Associate Broker

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