

Blue Ridge LEADER & Loudoun Today

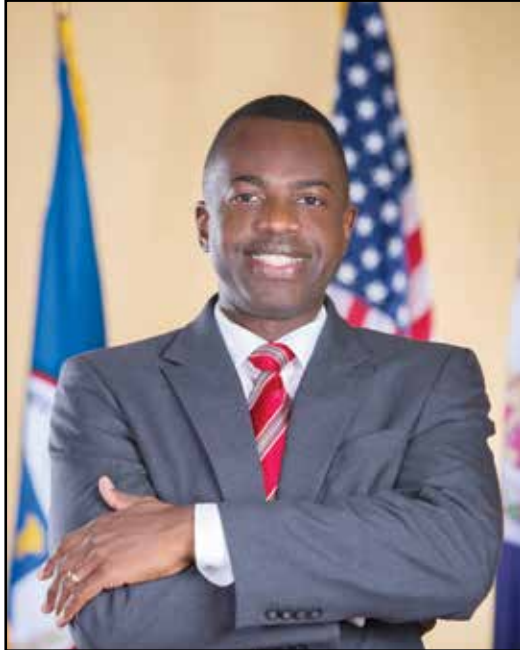
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Purcellville Mayor Stage Side Chat



**Save The Date
Carver Center
Sept. 23, 7-8 p.m.**

Purcellville Mayor Kwasi Fraser will be hosting a stage side chat at Carver Center on Wednesday, Sept. 23, from 7 to 8 p.m. The purpose of this discussion forum, to which all residents and neighboring residents are invited, is to hear from our citizens on all matters concerning Purcellville. It's an opportunity to openly voice issues, concerns, ideas, and solutions. "Please plan to attend, and let me hear from you," said Mayor Fraser.

Public Hearings

Planning Commission And Town Council This Month

The Big Giveaway

– By Valerie Cury

At the Purcellville Town Hall on Thursday, Sept. 3 at 7 p.m., the first of two public hearings on the proposed zoning use changes will occur to amend sections of the zoning ordinance. One big change to the C-1 District is to allow for the addition of general retail sales to this district which is along Hirst Road. Currently not allowing for "big box," this district's use is being proposed to up to 10,000 square feet and a special use permit for anything above. The stated purpose of the C-1 District is to provide for planned office parks, offices, and similar business buildings and is limited to office support uses – in attractive surroundings with types of uses, structures,

plantings, and signs so controlled as to be generally compatible with medium or low density residential surroundings. According to the spring Town of Purcellville 2008 minutes, a pharmacy was allowed, but it was supposed to be located in an office building, not stand alone. In fact, the current Comprehensive Plan does not allow for uses like "big box" retail. Some of the current proposed additions for this area are: Retail sales, child care, financial institution, fitness center, hotel, parking lot and structure, recreation facility, and temporary food trucks and trailers. Further, Special Use Permits (SUPs) are proposed to be eliminated for eating establishments.

Another area hit by change is the C-4

Continued on page 28

Annual Dog Swim Sept. 12, Ida Lee Park

Saturday, Sept. 12, Ida Lee Park will hold its annual Dog Swim at the AV Symington Aquatic Center. Come on down to the pool with your four-legged friends for them to enjoy a swim and play off-leash.

The pool will be open for the dogs-only swim from 10 a.m. to 2 p.m. Dog handlers must be 16 years or older and are limited to two dogs. All dogs must be at least six months old, legally licensed, vaccinated and wearing a visible dog license.

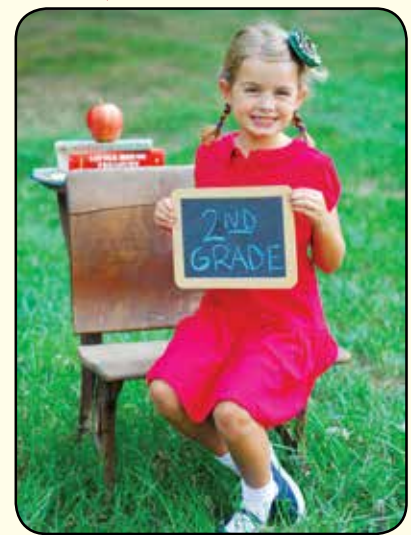
Children 9 years old and younger will need to remain in the snack area of the pool deck. The fee is \$5.00 per dog, payable at the front entrance. Handlers are responsible for their dogs and no food is allowed.

For more information go to www.idalee.org or call 703-777-1368.



Photo by Jennifer Lamberton

BACK TO SCHOOL



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BLUEMONT \$300,000

Spacious, open floor plan, stone FP in LR, huge front & back decks, a luxurious MBA, a pool, deeded access to the river & proximity to trails & wineries. Shows like new.



ROUND HILL, VA \$474,900

Impeccable home on landscaped 1.39 acres. Cathedral ceilings, gas FP in LR, walk-out basement w/rough-in, tiered deck, front porch, stone & brick walkways, French doors to deck & wood floors.



WINCHESTER \$247,500

Wonderful 3-4BR home at end of cul-de-sac. New patio, new granite in kitchen, private fenced back yard, large/recently stained deck & a wood FP in the family room. Move-in ready.



BLUEMONT \$213,500

Lovely cottage w/new kitchen, fresh paint throughout, refinished HW floors, updated BA w/tile floor & a beautiful stone gas FP. And last but not least, deeded river access! Close to commuter routes.



BERRYVILLE \$385,000

There's so much to appreciate. Corner lot, side-load garage, gas FP walk-out basement w/full rough-in, neutral pallet, gleaming wood floors & an incredible two level "rock patio" in the back yard.

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Childhood and Adolescent Depression: Tips for Parents and Caregivers

– By Michael Oberschneider, Psy.D.



Dr. Mike

According to the Centers of Disease Control and Prevention (CDC), depression affects one in every 10 Americans. And while the CDC's data on depression currently shows that folks residing in the Commonwealth of Virginia fall slightly below the national average, many children, adolescents and adults in our area suffer from depressive disorders.

In fact, childhood and adolescent depression is on the rise, and a 2014 survey conducted by the World Health Organization (WHO) found depression to be the number one disability and illness for adolescents worldwide. WHO's survey also ranked suicide as the third leading cause of death worldwide for adolescents, following road/traffic injuries and HIV/AIDS, respectively. Moreover, research has shown that about half of those who suffer from mental health conditions later in life showed symptoms by 14 years of age.

While the exact cause(s) of childhood and adolescent depression is not entirely known, research has identified a number

of factors that are believed to contribute to the development of formal depression including: genetics and biology, social anxiety and peer pressure, academic pressure, traumatic events, romantic relationship struggles, low self-esteem, feelings of hopelessness, separating or divorcing parents, family financial struggles, physical or emotional neglect or abuse and other sorts of early life and family of origin struggles (e.g., moving, blended family dynamics, significant losses).

Research studies have also shown that children and adolescents who suffer from depression are at a higher risk for experiencing other sorts of problems and conditions – anxiety, ADHD, oppositional defiant disorder, and substance use disorders, as well as social and conduct problems.

The 2013-2014 Fairfax County Youth Survey assessed 47,084 Fairfax County Public School Students in the 6th, 8th, 10th and 12th grades across several areas of functioning. Overall, youth in the 10th and 12th grades who participated in the

Continued on page 32

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Blue Ridge Supervisor Candidate Forum Held In Willowsford

Members of the Willowsford Community Silver Social Club welcomed the two Blue Ridge Supervisor candidates to a candidate forum on Saturday, Aug. 22, at the Sycamore House Clubhouse. In a race that could affect the future of the Blue Ridge District, Republican Tony Buffington and Independent Richard Jimmerson are vying for the vacated seat of Supervisor Janet Clarke –R.



From left to right: Blue Ridge Supervisor Candidates Tony Buffington and Richard Jimmerson with Willowsford resident and moderator Don Goff.

Each candidate had 10 minutes to introduce themselves to an audience of roughly 30 residents. Audience members submitted questions, some of which were asked directly to the candidates during the forum. Don Goff, who moderated the forum, asked candidates about some issues important to Willowsford residents, including the bi-county parkway, school budget, and the rural transition zone.

Buffington spoke about his service in the Marine Corps, his current position as a Capital Police Officer, and his work with the Heritage Commission. Richard Jimmerson performed network engineering during his service with the Marine Corps and is currently the Chief Information Officer for an Internet Governance organization and has worked with governments from all over the globe managing critical Internet infrastructure.

Viewpoints didn't differ much when it came to the questions of retaining the

rural nature of the Blue Ridge District and the desire to complete needed road infrastructure. There were subtle differences of opinion, when it came to just how to preserve the district's rural character.

One resident asked specifically about the transition zone and if the candidates were willing to make the current zoning in the transition zone permanent. Buffington was supportive of retaining the rural area but was non-committal on how to achieve it. Jimmerson answered the question by firmly saying that he did not support any changes to the transition area. "I would leave the map as is," said Jimmerson. The line is already drawn. If we don't preserve the transition zone, we will be concrete up to the West Virginia border."

Continued on page 32

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PURCELLVILLE, VIRGINIA

Must see! Complete & tasteful renovation of this 5 bedroom, 3.5 bath residence on 3 acres with small barn & pool. First floor master/in law suite as well as second floor master bedroom. New gourmet kitchen and baths. Views! Near Philomont. \$790,000



FARACRES, BLUEMONT, VIRGINIA

Beautifully sited on 75 acres on the eastern edge of the Blue Ridge Mtns, Faracres takes full advantage of the surrounding mountain views. Mountains, streams and the property backs to the Appalachian Trail. The well-appointed home of 6,300 fin SF has 5BR & 4BA. \$1,099,000



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PURCELLVILLE, VIRGINIA

Two beautiful stone homes just under 25 acres. Main house 4 bedrooms with main level master, 4.5 baths, fully finished basement. Cherry hardwood floors. 2 garages. \$1,200,000



ROUND HILL, VIRGINIA

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MIDDLEBURG, VIRGINIA

UNDER CONTRACT! Private setting & view shed of the Blue Ridge Mtns. Beautiful country home on just under 17 acres with 4 fin lvls. 2 tenant houses. Barn with tackroom. \$899,000



BLUEMONT, VIRGINIA

Unbelievable setting & location features 5BR, 4FBA, guest cottage with 1BR/1BA, Private re-tiled pool, fenced in garden. Beautiful hardwoods inside, 3 fireplaces, s/s appliances. \$749,000



PURCELLVILLE, VIRGINIA

NEW PRICE! Beautiful 3 finished level home located on cul de sac with fenced backyard, mature trees and landscaping. 5100+ SF, 5BR, 3.5BA, 3 car garage. Master suite with sitting room. \$575,000



ROUND HILL, VIRGINIA

Ideal horse property & home on 13 acres. Redone kitchen, new hardwood flooring in formal dining, family & second bedrooms, wood burning fireplace. 2 barns. 2 car garage. \$549,000



BERRYVILLE, VIRGINIA

Charming & adorable home on huge corner lot. Detached 2 car garage, fenced backyard. Updated home with hardwoods, 3 to 4 bedrooms, 2 full baths. \$295,000



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INTERNATIONAL NETWORKS AND OFFICES



Good Government Reinforces The Family

– By Delegate Dave LaRock

Working as the elected Delegate for the 33rd House District has renewed my understanding of the value of a strong family. After decades of raising my family of mom, dad, and seven children and building my family's business, which provided countless opportunities for mom, dad and kids to grow and mature as we worked together and sacrificed together, the transition into public service is reminding me again of just how important the family is.

My family members have worked on the LaRock campaign team as we've expanded our sphere of acquaintances to include thousands of wonderful folks we've met at fairs, meetings, and on doorsteps from Winchester to Berryville and Loudoun County. Without a doubt, my smart and beautiful wife, along with my energetic children, are the key to the success we have realized.

The principle at work here is too important to miss; that is that strong functional families are crucial to a healthy society. It follows that government should reinforce the family. Families are the backbone of society and the economy. Strong families are more productive and put less stress on society to provide for needs that arise from failing families. Poverty,



Delegate Dave LaRock

social welfare programs, drug abuse and poor health are some of the many hardships which can be tied directly to failure of the family unit.

Families cannot thrive in a society which is hostile to the family and the institutions which reinforce the family. Government policies, every tax, expenditure, regulation, police action and mandate is ultimately going to either improve quality of life or diminish it.

Policies that ignore the rule of law, such as immigration, ultimately impose additional burdens on working families whose tax dollars are used to subsidize the handouts that follow. Energy policies impacting the cost of fuel and electricity, which it turn affects so many other costs, also has a huge effect on the workforce and families.

Some prominent policy makers are not in tune with what makes families and the economy tick. Attorney General Mark Herring, in a recent Chamber of Commerce interview, indicated his belief that Virginia's economy and educational institutions would benefit from the acceptance of same-sex marriage. That reminded me of a similar statement from Governor McAuliffe when he made the outrageous claim that access to abortion is necessary

for Virginia's economy to grow and thrive. These claims are completely backwards and depict a lack of awareness of just how important it is for laws and policies to avoid what seems for some to be an irresistible urge to redefine the basics.

Like the family, marriage is an institution which government does not have the authority to alter. Recent attempts to redefine the institution of marriage are fundamentally at odds with the traditional family. Attempts to redefine it which ignore God given basics such as biologically assigned gender are in my opinion, pure folly and, if allowed to continue, will undermine the traditional family.

What could be more fundamental to family than a person's right to enter the world whole and alive. The right to life is given by God and recognized by government. Family members who might have been living among us as happy productive people are missing because government overrode the will of the people in this case.

Too often our education system robs parents, especially those with lower incomes, of the opportunity to send their children to the best quality schools or to home school them. Educational decisions should rest ultimately with parents as the natural leaders of their family, working together with teachers, not with politicians. Thomas Jefferson

was well aware that a classically educated citizenry would be best equipped to maintain our system of government. Educational choice recognizes the educational rights and responsibilities of parents and helps equalize disparities between low-income families and others. The competition it provides can help public and private education deliver solid results and allow children to reach their full potential.

As a lawmaker I will continue to support the family for many reasons knowing that healthy, intact, and loving families are absolutely critical to preserving our quality of life and keeping the U.S. economy on solid footing in future years and decades.

Delegate Dave LaRock represents the 33rd House District, including parts of Loudoun, Clarke and Frederick Counties, and the towns of Leesburg (partial), Purcellville, Berryville, Lovettsville, Round Hill, Hamilton and Hillsboro. LaRock serves on the Transportation Committee, the Science and Technology Committee and the Courts of Justice Committee. Dave and his wife, Joanne, have lived in Loudoun for 30 years, building a successful family-owned general contracting business. The LaRock's reside near Hamilton with Laura, Abby and John, the youngest of their seven children.

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PUBLISHER & EDITOR
Valerie Cury

CREATIVE DEPARTMENT
Meredith Hancock, Layout/Design

ADVERTISING
Judy D. Harbin
(703) 727-1321
JudyDHarbin@gmail.com

Here's How to Reach Us!
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EDITOR:
(letters to the editor & press releases):
editor@BRLeader.com

SPECIAL EDITORIAL
Andrea Gaines
andrea@andregaines.com

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

WEBMASTER:
webmaster@BRLeader.com

MAILING ADDRESS:
PO Box 325, Purcellville, VA 20134-0325

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

YOU ARE INVITED!

SAVE THE DATE

CANDIDATE FORUM

FRIDAY, SEPT. 25, 2015



COME JOIN US FOR A CANDIDATE FORUM

Who: The Purcellville Community

**When: Friday, September 25, 6:30-9PM
(6:30-7 Meet and greet with Appetizers)**

**Where: Carver Center
200 Willie Palmer Way, Purcellville**

**What: Meet the candidates for Chair
for the Board of Supervisors
and Blue Ridge District**

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To Our Students, Our Ambassadors Of The Future

– By Kwasi Fraser, Mayor of Purcellville

Welcome to another school year in Purcellville. For some of you, this will be a brand new experience, while for others it is the continuation of your ongoing adventure of learning and growth. Either way, you are all on the journey of a lifetime that will shape you into Western Loudoun’s ambassadors of the future. As you enter the halls of Emerick, Blue Ridge, Mountain View, Loudoun Valley High, and Woodgrove, be aware that you are not alone on this journey. Our community of parents, guardians, teachers, friends, and elected officials are present to enable and to challenge you to think critically, to collaborate and to communicate locally, nationally, and globally, and to contribute to our country and the world. As you are being positioned to become global contributors, please accept this challenge with passion, commitment, focus, and excellence. Have a safe, successful, and enjoyable school year, and feel free to reach out to me for any assistance.

Western Loudon School Capacity and Population Impact

Recently, a Purcellville resident asked me about the impact of potential population growth on our schools. This was an excellent question, and elected officials and planners should know the impact of decisions regarding the five Loudoun County public schools within our borders. To be honest, however, I did not know the correct answer to respond to this citizen, so I contacted the leaders at Loudoun County Public Schools (LCPS) and researched the LCPS Fiscal Year 2016-2020 Capital Improvement Program at http://www.lcps.org/cms/lib4/VA01000195/Centricity/Domain/66/SCHOOL%20BOARD%20ADOPTED%20FY16_20%20CIP%20GCWebPost%2012172014.pdf. Below are the results of my research and the answer to that resident’s question:

ELEMENTARY SCHOOL	FY 2016-20 CIP PLANNING PERIOD																
	2014-15 PROGRAM CAPACITY	30-Sep-14 ACTUAL ENROLL	2015-16 PROJECTON			2016-17 PROJECTON			2017-18 PROJECTON			2018-19 PROJECTON			2019-20 PROJECTON		
			ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE
BANNEKER ES	261	157	151	110	58%	149	112	57%	153	108	59%	150	111	57%	152	109	58%
EMERICK ES	545	497	483	62	89%	482	63	88%	478	67	88%	466	79	86%	473	72	87%
HAMILTON ES	258	173	170	88	66%	152	106	59%	152	106	59%	147	111	57%	140	118	54%
HILLSBORO ES	137	76	80	57	58%	78	59	57%	81	56	59%	76	61	55%	67	70	49%
KENNETH W. CULBERT ES	769	493	478	291	62%	466	303	61%	445	324	58%	429	340	56%	428	341	56%
LINCOLN ES	137	135	133	4	97%	130	7	95%	127	10	93%	118	19	86%	124	13	91%
LOVETTSVILLE ES	601	531	538	63	90%	527	74	88%	524	77	87%	500	101	83%	508	93	85%
MOUNTAIN VIEW ES	792	573	570	222	72%	552	240	70%	545	247	69%	547	245	69%	540	252	68%
ROUND HILL ES	687	553	552	135	80%	543	144	79%	534	153	78%	506	181	74%	474	213	69%
WATERFORD ES	297	163	162	135	55%	166	131	56%	176	121	59%	183	114	62%	181	116	61%
	4484	3351	3317	1167		3245	1239		3215	1269		3122	1362		3087	1397	

Table 1

Table 1 above shows that based on the 2015-2016 projection of 483 students enrolled, Emerick Elementary School will be 89 percent occupied. Further, the table shows Mountain View Elementary School will be only 72 percent occupied with a projected 570 students enrolled. Table 1 also shows the projected enrollment for the next five years. Any plans within and near the borders of Purcellville which may contribute to additional student enrollment should be accounted for in these projections.

MIDDLE SCHOOL	FY 2016-20 CIP PLANNING PERIOD																
	2014-15 PROGRAM CAPACITY	30-Sep-14 ACTUAL ENROLL	2015-16 PROJECTON			2016-17 PROJECTON			2017-18 PROJECTON			2018-19 PROJECTON			2019-20 PROJECTON		
			ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE
BLUE RIDGE MS	1083	951	979	104	90%	992	91	92%	959	124	89%	944	139	87%	885	198	82%
HARMONY MS	1187	1109	1079	108	91%	1057	130	89%	1001	186	84%	1040	147	88%	1036	151	87%
	2270	2060	2058	212		2049	221		1960	310		1984	286		1921	349	

Table 2

Table 2 above shows that based on the 2015-2016 projection of 979 students enrolled, Blue Ridge Middle School will be 90 percent occupied whereas the 2015-2016 projection also shows Harmony Middle School in Hamilton to be 91 percent occupied with 1079 students enrolled. Again, based on this 2015-2016 projection, any plans within and near the borders of Purcellville and Hamilton which may contribute to additional student enrollment should account for the 212 spaces that will be available between the two middle schools in our area.

HIGH SCHOOL	FY 2016-20 CIP PLANNING PERIOD																
	2014-15 PROGRAM CAPACITY	30-Sep-14 ACTUAL ENROLL	2015-16 PROJECTON			2016-17 PROJECTON			2017-18 PROJECTON			2018-19 PROJECTON			2019-20 PROJECTON		
			ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE	ENROLL	SPACE	UTILIZE
LOUDOUN VALLEY HS	1367	1312	1334	33	98%	1318	49	96%	1360	7	99%	1391	(24)	102%	1409	(42)	103%
WOODGROVE HS	1657	1548	1520	137	92%	1581	76	95%	1641	16	99%	1631	26	98%	1646	11	99%
	3024	2860	2854	170		2899	125		3001	23		3022	2		3055	(31)	

Table 3

Table 3 above shows that based on the 2015-2016 projection of its 1334 student enrollment, Loudoun Valley High School will be 98 percent occupied whereas Woodgrove High School, also in Purcellville, will be 92 percent occupied with a 2015-2016 projection of 1520 students enrolled. Any plans within and near the borders of Purcellville which may contribute to additional student enrollment should account for the 170 spaces that will be available between our two high schools based on the 2015-2016 projection.

To Make Your Voice Heard

Purcellville Mayor and Town Council as a group:
purcellvilleTC@purcellvilleva.gov
 Planning Commission as a group:
planningcommission@purcellvilleva.gov
 Individual emails Mayor and Town Council:
 Mayor Kwasi Fraser: kfraser@purcellvilleva.gov
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 Council member John Nave: jnave@purcellvilleva.gov
 Councilmember Doug McCollum: dmccollum@purcellvilleva.gov
 Council member Patrick McConville: pmconville@purcellvilleva.gov
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 Commissioner Chris Bledsoe: cbledsoe@purcellvilleva.gov
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 Commissioner Edward Van Istendal: evanistendal@purcellvilleva.gov

Stover Appeal Goes To Circuit Court

– By Valerie Cury

Acting on behalf of Purcellville resident and 21st Street business owner Mary Ellen Stover, attorney Frank Bredimus of Hamilton filed an appeal in early August to the Loudoun County Circuit Court challenging the decision of Purcellville’s Board of Zoning Appeals. The BZA ruled that the Town of Purcellville Zoning Administrator, Patrick Sullivan, was correct in his determination that the Vineyard Square project had commenced.

Background

Vineyard Square, a 5 story mixed use development planned for historic downtown Purcellville, obtained Certificate of Design Approval (CDA) permits from

the Board of Architectural Review (BAR) to demolish certain buildings on 21st Street, each requiring a separate CDA.

To proceed with the project John Chapman and Mark Nelis had to meet time limits on each CDA. At the time, zoning administrator Patrick Sullivan said, “Each of the CDAs has a time limit of one year that is imposed by ordinance (Chapter 54 Section 54-78 (f) of the Town Code). The CDAs will expire and a new CDA will have to be applied for if the applicant does not commence construction on each CDA prior to its expiration date.” The deadlines laid out in Sullivan’s May 29, 2014 memo were as follows:

Nov. 14, 2014, for the demolition of all

the buildings along 21st Street, O Street and the other buildings in back of 21st Street with the exception of the two brick buildings at the southern end of the project. The applicant must begin demolition on all ten buildings prior to Nov. 14, 2014 or he faces having these CDAs expire.

December 16, 2014, for the demolition for the two brick buildings on 21st Street, pending an approved site plan and complete zoning permit (for the building to replace it).

Jan. 14, 2015, this deadline required an approved site plan and zoning permit for the new building, along with the commencement of construction.

At the time of the May 2014 memo, staff

expressed concern that the developers would not be able to meet these deadlines “... and the project would have to stop.” In response, the outgoing Lazaro town council in June of 2014 was planning a vote to extend the CDAs for a year. This effort failed due to community outcry over the special treatment being afforded to the developers. The issue was revisited by the newly elected town council in July 2014, at the request of council member Joan Lehr, but the majority voted 4-3 not to extend the CDAs - with Mayor Fraser and council members Karen Jimmerson, John Nave and Ben Packard voting no, and Joan Lehr, Patrick McConville and Doug McCollum voting to extend.

Continued on page 27

Weekly Water Demand Report Now Online

– By Kwasi Fraser, Mayor of Purcellville

As you all know, our Water Utility Fund accounts for over \$40 Million of our total town debt. During our budget cycle, I made the commitment to focus on identifying and implementing solutions to reduce this debt without negative impact on our water capacity or the environment. One such solution is the pilot program for the bulk sale of water to companies and other entities. So that you can be aware of the impact of such sales on our water capacity and safety, we will be publishing online a weekly report of our water demand and supply across each source, clearly showing water output and

available quantity. Figure 1 shows a draft of the Weekly Water Demand Report.

In addition, we are working with the Department of Environmental Quality (DEQ) to evaluate the viability of reclaiming portions of the clear water produced by our waste water treatment plant for limited agricultural and industrial uses. Initial inquiries to the DEQ indicate that our waste water treatment plant may be capable of producing water for multiple uses. The success of this effort will lessen our reliance on our potable water to generate additional revenue to service our debt. Figure 2 shows some of the DEQ specified uses for reclaimed water. I welcome your feedback on these efforts at Kfraser@PurcellvilleVA.gov.

Town of Purcellville Weekly Water Demand Report 08/17/2015- 08/23/2015													
Notes: Hirst Well remains off-line due to presence of bacteria in raw water samples.													
Day	Date	Main St. Complex	Forbes	Cornwell	Hirst	Elm View	Marsh Well	Total Wells Production	Water Plant	TOTAL Production	Jefferies Well	In-Service Capacity*	
Mon	8-17	142,400	34,354	80,860	0	48,000	62,900	375,714	359,200	731,914	29,200	7.4%	86.8%
Tue	8-18	124,400	31,858	58,178	0	42,400	65,000	349,834	336,800	686,434	38,988	11.8%	81.4%
Wed	8-19	139,900	35,303	82,431	0	42,700	62,800	372,934	338,640	711,674	38,987	11.8%	84.4%
Thu	8-20	144,900	32,689	59,497	0	32,700	66,000	384,999	297,000	681,999	34,400	11.8%	76.5%
Fri	8-21	135,200	41,461	73,933	0	33,500	67,000	372,094	281,160	653,254	32,108	11.4%	77.5%
Sat	8-22	139,300	37,832	67,409	0	0	65,400	309,936	201,800	511,536	28,373	13.1%	80.7%
Sun	8-23	108,800	29,651	47,925	0	0	65,900	247,386	225,300	472,686	24,900	10.9%	56.1%
Weekly Total		933,700	240,686	427,030	0	197,300	594,200	2,392,898	2,036,500	4,429,398	221,652		
Daily Avg's		133,386	34,381	61,004	0	28,186	84,886	341,842	290,929	632,771	31,665	10.9%	75.1%
Weekly Max's		144,900	41,461	73,933	0	46,000	96,000	375,714	358,200	731,914	38,987	13.1%	86.8%
Daily Average Usages:		341,842	259,264			290,929		632,771		28,707,025			

Donated Vehicles To Help Wounded Veterans

Sgt. (Ret.) Matthew Pennington, a U.S. Army veteran who lost his left leg and incurred severe damage to his right leg while serving in Iraq, is one of many representatives of the Coalition to Salute America's Heroes, who will now have access to a newly refurbished wheelchair-accessible van donated as part of Caliber Collision's Recycled Rides™ program.

Recycled Rides is a nationwide program of the National Auto Body Council in which collision industry businesses – repair facilities, insurance companies, parts and material suppliers – team up to repair and donate vehicles to nonprofit service organizations and individuals in need. Caliber Collision associates at the Burke, Va., location volunteered their personal time to refurbish the van provided by 1-800 Charity Cars.

For many wounded veterans like Pennington, transportation is a major obstacle as they adapt to their injuries and assimilate back into the civilian workforce.

Pennington serves as a field representative and national spokesman for the Coalition, a leading not-for-profit organization dedicated to rebuilding the lives of severely wounded veterans of the War on Terror.

"We are pleased and honored to join the Coalition to Salute America's Heroes in helping restore rhythm to the lives of wounded heroes like Matthew," said Steve Welch, director of operations for Caliber Collision. "All 6,500 Caliber Collision



Sgt. (Ret.) Matthew Pennington, U.S. Army

teammates are committed to supporting our local communities and military veterans who have given of themselves for our personal freedoms."

"Matthew is one of several combat-wounded veterans who have honorably served and sacrificed for our nation and now work at the Coalition," said David Walker, CEO of the Leesburg-based organization, who joined Pennington at the vehicle unveiling. "Matthew and his colleagues will be using this wonderful vehicle to make visits to VA hospitals and attend other events as they serve and encourage wounded heroes and their families through their recovery process."

In the past three years, Caliber Collision has donated more than 60 Recycled Ride vehicles nationwide. Caliber plans to donate at least 25 more vehicles in 2015 to military service members, veterans and first responders as a way to give back to the communities that Caliber serves.



Providence Farm Bluemont, Virginia \$2,650,000

42 acre equestrian property in Piedmont Hunt • Lovely 5,000 sf home with 1st floor master suite • Horse facilities include indoor (150' x 75') and outdoor (200' x 100') arenas • 10 stall stable with large apartment • 8 more stalls in shed row • 6 paddocks • Cross country course & 9,800 sf heated Morton Building

Helen MacMahon (540) 454-1930



Foxhall Round Hill, Virginia \$1,200,000

Historic property in protected area • First offering since 1951 • 3 log structures circa 1690, 1720, and 1940 connected to create charming home • 4 BR, 3 BA, 3 FP & beautiful floors • Huge boxwoods • Needs updating • 33.89 acres mostly open • Creek • Solid barn • Original structure Quaker meeting house

Paul MacMahon (703) 609-1905



Chipmunk Upperville, Virginia \$965,000

Prime location • Piedmont Hunt • 10 acres • 2 bedroom, 2 bath, 1 fireplace stucco residence built in 1984 • Open floor plan • Treed setting with mature landscaping • Center courtyard off living area • Separate studio with half bath can serve as guest room or studio • Large 3 bay garage • 2 stalls for horses & 5 paddocks • Great views

Paul MacMahon (703) 609-1905



Palmer's Mill Bluemont, Virginia \$875,000

Circa 1860 Virginia Farmhouse • House updated & enlarged in 2004 • 3 to 4 bedrooms • 2 1/2 baths • Hardwood floors • 3 fireplaces • Exposed beams & gourmet kitchen • 10 acres • Fenced & cross fenced • 2 stall barn with tack & hay storage • Spring house & smoke house • Protected with mountain views • Piedmont Hunt Territory

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Stonewood Middleburg, Virginia \$795,000

Charming stucco, log & frame home on 6.38 acres • 3-4 bedrooms • 3 1/2 baths • 2 fireplaces (one in the kitchen with antique brick floor) • Beautiful reclaimed pine flooring • Bright & sunny family room opens to bluestone terrace • Master bedroom opens to private balcony • 2 car garage • 4 stall barn with tack room • More land available

Paul MacMahon (703) 609-1905



Cliffside Round Hill, Virginia \$498,000

7 acres and a bright unique home • Overlooking Butcher's Branch of Beaverdam Creek • Large deck off kitchen and family room • Great for entertaining and grilling • 2/3 bedrooms and large basement • Nice value and well priced home in a great setting • Large windows bring the outdoors in • Cute playhouse or potting shed

Helen MacMahon (540) 454-1930



Unison Road Cottage Unison, Virginia \$445,000

3 bedroom stone home on quiet gravel road between Middleburg & Purcellville • Nice hardwood floors • Stone fireplaces • Generous room sizes • Large dining room and family room • Screened in porch • Large yard • Lovely trees and plantings

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Works will be displayed on the park grounds in designated spaces but must be considered temporary. A trail map of artwork locations will be provided for viewers during the exhibit period.

All works will be photographed and cash prizes of \$75.00 will be awarded for Most Enchanting, Wildest and Best Technical Execution.

A reception will be held at the Gallery space of Franklin Park Arts Center on Sunday, Sept. 13 from 1-3 p.m. This is

being held in conjunction with Art in the Park event (1-4 p.m.).

Sticks and Stones will be on display starting Sept. 12 through Oct. 31. The annual fall show sponsored by the "Friends" challenges the community with a new theme every year. *There will be a Sticks & Stones hike on Sept. 27 from 12-1 p.m.* to see the sculptures and also the Lunch in the Gallery event for seniors with a guided tour of the exhibit as well on Sept. 21 from 12:15 - 1:30 p.m.

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Three Ways To Fall Into Fashion This Season

– By Hannah Hager

You'll know it when you feel it. It'll be a hazy day in late August that melts into a breezy evening and you'll take note that sweater weather is upon us.

New York storefronts are already headlining the seasonal transition. While Labor Day weekend is the official end of summer, high-end department stores such as Bloomingdales and Lord & Taylor aren't on the same timeline. Their store windows already boast mannequins with shearling coats and wool snoods (infinity scarves). Some trends aren't so easy to embrace, however, such as some low-end retailers displaying diagonal zippers and exposed ankles – on men.

Great Falls resident and fashion designer Joy Catania Truitt says fall trends are less about the fashion gospel preached by magazine editors sitting on their thrones in New York and more about "feeling confident and ready for wherever the day may lead with feminine flare."

A 'lil something for every woman

Truitt is a 10-year fashion guru who is currently designing a mommy and me fashion line inspired by her toddler daughter, Chloe. She says women's trends this fall offer a little something for every woman – fringe on shoes, sweaters and jackets, lace & leather on the same piece – even turtlenecks are back.

"Over the knee boots are my favorite," she said. If you're a beginner to the tall boot, try out a suede material with a stacked heel because they are more versatile. "Leather stilettos are a little more daring, but can be toned down by pairing with something like a plaid button up."



What's old is new again

It's a tale as old as time that what goes around, comes back around, especially in fashion.

"I don't think anything is ever truly 'new' anymore, which is why I have a hard time letting go of pieces in my wardrobe," she said.

Likewise, Victorian-era inspiration is seen throughout catalogue pages and celebrity rags alike. Brocade embellishments are also everywhere – who can forget Kim Kardashian's Faberge-egg bachelorette party dress last year in Paris?

Play dress-up

It's not for the faint of heart, but mixing prints is also 'in' this season. Pair a striped shirt with a floral skirt or polka dots. The key to pulling off this look is to find a common color scheme and wear with minimal accessories. The accessory of the seasons is gloves, Truitt said, leather, buttons, buckles, fingerless – anything goes. Channel your inner dress-up doll and have fun with it.

Truitt herself is excited to try out 'Geek chic' by teaming a plaid button down topped with a sweater and tortoise-framed eyeglasses. She's also into flares in denim, corduroy and velvet. But, she is very much over the boxy menswear influences in women's clothing, saying they should be shed with the fall leaves. "No matter what your body shape, find a silhouette to flatter, not conceal," she said.

As for the men this season, gray is your 'it color.' Truitt advises buying a single or double-breasted wool coat in gray and to never leave home without it. She also suggests layering knits, rolling up dress shirtsleeves above the elbow and wearing chunky sweaters.

"The most important factor when getting dressed is feeling comfortable and confident," she said. "Attitude pulls off any look."

Back To School Lunches The Sub



Dressing for Bread:

- 2 tablespoons of balsamic vinegar or red wine vinegar
- 4 tablespoons of olive oil
- Salt and pepper to taste and 1teaspoon dried oregano

Sub Ingredients:

- Ciabatta rolls, submarine rolls, or gluten free rolls
- Thinly sliced prosciutto or ham
- Salami
- Provolone or American cheese
- Roast beef thinly sliced
- Tomato sliced and shredded romaine lettuce

Mix ingredients together for the dressing. Then cut the rolls in half and put a little dressing on each side of the cut roll. Layer the ham, salami cheese and beef. Then top it off with the tomato and lettuce. Wrap it up and it will make a yummy lunch surprise.

Add A Little Surprise To A Turkey Sandwich:

- Whole grain bread or gluten free bread lightly toasted
- Mustard
- Sliced turkey breast
- Cheddar cheese mild or sharp
- Boston lettuce
- Sliced granny smith apples

Spread Mustard on both slices of lightly toasted bread. Then layer the remaining ingredients. Cut in half and it's a wrap.



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– By Hannah Hager

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You can have an historic home built in 1800 with exposed wood beams, hardwood floors and three wood-burning fireplaces. On the other hand, you'll also be able to revel in modern amenities such as a paved drive to the two-car garage, which is the anchor to the more than \$200,000 addition that includes a mud and laundry room. The addition's upper level hosts a fabulous master bathroom suite complete with a dressing room, walk-in closet, radiant tile heated floors, and more.

The renovated kitchen includes new and improved cabinets and appliances. The family room boasts beautiful hardwood floors and exposed beam ceilings. It also has the comfort of a fireplace, but is lit up

by plenty of windows – quite a treat in an old farmhouse. You could also spend time in the great room that is three walls of windows including French doors leading to a wooden deck.

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A Man Of Character

- By Samuel Moore-Sobel



MOORE-SOBEL

"I thought it would be appropriate to reiterate my thoughts on power and quote something from Frederick Douglass that I believe is quite true," Manfred Kory wrote to me after reading Lonnae O'Neill's June 29th column in *The Washington Post*. "Power concedes nothing without a demand. It never did and it never will. Find out just what any people will quietly submit to and you have found out the exact measure of injustice and wrong which will be imposed upon them, and these will continue till they are resisted with either words or blows, or both."

In my experience, this is a typical conversation with this man that I call "Zayde," which in Yiddish means "grandfather." To commemorate his 84th birthday, I write about a man who exemplifies true manhood and though not related to me by blood, has made an indelible mark upon my life and continually challenges me spiritually, emotionally and intellectually to be the best that I can be. This man is too modest to boast about his own accomplishments, yet his story holds great meaning.

Zayde is familiar with the effects of abuse of power. Born into a German Jewish family on Sept. 29, 1931, Hitler is one of the reasons for his concerns about power. "He was driven to eliminate the Jewish people to prove that God did not exist." His father wisely decided to leave Hitler's Germany for England. "When I was 8, war was declared, and everyone was scared stiff that they would bomb London." Evacuated to the countryside to live with foster families, Zayde remembers, "It was terrifying being separated from my family."

Emigrating to America in 1949, Zayde was reluctant to leave England since he had a spot reserved at London University to study physics. Yet his parents were convinced, "America was a place for advancement." After entering UCLA, he was drafted into the Korean War. Instead of being sent to Korea, he found himself in Germany. The irony of entering Germany as an American soldier for the first time since his Jewish heritage forced him to flee was not lost on me. Military service influenced him to switch his major from physics to mathematics, and after the war he graduated and pursued a successful career.

Zayde accomplished much professionally with his proudest achievement the creation of Generalized Information Management in the 1960s. GIM was used "extensively in the government before Google." More importantly, his impact is even larger in the way he has mentored so many. Personally this man invested in me more than anyone else outside my immediate family. I once asked him the most important quality for a man to possess. He gave a simple yet profound answer. "Humility. It is the cornerstone on which a man's character is built." Regarding leadership qualities, he responded similarly while highlighting the importance of service. "You don't have to proclaim yourself to be a leader you just have to be a servant of all." Instead of

focusing on himself, he points to the oppression of others. "When I lived through [oppression] I never realized I was oppressed. Once removed, I could see how other people were being oppressed."

Of the many moments I could recount in order to laud this great man, one of the most meaningful was after my accident. As I was driven home from the hospital, he called and we talked on the phone. He said that he would meet us at my house right as we were returning home. Most importantly was that he never treated me differently, never averted his eyes even though my face was not what it had once been. Following up consistently, treating me as he always had and there when I needed him most, and for that I will be eternally grateful.

Zayde was diagnosed with lung cancer in February 2014. I wanted to bring solace in his time of need. Yet when I walked in the door it was he who tended to me. Sitting on the couch, next to his wife of 45 years, talking of his love for his two children, five grandchildren and two great-grandchildren, asking questions and talking about intellectual subjects, it was just as it had been. Zayde and his wife Judy (Bubbe) together, finishing each other's sentences calmly in the face of an overwhelming storm. I marveled at their strength. This is love, committing to each other in the tough times, devoted to each other even when life is hard.

While Zayde experienced excruciating pain, Bubbe read from a book of Winston Churchill's speeches. "We shall go on to the end...we shall defend our Island, whatever the cost may be..." Not remembering the words, he searched for them in his mind. Finally, as she happened upon a line he knew by heart, he emotionally recited as the room fell silent, "We shall never surrender." I have no doubt Zayde will continue to fight, with many years of impacting the world left within his lifetime. His outlook on life hasn't changed, and he clings to the promise of Psalm 23. He grasps onto the idea that God is with us even when we "walk through the valley of the shadow of death." This has helped him "overcome extreme mental pain." He now turns to the New Testament for comfort. "I grasp onto finishing the race, and I am not finished yet. I am going to do what I was meant to do."

Zayde's story cultivates hope from deep within and a desire to impact those around me. I am determined to live a life of great consequence, leading a life that will leave a lasting impact upon others. When I asked this great man what I could do to repay him for all that he had done for me, his simple reply was to do the same for someone else, to mentor others as he had mentored me. Bubbe added, "Pay it forward." I aspire to live up to this request, making a difference in the lives of those around me for many years to come.

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

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Remembering CDR Robert Bentley Lyon (USN – Ret), AKA ‘The Sign Cop’

Robert (Bob) Lyon died on August 18, at his home in Purcellville. He is survived by his wife of 68 years, Jo Ann V. Lyon, 5 children, 7 grandchildren and 2 great-grandchildren. He was 94.

Lyon studied engineering at Virginia Polytechnic Institute then left school to serve as a Navy fighter pilot in WWII. He participated in an invasion of Europe, and saw further action in the Pacific providing carrier-based air support at the invasions of Lingayen Gulf, Iwo Jima and Okinawa. After the war he left the Navy to return to VPI, and later was recalled to active duty during the Korean War.

He eventually moved to Baltimore where he raised his family and had a career in civil engineering. Upon retiring, he returned to his hometown of Purcellville where he hand-built his house in the foothills of the Blue Ridge Mountains.

In retirement he pursued lifelong interests in ornithology and entomology, and had a special fascination with butterflies and moths. He amassed a large collection of carefully documented photographs of the moths of Loudoun County, and was writing a book on the subject at the time of his death.

Lyon’s love of nature also led him to a personal years-long campaign of removing the illegal cardboard signs that littered the



Robert (Bob) Lyon

roadways of his community, eventually collecting more than 25 thousand. He was known as Loudoun County’s “Sign Cop” and often took offenders to court.

Though there will be no memorial service, Lyon was a much-loved husband, father, uncle, neighbor and friend, and left a loving legacy that will be long remembered.



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Is Loudoun The Happiest Place On Earth?

– By Hannah Hager

“Most folks are about as happy as they make up their minds to be,” Abraham Lincoln once said.

If that’s the case, then it seems Loudouners consistently choose to be content. SmartAsset, a New York-based financial technology firm, last month released its official ranking of “The Happiest Places in America,” and Loudoun took the crown.

What does it mean to be happy? Personal definitions of happiness are expansive. Some measure it based on success in marriage, family planning, the obtainment of professional goals or robust participation in charitable works and community building. Considering the number of sweeping variations, it’s difficult to believe this adjective can describe one location in particular.

The firm’s analysts addressed this issue by identifying eight metrics to compare one county’s happiness level over another. Despite Loudoun’s population nearly tripling within the last 25 years, it still outranked approximately 1,000 counties in the study in six of the eight metrics considered.

The metrics were organized into four categories and weighted equally: family stability (marriage and divorce rates); physical health, which namely focuses on life expectancy and the percentage of population who regularly exercise; personal financial health, including bankruptcy rates as well as the ratio between median and minimum income; and economic security, (average unemployment and poverty rates between 2009-2013).

Loudoun’s 3.6 percent poverty rate is the lowest of any major U.S. county. Its marriage rate ranks eleventh at 62 percent and residents have an average life expectancy of 83 years-old, which tallies sixth overall.

“Loudoun County is very proud of all of the things that it offers its residents, such as a quality, award-winning government; quality schools; great communities in which

The top five happiest counties in Virginia

Rank	County	Business Growth	GDP Growth (\$ in millions)	New Building Permits (per 1,000 homes)	Municipal Bonds (per capita)	Incoming Investment Index
1	Loudoun, VA	7.3%	\$382	31.5	\$1,026	73.39
2	Richmond, VA	-2.6%	\$8	4.9	\$101,513	60.01
3	Stafford, VA	1.3%	\$92	23.4	\$71	56.73
4	Hanover, VA	2.2%	\$136	15.5	\$463	45.13
5	Powhatan, VA	0.5%	\$29	14.1	\$161	41.84

Source: SmartAsset.com

to live; and a healthy job market,” said Glen Barbour, Loudoun’s public affairs and communications officer.

While Loudoun scored markedly well in areas the firm considered to be most important –GDP growth, upticks in new business licenses, building permits and municipal bond investment, SmartAsset’s Kara Gibson wrote in a statement to the county – its softer skill attributes are what shine for the residents who live here.

Although it sits in the outskirts of Washington, D.C., which is one of the most congested cities in the nation, the county “feels like a perfect escape with its rolling countryside, farms, historic estates and gardens,” said Beth Erickson, chief executive officer at Visit Loudoun, the county’s tourism bureau.

“Its breathtaking beauty and numerous attractions make it a great place to live and visit,” she said. “People enjoy the growing beer and wine scene, the farm-to-table cuisine and outdoor opportunities that range from hiking and kayaking to ziplining and biking down the W&OD Trail.”

Happiness knows no boundaries. Virginia also takes the crown as the happiest state in the nation with three of the five most happy counties situated in the Commonwealth – cheers to Fairfax and York counties, as well.

Loudoun Education Association Endorses Jimmerson For Blue Ridge District Supervisor

The Loudoun Education Association has endorsed Richard Jimmerson, candidate for Blue Ridge District Supervisor. The LEA is a teacher-employee advocate group, which represents more than 4,000 Loudoun public school employees, who strive to improve Loudoun’s public education system.

As Supervisor, Richard Jimmerson has stated his commitment to champion the needs of our schools and preserve the rural, small schools in the Blue Ridge District. “I understand that everyone in Loudoun benefits from good schools, whether or not their children attend the schools and I am dedicated to maintaining the public trust by involving citizens in all important decisions,” said Jimmerson.

In response to the endorsement Jimmerson stated, “I am thrilled to have the support and backing of the Loudoun Education Association. Support of our teachers and students is fundamental to securing our community’s future. As a Supervisor, I will work hard to support the needs of our school system in Loudoun County.”

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ART IN THE PARK Sunday, September 13 1:00-4:00PM

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Amelia Brown Joins NSHSS

The National Society of High School Scholars has selected Amelia Brown, a Woodgrove High School junior from Waterford, for membership. The society recognizes top scholars who have demonstrated outstanding leadership, scholarship and community commitment.

“On behalf of NSHSS, I am honored to recognize the hard work, sacrifice and commitment that Amelia has demonstrated to achieve this exceptional level of academic excellence,” said Claes Nobel, NSHSS founder and chairman. “Amelia is now a member of a unique community of scholars – a community that represents our very best hope for the future.”

“We are proud to provide lifetime membership to young scholars to support their growth and development,” said NSHSS President James W. Lewis. “We aim to help students like Amelia build on their academic success by connecting them with unique learning experiences and resources to help prepare them for college and meaningful careers.”

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Remembering Robert Thomas Harrington, II

Robert Thomas Harrington, II, of Purcellville, died August 1. Robert was born December 5, 1969 in Springfield, Il.



Harrington is survived by his wife Kelly Harrington of Purcellville, three young sons Tommy, Ardan, and Finn, brother Patrick James Harrington of Louisville, Kentucky, sisters Bridget Kathleen Lippens of Atlanta, Ga. and Phoebe Harrington Dumas of Atlanta, Ga., parents Robert and Kathleen Harrington of Marietta, Ga. and several nieces and nephews.

Rob graduated from Wheeler High School in Marietta, Ga. He completed his undergraduate degree at University of Georgia and his Master's degree at American Intercontinental University. While attending UGA, Rob was a member of the Phi Delta Theta Fraternity. Since moving to Loudoun County, in 2003, Rob was very active in the mountain biking community with races and advocating for



more trail development.

Purcellville Police escorted Rob's sons so they could safely ride to the remembrance for their father.

Memorial contributions may be given to the National Park Service, www.nationalparks.org.

To help the family gift cards for Harris Teeter or Target can be dropped off at Trail's End Cycling Co. on 23rd Street in Purcellville.

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Perfection And Expectation In High School

– By Mary Rose Lunde

If you think about high school, what do you think about? Do you think about the sports and how important they are to some students whose only dream of getting into college is a scholarship? Do you think about



LUNDE

the high school student struggling for an A in an Advanced Placement class so they can get into the best college? Well, when I think about high school I think about the general idea, where high school doesn't prepare anyone for college or the real world.

Think about it, truly think about what high school does for a kid, think about what it did for you? Did it really prepare you for the real world? No. For high school teenagers, high school is not preparing them for anything but failure in the future. Understand that high school is all about grades and the occasional extracurricular and honor society. The idea is simple, you need to be perfect for everyone else, that's the image high school gives off.

Think about it, the grading system and classes are all about reward and instantaneous gratification which should work, but doesn't actually work because there is no actual feedback. Classes don't prepare you for the real world because they lack a sets of skills and processes you need to understand, which are learned in the real world and most high school students aren't taught that in their AP Calculus class. To those students it's all about the gratification of getting an A in class and not about what you actually need to learn to succeed past education.

In all honestly, most of the A/B students

will get far, but not as happy as those that get B/Cs. Think about all that these honor roll kids are missing out on because they are so focused on the future and not the moment. They are hurting themselves with the viewpoint that if they don't get an A or a B they are failures, which can ultimately lead into mental

problems later in upperclassmen years as well as in college. They won't understand how to deal with the working world, especially if this tendency keeps up in college.

What the teachers really should focus on is mindset, where students do their homework with the right mindset, understanding that hard work is more important and that sometimes just doing the work won't get you any further than a regular pay check. Think about it, in regular jobs an over the top presentation won't get you an extra pat on the back, it's called doing your job! These students that expect great marks and instant rewards won't be prepared for this, especially with their "top notch" classes. These kids should in addition to the core classes be taught how to live for themselves, be independent and how to survive. Knowledge over facts that most people generally know will only get you so far in life.

So really, the ideal class should be focused on the student and ways to teach them how to prepare for life while also learning things they will actually need to know to succeed in the future.

Mary Rose Lunde is a sophomore at Virginia Tech who prefers classes that make her think and prepare for the real world.

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Franklin Park: The Arts House Hidden Upon The Hill

– By Hannah Hager

It's safe to say most Western Loudouners are well aware of Franklin Park. There's a strong chance you've cooled off in the swimming pool and cheered on players on sports fields in summer, or took to its rolling hills as sledding slopes in winter.

While much emphasis is placed on its grounds, however, not many residents or visitors who have stepped foot in the the 200-acre park have also walked through the doors to the Franklin Park Arts Center.

"We are a hidden gem in Loudoun County," said Elizabeth Bracey, manager at Franklin Arts Center.

The arts are ready for their time to shine.

Park proprietors are teaming up with multiple key players to incorporate the natural landscape to enhance programming for live performances, classes and events. Alongside the Loudoun County Parks, Recreation and Community Services, the Arts Center has become the foundation for music groups, dance shows and art exhibits alike.

"Emerging artists, whether it be in music, dance, theater or visual arts, need encouragement and a professional venue such as FPAC to showcase their talents," Bracey said.

During its seventh year this season, the arts center welcomed nearly 25,000 art enthusiasts for performances, classes and special events, which was a 41 percent increase from the previous year. The eighth season schedule is robust; featuring 22 different music groups, 10 visual art exhibits, eight theater companies, seven dance shows, four comedy acts, three chorale groups monthly puppet shows, a Sunday night coffee series and numerous additional events.

"We serve the community by helping local arts groups grow," Bracey said. "When local arts groups are strong and vibrant, it enhances the entire community."

Performing Arts

Celebrating its 25th anniversary this year, the VSA Loudoun has been able to host two shows per year, a summer camp and a visual arts program called DaVinci. The Franklin Park Big Band has established itself as Purcellville's resident performance group since forming in 2009 thanks its humble beginnings at the art center. Marking its tenth anniversary this year, The Western Loudoun Artists Studio Tour is now a two-day celebration showcasing more than 60 artists.

Visual Arts

The Friends of Franklin Park Arts Center sponsors shows and exhibits twice annually with



Fray Masias, a group of Peruvian dancers all with Down Syndrome

cash awards for winners. A sculpture exhibit, Sticks and Stones, will debut this upcoming season and the grounds will once again become the foundation for the art as the perimeter hiking train will be marked with environmental sculptures from natural objects.

"Artists need places to display their work and these shows give the public the chance to be inspired and support local artists," Bracey said.

The Art Gallery exhibits rotate every four to six weeks to give multiple artist ample time to shine. The Youth Art Show allows young people of all ages a platform to express themselves and the Call for Art shows are open to all artists who hope to challenge and grow themselves through themed exhibit ideas.

Cultural Diversity

The diversity of the Franklin Park Arts Center programs is of great value to the community. The nonprofit arts industry annually generates \$135 billion in economic activity that supports more than four million jobs across the U.S. This expenditure trickles down an average spend of \$24.60 per person, per event beyond ticket prices that benefit local merchants, according to statistics released by the foundation, Americans for the Arts.

It's a reciprocal and beneficial relationship for artists and community alike. The Arts Center continues to expand its offerings in light of this. Families are encouraged to give it a try as a unit. Have a look at the special seasonal programs such as the Family New Year's Ever Party and the Halloween Costume Make-up or take



part in the regular events including Art in the Park and Lunch in the Gallery.

Franklin Park also attracts a vast range of musical taste and talent. It boasts culturally diverse programs such as Tanabata and Chinese New Year and musical performers such as Portland Cello Project, Tidewater Guitar Orchestra and additional musical

groups from classical, opera and bluegrass to big band, rock n' roll, country, jazz, Cajun and folk.

It really has something for everyone.

"Your local Arts Center is a place to try something new - new music, a dance show, taking your child to see a theater show for the first time," Bracey said.

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ANNUAL HALLOWEEN BLOCK PARTY SAVE THE DATE

Friday October 30 – 5 to 9 p.m. The 5th Annual Purcellville Halloween Block Party will be held in Old Town 21st Street. It's going to be the best one yet. So start working on that award winning costume for big cash prizes. More info at www.purcellvillehalloween.com. Volunteers needed to help with the event. Call Michael at 540 751-0707 for more info on volunteering and also to sign up to be a sponsor.



ONGOING EVENTS

☉ **Saturdays, Sept. 12 to Oct. 17, Interpreting Scripture** Through Visual Arts, from 10 a.m. to noon. Jonathan Holland, artist and youth pastor, will take you on a journey to create powerful and moving art rooted within the Bible. Cost is \$105. Go to opusoaks.org.

☉ **On Saturday, Sept. 12 at noon, Sunday, Sept. 13 at 1 p.m., Sept. 26 at noon and Sept. 27 at 1 p.m., StageCoach Theatre Company presents "Puss in Boots"** – Children's Outdoor Theatre. Visit www.stagecoachctc.com.

☉ **Sept. 8 to Oct. 27, Tuesdays, Gentle Yoga** at Middleburg Community Center, 300 W Washington St, Middleburg. For ages 55 and older. From noon to 1 p.m. Call 540-687-6375 to register.

SEPTEMBER EVENTS

☉ **Sept 3, Thursday, blood pressure screenings** from 11 a.m. – noon at the Lovettsville Community Center, E. Broad Way, Lovettsville.

Sept. 5, Saturday, Music on the Green on the Lovettsville Town Green at 6 p.m. See the U.S. Navy Band Sea Chanters Chorus for free.

☉ **Sept 10, Thursday, blood pressure screenings** 10 a.m. – noon at the Carver Center, 200 Willie Palmer Way, Purcellville.

☉ **Sept. 10, Thursday, Board of Supervisors Candidate Forum for Sterling**, Broad Run, and Algonkian Districts from 7-9 p.m. At the Cascades Senior Center, 21060 Whitfield Place, Sterling. For more information, loudoun.va.lwvnet.org.

☉ **Sept. 11, Friday, 9/11 Remembrance Ceremony** at Fireman's Field at 5:30 p.m.

☉ **Sept. 11, Friday, Movie on the Green** on the Lovettsville Town Green at dusk. The free movie is "Miracle."

☉ **Sept. 11, Friday, Music on the Steps** at the Middleburg Community Center, 300 W Washington St. - from 5:30-7:30. Music by Andre Fox.

☉ **Sept. 12, Saturday, Native Plant Sale** from 9 a.m. – 3 p.m. at Morven Park, 17263 Southern Planter Ln, Leesburg. Hill House Farm and Native Nursery, Nature by Design, and Watermark Woods will be selling native plants, shrubs and trees.

☉ **Sept. 12, Saturday, Lovettsville Game Protective Association Dance** from 8 p.m. to midnight at 16 S. Berlin Pike (RTE. 287) with the Brandy Stills Band for \$10/person.

☉ **Sept. 12, Saturday, Middleburg Community Yard Sale** as part of Middleburg Community Farmers Market 8 a.m. - 1 p.m. behind the Middleburg Community Center, 300 W Washington St, Middleburg.

☉ **Sept. 12, Saturday, breakfast** hosted by Between the Hills Community Association from 8 - 10:30 a.m. Salvadoran specialties of pupusas and tamales. Sausage gravy, biscuits, eggs, pancakes and sausage patties will also be offered at the Community Center - 11762 Harpers Ferry Rd, Purcellville, Neersville. Free will donation.

☉ **Sept. 13, Sunday, afternoon tea at Oatlands** from 1-3 p.m. in the historic Carriage House. Teas require advance reservation and purchase. Please call, 703-777-3174.

☉ **Sept. 13, Sunday, Oatlands' School's in Session** open house days at the historic Mountain Gap School. Multiple sessions at \$20 per family. Reservations are required 703 703 777-3174.

☉ **Sept. 19, Saturday, Snakes Alive** at Morven Park, 17263 Southern Planter Ln, Leesburg, at 2 p.m. Join teacher and naturalist Mark Khosravi in this Loudoun Wildlife Conservancy program. Registration required at www.loudounwildlife.org.

Sept. 24, Thursday, blood pressure screenings 10 a.m. – noon at the Carver Center, 200 Willie Palmer Way, Purcellville.

☉ **Sept. 28, Monday, blood pressure screenings** from 11 a.m. – 1 p.m. at Levis Hill House, 1000 West Washington Street, Middleburg.

☉ **Oct. 10, Saturday and Oct. 11, Sunday, Purcellville Treasure Sale**, from 8 a.m. to 4 p.m. at Fireman's Field.

46th Annual Bluemont Fair

RT. 734-Snickersville Turnpike

Sept. 19 and 20- 10 a.m.-5 p.m.



Old fashioned family fun at a "Green" Country Fair featuring traditional crafts (juried), local art and authors, craft and farming demonstrations, music: traditional, blues and country, 10k race, free children's fair, farm animals, llamas and alpacas, quilt display, colonial blacksmith, homemade food, fresh and dried flowers, pie-baking/pickle-making contest, antiques & collectables, local wine-tasting, breweries and gourmet treats, historic slide show, bee-keepers and hives, model railroad display and antique caboose, pre-Civil War Country Store, farmer's market, and more, set in historic village in the foothills of the Blue Ridge Mountains. No Pets. For more information go to bluemontfair.org or call 540 554-2367.

CARVER CENTER SEPTEMBER EVENTS

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

Sept. 8, Tuesday, Hearing Aid Presentation

10:30 to 11 a.m., non-members pay a \$2 facility drop-in fee

(Ages 18 and older) Joan Cassidy of Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC) will conduct a brief presentation on "Hearing Aids – What you should know before you buy!"

Sept. 10, Thursday, Fall Supper Club

Wine Kitchen on the Creek, Frederick, Md.

4 to 8 p.m., registration closes at 4 p.m. Sept. 3

(Ages 18 and older) Transportation available to and from restaurant from Carver Center for \$6 fee. Each person pays for own dinner and tip.

Sept. 11, Friday, Country Dance

1 to 3 p.m., tickets \$3

(Ages 55 and older) Wear your plaid, cowboy boots, cowboy hats and other "country" attire and join us for a Country Style Dance! Purchase tickets on-site or at www.loudoun.gov/webtrac (activity #130654-01)

Sept. 12, Saturday, Plant and Seed Exchange

9 a.m. to noon for all ages

Bring plants and/or seeds from your garden to trade with those from the plots of other local plant lovers. Label each item clearly. No registration required.

Sept. 16, Wednesday, Carver Lunch Bunch Gladchuk Brothers, Frederick, Md.

11 a.m. to 2 p.m., registration closes at 4 p.m. Sept. 9

(Ages 55 and older) Transportation by bus available to and from the restaurant from the

Carver Center for a modest fee. Cost of lunch and tip is extra. Register on-site or at www.loudoun.gov/webtrac (activity # 130601-01)



Debra Foster and Ernice Sims

Rally For The Cure Golf Tournament

Sept. 23 – At Stoneleigh

Stoneleigh Women's Golf Association's is having their annual Rally for the Cure™ golf tournament in Support of Breast Cancer Awareness Month. This is a great opportunity to play at the golf course recently cited as being the prettiest golf course in Northern Virginia by Golf Magazine and recently awarded a 3.5 star rating by Golf Digest.

The format is a 4-person scramble so men and women of all golf abilities are invited. The Date is Sept. 27 - registration is open and closes Wednesday, Sept. 23.

To register call the Stoneleigh Golf Pro Shop at 540 338- 4653. Prizes, lunch and raffle follow the tournament. Guest fees of \$75.00 include golf cart, lunch, green fee, and Rally for the cure™ registration fee to be paid by check to Stoneleigh Women's Golf Association.

Amy And Dan Smith's Planning For Life: When To Take Social Security

Timing is everything

As you approach retirement, there are several decisions that can impact the level of income you will receive when you stop working. One such decision will be about claiming your Social Security retirement benefit.

More than half of eligible Americans take their benefits "early" after they reach 62, even though they are locking in a permanent reduction in their monthly payment by as



AMY & DAN SMITH

much as 25 percent. Still, "early" makes sense for many if they have little in savings and simply need the money. However, many do it because they can, without realizing they are giving up progressively higher payments each year they wait to claim, potentially losing as much as 32 percent than if they had waited to age 70. Surveys

have shown that nearly 40 percent in this camp actually regret their decision to claim "early" once they realize how much they have given up in lifetime income. For some

couples, this could translate into hundreds of thousands of dollars for not adopting a "wait to take" strategy.

This "wait" strategy makes even more sense when you consider the growing longevity for both men and women. On average, women reaching age 65 today can expect to live to age 86 and men to 84, according to the Social Security Administration. While that's good news, it also presents several new challenges. A longer life increases the likelihood that you'll have increased medical and long-term care expenses. The value of your nest egg will be more significantly impacted by increases in the cost of living over a longer term. And, quite simply, you could outlive your money.

This means that today, it's more important than ever to make calculated decisions about when to begin drawing Social Security benefits within the context of your overall retirement income plan and to develop a strategy to maximize the value of it. Evaluating a number of decision factors can help you maximize your Social Security retirement benefits and even your survivor's benefits. By addressing each of these factors as it pertains to you, you can develop a plan to get the most out of your benefits when combined with other sources of retirement income.

Once a plan is in place, you can then knowledgeably and confidently make your appointment at the local Social Security Office, which can be found via the website www.ssa.gov. Here you can find more information about the claiming process.

To recap, if you are considering applying for benefits soon, you're likely concerned with four primary decision factors:

Your Age-when should you draw benefits?

Your Job-How do earnings impact your benefits?

Your Taxes-How are benefits taxed when combined with other retirement income?

Your Marital Status-How do spousal and survivor benefits work?

The foregoing contains general information only and is not intended to convey investment advice. Amy V. Smith Wealth Management, LLC, an independent firm, 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. (703) 669-5022, www.amysmithwealthmanagement.com) Dan Smith is not affiliated with Raymond James. Past performance may not be indicative of future results.

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Las Vegas Tournament Good For Loudoun Teams



Spartan Elite Basketball Teams

D1 Sports & Athletics 15U Spartan Elite Boys basketball team won the Gold Elite Championship out of 158 teams from across the country at the Bigfoot Hoops Las Vegas Classic on July 26. D1SA Spartan Elite defeated Drive Bounce Elite from British Columbia, Canada, in the championship game with the score of 80 to 66.

During the five-day tournament in Las Vegas, Spartan Elite faced competition from Texas, Memphis, Milwaukee, California, Arizona and Colorado, but Williams adds, “our greatest competition is found within ourselves, with No Fear, the Spartan organization’s motto, these athletes were prepared to rise above their competition to victory.” “Many teams at the national level draw from wide population areas, D1SA demonstrated that we

have elite talent here in our county,” said Mark Traub, D1SA parent.

This Spartan Elite team of Loudoun County 10th grade boys is the cornerstone of D1SA, a non-profit organization established in 2011 to promote year-long basketball environments for the youth of this area. “Even though this win will stay with us forever, our Spartan team returned home and went right back to work. That’s what it means to be Spartan Elite,” said Matthew Traub, member of the team.

D1SA Ladies Spartan Elite 15U team also traveled and competed in the Las Vegas Classic. They went undefeated until their upset in the semi-final game against Triple S Warriors (CA) 40 to 35 placing them third in the Platinum Bracket.

Circuit Court, continued from page 7

BZA Ruling

On July 24 the BZA voted unanimously to uphold Sullivan’s decision and said he had correctly interpreted the zoning ordinance. The term “project” defined by the town code 54-78(f) referred to the entire project and not 12 individual projects. They found that the project had “commenced” within the year required and “was diligently pursued.” However this is in sharp contrast with prior Sullivan memos. They also said the 12 separate Certificate of Design Approvals, with separate expiration dates and separate criterias, were one project.

The BZA did not weigh in on whether or not Patrick Sullivan had the authority to make the determination or the authority to interpret town code 54-78(f). They did not address if Stover could appeal since her property is in a revocable trust, although she is trustee and beneficiary. Further whether Stover is an aggrieved party was not addressed either.

Stover Appeal

Stover’s attorney, Frank Bredimus, argues in the appeal that the BZA lacks “subject matter jurisdiction and legal authority to determine the three issues it considered regarding the CDA’s.” According to the Stover, appeal only two governmental authorities have jurisdiction into the matter of CDA’s and they are the Purcellville town council and the Board of Architectural Review. Also the appeal states the BZA failed to provide written notice of the public hearing to adjacent landowners as required

in their by-laws. “I never received any written notice,” said Stover. She continued, “I have spoken to other property owners and they were not notified in writing as well.”

On Aug. 24, Chapman Group LLC and Martinsburg Plaza LLC had their attorney, John Foote of Walsh Colucci Lubeley and Walsh, PC., file a motion to dismiss the Stover appeal on a technicality. Bredimus fired back an amended appeal and personally served Sally Hankins, the town attorney. Currently Bredimus is facing two attorneys, Patrick Sullivan’s attorney-paid for with town taxes, Gifford Hampshire of Blankingship and Keith, and Foote – the attorney for developers John Chapman and Mark Nelis.

“It is my sincere desire to hold the town accountable for zoning and development issues and make certain everyone follows the same rules we have in place,” said Stover.

A similar situation is occurring in Reston over a proposed redevelopment of the Reston National Golf Course. Rescue-Reston Citizen Group and the Fairfax County Board of Supervisors are appealing the BZA’s decision to the circuit court – that voted to allow a developer to shortcut county planning processes that violate their comprehensive plan. The golf course owner wants to redevelop the golf course with homes. The BZA ruled the owner could seek approval for new homes without first getting changes made to the county’s master plan for new development.

Currently a court date has not been assigned.

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Just Like Nothing (Else) On Earth: Suzanne Kane Nature Preserve

– By Tim Jon



JON

This innocuous little area lay smoldering in my semi-consciousness for several years – and after thousands of passings-by – I finally woke up one morning and just had to find out what was to be found out there. See – for the last half-dozen years or so, I've had to drive by the Suzanne Kane Nature Preserve and Chapman DeMary Trail signs on my way to earning the daily bread at the Purcellville Postal Facility. Some mornings – not to mention late afternoons or early (or even late) evenings those formally-worded placards left no noticeable impression on my senses; I may have been on overload from the rigors and concerns of rural mail (and parcel) delivery. But I had made mental notes to check out this local resource at some point: I'd noticed the 'cool-looking,' shaded little picnic area behind the Inova Medical Offices off Hirst Road, I'd watched some of the 'developments' unfold on the other end of the Park and Trail off 21st Street, and I'd even seen a red fox high-tailing it into the brush a time or two along the South Fork of Catocin Creek as it crosses Hatcher Avenue on the north side of town.

What I hadn't noticed – in all this time – was an abundance of human activity along any of these access points to these more natural parts of our world. The only regular users of the path seemed to be the dog-walkers from the Blue Ridge Vets on East Cornwell Lane. And on the morning of my visit, some of those four-footed critters from the place were in full voice: It sounded like the canine versions of Elvis Presley (weren't nothin' but a hound dog, of course),



Bing Crosby (maybe a Basset, or mournful bloodhound?) and Mick Jagger (I thought I heard a Jumpin' Jack Russell in there somewhere) all tuning up at the same time – performing for my private enjoyment. But, the serenade quieted down as I worked my way westward as the trail twists through the tree cover along the creek.

And, I was surprised by the variety of topography on this short little walk. From almost swampy in the low ground to a small patch of pine forest to open meadow and grassy hillside – and then out to the harsher reality of 21st Street, 21st Century Purcellville, Virginia. Back on the Chapman DeMary Trail (behind the medical office building on Hirst Road), I had surprised a group of deer at a curve in the trail; the mature forest offers so much green cover that we nearly bumped into each other. I had the feeling that there were lots of other creatures not too far from my path that morning, hidden away in the brush, wondering just what I was up to.

Sometimes, I ask myself the same question. And that's (for me – anyway) usually the best approach to experiencing a 'new' place; sure – after years of observing the Preserve and Trail from just outside their boundaries, I'd built up all kinds of preconceptions about what may lie under cover of those trees, and multiple possibilities for some kind of a 'story' about the location (10 years as a radio news director can do that to you – if you're not careful, you'll have the story written before the interview or event – you become a victim in the struggle between objectivity {just the facts, Ma'am} and subjectivity – your perspective may be affected by personal history and beliefs, the weather – or even indigestion).

So – I embarked on the Chapman DeMary Trail with as little anticipation – or emotional baggage – as possible; I padded along through the Suzanne Kane Nature Preserve with a similar approach – letting the place fill a blank canvas on its own. I never left the Town of Purcellville, but the sense of isolation behind those trees was as strong as if I'd been miles from any human habitation; at least in this case, you really can have a complete immersion in nature in a relatively small place, encapsulated within a vibrant, growing community.

And, as Loudoun County continues to welcome new citizens (those who move in – and the products of our local baby boom) these resources can only increase in importance, in my not-so-humble opinion. While understanding (and accepting) that development is a condition of living in the here and now, I'm grateful to those with the foresight and will to set aside this much, at least – to posterity – not to mention the present.

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Public Hearings, continued from page 1

District, whose purpose is to provide for an appropriate variety of uses in the historic center for commercial, financial, professional, governmental, recreation, and cultural activities in accordance with the purposes and goals of Purcellville's Comprehensive Plan. This area (21st Street and parts of Main Street) is intended to promote a convenient and relatively compact arrangement of uses and buildings that enhance the sense of place and pedestrian orientation of the downtown area. In this district, the big box use was not intended as a zoning use in the historic downtown area but has been added as a proposed use. Currently, the big box retail use is in the MC- Mixed Use Commercial District.

Other proposals are to increase the sizes of restaurants from 4,000 square feet to 6,000 square feet. Indoor firing ranges are proposed to be added as an SUP in the MC, CM-1 and M-1 districts. Moreover, many other additional proposed changes are not compatible with the current Comprehensive Plan.

The public hearings will be the last chance for Purcellville's citizens to weigh in on this issue before the Planning Commission and Town Council vote on these zoning use changes.

Many citizens sent emails and attended the three day public input planning sessions held by the Planning Commission, and the consensus was that the citizens wanted to wait for the Comprehensive Plan review

before any zoning use changes were made. Town planner Daniel Galindo said after the first public input session in July, "With all due respect, just because 30 people come to a public meeting doesn't mean their views are representative." Planning Commissioner Nedim Ogelman replied, "Neither is 7 people's [Planning Commissioners] opinion on what is best

“

With all due respect, just because 30 people come to a public meeting doesn't mean their views are representative.”

– Daniel Galindo, Senior Planner

for the town.” Galindo answered, “But you all are more informed than citizens. This is not just a popular vote. You all have special training and a mandate to propose zoning use changes.” The Blue Ridge Leader has attended all the Planning Commission Work Sessions and the only people “mandating” these changes are town planners, developers and some members of both the planning commission and town council.

Citizens can either attend the public hearings or send an email and ask that it be put into the record. Your voice does matter.

Piano 2 Go: Lessons and Entertainment To Go



Jennifer Warren-Baker playing at a recent recital.

Sometimes, experimentation is necessary to refine one's business vision. Exploring new avenues brings clarity to one's purpose. That is exactly what Purcellville piano-teacher and composer Jennifer Warren-Baker did in 2014. She had been selected as the resident pianist for Salamander Resort & Spa's opening year, and her wedding and party piano business seemed to be booming. She was playing 3 – 4 nights per week at venues such as Salamander, The Masonic Temple in Alexandria, The Organization of American States, and The National Press Club. She also played in private homes for parties. Weekend gigs offered her the opportunity to be home with her children on weekdays. Jennifer took her gigging success as a cue to take a break from teaching, but as time went on, there was a void. She didn't want to admit that she missed teaching, but she did.

"In the spring of 2014, a well-known visual (stipple) artist, inspired by my composition 'Melancholia,' came to visit me at Salamander. He said my composition helped him grieve the death of his own music teacher. On his visit, he gave me a hand-pulled lithograph of jazz legend Thelonius Monk called 'Monkin' 'Round Midnight.' The artwork came with an appraisal valuing it at \$5,000. The artist, Kyle Lane, said he read about my teaching on the internet. He and his wife wanted to give this piece to me, as an encouragement, and a message - to stay in teaching. I was stunned at the gift, but

it seemed to be the nudge I needed."

At first, Jennifer only took back a few piano-composition students. But she did something differently this time. She went to teach in their homes. Her own home studio was under repair, and her family could retain their privacy when Jennifer became a mobile instructor. Customers loved the convenience of not having to drive somewhere, and Jennifer was happy to be teaching again.

"If I needed any more affirmation that I should be in teaching, I had an epiphany at a student's house in September of 2014. We co-created a duet through improvisation that blew us away. Fortunately, I had recorded it on my iPhone. As we played it back, her mom was crying, and I was crying. We were so stirred by the emotional power of the music that we posted it on Youtube and shared it. Viewer response was incredible. I realized then that I could open hearts and teach students to feel deeply; to inspire them to a love of music."

That fall, Jennifer was thrilled to be accompanying ballet classes for Loudoun School of Ballet. Unwilling to give up performing or teaching, Jennifer decided to merge her performing and lesson divisions into one fabulous company. "Piano 2 Go" brings in-home piano lessons to students in Western Loudoun and piano entertainment/ wedding music to venues across northern Virginia, DC, and MD. Jennifer lives just north of Purcellville with her husband and three boys. She can be reached at info@musicbyjennifer.net.

Yet Another Accident In The Town Of Hillsboro

On Friday Aug. 28 around 5 p.m. there was yet another wreck in Hillsboro - right by the driveway where Hillsboro resident John Siman had just been standing.

"An employee from Dominion Power asked me if he could park in my neighbor's driveway to

repair a power pole which had been hit by a texting driver back in July," said Siman. He continued, "Shortly after he had begun work, a man driving west on Route 9 dozed off at the wheel after he had entered Hillsboro and rammed into the back of the big Dominion Power truck. The car did almost a full 180 degree spin, hit the Dominion Power employee who at



that moment was standing by the mailbox. The impact of the car hitting the employee, bounced him off the hood."

"It's a miracle he wasn't killed," said Siman. He had some abrasions on his forearm from scraping across a windshield wiper as he fell off the hood. He was taken away by ambulance. The driver of the car was completely uninjured.

Kidtime Christian Academy Opens Doors

Kidtime Christian Academy, a new preschool and after school care preschool in Hamilton, is now open and enrolling for preschool and after school care. To celebrate its grand opening, the school is offering free registration and 5 percent off of full or part time preschool tuition. The academy is in the former Hamilton Rescue Squad located at 71N Laycock St.

Michelle Piteira, the founder and president, saw that the building had great potential to support the growing need for quality childcare in western Loudoun but realized that it would require a lot of work and a large investment to transform it to a new state-of-the-art preschool.

"It's been a long journey, but after two long years, we persevered through the challenges to transform and bring new life and purpose to this historic building," said Piteira. Their doors opened in early August.

"We provide a dynamic and balanced learning environment that challenges students to a variety of fun and creative learning experiences that will help them thrive to their full potential," said Piteira.

KCA is a Virginia state licensed Christian faith-based preschool. They are privately owned and operated, and they offer both full and part time programs and after school care for kindergarten and 1st grade students.

The school offers a balanced curriculum that weaves in educational and fun interactive activities. There are quarterly sponsored parent's night out evenings to give parents an opportunity to unwind or take advantage of a date night. The next scheduled parent's night is Sept. 18 from 6 p.m. to 9 p.m.

For more information go to kidtimechristianacademy.com or call 540 751-3755.

Library Helps Parents Pick Books, Apps

Loudoun County Public Library now offers customers access to Beanstack, a free online service that provides personalized recommendations of children's books and apps.

Beanstack is an innovative new way to connect children and their families with books and educational apps that match each child's specific age, interests, reading level and background.

Library customers can sign up at loudounlibrary.beanstack.org and use Beanstack from their home computer, mobile device, or in any of the library's eight branch locations. Parents and caregivers create a Beanstack profile, including their child's interests, reading level, and age (from zero to 12). Beanstack can offer suggestions for multiple children, tailored for each one.

Once a child's profile is created, customers will receive a weekly email that recommends

a book from HCLS's collection based on the information provided in the profile. Each recommendation is accompanied by a learning guide that contains helpful tips, background information and activities to encourage engagement and critical thinking.

LCPL librarians' recommendations will be emailed to families weekly, with a link to the Loudoun County Public Library catalog for easy access; participants can also request recommended books for pickup at their local branch. In addition to email, recommendations are also available to families anytime via the online profile.

Beanstack also helps track children's favorite reads, rewards families with electronic badges for reaching reading goals, and provides learning tips for parents and caregivers. For more information, see library.loudoun.gov/services/beanstack.

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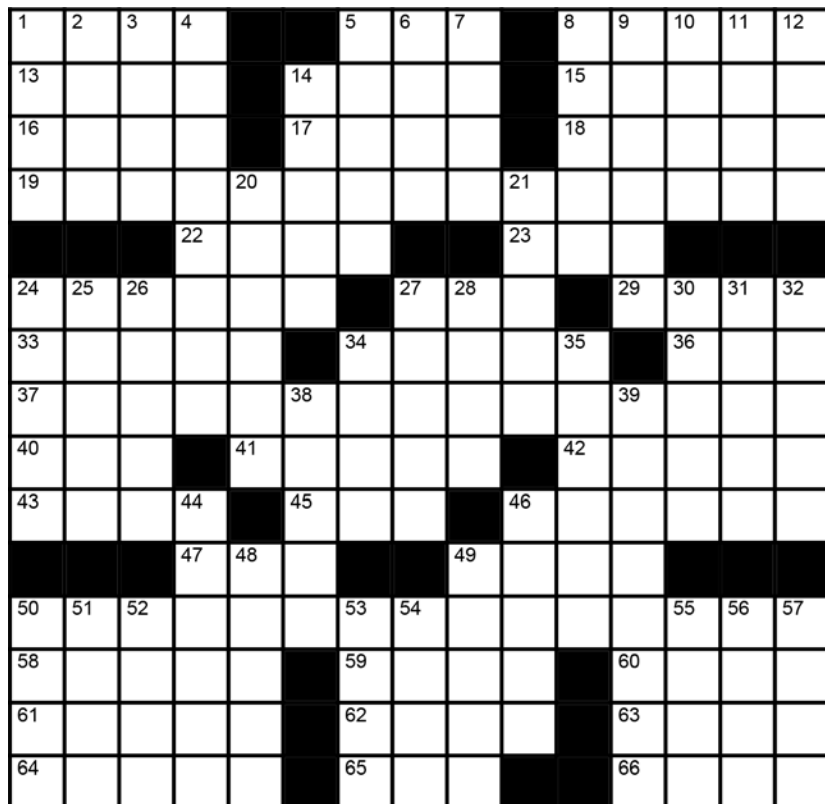
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1. White rice's lack
5. Balancing pro
8. Put in a nutshell
13. Pervasive quality
14. Fruitless
15. Develop
16. Follow a recipe directive
17. Figure in Maori mythology
18. Corset tightener
19. Be a generous trapper
22. Diaper cream ingredient
23. ___ Day
24. Mathematical function
27. Epitome of simplicity
29. Car with a bar
33. Divination deck
34. It may be bid
36. Center of a ball?
37. Buy a beachfront boutique
40. Night of poetry
41. Katzbalger, e.g.
42. Undulating
43. Environs
45. Belgium village
46. Climbing herbs
47. Perceive
49. Superciliousness
50. Savory aroma at a clambake
58. Stand for something
59. Eukaryotic organism
60. Hip bones
61. Very, in music
62. Flock member
63. Abdicator of 1917
64. Noah's son, and namesakes
65. Armageddon
66. Round up

DOWN

1. It may be striped
2. Gordon or Ginsburg
3. "Mi chiamano Mimi," e.g.
4. Role in "Arrested Development"
5. Black band of mourning
6. Falafel bread
7. Jewish month
8. Hot stuff
9. ___ nitrate
10. Flexible mineral
11. End ___
12. Title for some priests
14. Bad lighting?
20. Lifts up
21. Run the show
24. Muddleheaded
25. Speed demon
26. Grimalkin
27. Dig, so to speak
28. Shuttlecock
30. Some reality show winners
31. Actress Oberon
32. Doesn't ignore
34. Call to a mate
35. Bridal party members
38. Takes out a fly
39. Metal worker
44. Radiant
46. Air freshener option
48. ___ Island National Monument
49. Cold
50. Wet septet
51. No gain, no loss
52. Actual being
53. Actor Alan
54. Brio
55. Alternatively
56. Carrey vehicle
57. Enrich, in a way

Answers on page 34

Noyes New Head Soccer Coach At Wakefield

Wakefield School in The Plains has hired Dave Noyes as the head coach of the boys' soccer program.

Noyes is currently the technical director of Culpeper's Soccer Club. His passion for soccer has allowed him to play, coach and manage all levels of soccer clubs in the Virginia, D.C. and Maryland areas. In 2014, Noyes was the head coach for the men's and women's soccer programs at Lord Fairfax Community College. Prior to LFCC, Noyes was the general manager of the professional soccer club Real Maryland FX and was the assistant coach/GK Coach with the Carolina Railhawks, both teams are members of the United Soccer Leagues.

"We are thrilled to have a coach with the professional credentials of Coach Noyes joining our staff," said Wakefield's Athletic Director Paul Sipes. "More importantly, we

are happy to have a man who understands the value of a liberal arts education and whose philosophy is a perfect complement to the educational goals of Wakefield School."

Noyes is originally from Bridgewater, Mass. During his collegiate years, Dave attended Hartwick College in Oneonta, N.Y., known as the "soccer power house school". He transferred to Stonehill College in Easton, Ma., where he captained the team, which was all-conference and N.E.I.S.L. All Star. Post graduation, Noyes played professionally with the United Soccer Leagues' Rhode Island Stingrays and the Northern Virginia Royals. Noyes has also coached at Bates College, Lewiston, Maine; Roger Williams University, Bristol, R.I.; Super Y-League; R.I. State ODP; Region I ODP; and W.T. Woodson High School.

Irish Sessions At Corcoran Brewing

Gina Faber and Tony Noerpel have started an "Irish Session" at Corcoran Brewing Company in Purcellville once a month on the second Sunday.

The next session will be from noon to 3 p.m. on Sept. 13. It is an open session, and anyone can bring an instrument and play along.

Tony and his wife, Nancy, visited Ireland last year and were impressed by the Irish Sessions held in pubs, especially in Galway. They are informal gatherings of local musicians who enjoy the opportunity to play traditional Irish music together. Tony came home and discussed the possibility with Faber and they started the sessions.

They have attracted 11-17 musicians in the past.

For more information on Corcoran Brewing Company, go to <http://www.corcoranbrewing.com/>.



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Dr. Mike, continued from page 2

survey endorsed higher rates of depression for themselves compared to their same aged peers nationally. And females who participated reported higher rates of depression for all of the assessed grades than the male students. Interestingly, the trend for higher rates of depression for females was also consistent for all races. The percentage of students in the 10th and 12th grades in Fairfax who considered suicide was also higher than the U.S. average.

Depression Signs and Symptoms

While depression can mean something different and may even look different for individuals of all ages, parents should keep a watchful eye out for the following signs and behaviors for their children and adolescents:

- Extreme personality changes
- Loss of interest in activities that used to be enjoyable
- Significant loss or gain in appetite
- Significant weight gain or loss
- Difficulty falling asleep or wanting to sleep all day
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Withdrawal from family and friends
- Neglect of personal appearance or hygiene

- Sadness, irritability, or indifference
- Extreme anxiety or panic
- Poor school performance
- Difficulty paying attention and concentrating or making decisions
- Thinking or talking about death and/or suicide
- Feelings of hopelessness
- Curiosity with or experimentation with drugs or alcohol

When to Consider Getting Help

It is a good thing to trust your parental instincts or intuition, if you feel that your child or adolescent may be depressed. I recommend meeting with a child psychiatrist or child psychologist if the problems are impacting your child or teen across the important areas of his or her life, and if your efforts to provide support as a parent(s) have not improved things within a reasonable amount of time.

Research has shown that individual Cognitive-Behavior Therapy (CBT) and Interpersonal Therapy (IT) are considered to be the most effective therapies in treating depression. Depending on one's circumstances and needs, family therapy may also prove to be helpful in reducing depressive symptomatology and bringing about improved personal wellbeing. Mental health research studies have also repeatedly shown psychiatric medication to be very

successful in the treatment of childhood and adolescent depression, especially for severe range depression. Several research studies have shown that a combination of medication and therapy together brings about the most meaningful and lasting changes for depression.

Prevention is the best medicine

There are many things that parents can do to prevent emotional and social problems from happening for their children in the first place. The research in this area supports the old adage that "an ounce of prevention is worth a pound of cure." For example, studies have shown that children that spend too much time on screens are at a higher risk for developing problems including depression. Thus, it is good for parents to limit gaming, social media and other forms of electronic entertainment for their children. Moreover, children who do not eat healthily, do not exercise and do not have a consistent sleep schedule are also at a greater risk for experiencing depressive symptoms. Family time is also important, for example, studies have shown that children who eat fewer than three family meals a week are at a greater risk for developing problems ranging from tobacco and alcohol use to depression and eating disorders.

As a psychologist, I frequently recommend the importance of balance for children and adolescents. Yes, Northern Virginia

children and adolescents have so many resources and opportunities available to them. Yes, socioeconomically, Loudoun County currently ranks as the highest income county by median household income in the U.S. And yes, our area's public school system is one of the best in the country, and many of Virginia's colleges and universities are top notch. But with so many opportunities and resources available to our children comes increased pressure and competition, which can be difficult for some.

By spending time with your children, by being involved and available in their lives, and by modeling and encouraging balance across the important areas of their lives - academics, social, physical/athletic - your children will be better able to manage and overcome emotional problems when they occur.

Michael Oberschneider, Psy.D., is the Founder and Director of Ashburn Psychological and Psychiatric Services. Dr. Oberschneider has appeared as a mental health expert on Good Morning America, CNN, NPR and other popular media spots. He has been recognized as a "Top Psychologist" by the Washingtonian Magazine for his work with children and adolescents. Go to Ashburnpsych.com or call 703 723-2999 to learn more.

Supervisor, continued from page 3

Residents expressed general concern about overdevelopment. Buffington stated that he "supports smart new residential growth" for which Jimmerson responded that "development has overtaken our infrastructure, and we need to demand that infrastructure be in place before more development is to proceed."

The candidates spoke briefly about schools with Mr. Buffington stating, "Fully funding the school budget is unreasonable." He added he didn't believe in giving schools a "blank check" and that he would support reasonable budget requests.

Mr. Jimmerson noted that he was recommended by the Loudoun Education Association PAC, and while knocking on doors, the quality of the schools has been a top issue for residents. He added, "I want to make sure as your Supervisor that we pay close attention to the schools and that they get what they need." He then gave examples of

services that have been cut in recent years, including the story of a neighbor's child who was injured at school with a concussion and with no registered nurse on staff in elementary schools, her symptoms went unchecked until she went home and then ended up in the emergency room.

Buffington spoke about promoting a business friendly environment for economic growth, stating he will "work with the Purcellville Business Association" in response to the question on how to attract new businesses.

Jimmerson saw Internet services in the county as a way to set Loudoun apart. "Loudoun is losing companies to surrounding counties because we don't have enough up to date bandwidth. This service is critical to making Loudoun attractive to businesses looking to move here and grow here."

One of the clear differences in the candidates was in regards to campaign financing. Both candidates were questioned if they had taken any contributions from developers.

Buffington discussed the challenges of financing a campaign and how expensive they were, then turned to his opponent and asked, "I heard you asked to meet and asked for money from several developers" to which Jimmerson responded with, "Absolutely not. I have been invited to talk to one developer, who offered me money through a PAC, and I refused to accept it." He then added, "The close relationship between developers and supervisors is what is wrong with Loudoun. I am not anti-development, but this is why I won't accept developer contributions." A member of the audience then pressed Buffington if he had taken money from developers, and he answered, "Yes."

This is both candidates first-run for public office.

Full candidate profiles will be published in the October issue of the Blue Ridge Leader.

The general election will be held on Tuesday, November 3, 2015.

Donations Accepted For Library Book Sale

Now through Oct. 5, books, CDs, and DVDs will be accepted for the Purcellville Library's Oct. 11 Fall Book Sale. Items may be dropped off in the lobby of the Purcellville Library. Proceeds from the book sale will help support the Purcellville Library and its programs. Items accepted include adult, children and young adult books, paperbacks and hardcover books, as well as CDs and DVDs. We are not accepting VHS or cassette tapes.

Mini book sales will take place on Monday afternoons from 2 to 3 p.m. on the second floor of the library in the Robey Room, Sept. 14 through Oct. 5. A wide variety of books for both children and adults will be available.

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Answers to puzzle from page 30

1	B	R	A	N	5	C	P	A	9	S	U	M	U	P		
13	A	U	R	A	14	A	R	I	D	15	A	R	I	S	E	
16	S	T	I	R	17	R	A	T	A	18	L	A	C	E	R	
19	S	H	A	R	20	E	S	P	A	21	E	S	N	A	R	E
22	A	L	O	E	23	M	A	Y								
24	A	R	C	T	A	N	27	A	B	C	29	L	I	M	O	
33	T	A	R	O	T	34	A	D	I	E	35	U	D	E	B	
37	S	C	O	R	E	38	S	H	O	R	E	S	T	O	R	E
40	E	E	N	S	W	O	R	D	42	H	I	L	L	Y		
43	A	R	E	A	45	A	Y	E	46	L	E	N	S	E	S	
47	G	E	T	49	A	I	R	S								
50	S	W	E	L	L	S	53	H	E	L	L	S	M	E	L	L
58	E	A	S	E	L	59	A	L	G	A	60	I	L	I	A	
61	A	S	S	A	I	62	L	A	I	C	63	T	S	A	R	
64	S	H	E	M	S	65	E	N	D	66	H	E	R	D		

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Kitchen Science Kids: Garden-In-A-Jar

- By Leah Enright



ENRIGHT

I love gardens, and growing things, especially when they are tiny, and in a jar in my kitchen. I can see the process of a seed growing into a plant, and help it along with a bit of water and attention. Would you like to try your hand at a mini garden?

Gather these ingredients:

- ½ cup dried lentils, (green or brown)
- A wide mouth jar, cleaned (a mason or empty sauce jar)
- Cheesecloth
- A thick rubber band to secure the cloth
- Water

1. Pour lentils into a bowl, and sort through them to pick out any tiny stones, funny looking lentils, or anything else that probably shouldn't be there.
2. Place the lentils in the bottom of the jar, and cover the top with a square of cheesecloth, a few layers thick.
3. Keep that cloth in place with the rubber band.
4. Run not-hot-or-cold, water through

the cheesecloth onto the lentils and allow them to soak overnight, or for at least eight hours.

5. After 8 hours or so tilt the jar and allow the water to run through the cheesecloth, into the sink.

6. Then, tilt the jar on its side within a cup or small bowl so that the opening of the jar is facing downward.

7. In the morning, afternoon, and at night, run clean water through the cheesecloth, onto the lentils, to rinse them thoroughly.

8. Place the jar back into its draining position.

9. Do this for three days, and then look carefully at your lentils. What happened?

If all went according to plan, you grew a small garden in a jar. Congratulations. You may keep your lentils for a few days, and then add them to your compost, sprinkle them in a garden, or plant them in a bit of soil to see how much they can grow.

Leah Enright loves kids, science and writing. She lives with her kids, husband and a fluffy brown poodle in Round Hill.

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Loudoun Valley Athletic Hall Of Fame

Loudoun Valley High School will be inducting nine people into the school's Hall of Fame on Sept. 25. They will honor the school's former athletes with a reception at 5 p.m. and then on the football field during halftime of the game that night.

This year's honorees are:

Archie Moore, who coached from 1971-2005 for basketball, football and baseball.

Austin L. Thomas, who played basketball from 1975-1979.

Avery G. Howard Sr., who competed in track from 1983-1987

Chris Doran, a soccer player from 1987-1991

Jennifer Cooper Barlow, a gymnast from 1990-1994

Jennifer Everhart, who played softball and volleyball from 2001-2005

Lewis W. Owens, a football player from 1969-1973

Frank Ortiz, who supported Loudoun Valley athletics from 1975-1989

Trip Wilhelm, who played football and baseball from 1995-1999

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