

Culpeper Quarterly

Transportation and Resources for Older Adults – see Pages 18 - 20

Winter 2023



Culpeper County Drug Treatment Court—see Page 27

A Message from the Board of Supervisors



Tom S. Underwood, Susan L. Gugino, Bobbi Jo Alexis, Paul W. Bates, Kimberly Ellis, Gary M. Deal, John C. Egertson, Kathy Campbell, David E. Durr, Brad C. Rosenberger
Photo by Tim Carlson

Dear Citizens:

Happy New Year! We hope that everyone enjoyed a safe and happy holiday season. While it seemed to go by more quickly than recent years, 2022 included some truly exciting improvements in our community.

The new public Fieldhouse, along with our extensive LED lighting project of the fields were both completed at the Culpeper Sports Complex. These are two projects that will serve our community well for years to come and provide important recreational and sport tourism opportunities for Culpeper. They are projects, along with our (4) new outdoor Pickleball Courts, that have been completed during very difficult times that will help bring us together and make us healthier for years to come.

We look forward to the future addition of a community pool at the Sports Complex as it represents a partnership with the Town of Culpeper and fulfills a desire for another public amenity that we have all wanted to provide for many years.

Also, through Kid Central and our Human Services Board, we are proud of the new Early Head Start building addition that was funded fully by a Federal grant. This new space will provide for 90 more infants and toddlers, and give guardians another option for affordable care in our community. Additionally, the County continues to pursue grants for improvements at the Carver Center. We have been successful in obtaining additional funding for the community kitchen project and several major construction projects are underway. This year the Carver Center will become the new home to our Virginia Cooperative Extension Agents including all of the 4H programs and clubs. The Carver Center represents a unique cultural and educational opportunity for our community and we are proud to revitalize it for the community to enjoy.

Finally, our fiber-to-the-home project with All Points Broadband began in August 2022. The 18-month timeline for this project is well underway and represents a solution to our connectivity issues county-wide. Additional state funding has been requested to partner with Comcast to fill in the remaining service gaps within the area of Culpeper County that they currently serve. Culpeper County staff diligently pursue every available opportunity to lobby for improved internet access and secure funding to help subsidize the costs of rural connectivity initiatives. Our goal is to ensure that every Culpeper County resident has access to high-speed, affordable internet services. We understand just how important this is to our constituents, especially those learning and working at home.

Sadly, we recently lost Bill Chase. Bill served the citizens of the Stevensburg District for 40 years, always putting the concerns of his constituents ahead of anything else. He was a stalwart member of our community and was present for some of the most instrumental decisions that have crafted our community to date.

Last year we also lost past Board members, Ruth Updike, Jack Fincham, and Pearl Griffin. All three provided important, influential leadership to our community.

For the Board,

Brad C. Rosenberger, Vice Chairman
 Jefferson

David E. Durr
 Cedar Mountain

Tom S. Underwood
 Salem

Gary M Deal, Chairman
 Culpeper County Board of Supervisors
 West Fairfax

Paul Bates
 Catalpa

Susan L. Gugino
 Stevensburg

Kathy Campbell
 East Fairfax

Culpeper County Board of Supervisors

To contact your Supervisor, call the County Administration Office at 540-727-3427, or contact directly as follows:

Chairman
Gary M. Deal
540-219-8835

gdeal@culpepercounty.gov
 West Fairfax District

Vice Chairman
Brad C. Rosenberger
540-937-4928

brosenberber@culpepercounty.gov
 Jefferson District

David E. Durr
540-219-8124

ddurr@culpepercounty.gov
 Cedar Mountain District

Tom S. Underwood
540-717-5263

tunderwood@culpepercounty.gov
 Salem District

Paul Bates
540-827-9072

pbates@culpepercounty.gov
 Catalpa District

Susan L. Gugino
540-222-3231

Sgugino@culpepercounty.gov
 Stevensburg District

Kathy Campbell
540-729-8654

kcampbell@culpepercounty.gov
 East Fairfax District

**The Board meets
 the first Tuesday of each month
 10 a.m. General County Business
 7 p.m. Public Forum
 Planning Business
 Public Hearings**

**Agendas and Minutes
 are Available at:
 web.culpepercounty.gov**

Video coverage on Channel 10



13 is Not an Unlucky Number for Culpeper Media Network: CMN Harvests a Silver

Culpeper's local government access television station, Culpeper Media Network, has won their first Silver Telly Award for their video "Camp Fantastic: Virtual Farm Day". The Telly Awards, which has recognized excellence in numerous cable and television categories since 1979, is globally renowned across the television industry. Winners are judged by over 200 industry professionals in the world of local, national, and online video.

Culpeper Media Network took home the Silver Award for General Children's Television. This is the 13th Telly Award in the local television station's history, and their highest accolade yet. Their program, "Camp Fantastic: Virtual Farm Day", was selected amongst numerous global entrants. Other distinguished Silver Winners in this category include the Walt Disney Company (Europe & Africa) and Sesame Workshop.

The winning video centers on Camp Fantastic's Special Love. The annual Culpeper event is a Farm Day held for children currently battling cancer. In 2020, due to the nature of the COVID-19 pandemic, the event was held virtually. The challenge of pulling off an unprecedented virtual production fell on the shoulders of Culpeper Media Network's Station Manager, Jonathan Krawchuk, and Technical Director, Nicolle Wootten.

Jonathan Krawchuk, Culpeper Media Network Station Manager, said this of the success. "Working with Special Love has always been close to our hearts. When the understandable cancellation came, we knew we had to do our best to bring the farm to the kids. Garnering recognition for a passion of ours brings elation. Having the children enjoy it warms my heart."

Nicolle Wootten, Technical Director, stated, "I am so thrilled we were able to help provide the virtual event for such an amazing organization. Camp Fantastic does astounding work for children in the Culpeper community, and winning this award is just an incredible bonus on top of providing the children with some sense of normalcy during what was such an unpredictable time."

Over the span of two weeks, Culpeper Media Network traveled to five local farms across Culpeper County to capture the Farm Day experience for the children. After filming, the Culpeper Media Network duo had just under a week to finalize the program before airing. Despite this tight deadline, Culpeper Media Network worked hard to provide virtual Campers with the best day possible.

Campers were greeted with cows, goats, chickens, roosters, hogs, baby pigs, peacocks, and more. They were also taken on a virtual "ride" on the Culpeper Town Police Department's Police Polaris vehicle across Rockwater Park. Most importantly to a lot of Campers, they had the opportunity to continue the tradition of naming the iconic Ground Rush baby goats. All the baby goats were shown, along with a Google Form Campers could fill out with desired names. The video also featured well wishes and greetings from many familiar figures in the Culpeper community, including Culpeper's former Mayor, Michael T. Olinger, and members of the Culpeper Rotary Club.

The Silver Award winning video can be viewed on the Culpeper Media Network website, culpepermedia.org. Once on the website, click "OnDemand" in the top menu bar, and then search "fantastic".



INSIDE THIS ISSUE

OPTIONS	4
<i>Culpeper Renaissance, Inc. (CRI)</i>	4
<i>Brandy Station Foundation</i>	5
<i>Extension</i>	6
<i>Culpeper Wellness Foundation</i>	8
<i>Disability Services</i>	9
<i>Virginia Department of Health -Flu Vaccines</i>	9
<i>Culpeper County Public Schools</i>	10
<i>Library</i>	11
<i>Kid Central</i>	13
<i>Windmore Presents</i>	14
<i>Parks and Recreation Section</i>	
<i>Healthy Families</i>	17
<i>Do You Need A Ride?</i>	18
<i>Transportation for Older Adults</i>	18
<i>Resource Guide for Older Adults</i>	19
<i>The Silver Club - for Older Adults</i>	20
<i>Soil and Water Conservation District</i>	21
<i>Sheriff - Christmas Parade</i>	22
<i>Clerk of the Court</i>	23
<i>Commissioner of the Revenue</i>	24
<i>Treasurer</i>	25
<i>Commonwealth's Attorney</i>	26
<i>Drug Court</i>	27

This newspaper is a quarterly publication for the citizens of Culpeper County by the Board of Supervisors.

It is designed to present and provide information about Culpeper events, issues and services. Over 22,000 copies are distributed, one to each mail address in Town, County, and to each U.S.P.S. Box within the Town and County of Culpeper.

The newspaper is also available online at web.culpepercounty.gov.

Email dhoffman@culpepercounty.gov with comments and suggestions or to unsubscribe.

OPTIONS by Tiffany N. Diggs, Programs Supervisor

The leaves are falling, and the weather is crisp. With the change in season OPTIONS continues to make changes within our program. The new season has brought on opportunities for our youth to do community service at local community events such as the Farm Tour and Air Fest. Events like these, along with the community service projects our youth currently participate in, help them with their communication and social skills as well as providing opportunities for our youth to get outside of their comfort zone.

The new season has also brought change in our Back to Nature project as we prepare the garden beds with new plants. This project continues to bring interest to the youth as well as staff by them getting them interested and appreciating the art of gardening. Along with the community service projects we continue to run our services and facilitate our groups to the youth in the community.

OPTIONS is a County program for youth ages 11-17. OPTIONS staff evaluate and determine a youth's risk of getting into further trouble with the legal system, in school, at home, in the community or with the use of illicit substances. OPTIONS then implements evidence-based programs to assist youth in developing personal skills to become productive, respectful, and responsible members of the community.



Garden beds of the Back to Nature project reflect the changing seasons with new plants.

OPTIONS - 13033 James Madison Highway, Culpeper, VA 22701 540-829-2129

CULPEPER RENAISSANCE, INC. (CRI), by Candice Hayes, Special Events Coordinator

Happy New Year from Culpeper Renaissance, Inc. (CRI)! We hope you and your family had an abundance of quality time and cheer over the holiday season. Now that it's officially 2023, we are excited to get our calendar of events underway and look forward to seeing you shop, dine, play, stay and explore in Downtown Culpeper!

Up first on CRI's calendar of events, kicking off the new year is the Culpeper Downtown Carnival! Done in the style of Mardi Gras, come celebrate with your Downtown merchants and restaurants. There will be something for everyone, including traditional New Orleans inspired food and drinks, merchant specials, live music, an interactive scavenger hunt, beads and more. Mark your calendar and plan to *laissez les bons temps rouler*, or let the good times roll, in Downtown Culpeper on Saturday, February 18!

After all that Carnival partying, you may be ready to take it easy and enjoy a nice relaxing meal with a friend or loved one, no better time than Culpeper Downtown Restaurant Week! Happening March 6th through the 12th, come out to enjoy a specially priced three course meal at one of your old favorites or experience

something new; Culpeper Downtown restaurants have all the flavor and spice you need to keep you warm and satiated through these last days of winter!

With the arrival of spring, comes Culpeper Renaissance, Inc.'s biggest fundraiser of the year, The Gnarly Culpeper Block Party! Join CRI, along with your friends and neighbors for the event that started it all. Scheduled for Saturday, April 29th, in the Depot District of Downtown Culpeper, come out and enjoy live music, lots of beer, adult lawn games, a kid's corner, food trucks and more. This family friendly event will usher in all the fun and sun that we will be so ready for!

To learn more about Culpeper Renaissance, Inc., Culpeper's designated, non-profit, Main Street program, and what we do, visit www.culpeperdowntown.com or find us on Facebook. Additionally, find a complete calendar of events for the entire 2023 year by visiting our website. Interested in sponsoring an event or volunteering, reach out anytime as CRI's success is dependent upon our generous sponsors and amazing volunteers!

Culpeper Renaissance, Inc (CRI) - 127 West Davis Street, Culpeper VA 22701 540-825-4416

THE BRANDY STATION FOUNDATION by Peggy Misch



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. The BSF relies on tax-deductible donations and volunteers to meet its goals. While our focus is toward the Civil War history of the Brandy Station vicinity, our efforts are not limited to that time period. The Foundation website is www.brandystationfoundation.com.



GRAFFITI HOUSE TOURS

The Brandy Station Foundation operates the Graffiti House at 19484 Brandy Road in Brandy Station which contains Civil War graffiti and a museum. The Graffiti House is a two-story frame structure built in 1858. Soldiers at the Graffiti House wrote their names and messages on the walls using charcoal from the fires that kept them warm and cooked their meals. The walls of the house contain inscriptions, drawings, messages, and signatures of both Union and Confederate soldiers, hence the name "Graffiti House". Graffiti House tour information is posted on our website, www.brandystationfoundation.com. Admission is free, but donations are welcome. The Graffiti House is closed for drop-in hours during January and February but tours by appointment may be scheduled year-round with an advanced reservation time of two weeks. Those tours may be scheduled between 11AM and 4PM any day of the week by calling the Foundation at 540-317-5581 to leave a message or emailing bsfgh1863@gmail.com.

BRANDY STATION BATTLEFIELD TOURS

Tours of the Brandy Station Battlefield are available year-round with advance notice. Sections of the Battlefield to be toured will be based on visitor requests. Tour duration is two to four hours. The cost of these tours is \$30 per hour per group. To schedule a tour, please contact the Foundation at 540-317-5581 or email bsfgh1863@gmail.com with an advanced reservation time of five days. All proceeds go to the work of the Brandy Station Foundation.

UPCOMING EVENTS - Please continue to check the BSF website for upcoming activities.

VOLUNTEER OPPORTUNITIES

The Graffiti House and the Brandy Station Foundation are looking for volunteers. Civil War history buff? Looking for new friends who share your interest? The Graffiti House needs you! Flexible hours. No big commitment. Choose your days or volunteer every now and then "on call". To volunteer or for more information please call the Foundation at 540-317-5581 to leave a message or email bsfgh1863@gmail.com. We are looking for volunteers to be friendly greeters and tour guides at the Graffiti House with its rooms of Civil War graffiti. Training is provided. Join us as we preserve our past for our future.



Graffiti - a sketch of a woman on the wall of the Graffiti House



Virginia Cooperative Extension

Virginia Tech • Virginia State University

CULPEPER COUNTY EXTENSION STAFF

Administration:

Cristy Mosley, Unit Coordinator (cmosley1@vt.edu)

Linda Baldwin, Administrative and Fiscal Assistant (lindab75@vt.edu)

Extension Agents:

Cristy Mosley, 4-H Youth Development (cmosley1@vt.edu)

Ashley Appling, Horticulture (ashappling@vt.edu)

Carl Stafford, Agriculture & Natural Resources (ccstaffo@vt.edu)

Courtney Wesner, 4-H Youth Development, Animal Science (wesnerc@vt.edu)

Program Assistants:

JoAnna Kilby, 4-H Youth Development (jlclark@vt.edu)

Georgette Mosley, Family Nutrition Program, Youth (gyates@vt.edu)

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

AGRICULTURE AND NATURAL RESOURCES (ANR) - CARL STAFFORD, SENIOR EXTENSION AGENT

During a public discussion on the subject of farm real estate taxes, citizens spoke from their perspective on land use taxation (Ag and Forestry qualifies). Their point was that farm real estate taxes under land use taxation are subsidized. This is incorrect and here is why.

For each dollar of real estate tax collected from residential, commercial, industrial, farm, forestry and open land uses, there is a corresponding cost of services by each land user. In short, some taxpayers pay more than they cost and some pay less than they cost in local services. We operate our local government this way by design. The public schools are a good example of this and one of the largest spending categories of local funds. Everyone pays towards the cost of operating the schools even if they have no children attending. The local cost of education is spread across the entire tax base.

Residential land uses experience a similar situation. These uses require many of the public services provided by local government and ask for additional services as need arises. Not every home has a high enough tax assessment to generate sufficient tax revenue to pay for its share of local government services. Some do though, likely the highest residential tax assessments are "revenue positive".

The 2002 Culpeper County Cost of Community Services study by the American Farmland Trust, shows that residential development required 22% more services than it paid in taxes. It found that for every residential tax dollar paid, residential use cost \$1.22 in services. And,

for every dollar Agriculture, Forestry and Open Space paid, these uses cost only .32 cents in services, a 68% subsidy. Commercial and Industrial Development has a similar story, paying a dollar in taxes and using only .41 cents in services, a 59% subsidy. Granted the study also shows residential uses contribute 73% of real estate taxes, so this use pays most of the local real estate tax.

So the real subsidy to our tax base, if the local tax and spending trends used in 2002 hold true today, would be to the residential land uses. Residential is the primary beneficiary of the subsidies paid by other land uses, subsidies that provide for the services we all use. Again, this is by design.

Simply put the more business and agriculture in a community, the more moderate the taxes are for residential users. If you want to find the highest taxes in Virginia, look for the least amount of agriculture. As we consider our future land uses and as our county government seeks to maintain a balanced budget, it is important to realize the value of revenue positive taxpayers, namely commercial, industrial and agricultural land uses.

As we look to the future of farming, let us encourage new investment in our farm community. Granted agriculture is changing and our outlook on agriculture will change with it. While the dairy barns and silos are a testament to founders of our community, new leaders are here now and seeking opportunity in their chosen profession - agriculture.

*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.*



Virginia Cooperative Extension

Virginia Tech • Virginia State University

www.ext.vt.edu

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Interim Administrator, 1890 Extension Program, Virginia State University, Petersburg.

4-H YOUTH DEVELOPMENT

Cristy Mosley, Extension Agent, 4-H

JoAnna Kilby, Program Assistant, 4-H

Courtney Wesner, Extension Agent, 4-H Animal Science

4-H: Head, Heart, Hands, and Health

4-H is a community of young people learning leadership, citizenship, and life skills. 4-H educational opportunities include various delivery modes such as camps, clubs, and workshops that allow youth to learn and practice new skills in a safe and caring environment.

4-H projects are taught in a hands-on experiential way and vary from agriculture to public speaking, cooking and nutrition, STEAM, gardening, etc.

NEW CLUB HIGHLIGHTS

GARDENING: In this club you will learn about soil science, planting seasons, planting techniques, plant diseases, and much more.

COMMUNITY CLUB: In this club you will learn about various special interest projects such as beekeeping, cast iron outdoor cooking, woodworking, fiber arts, etc.

LIVESTOCK COMPETITION CLUB: In this club you will be part of a team learning and competing in livestock judging, cattle working and stockmen's work.



*Olivia Coisman,
Hannal Croushorn,
and Ava Cook receive
leadership awards at
VA 4-H State Congress
2022*



UPCOMING PROGRAMS

NOT PART OF A 4-H CLUB? NO PROBLEM!

You can participate in:

1. Day Camp - youth ages 5-8 and teen counselors 14+
2. Overnight Residential Camp - youth ages 9-13 and teen counselors age 14+
3. Culpeper-Madison-Rappahannock Farm Show Events such as the Homemaker's Department Exhibits, Cornhole Tournament, Little Mr. & Miss CMR Pageant and more (www.cmrfarmshow.com)

Visit the Culpeper County Facebook Page or email cmosley1@vt.edu for more information on summer programs.



Cloverbud Day Camp 2022

Culpeper Wellness Foundation *by Karen Boushie, Communications and Social Media Specialist*

Exercise as Medicine at Powell Wellness Center



Powell Wellness Center, 1005 Golf Drive

As the area's only medically-integrated fitness and health center, Powell Wellness Center (PWC) offers FitScripts, medical programming that makes it possible for people of all ages and backgrounds to safely enhance their overall health, wellness, and physical fitness. FitScripts can help individuals with a chronic condition or physical limitation move forward on their path to better health.

PWC created FitScripts from the Exercise is Medicine® program, an initiative of the American College of Sports Medicine and the American Medical Association. It is a physician-referral program designed for anyone in the community who could benefit from exercise but who may have a chronic condition or physical limitation that is preventing them from regular exercise. Scholarships are available through an application process.

The eight-week program begins with a health assessment and includes supervised fitness sessions in a small group setting. Specialized pool and gym classes in the program help support with cancer, cardiac and pulmonary rehab phase III, diabetes/hypertension, general health improvement and weight loss, orthopedic, Parkinson's, and pulmonary needs. FitScripts participants enjoy full access to group exercise classes and amenities such as the indoor pool, lap lanes and river walk; cardio and strength equipment; and indoor walking track.

FitScripts also offers a healthy lifestyle program for youth ages 8-14 and a pre- and post-natal program.

Measurement allows participants to see their progress. On average, 2021 program participants saw a 7 percent improvement in their balance, a 2-inch improvement in flexibility range and a 15 percent improvement in mood. Upon completion of the 8-week program, a participant may continue their progress at PWC through a discounted membership.

A FitScripts participant who subsequently joined PWC as a member says about her experience after knee surgery, "FitScripts was great. They worked around my schedule so that even if I had travel or an appointment, I was able to get my session in. I built confidence and learned how to use the machines." She regained strength and flexibility to walk for exercise, do stairs, and get down on the floor to play with her grandchild.

Questions about the FitScripts program may be addressed to Whitney Propps, medical program manager: 540-445-5388 or wpropps@culpeperwellness.org

Recreation for all ages at PATH Recreation & Fitness Center

Culpeper's PATH Recreation & Fitness Center (PRFC) is serving the public with fun indoor programming experiences for all ages. On Crossroad Parkway across from the Department of Motor Vehicles, the center's 27,000 square feet of recreation, fitness, activity room and amenity space accommodate a variety of interests.

Since opening in August, the center's multi-use sport courts have hosted basketball, volleyball and pickleball players for drop-in, open gym and team practice. Indoor batting cages are available for individual or team players to practice their swing. A golf/multi-sport simulator offers the opportunity to work on golf skills and play bowling, disc golf, dodgeball and more.

The fitness area features top-of-the-line cardio equipment, strength and functional fitness equipment and exercise classes. Personal training and small group training support achievement of fitness goals safely and successfully.

"Since opening to the public, it's been great welcoming our visitors, and wonderful that many have now become "regulars" in the center," says director Tracie Massey. "Pickleball is particularly active through Culpeper Pickleball, which welcomes new players. Our weekly youth basketball program serving elementary through high school age players has been growing. We are committed to making programming widely available through scholarships and selected free programs such as our yoga series."

For youth, in addition to the basketball program, the center is hosting game nights for tweens and teens to enjoy the courts, ping pong & air hockey, and use of the multisport simulator. Similar activities are offered monthly during Family Night. Additional youth programming includes sports performance and tumbling. A multi-week program for homeschoolers includes activities focusing on fitness, health and music.



PRFC tumbling instructor Rebecca Bennett guides a child through a roll

Diverse class offerings have included smartphone photography, charcuterie board creation, and a weekly music program for children. Futsal, a fast paced version of indoor soccer, is the newest addition to the court-based youth activities. "As a new facility, we have focused on making a variety of programming available and listening to our visitors' feedback," observes Massey. "From sports to birthday parties, we have a lot going on, and we welcome inquiries."

PRFC is open to the public through a drop-in fee, monthly pass and an All Access membership that includes Powell Wellness Center. PRFC is located at 19002 Crossroad Parkway in Culpeper.

Visit pathrecreationandfitnesscenter.org or call 540-825-0000 to learn more.



disAbility Resource Center of the Rappahannock Area, Inc.
 409 Progress Street, Fredericksburg, VA 22401
 540-373-2559 (voice), 540-373-5890 (CAPTEL), 540-373-8126 (fax)
www.cildrc.org, drc@cildrc.org Contact Brenda Boggs, bboggs@cildrc.org or (540) 373-2559

A young lady with a disability working with disAbility Resource Center staff increased her independence and advocacy skills enabling her to ride a bus from home to the dRC office and take classes at Germanna. She now leads a leadership group at the dRC.

Using Medicaid waiver services and support and resources from the dRC, a person with a disability moved to their own apartment.

A dRC volunteer learned about the Americans with Disabilities Act at the dRC and educated members of her community on the law. She advocated for the use of accessible parking spots and registered people to vote.

These are a few of the success stories that highlight the importance of Centers for Independent Living. Centers for Independent Living (CILs) are non-profit, non-residential, community-based, consumer-controlled, cross-disability organizations. Centers for Independent Living were established in 1977 to create a peer support system for individuals with disabilities. The dRC is a CIL established in 1995.

CILs must provide five core services - advocacy, information and referral, peer mentoring, independent living skills training, and transition from a nursing home or facility back to one's own home and youth transition from school to adulthood. Services are provided at no cost.

CILs also offer other services as needed by their community. The dRC provides a health and wellness class, a durable medical equipment reuse program, and offers trainings on different topics. In addition, the dRC facilitates two Virginia Housing grants, the Rental Unit Accessibility Modification grant, and the Granting Freedom grant. The rental housing grant is for tenants with disabilities who earn 80% or less of the area median income. They are eligible for grant assistance up to \$8,000 to fund such items as ramps, railings, tub cuts, grab bars, remote entry devices, ADA toilets, and accessible cabinets. For more information on this grant, link to www.virginiahousing.com/accessiblerentalhousing. Granting Freedom

is for Virginia's disabled veterans to make their homes accessible. Homeowners and tenants who are veterans, or service members who sustained a line-of-duty injury resulting in a service-connected disability, are eligible for up to \$8000 of funding. Link to www.virginiahousing.com/grantingfreedom for more information. You can also call 877-843-2123 to find out more about both grants.

The dRC, one of 17 CILs in Virginia, provides services for Fredericksburg and the counties of Stafford, Spotsylvania, Caroline, and King George. It also has a small grant to provide services to the area of Culpeper Town and County, and Madison, Orange, and lower Rappahannock Counties where there are no CIL services. The Culpeper area is one of four unserved CIL areas of the state.

For more information on CILs and CIL services, contact Brenda Boggs at bboggs@cildrc.org or 540-373-2559.

Virginia Department of Health: Flu Vaccines

A very common question during cold and flu season is "What is the latest date to get a flu shot?" It is always best to get your flu shot by late October before flu season officially begins, but since flu season lasts for about 6 months (yes, half the year!), it is never too late to get your flu vaccine. In the U.S., flu season occurs in the fall and winter. While a variety of influenza (flu) viruses spread year-round, most of the time flu activity peaks between December and February and can last as late as May.

There are many reasons to get the flu vaccine each year:

- The flu vaccine can keep you from getting sick with flu. Flu vaccine has been shown to reduce the risk of having to seek medical care for flu by up to 60%.
- The flu vaccine can be lifesaving in children. A 2022 study showed that flu vaccination reduced children's risk of severe life-threatening influenza by 75%.

- Getting vaccinated may also protect the people around you, including infants and older people, who are more vulnerable to serious illness from flu.

Who should get a flu shot? With rare exceptions, everyone 6 months and older should get a flu vaccine every year. All flu vaccines for the 2022-2023 season are quadrivalent vaccines, which means they protect against four different flu viruses. Some children need 2 doses of flu vaccine, with the second dose given at least 4 weeks after the first. For people 65 and older, higher-dose flu vaccines are recommended. For more information about flu shots for people 65 and older, visit cdc.gov/flu/highrisk/65over.

Are there side effects from getting a flu shot? Yes, there can be, but the side effects are usually mild and go away within a few days. Some side effects that may occur include soreness, redness and/or swelling where the



shot was given, headache, fever, nausea, muscle aches, and fatigue. For more information about influenza, visit cdc.gov/flu.

If you haven't received your flu vaccine yet, go ahead and get it! Also, if you are eligible for a COVID booster, get that, too- it's safe to get both vaccines at the same time. To find a vaccination site near you, visit vaccines.gov. RRHD's health departments offer both the flu and COVID-19 vaccines-for schedules and information, visit our website at rrhd.org. Have a safe and healthy winter!

Mary E. Chamberlin
 Community Engagement Specialist

CTEC DRAFTING STUDENTS DESIGN “CREATIVE COMMUNITY” FOR THE PARKS AND RECREATION SPORTS COMPLEX - *Laura M. Hoover, CCPS Director of Communication*

Four students from the Drafting II course at the Culpeper Technical Education Center (CTEC) presented designs to the Culpeper County Building and Grounds Committee for a “CTEC Creative Community” at the October committee meeting. Drafting instructor DeNeen Hamlett, CTEC Principal Shaun Summerscales, along with Parks and Rec Director Andrew Hardy accompanied Drafting II students Xavier Giammatteo, Dakota Barlow, Xavier Carr, and Tyler Walker when they presented to the committee.

The CTEC Creative Community is a collection of play structures to be built and placed at the Parks and Recreation Sports Complex. The plan is that each year, a new structure will be added that has been designed by drafting students and built by CTEC Carpentry students. The project is designed to encourage drafting students to add specialized design features that were both important to them and unique, while also providing a safe space for children to play. In addition, students are required to integrate green products and design elements to further minimize the impact on the environment.

The drafting students began work on this project at the beginning of the school year and have been working on it all semester. Giammatteo, a Culpeper County High School senior, said that since the beginning of the school year, he has been “constantly thinking about the project, adding to it,” and improving upon it. Walker, a junior at Eastern View High School (EVHS), explained that at the beginning, they used tape on the floor to visualize what the structures would look like in different shape configurations. Through that process, he was inspired to add a lighthouse feature to the top of his playhouse from the circular design.

Each of the students presented a unique project to the Building and Grounds committee. Carr, a senior at EVHS, described his project as a sports clubhouse. He said, “I chose this because it goes along with the location, the sports complex. It ties together everything and gives the younger kids a place to play.” Barlow, also a senior at EVHS, designed her structure to imitate a typical house. She explained that when she was a child, “there was a lot of fort building with my sister and I

wanted to bring that to life.” Giammatteo modeled his design after a treehouse and EVHS junior Walker created a playhouse to inspire imaginative play. One of their designs will be selected to be built in the spring.

When reflecting on the experience of presenting in an actual County Building and Grounds Committee meeting in the County Administration board room, the students all said that they were nervous. Giammatteo explained that they leaned on their notes and preparation to get them through it. Barlow said that she was excited to have an opportunity to have a “real world experience.” Walker explained, “I was nervous at first, but no one else has ever done this before, so it was an honor, a privilege,” to have the opportunity to be a part of this project.

In addition to presenting to the Building and Grounds Committee. Students also had an opportunity to present their designs to Culpeper County Building Inspector Bob Orr. They received feedback in both meetings and have used that feedback to improve on their designs before their final presentations.

CTEC Drafting instructor DeNeen Hamlett explained that this experience gives “students an opportunity to put theory into practice,” and it teaches her students to “trust the process.” Her main goal in the experience is to teach her students to work together as a team to assist each other in putting together everything that they have learned into a real world project that will have a positive impact on the community. “For me, I am super excited about having the opportunity to facilitate this project. I feel blessed to be the person to go through this process with them,” she said.

At the final presentation at the end of the semester, a winning structure will be selected. Then, the drafting class will work together to develop the framing plan for the selected structure to give to the carpentry students to build. Once the structure is built and placed at the Sports Complex this spring, there will be a ribbon cutting celebration.





Culpeper County Library

271 Southgate Shopping Center | Culpeper, VA 22701
540.825.8691 | www.cclva.org

FOR INFORMATION ON CURRENT HOURS OR LIBRARY PROGRAMS & EVENTS, VISIT OUR WEBSITE OR FIND US ON SOCIAL MEDIA.



Library News

Culpeper County Library will be closed:

Monday, January 2 New Year's Day (Observed)

Monday, January 16 Martin Luther King Jr.

Tuesday, February 20 Presidents' Day

Get ready for this superhero-sized event!

Culpeper County Library Comic Con!

March 24 - 25

For the first time, Culpeper County Library will host an **ALL AGES** two day Comic Con event, sponsored by The Friends of the Library.

Activities include: Cosplay Contests, Cosplay 5k, Superhero training, arts & crafts, table-top card and board games, presentations by Live Action Role Players, *Hampton Roads Droid Builders*, *501st Legion - Garrison Tyrannus Stormtroopers*, graphic novelists, panel interviews on the importance of graphic novels in libraries, and so much more.

All are welcome. Registration for events is required as space is limited. See our Facebook page and website for details.

Adult Services

Adult Spelling Bee

January 31

The Adult Spelling Bee is a friendly competition conducted in three rounds of easy, intermediate, and advanced words with prizes for the winners! See our Facebook page and website for more details. Sponsored by The Friends of the Library. Registration is required.



Family History

Last Tuesday of each month from 10am - 12pm

Your family tree can grow by finding roots inside our Local History Room. Meet with Local Historian Julie Bushong the last Tuesday of each month from 10am - 12pm instruction using our collection of Culpeper area records plus Ancestry.com, Heritage Hub, Fold3, & more.



Blind-With-A-Book Dating Game

All February Long

Wrapped books will be displayed with brief descriptions of the first sentence of the book, short facts, or the intended audience. Just fill out and return the included "Rate your Date" game card with your book "date." Will you find "True Love," become "Just Friends," or say "Never Again"?



Friends of the Library Comer

Do you like all the things The Friends of the Library supports here in the Quarterly? Become a member to keep programs like these alive.

Individual memberships are only \$10 or \$15 per family.



Culpeper County Library

Children, Tween, & Teen Services

Preschool Storytime

For 3-5 year olds

Thursdays at
10:30 am



Registration opens two weeks before each storytime. Masks optional.

To Register, call
540-825-8691

Enjoy stories, songs and activities specifically for preschoolers and their caregivers.

Tiny Tots

For infants - 2 years old



Tuesdays at
10:30 am

Registration opens two weeks before each storytime. Masks optional.

To Register, call
540-825-8691

Enjoy stories, songs and rhymes specifically for babies, toddlers, and their caregiver.

Music and Movement

One Friday a month
10:30 a.m.

All ages!

Enjoy a high-energy storytime designed to get kids up and moving. Music, dancing, instruments, and interactive books and activities may be featured.



To register, call 540-825-8691.

READ TO A THERAPY DOG

Select Saturdays
2-3 pm

K-5th
Grade



Sign up for a 15 minute time slot to read to a certified Therapy Dog.

To Register, call 540-825-8691.



STEAM SQUAD

3rd-5th grade,
monthly

Science, technology,
engineering, art, & math
Hands on activities!

To register, call 540-825-8691.



Teens!
Visit our Instagram for book talks, library programs, and more!



@CCLTEEN

Dial-a-Story

Want to hear a short story read aloud to you?

Every Wednesday, volunteers read a short, 5 minute story to you and your child over the phone. Stories rotate and may include picture books, fairy tales, or folktales highlighting equity, diversity and inclusion.

To hear a story read in English or Spanish, call 833-690-0646.



Dolly Parton's Imagination Library

Give the gift of reading all year long! Culpeper County is registered with Dolly Parton's Imagination Library!

Get free books delivered to your door each month by visiting www.imaginationLibrary.com to sign up your child.



Books are provided by Penguin Random House.

Anyone age birth to five is welcome to participate.



Kids in the News



Main Office
1401 Old Fredericksburg Rd.
Culpeper, Virginia 22701
Phone 540-829-2124



Call 540-829-2124 for the
most up-to-date information
Plus Check out Kid Central on
Facebook for Important Updates

Why Kid Central?

- Flexible
- Homework Club
- Affordable
- Open when School is Closed
- Tuition Assistance
- Quality Childcare Since 1990
- State Licensed
- Located at All Culpeper Elementary Schools
- Award Winning
- Middle School KC Club
- Culpeper Sport and Fitness Partnership
- Summer Camp



A Season of Giving

Winter is a time for celebrating the many gifts of family, community along with hope for a new year. The Christmas season is always a special time for Kid Central because we make a team effort to give back to our community. This year like many before we seek ways to return our love and gratitude to our community partners and families.

This year our 12 Days of Giving efforts centered on the Angel Tree deliveries for local senior citizens, shifts as Salvation Army red kettle ringers, an art auction and clothing drive for SAFE and donation drive Families First. We also proudly supported Culpeper Men Care.

If you are considering before and after school childcare please consider Kid Central as a top choice. We are located at all Culpeper County Elementary Schools (so no extra travel), we are fully state licensed, we have creative programming, homework time, arts and crafts, sports, and plenty of daily fun. Kid Central is flexible, affordable, and economical for working families.

In recent years, Kid Central has weathered the storm of a global pandemic, celebrated three decades of service to our community, earned a Best Large Business of the Year Award, Best Childcare Program in the Culpeper-Star Exponent Best of Awards, Best Summer Camp, all while creating fun and smiles for our children and families.

We are primed and ready along with our community partners to offer the best, yet affordable childcare in the area. Kid Central enjoyed partnerships with Culpeper County Schools, Culpeper Sport and Fitness, Culpeper Parks and Recreation, Culpeper 4H Extension Office, and other local businesses this school year.

We are excited about Culpeper Early Head Start's new buildings and grounds that will provide more opportunities for local preschool students.

If you are seeking a rewarding job Kid Central would also love to help. In addition to working with some amazing children we offer job training and valuable experience.

The best way to keep up with our plans and activities this summer is to follow Kid Central on Facebook and our website.

If your child needs flexible and affordable care give us a try.

Kid Central has been the choice of Culpeper children for over three decades.

Our staff are well-known in the community, our program is award-winning, we are state licensed and we are always dedicated to having fun.

Kid Facts

Kid Central has a longstanding community partnership with Culpeper Wellness Foundation and Culpeper Parks and Recreation. Our children develop healthy lifestyles through this partnership. It helps us stay Kid Central strong!



Throughout the school year and summer Kid Central is thankful for our partnership with Culpeper County Schools—together we can meet any goal.



This winter Kid Central supported the Lights on Afterschool, STEM, Children's Day at the Park, Trunk or Treats, Moms2Moms and more.

For more information visit kidcentralculpeper.com



StageWorks Program

Do you have experience teaching theater on staff or as a freelance instructor? Do you have professional experience on the stage as an actor or solo performer, and would you like to share what you have learned with students?

If so...we have an opportunity for you! StageWorks, a program of Windmore Foundation for the Arts, is currently looking for instructors to teach classes to students of all ages. If you have an idea for a class you would like to teach, or have contact information for someone who might be interested in teaching a class, please contact Jessy Mahr at stageworks@windmorefoundation.org



Piedmont Community Band

The Piedmont Community Band, a program of Windmore Foundation for the Arts, is always glad to welcome new musicians! If you play a band instrument and are in middle school or older, please join us! We have musicians of all levels, from beginners who are still learning about their instruments to adults who have extensive training and knowledge. We offer a supportive environment that provides opportunities for growth for people of all ages!

Our rehearsals are on Sunday nights from 6:30-8:30 in the sanctuary at Culpeper Baptist Church. For more information, please contact Tammy Buckalew at pcb@windmorefoundation.org.



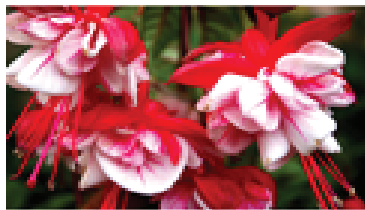
Windmore Events

Visit Windmore's Website to see the latest information on Windmore Workshops and Events!
www.windmorefoundation.org or call 540-547-4333.

Windmore Pen-to-Paper

Windmore's Pen-to-Paper Writers' group has published a new Anthology, *Some Other Words*. This 270-page book is full of stories, poems and illustrations from twenty-two Windmore members. They have also included eight stories in Memoriam to honor writers from the past. The Anthology Committee worked with Les Walters to design the cover. Fran Cecere edited the book with a team of beta readers and Caryn Moya Block formatted the book.

SOME OTHER WORDS



AN ILLUSTRATED ANTHOLOGY

Windmore Foundation
For The Arts

The book includes stories and poems for all ages. Included are stories about Celebrations, Animals, Family, Love, and just plain Fun. The illustrations add life and special appeal to the selections.

The anthology is available on Amazon for \$11.99 plus shipping and handling. eBooks are available for \$3.99 from Amazon, Barnes and Noble, and Smashwords.

The Pen-to-Paper meetings are on the first Tuesday of every month. The meetings start at 10:15 AM and 5:00 PM in the conference room of the Culpeper Library. For more information email pen-to-paper@windmorefoundation.org.

Windmore Publishing Discussion Group

The Publishing Group meets the second Tuesday of every month at 10:15 am to Noon in the conference room of the Culpeper County Library. The Group is led by Cindy Siira and Sally Humphries. A different publishing subject is discussed each month. If you are planning to publish, have already published, or just want to learn more about the process, you are welcome to attend. We share successful publishing stories and also share information about areas of concern so that others can avoid the loss of time or money. For more information contact: info@windmorefoundation.org.

Breathing Life into the Lifeless

In October, while in D.C. during a concert tour, rapper/entertainer Lizzo was invited to the Library of Congress to see (and play) a crystal flute once owned by James Madison. A classically trained flutist in high school and in college, the entertainer took the 200-year-old instrument into her hands. As she carefully held the flute... and made absolutely sure from Library staff that it was OK for her to play it...Lizzo put the instrument to her lips, and played notes from memory in ways indicative of someone who had played similar instruments many times before.

Leaving arguments about the propriety of such activities to the political pundits and commentators, I found the two transformations that this impromptu concert created interesting. The first transformation was in the artist herself. As soon as Lizzo saw the flute you could see the enthusiastic musician, thrilled to be granted a golden opportunity to play on a unique specimen of the instrument on which she has played for many years. Her excitement transcended age, nationality, race, gender, etc. Anyone who identifies as a musician understands the excitement that another musician feels in playing such an extraordinary instrument.

The other transformation was in the flute itself. The prized antique safely stored away at the Library of Congress for years, inanimate and silent, became alive through the talents of an artist who understood how to awaken the glass tube from its silence. Lizzo literally breathed life into a piece of crystal.

I have thought since then how this event is a great description of what artists truly are. Artists routinely take inanimate objects like crystal tubes, blank walls, paper and pen, fabric, and stretched canvas and breathe life and soul into them. Musicians, like Lizzo, and actors, take pages with words and notations and make them into living, breathing works. Their creations invoke all variety of emotions from those seeing or hearing them and call us to react and relate. The artists themselves are not immune to this, as each creation or performance is stamped with the artist's emotions and interpretations, formed both over the years they have created art and in that moment that they are creating a particular work. An artist is forever changed in some way with each work they create or perform.

Windmore Foundation for the Arts believes wholeheartedly that art transforms both the artist and the audience and supports our community's artists as they continue to breathe life and voice into that which was dead and silent before.

If you would like to learn more about Windmore, please visit us at www.windmorefoundation.org.

Kevin Brandriff
Executive Director