YOUR Culpeper Extension Staff:
Administration: Becky Gartner, Unit Coordinator - rebes13@vt.edu
Cindy Akin, Unit Administrative Assistant - cratkin@vt.edu
Heather Thompson, Unit Support - heather16@vt.edu
Extension Agents: Becky Gartner, Family and Consumer Sciences - rebes13@vt.edu
Cindy Akin, ANR-Horticulture - cakin@vt.edu
Shawn Appling, Horticulture - ashawn6@vt.edu
Carl Stafford, Agriculture & Natural Resources - cstaffo@vt.edu
Program Coordinator: Jennifer Fichthorn, Rural Opioids Technical Assistance - jennifer19@vt.edu
Program Assistants: JoAnna Kilby, 4-H Youth Development - jclark@vt.edu
Georgette Mosley, Family Nutrition Program, Adults - gyates@vt.edu
Brenda Watkevich, Family Nutrition Program, Youth - gwatkevi@vt.edu
Other agents serving Culpeper: ANR-Tim Mize (Fauquier), Brad Jarvis & Adam Downing (Madison), Jennifer Fichthorn, Rural Opioids Technical Assistance - jennifer19@vt.edu

Participants in this course will complete the requirements for a Food Protection Manager Certification of the National Restaurant Association. The ServSafe Manager Certification Course will be held in two days, totaling 12 hours on the first day and six hours on the second day, prior to the event. *TDD number is (800) 828-1120.

For more information on FCS programs listed here, contact:
Becky Gartner, Unit Coordinator - rebes13@vt.edu
Register online: https://tinyurl.com/FS-BoxwoodBlight

Registration closes August 16!
For more information on FCS programs listed here, contact:
Becky Gartner at (540)777-3435 or rebes13@vt.edu

Boxwood Blight Update
Update: We have confirmed cases of boxwood blight in Gordonsville, Somersett, near the Town of Madison, Brandy Station, and in Washington, Virginia.

Symptoms of boxwood blight include brown leaf spots that eventually lead to defoliation of the plant. Black streaking is also commonly seen on the stems. The interesting aspect of this disease is that some boxwood cultivars can be asymptomatic, which is why it is difficult to detect. This workshop will help answer your questions.

The purpose of the "Food as a Business" Workshop is to help new and potentially new agribusinesses to develop the beginnings of a business plan and provide the resources for their "next steps". This program helps prepare agribusinesses for long term success and profitability. The workshop will cover topics such as pricing your product, connecting to community resources, keys to marketing your product, food safety and regulatory overviews, and developing the beginnings of your business plan.

The fee for the workshop is $25. Five dollars of the registration is non-refundable. Refunds will be given in the amount of $20 if requested before August 16, 2019. NO refunds after August 16, 2019. Refund requests must be sent to Becky Gartner, Extension Agent at rebes13@vt.edu.

Register online: https://tinyurl.com/FS-BoxwoodBlight

Boxwood Blight Update (continued)

Symptoms of boxwood blight can spread is on contaminated garden equipment (pruning tools, clothing, or anything else that has contacted the fungal spores).

Becky Gartner, Unit Coordinator - rebes13@vt.edu
Register online: https://tinyurl.com/FS-BoxwoodBlight

Registration closes August 16!
For more information on FCS programs listed here, contact:
Becky Gartner at (540)777-3435 or rebes13@vt.edu

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in any of the programs offered by Virginia Cooperative Extension, Culpeper Office, please contact our office at (540) 727-3435 during business hours of 8am and 5pm to discuss accommodations, at least 5 days prior to the event. 10D number is (800) 628-1120.

More information on FCS programs listed here, contact:
Becky Gartner at (540)777-3435 ext 344 or rebes13@vt.edu
4-H YOUTH DEVELOPMENT
Crisly Mosley, Extension Agent, 4-H
JoAnna Kilby, Program Assistant, 4-H

Please check our Facebook page, website, or give us a call for more information.

4-H is the youth development education program of Virginia Cooperative Extension. 4-H is rich with learning experiences where young people partner with caring adults and volunteers in a fellowship unlike any other program available to youth today. Through 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H’s “learning by doing” philosophy of youth development.

October is just around the corner and that means that it is time to begin a new 4-H club year. If you have been considering joining 4-H now is a great time to join in on the fun! There are currently 11 4-H clubs in Culpeper County that range from livestock, horse, shooting sports, public safety (fire, rescue & police activities) and Cloverbuds (ages 5-8). 4-H has something for everyone and plenty of fun for the entire family. Don’t wait another minute…join TODAY!

Back to School

As summer winds down, parents, teachers, and students begin to think about going back to school. Regardless of your child’s age, there are many things to do in a short amount of time. There are school supplies and clothing to buy, forms to fill out, and schedules to manage. These tips can help you and your child have a successful and healthy year:

- Establish a Routine: Summertime can lead to a relaxed schedule, but children thrive on routine. Set a bedtime and wake up time and stick to them. Growing children need plenty of rest.
- Eat Breakfast: Start the day with a healthy breakfast. Try to include a carbohydrate with protein, such as an egg and cheese burrito, a waffle with nut butter, or a fruit and yogurt smoothie. If you are a family of 4 making $47,638 or less you qualify for the Virginia School Breakfast and Lunch Program, which provides nutritionally balanced, low-cost or free meals to school aged children.
- Reduce Sugar: The American Heart Association suggest that children and teens limit added sugars to no more than 25 grams (6 teaspoons) per day. Many commercial foods have added sugar, including yogurt, cereal, even ketchup. One soda contains 39 grams of sugar!
- Pack Smart: Backpacks should not weigh more than 10-20% of body weight. That means a child that weighs 60 pounds can carry between 6-12 pounds in a properly fitted backpack. Encourage your child to use both straps, and adjust the pack so that it hangs about 2 inches above the waist.
- Healthy Habits: Encourage your child to wash their hands often, and always before eating and after using the bathroom. Children should try to keep their hands away from their eyes and mouth. It is important to share, but don’t share water bottles, lip gloss, etc.
- Vaccinations: Please make sure your child’s vaccinations are up-to-date, and that they get a flu shot. If you aren’t sure, it’s a great time to make an appointment with your primary care provider or your local health department.
- Limit Screen Time: The American Academy of Pediatrics recommends consistent limits on the time spent using media, as well as designated “media-free” time such as during dinner or other family time. To ensure restful sleep, consider keeping screens out of bedrooms completely. Also, have your child turn off all electronics at least an hour before bedtime.
- Mental Health: Teach your child ways to keep stress levels in check; some methods include writing in journals, calling or texting a friend, and/or physical activity.
- Exercise: Children need to move their bodies, and gym class may not be enough to get the recommended one hour of activity per day. Consider family walks or bike rides.

Starting healthy habits during childhood can lead to lifelong healthy behaviors. The Rappahannock-Rapidan Health District wishes everyone a safe and healthy school year.

April Achter, MPH
Population Health Coordinator

Rappahannock Rapidan Health District
98 Alexandria Pike Suite 42, Warrenton, VA 20186
Office: 540-316-6280 Fax: 540-347-6373
www.rrhd.org
Communities all across the country are in a growing housing crisis stemming, in large part, to a lack of reasonably priced housing. Housing is considered ‘affordable’ when a household spends up to 30% of their income on shelter, even as the remaining is needed for utilities, food, transportation, healthcare, daycare and savings. Recently however, a 2017 study by United Way entitled the *ALICE Report, found that 39% of Virginia households struggle to support themselves. The term “ALICE” describes a household that is *Asset Limited, Income Constrained, Employed. The Report documents the increase in the basic cost of living, the decrease in availability of jobs that can support household necessities, and the shortage of housing that is affordable to workers in the majority of the state’s jobs. Locally, the number of ALICE households equates to 43% in Madison County, 40% in Culpeper County, 28% in Orange County, 31% in Fauquier County and 34% in Rappahannock County. Why are so many families struggling? The short answer is that while the cost of living continues to rise, wages have lagged behind. Families living from paycheck to paycheck are going without savings needed for emergencies. ALICE households are working household—they often work two jobs, pay taxes, and make up the majority of services needed to keep Virginia’s economy thriving. They are teachers, first responders, daycare workers, home health aids, laborers and office assistants. According to the ALICE Report, 57% of jobs in Virginia pay less than $20 per hour. Households without sufficient income for housing end up forgoing preventative healthcare, accredited childcare, healthy food, or car insurance. As a consequence, not only do individuals and families suffer, but the community does too. Reduced productivity, increases in insurance premiums and taxes affect us all. Everyone knows ALICE: maybe we are ALICE—a new graduate just starting a career, a young family, or a retiree. Some households become ALICE when an emergency arises such as an unexpected medical bill, job loss, or family crisis. Unfortunately, ALICE households have incomes above the federal poverty line, making them ineligible for government assistance. They fall through the cracks of the system and are left to struggle invisibly. The ALICE Report hopes to change all that.

Finding solutions will be complicated and political, but the ALICE Report at least allows the discussion to begin. Recommendations from the report include decreasing the cost of household basics—shelter, transportation, healthcare, daycare—while improving job opportunities. Additionally, changing demographics will need to be addressed. The number of married parents with children households is declining while single parent households—which especially need daycare—continue to increase. None of these recommendations can be done overnight, and will require a multitude of agencies, organizations and businesses working together. These changes are achievable and necessary to ensure Virginians and future generations of Virginians can thrive.

Welcome Home Baby

Welcome Home Baby will offer you support in:

- Preparing for the birth of your child.
- Understanding the importance of caring for yourself during pregnancy.
- Nurturing the relationship with your baby.
- Planning for your family’s future.
- Guiding your community resources and information to meet your specific needs.

Welcome Home Baby wants you to know what to anticipate in the upcoming birth of your child, and we want you to feel successful as a new parent.

HEALTHY STEPS—Home Visitation Program

Healthy Steps is a program that supports new and expecting parents. We provide support and information which is helpful in raising a healthy child. Healthy Steps is a free, voluntary and confidential program to Culpeper County families. Healthy Steps:

- Helps parents learn new and fun ways to interact with their baby.
- Uses developmental tools to see how baby is growing.
- Helps parents develop goals and make them a reality.
- Promotes positive parent-child relationships.
- Promotes healthy childhood growth and development.
- Enhances family problem-solving skills.
- Provides home visitation for participants who qualify.
- Connects families to resources and provides:
  - Parenting classes
  - Infant massage classes
  - Child development curriculum

The P.E.P. Program—Parent Education Program

FREE 3 week Parenting Class

CLASSES ARE HELD THE FIRST 3 TUESDAYS OF EACH MONTH. THE CLASS IS BEING OFFERED:
- October 1, 8, 15
- November 5, 12, 19
- December 3, 10, 17

Each 3-week session is held from 6:00 – 8:00 pm at UVA Culpeper Regional Hospital
501 Sunset Lane, Culpeper, VA 22701
The class will be held in the Hospital Board Room. The class is taught by Angie Kowenhoven.
Please call Beth at 540-321-3074 for more information.
Why are seniors at risk for scams?

As a generation, older adults are trusting. Many of them are experiencing isolation and loneliness, they may have significant cash on hand or within easy access, and some have memory or judgment lapses. Also, they may be less likely to report being scammed due to embarrassment or fear of loss of independence. Interestingly, research shows that our ability to recognize suspicious behavior decreases with age. Scams occur year-round, but tend to increase in the winter and holiday months. Although there are many, some seasonal traps to watch out for include:

- People pretending to be utility workers, threatening to turn off utilities unless payment is given in cash or wired immediately.
- End-of-year tax season: “Free lunch” seminars promising get-rich-quick schemes or huge tax write-offs; charity cons for late-year tax deductions.
- Online: fake gift scams; phony work-from-home opportunities such as secret shopper or selling vacation rentals; fake Facebook contests aimed at gathering personal info; selling counterfeit or stolen items for inexpensive holiday gifts on Craigslist or other selling sites.
- Internet-based scams, such as online dating, travel, and get-rich-quick schemes.

Why are seniors at risk for scams?

- Delivery charges payable by gift recipient on demand. Reputable companies do not require the recipient to pay for gift delivery.
- So what can seniors and their loved ones do to prevent fraud and financial abuse?

Tips for Older Adults

- Always be sure you know to whom you are talking. Ask for ID from anyone at your door.
- NEVER give your personal information to anyone, even someone you know. Ask why they need it.
- Never open your door to a person you don’t know.
- Do not click on links in an email. They can lead to bogus websites or contain viruses that will corrupt your computer system.
- Check with the Better Business Bureau or police if you are tempted to enter a sweepstakes or contest that sounds too good to be true — it likely is.
- When giving to charity, visit give.org or charitynavigator.org to check the legitimacy of nonprofit organizations.
- Never give credit card information over the phone and never give or mail cash.
- Go through your phone service provider to get off “robocall” lists and call 888-382-1222 for the “Do Not Call” Registry.
- To opt out of “junk mail,” go to optoutprescreen.com.
- If you think you may have been scammed, report the scam to law enforcement. Because the scammers are clever, there is no shame in having been deceived. By reporting it, you will make it more difficult for them to fool others.
- Cultivate a network of trusted friends and family. If you are suspicious that it is a scam or believe that you are a victim, do not be embarrassed to report the scam to law enforcement. Because the scammers are clever, there is no shame in having been deceived. By reporting it, you will make it more difficult for them to fool others.

For Adult Children

If you are the child, relative, or close friend of a senior, provide respectful oversight. Ask questions in a loving way. Raise your concerns without alarming the senior and offer to assist if you see any red flags. You may need to file for guardianship or conservatorship through an eldercare attorney. When it is a family member or a caregiver that conducts the financial abuse, the senior citizen may fear losing the attention and care they receive if they go to the authorities. Having a “financial caregiver” is so vitally important, as opposed to someone that just takes care of helping them physically. Separating the two can help prevent financial abuse through the process of verifying that the elderly person’s financial obligations are being met. If you are suspicious that it is a scam or believe that you are a victim, do not be embarrassed to report the scam to law enforcement. Because the scammers are clever, there is no shame in having been deceived. By reporting it, you will make it more difficult for them to fool others. Culpeper Town Police non-emergency: 540-727-3430; Culpeper Sheriff’s Office, 540-727-7520. Carol Simpson, Executive Director, Aging Together. www.agingtogether.org. 540-321-3068.

Aging Together—Why are seniors at risk for scams?

Did you know there are many easy to use and affordable Public Transportation Options available for everyone to use right here in Culpeper?

Need a Ride?

Did you know there are many easy to use and affordable Public Transportation Options available for everyone to use right here in Culpeper?

Need a lift around the Town of Culpeper?

The Culpeper Trolleys run Monday thru Friday from 7:00 AM—6:20 PM and on Saturdays from 8:20 AM—2:20 PM.

With new seats, increased seating capacity, and seatbelt options for every rider, the Trolley can get you where you need to go in the Town of Culpeper.

Physical disability?

Schedule the ADA bus 24-hours in advance for a door-to-door ride.

Need to get from the County Into Town?

The Culpeper County Express Bus Service picks you up at your door and drops you off anywhere in the Town of Culpeper.

Need to travel between Orange and Culpeper?

The Orange-Culpeper Connector Service runs Monday thru Friday from 7:30 AM—5:30 PM.

Travel Stops include the Orange Depot, Orange Food Lion, and Culpeper Hospital.

All rides in Culpeper only $.50 each way!

Have more questions about Public Transportation Options for the Town of Culpeper and Culpeper County? Call (540) 825-2456.
The disAbility Resource Center in Fredericksburg has gone through some staff changes this year. Kevin Kozol, the dRC’s former Community Integration Administrator, has moved to Richmond and now oversees Independent Living Services at the Department for Aging and Rehabilitative Services. In his new job, he will still have contact with Centers for Independent Living (IL) throughout the Commonwealth, including the dRC, and will be working to ensure IL services are available to all underserved areas in Virginia. Prior to his move, Kevin provided outreach to the greater Culpeper area and understands that the Culpeper region would benefit from its own Center for Independent Living. Jennifer Ryan, the dRC’s head personal assistance facilitator for Medicaid Waivers has retired. Sue Moore, another dRC facilitator, has moved into Jen’s position.

Cheryl Lloyd and Rebecca Bennett continue to provide information and referral, advocacy, and deaf and hard of hearing technology to the people of PD 9 which includes Culpeper Town and County and Orange, Madison, and lower Rappahannock counties. Cheryl, dRC’s Youth Services Coordina-
tor, can be seen at Healthy Culpeper meetings. Aging Together Meetings, IEP meetings in Culpeper and Orange County schools, and the Culpeper Dis-
ability Services Advisory Committee, Rebecca, Deaf and Hard of Hearing Coordinator at the dRC, works to ensure that those with hearing concerns have the equipment they need to lead independent lives. Rebecca was instrumental in getting deaf and hard of hearing terminology changed in Virginia Law and Code during the 2019 General Assembly ses-

The dRC has scheduled another Chronic Disease Self-
Management Training (CDSMT) to begin September 6. It is an
evidence-based self-management program consisting of six
weekly two-hour sessions led by trained volunteers. The ses-
sions are interactive, and the curriculum addresses common
conditions of any chronic disease. Topics include dealing with
depression, communication skills, healthy eating, better breath-
ing techniques, pain and fatigue management, preventing falls,
making decisions, physical activity, and dealing with difficult
emotions. For more information contact Kim Lett or Tennie Gratz
at the dRC, 540-373-2559 or visit the dRC website at
www.cildrc.org.

A Night Under the Big Top is the theme of the dRC’s annual
gala at the Fredericksburg Expo Center on October 12. Spon-
sors are still needed as are items for our silent and live auction.
Contact Kim Lett at klett@cildrc.org for more information. Tickets
are available now at the early bird rate of $75 a person or $140
couple. On Sept. 12, tickets will be $85 per person and $160
couple. Link to the dRC website, www.cildrc.org for your
tickets or call the dRC. More information will be available on the
dRC website and Facebook page as the gala gets closer.  

Staff from the dRC is always interested in talking to any group
about independent living and what the Center does. The dRC is
also interested in offering more trainings. If you would like a
speaker for your group or have a suggestion for a training or
workshop, please contact Kim Lett at the email address above.

How Homelessness Affects Children

Millions of children experience homelessness every
year. According to the National Mental Health Associa-
tion, on any given night, 1.2 million children are home-
less. These numbers are just astounding to me.

The experience of homelessness affects the physical,
emotional, cognitive, social, and behavioral develop-
ment of children. Many homeless children have attend-
ed two or more schools in a one-year period. Almost
half of homeless children have anxiety, depression, or
withdrawal. More than one in three homeless children
manifest delinquent and aggressive behavior. Home-
less children tend to have very low self-esteem. Often,
they don’t have adequate food or nutrition, reliable
transportation, necessary immunizations or immuniza-
tion records, appropriate clothing, or school supplies.
Many children who grow up homeless are likely to re-
peat the lifestyle with their own children.

Statistics show that every two minutes a child be-
comes homeless in America. No child should have to
live in a shelter. They fear their friends will find out they
are in a shelter and treat them differently. Some have a
difficult time in school because of housing instability.

Culpeper Housing and Shelter Services (CHASS) operates a 15-bed homeless family shelter in Culpeper, VA. Not only do we provide emergency shelter, but we help the homeless individuals and families find and move into permanent stable housing through our Rapid Re-housing Program. Our goal is to get them from shelter to housing in 30 days or less. This is not al-
ways possible, but it is our goal.

I would like to share part of a letter I received from a
different letter recipient. She is a single mother with four chil-
dren. She came to CHASS homeless with nowhere to
go. We were able to put her and her children into
housing where they have since thrived. The children
are honor students and have won many awards at
school. The mom still struggles every month with bills
as she can never be sure of her child support, yet she
works two jobs to keep food on the table and a roof
over her family’s head.

As their mother I am over the moon but the key to
assist and the positive changes they make in lives is a
true blessing. This program was a life saver for me and
my family. Culpeper is certainly a better place with
the services CHASS provides.

For more information about CHASS or to find out how
you can help please contact Cheryl S. Carter, Executive
Director – 540-825-7434.
**Visit Cedar Mountain Battlefield**

Cedar Mountain Battlefield is located just 6 miles south of Culpeper. When this Civil War battle broke out on August 9, 1862, townspeople hearing the first shots rejoiced that Confederate Major General Thomas J. "Stonewall" Jackson had arrived to rescue them from the intimidation and devastation heaped upon them by the Federal army. Jackson led his troops into battle against Federal Major General Nathaniel Banks’ corps. The timely arrival of Culpeper native son Major General A.P. Hill, along with Jackson’s rallying of his troops, turned the tide in the Confederates’ favor. 3,800 Americans were killed or wounded at the Battle of Cedar Mountain.

With the cooperation of local citizens and in partnership with the American Battlefield Trust, the non-profit Friends of Cedar Mountain (FCMB) is dedicated to preserving this hallowed ground. The past successes of these efforts offer visitors to Cedar Mountain the unique experience of seeing a battle landscape that is largely unchanged. Cedar Mountain’s quiet rural setting creates a sense of having stepped back in time, encouraging reflection on this tumultuous period in American history. There are many opportunities to visit, learn about, and support Cedar Mountain Battlefield.

**Attend the battle’s yearly anniversary event.** On the second weekend in August, the battle’s anniversary is commemorated with a living history event that is free to the public. In 2019, this event will take place on August 10 and 11. The event will feature the 10th Virginia Infantry Valley Guards in a living history encampment and “school of the soldier” experience with drills and instruction that engage all ages. There will also be evening torchlight tours on August 10.

**Take a group tour this fall.** On Saturday, September 21 and Saturday, October 19, 2019, a battlefield tour will be offered at 10:00 am. No registration is necessary; simply park and meet at the FCMB meeting house (9465 General Winder Road). The tours follow grassy paths on rolling open and wooded terrain; sturdy shoes, a hat and bug repellent are recommended. A $10 donation to FCMB is appreciated.

**Arrange your own tour with a guide.** Individuals, families and groups are invited to contact FCMB in advance of their visit. With prior arrangement, FCMB guides can provide an overview of the battle or respond to particular interests.

**Explore the battlefield on your own.** Scenic trails are marked with interpretative signage. Watch for monuments placed by veterans’ groups to mark key battle locations. Stop by the 120 year old replica cannon placed where Confederate cannon were positioned and fought over, and imagine the clamor of battle. The battlefield also offers opportunities for bird watching, wildflower identification or plein air painting.

**Join preservation efforts.** The American Battlefield Trust’s annual Park Day, held the first Saturday in April, focuses on properly clean-up, maintenance and preservation projects. FCMB greatly appreciates the help of those of all ages who roll up their sleeves and pitch in on Park Day. In addition, special projects frequently are available for scout or community groups looking for a unique service opportunity.

**Become a member.** Membership in Friends of Cedar Mountain provides support to ongoing preservation efforts. Members’ skills and interests related to historic preservation and education are welcomed. Learn more about Cedar Mountain Battlefield by visiting www.friendsofcedarmountain.org

**Visit Cedar Mountain Battlefield**

The battlefield hosts a free living history event on August 10 & 11, 2019.

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**THE BRANDY STATION FOUNDATION**

The Brandy Station Foundation is a non-profit 501 (c) (3) all-volunteer community organization dedicated to preserving the natural and historic resources of the Brandy Station area of Culpeper County, and to honor the courage and dedication of Confederate and Union soldiers who fought or served in Culpeper during the Civil War. The BSF relies on tax-deductible donations and volunteers to meet its goals. The website is www.brandystationfoundation.com.

**GRAFFITI HOUSE TOURS**

The Brandy Station Foundation operates the Graffiti House, 19454 Brandy Rd., Brandy Station, which serves as the Battle of Brandy Station visitor center and as a museum. The Graffiti House is a two-story frame structure, believed to have been built in 1858. The walls of the second floor contain inscriptions, drawings, messages, and signatures of Civil War soldiers, hence the name “Graffiti House.” We are open on weekends from 11AM-4PM. Admission is free, but donations are welcome.

**UPCOMING ACTIVITIES**

The Brandy Station Foundation 2019 Sunday lectures are held on the last Sunday of each month from April through September and begin at 2:00 PM at the Graffiti House. 19454 Brandy Road, Brandy Station. The lectures are free (although donations are welcome) and refreshments are provided. Upcoming lectures include:

- **August 25, 2019** David Coetz “Moosby and the Lincoln Assassination”
- **September 29, 2019** William Conney “Civil War in Northern Virginia”

Please continue to check the BSF website for additional information on the following activities:

- **October 2019** Spirits of the Graffiti House will be held at the Graffiti House. 19454 Brandy Road, Brandy Station. There will be treats, storytelling, and paranormal investigators from Culpeper Paranormal will share their findings from investigations at the Graffiti House.
- **December 2019** Holiday Open House at the Graffiti House, 19454 Brandy Road, Brandy Station. Please stop by to see Civil War graffiti and enjoy holiday fare.

**VOLUNTEER OPPORTUNITIES**

To volunteer or for more information please check the Volunteer tab on the Brandy Station Foundation website. Choose your days or volunteer every day and then “on call”. Free training (and lots of friendship) provided.
“Bugs” would not be on most peoples’ invitation list for a summer outing. No one wants ants at the picnic, let alone a fly in the ointment. But butterflies? I am a bee-keeper, but playing with thousands of stinging insects is another’s definition of insanity. Let’s just say we humans have a mixed relationship with insects.

Plant pollination is responsible for all the food we eat. Even beef gets its start on hay and grain. While corn pollen is blown around, 70% of all vegetables and fruit we eat is pollinated by honeybees. The first honeybees arrived here in 1621 and before that, all the flowers were pollinated by other insects: native solitary bees, bumblebees, butterflies and moths. Plants offer a sweet nectar gift in with their pollen. The pollen-covered bug moves from flower to flower retrieving more gifts, leaving pollen on the way. The fertilizing pollen allows the plant to produce the fruit and vegetables we eat. The relationship between pollen-bearer and pollinator includes smell, sound, and electrostatic signaling, and goes back 125 million years. They have worked out all the bugs!

How can we encourage pollinators to visit and stay? Pollinator food plants are the easiest choice. Here you need a good guide. Remember that pollinators need to eat in August as much as April, so plant for all seasons. As well, think vertical, with trees or vines on trellises.

What can a busy person do? The short answer: Start simple, mow tall, and stay away from the chemicals. In January sprinkle dwarf white Dutch clover seeds in your lawn. The freeze-thaw cycle works the seeds into the ground, and by June you have clover blossoms. Keep the mower at 4” or higher. The clover will bring nitrogen to your grass so you don’t have to fertilize, a triple win for you, the soil and the pollinators.

You can easily make a wildflower garden in your lawn. Lay down plastic sheet in the summer to kill off the grass, then sow a wildflower seed mix in the bare ground in the early spring (see American Meadows, Natures Seed or Bulk Wildflowers for a good selection). Stamp, water or roll the seed in. Don’t rake or till, as that will bring up weed seeds to germinate. Stand back and wait for spring!

Your local garden center will have selections marked “pollinator-friendly”. Choose plants that fit your site. Local native varieties are usually more tolerant. Some non-native choices such as butterfly bush (Buddleja davidii) or Bee-Bee trees (Evodia danielli), though attractive to butterflies or bees, are considered nuisance plants in some states.

There are planting guides available on sites such as pollinator.org, AudubonVA.org, the Piedmont Environmental Council, the Xerces Society, or the North American Butterfly Association. You can find relevant information from North Carolina, Maryland, and Pennsylvania Departments of Agriculture. If you are a knowledgeable landlord for the pollinators, you will have a yard full of color and delight all season long.

Roger Williams <rogerw@nordlink.com>
Over time many roads and driveways deteriorate for a variety of reasons; poor maintenance, extreme weather, or heavy traffic. In addition to costly repairs, many roads and roadside ditches drain into local streams delivering both sediment and gravel into stream channels. This is destructive to the stream, resulting in loss of stream bottom habitat and results in loss of channel capacity. Improved maintenance incorporating best management practices (BMPs) can save money and better protect local waterways. Currently available to property owners is the Dirt and Gravel Road BMP Guide, published with funding from the Chesapeake Bay Restoration Fund. The guide can be found at the Culpeper Soil and Water Conservation District’s website (www.culpeperswcd.org) under publications. Hard copies can be picked up from CSWCD as well as your local extension office or building office.

For technical assistance contact Richard Jacobs at 540-825-8591 or RichardJ@culpeperswcd.org.

**Culpeper SWCD Launches Road & Driveway Maintenance Guide**

This spring and summer, the DGIF will be working with cooperating partners and members of the CWD Response Team to determine the most appropriate measures moving forward. These measures may include regulation changes, enhanced CWD surveillance, and other methods designed to assess and manage the spread of the disease in Culpeper and surrounding counties. Additional CWD surveillance efforts will be launched in fall 2019 utilizing predominately hunter-harvested deer. In order to address questions and concerns from the community about the Department’s planned management approach to CWD in this area, a public meeting will be scheduled for late summer in Culpeper County.

This past hunting season, the DGIF worked with fifty taxidermists statewide to enhance Virginia’s CWD surveillance. Of the more than 1,600 samples submitted by participating taxidermists, CWD was only detected in the single Culpeper deer. The DGIF also tested over 1,550 deer harvested from Frederick, Clarke, Warren and Shenandoah counties and detected CWD in 2 deer from Shenandoah County and twenty-six deer from Frederick County. An additional doe from Shenandoah County, reported to the Department by a member of the public and showing symptoms of the disease, was diagnosed with CWD in April. DGIF staff are very appreciative for the enthusiasm and cooperation demonstrated by taxidermists and deer hunters who aided in this sampling effort.

CWD has been detected in twenty-six states and three Canadian provinces. In Virginia, a total of sixty-eight deer have tested positive since 2009. This incurable disease, found in deer, elk, and moose in North America, is a slow and progressive neurologic disease that ultimately results in death of the animal. The disease-causing agent is spread through the urine, feces, and saliva of infected animals. Noticeable symptoms, though may not appear in animals for over a year, include staggering, abnormal posture, lowered head, drooling, confusion, and marked weight loss.

There is no evidence that CWD can be transmitted naturally to humans, livestock, or pets, but the Centers for Disease Control and Prevention advise hunters to test all deer harvested from known CWD-positive areas and to not consume any animals that test positive for the disease.

Regulations pertaining to CWD, maps of affected states, and information about CWD can be found on the DGIF website at: www.dgif.virginia.gov/wildlife/disease/cwd.

Contact: Dr. Megan Kirchgessner, megan.kirchgessner@dgif.virginia.gov, 804-837-5666

**DGIF REPORTS ONE CWD-POSITIVE WHITE-TAILED DEER IN CULPEPER COUNTY**

**Press Release from VDGIF**

RICHMOND: The Virginia Department of Game and Inland Fisheries (DGIF) has confirmed Chronic Wasting Disease (CWD) in a male deer (buck) legally harvested in Culpeper County in November 2018. A cooperating taxidermist submitted the sample to DGIF in late January. At the time this deer was harvested, the hunter did not notice any outward signs of disease and the buck appeared to be in good condition. While CWD has been documented in northwest Virginia for over nine years, this deer was harvested more than 40 miles from the nearest CWD-positive deer in Frederick or Shenandoah counties. Because of the distance from other known positives, DGIF conducted an extensive forensic investigation to confirm the harvest location of this deer, resulting in a delay in releasing the information to the public.

For more information about lawn care, best management practices, reporting pollution, moving dirt and other issues regarding soil and water conservation please contact Stephanie Rose DeNicola, Communications Specialist of Culpeper Soil & Water Conservation District at (540) 825-8591.

**Drinking Water Testing Clinic: Thursday October 10, 2019 at 6:30pm**

Tests to be done include: iron, manganese, sulfate, hardness, sodium, copper, nickel, arsenic, fluoride, pH, total dissolved solids, coliform bacteria, E. coli bacteria and lead.

**Where:** Madison County High School (open to Culpeper residents)

**Cost:** $50 (includes sample analysis cost to test for selected chemical and bacteriological constituents)

Register: Katie Jenkins 540-948-6881 kjenks@vt.edu

You must pre-register, space is limited!

Culpeper County is represented on the Culpeper Soil & Water Conservation District Board by Directors Andrew Campbell and Thomas O’Halloran and Associate Director Laura Campbell.

For more information about lawn care, best management practices, reporting pollution, moving dirt and other issues regarding soil and water conservation please contact Stephanie Rose DeNicola, Communications Specialist of Culpeper Soil & Water Conservation District at (540) 825-8591.
After June Primaries and a busy spring checking campaign petition signatures, the ballot(s) for this November’s General Election are now set — all 17 of them!

Due to Virginia Senate and House District splits, local district Supervisor and School Board races, plus Town Council races, there’s no one-size-fits-all answer to the “What’s on My Ballot?” question.

The best way to find out exactly who will be on your ballot is to visit our website. In general, the following offices will be on the ballot on November 5, 2019:

**Countywide:**
- VA Senate (Districts 17, 24, and 27)
- VA House of Delegates (18 and 30)
- Commissioner of the Revenue
- Commonwealth’s Attorney
- Sheriff
- Treasurer
- Soil & Water Conservation District Director (2 at-large seats)

**West Fairfax, East Fairfax, Catalpa and Salem Districts:**
- Board of Supervisors
- School Board

**Town of Culpeper:**
- Town Council (4 at-large seats)

**IMPORTANT DATES FOR ALL VOTERS:**

- The Last Day to Register to Vote or Submit an Address or Name Change: Tuesday, October 15, 2019
- Absentee Voting Begins: Friday, September 20, 2019
- Last day to Request an Absentee Ballot by Mail: Tuesday, October 29, 2019
- Last Day to Vote Absentee in Person: Saturday, November 2, 2019

Polls will be open from 6 a.m. to 7 p.m. Tuesday, November 5, 2019.

Voters are required to show Photo ID to vote. For a list of accepted IDs, and for other questions, visit our website.

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**WE NEED YOU!**

**BECOME AN ELECTION OFFICER**

Culpeper County needs almost 100 Officers to run each election. Officers must be willing to attend training, work a 15-hour day on Election Day, and enjoy public service. If you’re interested, please contact our office, visit our website: www.voteinculpeper.info/become-officer-election/

Or scan the following code:

**CLEMENTS REAPPOINTED**

The Culpeper County Electoral Board reappointed General Registrar and Director of Elections James Clements to a new, four-year term which commenced July 1, 2019. Clements, who became General Registrar in March 2015, has served in County Elections for 10 years. Deputy Registrar Melissa Hart was also reappointed. Hart has served in County Elections for 12 years.

“Elections have changed dramatically in the last few years and I look forward to the challenges the next four years will bring,” Clements said. “Like the voters of Culpeper, I am well served by a great staff, a supportive Board, and a wonderful group of Election Officers.”
Why Culpeper Needs a Drug Court

For months, Commonwealth’s Attorney Paul Walther has been working to bring a drug treatment court to Culpeper. Here is the reason why.

It’s beyond debate that we have a serious and mounting problem with substance abuse and addiction. All too often that comes with drug-related crimes, and the criminal justice system finds itself on the front line of a public health crisis. But the tools traditionally available to prosecutors were not designed to address this problem. Incarceration is a poor method of treating addiction, particularly since jails are not well-equipped to treat substance abuse or mental illness. With addiction left untreated, jail becomes a revolving door for many people. But what if we could combine the enforcement powers of the criminal justice system with the healing powers of the mental health profession and save money at the same time? Well, we can with a Drug Court.

A Drug Court is a specialized court docket designed to handle the criminal cases of nonviolent substance abusing offenders, giving them the opportunity to participate in treatment as an alternative to jail time. It works by bridging the gap among criminal justice, courts, treatment, social services and public health. Brought together in one place, these parties work collaboratively on breaking the cycle of substance abuse while at the same time demanding accountability and ensuring public safety through intensive supervision. Those who opt in, sign up for multiple drug tests per week, treatment counseling requirements, and weekly appearances in front of the Drug Court judge. In exchange, they are given the connections, which all have proven critical to a successful treatment and return to society.

Studies show that Drug Courts dramatically reduce recidivism, drug use and family conflict, while increasing education and employment. But Drug Courts don’t just work, they save money too. According to the Virginia Supreme Court, Drug Courts have generated cost savings for the Commonwealth in the form of decreased jail/prison time, decreased criminality (recidivism), and increased recovered court costs, fees and child support. In fact, on average, Virginia’s Drug Courts save almost $20,000 per person compared to traditional case processing. According to the Supreme Court’s study, only 17% of those completing Adult Drug Court are convicted of a new offense compared to 53% of those who did not participate in a drug court.

Studies also show that those who complete Drug Court treatments have a higher rate of employment and higher earnings from employment than their non-drug court counterparts. Efforts are well under way to bring a Drug Court to Culpeper. The process to obtain certification from the Virginia Supreme Court, however, is rigorous and requires cooperation across many disciplines to:

- Establish policies and procedures for such things as identification of eligible participants, treatment philosophy and protocols, verification of compliance, and response to noncompliance.
- Identify people willing to serve as a member of the drug court team.
- Thankfully, we have found many people willing to join the team, most even working without compensation.
- Secure necessary local, state and/or federal funding.

Stay tuned for further updates. If you are willing to help Commonwealth’s Attorney Walther make a Drug Court here a reality, please don’t hesitate to contact us.

Office of the Commonwealth’s Attorney 118 W. Davis Street, Suite 102, Culpeper VA 22701 Phone 540-727-3441

Gift bag donated by Clevenger’s


Norma McGuckin, Culpeper Town Police

We would like to thank our donators:

- Ali Grey Farm
- Buffalo Wild Wings
- Chick-fil-A
- Ciro’s Pizza
- Cleveenger’s Corner
- Veterinary Care
- Ed’s Awards and Engravings
- Elements Massage & Skincare
- Gilmore’s Auto Service Center
- Glory Days
- Green Roost
- Jersey Mike’s
- Knakal’s
- Martin’s Food
- Mountain Run Winery
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- Peppers
- Pete’s Pizza
- Shawn’s BBQ
- Southern States
- Sweet Frog
- Taste Oil Vinegar Spice
- Thyme Market
- Tropical Smoothie
- White Dove Studios
- Wine & Design
- Pepsi
- Panera
- Peppers
- Pete’s Pizza
- Ruby Tuesday
- Shear Artistry
- Southern States
- Shear Artistry
- Southern States
- Sweet Frog
- Taste Oil Vinegar Spice
- Thyme Market
- Tropical Smoothie
- White Dove Studios
- Wine & Design
Beginning with a barn maze, the 1000 foot long, foggy, wooded trail awaits your participation as it supports our Santa Shop with a Cop program. The proceeds also help bring joy to less fortunate children and seniors in Culpeper County. Please stay tuned for dates, beginning in October 2019.

Deadwood Trail, since its inception two years ago has been a huge success. The receipts from the event pay for the annual Sheriff’s Office Santa Shop with a Cop Program which provides gifts to needy children and seniors. The gifts are usually presented by law enforcement officers at Christmas. It brightens the holiday for the children and their families, while at the same time cementing a bond with law enforcement that can last for years.

Deputies devote countless hours to the Trail and work hard to make it novel each year. It begins with a fire at the entrance. While sitting there you can hear the delighted screams and shrieks of participants as they wind their way through the woods. Those brave enough, leave the fire and enter the haunted barn to begin their journey. If they survive the barn, groups of people then begin winding through a dark and frightening trail. Eventually the chills and thrills end with a mad dash back to the fire.

Sheriff Jenkins generally greets visitors at the fire. Plan to attend in October and look to the Sheriff’s Office Facebook page and website for specific dates and times.

The warmth and light of a fire on a cold October night is a welcome addition to Deadwood Trail. Bring your family for an evening you will never forget.

Here the adventure begins. What waits behind that door is too frightening to repeat here. Deputies work hard to keep the interior of the barn secret until the trail opens.
Culpeper County Board of Supervisors

Culpeper Quarterly
A quarterly publication

Postal Customer

Culpeper Quarterly
20 years and still going strong!

Once again the skies over Culpeper County will roar with the thunder of historic and high performance aircraft this October 12th, along with an expanded program that promises fun for the whole family. The show with heart-stopping stunts and precision flying performed by historically significant aircraft and some of the nation’s best pilots, is still free to the public after 20 years.

With a week of spectacular aviation events planned, we are sure that you too will be bitten by the “aviation bug”. Now don’t be startled when you see the warbirds flying over town and the surrounding rural areas around Culpeper, they are doing just what planes of that era were meant to do.

Last year’s Air Fest marked our second year of our STEM (Science, Technology, Engineering and Math) program, which was held Wednesday and Thursday prior to the Air Fest and we’re happy to announce that it was an even bigger success in year 2! Over 600 5th grade students were exposed to aviation related technology exhibits, and this year we’re expanding the program even further!

“The Culpeper Air Fest is the largest annual event in Culpeper, and we’re proud to announce an exciting lineup for 2019” says Steve Nixon, Culpeper Air Fest Chairman. “This show is not only a fun day for the whole family, it’s a significant educational experience for future aviators as well.”

For the past several years the Potomac Flight has dazzled crowds in Culpeper and the Washington, DC area with its tribute to America’s fallen veterans. Dozens of warbirds flying in tight formation over our Nation’s majestic monuments is a fitting remembrance of the sacrifices our service members have made to our country. We are so very proud to produce it for you! As the Potomac Flight team is also deeply involved in the planning and production of the Arsenal of Democracy flyover, we are going to skip the Potomac Flight in 2019 and resume next year in 2020. Please stay tuned for updates and we look forward to performing for you again in 2020!

This year we are bringing back a spectacular Friday night event exclusively for our sponsors called Sponsor Night Lights. The event will feature dinner, music, hot air balloons, night time modelers, and a Manfred Radius night time performance.

On Saturday the 12th, our week long aviation journey will culminate with the Air Fest, starting at 9 a.m. when gates open with the buddy box event hosted by the Culpeper Barnstormers and their fabulous model aircraft.

The Culpeper Air Fest is proud to once again celebrate Girls in Aviation Day during our Saturday program, with a special STEM event by Women in Aviation International. We will have special booths set up just for these festivities.

Cruisin For Heroes will again be presenting a “By Invitation Only” Classic Vehicle Display to benefit the Fisher House Foundation. Cruise For Heroes is a group that provides vehicle displays to raise awareness and funding for charities that support our military and First responders.

Then on to the full scale show around noon. Spectators will be excited to see the return of the one and only civilian owned Sea Harrier aka SHAR flown by Marine Corps LTC (ret) Art Nalls. The show will continue with regular performers Bealeton’s Flying Circus, and Scott Frands in his MXS - one of only 12 MXS aircraft in existence. Culpeper’s own native Steve Nixon will perform his riveting act in the R-22 Helicopter, and crowd favorite Manfred Radius will dazzle the audience with his aeroctic glider act.

If weather becomes an issue this year, we will be implementing a rain date for the show on Sunday, October 13th. In the case of inclement weather, stay tuned for updates to our website at www.culpeperairfest.com.

For more information, volunteer and sponsorship opportunities in this wonderful event, please call 703-431-9611.

About Culpeper Air Fest

The award winning Culpeper Air Fest is one of the most exclusive air shows in the country, and is also the largest annual event in Culpeper. It is 100% free to the public, and we’ve been able to keep it that way with strong support from you, our local community, and our local business sponsors.

Learn more at www.culpeperairfest.com and follow us on social media (Facebook, Twitter and Instagram) for the latest news and updates.

The Culpeper Airport is celebrating 50 years of connecting our community this year. Culpeper Regional Airport was dedicated on November 15th, 1969. Stay tuned for promotions and events throughout the year commemorating this historic milestone.

Culpeper Regional Airport
12517 Beverly Ford Road, Brandy Station, VA 540-825-8280

dhoffman@culpepercounty.gov