Blue Ridge Blue Ridge Burger Month! See page 8 Since 1984 LEADER&LOUDOUN TODAY MAY 2016

"Time For Someone Else To Step Up"

Jeff Brown To Retire Coaching After 25 Years



From l to r: Former 30 plus years' president of Upper Loudoun Little League Norris Beavers, Jeff Brown, coach of the majors Phillies, and Kerry Rice, current president of ULLL.

- By Andrea Gaines

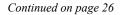
There's a famous saying in sports, that goes something like this: "It's not about whether you win or lose, it's how you play the game."

Purcellville native Jeff Brown – who retired from the Loudoun County Sheriff's Department in 2013 after 32 years, and who will pass on another great legacy this year when he hangs up his Little League coaching glove of 25 years – may as well have had that famous quote tattooed up and down his arm. As manager of The Phillies, he's that well known,

that good, and that genuine, batting in the high 300s game after game, after game.

It's National

The Blue Ridge Leader interviewed Brown just a few games into this, his last season. Says Brown, "I can't go out to dinner in Purcellville without seeing someone I coached or know from baseball." But, if he was feeling sentimental, he didn't show it, except to say, over and over again, I've had such great parents, such great kids, such great coaches myself. And, then going on to say – optimistically, even – "It's time for someone else to step up."





TANDARD PRESOR

Coach Jeff Brown at ULLL opening day ceremony, receiving an award for decades of service.

Local Navy Lt. In Operations In Latvia



Photo courtesy of Mass Communication Specialist 2nd Class Mat Murch/Released

In mid-April, Lt. J.G. Sean Scales, from Sterling (forward), relays messages to the bridge from Cmdr. Charles Hampton, commanding officer of USS Donald Cook (DDG 75), and a Latvian pilot as the ship pulls into Riga, Latvia. Donald Cook, an Arleigh Burke-class guided-missile destroyer, forward deployed to Rota, Spain is conducting a routine patrol in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe. "Driving a warship requires a great deal of knowledge regarding environmental effects and the characteristics of the vessel. When you are responsible for the safe navigation of something so colossal, these understandings must be taken into consideration. I thoroughly enjoy seeing all of my ship driving experience and skill sets come together when serving aboard USS DONALD COOK (DDG 75)," said LT. J.G. Sean Scales USN.

VDOT To Improve 10 Rural Roads

Partnership With Preservationists Targets Safer Roads/\$13M In Savings

- By Andrea Gaines

Starting with a pilot program in 2002, VDOT undertook a major, multi-year initiative to improve the state's rural road systems. Known as "The Rural Rustic Roads Program," the initiative is designed to preserve the roads while maximizing VDOT budget efficiencies - addressing nine water management, erosion control, safety, and conservation factors peculiar to rural road systems. When approached as rural road systems in need of better long term maintenance versus "up to code" modernization, VDOT realizes significant costs savings, motorists enjoy safer travel and preservationists can sometimes realize big things on their wish list. The total Loudoun County costs associated with the program is estimated to be approximately \$4,336,000. If approached the traditional way, the state estimates the costs at upwards of \$17,800,000; for a total cost savings of nearly \$13,475,000.

The Loudoun roads to receive attention in 2016 include some of our local historians' most treasured roads and byways; Allder School Road (Rt. 711), Champe Ford Road (Rt. 629), Mt. Gilead Road (Rt. 797), Forest Mills Road (Rt. 727), Ward Hill Road (Rt. 784), Oakland Green Road (Rt. 841), Featherbed Lane (Rt. 673), Chappelle Hill

Continued on page 26



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When Technology Has Become A **Problem - And Knowing What To Do**

- By Michael Oberschneider, Psy.D.

Technology is ubiquitous; computers, tablets, gaming systems, smart phones wherever we are or go these days, it seems that some sort of screen is right there with us. While there are plenty of advantages to having become

a technology driven world, our children are also at risk for its misuse and overuse.

According to research on screen and media time use, teens spend as much as 9 hours a day on media and tweens around 6 hours a day. And findings have shown that technology problems for children can start very early in life. Before their first birthday, one in seven babies are on a mobile device for at least an hour a day. Most concerning are the developmental research findings that have shown that exposure to certain types of technology for infants and toddlers can lead to later intellectual/cognitive, emotional and behavioral problems.

As a child psychologist, I frequently meet with parents and their children or teens to help them better manage screen and media time use. In my work, there is very often a relationship between a child or teen's screen and media time

overuse and the emotional struggles, social struggles, academic struggles, and/or health struggles (e.g., weight gain and sleep problems) they are experiencing.

Does your child or teen have problem with technology? I

invite you to take a look at the following questions to find your answer:

- Does your child or teen have a compulsive or addictive relationship with technology?
- Is your child more comfortable in virtual reality than reality; is being with technology more attractive for your child or teen than being in real time?
- Does your child dysregulate or become upset when he or she does not have access to technology or when technology limitations are put in place?
- Has your child talked about how he or she will have a career as a gamer, game designer or YouTube personality?
- · Does your child isolate for long periods of time with technology?
- Does your child constantly talk about or become distracted by technology?

Continued on page 34

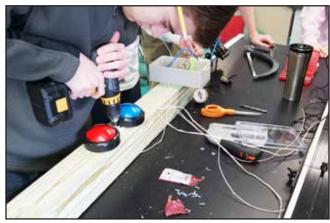


LVHS Students Win \$120,000 In Technology

- By Amanda Clark

Loudoun Valley High School's hard work in the Solve for Tomorrow contest has paid off leading them to be one of the five Grand Prize winners out of more than 4,100 contestants. This contest allows public school students from grades 6-12 to use their STEM (science, technology, engineering, and math) skills to address

a local issue. Loudoun Valley students chose the Washington and Old Dominion Trail that starts just outside of D.C. and runs 45 miles into Purcellville. This trail due to length and location has poor cell reception, is not lit, and is not monitored or patrolled by police. The trail also crosses many roads and given the large number of assaults and pedestrian-cyclist accidents the students felt there was a need for a safety alert system on the trail to enable calling for police or ambulance services. The students designed and created a wireless,



Building the nodes that will allow for greater bike path safety.

solar powered, and weatherproof safety alert system for the trail. This system can relay the call with location information to law enforcement in regards to any crimes or rescue services for accidents. Due to the project's impact, Loudoun Valley High School was chosen as a Grand Prize Winner by a panel of judges and was honored at an awards luncheon in Washington D.C. on April 27 with the other winners. At this luncheon, the school had the opportunity to meet their Congressional Representatives and discuss their projects.





The Bee's Knees Of Market Listings

- By Hannah Hager

Congratulations—we have found the perfect home for you in the knick of time for summer. This colonial on the edge of Purcellville is the bee's knees of market listings — you'll know what we mean at first sight of its yellow facade.

Warm weather is upon us and this sunny home is made for you to enjoy it. It's not just the multitude of windows, including five dormers, or the deep-seated, wraparound porch at which you'll salivate over the wood and stone finishings. No, you'll barely be able to keep the kids and guests indoors once you follow the winding porch to overlook the patio and the grandly-appointed swimming pool and spa hot tub below. Bring along your friends of the four-legged variety, too, as dogs, cats and horses alike will find a place to enjoy grazing amongst the barn, stables and pastures beyond.

Of course, the outdoors are for a sure sell this time of year, but the indoors are just as important. You won't be 20634 St. Louis Rd, Purcellville, VA 20132

Beds: Six Baths: Five Acreage: 15

List price: \$925,000

Agent: Sue Smith, Sold By Sue

Phone: 703-928-7860

Email: suesmith@soldbysue.com

disappointed. At every turn you'll find

well-kept hardwood floors, vaulted

ceilings, recessed lighting, crown molding and wainscoting. That's not to

mention the occasional stone fireplace. The family room and kitchen areas are for entertaining and relaxing - boasting modern touches such as white cabinets with black granite countertops and

It has six bedrooms and five bathrooms. The master suite has its own spa bathroom and the basement is completely renovated and just as comfortable as the other three levels. With all of this space, one would hope that you wouldn't be left wanting for space. Thankfully, the owners of this home have immaculate taste and have served this home with the

French doors leading outside.

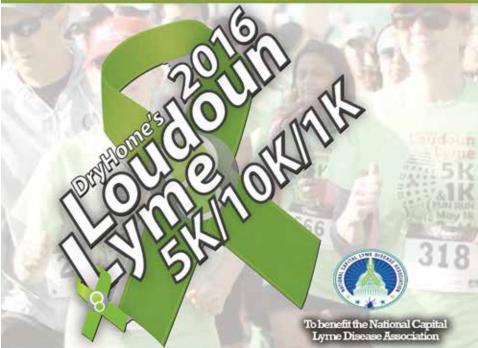
care and love it commands.











Sunday, May 15, 2016

6:00 am registration • 8:00 am start Information Fair 7:00 am until 11:00 am

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14 and over: \$30 prior to May 11th; \$35.00 at the event 13 and under: \$25 prior to May 11th; \$30.00 at the event

> All registered participants will receive a t-shirt (not guaranteed for event day registrants).

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160,000+ Sq. Ft. Telecom Building Proposed For Short Hill Mountain Preservation Advocates: "Not A Single Sentence Or Policy" Supports This

- By Andrea Gaines

"On the agenda ... is a project with huge implications for our mountains and rural Loudoun. It is about approval of a Commission Permit for a telecom 160,000 square foot building, 35 feet high and 433 long, with generators and air coolers on the Ridgeline of the Short Hill Mountain ..."

So began the strongly-worded April 26 Planning Commission testimony of Al Van Huyck, who served on the County Planning Commission from 1992 to 2003. Van Huyck is a long-time Loudoun County preservationist and currently serves as the chair of the Loudoun County Preservation and Conservation Coalition, which represents over 30 of the county's most active historic preservation and conservation-related organizations.

The Planning Commission is an everyday hotbed of growth and preservation-related issues, as it considers requests as diverse as relaxing the regulations that apply to rural districts and historic structures, individual applications for expanded signage allotments for an indoor sky diving business along Route 28, and a recent property owner's application to add their property the Goose Creek Historic District.

The Short Hill Mountain application,

however – presented by AT&T of Virginia – seemed to be flying under the radar before last week's commission proceedings, and, has taken even persons who generally accept the need for new development – even in sensitive areas – by surprise.

The approximately 176-acre property is located on White Rock Road on the Short Hill Mountain ridge, straddling Harper's Ferry Road to the west and Mountain Road to the east. The land is occupied by an existing facility on approximately 15 acres of "made land." The staff report for the April 26 meeting notes that when constructed, "The overburden [removed material] from the grading, excavation and construction of the facility, which included large amounts of rock, was pushed over the side of the mountain to create the made lands which includes the roadway leading to the subject site and the current pad site for the proposed communications building." AT&T is proposing to add a 160,000 square foot-plus building to the site "to house modern data transmission and processing equipment to support the continued operation of the facility." Per the Planning Commission staff report, sixty employees working 24 hours per day in three shifts will work at the expanded facility. And, while AT&T plans to use existing forest cover to "screen and buffer the proposed communications building," the staff report also notes that while the existing forest cover may partially screen some views of the proposed communications facility, "the upper portions of the building will be visible from a number of properties located further downslope in the valleys, as well as from Harper's Ferry Road (Route 671) and Mountain Road (Route 690); which are designated Virginia Byways."

The AT&T property is in the northern section of Loudoun County's Rural Policy Area, planned for "rural residential uses at a density of 1 dwelling unit per 20 acres." The original facility was approved over 50 years ago, in 1962 and reaffirmed for this use approximately a year later "requiring the replanting of the mountainside area and painting of the buildings to mitigate the visual impact on the surrounding area." 2005 permits provided for the repair and replacement of an existing sewage treatment plant and wastewater disposal system including the installation of a drip irrigation system (in a Mountain Overlay District).

The County's Revised General Plan allows for the expansion of "non-agriculturally related commercial uses"

in the Rural Policy Area - such as that proposed by AT&T - by special exception only. Per the staff report, special exceptions require that the non-agricultural use "be compatible in scale and intensity with the surrounding area, poses no serious threat to public health or safety and [meets] applicable performance standards." Despite the obvious issues of scale and use presented by a new building, the staff report analysis goes on to say that while the county's land use policies support such expansions, "Further evaluation of the overall compatibility of the proposed use and potential environmental impacts are needed to evaluate the application's conformance with the policies of the Revised General Plan."

In his testimony, LCPCS chairman Van Huyck noted that if approved the facility could be "the largest privately-owned, non-agricultural commercial structure in rural Loudoun," and agreed with the staff report which called for further study. He also asked the commission "to allow citizens with relevant expertise to submit further information for consideration," noting that with a Critical Action Date of early February, 2017, there was ample time, and, that the body "does not have the specialized expertise in Telecommunication Tech.

Citizens And County Continue Fight Against Rt. 50 Power Line

- By Andrea Gaines

With the final decision resting with the State Corporation Commission, citizen groups, the Loudoun County Attorney and Supervisor Matt Letourneau (R–Dulles) continue to voice opposition to the alignment of the power lines in Dominion Power's Poland Road 230kV Transition and Substation Project. The new line – a single pole structure approximately 4 miles long with a 100 feet wide right of way – is proposed, primarily, to service the needs of an expansive new data center on land owned by South Riding Nursery. A final decision on the alignment is expected at the conclusion of evidentiary hearings that will be held in June, in Richmond.

The Virginia State Corporation Commission held a series of local hearings on the project in late October of last year, with Dominion Power's preferred alignment being located along Route 50 near the intersection of Route 50 and Route 606, bordering Washington

Dulles International Airport.

Citizen group opponents of the proposed alignment, including Citizens Against Dulles Access on Route 50 – a group also involved in ongoing discussions about new Dulles Airport access lanes on Route 50 – site public safety, property values and the extensive work that has already been completed by the Route 50 Task as reasons for their opposition to the alignment. (Details on the group's activities can be found at www.NotOnRoute50.org.) The group also claims that the alignment will "create significant risk to the medivac capabilities of the newly-built Stone Springs Hospital Center." The Route 50 Force was created in 2004 to make recommendations designed to guide growth on Route 50 in southern Loudoun County.

South Riding Proprietary president Kevin Turner, a vocal opponent of Dominion's proposed alignment summed up the sentiments of many, including local government officials when he indicated that the Route 50 corridor should be protected as a gateway to Loud-

oun's wine country, and " ... is not to meant to be the New Jersey Turnpike of Loudoun County." The case is also being followed by dozens of local businesses, real estate interests and homeowner groups, including South Riding Proprietary, Chantilly Crushed Stone, Arcola Retail Development, Evergreen South Development, and the Farmer Meadows Family, LLC, all of which have submitted testimony and/or comments.

Loudoun County has proposed at least 3 alternative alignments for the power lines, and thousands of people attended fall 2015 public hearing sessions hosted by Dominion Power and the SCC. In January 2016, the Loudoun County Board of Supervisors unanimously approved the creation of a new Loudoun-Fairfax Route 50 Task Force, a move supported by Supervisors Letourneau and Tony Buffington, Jr. (R-Blue Ridge). Additional public hearings on the power lines were held in March, at Freedom High School in Chantilly.

The Loudoun County Board of Supervi-

sors is seeking "alternative alignments for the transmission lines that better correspond with existing and planned land uses [and] require the same or less right-of-way and cross properties that would be less impacted by the lines and associated easements ..."

The case search function on the SCC website (below) provides a detailed description of the process as it has unfolded to date, starting with notice of participation requirements completed in August of last year.

According to the Loudoun County website, "The SCC deadline for written comments on the proposal is Friday, May 6. All correspondence should be sent to the Clerk of the State Corporation Commission, Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118, and refer to case number PUE-2015-00053. Comments may be summited electronically at www.scc.virginia.gov/case. Click on the Public Comments/Notices link and then the Submit Comments button for case number PUE-2015-00053."

Jimmerson Target Of Questionable Allegations

- By Valerie Cury

The April 26 Purcellville Town Council meeting was filled with recognitions of achievement and community service, but erupted in acrimony when the body clashed on allegations of misconduct.

Casey Chapman, brother of Town Council candidate, Sam Chapman, filed a formal complaint on April 21 to the Town Manager alleging that Council Member Karen Jimmerson made an offensive hand gesture at him during the Purcellville Business Association's April 12 candidate luncheon. Sam Chapman made a similar allegation when answering a question at the April 16 Purcellville Gazette candidate forum

At the April 26 Town Council meeting, Council Member Doug McCollum made a motion "to discuss the April 21st formal complaint lodged with the council against a council member." Over the objections of Mayor Kwasi Fraser and Councilwoman Karen Jimmerson, all five other council members agreed to the motion (Council Members Joan Lehr, Patrick McConville, John Nave, Melanie Fuller and Doug McCollum)

Six speakers spoke in defense of Jimmerson, including two candidates in the May election, Chris Bledsoe and Nedim Ogelman. Bledsoe referenced Sam Chapman's allegation, stating, "I was staring directly at Mrs. Jimmerson at the time the allegation was made" and "saw no gesture." Noting that this was taking up citizens and council's time with hearsay and innuendo, Ogelman told the Council, "You must shift your focus. People are asking for leadership, not this kind of squabbling."

According to Lydia Clark, a Purcellville resident who also spoke, and was standing with Jimmerson at the time of the alleged PBA incident, where both Sam and Casey Chapman became combative toward Jimmerson - "Mr. Casey Chapman directly approached her and attempted to goad her into an argument about something that happened on social media." She

continued, "Even though Sam Chapman began repeatedly yelling at Council Member Jimmerson that she was the 'most negative person in the world,' she never once raise her voice back at him or made a crude hand gesture."

In a letter submitted to Council, Clark stated, "others might have succumbed to the taunting that was displayed that day, however, she did not 'take the bait.' To the contrary, she handled the interaction extremely well in light of the highly-charged situation."

Kelli Grim, a candidate for town council in the special election, stated in her comments that she too was a witness and did not see any gesture. Both Clark and Grim said they were shoved by John Chapman, the father of Casey and Sam Chapman, as he attempted to remove his sons from the escalating situation.

Sandy Nave, also running in the special election, described what she saw at the April 16 Purcellville Gazette Candidate forum. Nave stated, "We know what happened. Whether it was a blatant gesture or not, or if it was an implication, which I believe it was, whether it wants to be denied or not, the people involved know what it was, and that's the bottom line."

Jimmerson responded saying, "Sandy, I agree with you, what you perceive is what you think you saw, and I can't begrudge you that. But I'm going to tell you right here, with my whole heart and faith, that I did not intend nor did I try, or did I make a gesture to you or any other candidate on that stage."

Jimmerson also questioned the timing of Casey Chapman's allegations. "The alleged incident happened on the 12 th of April and for ten days it didn't make social media, it didn't make my phone ring, and it didn't make any news at all. I find it hard that I could have stuck my finger up at anybody in a crowded room and gesture to you [Casey] in the manner in which you accuse me of, and nobody witnessed it but the one person who accused me." Casey Chapman was in attendance and did not speak during the meeting.

After the public commentary, Mayor Fra-

ser stated he thought that this allegation was a personnel one and should be addressed in private. He also asked for the video or any other evidence. The Mayor then emphasized that whoever has a grievance with Mrs. Jimmerson should approach her and discuss the matter and only then should council discuss the validity of it before it goes to the public, which is part of the Council Code of Ethics.

Interim Council Member Melanie Fuller interjected that her understanding of the motion was "not to discuss the particulars of this letter from this citizen but to discuss how do we handle it when something like this happens." The motion as stated however was "to discuss the April 22nd formal complaint lodged with the council against a council member," and had no mention of a process.

Town Attorney, Sally Hankins, informed the council that if the purpose of the agenda item is to talk about the process, she was prepared for that only and talking about the letter was premature

Mayor Fraser asked Council Member Mc-Collum to restate the motion, to which he did and added, "If I had a choice with that motion, I would have said that it was to discuss what we should do when we have a complaint and how to bring attention to the matter." The Mayor responded by stating, "When you first stated it, I saw it as Mrs. Jimmerson being the object of this process. What you are stating now, it seems that it is for any accusations" to which McCollum responded, "That is correct."

When asked about the accusation, Council Member Jimmerson stated, "They were willing to attack me publicly although they were told not to discuss this issue to provide fodder for the papers and give distraction leading up to the election. Only Mayor Fraser has reached out to me to make any inquiry. It is evident they don't care to know my side of the events that took place."

According to the Town Attorney, these matters should be discussed privately since anyone could potentially make a baseless allegation

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Correction: The BRL identified Sam Chapman as an "owner" of Vineyard Square; but he only lists the development's LLC as something in which he has a financial interest.

about a member of council. She further explained that such items should be investigated and discussed privately since they may not be true and thus avoid the potential harm to someone's reputation.

During the discussion, Council Members Mc-Collum and Lehr advocated for a committee of two council members and two citizens. The Town Manager interjected that an independent advisory board or point person would be less political and polarizing and added that as a recommendation.

The council directed the town attorney to come back with recommendations for council to consider and possibly implement a general process for complaints in general.

Open Burning Ban Takes Effect May 1

Effective May 1, all open burning is prohibited within all areas of Loudoun County. This regulation is in effect through September 30.

The only permitted open burning is campfires. Campfires can be no larger than 3 feet in diameter by 2 feet in height, must be used for cooking purposes, and cannot be closer than 50 feet to any structure.

Portable fire pits and chimneys are not considered open burring if operated within the manufacturer's specifications.

On a year-around basis, open burning (to include campfires) is always prohibited in the town limits of Leesburg, Lovettsville, Middleburg, Purcellville, Round Hill and subdivisions ("urban or built up areas") throughout the county.

The Loudoun County Fire Marshal may impose regulations, at any time, based upon complaint, atmospheric or other environmental circumstances, to restrict or extinguish any fire that is otherwise permitted according to these guidelines.

Violations of the requirements on open burning may result in a conviction as a Class 1 Misdemeanor. In addition, the responsible party may be held liable for all damages and the costs of firefighting operations.

Questions may be directed to the Fire Marshal's Office at 703-737-8600 during normal business hours or you may access this information on the Loudoun County Fire Marshal's website, www.loudoun.gov/firemarshal.

Recent Rise In Mulch Fires Draws Warning

Since March 23, Loudoun's fire and rescue units have responded to twenty-three fires originating in landscaping mulch. These fires have caused thousands of dollars in damages with the potential of much more devastating results.

Mulch fires occur predominately in spring and summer when vegetation and landscaping materials become dried out, allowing for easy ignition. Fire investigations have repeatedly demonstrated these fires often result from improperly discarded smoking materials. Smokers frequently discard lit smoking materials, including matches, into landscaped areas as they enter or exit a building. In addition, smokers also dispose of smoking materials from elevated balconies onto mulch covered ground material.

Many mulch fires smolder for hours until

igniting surrounding materials such as wood decks or exterior combustible walls. Once this happens, fire quickly spreads up exterior walls into the attic areas, often bypassing smoke alarms and sprinkler systems, causing great risk to occupants.

"Virginia's fire safety regulations aren't adequate to reduce the fire potential that mulch presents when placed in proximity to exterior walls or decks," said Fire Chief W. Keith Brower, Jr. "We recommend that mulch be placed no closer than 18 inches to these structures. We also recommend the use of proper receptacles for the disposal of smoking materials, sturdy metal containers with sand, placed well away from the structure are safest." said Fire Chief W. Keith Brower, Jr.

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May Is National Hamburger Month What Is Your Favorite Burger?

- By Andrea Gaines

Americans consume about 50 billion (beef) hamburgers a year – 3 burgers per week for every man, woman and child. The oldest burger chain, but the way, is White Castle, started in 1921.

Nobody really knows how hamburgers originated – from a hotdog maker who was trying to innovate a new sandwich, from 12th Century Mongolians who tenderized beef by putting it under their saddles, from the guy who flattened his meatballs and stuck them between two slices of bread, or, from the owner of a little sandwich joint somewhere in Connecticut.

But, regardless of their origin, May is National Hamburger Month and, Saturday, May 28 is National hamburger Day – so let's celebrate the burger.

There are beef burgers, of course. But, as American's tastes have changed, and we've become more diverse in our eating habits, new kinds of burgers have emerged. Here's out



take on a classic beef burger, along with three other favorites you might want to try. Recipes abound on the internet, so consider these 10 options and find a specific recipe that suits you best.

- Classic Beef Burger With A Piggy
 Twist ground beef combined with
 your choice of sausage.
- Multi-Bean Burger black beans, white beans, chick peas (lots of options) held together with eggs and

seasoned with onions, lemon, and chili powder.

- Broccoli Burger with bread crumbs, scallions, cumin and tahini.
- Tuna Burger canned tuna combined with eggs, celery, lemon juice and horseradish.
- Portobello Burger delectable mushrooms, classic Italian favorites such as garlic, basil, thyme, oregano and pesto, and balsamic vinegar for some kick.



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- Zucchini Burger shredded zucchini, eggs, cayenne, onion and sweet herbs such as tarragon.
- Turkey Burger hold it together with a whole egg or egg whites, and make them extra healthy and flavorful with hot peppers, mushrooms and fresh herbs (Fantastic dressed with cranberry sauce).
- Leftover Burger use anything you have around the kitchen last night's meatloaf (dipped in barbecue sauce and grilled) ... thick-sliced ham (dipped and grilled in the same way), a traditional burger topped with left

- over macaroni and cheese, coleslaw or spiced up mashed potatoes.
- Salmon Burger you can use canned or fresh salmon for this, spiced, flavored and cooked the same way you'd make a crab cake.
- Lasagna burger this is described as a "meaty lasagna stuck between two rolls" ... a sort of Sloppy Joe with pasta and cheese. Why not?

Any of these burgers are great without the bread and laid upon a nice fresh salad with a complementary dressing. Yumm! Comprehensive PRIMARY CARE for the whole family Skilled, responsive URGENT CARE where and when you need it

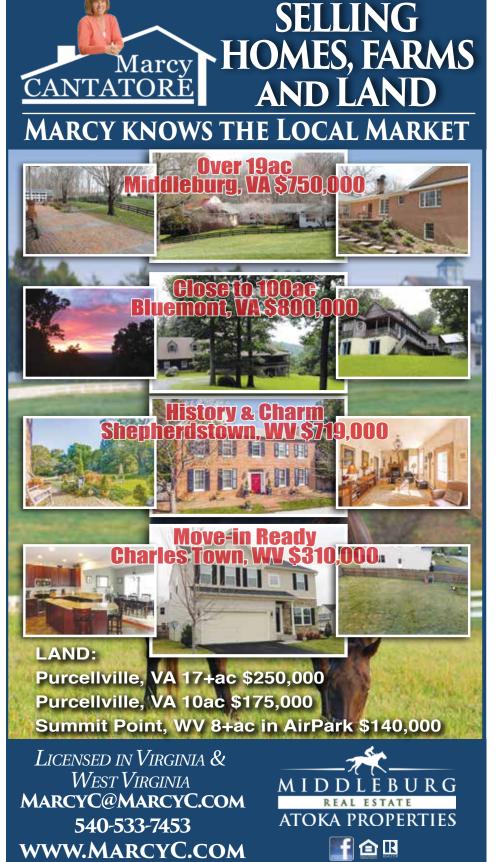
Medics USA welcomes Carissa Dear, RN, FNP, to its Purcellville Primary and Urgent Care Center. Carissa is a Georgetown graduate and Board-certified Family Nurse Practitioner with over 10 years experience in hospital emergency rooms and family practice facilities.

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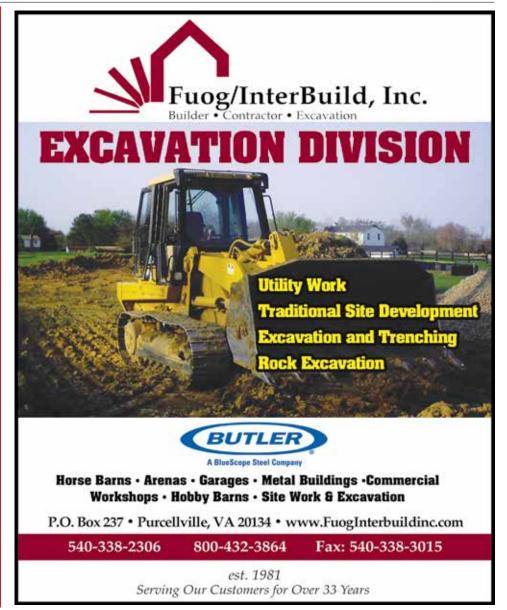
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Monk's BBQ



From left to right: Mike Kewell, Brian Jenkins and Tim Owen

Photo by Sarah Huntington

Monk's BBQ in Purcellville focuses on slow smoked, no shortcuts, BBQ. Make sure to check them out every Wednesday for Whiskey Wednesday where 128 of their 130 bottle Rye Whiskey and Bourbon collection is half off. Every Friday and Saturday starting at 8 p.m. they have live music featuring the local musicians. They support the local brewing scene with 16 taps that always feature Virginia and DC craft breweries.





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Annual Racing Event Kicks Off At Loudoun

Event Pays Tribute to Service Men and Women

Ringing In Hope announces the return of "Ringing In Hope: A Salute to Our Troops - a 5K & 10K Race, and 1K Fun Run/Walk on Monday, May 30 at One Loudoun. The 5K race kicks off at 8 am, followed by the 10K at 8:10 am, and the 1K Fun Run/Walk at 9:30 am.

This event returns for the third year straight to One Loudoun, and will feature fun for all ages. Throughout the race. family fun activities will be available, including music, a bounce house, team challenges, kids' art, face painting, massages at the finish line, a splash pad and more. Short-sleeved performance t-shirts will be provided to those in the 5K and 10K events and are guaranteed to all who register by May 12. Registration is available online at www.ringinginhope.com.

Following the race, Ringing In Hope participants will also receive food at the finish line provided by Firehouse Subs, as well as a free 5 oz. pour of beer from World of Beer (must be 21). At the completion of each event, prizes will be

overall winners in each race, as well as the top three male and female finishers in the following age groups: 11 and under,

awarded to the top three male and female hundred percent of all funds raised will go directly to Boulder Crest Retreat. Items are also being collected leading up to the event on behalf of Boulder Crest Retreat. 12-14, 15-19, 20-29, 30-39, 40-49, 50- For a list of these items, please visit the



59, 60-69, 70-79, and 80 & over.

Proceeds from this race will benefit Boulder Crest Retreat, a retreat for America's seriously wounded warriors and their families to reconnect and recover. One

race website.

Vendor space is also available for anyone wishing to have a display, however, space is limited. The 2015 Memorial Day event drew in more than 1,300 participants, and race organizers expect large crowds again for this year's event. Volunteers are eligible to receive high school service credit hours. If interested, please contact: info@ringinginhope.com.

This festive event is made possible thanks so the generosity of Ringing In Hope sponsors, including One Loudoun, Miller and Smith and Firehouse Subs, and the following sponsors: Lauer Commercial Real Estate, Harris Teeter, World of Beer, Potomac River Running, The Fitness Equation, Apt Orthodontics, Virginia Tire and Auto, Top Golf, Water To Go, Meadows Farms, Loudoun Now, Loudoun Times Mirror, INOVA, Mpowered Massage, A McAnn Photography, Glory Days Grill, Kidz Art, Amusement of Bouncers, Legal Shield, Five Star Septic, Dulles Golf Center and Sports Park, Learning Rx, NOVEC, The Joint Team, The Fresh Market, Blue Ridge Leader, Kickers Martial Arts, Sam's Club, and Wegmans.

Sixth Annual Loudoun Lyme Race Kicks Off May 15th - Local Businessman Has Personal Stake In The Race

The 6th Annual Loudoun Lyme 5K/10K/1K kicks off on May 15th from the Brambleton Town Center in Ashburn. The popular race is designed to drive awareness and raise money to help find a cure for Lyme disease – the number one tick-borne illness in the United States. Loudoun County accounts for the third largest number of Lyme cases in the country.

The Loudoun Lyme 5K/10K will feature a 1K fun run, as well as an information fair to educate the public about Lyme disease, its causes, symptoms and treatments. Individuals who cannot attend the race itself can participate by registering for the Loudoun Lyme Virtual Run. They can register online and run at home, at the gym or any area convenient to them. We encourage them to run with family and friends. This is another opportunity for individuals to be a part of our race and help raise funds to combat Lyme disease. To date, nearly \$200,000 has been raised to support research and advocacy efforts.

The National Capital Lyme and Tickborne Disease Association is a nationwide organization concerned with the physical, emotional and social impact on people and their families diagnosed with Lyme and tick-borne diseases. The race is supported by local and national businesses. Steve Gotschi, the owner of DryHome Roofing & Siding, came up with the concept of the Loudoun Lyme 5K after his wife and many of their friends contracted Lyme Disease. He hopes that the funds generated by the Loudoun Lyme 5K race will broaden awareness of the disease, educate the public on the symptoms and help find a cure. Gotschi says that, "Without the support of all of the volunteers and participants, who have helped to make this the largest Lyme run in the United States, none of this would have been possible. A big thank you to all of them."

Donations in support of National Capital Lyme can be sent to DryHome Roofing and Siding, c/o Loudoun Lyme, 45921 Marines Road, Number 100, Sterling, VA 20166. Checks should be made payable to NatCapLyme. For more information or to register for the race go to www.loudounlyme.org.

Hillsboro Charter Academy Camp Registration Begins

Hillsboro Charter Academy, Loudoun County's newest public charter school is now taking registration for children ages 5 to 14 for its summer STEAM camp. The camp's eight oneweek sessions begin June 20 and will offer themes including nature and art, physics and rocketry, world cultures, dance and stage magic, and kitchen chemistry.

Reflecting the science, technology, engineering, arts and mathematics (STEAM) curriculum and projectbased learning approach of Hillsboro Charter Academy, camp activities will include experiments, arts, crafts, music, and group exploration of topics, along with field trips and plenty of outdoor fun. Each camp session will conclude with a special celebration of that week's theme for the families of the campers

"This camp caters to young people's natural interests and curiosity.' says camp director Carrie Crossfield.

"Kids have questions every day and we will help them find answers and maybe even deeper questions. In the STEAM approach, each child's personal area of interest serves as an entry point into the weekly themes, so they

are engaged and invested. We will be discovering the organic relationships among various disciplines. For instance, in the Olympic Fun week we will explore sports and the commitment it takes to become an Olympian, Greek mythology, the Latin and Greek connections to the modern English language, and the art and aesthetic of the medals and the presentation of the Olympics to the world audience.'

Hillsboro Charter Academy principal Trisha Ybarra-Peters notes the camp will be an extension of the new school's approach to teaching. "The Summer STEAM Camp will be a fabulous summer memory when August rolls around," says Ybarra-Peters. "Who wouldn't want to share with their friends that they spent the summer learning how to make homemade flubber, appreciating other cultures, and gaining confidence in front of an audience? When children are given the opportunity to explore their areas of interest, a special spark is ignited."

The Hillsboro Summer STEAM camp programs will run from 9 a.m. to 4 p.m. daily, with options for full-day and half-day sessions. Go to www.HillsboroCharter.org for more information.

Just Like Nothing (Else) On Earth: Foxridge Park



- By Tim Jon

You know, I can still taste those sausages: The first early-spring bratwurst cooked over an open flame in a beautiful setting among good friends; nothing so sur-

prising, really, in recalling a good meal in classic context. The thing is, though – I was propelled back more decades than I care to admit – and transported roughly a thousand miles across our nation – back to the banks of the Mississippi River. Good grilling can do that to you.

See – I was standing next to the open pit brick oven at the pavilion in Foxridge Park – just down the street from my house in Leesburg; I'd busied myself in trying to imagine all the fun-filled neighborhood and family meals cooked on that massive contraption:

Hamburgers, hot dogs, probably some burned chicken somewhere along the way – and most likely, some pretty darn good steaks, too. Yup, I'd made a quick walking tour of the grassy slopes of the Park, kicked around some of the dust at the ball field, wandered through the small stand of trees out near Catoctin Circle, and then made my pilgrimage to this little shrine of American cooking.

All of a sudden I was in fantasy land guided across the years and miles to stand once again along the Father of Waters, with my college room-mate Rick, an adult beverage or two in our hands, with some hastilygrilled meat on a bun. I really hadn't planned this imaginary outing; I just wanted to do some mild exploring of a local site in Loudoun County, Virginia: Take some photos, gather some new experiences, nurture a few unique (new) memories in order to share another story about my outdoor excursions in these parts. So, I claim no responsibility in the matter of those bratwurst (I think actually, it was the smell of the old coals, a bit of grease on the grill grates and years of woodsmoke lathered onto those bricks that did it) from Saint Anthony Park along the Mighty Mississip.

If I were a star baseball player in my youth, perhaps I'd have been flooded with memory as I stood next to the diamond that quiet Sunday morning: I'd have remembered games played, opponents beaten or not, fellow players who'd left impressions. Yes, if I had dealt with our world in other ways, with other experience, I'd possess a vastly different memory bank from which to draw forth little treasures from the past; however, I was left holding that tasty meal on a cool spring evening in Minnesota.

And as I stood there – at the brick-oven

grill at Foxridge Park, present-day — I started wondering how many other, memorable times were preserved right under that pavilion — for local kids growing up in Leesburg, for the Moms and Dads who made those experiences happen, for the friends and neighbors who showed up to lend a hand, to laugh and tell stories, to share in that well-cooked meal made over an open flame. And then I thought, all those memories will perform their own little time and space travel on some of those folks — decades later, perhapsas they enjoy retirement in a milder climate, or study for college exams on some distant campus, or start a new career far across the country.

And, as the rest of us 'Leesburgians' pass by Foxridge Park on Catoctin Circle on early mornings or late evenings, and see the empty pavilion and unattended grill, we may think, "Hm – it's empty – no one's there." And most would agree. But, if you ask some





of those gifted – or wacky – daydreamers across our nation – who long ago may have had a great time at an outdoor barbecue at this little, local gathering place – they may tell you a different story. "No, "they'll say, "I was right there, eating that wonderful hamburger my Mom made, listening to that great story from my Uncle, watching my sister play in the grass."

And, so it goes with all of our neighborhood 'memory-makers' that we may see as unpeopled at certain times of the day or season; just don't be too sure that it's as empty as it seems. And make sure that your family, circle of friends, neighborhood and community have their own 'Foxridge Parks' where you can plant the seeds of memorable experience – and, if I'm not stretching the metaphor too thin – to draw from at a later date, as we would reap the fall crop.

So – what do you remember as you stand at the big, brick-oven grill under that pavilion on the little hill?

Character Outlives Us All

- By Samuel Moore-Sobel

"Brains are like muscles, you can rent them by the hour, but at the end of the day

all you have left is your character." This statement was uttered by Supreme Court Justice Antonin Scalia, a phrase his father used to tell him when he was a child. This past February, at the age of 79, Antonin Scalia met what can only be termed an untimely demise. Sadly, the aftermath of this man's death quickly turned into a political circus.

Two months ago, the Republican presidential candidates began debating whether or not President Obama should be allowed to select a nominee to fill the seat seemingly moments after Scalia's passing. The past few weeks in Washington have been consumed with the battle over the President's nomination of Merrick Garland. Life must go on, but Antonin Scalia rightly deserves more than a mere moment of reflection.

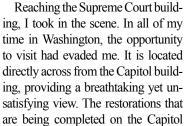
This man carries a special meaning in my own life that has little to do with his interpretation of the law. Antonin Scalia is often a topic of conversation in my house. My mother went to school with his son Paul, who now happens to be a priest and officiated his father's funeral. My mother heard that quote when he spoke at a Langley High School graduation years ago, and continually used it as a way to reinforce the importance of character in her children's minds. The quote has stuck with me, one that I have carried into adulthood.

After his passing, I felt a strong desire to pay my respects to a man who had unknowingly made a large impact upon my life. So on Friday, February 19, I found my way to Washington, rushing after work, wistfully looking out the window of a subway car, wondering what it all meant. In typical Samuel fashion, I had more than one place to be. A group of friends had gathered for our weekly happy hour, but at the last minute, I decided this was more important. I was close to the city anyway, and I would never make it back in Friday traffic. I received a few slightly irritated phone calls, but all in all, it was more than worth it. I hope they are not reading this column...my weekly invitation may soon be revoked!

As I walked from the Capitol South metro stop towards the Supreme Court building, I began to reminisce. My own story coalescing with his, in a way that all of our stories inevitably do. Walking past the Republican National Committee directly across from Capitol South, I remembered the hurried mornings rushing off the subway into the office. Carrying on towards the Cannon Office Building, remembering what it was like to be a ten-year-old boy on his way to meet his Congressman.

This building was where it all began for me, where my love for politics was truly born. Hurriedly my friend and I walk towards the Supreme Court building, along the same path

that I took each morning on my way to work for Senator Rubio.

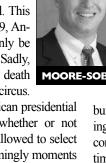


building remain unfinished, a frequent Washington reality. It truly is the ever changing city, constantly built and rebuilt. Yet at the same time, impressive structures from the distant past remain intact, serving as a reminder of the durability of our democracy. Perhaps the constant construction is a reminder of the realities of democracy, the changing administrations, the never-ending battle waged between two political parties, leaving one party triumphant for a limited time.

After hours of waiting in the cold along with thousands of others, we quietly entered the Grand Hall. "The Republic endures and this is the symbol of its faith." Chief Justice Charles Evans Hughes uttered these words when he laid the cornerstone for a building that one could easily assume to have been constructed long before 1932. Strolling past the busts of past Supreme Court Justices, walking hallowed halls, it was a moment I will never forget. Watching the law clerks standing near the casket, one could hear a pin drop. Taking in the view of the American flag draped over the coffin, a few tears streamed their way down my face. "Brains are like muscles..." His quote ringing through my ears, I felt guilty for the moments in which I had failed to live up to this credo. Never again, I thought, as if in an effort to steel myself in the face of future adversity.

Exiting the Supreme Court building, someone in line asked me what it was like. "It's more than worth the wait," I haltingly declared, still in awe. I looked around one last time, taking in a city that never ceases to take my breath away. "Do you miss it?" That simple question, commonly asked by friends each and every time I find myself in this part of town. "No," I answer, although I have no doubt that my friends could easily detect the uncertainty in my voice. "I'm happy with where I am now." Turning around, I make my way towards the escalator, pondering the experience of the last few hours. "Perhaps," I think to myself, as I look back towards the perennially unfinished city.

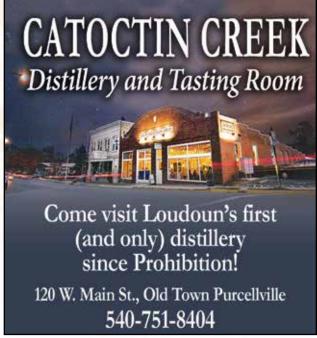
In the intervening months since that fateful *Continued on page 27*



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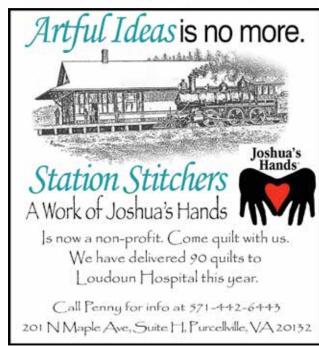














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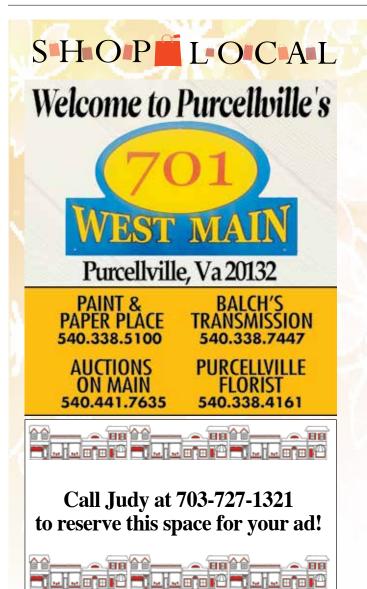
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OUT & ABOUT LOUDOUN & BEYOND

Five Stone's Throw Spring & Summer Destinations

- By Andrea Gaines

Bordered by the Potomac River to the north and beautiful mountains to the west – and with easy access to Rt. 95, the Dulles Toll Road and Route 66 –

This small town - in Clarke County just over the

Loudoun County line – is quiet and charming. A young

George Washington surveyed the land here in 1750,

and, Berryville is otherwise packed with understated

history. Plan a day of pop-in-pop-out – through any

number of antique shops, bookstores, gift shops and

Loudouners have no short list of fun spring places to visit in our area.

We've picked out Berryville, Winchester, Harper's Ferry, WV, the quaint Village of the Plains and Brunswick, Md. for cool places to visit, highlighting some of the more interesting things to see and do. So, take a break, and take advantage of these stone's-throwaway suggestions for getting Out & About this month:



Spring flowers and the historic Quarters building, Virgina State Arboretum (UVA) at Blandy Experimental Farm, near Berryville, VA.

farm stores (including Nall's Farm Market, which is on the way). Or, pick a place to pick up a sandwich or grab some lunch. The Watermelon Park Campground is right off of Route 7 near Nall's, and there are lots of well-known vineyards here, too. There's also a Trappict monastery. Holy Cross Abby

pist monastery, Holy Cross Abby and a performing arts center, The Barns at Rose Hill. It's fun to get to Berryville via Route 7, go through town and then pick up Route 340 and Route 50 through Upperville and Middleburg on your return. The views are stunning.

Winchester

Winchester is the county seat of Loudoun's northern neighbor, Frederick County and played prominently in the French and Indian War, the Revolutionary War

and the Civil War. When planning a trip, think about where you might like to stop along the way – including places such as Long Branch Plantation (in Millwood) and Blandy Experimental Farm, 10 miles outside of Winchester. In Winchester itself, the Loudoun Street Pedestrian Mall – located in the 45-block National

Continued on page 23



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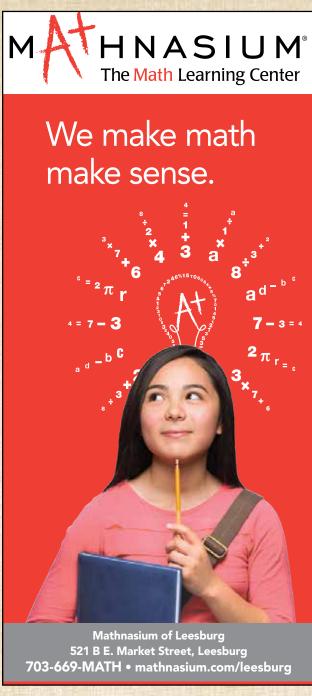




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- By Andrea Gaines

It is as lovely to give flowers as it is to receive them.

Whatever the color, the most cherished bouquets are often the ones from your own garden, or that pretty little bundle a friend or

your spouse picked up form a roadside stand. But, the giving – and the receiving and the picking and the arranging – is made all the more sweet with a little inside knowledge of what a flower's color – be it a rose, a lily, or a wild thing growing on the side of the road – has come to symbolized over the years.



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In nature, a flower's color is a survival mechanism, aiding in attracting pollinators and the development of next year's seeds. But we humans – for both the fun of it and for the fancy of it – are happy to complicate things, and for centuries have used a flower's color to communicate secret or not so secret messages.

The ancient Greeks, for example, saw flower colors as mood indicators of the gods. Were the Gods happy, or cross, or displaying another emotion when they set a field of lilies afire with a dramatic bursts of orange and yellow? And, why were Victorians so particular about who received what color of flower and for what occasion? Well, here is a little flower color lore and history for you ...

• White, not surprisingly, communicates

innocence. And, white flowers have also been used to convey eternal love.

- · Cream flowers, a quiet, understated color, symbolize appreciation.
- Green is for vitality and for good luck. And, green flowers often have a cool, aloof name - examples include chartreuse rose, lime sublime and green ice.
- Pink is for sweetness. And, with hundreds of magnificent shades, pink flowers carry both stately and feminine names such as diplomat, exotica and femme.
- **Peach** so complimentary to so many colors, including pink, green and white - confirms the giver's gratitude and tender feelings towards their recipient.

Continued on page 36



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FEATURING: BOULDER CREST



continued from page 18

Register Historic District – is a must, with great history, architecture, shopping and dining. You can also tour the former home of Winchester's very own country music legend, Patsy Cline. Popular museums include George Washington's Office Museum and The Museum of the Shenandoah Valley.

Harper's Ferry

Harper's Ferry, West Virginia is a steephilled town that sits right on and high above the confluence of the Potomac and Shenandoah Rivers. Three states meet here, too - West Virginia, Virginia and Maryland. Harper's Ferry is for individuals and families that like to get outdoors - and like to get wet - with activities such as white water rafting, fishing, mountain biking, tubing, canoeing, hiking, zip lining and rock climbing. (The Appalachian Trail passes directly through town.) As this is the site of John Brown's historic 1859 raid, there is lots of history to take in here. And, because people who enjoy the outdoors enjoy a good meal - and some people would rather shop than spend the afternoon in a canoe - there are lots of



Scenic view from atop Harpers Ferry



Creative railroad models make the Brunswick, MD Railroad Museum one of the best in the area for kids.

great places to eat, browse and find vintage treasures. As an official National Park site, Harper's Ferry is very popular. Go to the park's website before you go to get a jumpstart on the specific sights you'd like

As an old railroad hub, Brunswick, Md. a quick trip north of Purcellville via Route 287 - seems at first a rather odd place to "get away" to. But for railroad lovers, people who love canals, and people who know that exploring an older community just to see what's there is half the fun, Brunswick is a really great choice. The Chesapeake and Ohio Canal Visitor Center, which shares space with the Brunswick Railroad Museum is a good place to start your day. Some people I know go to Brunswick for a great cup of coffee and some eats at Beans in the Belfry, a converted church/cafe in historic downtown. The historic district also features art studios, small shops and music venues. Family camping grounds can be found nearby.

The Plains

The ride to The Plains, a small historic village south of Middleburg, is as serene and enjoyable and soothing, as spending an hour or two in the village itself. After vou cross the railroad tracks – a signal that you are now, in fact, at your destination - take a right at your first stop and find a place to park. What's nice about the Plains is that it is small, i.e. there are not a lot of



The Plains' charming restaurants, shops and sidewalks

choices about what to see and where to go. At the same time, every stop you choose, from the several options of places to eat, to the handful of places to shop and browse, are exceptional. My favorites are the fine arts and crafts gallery in the village - Live An Artful Life, and Peyton's Place - "an eclectic mix" of home furnishings, antiques and collectables. But, seriously, every stop here is just fantastic. And, the trip home from the Plains - through some of the most beautiful horse country anywhere - is just as enjoyable and the ride in.

Five great places just a stone's-throwaway. Take out your map - or punch your chosen destination into your GPS or I-Phone – and go. No need to pack, or ruminate, or set your clock. Just go.

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Remembering Dorothy Harper

Dorothy Wolford Harper, a lifelong Loudoun County resident, passed away on April 10 at the age of 95. Harper was born June 13, 1920 to the late G.B. and Elsie Wolford of Hamilton. She was also preceded in death by her husband, Robert Harper, and sister, Virginia Wolford.



After graduating from Lincoln High School, Harper worked at the Bank of Commerce in Washington, DC. Her stories of long slow commutes in the back seat of a crowded sedan in the 1940's were priceless.

Harper and her husband were married in 1941 and enjoyed sixty-six wonderful years together. They made their home in Round Hill, where they operated the Weona Villa Motel, welcoming guests for more than five decades. When the eight room motel

opened in 1953, it was the only lodging located along Route 7 between Winchester and Washington. It was at one point, the oldest continuously operated



The YMCA is hiring summer camp Site Supervisors, Sr. Camp Counselors, Camp Counselors, and Jr. Camp Counselors who will work with children ages 5-12 in Loudoun County in our summer day camp programs. Site Supervisors will be responsible for supervising a summer camp program with 30-70 children and for planning, coordinating, and implementing all summer camp activities under the guidelines of the YMCA curriculum. Camp counselors will assist in implementing all youth activities.

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family motel in the American Automobile Association system.

Harper was an active and talented member of the Purcellville Garden Club for decades. She was a lifelong member of the Harmony United Methodist Church in Hamilton and also belonged to the Hamilton Book Club. In recent years, you could find Harper driving her Lincoln with license plate DOT 10 around town, inspecting her peony beds out back or enjoying a meal at one of her favorite restaurants. She was a charming lady, wonderfully strongwilled, and always drew smiles with her sharp wit.

Harper is survived by her nieces, Sarah Harper of Berryville and Ann Harper Pullen (Wesley) of Purcellville, their children and grandchildren, and nephew Jack Harper (Leslie) of Holliston, Massachusetts, and their children. Harper also remains dear in the hearts of her closest friend, Millie Gallahan, and many other friends from in and around the towns she loved.

Memorial services were held on April 22 at the Harmony United Church in Hamilton. Contributions in her memory may be sent to the Purcellville Garden Club or Harmony United Church, 380 Colonial Highway, Hamilton VA 20158.





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Jeff Brown Retires, continued from page 1

Brown is a hometown guy. He was born and raised in Purcellville, and played in the Little League here for years, starting at about age 7 – sometimes playing left or center field, and sometimes first base. One of his favorite coaches and mentors was Jim "Doc" Wiley – "a great, great guy," says Brown.

Brown got into coaching when his son Tyler came of age. "Was it hard to coach your son and at the same time coach other kids?" I asked. "No," said Brown. "Tyler is a real laid back kid who doesn't live and die baseball ... He has a great temperament." In other words, although son, like father, enjoys winning, they both enjoy playing the game even more. Young Tyler seems to have taken that cue from his dad – "It's not about whether you win or you lose, it's how you play the game."

Sports are a family pastime for the Browns. Jeff Brown followed his daughter, Blair through her success as a four-year letter winner in volleyball in high school, and in her college years at Penn State as a Big Ten All-Freshman Team member, an AVCA Second Team All American, a member of the NCAA Regional Championship All-Tournament Team, and as she trained in 2010 with the U.S. National Team.

One of Brown's favorite things about youth baseball, though is how good it is for all kids of all age levels and all skill levels. Again, it's how you play the game that is important. It's how you play the game that brings the satisfaction, and the physical and emotional growth.

Brown, for example, recalls many a time when an average player – not a star, necessarily, but someone who always gave it their best and never stopped trying to im-

prove – stuck their glove out at just the right moment, or took a swing at that hard-to-hit fastball to win the game for the team. Sometimes, says Brown, "The ball just seems to find that kid."

Talking through the highlights of his coaching career, Brown was careful to tick down every one of the All-star teams he coached. "We would practice every night for two weeks to improve the abilities of each player. They were the best-of-the-best, but I made sure to work the kids who needed to grow in certain areas."

All-stars teams, in fact, have brought Brown some of his most proud moments on the field – and he has coached many of them. One season his All-star team made it to the State Championships in Virginia Beach. They didn't win, said Brown, but they were undefeated leading up to that championship ... "I was never so proud."

Brown has also seen Little League stars become Babe Ruth League stars and then move on to the High School level Upper Loudoun American League. One group of kids started out in Little League at about age 10, in 2006, says Brown. Years later, as Brown recounts, some of the same kids, 18 years old now and high schoolers, had grabbed a state title.

For now, for today, though, at this moment in his final season with the Phillies, Brown says he is just hoping that the weather continues to be good.

That is the sign of a true baseball lover. Someone who knows that if the sun is out, it's going to be a great day and a great

Good luck, Coach Brown. Best of luck. Next time the ball finds that kid and he makes that impossible play, we'll assume you had something to do with it.

VDOT, continued from page 1

Road (Rt. 709), Millville Road (Rt. 743) and Hughesville Road (Rt. 725). And, all play prominently in the county's attempts to promote the stars of Loudoun's rural economy – from large and small farms, to wineries, breweries and vineyards, general stores, coffee shops and antique shops, bed and breakfast lodgings, home-based cottage industries, and the historic spots that drive so much of Loudoun's growing tourist trade.

Statistics vary, but Loudoun County has about 330 miles of unpaved roads, the most of any county in Virginia. While some see the roads as bumpy, pothole-laden things dying to be paved, rural road advocates see them as the keepers of the county's most important historic assets, holding the rare rural and historic ambiance of western Loudoun, in particular, in place.

As noted by the Loudoun County Preservation and Conservation Coalition, Loudoun's rural roads systems are, in effect, pathways to living history. From the system's old stone walls, historic bridges, mature trees, old fence lines and foundations, roadside barns, churches and cemeteries, creek beds and bridges, this is where history was made. They also provide valuable recreational opportunities – for nature walks, road races, walking history tours, horseback riding and hunting, carriage drives, cycling, hiking and more.

Rural road networks reveal how yesterday's Loudouners lived, played, worked and interacted with each other. One expert has noted that many of the county's smaller rural roads may in fact started out as cow paths, trac-ing Loudoun's agricultural history back

hundreds of years. They also provide a window into key moments in the country's history. Champe Ford Road, for example, is named after Sergeant Major John Champe, a Revolutionary War soldier and double agent involved in General George Washington's attempt to capture Benedict Arnold. Oak-land Green Road's history goes back over 250 years when Thomas Lord Fairfax deeded the now Oakland Green Bed & Breakfast property to a Mr. Richard Brown. (The ninth generation of the Brown family operates the B&B and cattle business that exists there, today.) The 1752 Ketoctin Baptist Church, at the corner of Allder School Road and Ketoctin Church Road carries the same Native American-inspired term associated with the Catoctin (with a "C") Mountains, and was also associated with the Philadelphia Baptist Association, whose leadership was calling for the gradual emancipation of slaves as early as 1797.

According to VDOT, depending on the condition of specific roads, the road work will include tree trim-ming, ditching, pipe replacements, gravel replacement, grading, compacting and rolling and applying dust control, among other maintenance. Some temporary road closures may be required, as residents using Allder School Road will have noticed starting in March.

One of the greatest challenges VDOT faces is how to help rural roads recover from the drainage problems created by heavy rains and snow, both of which have been considerable in recent years. Just 5 percent of Virginia funding for all county roads is dedicated to maintaining unpaved roads. And, revisions to the definition of what roads qualify for that funding was changed in recent

How Old Roads Record History

While today local government does most of the transportation planning – compiling digital records of road changes, specifications and the like – in earlier times roads were proposed and even built by individual land and business owners, with our nation's earliest courts, in some cases, overseeing the process. Below is an excerpt from an historian's compilation of hand-written "Loudoun County Road Orders 1783 to 1800." Here, old oak trees, rough property lines, the site of a blacksmith's shop and other landmarks serve as a guideline for where a proposed road would go, how it would serve the public and who would be in charge of making sure it was built.

8 February 1790, Loudoun Order Book L, p. 337

"On the Motion of Samuel Love Gent. for to view the road from said Loves Mill through the Lands of the several Lees leading by Richard Lee's Blacksmith's Shop into the old Church road. A Report was returned as follows Vizt. "Pursuant to an Order of County Court of Loudoun We the Subscribers being sworn according to Law have viewed the way for a Road from Samuel Loves Mill on Cubrun through the Land of Richard M. Scott and Theoderick Lee going near the frey Pan from thence to a corner of William Lees from thence to a large old Oak standing in the 58 line of Richard B. Lee and Theodk. Lee from thence on their line until it intersects the old Church road We the Subscribers are of opinion that a Road laid out as above will be a Useful one to the publick particularly thereof the Neighbours who frequent the above mentioned Mill. Given under our hands this 7th day of May 1790, Benj. Mason, Thomas Oden, James McKim." Whereupon it is ordered that the said Road be established agreeable to the said Report there being no objections thereto, that Joseph Hutchison be appointed Surveyor thereof and Charles Eskridge Gt. Allot the hands to work thereon.'

years, reducing the funding available for some of Loudoun's more needy rural roads

In response to that change, Del. Randy Minchew (R-10th) succeeded in getting a bill passed that required greater cooperation between VDOT, local government and the local community as the transportation agency ap-proached a

specific project. Dirt road advocates – including the LCPCC – welcomed this.

As the road work progresses, residents are invited to report problems or otherwise get involved in the pro-cess by contacting VDOT at 1-800-FOR-ROADS or to visit the VDOT website. (Go to www.Virginiadot.org and click on "report a road problem.")

Growing A Green Green Lawn – From The Nature Generation

Winter is over, the flowers are blooming and the yard is teeming with wildlife. The fresh spring air lures us outside. Children come home from school, drop off their books, and head outside to play. Parents relax on the deck and invite friends and family over for cookouts. Now is the perfect time to transform tired brown winter lawns into lush green yards for all to enjoy.

Unfortunately, some chemicals we use to improve our lawns actually end up harming the environment. Fertilizers can be carried by rain directly into nearby water bodies or into storm drains that lead to our precious water sources. Some pesticides indiscriminately kill off beneficial insects that help control pests. Both these chemicals can disrupt the natural balance of our ecosystems.

But must we sacrifice a green lawn to be "green?" As it turns out, the easiest way to grow a beautiful lawn is also the most ecofriendly. Ongoing lawn problems are often a sign that your lawn isn't getting what it needs. By taking a few simple steps, you can have the healthy lush lawn you desire, while at the same time saving time, money and the environment

Look for fertilizers with "natural organic" or "slow-release" ingredients that help grow strong root systems. Make sure you really need a pesticide before you use it. Only about 5 to 15 percent of the bugs in your yard are pests, the rest are helping maintain a healthy balance in your yard.

Try to mow more frequently, cutting off no more than one third the height of the grass. Leave the grass clippings on the lawn where they will provide much needed nutrients. When you "grasscycle" you also save the time and hassle of bagging and keep yard waste out of the landfill. Watering grass deeply, but infrequently, conserves water and trains the grass roots to grow down where it can find moisture during dry spells.

When it comes to protecting the environment, it is hard to imagine that our small acts make a difference. But when combined, the simple environmentally-friendly steps we all take in our small yards do add up to make a big impact to the health of our streams and watersheds.

Check out the quality of our community's precious water at the annual "Catch and Count Creek Creature" event on June 4. Join volunteers as they test the water in the South Fork Catoctin Creek on the Chapman DeMary Nature Trail in Purcellville. During this community event, participants catch, identify, and count macroinvertebrates such as clams, water pennies, and mayflies; and conduct turbidity tests - all indicators that can help to monitor the quality of our creek. Free nature walks are also offered, along with more tips on ways to improve water quality where you live.

Sponsored by nonprofit organization The Nature Generation, "Catch and Count Creek Creatures" is an annual event at the trail that began with a Trail to Water Quality project designed to give students and the community hands-on experiences in testing water quality and encouraging action to improve it. To see the results and recommendations of the Trail to Water Quality water management plan for the South Fork Catoctin Creek, go to www.NatGen.org.

No experience required to participate just meet at the Chapman DeMary Nature Trail (behind the medical building at 205 East Hirst Road) in Purcellville, rain or shine, at 1 p.m. on Saturday, June 4. Bring gloves and dress appropriately for the weather and for walking in the creek and wooded areas. For more information about the trail, visit www.NatGen.org.

Another way to keep nature in our community beautiful is to join the Weed and Waste Warriors on the trail. Volunteers meet on the second Tuesday of every month from 4:30-7 pm to help maintain and enhance the habitat by pulling invasive plants, clearing the trail path, picking up trash, and planting native plants. All are welcome - even if you can only come for a little while. Please bring work gloves, gardening tools, and a drink. For more information, contact Amie Ware, Teach Green Program Director for The Nature Generation at aware@NatGen.org or 703-298-8832.

Character, continued from page 15

Friday night, I have tried to decipher the true legacy this man left behind. There was more to him than controversial opinions or a devotion to constitutional originalism. He could often seem almost oxymoronic to outside observers. This conservative judge was willing to put aside ideology in order to forge a close friendship with fellow Justice Ruth Bader Ginsburg, one of the most liberal members of the Court. "I attack ideas. I don't attack people. And some very good people have some very bad ideas," Scalia declared in an interview on 60 Minutes. The legacy of Antonin Scalia may be his willingness to see value even in those who hold differing beliefs. "Brains are like muscles...," but character wins.

Samuel Moore-Sobel is fascinated by the Supreme Court. He pondered attending law school, but decided long ago to leave important legal decisions to the likes of Antonin Scalia.

Choose Joy – Don't Go Negative

- By Mary Rose Lunde

Sometimes life is pleasant and it is easy to smile, other times it is not. The real question

is how do you react and live your life when you are going through trials? What do you do when you feel like the end of the world is upon you? It's simple real, you react and live your life.

It's a sad fact how many people choose to live their life in the negative when they could live life and

chose joy. I'm not saying that you shouldn't feel sadness or shouldn't ask for help when you need it. No, I'm saying that for the minor setbacks in life, you should choose joy instead of letting the small things dictate the way your life.

Joy is not an emotion like happiness, it is not temporary gratification, it is a deeper emotion that helps your life. Joy is knowing full well what problems and circumstances could face you but not dwelling on that. Life, just like pain demands to be felt. It is what we make of that demand that matters.

Think about it this way, if you woke up and started your day hypothetically with your alarm not going on causing you to miss a class you may be fairly upset (depending on the class of course). You try to go back to sleep since you've already missed your class, but you can't. You get up and head for the shower but your roommate is in the bathroom

no doubt hogging all the hot water. A while later you get to take a shower and of course there's no hot water left.

Eventually, you get to campus in one piece after the bus leaves you behind and you have to wait an extra fifteen minutes in the rain. You get to class and you've forgotten you have a test. Yeah... so long story short, you've had a long day already mostly negative. So, what do you

do? Think about it, what would help

in these situations, dwelling on what has already happened, something you can't change, worrying about the future, perhaps your day could get worse?

No, the best way to deal with this is to choose joy. So what if you've had a bad day, so what if something could go wrong in the future. The present is key, every second past is a second wasted. You must go through life in the moment. I'm not saying planning for the future is bad or thinking about the past is bad. No, I'm saying those are greatly important, but for the little things, you should focus on the moment. Does worrying really get you anywhere? Does dwelling get you anywhere? No, it really doesn't.

Moving forward and understanding what life is, that's what is important.

Mary Rose Lunde is finishing her second year at Virginia Tech.



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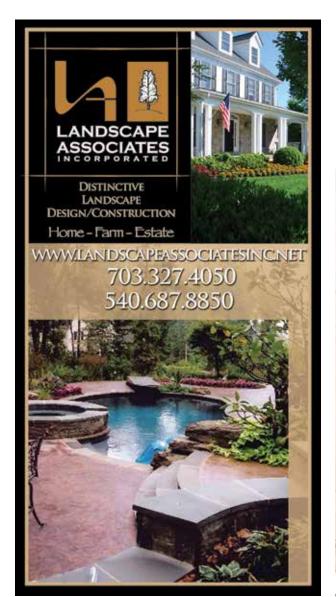


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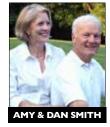
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Amy and Dan Smith's Planning For Life

Disclosure and Other Family Issues In Estate Planning

What do we tell the kids?

Questions how much and what type of information to give the children often arise during consultation. The an-



swers depend on the circumstances of each family - the ages and maturity of the children being the most obvious factors. As a general rule the ideal is to advise the children as to the extent and nature of is tedious and problematic. The the parents' assets and plans. This can lead to a smoother transition to the next generation.

Issues of entitlement, sibling rivalry (where there is more than one child involved), and perceptions of fair-ness may naturally surface with regard to the parents' estate. Feelings may be particularly acute where one child has provided more care and attention to a parent than the other children, as is often the case.

Intra-family struggles are painful and can continue long after the parents are gone. Lawsuits over estates are often more about replaying family wounds than issues of legal substance. To the extent that parents can confront potential conflicts during their lifetimes and head them off, they will go far in providing a more meaningful legacy for their progeny. An investment in professional family counselling during the parents' lifetimes may be the best use of family resources.

Essential Information for Estate Administration

Accessing information for survivors can be difficult. If no effort has been made to organize finan- ever, where appointing a child

ments during one's lifetime, the survivors must search for necessary information to conduct estate administration. In the digital age, mail may not bring statements indicating asset values and

locations. The Virginia General Assembly has enacted legislation to empower the estate administrator to obtain access to digital accounts; however, the process survivors need to have access to passwords.

Where one spouse does all the financial management for the couple and he/she is the first to die, the surviving spouse feels particularly vulnerable. It is recommended that the money-manager spouse regularly share with the other spouse his/her routine with the family finances.

Who Should be in Charge?

Parents often ask whether their estate or trust should be left in the control of one or more of their children after they are gone. As a rule, professionals (lawyers, CPA's, or bank trust departments) do not need to be appointed as personal representatives of an estate or trustees of a trust. Lay people may serve in these capacities and consult with professionals as needed. The staffs of the Probate Department of the Circuit Court and in the Office of the Commissioner of Accounts are generally available to provide assistance to people serving in these capacities.

There are situations, how-

Bluemont Fair Announces Poster Design Winner

Organizers of the 47th Annual Bluemont Fair, to be held September 17 & 18, announced that Denise Kupiszewski of Shepherdstown, WV is the winner of this year's poster design contest. Her submission, "Harvest Moon", features a larger-than-life moon with a fox and pumpkins in the foreground. The poster design will grace the Bluemont Fair's distinctive poster, t-shirt and mug.

Denise is a two-time winner of the poster contest. Her very popular design, "The Birds



of Bluemont" won in 2011 To learn more about Denise, please visit her website at www.themudpeddler.com.

cial and estate docu- or children may not be advisable. For example, if there are several children, singling out one or two for authority may lead to ill feeling among the others. If a parent leaves the share of a child in trust for that child - instead of an outright gift - out of concern that he/ she is irresponsible or that he/she may be particularly vulnerable to a spouse or other source of undue pressure, it is generally not wise to appoint a sibling as trustee of such a trust. It could lead to friction between the siblings.

> The foregoing article contains general legal information only and is not intended to convey legal advice. For legal advice regarding estate planning, the reader should contact his/her lawyer. The foregoing contains general information only and is not intended to convey investment advice. Legal advice and services are not offered through Raymond James. Amy V. Smith Wealth Management, LLC, CFP(a), CIMA, offers securities through Raymond James Financial Services, Inc., member FINRA/ SIPC. Her office is located at 161 Fort Evans Rd., NE, Ste. 345, Leesburg, VA 20176.Tel. 703 669-5022, www. amysmithwealthmanagement.com. Dan Smith is not affiliated with Raymond James.

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Dear Nana, Dear Mom: Thank You For Giving Me A Sense Of Place

- By Andrea Gaines

Long after I had graduated from college, and started a career, and purchased my first apartment, I still had another place I'd always call "home:" 75 Shore Road.

The small, old house at 75 Shore Road was a modified cape built by a man named Henry Willse in about 1805. Later known as the historic Bayles House, it was at one time owned by David "Boss" Bayles, a well-known shipbuilder from the area. In the mid-1800s just about every house on the road had a shipyard. Today it is a dreamy residential neighborhood on the water with a beach and a popular boatyard.

My grandmother owned this little piece of heaven – all three-quarters of an acre of it – before my family acquired it in the early 1970s. We'd visit Nana there and help her heap salt hay on the garden, pick raspberries and currants for homemade jam and make bad jokes about the old outhouse and a small cottage/workshop where another former owner had housed several dozen stray cats. As kids we were merciless, going on and on about the fact that decades later the workshop STILL smelled like cats, and dancing around holding our noses near the old outhouse every time it rained. But, mostly, we cherished the property's closeness to the water and all of the things that came with that, including the high tides that would come up almost to the front stoop, and the clams and mussels the seagulls would drop down from the sky, using shells so they could get to the meat inside. You always knew when the gulls had come through. The road would be littered blue and white and purple debris when the tide was low, with birds flying back and forth from the mud flats to the road in front of the house to crack open their prize.

My parents loved Nana's house, and so did

my brothers and I, and my cousins. It was the family gathering spot in the summer, with a freshly baked pound cake on the kitchen table and lots of iced tea and Good Humor ice cream bars — Toasted Almond — in the fridge. My uncle would drop

by unannounced and sit in the back yard with his newspaper. Neighbors would stroll over the lawn to see what was going on in the garden. My brothers and their friends would congregate in the workshop. My aunt and my cousins and I would sit on the front porch to watch the sunset on a summer evening. And, in the winter people would gather on the side of the road to see the huge sheets of ice left stranded atop the marsh grass as the tide went out. Huge, glasslike panes that would pop and crack and crash when warmed by the sun.

But, this house, with a brick and dirt floor cellar, wide planked floors, old stairways and begonia-filled window seats was also a quiet place. Fed by the marshy air sliding up the sandy lawn from the harbor, the house had any number of small, private places in which to hide away – the big walk-in closet with the slanted ceiling upstairs, a fireplace nook in the

cellar that had once served as the home's kitchen, an open brick well in front that you could access through a little known door in the cellar.

All of these things gave the house and property a special sense of place. A sense

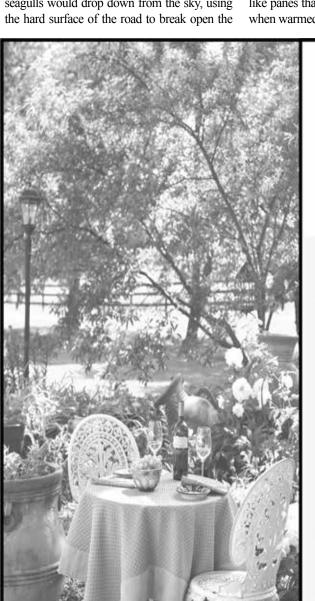
of place that my grandmother and my mother, I think, appreciated the most. When my grandmother first bought the place there was a loose, uninsulated shed out back – connected to the house via her tiny little kitchen. It was my favorite spot, and Nana and mom loved the shed, too. There was a wooden box in one corner filled with bottles of bright orange soda pop, and later, with my mom's beverage of choice – Coca-Cola. The floor of the shed was covered with sand and garden soil in the summer and snow and ice in the winter. Whatever was out-

side was inside

My Dad's job took our family out to California for several years in the late 1960s. I still remember going to 75 Shore Road to say goodbye, thinking I'd never see her or the house, again.

But, my mom, knowing that my dad had always wanted a house on the water had made a lady's agreement with my grandmother that when our time in California was over, she'd sell 75 Shore Road to us. And, so, when we returned to the east coast, we moved right in. I still remember stripping old wall-paper – layers and layers of it – from a small, exposed-beam corner on the first floor that my dad walled off to create my bedroom. Mom let me pick out the color for the walls, a beautiful pale peach. And, she let me paint a small seashell mural on one of the walls upstairs. I painted the mural, and she - an absolutely fabulous seamstress, who could sew, absolutely anything - made a needlepoint pillow of the same shell.

These memories – tidbits of shells and cats and sand and sunsets on the porch – have followed me all of my life, ongoing gifts from my grandmother and my mom that give me a sense of place wherever I go. Walking on the beach the other day, hundreds of miles from 75 Shore Road, I picked up a pretty, peach-colored crab shell. It sits on the table next to my bed now, my sense of place – defined with color and scent and bits of sand – preserved. Thank you, and Happy Mother's Day to you, Nana and to you, Mom.





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CARVER CENTER EVENTS - MAY 2016

Tuesday, May 3, New! Lyme Support Group from 7 p.m. to 8:30 p.m. (Ages 18 & up), for more information, e-mail charphealy@yahoo.com

Wednesdays (on-going), **Ukulele Fun!**12:45 to 1:45 p.m.

Wednesdays, May 4 through June 8, Chronic Disease Self-Management

Workshop from 10:30 a.m. to 1 p.m. (Ages 55 & up), open to anyone with a chronic condition, as well as caregivers, and is conducted by trained leaders, presented by the Loudoun County Area Agency on Aging



Thanks to Carver volunteers Lois D'Elia and Ken Blair

Friday, May 6, Mother's Day Dance from I-3 p.m., (Ages 55 and up), tickets are \$3.00

Thursday, May 12, Summer Supper Club: Mediterranean Café, Charles Town, from 4 p.m. to 8 p.m. (Ages 18 and up) \$6.00 for bus transportation. Meal and tip on your own. If you prefer to drive yourself, please call 571-258-3400 to be included in the reservation count. Registration closes Thurs., May 5.

Friday, May 13, Monthly Lunch & Movie: Aloha, from 12 noon to 2 p.m. (Ages 55 and up), please order your meal by calling the reservation line at 571-258-3459 before 12:00 noon on Thursday, May 12. Meals cost \$4 for those 55 to 59 and are by donation for those 60 or older.

Wednesday, May 18, March Lunch Bunch: Sweetwater Tavern, Sterling, from 11 a.m. to 2 p.m. (Ages 55 & up), transportation by bus is available to and from the restaurant from Carver Center for \$4.00. Cost of lunch and tip is extra. If you prefer to drive yourself, please call 571-258-3400 to be included in the reservation count. Registration closes on Wednesday, May 11.

Wednesday, May 25, Tick and Lyme Presentation, I p.m. to 1:45 p.m. (Ages 18 & up), by Stephen Hood, Senior Health Educator from the Loudoun County Health Department

Last Thursdays (on-going), **Alzheimer's Support Group**, from 3 to 4 p.m. (Ages 18 & up), designed to provide emotional, educational, and social support for caregivers.

Friday, May 27, Strawberry Picking at Wegmeyer Farm, Lincoln, from 10:45 a.m. to 11:45 a.m., (Ages 55 & up), Bus leaves Carver at 10:30 a.m. Registration closes May 20.Will not run in inclement weather.

Traveling With Myles



- By Myles Mellor

Almost everyone has the urge to move around the country or the globe at some point in their lives.

You have probably relied on traditional vacations and cruises, but I wanted to introduce you to a new option.

A website called airbnb.com started to become a force on the national and international travel scene.

The concept behind it is a good one: The site allows you to post your home or apartment, or a room in your home, up for rent on a schedule you choose and at a price you set.

The site is easy to use and once you've selected the perfect place, request to book, and once approved by the host, payment is made.

You must pay in advance to book your rental, but your money is retained by the website until you ac-

tually arrive at your chosen location.

After every stay you can post a review and the host, in turn, gets to review you as a guest: A great system for encouraging people to treat each other well.

Two weeks ago we finished packing up our house, rented it out and started out on a 20 month tour of Europe, starting in Amsterdam.

We started our sightseeing by traveling to the Keukenhof Gardens, the most spectacular tulip gardens in the world. Next month we will cover Amsterdam in more detail.

Myles Mellor and Debby Fleming travel extensively looking for crossword content. For more information on his puzzles go to www. mylesmellor.com.



Go Out Without Going Far! Franklin Park Arts Center

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Art Show and Sale
May 6th-June 12th

ONE MAN STAR WARS TRILOGY Thursday & Friday, May 12 & 13 8:00PM

(All ages) You'll feel like the "Chosen One" when you witness Charles Ross impersonate all your favorite characters, recreate the effects, insert factoids, sing from the John Williams score, and fight both sides of the battles in this 75 minute adaptation of Episodes IV, V and VI. By the end of the evening the Force will indeed be with you.

A Gold Star Performance presented with Friends of Franklin Park Arts Center.

Tickets: \$35 Reserved Seating www.franklinparkartscenter.org

Gold Star Performances

LAST HAM STANDING COMEDY IMPROV Fri, May 6 8:00 PM

Don't miss this hilarious show full of laughs for the entire family.

If you like Whose Line Is It Anyway? you'll love Last Ham Standing!

Tickets: \$12 Adults, \$10 Seniors, \$8 Kids www.lastham.com

MASTER SINGERS OF VIRGINA: CELEBRATION OF THE FOUR SEASONS Sun, May 8 7:00 PM

Northern Virginia's premier a cappella choir presents music that highlights the glory of each season - its beauty and its uniqueness.

The concert is shared with a string ensemble from the Briar Woods

High School orchestra which will perform music from Vivaldi's
 "Four Seasons" interconrect with the Master Singara' orang work

"Four Seasons" interspersed with the Master Singers' own works.

Tickets: \$ 20 Adults, \$15 Seniors & Students,

Additional \$5 at the Door www.msva.org or call 703-829-6782

FIZZICAL FAIRYTALES PUPPETS: THE SELFISH GIANT Wed, May 11 10:00AM

(Ages 2 & up) It only takes one experience to soften a big, selfish giant's cold hard heart, Let this new production of a classic children's

story warm your heart.

Tickets: \$5 per person Pay at Door

LOUDOUN CENTRE THEATRE presents: ENCORE Sat, May 14 7:00PM

Leading ladies from prior LCT productions perform some of the greatest songs from the "Great White Way." A portion of the precedes will go to Loudoun Abused Woman's Shelter.

Tickets: \$10 Adult, \$15 Pay at the Door www.thelct.org

And There's MORE!

Gallery Coffeehouse: Readers Theatre, "Wonder of The World"* 5/15 6:30 PM Tickets: \$8 per person *contains adult content

Lunch In The Gallery: Claire Kincannon 5/16 12:30 PM Tickets: \$12 per person

Gallery Coffeehouse: Meet The Artist, Karen Coleman 5/22 6:30 PM Tickets: \$8 per person



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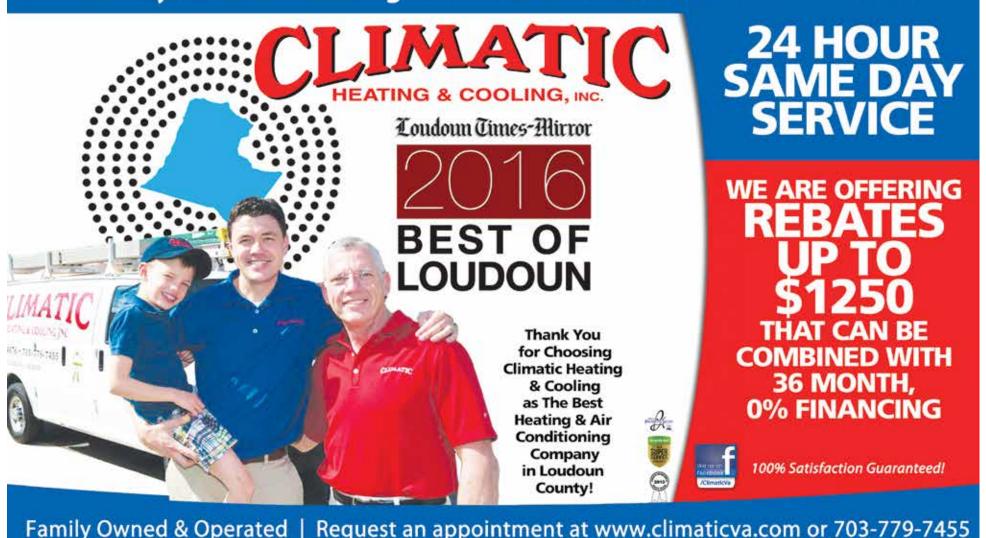
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Get Your Burger On By Myles Mellor

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 15 16 19 16 19 19 19 19 19 10 11 12 13 14 19 10 11 12 13 13 14 19 10 11 12 13 13 14 19 10 11 12 13 13 14 19 10 11 12 13 13 14 19 10 12 12 12 12 12 12 13 14

Across

- 1 Popular dish celebrated on May 28th as ____ Day
- 7 Brewer's container
- 9 Add to the mix
- 10 Party on game day where burgers are almost always served
- 11 Breakfast foods sometimes served with burgers
- 13 Obtain
- **14** Car
- 16 US capital city
- **18** Common side order with a hamburger
- 19 Type of tomato
- 21 This burger is a hot one!
- 23 Cooking area
- 25 Burn slightly
- **26** Small hamburger and also a baseball pitch
- 29 Receives
- 31 Style of burger popularized by Burger King
- **34** Old time you
- **35** Apple state
- **36** Be
- **40** Soft and easy to eat
- **41** Words before band and operation, 2 words

Down

- 1 It can be used to spice up a hamburger, 2 words
- 2 Not dry
- 3 Desire, to eat a hamburger say
- **4** Go with your
- 5 Compass point
- 6 Email address intro
- 7 Type of burger which contains no meat
- 8 Tries out
- **12** There's one in hamburger
- 15 The O in EVOO
- **16** Medical pro
- 17 Corn on the _
- **18** Query list, for short
- 20 Business degree
- 22 "___ have a burger with fries"
- 24 melt burger
- 25 Burger that might contain American
- **26** Quiet!
- 27 Party bowlful
- **28** Order relating to cooking hamburger meat
- 30 Visited
- 31 Damp
- 32 Have
- **33** Bachelor's home
- 37 Love message, when repeated
- **38** Popular
- 39 Trademark, abbreviation

Answers on page 38

Congrats to George Macdonald and Irene Hunley, crossword winners for April 2016!

Fiele's Facts Chemical Free Tick & Flea Solutions

- By Kimberly Correnti

It's refreshing to know that you can effectively eliminate pesky little bugs without using harsh chemicals. Our special blend "Flea & Tick Program" created by holistic vets (Dr. Michael and Susan Goldstein of Earth Animal) is a palatable powder and liquid that you add to your animal's daily diet. It will keep your pet pest-free while building their immune system and making them less likely for any infestations. Another solution is our topical "Organic Flea and Tick Spray." This spray can be applied to both pets and humans and works against a wide spectrum of pests, even mosquitoes. The oils and natural scents in this formula repel pests and keeps your dog safe all year long. Simply spray on your dog's belly, paws, neck and back. All three "Tick and Flea Program" products have over 20



years of proven testimonials.

Another great way to protect your pets and your family from ticks is our unique "Organic Tick Free" perimeter spray treatment you apply to your lawn and flower beds. This amazing spray wipes out ticks within minutes using cedar oil and raspberry extract. Without harming beneficial insects, your children or pets, "Tick Free" helps you enjoy a non-toxic, chemical free yard all year round. All of these products are available at DogGone Natural in Leesburg and Ashburn.

Kimberly Correnti is the owner and Animal Nutrition Expert at DogGone Natural. www.doggonenatural.com

Dr. Mike, continued from page 2

- Has your child told you that he or she does not have problems with socializing because he or she is socializing during video games or online in different ways?
- Has your child functioning suffered due to technology use – withdrawing socially, an increase in poor grades, gaining weight, exhibiting symptoms of depression or anxiety or having mood swings and/or behavior problems in relation to technology?
- Have your child sleeping patterns, hygiene, and eating patterns been negatively impacted by technology use?
- Has your child experienced observable withdrawal symptoms when they cannot game or get online?
- Has your child engaged in lying or devious behavior due to technology use?
- Has technology use led to a decrease in activities that were once enjoyable to your child?

An affirmative answer to any one of these questions should be a red flag for you. And if you answered yes to two or three of the above questions, your child or teen likely has a very real problem with technology. So, what do you do? Here are some tips to help you with screen and media time management:

- Block adult contact with parent controls on all devices.
- Know what your child or teen is watching and doing.
- Set limits if you child is disagreeable to you setting limits, then there are programs available now that you can set to blocks of time for usage or that can turn off your child's technology at a specific time each day or evening.
- Designate screen free moments and zones in the house no technology at meals or at other times or in certain spaces.
- Technology use should be in public, monitored areas of the home do not allow TV's, gaming systems or computers in your child's room.
- Strive for balance in your child's day, and keep them busy – if your child is outside of the house engaging in structured or

- unstructured activities, he or she is not at home over engaging in technology.
- Periodically check the browser history of your child computer and monitor or check other devices
- Show an interest in your child's technology from video games to YouTube or social media, your child will likely feel respected by you and closer to you if they experience you as an ally with technology and not just the rule enforcer.
- The quality of the content is just as important as the time spent engaging in it, so encourage positive and productive content whenever you can (e.g., helping your child with organization or time management with an online calendar).
- Teach your child appropriate behaviors that apply in both the real and online worlds.
- Lead by example limit your own media use, and model online etiquette.

By implementing the above tips, and with some time, screen and media time management can be achieved. Remember, technology should be a positive thing for our children and teens, and when used in moderation and appropriately, it can complement and enhance their lives. But if your child or teen's technology problems have become too big to correct alone as parents, I recommend that you seek out the assistance of a child psychologist with training and experience in this area.

Michael Oberschneider, Psy.D, is the Founder and Director of Ashburn Psychological and Psychiatric Services. Dr. Oberschneider has appeared on CNN, Good Morning America, NPR, WTOP and other popular media spots as a mental health expert. He was also awarded the esteemed Washingtonian Magazine "Top Therapist" award for his work with children and teens. Dr. Oberschneider's new children book on screen and media time management, "Ollie Outside," is being published through Free Spirit Publishing and is slated to be released this summer.

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continued from page 21

- Red, we all know, is for romance, and, depending on the occasion, it also signifies desire and passion.
- Lavender, like the scent of the popular flower that carries its name, conveys charm and delicacy.
- Yellow stands for (oops) jealously (in Victorian times), but also, deep and unbinding friendship.
- Orange (one of my favorite colors) has long been associated with the sun, and has come to convey enthusi-

asm and optimism.

• The tried and true color blue signals confidence and

And, then ... there is purple.

Purple, interestingly, is one of the most rare colors to occur in nature

You see it in the beautiful gem amethyst and in even more rare gemstones such as tanzanite.

Purple is the most powerful wavelength present in the rainbow, and, for that reason, over the years purple has

come to symbolize pride and success. History recounts that the oldest purple dyes date back to about 1900 B.C. In Roman times purple dyes were created from thousands and thousands of pulverized seashells. And, due to its rarity as a dye, only royalty were allowed to wear purple.

It's fun to read up on the lore. Flowers, not matter what their color, amaze us. And, knowing a little more about what their colors have come to mean to us can only add to our enjoyment of them as they bloom, fall back and over winter, emerging in the spring to delight us again.

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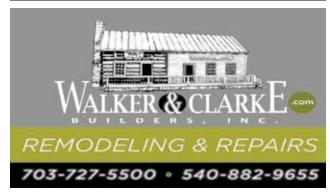














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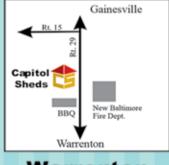
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GET A JUMP ON THE SPRING MARKET... THESE HOMES DID!

JUST LISTED: HAMILTON/LEESBURG AREA



ferson Hill nestled on 15 acres in Hamilton/Leesburg area close to the Dulles Greenway. Taste-

fully renovated kitchen and baths, new geothermal heating & cooling and thousands spent on substantial improvements. Large Gracious rooms, antique wood floors, exposed stone walls, beautiful open fields, pond and surrounded by stunning countryside. This is the one you have been waiting for.

FANTASTIC PRIVACY- LEESBURG



Imagine waking up everyday and enjoying your coffee on your balcony overlooking the ul-

timate private lot. Stylish 5 bedroom/4 full bath on upper level. Glorious deck, patio and fire pit to enjoy mountain and wooded views. Lower level has additional guest suite (legal 6th bedroom) with full bath. Original Owner Home- Immaculate. 3 plus acres.

WATERFORD



turesque acres. Wood floors, moldings, beauti-

ful master suite and Sunroom. Wood floors throughout home in immaculate condition. Enormous finished lower level with 5th bedroom and full bath. Large deck to enjoy the view. ALL PAVED ROADS

11 ACRE BUILDING LOT WITH STREAM



& Purcellville is this pretty and peaceful 11 acre parcel. Very Horse Friendly land and location. Enjoy a mix of woods open pasture with mountain views and a small stream on property. Quiet country lane in area of

established homes. Round Hill address. Plat and drain field information available. Well Installed.

Got Chickens?Keeping Chickens as pets

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

2 ACRES MOUNTAIN VIEW- LEESBURG



library on main level, wood floors, gorgeous sunny house with Custom kitchen and Morning room! 2 acre lot with deck and mountain views... BUILDER WILL FINISH REC ROOM with FULL BATH AND GIVE 10K in CLOSING COST ON THIS HOUSE! Close to MARC TRAIN to Washington DC.

BRING THE HORSES!- LUCKETTS



Exceptional land nestled between large established farms and historic properties. Located In Northern Leesburg very

close to the MARC TRAIN to Washington DC. 10 acres of open pasture with pretty views in every direction. HORSE FRIENDLY NEIGHBORHOOD. Plat and drain field information available.

THE MARKET IS HOT!

Listings are selling and inventory is very tight. Interest rates are very lowplease call us today for a no obligation price analysis of your home!