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MARCH 2016

## Purcellville Mayor Stage Side Chat



Purcellville Mayor Kwasi Fraser will be hosting a stage side chat at Carver Center on Wednesday, March 9, 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 the 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. Let's chat about the things that are going well and what we need to improve on in Purcellville," said Mayor Fraser.

## County Tackling Monumental Budget Task

– By Andrea Gaines

Featured among the prominent headlines on the Loudoun County website going into March include the Board of Supervisors' ongoing work to nail down the all-important 2017 budget.

In late February, the board held three public hearings – Feb. 25, 27 and 29 – on the 2017 budget presented by County Administrator Tim Hemstreet. Other important budget-related sessions included a Loudoun County Public Schools budget presentation on Feb. 22, and a special meeting of the Finance, Government, Operations & Economic Development group on February 23. The budget totals \$2.5 billion in appropriations for the general county government and school systems.



*Continued on page 13*

## Hunter Snags The Big Game

### LVHS Student Named Gatorade Boys Cross-Country Runner Of The Year

– By Andrea Gaines

The local sports world is calling his a "meteoric, record-shattering" rise in the world of running. LVHS student Drew Hunter, having first been recognized as Virginia's best high school cross-country athlete two years in a row – and then setting and resetting the record for the fastest indoor mile in U.S. high school history – has now been named the Gatorade National Boys Cross-Country Runner of the Year.

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## An Interview With Supervisor Koran T. Saines

– By Nathaniel Stephens

Koran T. Saines, Sterling (-D), was elected to the Loudoun County Board of Supervisors in November after defeating longtime Sterling District incumbent Eugene Delgaudio (-R).

Supervisor Saines has lived in Loudoun County for most of his life. He graduated from Indiana Institute of Technology with a Bachelor of Science degree in



Koran T. Saines

Human Resource Management. He applies his degree daily in Washington DC at Washington Gas Light Company. He was recently promoted to Talent Acquisition Supervisor. Saines is also the Vice President of his Chatham Green Unit Owners Association, and has been on the homeowner's association board since 2009.

Saines was active in his community before running for office, working with his local elections committee from 2008 to present and serving as the chief elections officer in 2014.

Saines hopes that his experience in human resources will bring the BOS together to address issues on the horizon and better serve the Loudoun community as a whole "by not making any decision with predetermined conclusions," he said. "Collaboration, listening, and working for those who do not have a voice, have always been a part of my vision for public service. I plan on continuing those themes during my term on the BOS as well as helping others get involved in the civic process."

Several of Saines' campaign promises included

*Continued on page 13*



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# ASK DR. MIKE

- By Michael Oberschneider, Psy.D.

Dr. Mike,

*My husband thinks that I'm harming our son for life because of the way I parent. Our son is 12 years old and he was diagnosed with ADHD in the 1<sup>st</sup> grade. My husband calls me "the enabler" because I admittedly double or triple check things for our son, give him constant reminders, and stay up late with him to get homework and projects done. My husband's approach to parenting our son is to leave him alone to fail. My husband's favorite line to me these days is "How will he ever learn how to do things for himself if you are always doing everything for him?" Our son isn't doing great at school these days already so I cannot agree to the hard knocks approach to parenting my husband believes in so much. Can you give me some advice on how to get through to my husband that being hands-on is a must when parenting a child with ADHD? Your input is appreciated.*



Dr. Mike

Dear Concerned Parent,

All children with ADHD, to varying degrees, struggle with mastering executive functioning skills and abilities -- attention/concentration, organizing, initiating tasks, working memory, impulsivity, planning and prioritizing, self-monitoring, reasoning and exercising good judgment. The prefrontal cortex is considered to be the main area of the brain associated with executive functioning and ADHD.

So, if your son has ADHD, he likely has executive functioning struggles and a weak frontal lobe, so to speak. You are right that the parents of a child with ADHD need to be more proactive and more hands on. But being proactive with your son doesn't mean over managing him.

By managing and supporting reasonable expectations consistently and calmly, by breaking things down, by keeping a schedule, by reinforcing behaviors with rewards and consequences, by modeling, by being supportive and loving, and by repeating, repeating, repeating, you can do a lot

Concerned Parent

Continued on page 30

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## LCSO Expands Into Western Loudoun

– By Nathaniel Stephens

Round Hill will soon host the newest staging and community outreach station for the Loudoun County Sheriff's Office, with construction crews nearing completion on a Western Loudoun Station on West Loudoun Street heading towards Route 7.

The station has been in the works since 2008, and will be run by the civilian and law enforcement staff now occupying a small leased room above the Round Hill town offices. A welcome change of scenery, the new complex will provide 9,000 sq. ft. of space to include a community room, a gym, locker rooms and administrative areas. At first impression large, the western facility's footprint is in fact small in comparison to the other spaces from which the Sheriff's Office operates in other parts of the county.

The new complex is part of the department's efforts at improved service, technology, efficiency, professionalism and reach. Related initiatives include an

expanded Drug Abuse Resistance Education program – now operating in both elementary and middle schools, the establishment of a cold case squad, greater media outreach, on-line reporting, new human resource and training efforts and efforts to decentralize the Sheriff's Office in Leesburg.

Said Sheriff Chapman, "The new Western Loudoun Station represents a major part in the decentralization as well as the STEP UP program ... [and putting] more resources closer to the community ... Having some of our detectives and community resource officers work out of these stations ... allows them to focus specifically on crime trends and quality of life issues in the specific area ... The location is centralized in the western portion of the county which will provide a quicker response for deputies to all sectors."

The country's presidential campaign has brought to light trends of increased heroin addiction. The western Loudoun

*Continued on page 21*

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### Help Plan Purcellville Second Round Comp Plan Workshops

Saturday March 19, 10 A.M. & 2 P.M. Town Hall

Everyone interested in the future of Purcellville is invited to attend one of the two public workshops being held by the Purcellville Planning Commission on Saturday, March 19 at 10 a.m. and 2 p.m. in Town Hall, 221 South Nursery Avenue, Purcellville.

Short staff presentations will be given every 30 minutes reporting on the results of the first round of public exercises and research on existing conditions within the town. Attendees will spend the remaining time moving between stations that each focus on specific areas in and around Purcellville. The Planning Commission wants to know what the public does and does not like about

each area currently as well as what the public would and would not like to see in each area.

These workshops are the second in a series of community engagement events that the Town will hold in 2016 as it works to update the Purcellville, Virginia 2025 Comprehensive Plan adopted in 2006. As the official public document that articulates the community's vision for its future, the Comprehensive Plan serves as a guide for decision-making and future development.

The subsequent meeting date is tentatively scheduled for May 21, with the location yet to be determined. For more information, visit PlanPurcellville.com.

### Community Input Charette For Purcellville Crossroads

March 3, 6:30-9 p.m. Carver Center

Pleasants Kline, the applicant of Purcellville Crossroads Annexation application is having a community input charrette Thursday, March 3 from 6:30-9 p.m. at the Carver Center in Purcellville. This is an opportunity for the public to give their input and ask questions about the proposed project.

The proposed annexation is for a mixed use development on 50 acres north of the 7 bypass and west of Route 287/Berlin Turnpike (and Saint Francis Court). The property, which is in the county, is zoned for 1 house per 3 acres which would be approximately 16 homes. The proposal is to annex the property

into the Town of Purcellville to have access to town utilities thus having access to increased density. The developers are proposing 74 single family dwellings, 75,000 square feet of mixed commercial to include restaurants and retail, an 80 room hotel, a proposed arts building, children's splash pad, a performer's park and Tilley's (entertainment) to include go karts and bumper boats to name a few offerings. The indoor entertainment of Tilley's would also have bowling, laser tag, arcade games and restaurants. There will be an outdoor area for tents, parties or events. The hours of operation would be 10 p.m. weekdays and midnight on the weekends - opening at 9 or 10 a.m.

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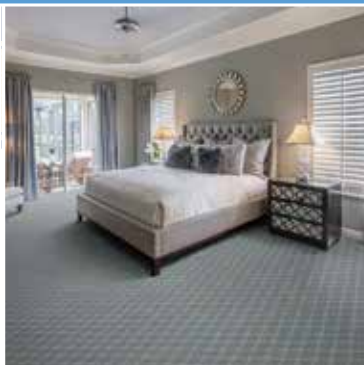
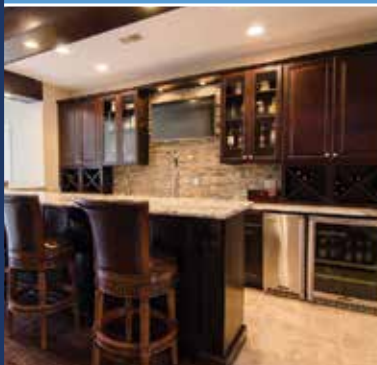
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## What Makes America REALLY Great? ... Maker-Pioneers Like You

– By Tom Hill

I hear a lot of talk these days from politicians promising to make our country great again. It got me thinking – what makes America great, and how do we foster that?

The list of things that shape and determine America's greatness is as short and simple as it is profound:

We work hard

We innovate. (Call it Yankee ingenuity or can-do spirit, but we do our best to get it done, with what we have.)

We are a land of opportunity.

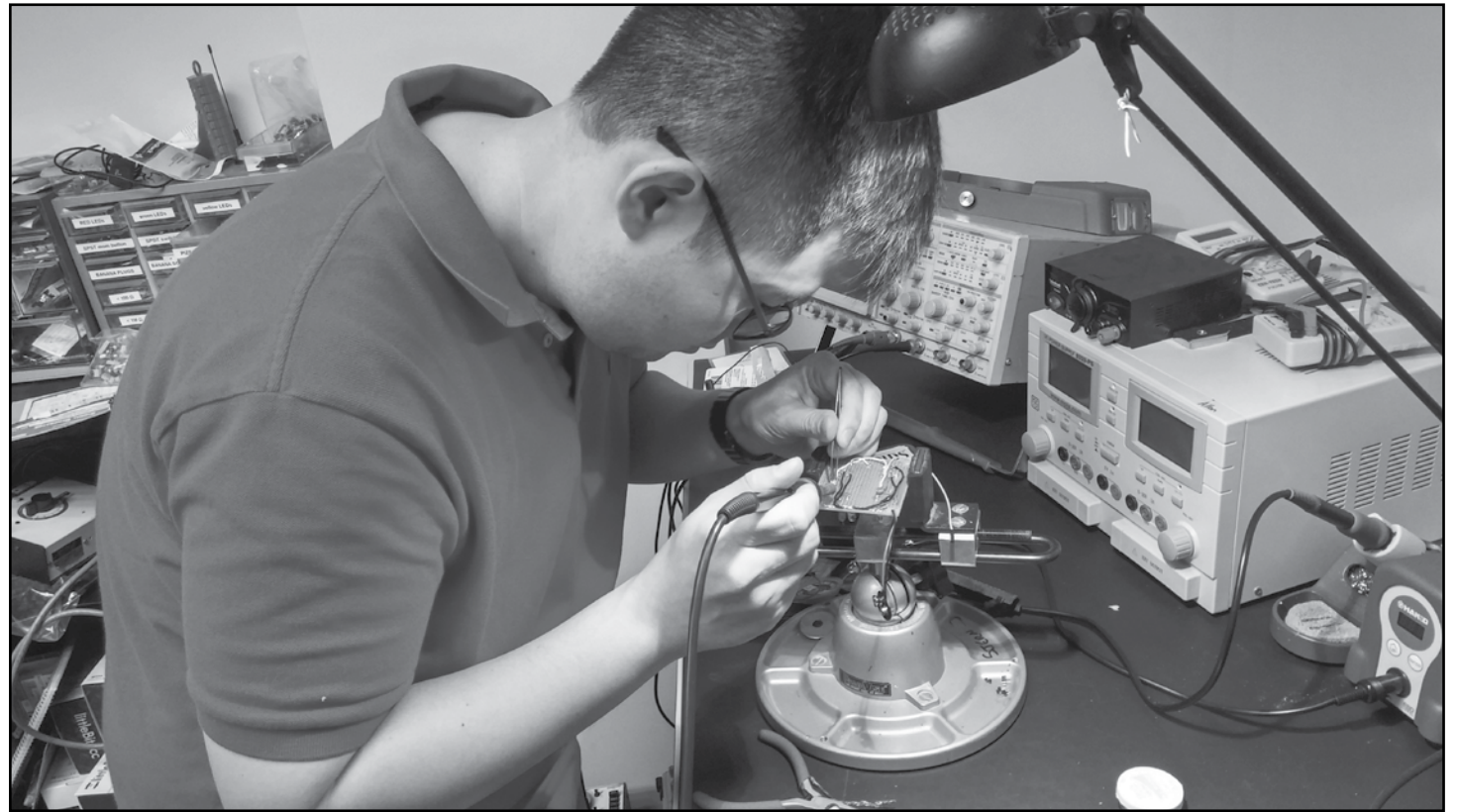
We are a diverse and accepting country.

We pitch in to help each other.

No, we are not perfect in any one of these areas – not by a long stretch. But, our efforts across all of them help distinguish us from many other countries.

A classic American tradition representing the first three characteristics is the lone inventor, hunched over a workbench late at night, long after his or her family has gone to bed, struggling to solve some problem.

America has millions of examples of this, including the well-known success stories: Thomas Jefferson, Benjamin Franklin, Thomas Edison, Margaret Knight (“the female Edison” as she was known), George Washington Carver, and Alexander Graham Bell. Even Joy Mangano, president of Ingenious Designs, creating her new



Doctoral student in artificial intelligence and robotics working on a project in Makersmith's Leesburg space.

Tom Hill is one of the founders of Makersmiths, an innovative, Leesburg-based non-profit organization dedicated to helping people “learn, make and inspire.” He lives in Purcellville, and is involved in the effort to open their new location.

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mop in the recent movie “Joy.” But, I also particularly like the more commonplace stories of John Deere and Eli Whitney. Whitney grew up as a farm boy who liked to tinker, and spent one winter working on a major problem his neighbors faced when processing the cotton they grew. He succeeded, and his cotton gin transformed an industry and a regional economy. Deere was a small town blacksmith who had an idea how he could help the local farmers, and he crafted a plow that transformed the agriculture of the world.

America's heritage includes impacts like these across a number of sectors, not the least of which are auto, aviation, and personal computing. All were started by hobbyists, often in basements and garages, and all grew into major portions of the world economy.

It's easy to think that America has stopped making things, and we're now focused on making bits. We see that here, in Loudoun, where our own economy is often associated with IT, software and cloud computing. One could assume that only big companies in America had the capital to make stuff anymore, and even this they often do through offshore manufacturing.

But, fortunately, this isn't true. Individual Americans are, still, very busy re-inventing the making of things, and we call this the maker movement. Making things as a hobby or a

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### Makersmiths Is On The Move In Purcellville

Incorporated in Virginia in September of 2014, Makersmiths opened its first makerspace in Leesburg in August of 2015, and held its first annual Loudoun County Maker Fair in October.

Makersmith's 3,000 sq. ft. Leesburg facility features a variety of what are known as “flex spaces,” including a woodshop, a metal shop, a vehicle shop, a craft room, an electronics/3D area, a general classroom and others. Shared tools and equipment include 3D printers, milling machines, laser cutters and more. Recent programs and events have focused on everything from internet radio, to soldering, woodworking, electronics, 3D modeling, metalworking, printing, and neopixel technologies.

In December of 2015, Executive Director Pat Scannell made a formal proposal to the Town of Purcellville to give his organization a crack at rehabilitating a 9-acre unused piece of town property near the intersection of A and South 20th Streets. Scannell proposes to transform the property into a place fashioned after the group's Leesburg makerspace.

The Makersmith organization benefits from the brainpower and expertise of hundreds of national and local innovators, manufacturers, educators and technology experts – from businesses and organizations as diverse as NOVA Systems Solutions, the United States Air Force, SkillsUSA, the Howard Hughes Medical Institute, and the Children's Science Center.

Proponents of the Purcellville idea see great promise in making Purcellville one of Makersmith's newest – and earliest – pioneer communities.

A classic American tradition representing the first three characteristics is the lone inventor, hunched over a workbench late at night, long after his or her family has gone to bed, struggling to solve some problem.

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# Chris Bledsoe Announces Bid For Purcellville Town Council

Chris Bledsoe, a thirteen year resident of Purcellville, has formally announced his candidacy for Purcellville Town Council in the May 3 elections. After receiving confirmation from the Board of Elections, he is the first Purcellville Town Council candidate to qualify.



**Chris Bledsoe**

Bledsoe states, "After numerous requests and after many discussions with neighbors and small business owners in Purcellville, I have decided that now is the right time to seek a seat on the Town Council.

Purcellville continues to face many challenges with significant debt, traffic, annexation and development pressures, and high water and sewer fees. "I want to help the Mayor and Council find practical

solutions to these challenges while increasing transparency and citizen participation in our local government. I feel strongly that one of the major values people here have is the small town feel of Purcellville. This is what brought my family here and most people I speak with have that same sentiment and want to maintain that charm and sense of community; growth is inevitable but rapid, unplanned growth can be costly and detrimental to the things that are important to us," said Bledsoe.

"Purcellville is a remarkable community, filled with talented people who share a deep appreciation for our beautiful town. Teddy Roosevelt once said, "Do what you can, where you are, with what you have." Bledsoe

said, "We have what it takes to retain our economic vitality, create sustainable solutions for families, and thrive. I plan to be an active voice on our town council and someone who listens and I will be someone who preserves Purcellville values."

Chris and his wife, Kamie, are both native Virginians and have raised two daughters in Loudoun County Public Schools; both graduated from Loudoun Valley High School. Their family moved to Sterling, in 1989, then to Purcellville in 2003. Very active in the town of Purcellville during his residency, Bledsoe served as member

and chairman of the Purcellville Parks and Recreation Advisory Board over a period of six years and currently serves as a commissioner on the town's Planning Commission. He also serves on the Board of Directors of the Old Dominion Valley Homeowners' Association. Bledsoe is a Program Manager for Vidsys, Inc., a software company based in Vienna, and has thirty years of IT experience and twenty years of consulting and program management experience. He can be reached at [chris.bledsoe@gmail.com](mailto:chris.bledsoe@gmail.com), [ChrisBledsoe.us](http://ChrisBledsoe.us) or 703 728-3377.

*Pioneers, continued from page 6*

business has never been easier or cheaper, and new tools now exist to connect people in new ways to collaborate on projects. There are now new ways to fund ideas – ideas such as Kickstarter – and new marketing channels, such as Etsy. One of these innovations is the makerspace – the local community shop where you can go to make the ideas in your head into a real thing.

Some of you may have heard about Makersmiths, and the maker movement, and about how a group of us Loudoun residents want to expand from our Leesburg makerspace, and find additional space in the Purcellville area. You can learn more about the maker movement through the local and national media and Google, including past stories in this newspaper. The Virginia Municipal League also featured Makersmiths as part of a 2015 cover story about how the maker movement could be

an enabling force of economic, educational, community and cultural growth for communities across the state.

If you have time, please track us down. My point is that a makerspace is a community-gathering place for people with ideas who are looking for a place to build them. We provide the tools, space and community where you can make things you dream up. You can work hard there. You can innovate. You can create your own opportunities. You will certainly be among a diverse crowd of makers, and they will accept you. They will most definitely pitch in to help you. Along the way you will learn new skills, and even have fun.

As I think about what I hear the politicians talk about – what they plan to do to make America great – I can't help but be proud of the makers here in our community that are quietly DOING just that.

There are now new ways to fund ideas – ideas such as Kickstarter – and new marketing channels, such as Etsy.

One of these innovations is the makerspace – the local community shop where you can go to make the ideas in your head into a real thing.

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**Just Like Nothing (Else) On Earth: Georgetown Park**

– By Tim Jon



JON

The thing I first noticed upon making an actual visit to this place was: It actually has a babbling brook. If you walk along the path toward the western end of Georgetown Park, I found that the level of water complemented the scattered rocks strewn in its bed so as to maintain a constant ‘chatter.’ Pretty cool, I thought. The usually humble Town Branch pretty much parallels the W and OD Trail in this section of the community; maybe the ‘running water’ encourages the small army of joggers, bikers and walkers out here to keep moving along.

The Park seemed larger to me than just its official half-acre, maybe due to its elongated configuration – stretching east and west, with those lines of liquid, grass, brick and blacktop emphasizing its length. Now, I’m not sure if there really is a traffic-free time of day along this part of King Street, so you need to look both ways if you decide to cross over to the other side of the bridge; I was drawn to the more ‘non-vehicular’ sections of the location, with some mature trees, landscaped flower beds, walking trails and benches. The natural amenities here offer a bit more of a sense of seclusion the further you get from the ‘main drag’ out near the little bridge. If I had to get any serious reading done out here, I’d opt for one of the benches along South Street, rather than the more exposed specimens: Even Herman Melville wouldn’t stand much of a chance against all the distracting movement out on the road. But, on the other hand, if one wanted to select a prime viewing point for one of the local events which pass this way every several months – the annual Halloween, Fourth of July and Christmas Parades – well, then – give me one of those vantage points as close as possible to King Street – to be able to look the participants in the eye and cheer them on in their progress. Having participated in many of these marches – on foot and by motor – I always found it a refreshing bit of the journey to pass over the Town Branch at this spot. Even the daily motorists throughout the rest of the year may find it just a wee bit of a respite in their commute – sliding past this slip of a Park in a brief moment – then returning to the rigors of other traffic along the way.

And, in another variety of passing by, imagine the march of time over the past several centuries – as seen from this



same bridge along King Street. How it must have looked – back in 1757 – for instance – when the original founders divvied up the first 60 acres – 70 lots – which they - on first inspiration – dubbed ‘George Town?’ Officially renamed Leesburg the following year – imagine the tumult in the community – and let’s just say this present-day Georgetown Park spot in particular – during the Revolutionary War, the War of 1812 (when Leesburg – for a flickering moment in our nation’s history – served as an impromptu site for the National Archives of the then-young United States), the lengthy years of the Civil War (when this same County Seat of Loudoun reportedly exchanged hands – between the North and South – some hundred and fifty times), then across the days of what we now call ‘modern warfare’ of World Wars I and II, Korea, Vietnam, Desert Storm, and the Post 9/11 days of today. Then – consider the restorative times of peaceful healing for humankind – as seen from this one small spot in the Historic District of a place we once knew as George Town: the days of the Declaration of Independence, the Inaugurations of our greatest Presidents, the Emancipation Proclamation and continued struggle for rights, privileges and dignity for all peoples, the inspiration for and implementation of the Marshall Plan – drawn up by one of the more prominent of our Town’s residents (with Dodona Manor just several stones’ throws away from this same Georgetown Park site), or the Monroe Doctrine (penned a few miles down the Old Carolina Road) – and, very humbly I lastly submit this recent narrative – knocked out on my home keyboard barely a half-mile from our beloved Georgetown Park – and the entire cycle completed by your gracious reading of same.

Now – who’s to describe this local feature as a mere half-acre of land – barely 20 yards wide – when it’s participated thusly in our lives? I give you Georgetown Park, Leesburg Virginia.

**ISM Systems Expands Brand**

– By Nathaniel Stephens

ISM Weapon Systems, located at 748 East Main St. Purcellville, is managed by Mark Davis and is one of two locations that represent the ISM brand. The other is located in Carmichaels, Pennsylvania where their munitions manufacturer is as well.

As the store name implies, Davis and his staff supply and service local enthusiast with various items they need, “We have gun sales, we teach classes for concealed carry permits, and we also do “gunsmithing” - but they also offer seasoned advice to beginners and experts alike.

Davis has long admired the efforts given over to the craft of a functioning weapon saying, “Firearms are interesting to me. The engineering that goes into the guns is really neat. There is a lot of thought that goes into them, you know people spend a lot of time designing them. So, they have always had my interest.”

He is employed by ISM Services, an engineering and software development firm, who own ISM weapon systems and several other defense ventures for the past eight years. Davis has been with the company five years and at their current location for a year and a half. “I manage the gun

store, it is owned by an engineering and software developing company that also owns a munitions developer; Velocity munitions and a body armor company that contracts out to the Government,” said Davis.

One of the feature ammunition that ISM sells from Velocity is Bone Orchard. Bone Orchard, according to Davis, is specialty made ammunition for older single action firearms, the kind you would find in a western, and have naturally become the go-to brand for The Single Action Shooting Society a group that is dedicated to the preservation of “cowboy action shooting.”

You may remember their location out behind Magnolias, just across from the Blue Ridge Eagles club house. They were operating there on a by-appointment-only basis while traveling to gun and sportsman shows; however, in the past several years ISM has changed its business plan to include a full service establishment operating on a walk in basis.

Davis enjoys his job and gets to engage with like-minded individuals who share his interests. Store hours are Monday through Saturday between 10 a.m. and 6 p.m. with Fridays open until 8 p.m. They can be reached at 540 441-7061, email sales\_va@ismws.com or ISM’s Purcellville Facebook page.

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## Fido's Facts

### Plastic Pet Food Bins

- By Kimberly Correnti



We love to use plastic bins to store kibble. It's quick, keeps food fresh and stores easily. However there are some things to consider before you dump your pets food into this potential health risk haven. Residual oils and fats that transfer to the bin can become rancid after time and contaminate new fresh food. Plastic bins may get micro cuts not visible to the eye. These areas can also harbor all kinds of nasty little buggers that can spoil your pet's food. Mold spores or bacteria can contaminate the kibble which

can lead to diarrhea and vomiting.

I recommend you open the bag and place (the bag containing the kibble) it inside of the bin. This reduces the risk of transferring anything onto the plastic. If you wash out the bin, use hot water, light soap and rinse well.

*Kimberly Correnti is the owner and Animal Nutrition Expert at DogGone Natural, located in Leesburg and Ashburn. www.doggonenatural.com.*



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*List with Kathy. Get Great Results.*

*Budget, continued from page 1*

Going into March, the county will hold a series of budget work sessions at the Government Center in Leesburg on March 2, 7, 10, 15, 21 and 24 – each session runs from 6 p.m. to 10 p.m.

#### **Budget Document – Long But Worth A Skim**

Although well over 600 pages in length, the county's budget document has lots of easy to read listings, charts and graphs to help people get an idea of what it all might mean to the average citizen.

The budget document itself – available at [www.loudoun.gov/budget](http://www.loudoun.gov/budget) – is well-organized and packed with information, including:

- Detailed listings of all county revenues and sources – from property taxes to parking fines to state and federal government aid.
- Property taxes discussions and analysis,

including forecasts into 2018.

- Detailed Government Administration budgets – for the Board of Supervisors, the Commissioner of Revenue, the County Attorney, General Services, the Clerk of the Court, Elections and Voter Registration, and more.

- Department budgets including 2015 actuals, the 2016 adopted figures, the 2017 proposed figures and the 2018 projected figures for each area as well as their individual staffing trends.

- The major functions of all county government commissions and departments are also discussed, as well as what they did with the taxpayer's money.

Interested to know how many electronic titles were downloaded at area libraries with your tax dollars? How many emergency calls our Fire, Rescue and Emergency management centers manage? How many youth received probationary services? How many aspiring

farmers were served by our community horticulture and environmental stewardship programs? What were the county's capital expenditures in the informational technology area? What is the county's debt to expenditures ratio? All worth learning about, depending on what interests you.

#### **Citizens Asked To Weigh In**

Administrator Hemstreet's proposed budget was based on the current real property tax rate of \$1.135 (this matches the county's equalized tax rate), but other scenarios are outlined as well.

In an email communication in early February newly elected Board of Supervisors Chair Phyllis Randall emphasized the need for citizen involvement in the process. Said Randall: "I invite you to ... voice your concerns ... your opinion matters ... I want you to be involved in the process."

Randall also hopes residents will comment on Loudoun County property tax

rates, asking, specifically: "What tax rate do you support per \$100 in assessed value? ... \$1.135 underfunds County budget by \$5.5 M and LCPS budget by \$31.4 M ... \$1.140 funds County budget, underfunds LCPS budget by \$31.4 M ... \$1.150 funds County budget, underfunds LCPS budget by \$20.7 M ... \$1.170 fully funds County and LCPS budget."

Citizens can weigh in on Randall's poll at [www.loudoun.gov/budget](http://www.loudoun.gov/budget). Members of the public may also:

- Leave a message on the Board of Supervisors' Comment Line at 703-777-0115.
- Send an email to the Board of Supervisors or write to the Board of Supervisors, P.O. Box 7000, Leesburg, VA 20177.
- Provide comments through the Loudoun County government's Facebook and Twitter sites.

Go to [www.loudoun.gov/budget](http://www.loudoun.gov/budget) for details.

*Saines Interview, continued from page 1*

properly representing the Sterling District, upgrading public facilities in his district, improving education by fully funding the Loudoun County Public Schools' proposed budget, providing all-day kindergarten, and finally expanding road systems and public transportation.

Saines feels that the Sterling District has been underrepresented by the previous representative, who he believes had actively prevented the county from making community improvements. Saines plans to make up for lost time by allocating funds to revamp public facilities such as libraries, firehouses, and community centers.

"Fighting for local government resources and community services in Sterling to bring them up to the standard that is common in other areas of the county was a big campaign issue for me. Additionally, revitalizing the Sterling area, specifically addressing the Sterling Park Plaza was another important focus of my campaign. Throughout my campaign I said that I wanted to make sure the entire Sterling community is represented and has their voice heard. Where possible, I will be including bilingual outreach in my communications. I look forward to holding more community town hall meetings, and using social media to keep apprised of the continuing needs of the Sterling District."

Saines feels that the BOS has a great deal of work ahead, in not only upgrading the services in Sterling, but also in providing up-to-date education that is competitive with surrounding localities and the nation. Loudoun County currently does not offer all-day kindergarten to parents, and is one of the few places in the State to not do so. Saines and others on the BOS plan to change that in the coming days along with supporting the budget proposed by LCPS.

Referring to funding statistics, Saines has said, "Over the last few years, excluding last year, the previous BOS continually

provided less funding than was requested by the school board and the superintendent. When adjusted for inflation we are spending less per student now than in 2009. Continuing to ask our teachers and administrators to do more with less is putting an unneeded burden on our school system. We should be putting students and teachers first making sure that our children continue to receive a first-rate education. By reducing class sizes, providing more technology funding, and ensuring a salary that makes LCPS competitive in the search for the best teachers, we can ensure our kids get a first class education."

Traffic is a continuing problem in Loudoun as the population grows and commuters commute further. Saines plans to work with board members to develop roads before housing expansions are established while, at the same time, growing the accessibility to public transportation for residents. "Obviously the traffic situation in Loudoun County needs to be addressed. We need to figure out the situation with the Greenway, finding a way to reduce tolls, and in general providing transportation alternatives so that Loudoun's citizens can spend less time in traffic and more time with their families. I am a strong supporter of telecommuting, as well as improving the local commuter bus system to reduce congestion on all of Loudoun's roads."

In the meantime, Saines and his staff are working hard to improve Sterling and Loudoun County with the other members of the BOS. Said Saines, "... my staff is working primarily on the upcoming budget. Additionally they are working on a couple of development applications in our district, as well as immersing themselves in learning more about county programs. One specific issue they are working on is figuring out ways we can improve transportation and pedestrian

connectivity throughout Sterling."

Saines lives with his eight year old son Gabriel. "I have coached my son's baseball as an assistant coach for the last four years. This winter I started coaching my son's basketball team, and so far am really enjoying myself," said Saines. When he is not busy working, or spending time with his son, he enjoys traveling through the county. "I

have many friends and family that live all over Loudoun including Ashburn, Leesburg and the Aldie area. I really enjoy Western Loudoun's open landscape and rural culture. I particularly enjoy driving along Route 15 on a lazy Sunday afternoon. Being able to see the farm land and agricultural foundations of western Loudoun you really appreciate how diverse our county is," he said.



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## From Total Collapse To Spectacular Rebirth

– Abernethy & Spencer Reopens In Spring-Like Splendor –

– By Andrea Gaines

“We will be ready for customers March 1 ... “ So promised – and delivered – the indomitable David Lohman of Abernethy & Spencer Greenhouse in Lincoln, which re-opened for business this week after their traditional 3-month winter hiatus ... and a collapsed greenhouse.



A&S faced catastrophe in late January when the steel frame of a large 40-year old greenhouse buckled under the weight of the 3-plus feet of snow brought on by the infamous blizzard of 2016. Lohman, who recently purchased the historic Springdale Inn – 1/2 mile from A&S – heard the crash from his home and rushed up the road to survey the damage. In very short order Lincoln and the surrounding community – some four-dozen neighbors, friends and customers – where there to pitch in, helping Lohman salvage what he could in what long-time resident Jean Brown described as a “veritable bucket brigade.” While no one was hurt in the collapse, thousands of spring plants and tropicals were destroyed. “It was a big loss,” said Frank Ellmore, who has worked for A&S for many years. “The structure was not one of the historic 110-year-old glass greenhouses at the nursery, but a 45,000-square-foot steel and plastic structure ... the company’s largest greenhouse.”



off the impossible. By mid-February some 50 workers from northern

Ohio had begun assembling a new greenhouse, which, Lohman proudly says will bring a 40 percent reduction in heat costs, an over 50 percent savings in electricity, and, with drip irrigation, an over 60 percent savings in water. “The new greenhouse is state of the art and will save so much water and energy for the community,” said Lohman.

*Abernethy & Spencer has been in business for 100 years and is one of the Mid-Atlantic’s oldest greenhouses. The business operates on over 5 acres and sells perennials, annuals, trees, ferns and vines, as well as herb and vegetable plants, gardening tools, seeds, pottery and more. For more information on the history behind Abernethy & Spencer, the historic structures in the Village of Lincoln and their connection to the incredible history of western Loudoun County go to [www.lincolnpreservation.org](http://www.lincolnpreservation.org).*

Made by insurance and determined to make his customary March 1 opening date, Lohman and A&S managed to pull

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# March In The Garden – Soil As The Gardener’s Canvas

– By Andrea Gaines

Gardening is all about growing things, and growing things successfully is about cultivating healthy soils – the canvas upon which gardener visits their magic.

For the March gardener, this means working carefully to release and build upon the nutrients, textures and living things developed and stored in the soil over the winter.

Your garden didn’t so much lay dormant over the last few months as it did undergo subtle metabolic changes to be in position to burst into new life come spring.

Last fall your deciduous trees were moving the nutrients that had built up in their leaves into their branches, where they would be deposited in their bark and available to the tree during the next growing season.

Responding to winter’s freezing temperatures, the leftover fruits and berries on trees and shrubs had turned starches into sugars, inviting birds and other wildlife to the table and dispersing the seeds of the next generation.

The roots of your annuals were lying dormant, preparing to launch new life when the temperature, and moisture and sunlight levels suited their biological needs.

If you simply mulched or covered your garden in place last fall, rich levels of microbes, along with pollinators and other beneficial insects nestled into the available organic material to escape winter’s coldest temperatures and conditions.

In March, the temperature highs will be in the 52-degree range, with well over 11 hours of sunlight. So, now is the time to tend to your soil:

- First, work in any cover crops you laid down last fall,



or any of the light organic debris that have collected on the surface.

- Cover the soil with an inch or so of good organic compost material.
- Loosen the soil up with a trowel, digging fork or tiller until it has a crumbly consistency, removing stones and large pieces of organic material. This aerates the soil and lets the warmth of spring seep in.
- Apply and blend in organic fertilizers specific to what you will plant – if needed and in appropriate amounts. There are lots of great tips – including ways to get free,

organic soil conditioners into your soil – your canvas – on the web.

See [www.motherearthnews.com](http://www.motherearthnews.com), [www.statebystategardening.com](http://www.statebystategardening.com), [www.mgnv.org](http://www.mgnv.org) (Master Gardeners of Northern Virginia), [www.ext.vt.edu](http://www.ext.vt.edu) (Virginia Cooperative Extension) or take a moment to brose.

**For Extra Inspiration, Don’t Forget – Virginia Garden Week Is Coming!** Get yourself in the mood by planning your own Virginia Garden Week tour. The dates are April 23-30. Local sites include Winchester, Staunton, Middleburg, Falls Church and more. See [www.vagardenweek.org](http://www.vagardenweek.org) for details.

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*Oxalis Iron Cross is an actual four-leaf clover.*

- By Andrea Gaines

Botanists tell us that for every four-leaf clover you might find, there are 10,000 three-leaf clovers. That means that you will find at least 1 four-leaf clover in an area that is about, well, 13 square feet. Humm. That's a lot of area to cover with your magnifying glass.

Instead, why not have some fun growing your own clover-type plant?

Both clovers and shamrocks - two different species - are members of the wood sorrel family. You can grow them from seed, or from a tuber. The seed will produce something similar to what you see in your front yard, and the tuber will produce the kind of plants you see in a nursery. Some shamrock varieties even come with four leaves.

But both clovers and shamrocks can be kind of tricky to get started. So, the best way to go is to simply purchase a plant and follow the instructions from your nursery - or a friend who has grown them successfully. The plants bring lots of color, freshness and flowers to your home or patio under the right conditions.

P.S. Clover of any kind is beautiful on a Saint Patrick's Day table. Some varieties are edible. Maybe as a garnish on your Irish stew? Happy St. Patrick's Day.

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# Dare To Be Different In Bluemont



— By Hannah Hager

It's not easy to have it all. Most families have an idea in their mind of what the perfect home looks like and where it is located. Not all of them would choose a weathered-wood home surrounded by thick forest. But, you're not them. You're you — and you're the kind of family who dares to be different.

It doesn't get any more private than this — the address is located in one of the western most locations in the county. It sits on 100 acres at the crossroads of Route 7 and Route 50. The beauty of this is the incredible views of the sunset that will be undoubtedly all yours. You'll also find yourself perfectly situated near the wineries, breweries, hiking trails and the slowly rolling Shenandoah River.

Make no mistake that the interior is

no less enjoyable, but it also has high standards. It requires a family who will enjoy it for its rustic touches and unique layout. Wide-beam wood floors recall the great outdoors that surrounds you. In the kitchen, immediately to the left of the main foyer, you'll be pleasantly surprised to find blue-painted kitchen cabinets — country décor at its finest — and the centerpiece of the room: The wood-burning fireplace outlined by stenciled tile.

The double-sided fireplace also warms the family room, which is not hard to do with its wooden rafters and cupboards. Thin, iron chandeliers add a touch of elegance to a place where many memories will be made with the backdrop of the Blue Ridge Mountains shining in the background and into your family room through the wall of windows.

Light continues to pour in the master suite through the windows that line many sides, including the door to your own private porch to enjoy the weather come spring. Or, don't wait, and get a little rest and relaxation in the sunken tub in the en suite.

A private, railroad-style study is the perfect place to get to work or you can plan some fun in one of the other living areas. One such area is the three-story woodshop or workshop in the rear of the property. It's the perfect place for a home business ... or for hosting barn parties come summer. Don't shy away from the idea, instead — dare to be different.

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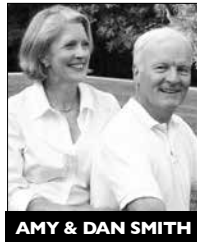
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## Amy and Dan Smith's Planning For Life There If (Or When) You Need It

– By Amy and Dan Smith

Long-term care is one of the biggest and often unexpected expenses in retirement. Thinking about funding a long-term care plan now can save you later.



absorb future long-term care costs, most people prefer to rely on quality insurance rather than pay out of pocket.

### Funding Your Plan

Traditional long-term care policies can create a financial safety net should you become incapacitated and relieve your family of the burden of providing for your care—physically and financially. Covered costs can include round-the-clock home care, assisted living, adult daycare, and nursing home care. The premiums depend on many factors, including the type of policy and your age at the time of purchase. For business funded plans, long-term care premiums can be tax-deductible.

Funding your long-term care plan lets you make your own choices, while you still can, takes the burden off your children's shoulders and, should the most expensive scenario occur, it would not devastate your retirement income plan for you or your spouse. There are many details to ponder when choosing the right policy. Talk to your financial advisor to help determine what coverage you may need and how you'll fund it.

*Guarantees are based on the claims paying ability of the issuing company. Long Term Care Insurance or Asset based long-term Care Insurance Products may not be suitable for all investors. Surrender charges may apply for early withdrawals and, if made prior to age 59-1/2, may be subject to a 10 percent federal tax penalty in addition to any gains being taxed as ordinary income. Please consult with a licensed financial professional when considering your insurance options. Investing involves risk and investors may incur a profit or a loss. Past performance may not be indicative of future results. Diversification does not ensure a profit or protect against a loss. 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. (Tel.703-669-5022, www.amysmithwealthmanagement.com) Dan Smith is not affiliated with Raymond James.*

It seems we don't pay much attention to long-term care until it directly affects us. Sure, it may pop up on our radar when consoling a friend who's bearing the weight—physically and financially—of a loved one's care or through the trials and tribulations of funding an aging parent's assisted living needs. However, there may come a time when you or your spouse could face these challenges and decisions.

Few Americans place long-term care needs high on a list of concerns. In fact, more than half don't have a plan for when they're unable to independently bathe, dress, eat or get around, according to the 2012 State of Planning Survey.

Of course, it's hard to think of ourselves in need of care, whether that's adult daycare, assisted-living services or nursing home care. And, it can be hard to plan for future unknowns, when immediate costs demand your attention. But timing is critical when it comes to funding long-term care, and most consider mid-50's the ideal age to consider long-term care insurance. Waiting much longer could bring much higher premiums.

Thinking about it now also gives you time to see how it fits into your overall retirement plan and could help protect your assets, preserve your independence, and ensure quality care. Plus, having that safety net could potentially relieve friends and family from the stress of unexpected financial and emotional burdens.

### Don't Underestimate

#### Long-Term Care Costs

Long-term care is one of the biggest and often unexpected expenses in retirement. Most healthcare insurance policies, Medicare and Medigap/Medicare supplemental insurance don't really cover what you'll need, and only limited assistance is available from government programs. Like Medicare, healthcare insurance policies only pay benefits for short-term rehabilitative care. For a true long-term care plan, you need insurance that offers comprehensive coverage spanning years. And while an ample portfolio might

## Playing The Market

– By Samuel Moore-Sobel

Part of growing up involves the achievement of self-sufficiency. My parents breathed a huge sigh of relief when I obtained a job last fall because they knew that after 22 years they were finally off the hook. Or so they hope. Although I still live with them, so I guess not completely ... I digress. Anyway, part of self-sufficiency involves deciding what to do with the money you earn. There is not always a simple answer, and there are inherent risks involved in this process. One can choose to leave their money in a savings account in which a painfully small amount of interest is accumulated each month. Or they can roll the dice and choose to invest a slice of their hard earned cash in the both beloved and reviled stock market. Even after reading Flash Boys by Michael Lewis, my continual frustration by the lack of interest accumulating in my savings account won out. I chose to roll the dice.

I set out to find the top-rated investments for 2016. After speaking with a family friend in the financial industry, he told me that I have access to all of the resources offered to stock brokers and the like. They read The Economist, Businessweek, and my personal favorite, The Motley Fool. Instead of paying someone else to tell me what to do, I got to work reading up on the exciting, high stakes game of stock market investment. The Motley Fool identified top growth stocks for 2016. Splunk, a data analytics company, and FireEye, a cyber intelligence firm, were both identified as promising investments.

Wait, FireEye ... that name sounds familiar! I met one of their representatives at the career fair last fall. He was a nice man, highly intelligent and passionate about the company. When my friend and I approached the booth, he talked with us for a few minutes. My friend, who is very passionate about FireEye, was highly disappointed when we were informed that they were only interested in hiring interns. But, said the representative with a smile, they were planning to greatly expand in the future. My friend looked dejected, but it was hard to be mad at the guy. He said everything with a smile and a thick Australian accent. My friend seemed a little bitter when I told him I was thinking of investing in FireEye. I told him to blame Motley Fool, not me.

There is a warning attached to these stocks that have been identified as high growth, a sort of "buyers beware" notice. Investors should be reminded

that "volatility is part of the game." Past investments that The Motley Fool has recommended, such as Netflix and Amazon, "have experienced more than a 50 percent loss in a single year" before going on to generate excellent returns. Investors are being asked to practice patience, and encouraged to focus on the long-term, rather than bank on "get rich quick" schemes.

So in reaction to this sage advice, I have decided to practice a "buy and hold" strategy. Buy a stock from a solid company and hold it, instead of trying to sell quickly in order to make a quick buck. The market goes up and down. People tend to panic when the market goes down. When I opened up an investment account I was asked about my risk tolerance. I learned that my risk tolerance is very high. Maybe it is due to youth, or my faith in the markets. My investments don't keep me up at night, although I did see that my stocks fell this afternoon. My hypothesis may unravel soon.

As my friends and family can attest, I have taken a keen interest in the market, watching my investments go up and down each day. I have been on the phone with my broker more times than I can count. They probably have learned to flag my number each time I call. I might be getting a reputation. Although they seem to enjoy lauding me for my excellent financial decisions each time I call. I really just want to talk about my account, but the advisors seem to be more interested in telling me how smart I am for investing in the market so young. I wonder when this praise will end. Maybe when I hit 25 ... or 30?

Over the past few months I have learned that the stock market is not a place to get rich quick. Yet with careful investing, it could yield impressive results. I will close with a personal anecdote to illustrate the point. A family member told me that they invested in Medtronic, Inc., a medical device company headquartered in Ireland. When they invested in the early 1990's, it was trading at about five dollars a share. In January, it was trading for around 75 dollars a share. After holding onto the stock for more than twenty-five years, they have reaped an excellent return on investment. This relative might regret telling me this story. Lunch is on them the next time we go out.

*Samuel Moore-Sobel's interest in the stock market has blossomed into a full-on obsession. He regularly dispenses financial advice to anyone who will listen and has become a strong advocate for investing in the stock market.*

LCSO, continued from page 1

station will begin an initiative to fight heroin abuse by treating overdoses with Narcan (Naloxone) as part of a larger program partnering with Congresswoman Barbara Comstock, representing Virginia's 10th District. "The way to combat the heroin scourge in our community is to work collaboratively with local, state, and federal law enforcement officials. I teamed up with Loudoun County Sheriff Mike Chapman last April and launched the Heroin Operations Team initiative that brings together law enforcement on all levels with local officials. As part of HOT, the Drug Enforcement Agency opened an interactive traveling museum to the public earlier this year in Leesburg, and Loudoun County Public Schools will have students visit so they understand the consequences of drug use and abuse and how it destroys lives. I will continue to work with our law enforcement and local officials to bring more awareness to the dangers of the heroin epidemic," said Congresswoman Barbara Comstock (R-VA)

The Sheriff's Office employs 600 deputies county-wide, thirty-eight of which will be stationed in Round Hill on a consistent basis for operations and patrols throughout western Loudoun, working from Middleburg to Purcellville and beyond.

"I would encourage all citizens in [western Loudoun] to be engaged with the members of LCSO who are assigned to the new station. I recommend everyone attend and participate in the [station's] quarterly meetings, use the new [community room] or simply stop in to the new station for a tour and to meet the deputies that are serving the community," said Chapman.

# DogGone Natural – One Seriously Fun, Seriously Dedicated Pet Store

– By Andrea Gaines

Pet storeowners Kim and CJ Correnti sure are enthusiastic about their busy and growing DogGone Natural pet store business. The Correntis opened their first DogGone Natural pet shop in Ashburn in 2007. In 2014 they opened a second location, this time off Route 7 on Catoctin Circle in Leesburg, and very special things happen – daily – at both locations.

DogGone Natural sells everything you might need for your pet – dry cat and dog foods, canned dog and cat foods, raw foods, treats, supplements and health-related products, doggie and kitty accessories – everything.

But, the thing that makes the business special, says CJ, is the personal nature of customer experience, the quality of the pet-related information you get when you shop there and the natural pet expertise packed into every corner of the place.

When DogGone Natural's website says, "We are engaged in the pet food movement, and with our motivation we can make a positive change to this industry," as a customer, you know they mean it, because you have experienced it.

Co-founder Kim Correnti – the store's pack leader by all accounts – is a high-trained professional with over a decade of experience in pet nutrition and herbal and holistic remedies for dogs and cats, a good deal of which she learned while caring for her own dog.

Everything you'd want to know about caring for your pet in



CJ & Kim Correnti

the most natural and effective way possible is here and/or on the DogGone Natural website – how to use plastic pet bins safely, how to navigate flea and tick season, the ins and outs of puppy health, hot spots, ear infections, the moisture (or lack thereof) in pet food and why that's important ... and more.

As CJ notes, the superior customer experience you get at a pet shop like the Correnti's does not come with a higher price tag than what you'd see at a grocery store, a big box store or anywhere else. "Our prices are the same or lower than what you'd see in other places, and everything is

of the highest quality – everything is impeccable, by my standards. Why buy junk for your pet," says CJ.

DogGone Natural has received no fewer than 16 consumer- and community-related awards for the business's dedication to pet health and happiness. It is also well known among local rescue groups for its generosity. Despite its relatively modest size, DogGone Natural donates hundreds of bags of dog food to rescue causes each and every month.

DogGone Natural is dog gone good friend to the four legged boys and girls we love.

*DogGone Natural, 44031 Ashburn Shopping Plaza in Ashburn, and 21 Catoctin Circle in Leesburg. [www.DogGoneNatural.com](http://www.DogGoneNatural.com).*

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# Woodgrove's Booyesen Taking Savage Lacrosse To The Top

– By Amanda Clark

Junior Lidell Booyesen started his own lacrosse customization organization in 2012 and called it Savage Lacrosse. Savage Lacrosse provides players of all skill levels with the highest quality string jobs, dyes, and low prices on gear.

Booyesen says, “I don’t really know how I got into lacrosse. It just kind of happened, and I went for it. I began to love the sport more and more as I played.” He became interested in stringing and customizing after he saw unique and colorful string jobs with each new player he met. He went home, learned how to do it, invested his money into supplies, and strung as many heads as he could. “After I worked hard, and a year or so passed, Savage Lacrosse blew up,” he said.

Savage Lacrosse has helped Booyesen learn several different aspects of business and has taught him how to sell products. He says, “Aesthetics is everything. For example, if your business card or website looks good, people will like it. People like to be visually amused.” He



also has learned that time is key to a business. You will not be successful overnight, but if you continue to work hard and have patience, success will come to you.” Booyesen continued, “There are so many different small lacrosse companies out there that I cannot even count them all. But, the difference between them and me is that I make premium pockets that take time, effort and skill to produce. People enjoy my content because of how well each pocket functions and how nice it looks.”

Nobody else is a part of Savage Lacrosse; Booyesen does everything on his own. “From stringing, to shipping and advertising, it is all me,” he said. He works with each customer individually and has built

trust with them. Booyesen does not know if this is something he would like to pursue in the future. “Currently, I am taking a break from the stringing business and the lacrosse community to focus on academics. Stringing and lacrosse are my biggest passions, but sometimes things get in the way that do not let you do what you love.” He does not know what the future will hold, but will continue to keep the brand progressing to its maximum potential.

Booyesen spreads the word about Savage Lacrosse through social media, especially Instagram. He will post a photo of a unique string job with nice lighting and a caption. People begin to comment and tag their friends and it spreads like wildfire. Booyesen belongs to a group of elite stringers called the “Panda Squad.” This group helps promote content and spread the word about each other’s businesses. He also spreads the word by leaving his business card at many small businesses. To contact him go to Instagram: @SavageLacrosse, Twitter @SavageLacrosse, facebook Savage Lacrosse, and email savagelacrosse@gmail.com.



Booyesen playing lacrosse.



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# Positive People In Purcellville

– By Amanda Clark

Purcellville is a town that has been around for several years and is home to many. What makes Purcellville a town that nobody wants to leave is the people. There are so many hardworking people of Purcellville that bring a light to the town. They get their job done while making everybody that crosses their path smile.

**Stephen Ramsey** is a waiter at Anthony's Italian Restaurant. Ramsey says, "I ran through a time in high school where I was not as positive as I could have been, but my mindset changed 5 years ago." After a death in the family, Ramsey began thinking and acting with a more positive attitude and since then his life has only gotten better. "My grandmother was always a positive person, so I try to be like her each day. If you keep a positive mentality, more often than not something good will happen." Ramsey enjoys working in Purcellville because of the people that he meets and talks with on a daily basis. "Seeing regulars at the restaurant is motivation. When others get to know you by name and they know about your life, you mean something to them. You can be a janitor or a professional athlete, and as long as you make the most out of it, things will always look up for you."

He is both a full time worker and a full time student, but what motivates him to keep working through the bad days, is that one person that he can make laugh, smile, or help in any way. "It really is incredible how easy



Stephen Ramsey at work



Pamela Shuman at Walgreens



Wayne Reedy

your job can be when the people you are working for have such positive mindsets. It's truly infectious, and I guess that's why I love my job as much as I do." The kind people of Purcellville inspire those positive hard workers to keep doing what they do.

**Pamela Shuman**, a Walgreens worker is another big contribution to Purcellville. Shuman says, "I stay positive because of the person I am. My job lets me show my character. I really enjoy meeting and talking with all of the people that come into the store." She moved here 6 years ago from New Mexico and thinks that Purcellville is a beautiful town. "I have days that I do not feel like going to work. I think this is a common feeling in all of us. To overcome this feeling, I remember that I have a duty to do my job and do it well." Shuman stays positive by staying busy and finding something to do rather than just watching the clock. She says, "The

best part about working in Purcellville is that it is big enough for the things you need without traveling to Leesburg, but small enough that you get to know many people really well." Shuman knows many customers by name and has built relationships with them. "This is what matters in life. To treat others as you would be treated. Sometimes a smile makes all the difference," she said.

**Wayne Reedy**, an antique seller and vendor at It's Bazaar on 21st Street, brings a positive energy wherever he goes. By nature, Reedy is a positive person. To him, there are no bad days.

He says, "I worked for Fairfax County Fire and Rescue Department for 31 years and truly loved getting up and going to work because I knew no two days would be the same." That is also why Reedy loves buying, selling, and repurposing antiques because you never know what you might find at the next pick. Reedy says, "I've always been interested in antiques. Antique Rescue, isn't work at all, it's playtime for me." He stays motivated by talking and meeting new people every day. Another positive aspect of Antique Rescue is Reedy's good friend John Smith. They met at the Leesburg Costco for the weekly gathering of retired and current firefighters. Smith is the master welder and fabricator of Antique Rescue and brings another smile to the people of Purcellville. The best part about working in Purcellville for Reedy is the small town atmosphere.

## WHERE THE BIKE TRAIL ENDS

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## AND THE FUN BEGINS

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# The Cavalry Might Not Be Able To Save The Day

– By Nicholas Reid

We in the United States have always taken our Army for granted. It is assumed that it will be able to tackle any crisis, no matter where and how large, without said crisis adversely affecting the American public. This complacency has led us to overlook the slow decline of our Army, a decline that has compromised the Army's stated goal.

All through the Cold War, it was the goal of the Army to have enough forces to fight and win simultaneous wars in two separate geographical regions of the world. This doctrine allowed the US Army to maintain a significant presence in Europe while fighting major wars in Asia at the same time and contributed greatly to US victory in the Cold War. This doctrine continues to



REID

drive US Army deployments, and rightfully so. We have seen an explosion of potential enemies since 2009.

Russia is seeking to reassemble the Soviet Union through a method that contains many echoes of a certain German dictator's warmongering in the 1930s, Iran is becoming a major power in the Middle East again as it spreads its brand of Islamic terrorism, ISIS came out of nowhere to impose 8<sup>th</sup> Century Islamic law over vast swathes of the Middle East, Boko Haram is doing the same in Africa, China is actively undermining US relationships in Asia, and last, but not least, North Korea is boasting about using nuclear weapons with the tactfulness of a whiny brat.

Against this myriad of threats, several of which the current Administration either fails or refuses to recognize as true threats, said Administration has downsized the military,

especially the Army, by at least 20 percent. For the Army, this has translated into a 46 percent cut of its research, development, and acquisition funds, a 20 percent reduction of personnel, and a deactivation of units, leaving the Army with 32 brigades. In contrast, over the same period, Chinese military spending increased by 143 percent, Russian military spending increased by 30 percent (somewhat tempered by the collapse of its currency, the ruble), and Iran, ISIS, Boko Haram, and North Korea continued to expand their forces, although the exact rate of increase is hard to determine due to lack of information from such repressive governments.

Furthermore, due to reduced training because of budget cuts and the need for combat personnel to temporarily serve other duties because of lack of support personnel, only 33 percent of the Army's Brigades are combat-ready at any given time. In order

for the Army to accomplish its stated goal, they needed 50 combat-ready brigades during the Cold War. Now, they have, at any given time, 11-12.

This has caused the Army to announce that they are currently unable to accomplish the goal of fighting and winning two simultaneous wars in two different regions in the world. America's principle instrument of military strength may be the Navy, but we need a strong Army to extend our power beyond the coast. Unless we reverse current trends, we might find ourselves in a position where we would be unable to stop a foreign invasion of one of our allies or even of the United States itself.

*Nicholas Reid graduated from high school in Loudoun County and is studying geology at the South Dakota School of Mines. He plans to be a paleontologist.*

## We All Should Be Encouraged To Be Both Left-Brained And Right-Brained

– By Mary Rose Lunde

People often tell me that I am no-brained and weird because I don't follow the stereotypical mold. I am indeed not defined under a simple category, especially with intellect. I am both analytical and creative.



LUNDE

It truly makes me sad that people have started labeling under these different labels limiting everyone, especially children, to certain potentials just because they enjoy this or that and thus are not expected to enjoy something else. The idea of left- and right-brain is simple. One is supposed to be the creative side and the other is more analytical and perceptive. These ideas may be scientifically proven based on the two hemispheres of the brain; however, they are limited in their application. No one should be labeled as this or that just because they are prone to be more analytic or creative.

Children who are labeled as analytic often feel as though they can't express themselves creatively unless they want to be either ridiculed for their unique perspective or criticized and told they should stick to analytics. In contrast, children who are labeled as creative often feel that they can't excel at the more academic side of classes and often fear that they will be treated as lesser because they shouldn't know something when they actually do.

The fact of the matter is that any child can be both left- and right-brained. In fact, colleges nowadays want to see prospective students that are both creative and analytical. It is all about diverse talents, not just intellect or creativity. One must have both to succeed in the modern world.

I attend a school that is known for its engineering and science programs. The reality is that a majority of these labeled engineers are much more than analytical scientists. They have to be creative and need to rely on both their knowledge and their abstract thoughts to succeed in their field.

The combination of both left and right brain is really what needs to be focused on. Instead of labeling this or that person with this or that brain, focus on establishing both sides. The best of the best will be a combination of both left- and right-brain qualities. I may be biased since I do hail to both brains, but I find it cumbersome to argue which side is the best. I legitimately switch between both sides of my brain every hour and a half to satisfy my classes and I work best when science meets English because that is where I am not labeled by anything and can truly be myself.

Most of my friends are multiple majored and do what they can to develop their interest on both sides. Many of the science major friends I have are minoring in something often labeled analytical in nature and vice versa. My roommate is a fashion design major with a minor in international studies. Another of my friends is an English major with a minor in geosciences. So really, why are we limiting potential with labels of left and right brain?

*Mary Rose is a second semester sophomore who is both left- and right-brained. She enjoys writing creatively and scientific investigation.*

## BRMS Bee Winners

Students at Blue Ridge Middle School recently demonstrated their knowledge of both world geography and spelling, competing in two different school-wide bees. Both competitions began at the classroom level, with students participating in preliminary qualifying rounds. Once classroom winners were identified, the finalist competed against one another to determine the school champions.

Nine classroom finalists took the stage on January 7 to battle in the school-wide competition of the National Geographic Bee. After several grueling rounds, Riley Renehan (8<sup>th</sup> Grade) earned the title of champion and Truman Abbe (6<sup>th</sup> grade) was named alternate. As the BRMS champion, Renehan will once again test his geography skills by taking a pen-and-paper qualifying test to determine if he will advance to the State Geographic Bee.

Twenty-six classroom finalists took the stage on January 15 for the school-wide spelling bee. Demonstrating stellar spelling,



*BRMS bee winners left to right: Geography Bee - Riley Renehan, 1st Place & Truman Abbe, alternate and Spelling Bee - William Forys, 1st place and Michael Sams, alternate.*

William Forys (8<sup>th</sup> grade) earned first place and Michael Sams (8<sup>th</sup> grade) was named alternate. Forys advances to the Loudoun County Regional Spelling Bee where he will compete against other LCPS school champions for a chance to participate in the Scripps National Spelling Bee.

## Lovettsville Lions Club Winners



*On Sunday February 14, the Lovettsville and Purcellville Lions Clubs held their annual James Bland Youth Music Competition. Nine musicians performed and were judged by professional music educators. The winners, vocalist Broderick Brown of Leesburg and pianist Claire Dantzlerward of Purcellville, will now enter a regional competition in Reston. Front row, l to r: Allan Fogelson, Cecilia Fetterolf, Raelyn Hoang, Kirsten Engel, Paul Ok. Back row: Claire Dantzlerward, Michael Fitzgerald, Joshua Stevenson, Broderick Brown.*



## Focus On: Harvie Water Solutions - Roy Barr



Photo by Sarah Huntington

Roy Barr began his career in water treatment while serving in the United States Air Force. Since that time, Barr has spent over 20 years in the private sector providing water quality solutions to Loudoun and Clarke county residents and the surrounding areas. Barr dedicates his small business, Harvie Water Solutions, by providing superior service and solutions to both residential and commercial clients. Barr and his wife Barbara are proud residents of Loudoun County along with their six children and their Australian Shepherd, Cooper. To learn more about Harvie Water Solutions go to [harviewwater.com](http://harviewwater.com).

### 2016 Pet Remembrance Candlelight Ceremony

"In remembrance of our pets...that their soft warm light may glow forever in our hearts."

**P**lease join us on March 10, 2016 at St. James Episcopal Church in Leesburg for a night of celebrating our beloved pets! This will be the 8th year that this tradition has been honored in Loudoun County. Many families have found comfort in celebrating the lives of their past pets or those pets that have been separated from them. This year's service promises to offer music, readings, and inspirational words from our speaker. All human family members are invited to attend, but please leave any four-legged friends at home!

One of the most celebrated portions of the ceremony is the Roll of Honor, a slide show and reading of the names of our pet angels. Please feel free to submit a jpeg image of your pet to be included to:

[candle@wholisticpawsvet.com](mailto:candle@wholisticpawsvet.com)

by February 26, 2016. Please remember, your pet can be included even if you cannot attend the service yourself. Keepsake CDs will be made available after the ceremony if you are interested.

Parking for the service can be found in the St. James lot located on North St. or in the lot for the Senior Center of Leesburg located at: 102 North St. NW Leesburg, VA 20176. Limited on street parking is also available.

**WHAT:**  
2016 Pet Remembrance Candlelight Ceremony

**WHEN:**  
March 10, 2016  
(Snow date March 31, 2016)

**TIME:**  
Doors open at 6:30pm  
Service to begin at 7:00pm

**WHERE:**  
St. James Episcopal Church  
14 Cornwall Street NW  
Leesburg, Virginia 20176

**CONTACT:**  
Dr. Krisi Erwin  
(571) 438-0339  
[candle@wholisticpawsvet.com](mailto:candle@wholisticpawsvet.com)

**DEADLINES:**  
Please note, the deadline for submitting pictures for the 2016 Roll of Honor is: February 26, 2016!

Check our Facebook page for updates.



This year, we will be taking donations to benefit our local Pet Pantry.

### Comstock Announces 2016 Congressional Art Competition

Congresswoman Barbara Comstock has announced the 2016 Congressional Art Competition for Virginia's 10<sup>th</sup> Congressional District. The competition is open to all high school students who reside in the District. The Best in Show winner of the competition will have their piece of art displayed in the United States Capitol and runners up will be invited to have their pieces of art displayed in the Congresswoman's office. Congresswoman Comstock is a member of the Congressional Art Caucus and started the House Arts Caucus in the Virginia General Assembly.

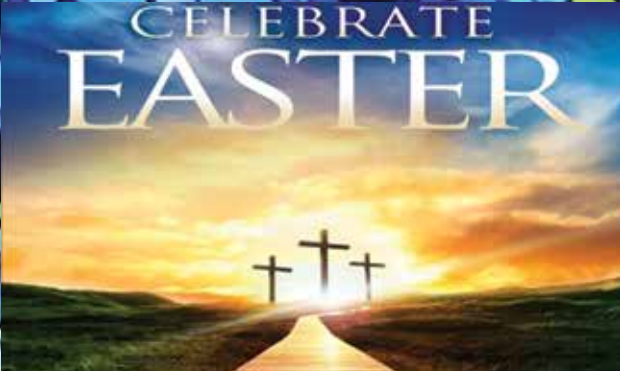
"As a Member of the House Arts Caucus, I particularly enjoy the opportunity to invite our young people to participate in the annual Congressional Arts Competition," said Comstock. "We had a wonderful Congressional Art Competition last year with over 180 submissions from students throughout the 10<sup>th</sup> District that reflected a wide variety of artistic expressions. This nationwide high school art competition allows us to encourage and recognize artistic talent throughout our district."

Students should drop-off their completed artwork on April 11 between 1 p.m. to 6 p.m. at Enterprise Hall on the George Washington Virginia Science & Technology Campus. All art submitted will be on display from April 12 to May 12 in Enterprise Hall. Art submitted must be ready to hang and entries are limited to two per student. On the evening of May 2, the First, Second, Third, Honorable Mention, and Best In Show awards will be announced.


For information and guidelines about the 2016 Congressional Art Competition contact Lucy Norment in the Congresswoman's office at 703 404-6903 or email [Lucy.Norment@mail.house.gov](mailto:Lucy.Norment@mail.house.gov).

# KEEP THE FAITH

## CELEBRATE EASTER



7am Sunrise Service  
 9am Easter Service 1  
 9:45am Breakfast  
 10:15am Egg Hunt  
 11am Easter Service 2



**SAINT ANDREW**  
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[www.standrew-pres.org](http://www.standrew-pres.org)

## Walk with Jesus this Week to the Grave and Back

Palm Sunday – March 20, 8AM & 10:30AM  
 Tenebrae – March 23, 7PM  
 Maundy Thursday – March 24, 7PM  
 Good Friday – March 25, 7AM, 12PM, 7PM  
 The Great Vigil of Easter – March 26, 8PM  
**EASTER SUNDAY – March 27**  
 Sunrise Service at Montcalm Farm – 6:45AM  
 Holy Eucharist 8AM & 10:30AM

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## Master Trumpeter To Be Featured At Baroque Concert



*Dr. Douglas Wilson*

The Middleburg Concert Series returns with its first concert of 2016 on Sunday, March 13th, at 4 p.m. with a visit to the baroque era. The program will include selections by Bach, Handel and Poglietti and feature baroque and modern trumpet artist Dr. Douglas Wilson. Dr. Wilson who holds degrees in music from Yale, Oberlin and the University of Oklahoma has performed with numerous concert ensembles including the Washington Bach Consort, the National Philharmonic Orchestra, and the Washington Concert Opera. Dr. Wilson will be joined by Dr. Steven Cooksey (Professor Emeritus from Shenandoah University) on the organ and harpsichord, Cynthia Saucedo and Enrique

Reynosa on the violin, Dr. Maryory Serrano on the viola/violin and Dr. Alan Saucedo on the cello.

The goal of the Middleburg Concert Series is to provide the opportunity for area residents and visitors to enjoy virtuoso performances worthy of the Kennedy Center without the need to travel distances. A reception to meet the artists will immediately follow the performance. Concerts are held at the Middleburg United Methodist Church which is located at 15 W Washington Street, Middleburg. Admission is free and donations are welcome. For more information contact Alan Saucedo, [middleburgconcertseries@gmail.com](mailto:middleburgconcertseries@gmail.com) or call 540 303-7127.

### Middleburg Farmers Market Taking Vendor Applications

The Town of Middleburg is accepting vendor applications for the 2016 season of the Middleburg Community Farmers Market. The market, located behind the Middleburg Community Center at 200-400 Stonewall Avenue, will be open from 8 a.m. to noon, every Saturday from May 7 through October 29.

The Middleburg Community Farmers Market provides local agriculturalists with a retail outlet for their products. The market is open to a variety of vendors such as meat producers, produce growers, baked goods providers, and specialty food vendors.

Please visit [www.middleburgva.gov](http://www.middleburgva.gov) for operating guidelines. The deadline for applications is April 1. Contact Cindy Pearson, market manager for the Town of Middleburg at 540 687-5152.

The Friends of Franklin Park Arts Center presents  
A Gold Star Performance:

# Mark Forrest

## International Irish Tenor

Friday, March 18 7:30 pm



The entire family will enjoy an evening of  
dance and traditional Irish music.

Tickets: \$45/person in advance,  
\$55/person at door

## Purcellville Painted Wine Barrels 2016 A Community Art Project

### Call for Artists

Calling all Loudoun County Artists, you are invited to take part in a fun project that will be displayed throughout greater Purcellville this summer. This opportunity is for local artists to showcase their talents in support of the Town of Purcellville and surrounding Loudoun County Towns.

The purpose of this fun project is to bring attention to Greater Purcellville area as a tourist destination, showcase the talent of our local art community and to drive business to Purcellville. Local businesses will have an opportunity to sponsor a barrel and display it at their location, or have the committee place it for them. In the fall the barrels will be auctioned off to raise money for future local art projects.

Email [ReLoveIt@aol.com](mailto:ReLoveIt@aol.com) for submission forms, or stop by Re-Love It, 138 N. 21<sup>st</sup> Street or call Michael at 540 751-0707.



## MARCH 2016 EVENTS

- ☉ **March 3, Thursday at 11:00 a.m., Alzheimer's Support Group Meeting**, Spring Arbor of Leesburg Library.
- ☉ **March 5, Saturday from 9:00 a.m. to 4:00 p.m., "Spring Bling" Fine Arts and Craft Show** at Ida Lee Park Recreation Center in Leesburg.
- ☉ **March 5, Saturday from 1:30 to 4:30, Loudon Book Club Conference** at Gum Spring Library, 24600 Millstream Drive, Stone Ridge. Sessions include "Running a Successful Book Club." No admission charge.
- ☉ **March 10, Thursday from 5:00 p.m. to 7:00 p.m., Lovettsville Co-op Market's Q&A Happy Hour** (for non-members who are interested in learning more about the Co-op's efforts to bring a grocery store to greater Lovettsville & Brunswick) at Creek's Edge Winery, 41255 Annas Lane.
- ☉ **March 13, Sunday at 4:00 p.m., Recital by Young Artists from the Washington National Opera** (joined by bass Soloman Howard, himself a product of the WNO's young artist program, whose performance in Appomattox at the Kennedy Center last fall got rave reviews) at Waterford's Old School Auditorium at 40222 Fairfax Street. Tickets are \$30 for adults, \$15 for students. Order from [waterfordconcertseries.org](http://waterfordconcertseries.org) or call 540 510-0128. Concerts for children 12 and under who come with an adult are free. Some tickets may be sold at the door.
- ☉ **March 19, Saturday from 8:00 a.m. to 2:00 p.m. and March 20, Sunday from 10:00 a.m. to 2:00 p.m.**, Huge Indoor Yard Sale to benefit the Loudoun 4-H Leaps and Squeaks Rabbit and Cavy Club, at Sykes Hall at the 4-H Fairgrounds, 17558 Dry Mill Road in Leesburg.
- ☉ **March 22, Tuesday from 9:00 a.m. to 4:00 p.m., Purcellville Department of Motor Vehicles Mobile Customer Service Center (DMV 2 Go)** available in the parking lot of Fireman's Field/Bush Tabernacle at 250 South Nursery Avenue. The full service office provides all DMV transactions including applying for and renewing driver's licenses, ID cards, Virginia's Vital Records, and Virginia's veterans ID card. Road and knowledge tests are available, and applicants may get their pictures taken.
- ☉ **March 23, Wednesday at 11:00 a.m., Lovettsville Co-op Market's Q&A Happy Hour** (for non-members who are interested in learning more about the Co-op's efforts to bring a grocery store to greater Lovettsville & Brunswick) at Beans in the Belfry, 122 W Potomac St, Brunswick, MD.

## CARVER CENTER EVENTS MARCH 2016

- Computers for Absolute Beginners**  
Tuesdays 3/1-4/5, 9:00 a.m. to 10:30 a.m. \$48
- Computers for Advanced Beginners**  
Tuesdays 3/1-4/5, 10:30 a.m. to 12:00 noon \$48
- Decluttering For Seniors**  
Wednesdays 3/2-4/20, 10:30 to 11:30 a.m. (Ages 55 and up)  
Non-members pay a \$2 facility drop-in fee.
- AARP Foundation Tax Assistance** (Ages 18 & up)  
AARP Foundation offers free tax help to taxpayers, especially those aged 60 or older. A qualified volunteer will be at Carver Center in Purcellville to assist you in preparing and submitting your 2015 tax return. To reserve your 1 ½ hour time-slot, please call 571-258-3400. Appointments will be scheduled on Wednesdays and Fridays through April 13.
- Monthly Lunch & Movie: *The Longest Ride***  
Friday, March 4, 12:00 noon to 2:00 p.m. (Ages 55 & up)  
Please order your meal by calling the reservation line at 571-258-3459 before 12:00 noon on Thursday, February 3. Meals cost \$4 for those 55 to 59 and are by donation for those 60 or older.
- Decluttering Clothing**  
Mondays 3/7-3/21, 10:30 to 11:30 a.m. (Ages 55 & up)  
Non-members pay a \$2 facility drop-in fee
- Watercolor: Phase Two**  
Mondays 3/21-4/25, 12:30 to 2:00 p.m. \$30 (Ages 55 and up)
- Introduction to Watercolor**  
Wednesdays 3/23-4/27, 12:30 to 2:00 p.m. \$20 (Ages 55 and up)

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# “Lots Of Support Coming In For The Lloyds”

– By Andrea Gaines



The Blue Ridge Leader reports that Lincoln and the wider western Loudoun community has been exceptionally generous in assisting the Lloyd family as they put their lives back together in the wake of the devastating fire that destroyed their home in early February.

The community’s goal is to raise \$40,000. As of March 1, the Lincoln Community League Crowd Rise website had received tens of thousands of dollars in donations, with thousands more coming in to the Lincoln Post office as concerned friends and neighbors dropped off their own individual donation checks.

Said one Lincoln resident: “Asbury Lloyd and his wife Sarah welcomed me with open arms when I first moved to the village. Sarah and I conspired on how to make the best acorn squash soup. They are the real thing and deserve every cent I could give to help them get back on their feet. I thank the Loudoun County firemen who rushed to the scene that night, too.”

Eight fire and rescue units were called to respond to the blaze, including units from Purcellville, Hamilton, Round Hill, Philomont, Lovettsville, Brambleton, Leesburg and Loudoun Heights.

Donations can be made at: [www.crowdrise.com/lcl-asbury](http://www.crowdrise.com/lcl-asbury).

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Check in begins  
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Photo by Sarah Harrington

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\*\*Renewal by Andersen received the highest numerical score among window and door manufacturers in the proprietary J.D. Power 2015 Windows and Patio Doors Satisfaction Study.™ Study based on responses from 2,442 consumers measuring 14 brands and measures opinions of consumers who purchased new windows or patio doors in the previous 12 months. Proprietary study results are based on experiences and perceptions of consumers surveyed in January-February, 2015. Your experiences may vary. Visit [jdpower.com](http://jdpower.com)

# Local Band To Help Less Fortunate Kids In Cleveland

— By Amanda Clark

Loudoun Music Instruction began when Frank Keim realized that instead of having his children take music lessons from somebody else, he could teach them himself. As he and his children worked hard, many people began to ask, “Who teaches those children?” Once word was spread around that it was he who was teaching them, there were several requests for him to teach other children as well. It was then that Loudoun Music Instruction became a business.

For the last 11 years, Keim has helped over 200 kids learn and play music. Keim says, “I owe them everything. The business has made me recognize the blessings that kids are and that if educated, respected, and challenged, they can accomplish great things.”

There are about 100 kids at a time that attend LMI. Of those 100, 40 get offered a chance to be in a band. To be in the band, you must consistently practice, show passion, and do well in individual recitals.

For those who demonstrate a greater desire there is LMI’s Weekend Music School which is composed of students that perform in the band The Immortals. This level requires years of proven commitment.



Emily Horton Senior at Woodgrove High School.

Keim says, “These kids are selected because they give me no choice but to pick them. It is a combination of musical ability, passion, commitment, discipline, creativity, leadership, organizational skill, intelligence and people skills.”

All members of the Immortals have hard work and excellence in common. Keim says, “They count on one another, write, rehearse, record, play high profile shows, make and manage money, fight,

cry, and grow up.” Once graduated, they understand just what it means to be a musician. Keim says, “In fact, there have been 5 scholarships awarded to Immortals students, from the University of the Arts to the US Naval Academy. There are former Immortals who are successful in all walks of life and I remember and miss them all. Each one contributed something amazing that helped me build the program into what it has become.”

In 2008, Keim realized that he needed to do something to teach his best musicians to grow and excel. The previous year, Keim had taken The Immortals to perform in Cleveland at the Rock and Roll Hall of Fame as a reward for hard work. But, in 2008 Keim decided to call the director of Heights Youth Club in Cleveland, Ohio. This club is in a bad neighborhood and a great place for The Immortals to “share their blessings, mentor others, and learn more about leadership at the same time.”

The Immortals played a concert for the club and taught music workshops to the kids in the afterschool program. It was monumentally successful and has grown over the years. It is a big event in Cleveland where kids are bussed in and local people and musicians enjoy it too. Keim says, “It takes a lot of planning, effort, money, and time to pull off an event like the Cleveland Outreach, but for what it brings to the Cleveland kids and my students can’t be measured.”

March 19th at 7 pm at the Lovettsville Game Club Grammy award winning producer and guitarist, Larry Mitchell, will perform with The Immortals to raise money for this Cleveland event.



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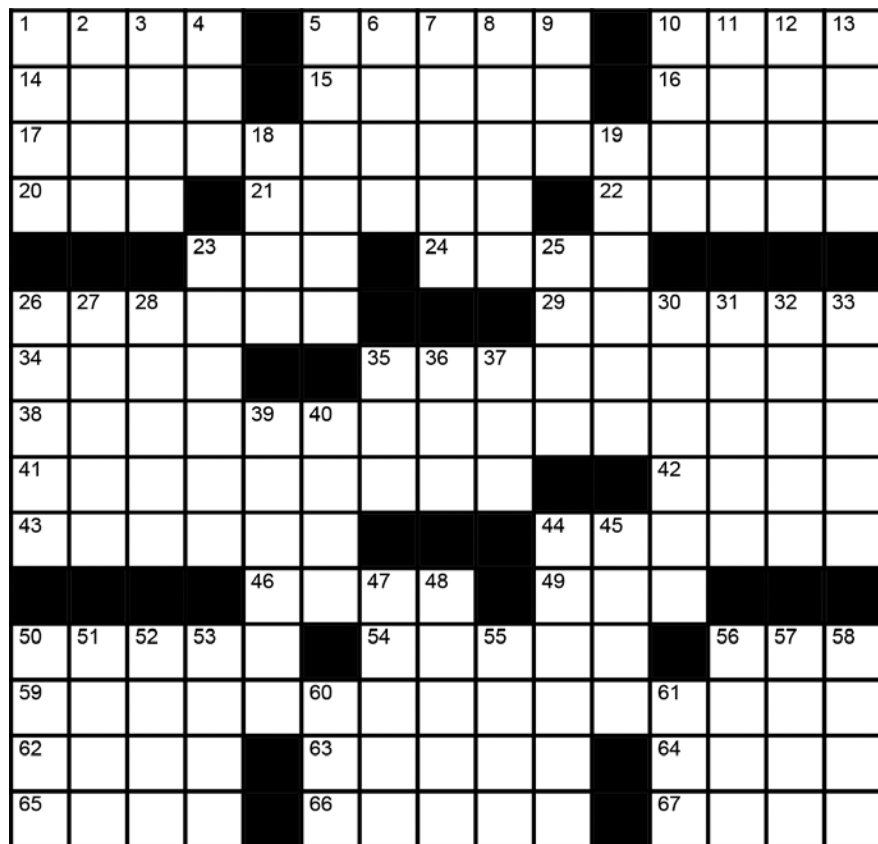
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## Dis and Dat By Sally York



### ACROSS

1. Habit
5. Ne plus \_\_\_\_
10. Vitreous substance
14. After-lunch sandwich
15. Sweet rice wine
16. Narrow street
17. Let-downs
20. Didn't straphang
21. Come-ons
22. Dostoyevsky novel, with "The"
23. Fish-fowl connection
24. \_\_\_\_ weight
26. 2005 Best Picture nominee
29. Blowhard
34. Available
35. Homegrown artifact
38. Martinets
41. Finnic people
42. \_\_\_\_ frog
43. Geometric figures: var.
44. African grazing areas
46. Many an office has one
49. Grp. involved in "the Troubles"
50. Adjust
54. Handles
56. Garden worker?
59. Decays
62. Steep
63. Stock
64. Cut short
65. Positive
66. Chances upon
67. Countercurrent

### DOWN

1. Hephaestus and Demeter
2. Part of a score, maybe
3. Lie
4. Stole
5. Jocko Conlan, for one

6. Rear half of a griffin
7. Prosecuted
8. Flush
9. Antenna holder
10. Split
11. Punjabi royal
12. Digging, so to speak
13. Feeler
18. Paranoiac's worry
19. Above ground level
23. Sarge, e.g.
25. Old Mogul capital
26. Computer programmer
27. Unoriginal
28. Marinara alternative
30. Old World plant
31. Bleated
32. City in Scotland
33. Short pants
35. \_\_\_\_ maison: Fr.
36. Time div.
37. Starfleet Academy grad.
39. Natural
40. Home to the Palazzo  
Gambacorti
44. Some organs
45. While lead-in
47. In \_\_\_\_ parts
48. It's located on Lake George
50. Annexes
51. In \_\_\_\_ of
52. Bygone despot
53. De Valera's land
55. Social group
56. Fearless
57. Children's author Blyton
58. Glimpse
60. Tease wool
61. Bump off

Answers on page 34

Dr. Mike, continued from page 2

as parents to bring about change for your child.

**Manage and support reasonable expectations consistently.** It's not uncommon for a parent of a child with ADHD to have disagreements with their child. That's because the parent may not always appreciate what it's like to have executive functioning struggles. If you ask your son to do his homework, he should just do it, right? Wrong. A child with ADHD will often require more structure in these sorts of moments. That's why it's important for the parent or parents of a child with ADHD to be reasonable when it comes to expectations. And a child with ADHD may need the said expectation or responsibility overly defined initially.

Based on what you've described, your son likely has the capacity to do more, but his ADHD is interfering. As a loving mother, it seems that your solution is to jump in at times to make sure things get done. But this approach is upsetting your husband, and to his point, you may be doing more for your son than you should be. Instead of doing things for your son, do things with your son. So, when it comes to homework, you could sit with your son while he does it and assist only when necessary. If he has chores, you can do your own household tasks alongside your son while he completes his own. By managing and supporting your son consistently in this way, he will internalize the success he experiences in these moments, and this will allow for real learning and change to occur.

**Break things down.** ADHD is a neurodevelopmental condition that impacts information processing, and children with ADHD tend to get overwhelmed when there is too much information coming in at one time. Thus, keeping things simple for your son should also lead to good results. One way to do this would be to break things down for your son across his day.

**Keep a schedule.** Children with ADHD typically benefit from having a schedule to stay on top of things. And in today's technology driven world, having an on-line schedule (e.g., Google or Apple Calendar), is a good way to introduce scheduling to a child. If your son has his own phone, you and your son could color code his activities and responsibilities into his day on the phone, and you could even program reminders or alarms. If your son doesn't have a smart phone at 12, you could use a computer or a laptop to help him with organization, time management and task completion. Whether your son uses a paper schedule or an on-line one, it will work best if he uses it over and over again and in the same way. Research on forming habits has shown that we can learn a new habit within just a few weeks when we practice the new behavior consistently.

**Reinforce behaviors with praise, rewards and consequences.** It's human nature to want new things, and it's also human nature to want to keep the things that we have and like. Rewarding your son for a job well done will get him some of the things that he wants, and over time, it will also help him to feel better about himself. Thus, rewarding good

behavior creates a win: Win dynamic; there's both an external positive (good behavior equals getting things or keeping things) and there's an internal positive (getting things equals feeling good about oneself and oneself in relation to important others). In general, children want to do well, and they also want to make their parent or parents proud, so praise is a very important reinforcement tool for parents. And while I don't agree entirely with your husband's position as you've described it, I think children do need to learn from their mistakes in order to learn and grow. Natural consequences are part of life, and protecting your son from them is not good.

**Model.** There's an old saying, "Do as I say, and not as I do," and even the best parents fall prey to this sort of moment with their children from time to time. But as general rule, this is a horrible way to parent since children learn, in large part, from watching their parents. At 12, your son is developmentally at an age and period in his life where he is expected to identify more with his same sex parent. For preadolescent boys, these are what I call, "the shaving cream years" and, "the fishing trip years." This is the time in your son's life where he will be taking in his father's values, beliefs and views on life in his own process toward manhood. Based on what you've written, it seems that you and your husband don't see eye to eye on your son's ADHD. My concern then is that your son, at 12 years of age, is aware of this, which could be upsetting to him. I recommend that your husband and you discuss the ways you would like to better model your expectations for your son; your son will do best when he sees his parents being more united in their support of his struggles and wellbeing.

**Be supportive and loving.** As you likely know, ADHD strategies are typically behavioral, but encouraging your son to express his thoughts and feelings is also important. At 12, your son needs to understand what it means for him to have ADHD, and behavior strategies alone will not lead to increased self-awareness or insight. He needs to be able to talk about the negative feelings he might be experiencing that are associated to his struggles, and he needs your support, guidance and loving feedback as parents to do better. Sharing some of your own struggles from childhood with your son can also be a supportive and loving parent intervention.

I hope that my suggestions here help you and your husband to move from a place of disagreement to a place of agreement regarding your son's ADHD. If things don't improve for your son within a reasonable period of time, I recommend that you seek out the assistance of a child psychologist who specializes in ADHD. That professional can work closely with your son (and you as parents) to address your concerns and your son's needs.

Michael Oberschneider "Dr. Mike" is the founder and director of Ashburn Psychological Services, a private mental health clinic comprised of 12 MD AND PhD level mental health clinicians. Go to [www.Ashburnpsych.com](http://www.Ashburnpsych.com) or call 703 723-2999 to learn more.

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Baker achieving rank of Eagle Scout



Mayor Fraser congratulates Baker

Campbell Hayes Baker of Purcellville has achieved the rank of Eagle Scout. Purcellville Mayor Kwasi Fraser, along with Delegate Dave LaRock and Congresswoman Barbara Comstock's Director of Community Outreach Dave Steamier, was in attendance at the ceremony. Fraser read an official Town of Purcellville proclamation declaring February 8, 2016, as "Campbell Hayes Baker Day" in Purcellville. Fraser quoted from the book of Isaiah, saying: "Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and

not grow weary, they will walk and not be faint."

A sophomore at Loudoun Valley High School, Hayes Baker is an honor student and a member of the Student Council. He plays trumpet in the Loudoun Valley High School Jazz Ensemble and marching band. Baker also is the coordinator of the Friends Being Friends group, which organizes activities for residents of Loudoun County's group homes for adults with intellectual and developmental disabilities, to help them socialize in the community and overcome stigma. He has volunteered

with Friends Being Friends, a collaborative effort between St. Peter's Episcopal Church and Friends of Loudoun Mental Health, for seven years.

Baker has been involved in scouting since first grade, when he became a Tiger Cub in Pack 975. As a member of Boy Scout Troop 163, he has served in various leadership roles, such as Assistant Senior Patrol Leader, Patrol Leader, and Assistant Patrol Leader. He also was elected to the Order of the Arrow, the national honor society of Boy Scouts of America. For his Eagle project, Hayes

built a pavilion in the back yard of one of Loudoun County's group homes on West Main Street in Purcellville. He has won several Character Counts awards for his acts of kindness.

Other activities Hayes has been involved in over the years include the Purcellville Committee on the Environment and Purcellville Volunteer Rescue Squad Explorers Post 6140. He also has served as a Safe School Ambassador at Blue Ridge Middle School, a Cub Scout Day Camp instructor, and a long-time acolyte at St. Peter's Episcopal Church.



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*Answers to puzzle from page 30*



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**George And Martha Waiting For Babies**

American bald eagles "George & Martha" are nesting in Loudoun County and as of late February had two eggs laid. The eggs will take about 35 days to hatch if successful. Follow the secret eagle cam – at an undisclosed location to protect the birds – at [www.youtube.com/user/riverfarmeaglecam/live](http://www.youtube.com/user/riverfarmeaglecam/live).



**LOUDOUN COUNTY ADULT DAY CENTERS**

For Seniors with Physical Limitations or Memory Loss



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- ◆ A safe, social environment with therapeutic activities
- ◆ Respite for caregivers needing support & free time
- ◆ Reasonable sliding scale fees

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**Purcellville**

Carver Center (off S. 20th St.)  
200 Willie Palmer Way  
**571-258-3402**

**Ashburn**

(off George Washington Blvd.)  
45140 Riverside Parkway  
**571-258-3232**

**Leesburg**

(near Leesburg Airport)  
16501 Meadowview Ct.  
**703-771-5334**

Video online at: [www.loudoun.gov/adultday](http://www.loudoun.gov/adultday)

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



Drew Hunter

*Award, continued from page 1*

Given out by the Gatorade Company in partnership with USA Today, the award is big game for high school athletes. Across a total of 12 sports and over 3 decades, its alumni include Olympic marathoner Ryan Hall, World Series Champion Derek Jeter and Women's Professional Basketball great Candace Parker.

The awards were established in 1985 to recognize and celebrate the nation's most outstanding high school talents for their athletic achievement, academic excellence and exemplary character. "Now in its third decade," says the company, "the Gatorade Player of the Year award has become one of the most prestigious accolades in high school sports."

"It is a great honor to have my name on this trophy along with many great athletes from not only cross-country, but other sports as well," said the proudly modest, 5-foot-11, 140-pound Hunter, who is the second Gatorade/USA Today Cross Country Runner of the Year to be chosen from LVHS. Loudoun Valley High School's Louis Colson received the award in 2014. Other Virginia awardees have included students from Chantilly, Annandale, Fairfax, Mountain View and Midlothian high schools.

A busy student as well as athlete, Drew maintains a 4+ GPA, donates his time as a youth basketball coach, volunteers at his church, and works as the teaching assistant at Loudoun Valley High's Career Center. He will attend the University of Oregon on an athletic scholarship in the fall.



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**On the Market...with Sam Rees  
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- 19052 Yellow Schoolhouse Road, Round Hill (Represented Seller)
- 13 Broadway, Lovettsville (Seller)
- 39159 Rodeffer Road, Lovettsville (Buyer)
- 3760 North Fork Road, Purcellville (Buyers)
- 37132 North Fork Road, Purcellville (Seller)
- 14120 Seyzal Lane, Purcellville (Buyer)
- 36513 Spring Pond Lane, Purcellville (Seller)
- 38516 Titmore Court, Hamilton (Buyer)
- 17890 Dry Mill Road, Leesburg (Seller)
- 417 S King Street, Leesburg (Seller)
- 311 Locust Knoll Lane, Leesburg (Seller)
- 40016 Mt Gilead Road, Leesburg (Buyer)

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# HELP!

**Almost all of our listings are SOLD or UNDER CONTRACT! If you are thinking about selling your home please call us today!**

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### Got Chickens?

Keeping Chickens as pets is becoming very popular in Loudoun County- Please call me to find out which of these homes are "Chicken Friendly!"



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