

Virginia Cooperative Extension

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Other agents serving Culpeper: ANR-Tim Mize (Fauquier), Brad Jarvis & Adam Downing (Madison), Kenner Love (Rappahannock); FCS—Clare Lillard (Orange)

The Culpeper Extension Office is located at 101 S. West Street, Culpeper, VA 22701. (Corner of West and Davis) Telephone: (540)727-3435

*If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in any of the activities 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. *TDD number is (800) 828-1120.*

FAMILY NUTRITION PROGRAM (FNP)

Brenda Watkevich, Program Assistant, FNP-Adults

No room to garden where you live?



Come garden with us at the Culpeper Community Garden located at CFC Farm and Home Center (15172 Brandy Road). We garden all year round at the Culpeper community garden and I am hoping to find more people interested.

The Culpeper Community Garden is a partnership between Culpeper Farm and Home Center and VCE's Family Nutrition Program started in 2009 for those in need of a place to grow their own vegetables. Located on the CFC property it consists of 30 plots. The plots are given away free to anyone with the desire to garden. Income challenged families will be given first

priority. Water and some tools are available for gardeners' use. The garden is open all year. Fall and winter gardening is encouraged. Please call me, Brenda Watkevich, for more information at 540-727-3435 x 348.

FAMILY NUTRITION PROGRAM (FNP)

Georgette Mosley, Senior Program Assistant, FNP-Youth

A Partnership is SPROUTING

Yowell Elementary school was the recipient of a school gardening grant offered by Virginia Cooperative Extension's Family Nutrition Program (FNP). The grant provided materials to start a garden and implement an educational component to address gardening, plant life cycle and nutrition.



Yowell Elementary 3rd grade students planting radishes.

Participants from Kid Central helped prepare the garden at Yowell Elementary by

assembling, preparing and filling nine, raised garden beds with compost donated by the Town of Culpeper Public Services during the summer. They were also given several hands-on lessons related to gardening and nutrition by VCE staff that offered participants an opportunity to plant their own vegetables to carry home, create kneeling pads and prepare several recipes that incorporated fresh vegetables.

Once school resumed in the fall, 3rd graders at Yowell began planting and tending a variety of vegetables in the garden during YES Time with Mrs. Thomas, CCPS Para Professional. Students used garden twine to turn the beds into square foot gardens before preparing the soil and transplanting radish, carrot, collard green, beet, parsley and chive seedlings with help from VCE staff and volunteers from the Minority and Veteran Farmers of the Piedmont.

The program continued into the fall with a lesson on the life cycle of a plant and concluded in November with a nutrition lesson stressing the importance of vegetable consumption. Students were given the opportunity to prepare and enjoy a healthy snack as part of the lesson.

Harvested vegetables were made available to Yowell families for free throughout the gardening season. Recipe cards were also provided to encourage parents to take the produce home and prepare it!

Virginia Cooperative Extension-FNP would like to thank Yowell Elementary school, Kid Central, Town of Culpeper Public Services and Minority and Veteran Farmers of the Piedmont for their partnership. For more information about the garden project at Yowell Elementary or the Virginia Family Nutrition Program-Youth, please contact Georgette Y. Mosley at 540-727-3435 x.346 or gyates@vt.edu

FAMILY AND CONSUMER SCIENCES (FCS)

Becky Gartner, Extension Agent, FCS

Balanced Living with Diabetes Course

Virginia Cooperative Extension, Culpeper Unit, will be offering a Balanced Living with Diabetes Course. The course consists of 4 weekly classes with a reunion class 3 months later.

Blood glucose is measured at the first class and the reunion class. The course teaches participants how to control carbohydrate intake, increase physical activity and how to adapt recipes to fit a diabetic eating plan.

The course is for individuals diagnosed with diabetes and their spouse or caregiver. The course will be held March – April and there is no cost to attend. If you are interested in more information, contact Becky Gartner at 540-727-3435 ext. 344 or rebes13@vt.edu

Food Safety Training Available for Everyone

Virginia Cooperative Extension offers various food safety training programs. The programs meet the needs of restaurants, non-profits, churches and foodservice employees. For more information and a schedule of classes, contact Becky Gartner at (540) 727-3435 or rebes13@vt.edu.

Cooking for Crowds - Does your church or non-profit organization have food events for its members or sell food as a fundraising event? "Cooking for Crowds" is a workshop that will teach food safety and how your organization can ensure the safe handling of food. Learn how to handle food during cooking and serving and the food safety standards for temporary events. Members of non-profit organizations, athletic boosters, sports leagues, churches and fire departments are encouraged to attend.

ServSafe Food Handler - The course covers why food safety is important, personal hygiene, controlling time and temperature, preventing

cross contamination and cleaning and sanitizing. The course was developed by the National Restaurant Association and is designed for employees of foodservice operations such as hotels, restaurants, schools, and institutions.

ServSafe Manager Certification - Participants in this course will complete the requirements for a Food Protection Manager Certification of the National Restaurant Association. The course is designed for managers of food service operations, food and beverage managers, catering managers, chefs and dietary managers. After completing the classroom work, participants will take a national certification exam

Understanding Allergens – Food allergies affects many people and if you work with food, you need to know how to handle them. Learn what the Big 8 allergens are and how to ensure you are keeping your customers safe.

Home Food Preservation Class

Winter is here but you can start thinking about the spring and summer and all that produce that will need to be preserved. Learn how to preserve your bounty by attending the Home Food Preservation class sponsored by Virginia Cooperative Extension, Culpeper County.

Participants will learn how to can fruits and vegetables using a pressure canner and water bath canner along with how to make jams and jellies.

The class will be held Saturday, February 8, from 9:30 am to 3:30 pm at the Culpeper Extension Office which is located at 101 S. West Street, Culpeper. The cost of the class is \$25 and participants must register by January 31. The class limit is 8.

For more information and to register, contact Becky Sheffield, Extension Agent, Family & Consumer Sciences, Culpeper County Extension Office at 540-727-3435, x 344 or rebes13@vt.edu

HORTICULTURE

Ashley Appling, Associate Extension Agent,
ANR-Horticulture

What is up with my oak tree?

Our office fielded many questions throughout 2019 about oak trees dying in landscapes across Culpeper and Orange Counties. We have received numerous stories about white and red oaks looking fine in early summer and then declining suddenly. This decline is most apparent when leaves begin to brown, branches begin to die, and bark begins to peel away from the trunk. I have used the word decline throughout the last couple of sentences, and it is appropriate because oak decline is the catch-all term for these issues.

Oak decline is the gradual failure of a tree that results from a combination of predisposing factors, inciting factors, and contributing factors. Predisposing factors include poor soil (including soil compaction), topography, and competition (which would include grass competition). Inciting factors rarely kill the tree outright, but help initiate decline by reducing growth, food reserves in branches or roots, and canopy or root dieback. Some examples of inciting factors are frost, drought, defoliating insects (such as jumping oak gall, gypsy moth, and orange striped oak worm), and root zone disturbance. Contributing factors come into play after predisposing factors and inciting factors have already weakened the tree. These factors are usually the last nail in the coffin and are sometimes blamed for the death of the tree. Examples of contributing factors include secondary insects or diseases, such as two-lined chestnut borer and *Armillaria* root rot.

The general observation over 2019, was that the majority of dying oaks were exposed trees, in yards or fields, not trees in forest settings. Trees in

yards or fields have the predisposing factors of soil compaction and grass competition. White oaks seemed to have had a tougher time in the summer of 2019, compared to red oaks.

White oaks in particular have had to deal with as much as five years of jumping oak gall (orange bumps on the underside of leaves caused by wasps), which leads to reduced leaf area or complete defoliation. Trees can handle this leaf damage for a year or two years but beyond that damage is significant. In addition to the jumping oak gall, 2018 and the spring of 2019 were record setting in the amount of rain fall we received. This record setting rain fall lead to saturated root zones in areas that are generally considered drier sites. White oaks in particular are not tolerant of wet feet, these saturated conditions help contribute to fungal root infections. Then we had our very dry summer of 2019, which was the final domino to fall for many oaks in our area. All of these factors mentioned and some factors that may be unique to your site, helped contribute to the decline and death of oaks across our area and Northern Virginia. It is very sad to see our mighty oaks decline and die, but sometimes all of these factors add up at just the right time.

For more information, please contact your local Extension Office (<http://ext.vt.edu/offices.html>).



AGRICULTURE AND NATURAL RESOURCES (ANR)

Carl Stafford, Senior Extension Agent, ANR

Treated Wood Scraps

Treated wood has many applications on farms ranging from posts treated for ground contact to dimensional lumber used in facilities. If you pay attention to good carpenters you can see that they pride themselves on leaving few trimmings at the end of the job. While I admire their efficiency, the truth is most of us must trim a board or a post when building fences or facilities.



These treated wood scraps are the main focus of my article today as they pose some risk to our livestock if not handled properly. Industry recommendations are for all scraps to be disposed of at approved landfills in accordance with any local ordinances and that treated wood should not be burned under any circumstances. Follow the label.

Sounds kind of easy until you get to the practical application of this recommendation. Let's consider an illustration. Take the commercial fencing contractor who at the end of the day is finishing up a neat, straight fence along road frontage where everyone will see his work. A finishing touch is to trim all posts to conform with straight lines and the visual appeal designed into this beautiful fence.

In most fencing jobs, brush clearing is included to open up a place for the fence to be built. Brush piles are usually located nearby and become a "logical" place to dispose of post scraps. The problem comes when these brush piles are burned. When treated wood is burned, ash and charcoal residue is left behind, and burn piles can be located in the field with livestock present. Cattle seem to be drawn to burn piles and a cold burn pile in a cattle pasture is sure to have tracks all around.

If foot prints were all they left behind it would be fine, but cattle are curious and tend to smell and lick new things to find out how they taste. Ash and charcoal seem to be appealing, possibly for minerals. In any event, cattle that eat this treated wood residue can pay the ultimate price, death if they ingest enough. There have been 3 such cases over a 3-county area, 2 in one month. In each case a veterinarian diagnosed the cause of death and in each case, there was a burn pile involved. Send your scraps to the landfill, follow the label.

There are a variety of other items that can end up in a brush pile that could leave residue behind to hurt our grazing livestock. Avoid burning anything but natural brush, and limbs in burn piles situated in areas your livestock access. However, some of this natural material like yard trimmings could also be toxic to livestock. A good example would be fresh yard trimmings from evergreen shrubs. The yew plant in particular is a poisonous plant that if ingested in the right amounts, can cause death. Maybe a burn pile is not such a good idea in your pasture field as it has the potential to draw items not intended for livestock to consume.

4-H YOUTH DEVELOPMENT

Cristy Mosley, Extension Agent, 4-H
JoAnna Kilby, Program Assistant, 4-H

What are the Four H's of 4-H?

Do you know what the four H's in 4-H stand for? 4-H Positive Youth Development uses the framework of the 4-H pledge to organize the delivery of experiences to support life skills development.

The Pledge:

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



HEAD: Knowledge, Reasoning, Creativity and Problem-Solving Competencies

HEART: Personal/Social

HANDS: Vocational/Citizenship Competencies

HEALTH: Health/Physical Competencies

<p>HEAD Thinking Learning to learn Decision-making Problem-solving Critical thinking Service learning</p>	<p>HEART Relating Communications Cooperation Social Skills Conflict Resolution Accepting Differences</p>	<p>HANDS Giving Community Service - volunteering Leadership Responsibility Contribution to group</p>	<p>HEALTH Living Healthy life-style choices Stress Management Disease Prevention Personal Safety</p>
<p>Managing Goal setting Planning/organizing Wise use of resources Keeping Records Resiliency</p>	<p>Caring Concern for others Empathy Sharing Nurturing relationships</p>	<p>Working Marketable/useful skills Teamwork Self-motivation</p>	<p>Being Self Esteem Self Responsibility Character Managing feelings Self-Discipline</p>

Culpeper 4-H has a wide variety of programs including clubs, workshops, and camps that are open to all youth in the county ages 5-18. Our clubs are FREE to join and the cost of our workshops and camps are kept as low as possible. If you are interested in joining this 100+ year old program focused on youth development, please contact our office to learn how at (540) 727-3435 or email Cristy Mosley, Extension Agent, 4-H Youth Development ([Mosley1@vt.edu](mailto:mosley1@vt.edu)) or JoAnna Kilby, Program Assistant, 4-H Youth Development (jlclark@vt.edu).



Social Security Administration

3 Reasons Why Social Security is Important for Women

By Dean Kincaid, Social Security District Manager in Culpeper

In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history. Yet, on average, women face greater economic challenges than men in retirement.

Nearly 55 percent of the people receiving Social Security benefits are women. Women generally live longer than men while often having lower lifetime earnings. And women usually reach retirement with smaller pensions and other assets compared to men. These are three key reasons why Social Security is vitally important to women.

If you've worked and paid taxes into the Social Security system for at least 10 years and have earned a minimum of 40 work credits, you may be eligible for your own benefits. Once you reach age 62, you may be eligible for your own Social Security benefit whether you're married or not and whether your spouse collects Social Security or not. If you're eligible and apply for benefits on more than one work record, you generally receive the higher benefit amount.



The sooner you start planning for retirement, the better off you'll be. We have specific information for women at www.socialsecurity.gov/people/women. Email or post this link to friends and family you love.



Virginia Small Business Financing Authority SWaM Business Microloan Fund

The Virginia Small Business Financing Authority offers Virginia businesses a number of financing options. The SWaM Business Microloan Fund is a short term loan available to business with over 2 years of continuous operation. With technical assistance from the Small Business Development Center at Culpeper, the maximum loan amount can increase from \$10,000 to \$25,000. The following Program Guidelines are from the VSBFA website.

Program Guidelines

The Virginia Small Business Financing Authority's SWaM Business Microloan Fund is designed to assist Virginia's existing small businesses. Short-term loans are provided to help established businesses create new jobs, retain existing "at risk" jobs and promote investment and long-term economic development in Virginia. Applicants are encouraged to obtain technical assistance provided by the Virginia Small Business Development Center network or other counseling resources. Applicants that have sought such counseling may be eligible for a larger loan.

Eligible Borrowers:

- Businesses currently operating in Virginia;
- In good standing with the State Corporation Commission or other applicable state or local licensing authority;
- Businesses in continuous operation for at least two (2) years.

Businesses must also meet at least one of the

following criteria to be an eligible borrower:

- Have \$10 million or less in annual revenues over each of the last three years; or
- Have a net worth of \$2 million or less; or
- Have fewer than 250 employees.

Eligible Loan Purposes:

- Financing accounts receivable & inventory, contract financing, permanent working capital, leasehold improvements
- The purchase and installation of furniture, fixtures, equipment, or technology infrastructure

Ineligible Loan Purposes: Loan funds may not be used to:

- Refinance or restructure existing debt
- Finance construction or
- Finance non-owner occupied real estate investment

Program Loan Amounts and Terms:

- Maximum Loan Amount: If applicant has received technical assistance from the Virginia Small Business Development Center network or another counseling agency and obtains a referral form in support of the request from that counseling agency, the maximum loan amount is \$25,000
- Maximum Loan Amount without technical assistance and a referral form is \$10,000
- Maximum term over which payments may be made is 48 months.
- Payments must be made by automatically debiting the Borrower's checking account.
- Interest rates are fixed at the time of the loan. The interest rate is tied to the *Wall Street Journal* Prime

rate with a spread based on the credit risk as determined by VSBFA. The rate will not exceed the Prime rate plus 3%.

Personal Guarantees:

The program requires all individuals and business entities owning 20% or more of the applicant business (including a spouse owning 5% or more when the combined ownership of both spouses is 20% or more) to provide a personal guaranty of the loan.

Program Fees:

There is a \$100 non-refundable application fee. If approved, the Borrower will pay all closing and legal fees associated with the loan.

This information and other small business loan programs are available on the Virginia Small Business Financing Authority website at <https://www.sbsd.virginia.gov/virginia-small-business-financing-authority/>

The Small Business Development Center at Culpeper offers free business consulting, affordable training courses, and personal referrals to local resources, guidance, insights, and connections to help your business succeed. All services given at the SBDC at Culpeper are at no cost and are strictly confidential.

Contact: David C. Reardon, Business Counselor

Email: dreardon@lfsbdc.org

The SBDC at Culpeper

803 South Main St. | Culpeper, VA 22701

PHONE: 540-727-0638

www.lfsbdc.org

The SBDC at Culpeper is funded in part by the U.S. Small Business Administration and Culpeper County and is hosted by Lord Fairfax Community College.

Rappahannock-Rapidan

VIRGINIA



Prepare Your Home and Community for an Emergency

Culpeper residents face severe weather events each year.

Citizens know these and other public health emergencies could be accidental or intentional. Our proximity to the national capital region increases our risk, and encourages us to increase our efforts in emergency preparedness. Are you ready?

The Rappahannock-Rapidan Health District (RRHD) recommends personal health preparedness. This means being ready to take care of your health and wellness following an emergency. A large scale event, such as a flood, can cause widespread power outages, supply chain disruptions, and strain public health and health care systems.

It is important to have an emergency supplies kit that includes items that you absolutely cannot do without. The most important personal needs include water, food, and prescriptions. Your kit should include:

- At least a 3-day supply of nonperishable and ready-to-eat food (remember your family's dietary restrictions, food allergies, and medical conditions such as diabetes)
- At least a gallon of water per person and pet per day, for 3 days; if possible store a 2-week supply
- At least a 7 to 10-day supply of prescription medications

Once you have the essentials, expand your kit to include:

- First aid supplies, such as bandages, a digital thermometer, tweezers, etc.
- Medical supplies (if needed), such as catheters, syringes, and blood-test strips
- Hygiene products, such as soap, hand sanitizer, sanitizing wipes, sunscreen, and feminine hygiene supplies

Plastic bins or backpacks work great to store emergency supplies, and they can be quickly moved if evacuation becomes necessary. Update your supplies every six months. Use and replace any food, water, and/or prescription medications before they expire.

Now that you are prepared, would you like to be involved in preparing your community? The Rappahannock-Rapidan Medical Reserve Corps (RRMRC) was

established in 2003 in response to September 11th and the Anthrax attacks that followed. The RRMRC is part of a national network of volunteers organized locally to improve the health and safety of the community. It is a great way to help your community, during disasters and every day. These volunteers work to strengthen local public health systems, improve response capabilities, and build community resilience.

Currently there are almost 1,000 MRC units across the United States and its territories with more than 204,000 volunteers. Locally, there are 351 volunteers in the RRMRC. These volunteers work on projects throughout the year, including exercises, influenza vaccinations, health fairs, and communicable disease response. The RRMRC offers both medical and non-medical volunteers the opportunity to serve their community. Volunteers learn new skills, network with others, and gain experience in emergency management and response.

To make a difference in your hometown's safety, don't wait for disaster to strike. Everyone has something to offer the RRMRC – whether medically trained or not. Be a part of the solution. To learn more, visit the <http://www.vdh.virginia.gov/mrc/> website.



Families First/Healthy Families Culpeper

We offer three **FREE** services to families of Culpeper County.

WELCOME HOME BABY

Welcome Home Baby is a free and one-time service available to any parent in Culpeper County.

We provide information and referrals for parenting and other resources in the community.

As a parent in our community, you may have questions about where to go for:

- ◇ Child Care Providers
- ◇ Child Development Information
- ◇ Parent Support Groups
- ◇ Prenatal and Parenting Classes
- ◇ Early Childhood Home Visiting Services

Welcome Home Baby is here to help answer those questions and provide referrals.

HEALTHY STEPS

Healthy Steps is a free and ongoing program that supports new and expecting parents. While working one on one with your own Family Support Specialist (home visitor), we can provide support and information that can be helpful in raising a healthy child.

Healthy Steps is a free, voluntary and confidential home visiting program to any Culpeper County family.

Healthy Steps can:

- ◇ Help parents explore fun ways to interact with their baby.
- ◇ Help parents develop goals and make them a reality.
- ◇ Promote positive parent-child relationships.
- ◇ Promote healthy childhood growth and development.
- ◇ Connect families to resources in the community.

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

FREE 3 week Parenting Class to any parent, or family of Culpeper County.

- ◇ CLASSES ARE HELD THE FIRST 3 TUESDAYS OF EACH MONTH.
- ◇ Each session is held from 6:00 – 8:00 pm at:
Novant Health UVA Culpeper Medical Center
501 Sunset Lane, Culpeper, VA 22701
- ◇ The class is held in the Hospital Board Room.

For more information or any questions about services provided by Families First – Healthy Families Culpeper, please contact:

Leah Walker, Program Manager/Supervisor, by phone or text, at 540-222-6320

Rappahannock Rapidan Health District

98 Alexandria Pike Suite 42, Warrenton, VA 20186

Office: 540-316-6280 Fax: 540-347-6373

www.rrhd.org



THE BRANDY STATION FOUNDATION

The Brandy Station Foundation is a non-profit, all-volunteer 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 Union and Confederate soldiers who fought or served in Culpeper during the Civil War. The website is brandystationfoundation.com



The Graffiti House

GRAFFITI HOUSE TOURS

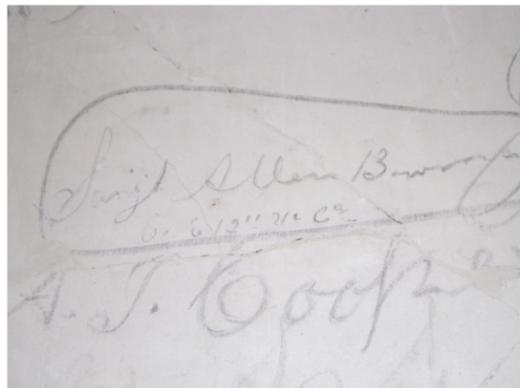
The Brandy Station Foundation operates the Graffiti House, 19484 Brandy Rd., Brandy Station, which serves as the Battle of Brandy Station visitor center and as a museum. The Graffiti House is a two-story frame structure, believed to have been built in 1858. It was built directly beside the railroad tracks. 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 from March through December 15. This year, the opening date is Saturday, March 7, 2020. Admission is free; donations are welcomed.

BRANDY STATION & CEDAR MOUNTAIN STATE PARK ALLIANCE

We support a new state park initiative to transform the Brandy Station and Cedar Mountain battlefields into a Virginia state park. About 1,400 acres across these two battlefields have been preserved. Open space and opportunities for outdoor recreation abound here. As both the Culpeper County Board of Supervisors and Culpeper Town Council have articulated, bringing together this previously preserved acreage under the Virginia state park system would provide a distinctive destination for heritage and recreational tourism alike. Visit BSCMstatepark.com for more information about turning this proposal into a park right here in Culpeper County.

UPCOMING ACTIVITIES

April 4, 2020 Park Day: Cleanup of areas Civil War battlefields and sites.
April 17, 2020 BSF Annual Meeting at the Best Western Culpeper Inn.



A signature upstairs at the Graffiti House: Sgt. Allen Bowman, from Company E of the 12th Virginia Cavalry.

VOLUNTEER OPPORTUNITIES

To volunteer or for more information please call our volunteer coordinator, Cindy Welch, at (703) 895-4083 or email her at cndywlc@aol.com. Please check the Volunteer tab on the Brandy Station Foundation website, brandystationfoundation.com. Help is needed in many areas but especially tour guides and greeters. We can use you! History buffs, retirees, college students, scouts; anyone and everyone! No big commitment; choose your days or volunteer every now and then. Training provided. Join us as we preserve our past for the future.

How the 2020 Census will invite everyone to respond



Nearly every household will receive an invitation to participate in the 2020 Census from either a postal worker or a census worker. Every household will have the option of responding online, by mail, or by phone.

Your responses to the 2020 Census are safe. Your responses to the 2020 Census are protected by law. Under Title 13 of the U.S. Code, the U.S. Census Bureau cannot release any information that identifies you individually. The Census Bureau uses your information for statistical purposes only, for helping to inform decisions for new hospitals, schools and roads.

United States[®]
Census
2020

Look for postcards in your mailbox beginning in March 2020. Don't delay! Respond online, by mail or by phone. The Census only takes place once every 10 years and this information is very important for distribution of funding to your state, county and local jurisdiction.



CNC Training & Certification

NEW PATHWAYS
CAREER AND TECHNICAL EDUCATION

SEEKING

STUDENT ENROLLMENT
CONTRACT WORK FOR REAL LIFE
MANUFACTURING EXPERIENCE

- 1 ACCELERATED & STREAMLINED ENROLLMENT THROUGH GERMANNA COMMUNITY COLLEGE
- 2 FLEXIBLE TRAINING AND SCHEDULING, START IMMEDIATELY
- 3 REAL MANUFACTURING EXPERIENCE ON STATE-OF-THE-ART EQUIPMENT & CURRENT TECHNOLOGY
- 4 TUITION ASSISTANCE AVAILABLE
- 5 EMPLOYER WORKFORCE REIMBURSEMENT

THE CARVER CENTER
9440 JAMES MADISON HWY
RAPIDAN, VA 22733



540-445-0610



NEWPATHWAYSTECH@GMAIL.COM

WE ARE

A Virginia **SCHEV** certified non-profit training organization offering **NIMS** certification in cooperation with Germanna Community College, industry partners, and Virginia Workforce Development.



OUR SCHOOL

Offers a Machining Skills Credential Program and CNC Milling Operator Apprenticeship Program

Training is held at the state-of-the-art New Pathways Tech Machinist School on the Carver Center Complex in Culpeper County

Emphasis of all the courses is to produce precision machined parts using both manual and CNC (Computer Numeric Control) machining equipment

ENROLL TODAY!



AGING TOGETHER is helping to spread the word about the Dementia Friends movement in Culpeper and beyond!

Dementia Friends USA is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in the USA.

Anyone can be a Dementia Friend – we all have a part to play in creating dementia friendly communities!

According to the movement, a Dementia Friend is someone who, through viewing a series of online videos or attending an in-person session, learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts.

People often confuse the terms "dementia" and "Alzheimer's" disease, believing they are one and the same. In fact, Dementia is caused by a number of diseases that affect the brain. The most common is Alzheimer's but diseases also include vascular dementia, dementia with Lewy bodies and Pick's disease.

Different types of dementia affect the brain at different rates and in different ways, but other things like someone's personal circumstances, the people around them and the environment in which they live, will affect their experience of dementia. Dementia progresses in a way that is unique to each individual.

It is true that more people over 65 have dementia but it is not exclusively an older person's disease; younger people get dementia too.

The Dementia Friends movement focuses on Five things you need to know about dementia:

- Dementia is not a normal part of aging. Not everyone who grows old will develop dementia.
- Dementia is caused by Diseases of the brain. The most common is Alzheimer's.
- Dementia is not just about having memory problems. It can affect thinking, communication and doing everyday tasks.
- It is possible to have a good quality of life with dementia.
- There's more to the person than the dementia. People with dementia are a valuable part of the community.

Dementia often starts with short-term memory loss but it can also affect the way that people think, speak and do things. People with dementia can become confused, find it difficult to communicate, as they can't remember the words that they want, and can have difficulties planning.

Dementia also affects people's moods and motivations. This can happen if the disease affects that part of the brain that controls emotions, but even if this does not happen, people with dementia can feel sad, frightened, frustrated or angry about what is happening to them.

However, with a helping hand, people living with dementia can still enjoy their hobbies, have good relationships with partners and friends and live independently for longer.

To help raise awareness and spread the word about Dementia Friends the Piedmont Dementia Education Committee (comprised of Aging Together;



Community members enjoy a complimentary yoga class at Powell Wellness Center

Alzheimer's Association, CWVA; Capital Caring; Culpeper Library; Healthy Steps; First Light Home Care; The Harbor; Poets Walk; and, Rappahannock Rapidan Community Services) is working with Dementia Friendly Central Virginia to bring a series of Dementia Friends presentations to each of the five Aging Together Team meetings in the month of January (Culpeper, Fauquier, Orange, Madison, Rappahannock). Anyone attending the one-hour presentation will become a Dementia Friend.

For a full listing of dates, times, and places of the Dementia Friends presentations please visit www.agingtogether.org. **Some of the times and venues will be altered from the regular Aging Together Team monthly meeting time and place.**

For more information about Alzheimer's disease and related dementia please visit the Alzheimer's Association at www.alz.org

For information about Dementia Friends visit:

www.dementiafriendsusa.org

Ellen Phipps, CTRS, MSG

Executive Director, Aging Together

Culpeper Wellness Foundation: Set goals for a healthy new year in 2020

The beginning of a new year is a great time to assess your health and set goals that can lead to improvements in your overall wellness. Many times goals can be achieved simply by taking small steps and sticking to a routine. We hope that the tips below will be useful as the new year gets underway.

Be health-wise: Take advantage of the resources in Culpeper that offer free health programs. One example is Powell Wellness Center's monthly Health Matters program, which features local health professionals speaking on topics that can range from nutrition to disease prevention to rehabilitation. *Shari Landry, President, Culpeper Wellness Foundation*

Stay hydrated: Did you know the human body is 50-65% water? Much of the water is in blood plasma: 20% of the body's total. According to a study published in the Journal of Biological Chemistry, the amount of water in the human heart and brain is 73%, the lungs are 83%, muscles and kidneys are 79%, the skin is 64%, and the bones are around 31%. Therefore, it's important to stay hydrated. Start your day with an 8-ounce glass of water. Buy yourself a water bottle that you love, and refill it during the day, aiming to drink at least 64 ounces of water. *Heather Boggess, certified personal trainer, Powell Wellness Center.*

Research any diets you consider: Look beyond the "glowy" surface of a diet that has peaked your interest. Every diet is touted as miraculous and life changing with followers who often exaggerate their results. You will seldom hear about the people who did not do well, such

as the person who went vegan and worsened their thyroid condition, or the strict keto follower who ended up with an emergency gallbladder removal. Before starting a specific diet, ask yourself some key questions ... Will this be sustainable? Will I enjoy the food? What will I eat after the 'diet'? Do some research and check in with a trusted health practitioner to see if it will be right for you, your lifestyle and your long term health. *Jena Savadsky Griffith, integrative dietitian nutritionist, Powell Wellness Center*

Ease into change: To improve your health, begin by taking baby steps in the right direction. An unhealthy lifestyle did not appear overnight and neither will its remedy. Start by eliminating unrefined sugar and allow the body to adjust before making the next step. Next, incorporate 30 minutes of movement a day: walking, swimming, tennis, weightlifting, or any other sport you enjoy. Progress with additional steps such as restricting the diet, increasing movement and adding stress relief activities such as yoga, stretching, meditation and massage. *Kim Cabbage, certified personal trainer, Powell Wellness Center*

Experiment with exercise: You may think you don't like to exercise, but it might just be that you haven't found a type of exercise that you enjoy! If strength training machines don't appeal to you, maybe try a group fitness class; if you find it difficult to keep up with a class, maybe try a slower paced class, or hire a personal trainer to help you learn to exercise on your own, at your own pace. Try different

things to keep it interesting! *Katie Hutchins, certified personal trainer, Powell Wellness Center*

Find an exercise buddy: There are benefits to sharing exercise with a friend. Scheduling sessions with a friend holds us accountable and it's possible you'll get in the gym or outdoors to exercise more frequently. You may try new things: having a friend there to boost your confidence can be a motivator. You may lift heavier weights, take a new fitness class, or hire a personal trainer together. You may also find that a little friendly competition will help you push a little harder in your workout and get you to your goals faster! Also, everything is more fun with a friend and the more fun you have the faster time flies. A final thought: Choose your gym buddy wisely. Look for someone who is dependable, kind, positive, and has similar goals as you! *Christine Kauffman, personal trainer, Culpeper Sport & Fitness*

Our mission at the Culpeper Wellness Foundation is to improve health and promote wellness, and we have a few goals of our own: reducing the incidence and health impact of chronic disease and obesity; inspiring healthy, active lifestyles through affordable fitness programs that respond to community needs; and providing health care and health education to low-income uninsured adults that improves their quality of life. In cooperation with Powell Wellness Center, Culpeper Sport & Fitness, the Free Clinic of Culpeper and our other valued partners, we will be working to ensure 2020 is a healthy year for our community.



The Full Circle Thrift Board is happy to announce and welcome **David Martin** as our new Store Manager.

David has worked at the Store for 10 plus years in various capacities, but most recently as the Marketing Manager and Supervisor of the Pick Up and Delivery of Items. David is a strong advocate and supporter of the work of the Store, and the work done by David and his staff supports the Culpeper community. Our motto is Culpeper Helping Culpeper and most recently, Full Circle Thrift donated \$14,000 to support Culpeper Human Services' senior emergency services and \$16,000 to emergency services for families/children. In addition to these contributions, Full Circle Thrift donates needed items to various organizations in Culpeper. If you have the opportunity, please go by the store and wish David well in his new position.



And as always, please feel free to donate and to shop at Full Circle. Many thanks to our loyal customers and donors who make the work we do possible. Full Circle Thrift partners with Culpeper Human Services.



Scholarships Available for Summer Camps and College!

Do you know a young person who loves the outdoors? Culpeper Soil & Water offers scholarships to two summer camps. Camp Woods and Wildlife is held in June at the Holiday Lake 4-H Center. Youth Conservation Camp is held in July at Virginia Tech. Contact Stephanie DeNicola for more information at stephanied@culpeperswcd.org.

The District also offers college scholarships to students dedicated to natural resource conservation. Contact Stephanie DeNicola for more information at stephanied@culpeperswcd.org.

Be Septic Smart!

One in five U.S. homes have septic systems. Yours may be one of them. If your septic system is not properly maintained you may be risking your family's health, hurting the environment, and flushing thousands of dollars down the drain. Septic Smart is a program developed by the Environmental Protection Agency (EPA) to educate homeowners about septic system maintenance. Septic Smart Week is September 2020.

- **Think at the sink!** What goes down your drain has a big impact on your septic system! Avoid harsh chemicals and use cleaners/detergents in moderation
- **Don't strain your drain!** Use water efficiently and stagger use of water based appliances (such as washing machines and dishwashers) to avoid a back up of your septic system into your house.
- **Keep it clean!** If you have a well, many things can contaminate your drinking water, such as a failing septic system. Test your well water regularly!

- **Shield your field!** Tree and root shrubs, cars and livestock can damage your drainfield.
- **Protect it and Inspect It!** Regular septic system maintenance can save homeowners thousands of dollars and protect public health.
- **Don't Overload the Commode!** A toilet is NOT a trashcan! Disposable diapers, wipes, feminine hygiene products, cigarette butts, cat litter and much more can damage your septic system.
- **Pump your tank!** Ensure your septic tank is pumped at regular intervals as recommended by a professional and/or local permitting authority.

More information can be found at <https://www.epa.gov/septic/septicsmart-homeowners>.

Annual Woods & Wildlife Conference will be held Saturday, February 29, 2020 at the Daniel Technology Center! For more information, contact Adam Downing at 540-948-6881 or adowning@vt.edu.

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.

NEED A RIDE?

Ridership by the Numbers

103,379 trips were made using Culpeper's Public Transportation between July 2018—July 2019!

We strive to serve our entire community. We can get you where you need to go.

Come take a ride with us!
Need more information about public transportation in Culpeper, Call (540) 825-2456.

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

Need to travel between Orange and Culpeper?

The Orange-Culpeper Connector Service runs **Monday thru Friday** from **7:30 AM—5:00 PM.**

Need to travel to between Culpeper and Charlottesville?

Try the new **Foothills Express Route.**

Disability?

Schedule the Town of Culpeper **ADA bus**

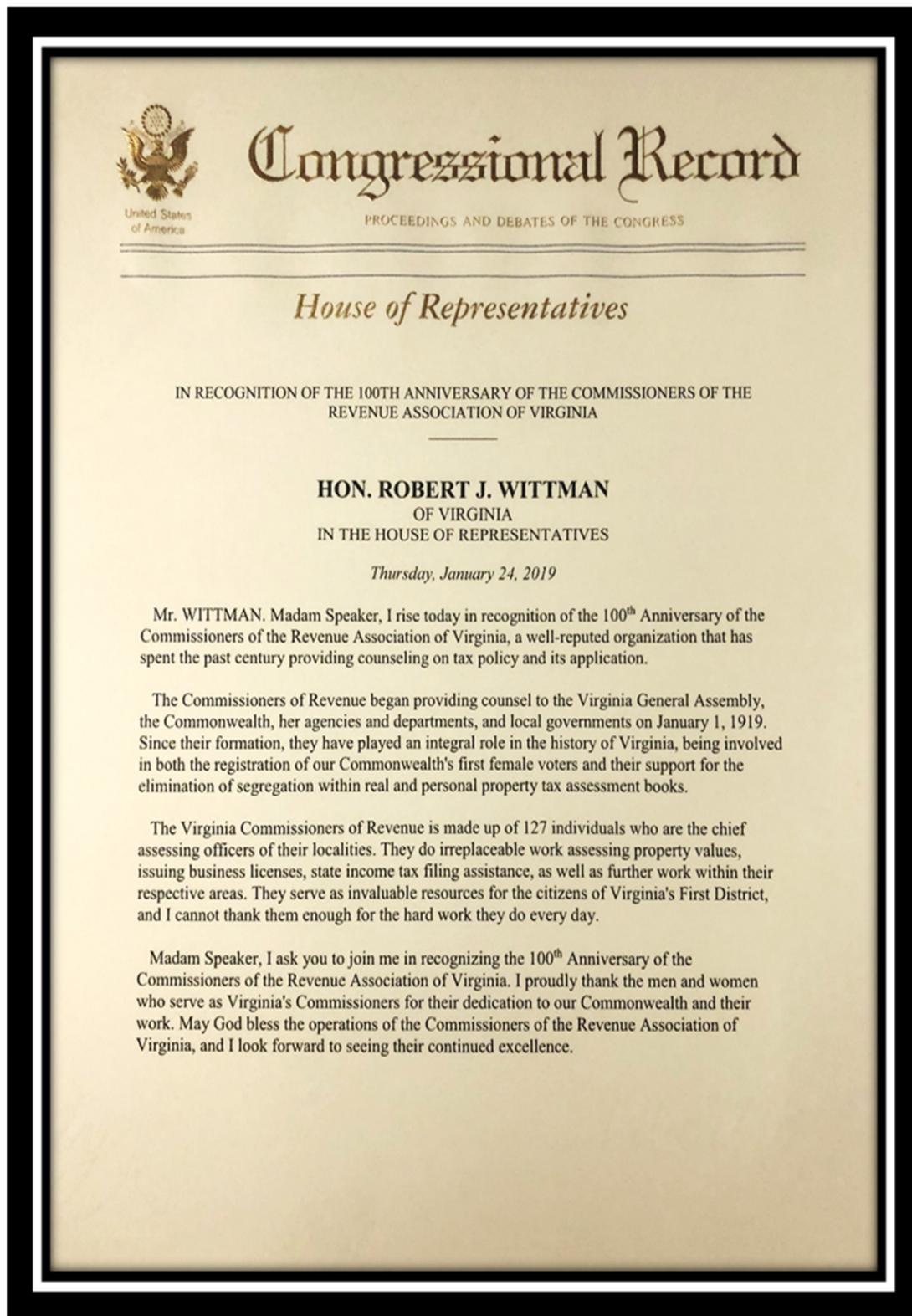
24-hours in advance for a door-to-door ride.



Culpeper Trolleys
Monday thru Friday :
7:00 AM—6:20 PM
Saturdays :
8:20 AM —2:20 PM.



The **Culpeper County Express Bus** picks you up at your door anywhere in Culpeper County and drops you off in the Town of Culpeper. From there, hop on the Trolley. When you are done, the Express Bus will bring you back home.



Terry L. Yowell
Commissioner



On Wednesday, September 4, 2019, The Honorable Rob Wittman, Congressman, VA 1st District, presented Commissioners of the Revenue from across the Commonwealth with an official copy of the January 24, 2019 United States of America Congressional Record which recognizes the 100th Anniversary of the Commissioner of the Revenue Association of Virginia. The Commissioner of the Revenue Association of Virginia celebrated their Centennial Conference in Historic Williamsburg.

The Commissioner of the Revenue Association of Virginia was also commended by the Virginia General Assembly, Senate Joint Resolution 313, during the 2019 session with several Patrons including Culpeper Representative Honorable Emmett Hanger, Senator, 24th District, Honorable Bryce Reeves, Senator, 17th District, Honorable Nick Freitas, Delegate, 30th District and Honorable Michael Webert, Delegate, 18th District.

Commissioner of the Revenue

151 N. Main Street, Culpeper VA 22701

Email: tyowell@culpepercounty.gov website: web.culpepercounty.gov

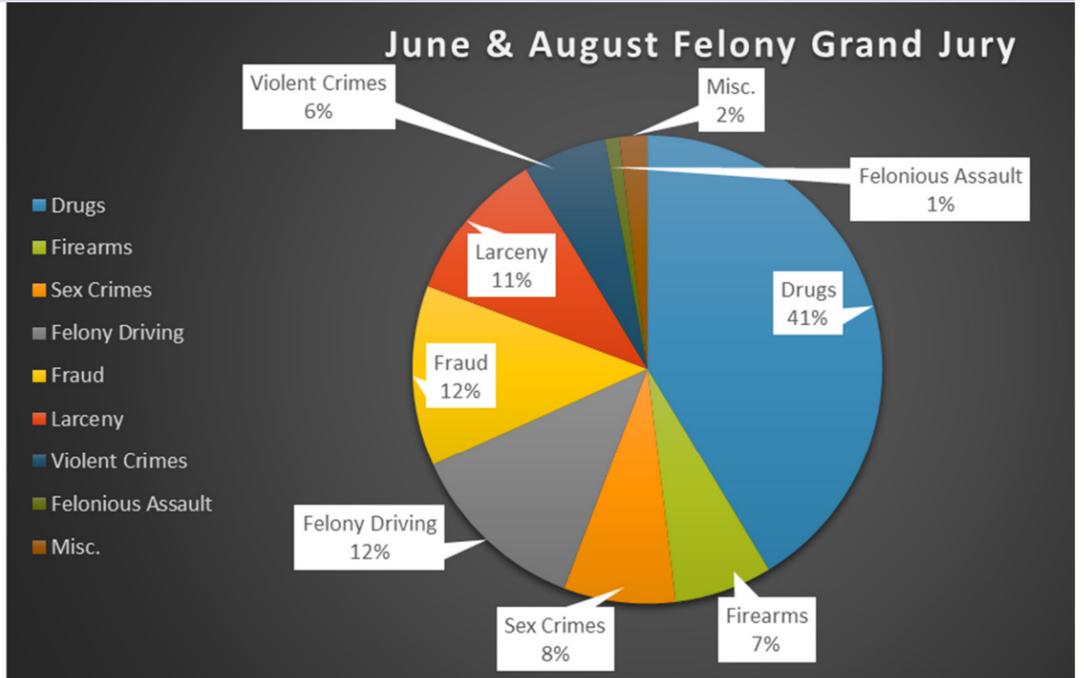
Commonwealth’s Attorney Paul Walther

What is a Grand Jury?

A Grand Jury is an investigative body comprised of at least four (but not more than seven) citizens of Culpeper County. Their job is to determine whether there is probable cause to issue a True Bill for indictments presented by the Commonwealth’s Attorney. Grand Juries are empaneled every other month, starting in February. Probable cause is a determination of whether or not there is enough evidence to show that a crime was probably committed and enough evidence to show that the person who is charged with the crime probably committed it. If the Grand Jury finds probable cause, it issues a True Bill on the indictment. Grand Juries do not try cases. They serve as gatekeepers to ensure that frivolous charges are not filed and to protect a person’s reputation, if necessary.

Grand Jury deliberations are confidential. Generally, any testimony provided by witnesses in a Grand Jury proceeding will not be made public. Grand Juries serve an important function in our community. The ability for a case to go before a Grand Jury is one of the best constitutional protections afforded to us. Grand Jury service is essential for the administration of justice in our great community.

Our office will begin providing a pie chart in each Culpeper Quarterly representing the results or True Bills resulting from the previous Grand Juries of that quarter. The pie chart includes several categories including **drug** related offenses, **firearms** possession or malicious shooting, **sex crimes** such as rape or sexual battery, **felony driving** including felony DUI and hit & run, **fraud** such as welfare fraud or credit card fraud, **larceny** including grand larceny, petit larceny 3rd offense, and embezzlement, **violent crimes** such as burglary, robbery, abduction or strangulation, **felonious assault** to include unlawful wounding, malicious wounding, assault on law enforcement, and domestic assault & battery 3rd offense, and **miscellaneous crimes** that do not fall into a particular category, such as threats in writing.



Notable Concluded Cases of This Quarter

- On March 28, 2019, a jury found a 57-year-old male guilty of one count of rape, and on April 3, 2019, he entered an Alford plea of guilty to a second count of rape where he did not admit guilt but acknowledged that the Commonwealth’s evidence was sufficient to find him guilty. The charges were investigated by the Culpeper County Sheriff’s Office which arose from two separate reports from two different women. On August 26, 2019, the defendant was sentenced in the Circuit Court of Culpeper County for the convictions of the two counts of rape. He was sentenced to serve twenty-three years in prison.
- On September 3, 2019, a 58-year-old male was sentenced to six years active incarceration on two counts of Possession with Intent to Distribute Methamphetamine and Cocaine. The Court also imposed an additional twenty-four years of suspended prison time and placed him on supervised probation. The charges arose out of a search warrant conducted by the Blue Ridge Narcotics and Gang Task Force and the Culpeper County Sheriff’s Office conducted on January 11, 2018. The defendant plead guilty to the charges in January. He also was sentenced to an additional six years to serve, for a probation violation involving a 2011 offense.
- On September 16, 2019, a 26-year-old female, and a 23-year-old male, were each convicted of one count of child abuse and neglect. The charges came as a result of a tip from the Department of Social Services in January 2019, leading the Culpeper County Sheriff’s Office to a camper where the couple had been staying with their toddler son. As a result of lack of treatment of the burns on his hands, the child had to be airlifted to the VCU burn unit. Judge Whitlock sentenced the defendants to over ten (10) years of active incarceration, and ten years of suspended time, collectively. The Judge specifically commented that neither defendant seemed fit to be a parent for the foreseeable future.

EMPLOYEE SPOTLIGHT



Nick Kalagian joined the Commonwealth’s Attorney’s Office in October as an Assistant Commonwealth’s Attorney.

Nick grew up in both Culpeper and Madison Counties, graduating from Madison County High School in 2007. Nick attended Virginia Tech and graduated with his Bachelor’s degree in Political Science in 2011, and attended the Appalachian School of Law where he graduated with his Juris Doctor in 2014. Nick comes to the Commonwealth’s Attorney’s Office with several years of experience at the Fredericksburg Office of the Public Defender, and most recently at the Virginia Office of the Attorney General, where he represented the Commonwealth of Virginia in the civil commitment process of sexually violent predators. Nick is glad to be returning home and to be serving the citizens of Culpeper County. When Nick is not in court, he enjoys watching Virginia Tech football and Capitals hockey and spending time with his wife, a Madison County native, his two-year-old daughter, and their cat and dog.

Culpeper County Sheriff's Office

Sheriff's Christmas with Kids Program

Every year the Sheriff's Office invites needy children and their families to a Christmas Breakfast. They leave with gifts from Santa, a full breakfast and a Christmas meal to fix at home. It is a way for the Sheriff's Office to give back to the community and to help those less fortunate.

Usually around 35 families are invited and over 100 children get to sit on Santa's lap and tell him their wishes. It is a warm and inviting event which leaves all involved infused with the Christmas spirit and wishing goodwill towards all. And, in the process, it helps cement a bond between the children and law enforcement.

The **Christmas with Kids Program** is funded by the receipts from the Sheriff's Office sponsored "Deadwood Trail".



Deadwood Trail Event in October

Deadwood Trail, since its inception in 2017, was again a huge success. The receipts from the event pay for the annual Sheriff's **Christmas with Kids Program** which provides gifts to needy children. 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. Local businesses donate material and good will. This year was no different. It began with a fire at the entrance. While sitting there you could hear the delighted screams and shrieks of participants as they made their way through the woods. It ended with a mad dash out of the woods and back to the fire.

Sheriff Jenkins meets with participants at the fire to talk about the weather, the event and anything else that might come up.



*Beginning with a barn maze, the 1000 foot-long foggy, wooded trail scared well over two thousand participants this year. **Deadwood Trail** supports the annual Sheriff's **Christmas with Kids Program**.*

Sheriff Scott Jenkins

14023 Public Safety Court, Culpeper VA 22701

540-727-7520

www.culpepersheriffsoffice.com

Culpeper County Board of Supervisors

Culpeper Quarterly

A quarterly publication



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Culpeper Air Fest Turns 20 in style!

The Air Fest family would like to thank everyone involved with the Culpeper Air Fest over the past 20 years! That's a HUGE HATS OFF to ALL board members, airport personnel, performers, sponsors, volunteers, airport based tenants, educators, the County of Culpeper, donors, modelers, non-profits, vendors, bus drivers, Fire and Rescue personnel, medical staff, emergency dispatchers, our law enforcement partners, local businesses, students, and visitors young and old, PAST and PRESENT. Without your support, we could not pull off the "Best Little Airshow in the East" for the last two decades.

The weather was beautiful all week leading up to the show on Saturday, October 12. This year we did not have a Potomac Flight as part of our program, as the Potomac Flight team was and still is deeply involved in the planning and production of the Arsenal of Democracy flyover. We made the decision to cancel it for this year and resume it in 2020.

We are now in our third year of hosting the Culpeper Air Fest STEM Days, our biggest one yet! About 18 exhibitors set up displays in 5 different 60x60 hangars to educate and entertain the entire Culpeper 5th grade class along with a large group of home schooled and private school students. It is part of our ongoing goal to provide educational opportunities to our community. Students were able to learn about an airplane build, code and control robots, observe electrical principles, sit in the cockpit of a helicopter and much, much more. A shout out to Culpeper County Public

Schools, Germanna Community College, and Career Partners, Inc. for their coordination of the Air Fest STEM program.

Friday night we hosted our second annual sponsor event, renamed Sponsor Night Lights this year. It was a gorgeous evening to thank our sponsors with a dinner, night time modelers, hot air balloon lighting, and a night time performance from Manfred Radius and his glider act. Without our sponsors we would not be able to keep this event FREE to the public and continue to expand our educational reach.

Our 20th air show on Saturday started off with our modelers and celebrating Women in Aviation Day. The show kicked off at noon and wowed the crowds 'til about 4PM. A special thank you to all of the modelers. The Flying Circus Airshow, Chef Pitts, Nalls Aviation, Kevin Russo, RT Dickson, Joe Edwards T28, Andrew King, Steve Nixon, Manfred Radius, Scott Francis, and to all of the Warbirds that participated in our Warbird Flyover. You made our 20th Anniversary a blast! We hope the public enjoyed this year's show as much as we did.

For more information on the Culpeper Air Fest, Air Fest STEM, or how you can be a part of the Air Fest family, please visit our website at www.culpeperairfest.com and follow us on Facebook, Twitter, and Instagram. The 2020 Air Fest will be held on Saturday, October 10, 2020.



Art Nalls' Sea Harrier



Absorbed with STEM