



1835 Industry Dr. PO Box 1355
 Culpeper, VA · 22701
 (540) 727-0372 x 385 · (540) 727-7584 Fax
dwalker@culpeperhumanservices.org

“The Place”

Where Active Adults Gather

Age 50 or Better Monday – Friday 9 am – 3 pm

509 South Main Street, Culpeper (Diagonal from 7-11) 540-825-2582

Bus Service is available Door to Door (\$.50 each way, call 540-825-2456)

Mission Statement: To strive to provide services and activities that will enhance and enrich the lives of the elderly.

Some Weekly Activities -

Monday: Prayer Shawl Ministry, 10 am Knitting and Crochet Lessons, 1 pm BINGO

Tuesday: 9:30 am Bible Study, 1:00 pm Lunch & Learn (Bring a Dish to Share)

Wednesday: 10 am – 12 Noon Activities/Games, 1:00 pm Movie and Popcorn

Thursday: 10 am Birthday Celebrations, 1 pm – 3 pm Scripture Study and Lunch

Friday: 10 am Crafts, 12 Noon Card Games

News from a Healthy Culpeper Community Partner

THE PLACE

Come join us! It's Free



Country Troubadors entertain at Tuesday Lunch and Learn

Families First/Healthy Families Culpeper consists of three separate programs

WELCOME HOME BABY

Support and Resource Service

All of us feel the need for guidance when it comes to parenting. **Welcome Home Baby** is free and available to provide that extra support to every parent in Culpeper County. We offer free information and referrals related to parenting.

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

Welcome Home Baby will offer you support in:

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

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

HEALTHY STEPS

Home Visitation Program

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

Healthy Steps:

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

The P.E.P. Program

Parent Education Program

FREE 3 week Parenting Class

2016 Schedule:

October 3rd, 10th, 17th

November 7th, 14th, 21st

December 5th, 12th, 19th

The 3-week session is held from 6:00 – 8:00 pm

at UVA Culpeper Regional Hospital
 501 Sunset Lane
 Culpeper, VA 22701

The class will meet in the conference room next to the Hospital's Cafeteria.

Enter the main, front entrance (Sunset Lane entrance) of the hospital, and proceed to the left.

The class is taught by Angie Via.

No child care is provided



Please call Beth at 540-321-3074 for more information On the Parenting Class



healthy families culpeper

P.O Box 1355
 Culpeper, VA 22701
 (540) 321-3074
 Fax: (540) 727-0387

Virginia Cooperative Extension

Virginia Tech • Virginia State University

www.ext.vt.edu

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YOUR Culpeper Extension Staff:

Administration: Cristy Mosley, Unit Coordinator - cmosley1@vt.edu

Cindy Atkin, Unit Administrative Support - cratkin@vt.edu

Claire Burris, Unit Support Staff - burrisc@vt.edu

Extension Agents: Cristy Mosley, 4-H Youth Development - cmosley1@vt.edu

Becky Sheffield, Family and Consumer Sciences Agent - rebes13@vt.edu

Shawn Appling, Horticulture Agent - ashawn6@vt.edu

Carl Stafford, Agriculture Agent - ccstaffo@vt.edu

Peter Callan, Farm Business Management Agent - peter.callan@vt.edu

Program Assistants: JoAnna Kilby, 4-H Youth Development - jlclark@vt.edu

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

Brenda Watkevich, Family Nutrition Program, Adults - bwatkevi@vt.edu

Other agents serving Culpeper: ANR-Tim Mize (Fauquier), Brad Jarvis & Adam Downing (Madison), Steve Hopkins (Orange), 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.



4-H YOUTH DEVELOPMENT

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

October is just around the corner which means that it is time to begin a new 4-H club year. If you have been thinking of joining 4-H now is a great time to join in on the fun! There are currently 15 4-H clubs in Culpeper County that range from livestock, horse, shooting sports, Homemakers and Cloverbuds (ages 5-8).

4-H has something for everyone and plenty of fun for the entire family. Don't wait another minute...join TODAY – new 4-H Year begins October 1!

CULPEPER 4-H CLUBS

Alpaca Club—NEW CLUB	Melissa Mills	(540) 727-3435—Extension Office
Beef Club	Todd & Marcie Smith	(540) 399-9736
“BOL” Dog Club	Theresa Richmond	(540) 547-2958
Cedar Mountain 4-H Shooting Sports	Glenn Waleska	(540) 347-0998
Cloverbud Club	Kellie Bennett	(540) 718-1060
4-H Public Safety Club	Jamie Simpson	(540) 219-7793
Homemaker 4-H Workshops	Ages 7-12	(540) 727-3435—Extension Office
Hunter Horse Club	Tracy Gill	(540) 854-8412
Rixeyville Riders www.rixeyvilleriders.com	Kim Parker	(540) 825-6460
Sheep Club	Melissa Gough	(540) 948-4458
Swine Club	Sean Somerville	(540) 825-7166
	Alex O'Dell	(540) 422-7711
Town & County Critters	Laurie Hughes	laurieandchicks@gmail.com
Udderly Best Dairy & Meat Goat Club	Michelle Carlson	(540) 219-4205

4-H is excited about a brand new animal science club: 4-H ALPACA CLUB. Please contact the Extension Office for more information about club dates, time and locations.

If you have any questions about 4-H or would like to volunteer, as volunteers are always welcomed, please contact, Cristy Mosley, Extension Agent, 4-H Youth Development (cmosley1@vt.edu) or JoAnna Kilby, Program Assistant, 4-H Youth Development (jlclark@vt.edu) or at (540) 727-3435.



NEW FACES IN OUR OFFICE

Shawn Appling,
Associate Extension Agent, ANR-Horticulture
Start Date: May 25, 2016

Shawn serves as the Agriculture & Natural Resources Agent, Horticulture, housed in the Culpeper Extension Office and serves Culpeper, Madison, & Orange Counties. He is responsible for providing educational programming and diagnostic services for commercial horticulture, homeowners, and green industry professionals. He also coordinates the Extension Master Gardener Volunteer Program in these counties.

Shawn has a BS from University of Georgia in Horticulture and an MS in Horticulture from Virginia Tech.

Claire Burris,
Unit Support

Start Date: May 10, 2016

Claire serves as part of our administrative staff in the front office. She'll be the one to welcome you to our office and has been doing a fantastic job on our on Facebook pages - search: 'VCE Culpeper County' as well as 'Culpeper County 4-H'.

Claire has a Bachelor of Arts in Communications and Political Science from Colorado State University.



*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 AND CONSUMER SCIENCES (FCS)

Becky Sheffield, Extension Agent, FCS – Culpeper, Fauquier, Rappahannock
Clare Lillard, Extension Agent, FCS – Orange, Culpeper, Madison

ServSafe Manager Certification Course

October 24 & 31, 9am – 3pm, Culpeper Extension Office

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. The cost for the course is \$150 per person. Class size is limited to 25 people. Registration deadline is October 10.

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

Stone Soup Job Skills Training Program

The Stone Soup Job Skills Training Program was developed for the residents in Culpeper and Madison counties. The project is designed to help low income individuals to improve their quality of life by participating in food service workforce training. The goal for those completing the program is to increase or improve their job skills for employment in the food service industry as well as adapting these skills for use in their own homes, with their own families.

The program is offered for six weeks with a two-hour session each week. The topics covered are:

Food safety	Sanitation	Customer Service
Nutrition	Food Preparation	Shopping Skills

Each week the students spend time in the kitchen preparing a recipe under the instruction of a professional chef with a tasting session for everyone.

Sessions will be held in the Fall. If you are interested in participating, contact Becky Sheffield, Extension Agent, Family & Consumer Sciences, at 540-727-3435 or rebes13@vt.edu



ANR - FARM BUSINESS MANAGEMENT (FBM)

Peter Callan, Extension Agent, ANR-FBM

Winter Annual Cover Crops Increase Profits

Research on cover crops started in the 1940's. The book *Managing Cover Crops Profitably, 3rd Edition*, published by Sustainable Agriculture Network, discusses how and why cover crops work and provides an extensive listing of cover crops.

There are a number of benefits to planting cover crops which include providing soil cover to prevent soils erosion by wind and water and reduce leaching (nitrogen and phosphorus) into surface water (e.g. streams, rivers, lakes etc.) and groundwater. Cover crops improve soil fertility by adding organic matter to the soil and furnish moisture conserving mulch. Legume cover crops (e.g. red clover) have tap roots that can penetrate hard pans and reduce soil compaction. Certain cover crops can supply nutrients to cash crops and thus reduce purchased fertilizer inputs.

Sometimes the cash crop does not use all the available nutrients (e.g. nitrogen, phosphorus, potassium etc.) in the soil at the end of a growing season. Non-legume species (e.g. barley, cereal rye, winter wheat) absorb existing available soil nitrogen and recycle nutrients. The roots of these winter annual cover crops absorb the excess nutrients in their growing seasons and prevent nutrient leaching. Decomposition of the roots and aboveground cover crop biomass results in the nutrients becoming available for crops in the next growing season. A major benefit of legume cover crops (clovers, hairy vetch, field peas) is the ability to fix atmospheric nitrogen that can be used by the subsequent crop. Consequently, the legume cover crops can supply a significant amount of needed nitrogen to grow crops including grain and sweet corn, grain sorghum and vegetables. Table 1 shows average biomass yields, pounds of nitrogen fixed and savings in nitrogen costs of several legumes.

Table 1. Average biomass yields, pounds of nitrogen fixed and savings in nitrogen costs of several legumes. Nitrogen \$.45 per pound.

Cover Crop	Biomass tons/acre	Nitrogen lbs. per acre	Savings in purchased nitrogen
Hairy Vetch	1.75	100	\$45.00
Crimson Clover	1.40	100	\$45.00
Cowpeas	1.75	130	\$75.00

Taken from book, *Managing Cover Crops Profitably, 3rd Edition*

The predominant winter annual cover crops in Virginia are barley and winter wheat; a few producers grow cereal rye. These crops can be planted with greatest success using a no-till or conventional grain drill. If the seed is broadcast, the field should be rolled with a cultipacker after planting to ensure good soil seed contact. Barley, winter wheat and cereal rye can be planted as winter cover crops in Virginia starting September 1. In order to reduce seed costs, producers may use grains that have been stored in grain bins (bin run grains) that have been cleaned. It is recommended that producers conduct a germination test for bin run seed because germination levels will influence planting rates. Virginia Tech agronomists recommend barley, winter wheat and cereal rye be planted at the rate of two bushels per acre for winter annual cover crops. The cost of grains used in cover crops depends on the market price for grains. In late spring 2016, the bulk cost per bushel for bin run barley and wheat were: barley (~\$4.00), wheat (~\$5.50-\$6.00). Producers in other states should contact their local Extension Offices to determine seeding rates and planting dates for winter annual cover crops in their states.

Cover crops can be killed by conventional tillage (plowing), burn down herbicides and cover crop roller/crimper. Plowing is energy intensive. Furthermore, tillage typically reduces soil organic matter. By using burn down herbicides or a

roller/crimper, crop residue is left on the soil surface which reduces erosion and provides mulch that can conserve water.

Cost share programs are conducted by soil and water districts in many states to pay for all or part of the costs associated with growing cover crops. Depending on the cost share program, Virginia producers are eligible to receive \$15-\$48/acre cost share or tax credit from their local soil and water districts to establish vegetative cover on cropland using small grains (e.g. barley, winter wheat and cereal rye). The cost share practice is intended to provide an incentive to keep a vegetative cover on cropland, which will help prevent the loss of nutrients, reduce surface erosion and absorb any excess nutrients from the previous crop. In addition, the cost share will offset a portion of the cost of seed and the seeding operation. In order to receive the cost share, producers must qualify for and comply with the Virginia Department of Conservation and Recreation rules regarding planting dates, seeding rates and the cover crop must be killed using mechanical or chemical means or by grazing or harvested no earlier than March 15 and no later than May 15.

Planting annual cover crops can be a win-win proposition for the environment and producers' pocket books. Cover crops reduce erosion and leaching (nitrogen and phosphorus) into surface water and groundwater. Producers can reduce purchased fertilizer inputs by planting cover crops which absorb existing soil nitrogen and recycle nutrients from the previous crop. In addition, legume cover crops will fix nitrogen which will significantly reduce the purchase of expensive nitrogen inputs for the subsequent crop.



Crimson Clover - Rye - Hairy Vetch

AGRICULTURE AND NATURAL RESOURCES (ANR)

Carl Stafford, Senior Extension Agent, ANR

Virginia Pesticide Disposal Program – 2016

Free disposal of unwanted pesticides comes to our community this fall (10/12/16) offering welcome relief to those who have unwanted pesticides on their property. Virginia Department of Agriculture and Consumer Services (VDACS) collects registration fees for each pesticide registered in Virginia and these fees will be used to pay for the free removal of your unwanted pesticides.

This program is for the disposal of unwanted and outdated pesticides currently stored by homeowners, agricultural producers, pesticide businesses, golf courses, and certified applicators. Acceptable pesticides must have an EPA pesticide registration number. Weed and feed products and pesticide dilutions, also insecticides, herbicides, or fungicides are all acceptable.

Not acceptable are medical waste, radioactive waste, ammunition, tires, biological waste, contaminated waste, paint, oil, fertilizer or batteries.

To participate in the free removal of registered pesticides as described, register the pesticides you intend to turn in, at least 30 days prior to the collection date. This allows VDACS and the contractor to prepare sufficient packing materials and trucks to safely remove pesticides from our community.

Registration forms are available at my office (540-727-3435, ext.0).

We will use your completed registration form to inventory the pesticides you intend to deliver on collection day.

CFC Farm and Home has agreed to serve as our collection site here in Culpeper on October 12, 2016 and in Rappahannock on October 13, 2016. Pesticides are also being collected in Orange at OM Coop on October 10, 2016. Choose the location most convenient to you and submit your form to the local Extension Office of your choice or to VDACS. Collection times are 9am – 1pm. For more information: call Extension Office 540-727-3435 or

Visit www.vdacs.virginia.gov/pesticide-collection.shtml

Margie Messick Wins State Award for Child Services

Members of the Culpeper Community Policy and Management Team (Culpeper CPMT) nominated Margie Messick, Culpeper Children's Services Act (CSA) Coordinator, for Outstanding CSA Coordinator Award for 2016. On April 28, 2016, she was given the award at the Hotel Roanoke and Conference Center. Margie was nominated for many reasons.

Margie has served as the Culpeper CSA Coordinator and as a dedicated Culpeper County public servant **since 1994**. She has done this work for 22 years and we believe she is one of the longest-serving CSA Coordinators in Virginia.

Margie pioneered the development of CSA at the local level and exhibits leadership in guiding the Culpeper CPMT in exemplifying CSA's mission of creating a collaborative system of services and funding that is child-centered, family-focused and community-based. Margie collaborates with stakeholders, mentoring and assisting other CSA Coordinators, and/or related organizations/entities. Margie brought her private sector banking background to the job, which prepared her to handle the complexity of funding, contracts, and resource utilization. Margie is often called upon by new directors to share program implementation information, policy directives, and paperwork templates. Margie works well with the Culpeper County Board of Supervisors, which allowed her to move from a quarterly allocation/appropriation process to appropriating the local

match at the beginning of each year. This change allows the CPMT to better plan and implement its budget and provide better services to our families and children. Margie brought together multiple agencies and providers to create a provider consortium. They work to bring evidence based treatment to the community to address service gaps in the area as identified by the CPMT. Margie makes a conscious effort to spend tax dollars efficiently and effectively, and is especially proud of being accurate to the penny. Margie has excellent relationships with the judiciary and is often called from the bench for consults on available services and costs. She assists other CSA Coordinators by sharing information such as our local CSA Policy and Procedure Manual, CPMT By-Laws, and template of contracts and forms. She has selflessly given hours, sometimes whole days to providing orientation and training to other CSA Coordinators. She has also conducted or participated in local training workdays and mini conferences for all of the CSA local partners and other community partners.

Margie demonstrates and values the family voice in the local CSA process to help the youth and his/her family faced with multiple service needs, to keep the child in the community. Margie has a balanced philosophical approach to CSA arranging services to offer support to families while also expecting families to be responsible for improving their own lives.

Margie demonstrates commitment to integrating the values and principles of systems of care with individualized comprehensive care, family focused, family voice and choice, evidence-based practices, and community-based services. She

willingly spends the time talking with the parents about how CSA works, and does it in a kind, caring, and patient manner. She works directly with families to be sure that the services are helpful, answering their questions and addressing their concerns; sometimes helping with transportation needs and communication between the family, the residential facility and the child. Upon seeing the need, she worked with local providers to create a new "Truancy Group" and a Sex Offender Treatment Group. She has actively participated on the Virginia Commission on Youth Advisory Board.

We are very proud of Margie's accomplishments and ask the community to join us in congratulating her on the prestigious award from the Virginia's Office of Children's Services.



Extended Hours for Culpeper Cosmetology Training Center



Culpeper Cosmetology Training Center has received numerous requests in the past for evening classes and extended salon hours. With the new expansion of the school, the time is right.

The evening classes and extended hours will accommodate many schedules to allow students to receive exceptional training and begin a new career.

The new hours will be Monday through Friday from 9 am to 9 pm. With the evening class beginning at 5 pm.

Our two instructors are highly trained in color processes using Paul Mitchell and Wella products and our students are able to begin work in salons using the advanced skills taught in that area.

If you are interested in attending the day or evening program where you will experience a welcoming atmosphere created by students and staff working to provide a great learning experience, please contact the school at 540-727-8003 and speak to our admissions specialist.

311 South East Street, Suite 120 Culpeper, VA 22701
540-727-8003 www.culpeperc cosmetology.com

Prepare for a CAREER in Cosmetology

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to those who qualify



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National Accreditation Commission
For Career Arts & Sciences





The disAbility Resource Center of the Rappahannock Area, Inc.

409 Progress Street, Fredericksburg VA 22401
 540-373-2559 (Voice) 540-373-5890 (TTY)
 1-800-648-6324 (Voice or Relay) 540-373-8126 (Fax)

Website: www.cildrc.org

Kim Lett: Program Coordinator klett@cildrc.org

The disAbility Resource Center provided several Outreach services to the greater Culpeper area this summer including a six-week beginning sign language class, a four-session training specifically designed for people with disabilities, about abuse prevention and empowerment called LEAP (Leadership For Empowerment & Abuse Prevention) presented by the Partnership for People with Disabilities and the School of Social Work at VCU, and four Medicaid Waiver workshops.

To help families understand the redesign of the Medicaid Waivers, the dRC hosted an informational workshop on June 29 presented by the ARC of Virginia. The presentation focused on the changes to the Day Support, ID and DD Waivers and how the redesign affects those on the waiting list, those starting services or those who are current Waiver recipients. The dRC will continue to schedule trainings on the waivers throughout the redesign as we receive information. Questions on Waiver Redesign can be directed to either of dRC's two Medicaid Mentors, Petrina Thomas, pthomas@cildrc.org, or Tennie Gratz, tgratz@cildrc.org or by calling 540-373-2559.

Implementation of the Medicaid Waiver Redesign, affecting those on the Day Support, Intellectual Disability and Developmental Disability Waivers, was postponed from July 1 to August 1, 2016 (and could possibly be delayed longer). All Community Service Boards, however, assumed responsibility July 1 for being the single point of entry for all individuals with Developmental Disabilities (note: individuals with Intellectual Disabilities are now identified as having Developmental Disabilities). This means

individuals who would have been screened for the old DD Waiver need to go through the CSBs to request a screening.

The dRC hosted a Summer Open House and celebrated the 26th anniversary of the American with Disabilities Act on July 11. Community members, providers, legislators, and consumers and their families met the dRC staff and Board, toured the dRC office and gardens, learned about REV Up VA, participated in disability awareness events and enjoyed BBQ and other summer refreshments. For more information on REV Up VA! and your rights as a voter with a disability, contact Kevin Koziol at kkoziol@cildrc.org.

Other activities the disAbility Resource Center has planned through the year include a fall gala on October 8 with a Masquerade theme at the Bowman Distillery in Fredericksburg, the 4th annual Walk 'n Roll around Fredericksburg's Heritage Trail on April 2, 2017, and the 2nd annual Independent Living Expo for May 13, 2017, at the Fredericksburg Expo Center. Mark your calendars! Vendors are currently being solicited for the Independent Living Expo. Email or call drc@cildrc.org or call 540-373-2559 for information.

More trainings and workshops will be scheduled for the Culpeper/PD9 area and the Fredericksburg/PD16 area over the next year. Quarterly workshops include "Learn How to be A Personal Attendant," and "SSI and SSDI" about Social Security and Social Security Work Incentives. Another workshop offered by the dRC includes customized information on Americans with Disabilities Act for those directly or indirectly affected by it. An-

yone wishing to know more about the ADA can contact the dRC's ADA Leadership Network trainer, Kevin Koziol, at kkoziol@cildrc.org.

The dRC is now an Employment Network through Social Security's Ticket to Work program. We do not find jobs for people or assess them for employment but instead support them as they transition from cash benefits to self-sustaining employment. For more information, contact Kevin Koziol at kkoziol@cildrc.org.

In keeping with the transition core service of Centers for Independent Living, the dRC's Youth Services is recruiting transition-age students (ages 16-21) to become members of SAIL (Self-Advocacy Independent Living). SAIL focuses on learning, advocacy, and self-determination of youth who will be transitioning from school to adulthood. They meet on Monday nights though the school year. Applications can be found on the dRC website, www.cildrc.org under "Forms and Resources."

Friday Afternoon Live is happening now! Every Friday from 2 p.m. to 5 p.m. people with disabilities and their friends meet and work on independent living skills incorporated in fun social and recreational activities. Recent activities include "Never Go Out of Style" about dressing for success, "Catching Some ZZZ's" about good sleep habits, and "Clang, Clang, Clang Goes the Trolley" to learn about accessing educational, social, and recreational opportunities in the community. Contact Tennie Gratz at tgratz@cildrc.org for information.

For more information on all dRC happenings, link to the dRC website, www.cildrc.org, Facebook, www.facebook.com/dRCVA, or email drc@cildrc.org.

Culpeper Disability Services Advisory Committee

Monthly meetings are open to the public.

They are held in the County Board of Supervisors conference room at 302 North Main St. Culpeper.

The Mission Statement of the Culpeper Disability Services Advisory Committee is—

To assess the state of disability-related matters for the Town and County of Culpeper and report to the Board of Supervisors relevant issues with proposed solutions.

If you have a disability related access issue within the Town or County, you can call 540-727-3456 and leave a message.

Your call will be returned within two business days.

Meeting Dates for 2016

September 28th 3pm October 26th 3pm December 7th 3pm

(November and December meetings are combined due to the holidays)
 January 25, 2017, 3pm officer elections for 2017



Make the Grade with Good Health This School Year

Jordan Zarone, MRC Coordinator Rappahannock-Rapidan Health District



Summer is coming to a close and the school days are here again. Between summer reading lists, back to school shopping, and an updated wardrobe, we all take measures to make sure our children are prepared to go back into the classroom. But have you taken steps to safeguard your child's health? Add health to your back-to-school preparation list, and make it the best year yet.

Vaccines

One of the most important and effective steps you can take to protect your child's health in school is to ensure that they have received all of their required vaccines. Vaccination is one of the most effective ways to protect infants, children, and teens from a number of diseases that could potentially result in serious illness, hospitalization, or even death. Virginia, like other states, has immunization requirements that must be met in order for children to attend school. These vaccines are listed below, and you can find more information about Virginia immunization requirements online at vdh.virginia.gov

Virginia School and Day Care Minimum Immunization Requirements:

- Diphtheria, Tetanus, & Pertussis (Tdap) Vaccine
- Haemophilus Influenzae Type b (Hib) Vaccine
- Hepatitis B Vaccine
- Human Papillomavirus (HPV) Vaccine
- Measles, Mumps, & Rubella (MMR) Vaccine
- Pneumococcal (PCV) Vaccine
- Polio Vaccine
- Varicella (Chickenpox) Vaccine



If you have a child who is attending college this year, you should be sure that (s)he has completed all of the above requirements, with the addition of the meningococcal vaccine. Visit cdc.gov/vaccines/parents for more information on vaccines for your children.

Healthy Habits

In addition to keeping vaccination records up to date, you can also contribute to good health in school by encouraging healthy habits every day. The list below includes some healthy habits you can teach in your own home to maximize the health of your kids during the school year.

- **Handwashing** - Handwashing is like a do-it-yourself vaccine. Proper handwashing is simple, quick, and one of the most effective ways to prevent the spread of germs that cause disease. Help your kids develop positive handwashing habits at home that they can carry into the school day. Encourage them to use soap and warm water, and scrub for at least 20 seconds before rinsing and drying.
- **Physical activity** - Kids and teens should get at least 60 minutes of physical activity each day. Staying active decreases the likelihood of obesity and builds strong bones and muscles. Additionally, physical activity can help youth improve their concentration, memory, and classroom behavior. Encourage your child to get active after school. Activities can be as simple as walking the dog, raking leaves, or having a dance party.
- **Healthy eating** - A healthy and nutritious diet is one of the most important factors contributing to childhood growth and development. Ensuring your child develops positive eating habits at a young age improves proper cognitive and physical development, and staves off issues like obesity and type-2 diabetes. A nutritious, balanced diet, starting with a good breakfast, has also been shown to contribute to improved concentration and classroom performance.
- **Enough sleep** - Making sure your children are well rested is a critical component to their classroom success and their overall health. Kids who are overtired often have trouble concentrating, do not engage in the recommended amount of physical activity, and make poor diet choices. Sleep is also essential to growth and immune function. The CDC recommends that school-aged children get at least 10 hours of sleep each night. Teens should get anywhere from 9-10 hours.



This back-to-school health installment is brought to you by the Rappahannock-Rapidan Medical Reserve Corps. For more public health and emergency preparedness information, check us out online at [Facebook.com/RRMRC](https://www.facebook.com/RRMRC) or call (540) 317-4135.

If you want to get involved in protecting the health of your community join the RRMRC today! Apply online at vamrc.org/vvhs

Culpeper Fiesta Set for Friday, September 16th, 2016

The Culpeper Fiesta takes place in the heart of downtown Culpeper for 4 hours, 6pm to 10pm Friday, September 16th. Plan to bring your whole family down to the Depot (109 Commerce St., Culpeper, VA) for a night of good food and wonderful entertainment. Like us on [Facebook](https://www.facebook.com) to stay in touch.

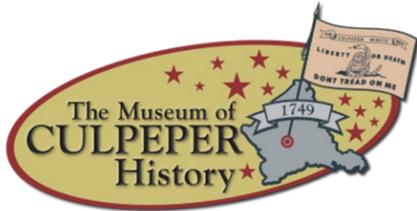
There is no admission fee and free activities will include children's crafts, piñatas, zumba led by Marie's Ballet, and live music featuring Trayecto Musical. Mark Harman with Harmany DJ's will be playing a variety of Latino dance music.

The food, while not free, is very reasonably priced so you can afford to feed the whole family. Food vendors will provide a full selection of traditional Hispanic dishes. There will also be dessert items and beverages.

Free health screenings will be offered, including confidential HIV testing by FAHAAS, as well as glucose and blood pressure checks by UVA Culpeper Hospital. Free flu shots will be administered by Walgreens. Complimentary children's ID's will be offered by the Culpeper Sheriff's office and the Culpeper Town Police at the Food Closet location at St. Stephen's Episcopal Church.

See you at the Fiesta!





The Museum of Culpeper History

113 S. Commerce Street, Culpeper Virginia 22701 ~ 540.829.1749 ~ www.culpepermuseum.com

The Museum is Having a Great Season!

This summer and fall the Museum of Culpeper History is awash with fun-filled events and great cheer to stave off the heat! The public is encouraged to attend the following events:

The last Libations at the Depot will shake things up! It's being held at **The Beer Hound on Friday, September 2nd from 5:30-7:30pm.** The event will be hosted by the folks at Integrity Automotive, and will feature craft beers, finger foods, and live music by David Fatula. Wear your school colors to get \$1 off the price of admission. Public is invited!

300th anniversary of the Ride of the Knights of the Golden Horseshoe, August 2016 (Date TBA): The Museum is co-hosting an evening out at Andora Farm to help commemorate the 1716 ride by Gov. Spotswood and his merry men as they explored the foothills and passes into the Valley (in search of an easy passage to the Great Lakes). This will be open to the public; food, entertainment and games will be available. For more information, call the Museum at 540-829-1749.

History Alfresco XII will be on Saturday, October 1st at Presqu'Isle, home of Jason Millson-Martula and Aaron Mastin. This annual fund-raiser will feature tours of the home, a wine bar, a silent auction, and a three-course dinner under a tent in the well-manicured yard. Tickets are available as of September 1st, and the public is invited to this festive evening. Call the Museum at 540-829-1749 for more information or tickets.

November 4th: 3rd Annual History's Happenings at Prince Michel Winery, Leon, VA. From 5:30-7:30pm. Free admission for all, with music, finger foods, wine tastings, and the sale of three private labeled wines to commemorate the age of train travel, with a colorful image by artist, Peter B. Griffith II of Madison VA. Proceeds from the sale of the three varieties of wines made by Prince Michel will be donated to the Museum. What a great idea for a Christmas, Kwanza or Chanukah gift! Public is invited to attend.

November 20th: Annual Downtown Holiday Open House: all over Main Street and Davis Street. Children are encouraged to come to the Museum from 11-4pm to decorate an ornament; theirs to keep! Hot cider and cookies will be served throughout the day. Free.



History Alfresco, Saturday, October 1st

December 27-30: 1-5pm daily. Annual "Get Your Guests the Heck out of the House" week; bring your houseguests and friends over to the Museum before we close for a month to create new exhibits and displays. Sale in Museum Shop continues until we close on December 30th.

The Museum will be closed to the public from December 31, 2015 to February 4, 2017. Staff will be in the office Monday to Fridays throughout this period, building new exhibits!

Lee Langston-Harrison
Executive Director

GET INVOLVED
Be a volunteer and reap the rewards



415 S Main Street, Suite 204,
Culpeper VA 22701

www.culpeperliteracy.org

Culpeper Literacy Council



is seeking adults to serve as
**Literacy Tutors for our
Adult Basic Literacy, ESOL and
the Citizenship Programs.**

**New Literacy Tutor Training
Saturday, September 17th.**

8:45am- 2pm

No cost to attend and lunch is provided.
Please call 540-825-5804 to sign up
or for more information



Financial Assistance Available to Reduce the Size of your Lawn & Plant Native Plants

By Richard Jacobs, III, Culpeper SWCD Conservation Specialist III



Conserving water while using attractive gardening and landscaping practices beautifies your yard, attracts beneficial pollinators, adds curb appeal and also helps improve the environment by reducing the amount of storm water runoff from your property. Creative management of those small areas of your front or backyard to address problem areas (too wet, too dry, doesn't drain, won't grow grass, etc.) now has funding available to support simple, on the ground landscape practices that benefit both you and the local environment. The Virginia Conservation Assistance Program or VCAP provides financial assistance to residential, institutional and commercial property owners to implement such practices. **It is important to note that these practices should only hold water for a few hours maximum so they will NOT attract mosquitoes when installed and used correctly.**

The Culpeper Soil and Water Conservation District has completed a Rain Garden on a residential lot in Culpeper County (see picture on left). A Rain Garden is a depressed landscaped bed that temporarily stores runoff to encourage rain water to infiltrate. Native plants are used in the rain garden, since these plants tolerate periodic ponding and drought conditions. With proper plant selection you could also create habitat for pollinators or birds.

The District will provide technical resources for your planning efforts and visit your site to better understand what you hope to achieve. For more information on VCAP visit <http://vaswcd.org/vcap> or contact the District at 540-825-8591 or richardj@culpeperswcd.org

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.

Aging in Place



Join Aging Together and more than 50 Exhibitors and Presenters at the 4th annual Art of Aging Expo on Monday, October 10th, from 9 am to 1pm at the Daniel Technology Center. This Expo showcases local businesses and services that will help everyone grow older in the healthiest happiest way possible. If you're a senior, caring for an older friend or relative, a Boomer getting ready for retirement, or even a young family thinking now about growing older here among your family and friends, this is a place to learn more about what's available for you.

Returning this year will be antiques appraiser and Virginia author Mark Groves. We will

have showcases of fun and healthy exercises, cooking good food (good for you and good tasting), with lots of give aways and product samples. This is your one-stop shop for all things related to growing older in the best way possible. And it's free to the public.

Mark your calendars now to join us on a beautiful fall day. Visit the Expo then head on for a walk outside, a trip to a local vineyard, or just finish your errands. You'll find more information on the Art of Aging Expo at www.theartofaging.org.

Walk to End Alzheimer's disease

There's a lot of information showing that walking isn't just good for your health, it's good for your brain as well. Because you don't have to really think about walking, it comes naturally to you, your mind can wander. The result is often a burst of creativity. But there's another way walking can help the brain – Walking to End Alzheimer's Disease. Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

On September 17th you can walk a fun course starting in Yowell Meadow Park, cruise through town and back to the park



for a celebration of the many people here who are living with Alzheimer's and caring for someone with the disease. Plus, you'll be raising money for Alzheimer's research at the same time. And who knows what creative thoughts you'll have along the route.

Please join this important walk that has such important impact. You can start a team, join a team or donate to a team. To learn more contact

Carol Simpson at 434-973-6112

csimpson@alz.org

or Gina Mullins at 540-827-4962

gmullins@homeinstead.com.

Culpeper County Public Schools Welcome Back: Profile of a Graduate K-12

On August 9th, Culpeper County Public Schools welcomed back approximately 8,000 students to our six elementary schools, two middle schools and two high schools. We believe in all of our students and we will work hard to ensure that each of them will become “future-ready” upon graduation.

Soon you will see Culpeper County Public Schools publish our *Profile of a Graduate* and what we believe each student should possess when they graduate from our school division. This profile has been in development for the past year with the help of students, parents, community and business leaders, and educators. It will describe the knowledge, skills, competencies, and experiences that our students will attain during their K-12 education to define them as “future-ready.” The Virginia Board of Education is also considering changes to the Virginia graduation requirements and we will closely align our *Profile of a Graduate* with these changes. Changes would revolve around the less traditional model than we have now and would allow our students more flexibility in participating in possible internships, apprenticeships, and service learning activities while in high school. Many core classes would be taught in the first two years of high school and then students would have a choice centering around their individualized academic and career plan. Their choices would include a path to a four-year degree, preparations for a two-year community college degree, like our Germanna Scholars program or a vocational program where a student might participate in cooperative education or he/she would participate in an apprenticeship program while working for a local business. While this is not a new philosophy, it is a shift in our state regulations. Currently, Culpeper County students earn many different industry credentials every year, but we would like to offer more. During the 2016-17 school year, over 1,200 industry credentials were earned by CCPS students including Servsafe, Microsoft Office Specialist exams, Adobe Certified Associate, Autodesk Certification, WISE Financial Literacy, Virginia Workplace Readiness Skills, NOCTI Agriculture Mechanics Certification, NOCTI Small Animal Certification, Certified Nursing Assistant, Licensed Practical Nurse, Emergency Medical Technician, National Customer Service Certification and more.

We define “future-ready” as being prepared to succeed in the economy and in our community as a productive citizen as soon as they graduate from high school. “All students must be equipped with the knowledge and skills to reach their full potential,” said Thomas J. Gentzel, Executive Director of the National School Boards Association. “To better prepare the next generation, school leaders have to look at enhancing educational opportunities for all students, both college bound and career bound, to ensure future readiness for both.” Culpeper County educators and business leaders agree. Earlier this year, 178 Culpeper business leaders participated in our *Profile of a Graduate* Survey. These results along

with discussions held with several stakeholder groups will be detailed in our *Profile of a Graduate* model and they include the following:

The most important skills that a high school student should possess include:

- Communication Skills
- Critical Thinking Skills
- Creative Thinking Skills
- Collaboration
- Citizenship

- 68% percent of all survey respondents felt student attendance was very important when evaluating a high school graduate for hire. CCPS agrees! Learning is progressive and each day’s lessons build upon the next. In addition, classes use discussion and hands-on activities that cannot be made up if a student is absent. To our students: Everyday is important and good attendance will help you in all years of your education and career!

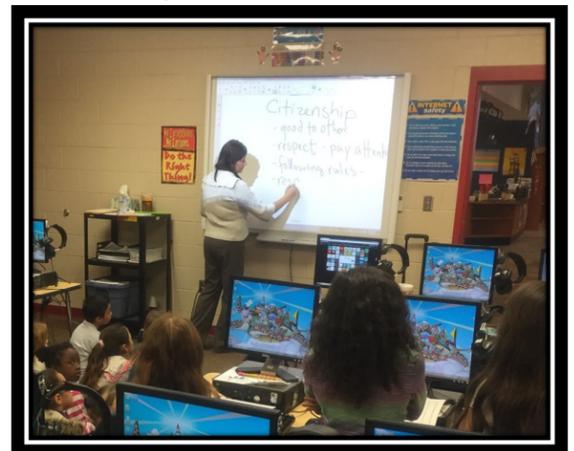
If you have a child in elementary or secondary school you will see and hear more about this as the school year progresses. All schools will have various career, college, and citizenship activities throughout the school year. Yowell Elementary School, for example, will continue their YES to the future program where they are committed to preparing all students to be career, college, and citizen ready. 8th, 10th and 12th grade students will participate in our annual Career Expo. 11th graders will have a detailed Mock Interview experience with resumes, cover letters, a mock interview with local business leaders and more. Elementary students will have Career Exploration activities either virtually or on-site and they will begin Career Pathway inventories. In middle school, students will develop a detailed Academic and Career Plan and they will continue to work with their school counselor to make changes as needed.

If you do not have a son or daughter in our school division, we hope you will follow us on this exciting journey as well. Our *Profile of a Graduate* will not only be used by our students, it will be used to write curriculum, develop professional development opportunities for our teachers and staff, and to connect our graduates with our community. As you see the school buses back on the road and know that the students may be sad to see summer go, they are also excited for a new school year, to reconnect with or make new friends and perhaps run for class president, try-out for a new sports team or join a new club. You may see them at the local library or at the park, at the movies, in a restaurant or in a store. As you see a student recently back to school, no matter their age, know that with each day they are learning, watching, and, growing into a graduate. *A proud, Culpeper County, Virginia, Graduate.*

What does “Future-Ready” look like?



College Ready: Pictured are 11 of the 22 Culpeper County High School and Eastern View High School Germanna Scholars. This was the 1st cohort of students to earn an Associates Degree from Germanna Community College while earning a high school diploma at the same time. They also received Governor’s Medallions for their accomplishment.



Citizenship: Students from Yowell Elementary School participate in a lesson on Citizenship, led by their school counselor, as part of their YES to the Future program where students learn about citizenship, career and college readiness.



Career-Ready: Middle and High School students participate in our annual Career Expo with local business leaders, where students learn about specific careers and the educational and training requirements for those careers.

Managing Your Business Credit

5 simple steps you should take to manage your business credit

1. **Determine whether or not you already have a business credit file.** Small business owners should first know if they have a business credit file with D&B. You can find this out by calling D&B Customer Service at 1-866-785-0430 or visiting <http://iupdate.dnb.com/iUpdate/mainlaunchpage.htm> ([link is external](#)). If you don't have a business credit file, establish one by applying for a D-U-N-S® number. Small businesses should apply for a D-U-N-S® number, a unique business identification number, as soon as they start their enterprise to start the process of creating a business credit file. If, when you call or visit the D&B web site, you determine that you already have a business credit file, review it completely to understand what information it contains. Add or modify the information as necessary to ensure that those looking at your business credit (such as vendors, suppliers and financial institutions) are making decisions based on complete and accurate information.

2. **Establish a business credit history.** When they are starting up, many small businesses use their personal credit and finances to get their business going. But they should establish a credit history by putting expenses (such as a business phone line) in their business name and using a commercial bank account to pay their bills.

3. **Pay bills on time – and understand other factors that influence your credit rating.** In order to improve your commercial credit scores and build a positive payment history, the most important thing to do is pay your bills on time. Be very careful not to overextend your business, and use any line of credit judiciously. While payment behavior is important, credit ratings are based on multiple factors. D&B, for example, maintains 150 factors that go into a credit rating, such as industry, revenues and number of employees.

4. **Monitor your business credit file and keep it up to date.** According to D&B, the credit score of about one in three businesses declines over just a three-month period. By monitoring your business credit file, you will be aware of any change in your ratings before it affects your relationships with customers, suppliers and financial institutions.

You should keep your credit file current and accurate, reflecting changes such as location, number of employees, outstanding suits/liens and revenue - all of which impact your credit rating

5. **Monitor your customers' and vendors' credit.** Monitoring credit reports that provide a clear and complete picture of the credit standing of your customers can help you to determine how much credit, and on what terms, you should extend.

Why small businesses should manage their business credit

Small business owners are entrepreneurs. They are successful because of their ideas, their passion, and their drive. But they generally aren't accountants, and as a result they are often unaware of just how important actively managing business credit is to their success. Small business owners agree that cash flow management is one of their top concerns. Actively managing their business credit can help small businesses ensure positive cash flow by:

- **Securing more financing at better terms.** Good credit can ensure that small businesses get financing when they need it. According to the SBA, insufficient or delayed financing is the second most common reason for business failure. And, since most loan decisions below \$100k are automated, the business credit file will often dictate the amount and terms of a loan. For businesses with poor credit ratings, top national banks may increase credit card interest rates on average from 9% to 18% and loan interest rates on average from 8% to 12%.
- **Ensuring you get needed supplies at affordable terms.** Suppliers evaluate your credit and make decisions about how much credit to extend to you – perhaps a \$30K credit line could have been \$60K with a stronger business credit file. Good business credit can ensure that you get the supplies you need under the best possible terms, freeing up more money for your business.

- **Making smarter credit decisions on your customers.** Knowing the credit of customers enables small business-

es to provide better terms to creditworthy customers and avoid doing business with customers who pay slowly – both of which can lead to improved cash flow.

Protecting yourself against business identity theft.

Actively managing your business credit file helps you ensure that fraudulent or incorrect information is not in the file. 15-30% of all commercial credit losses are due to fraudulent activity. It's important that your business credit file truly reflects how good your credit is, and that you are aware of any inaccuracies and missing data so you can address them promptly.

This information and more useful small business topics are available on the U.S. Small Business Administration web site at WWW.SBA.gov

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.

Whether you already own a business or are planning to start one, our workshops and no-cost one-on-one consultations can help you achieve your goals. Call or email to secure your appointment.

Contact: David C. Reardon, Business Counselor
Email: dreardon@lfsbdc.org

PHONE: 540-727-0638 www.lfsbdc.org

The SBDC at Culpeper

803 South Main Street, Culpeper, VA 22701
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.



New Extended Hours for the Culpeper Trolleys!



Monday – Friday
7:00 AM – 6:00 PM

Saturday
8:20 AM – 2:20 PM

The Culpeper Trolleys offer affordable, easy to use transportation options for riders throughout the Town of Culpeper.

For more information about Public Transportation Options for Culpeper County and the Town of Culpeper call (540) 825-2456.

Hope to see you on the Culpeper Trolley soon!

Registrar's Office

Get Ready to Vote November 8

Voting in the 2016 Presidential Election

As our office gears up for what promises to be a busy fall, the temptation to flood readers with information is very high. Instead, we'd like to share four pieces of information we think will be the most helpful:

1. What's on the Ballot?

- ◆ President and Vice President
- ◆ U.S. House of Representatives
- ◆ **Plus, two State Constitutional Questions:**

1. "Question: Should Article I of the Constitution of Virginia be amended to prohibit any agreement or combination between an employer and a labor union or labor organization whereby (i) non-members of the union or organization are denied the right to work for the employer, (ii) membership to the union or organization is made a condition of employment or continuation of employment by such employer, or (iii) the union or organization acquires an employment monopoly in any such enterprise?"

2. "Question: Shall the Constitution of Virginia be amended to allow the General Assembly to provide an option to the localities to exempt from taxation the real property of the surviving spouse of any law-enforcement officer, firefighter, search and rescue personnel, or emergency medical services personnel who was killed in the line of duty, where the surviving spouse occupies the real property as his or her principal place of residence and has not remarried?"

2. Photo ID

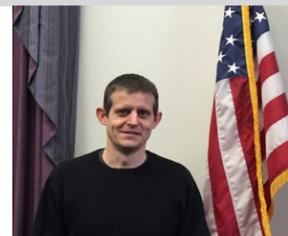
Virginia law requires all voters provide an acceptable form of **photo identification** (photo ID) when voting in person at their polling place. There are many different types of photo IDs voters can use -- and all can be used up to a year after the ID has expired. These photo IDs include:

- Valid Virginia Driver's License or Identification Card
- Valid Virginia DMV issued Veteran's ID card
- Valid United States Passport
- Other government-issued ID (must be issued by US Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth)

James Clements Registrar

151 N. Main Street, second floor
Culpeper VA 22701

Monday—Friday 8:30 to 4:30
540-825-0652



- Tribal enrollment or other tribal ID issued by one of 11 tribes recognized by the Commonwealth of Virginia
- Valid college or university student identification card (must be from an institution of higher education located in Virginia)
- Valid student ID issued by a public school or private school in Virginia
- Employee identification card issued in the ordinary course of the employer's business.

3. Absentee Voting

If you are going to be out of town, have a medical condition, or commute long hours you may want to consider voting absentee. Absentee voting provides a means for qualified voters to participate in upcoming elections even though they may not be able to go to the polls on Election Day.

This year in-person absentee voting will begin **September 23, 2016**. Our office is located in downtown Culpeper at 151 N. Main St. and we'll be here each weekday, plus two Saturdays (October 30 and November 6), from 8:30 a.m. to 4:30 p.m. for voting. You can also apply to receive an absentee ballot by mail at any time between now and November 1.

Absentee votes are added to the Culpeper County totals on Election night, so just because you can't make it to the polls doesn't mean you'll miss your chance to participate in the election.

4. Election Day is November 8

**Need more information on these topics (or others)?
Visit our website: www.voteinculpeper.info**

**Culpeper County Sheriff’s Office
Summer Youth Sports Camps**



Sheriff Scott Jenkins’ **Youth Summer Sports Camps** began five years ago with Sheriff Jenkins's first term in office, beginning in 2012.

The Sports Camps, held in June and July, are funded by private donations, and are coached by deputies and community volunteers. Enrollment is open to any child in Culpeper.

This year a record number of participants came out to learn the joy of physical activity, the satisfaction in mastering the skills necessary for success in sports, and the value of good sportsmanship.

The Sports Camp program teamed up with existing Culpeper sports associations for manpower and equipment.

The Culpeper Little League donated the use of all equipment for the baseball/softball camp.

The Culpeper Soccer Club supplied equipment -- and their coaches and players to help plan and organize the soccer camp. Unfortunately, rain cancelled the Soccer Camp.



In each Camp the fundamentals were taught to children aged 5 to 16.

The Camps lasted three days and ended with a recognition lunch and a tee-shirt for each participant.

“There is a strong emphasis on sportsmanship, respect, and teamwork,” according to Sgt. Marshall Keene who helped coordinate the Camps for the sheriff’s office. “The goal for each Camp is to have participants use lessons of good sportsmanship and respect on the field, in their everyday lives off the field,” he said.

Culpeper County Sheriff’s Office
132 West Davis St., Culpeper Va. 22701

Administrative Office: (540) 727-7520

Culpeper Crime Solvers: (540) 727-0300

WEB: Culpepersheriffsoffice.com

 *Culpeper County Sheriff's Office*

 *@CulpeperSheriff*

A Children’s Day at the Park

Saturday, October 15th from 11am to 1pm. The Early Childhood Working Group, in cooperation with Healthy Culpeper, will be holding a fun day event at Yowell Meadow Park. The free event will feature Harmany DJ, face painting, drumming, t- shirt decorating, arts and crafts. We will be celebrating fall with a variety of activities, including a kids’ parade to show off their t-shirts and learn about the Mexican Day of the Dead holiday.

Culpeper County Board of Supervisors

Culpeper Quarterly

A quarterly publication



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dhoffman@culpepercounty.gov

Ribbon Cutting at Culpeper Regional Airport New Hangar Complex Celebrated in June

On Saturday, June 25th, we were excited to cut the ceremonial ribbon for our new hangar complex.

After a little over a year of construction and site work, our hangar project is nearing completion. With the addition of 26 Nested T-Hangars and 6 executive units, we now have the ability to hangar more than 145 personal aircraft, and over 70 outside tie down locations.

From its humble beginning in 1969, Culpeper Airport has come a long way in providing a pilot-friendly environment and a place for locals to enjoy interesting and, sometimes unique, aircraft.

Along with the private hangars, Culpeper Regional is home to two maintenance operations and two flight schools with the ability to train in both fixed wing and rotorcraft, and the Capitol wing of the Commemorative Air Force which flies and maintains historic aircraft.

We, here at CJR, are honored to be part of the growth and success of our field and appreciate all the support received from airport tenants, visitors and our community.



Culpeper Regional Airport
12517 Beverly Ford Road
Brandy Station VA 22714
540-825-8280
www.culpeperairport.com

