



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

News from a Healthy Culpeper Community Partner

“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

THE PLACE Come join us! It's Free



Country Troubadors entertain at Tuesday Lunch and Learn



Would you like to help with quilt pieces? It is a popular PIECEful pastime.



WHO might YOU meet at THE PLACE?



Making shawls. Making friends.

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

3 week Parenting Class

2016 Schedule:

- June 6th, 13th, 20th
- August 1st, 8th, 15th
- 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



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YOUR Culpeper Extension Staff:

Administration: Cristy Mosley, Unit Coordinator - cmosley1@vt.edu
Cindy Atkin, Unit Administrative Support - cratkin@vt.edu
Vacant, Unit Support Staff

Extension Agents: Cristy Mosley, 4-H Youth Development - cmosley1@vt.edu
Becky Sheffield, Family and Consumer Sciences Agent - rebes13@vt.edu
Vacant, Horticulture Agent
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 - jkclark@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.

FAMILY AND CONSUMER SCIENCES

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

Home Food Preservation Class

Spring is here and soon the gardens will be overflowing with a bounty of fruits and vegetables. Learn how to preserve your bounty by attending the Home Food Preservation class sponsored by Virginia Cooperative Extension, Culpeper County. Participants will learn how to can fruits and vegetables using a pressure canner and water bath canner along with how to make jams and jellies.

The class will be held **June 2, from 9:30 am to 3:30 pm at the Culpeper Extension Office** which is located at 101 S. West Street, Culpeper. The cost of the class is **\$20** and participants must **register by May 26**. The class limit is 8.

Pressure Canner Testing

The canning season is fast approaching. Make sure your equipment is working properly so that you can safely preserve your garden bounty. Dial gauge pressure canners should be tested each year to make sure that they are reaching the correct pressure when being used. Virginia Cooperative Extension offers the testing of the gauges free of charge.

The gauge testing date will be: **June 23, 9 am to 4:30 pm, Culpeper Extension Office, 101 S. West St., Culpeper.** Bring your canner lid with the gauge, to the Office and be sure to pick up the latest home food preservation publications.

Pickle and Salsa Food Preservation Classes

Want to learn to make salsa and pickles?

Find out how to safely make these foods, following tested recipes and methods.

SALSA Class—We will make fruit and vegetable salsas. **August 23, 10 am – 2 pm**

PICKLE Class—We will make sweet and dill pickles. **July 26, 10 am – 2 pm**

Classes will be held at the Culpeper Extension Office, 101 S. West St., Culpeper. Classes are limited to 12 persons per session. The cost of each class is **\$20** which includes supplies and materials.

Registration deadlines are: July 19 (Pickle Class) and August 16 (Salsa Class).

To register or for more information on the above classes, contact the Culpeper Extension Office at 540-727-3435 ext 0 or Becky Sheffield at rebes13@vt.edu.

4-H YOUTH DEVELOPMENT

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

Even if you're not in a 4-H club, summer is a great way to be part of 4-H by signing up for our workshops and camps! Check out this list of summer activities and spread the word.

4-H Summer Workshops

New workshops may have been added since this list was submitted, check our website at www.vt.edu/offices/culpeper or Facebook Page at Culpeper County 4-H for our most recent list.

Cloverbud Chefs “Wrap It Up” *

June 1 11am-1pm Ages 5-8 Limit 10 \$10

Let's get in the kitchen and create something yummy! In this workshop participants will learn how to make delicious wraps for lunch and dessert too. Everyone will enjoy eating their creation and will have fun with new friends.

Quilting “To Be Determined” (Advanced Sewing Machine Experience)

June 13-17 9am-12pm Ages 9-18 Limit 8 \$ Supply List

Parent & Child Spa Relaxation

June 21 & 22 1pm-4pm Ages 9-18(plus 1 adult) Limit 8 pairs \$25/pair
This workshop is designed for a child and adult to spend the day at the “spa” while you both learn how to relax, have fun and make memories. Come enjoy the afternoon together and learn how to make scrubs, candles and delicious snacks.

PJ Sewing Class

June 27 & 28 9:30am-12:30pm Ages 9-18 Limit 6 \$5 & Supply List

Make a pair of pajama pants while learning how to sew, or improve your sewing skills. Pattern will be provided but participant will need to bring all other items to class. A supply list will be given at registration for workshop.

Simple Nine Patch Quilt (Little or No Sewing Machine Experience)

July 11-15 9am-12pm Ages 9-18 Limit 8 \$ Supply List

In this workshop for children with little or no sewing machine experience, a small easy 9-patch quilt featuring sashing and piping will be constructed. Quilt size approximately 39” x 59”.

All About Dogs

July 14 & 15 9am-12pm Ages 5-18 Limit 15 \$15

Dog lovers are encouraged to attend this hands-on workshop hosted by Mahogany Ridge Dog Training Facility. Youth will learn about dog handling, simple obedience commands, and will have a chance to work with trained dogs and their owners. There will be guest presenters, games, and crafts. Activities will be tailored to your child's age and ability.

Cloverbud Day Camp

Cloverbud Day Camp is open to all youth ages 5-8 years old. This camp is held at Camp Red Arrow in Stevensburg, VA and is an introduction to the 4-H camping experience. Campers participate in daily classes and recreation, including swimming in the facility's junior Olympic size pool.

Call for availability. 540-727-3435

Date: July 5 & 6

Time: 9am-3pm

Ages: 5-8

Cost: \$50

Location: Camp Red Arrow, located in Stevensburg, VA



Culpeper-Shenandoah-Rappahannock 4-H Camp

Culpeper-Shenandoah-Rappahannock Junior 4-H

Camp is open to youth ages 9-13 (as of 9/30/2016).

Campers stay in dorm-like lodges and are guaranteed

the choice of one roommate, and exciting classes such as rocketry, performing arts, swimming, horsemanship, canoeing, and the ropes course. Afternoons are filled with recreation such as swimming, sports, and games while evenings bring special group programs and a nightly campfire.

4-H Summer Camp, continued

Please contact us with any questions you may have and for space availability. Registration opened in April.

Date: July 31-August 3

Cost: \$265 includes lodging, 12 meals, a T-shirt, and all activities. A limited number of scholarships, based on financial need, are available.

Location: Northern Virginia 4-H Educational Center, Front Royal, Virginia.

For more information on these exciting 4-H activities or 4-H clubs 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 ext 0.

*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 between 8am and 5pm to discuss accommodations at least 5 days prior to the event. *TDD number is (800) 828-1120.*

FARM BUSINESS MANAGEMENT

Peter Callan, Extension Agent, ANR-FBM

Nitrogen Testing Saves Corn Growers Money

Due to depressed corn prices in the early spring of 2016, many corn producers are seeking ways to minimize input costs that will enable them to break even and generate a profit for their 2016 corn crop. Crop budgets from Virginia Tech show that nitrogen accounts for nearly 61 percent (\$63) of total fertilizer input costs (\$104) to produce 150 bushels of corn per acre. Virginia Tech agronomists have stated that 146 pounds of nitrogen are needed to grow 150 bushels of corn per acre.

The nitrogen requirement for corn can be met in several ways. The decay of organic matter by soil organisms provides available nitrogen. Legumes (e.g. alfalfa, clover, soybeans) fix nitrogen from the air that can be used to meet the nitrogen requirements.

The Virginia Nutrient Management Standards has listed in the following table Estimated Nitrogen (N) Availability to Succeeding Crops from Legumes (1).

Crop	% Stand	Description	Residual N (Lbs./ac)
Alfalfa	50-75	Good (>4 T/A)	90
	25-49	Fair (3-4 T/A)	70
	<25	Poor (<3 T/A)	50
Red Clover or Crimson Clover	>50	Good (>3 T/A)	80
	25-49	Fair (2-3 T/A)	60
	<25	Poor (<2 T/A)	40
Hairy Vetch (cover crop)	80-100	Good	100
	50-79	Fair	75
	<50	Poor	50
Peanuts	-	-	45
Soybeans	1/2 lb. N per bushel of yield, if previous yield unknown, 20 lbs.		

Many Virginia producers apply cow and swine manure, poultry litter, and biosolids (municipal wastewater treatment sewage sludge) and grow cover crops to help meet the corn’s nitrogen requirements. The nitrogen that is in the organic form becomes available to help meet the nitrogen requirement for the crop. When there is little available nitrogen from legumes, manure and biosolids, the requirements for the crop can be supplied with commercial fertilizer (e.g. urea, ammonium sulfate, liquid N). Many producers apply fertilizer at planting and later in the growing season when nitrogen requirements are the greatest.

“Corn requires only small amounts of nitrogen during the first month of growth because the plants are small and the root systems are not well developed. Nitrogen applied preplant or released from organic matter (crop residues), manure and biosolids can be lost by leaching during the time when nitrogen requirements are low and soil moisture is high. Therefore, only small amounts of starter N (25-30 lbs./acre) should be applied prior to or at corn planting to meet the crop needs during the first 30-45 days after emergence” (2) Additional nitrogen can be side dressed before the crop begins its most rapid growth rate when the corn is 12-24 inches tall. A **Pre-side dress Soil Nitrate Test (PSNT)** can be conducted at this time to reflect the actual availability of soil nitrogen to meet the crop’s requirements.



Measuring soil sample for plant available nitrogen, when corn is 12-24 inches tall. Under fertilizing costs crop yield, over fertilizing wastes cost of nitrogen

The PSNT measures the plant-available nitrogen from the soil sample by taking cores across the field to a depth of 12 inches. The sampling should be done after the spring wet season and when the corn is 12-24 inches tall.

It is recommended that multiple samples be taken in a field to reflect differences in soil types, drainage, and fertility levels. Combine, mix, crumble, and dry the samples to create a composite sample for a field. The samples may be dried by spreading the soil in a thin layer over newspaper in a warm place or in the sun. In order to speed up the drying process, the sample can be dried in convection and microwave ovens. Since this is a relatively simple test, turnaround time is usually 24 – 48 hours.

Virginia Tech agronomists recommend that producers conduct PSNTs on fields that have had dairy and swine manure, poultry litter, and biosolids. Extension agents, crop consultants, and industry sales consultants perform PSNTs for farmers in Virginia. These professionals can take the PSNT results and make recommendations for side dressing the corn crop.

Growing seasons vary from year to year. PSNTs provide producers the opportunity to measure the levels of nitrogen available in the soil that can be used to meet the nitrogen requirements for a corn crop. Under or over fertilizing the crop can cost producers money in the form of not providing sufficient nutrients to meet the field’s yield potential or applying nitrogen that is in excess of the field’s yield potential. PSNTs are a win-win proposition for the producers’ pocketbooks because producers can apply the optimal pounds of nitrogen needed to achieve the field’s yield potential.

1. Virginia Nutrient Management Standards and Criteria. (2014). Virginia Department of Conservation and Recreation, Division of Soil and Water Conservation, p. 108. July.
2. Evanylo, G.K and M.M Alley. (1998). Nitrogen Soil Testing for Corn in Virginia, Virginia Cooperative Extension Publication 418-016.

Looking for a volunteer experience that matters?

Become an Adult Literacy Tutor

Culpeper Literacy Council is seeking adults to serve as
Adult Literacy Tutors for our programs
(Basic Literacy, ESOL and Citizenship)
Please call 540-825-5804 or visit
our website www.culpeperliteracy.org



The Foothills Express Gets A Make-Over



The Foothills Area Mobility System (FAMS) is excited to present the new Foothills Express bus. The Foothills Express is a handicapped-accessible shuttle bus that connects Culpeper and Madison to anywhere in Charlottesville three times a day, three days a week. The service is provided by JAUNT, a human service transportation provider located in Charlottesville, Virginia. Previously, the buses used were JAUNT vehicles with a tiny placard identifying it as the Foothills Express. Many clients of the shuttle referred to the bus as the JAUNT bus rather than the Foothills Express as it was more easily identified as JAUNT due to its prominent logo. With the new bus wraps, FAMS is confident the Foothills Express will gain more awareness and brand recognition. The buses are brand new and have state of the art options to help make them more comfortable and safe. Be sure to keep an eye out for the new buses as they travel up and down Route 29 and let us know what you think! Better yet, call today to make a reservation and take a ride on the Foothills Express! It's convenient, affordable and reliable. Call (540) 829-5300 or visit www.fams.org for more information.



The Buzz About Zika

Jordan Zarone, MPH
Rappahannock-Rapidan MRC

Summer is upon us and that means cookouts, pool days, and time spent outdoors. This year, however, we face a new threat to our outdoor time – Zika virus. The virus has been present in other parts of the world in the past, but this is the first time it has had a significant presence in the United States. As such, there are things we do not yet know about the virus. There are many important facts we do know, and these should be taken into careful consideration as mosquito weather sets in.

What is Zika virus disease?

Zika virus disease is the illness caused by Zika virus. The virus belongs to the same family as West Nile virus and dengue.

How does Zika virus spread?

Anyone can be infected with Zika virus. Zika virus is spread when a mosquito feeds upon an infected person, and then proceeds to bite and infect another person. The virus can be spread from mother to child during pregnancy and childbirth. There is currently no evidence of a transmission risk through breastfeeding. Zika virus can be spread during blood transfusions, if the blood used is carrying the virus. Zika virus can also spread through sexual contact with an infected male.

What are the symptoms of Zika virus disease?

Most people that become infected with the virus will not experience symptoms at all. They may not even know they are infected. Others may

experience fever, rash, joint pain, red eyes, muscle aches, or headaches. The symptoms usually last for a few days to a week. Zika virus infection has resulted in hospitalization and death, but these outcomes are rare. If you suspect you are ill with Zika virus you should take precautions to avoid mosquito bites, as mosquitoes can spread infection to others.

How is Zika virus prevented?

The best way to prevent the spread of Zika virus is to avoid mosquito bites. The *Aedes aegypti* mosquito, which is responsible for the spread of Zika, likes to feed on humans and is known to bite during the daytime. This mosquito can carry other diseases as well, so preventing bites is highly advised. Consider the following tips for avoiding mosquito bites:

- Stay indoors and keep screens in all windows and open doors
- Cover your skin with long-sleeved shirts, pants, and socks when outside
- Use insect repellent on skin and clothing
- Sleep under a net if you are outside or in an area without proper window screens
- Treat clothing with permethrin or buy pre-treated clothing items

For more information on Zika virus, visit the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/zika

This health installment is brought to you by the Rappahannock-Rapidan Medical Reserve Corps. Look us up online at www.facebook.com/rmmrc or send us an email at rmmrc@vdh.virginia.gov if you are interested in contributing to a healthier, more resilient community.

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

May 25th 3pm	June 22nd 3pm	July 27th 3pm
August 24th 3pm	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



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)
Kim Lett: Program Coordinator klett@cildrc.org

Website: www.cildrc.org

The mission of the disability Resource Center (dRC) is to help individuals with disabilities to become as independent as possible. The disAbility Resource Center is planning several trainings in the Culpeper area to provide five core services as a Center for Independent Living. Core services include advocacy, peer counseling, independent living skills training, two types of transition (from nursing home to an individual's home and from school to adulthood) and information and referral.

dRC trainings in Culpeper include:

1. *Consumer-Directed Personal Attendant Training*, July 26, 10-11:30am, in the large meeting room at the Culpeper Library, 271 Southgate Shopping Center, Culpeper.
2. *Medicaid Waiver Redesign Workshops*, July 14, 1 - 3pm and 6 - 8 pm, and July 21, 1 - 3 pm and 6 - 8 pm. Register by emailing your name and phone number to pthomas@cildrc.org and indicating what date you will be attending.
3. *Leadership for Empowerment and Abuse Prevention (LEAP)*, a training on healthy relationships and information about preventing abuse to adults with disabilities. This is a four session class scheduled for July 26, July 27, August 2, and August 4 from 10:30am to 12 noon. Register by emailing your name and phone number to pthomas@cildrc.org. The dRC is also available to provide other trainings including different areas of the Americans with Disabilities Act for businesses and others, Emergency Preparedness, Self-Determination and Independent Living, Basic Sign Language, Social Security and Work Incentives and more. If you are interested in having the disAbility Resource Center provide a training in the Culpeper area, please contact klett@cildrc.org or 540-373-2559 or Petrina Thomas at pthomas@cildrc.org.

Verdun Adventure Bound Summer Camps



Verdun Adventure Bound Energized Summer Camp for High Adventure Seekers

Verdun Adventure Bound (VAB), located in Rixeyville, VA., is proud to announce summer camp programs which are guaranteed to energize even the hardest of our youthful outdoor enthusiasts.

VAB staff worked hard this past fall putting together new summer camp programs to encourage youth to unplug for awhile and enjoy the great outdoors.

Parents should know that VAB's assurance of quality service begins with professionalism and expertise. Staff has advanced training and current certification.

The **Young Explorers Camps** will again be offered to 8-10 year old neophytes for 4 weeks (June 20-24; July 11-15; July 18-22; July 25-29). Lead Facilitator, Ashley Jenkins, along with her attentive, energetic and caring staff,

provide a myriad of creative and fun activities, both indoors and outside. The Young Explorers truly enjoy learning, building relationships and discovering new things about themselves.

Sean McElhinney is our Lead Facilitator for most of our Adventure Bound programs. His educational resume, professionalism, outdoor certifications and ability to work with our campers, make him the ideal leader for VAB programs. Our 2016 season ramps up the challenges to a new level!

VAB's Intern Training Camp (June 6-10) kicks off the summer by providing a week-long intensive leadership and outdoor wilderness training. Youth ages 14-17 will develop important camp skills, including challenge course training and aquatics. Two overnight adventures will help participants experience survival in the wilderness. Anyone interested in becoming a VAB Junior Counselor must attend this camp and pass all the standards to earn eligibility.

Sean will also be facilitating our most popular **Challenge Course Camps** (June 20-24; July 25-29) and **Muddy Tracks Adventure Camp** (July 18-22). Both camps are suitable for 10-15 year olds who want to test their ability on the challenge ropes course.

Sean has put together a series of new camp programs that not only provide participants with outdoor wilderness training, but also test

that knowledge by providing supervised real life experiences in survival.

Wilderness Survival Camp is offered during the week of July 11-15 to youth 10-15 who want to learn the basics of survival including getting clean water, making fires, and orienteering, sheltering and overnight primitive camping. A staged Emergency Scenario caps off the week's activities.

High Adventure Camp (July 5-8) is an intense four-day outdoors skills experience for youth 10-15 years old. Depending on participant interest and weather conditions, kayaking, hiking, rappelling, or rock climbing will be explored.

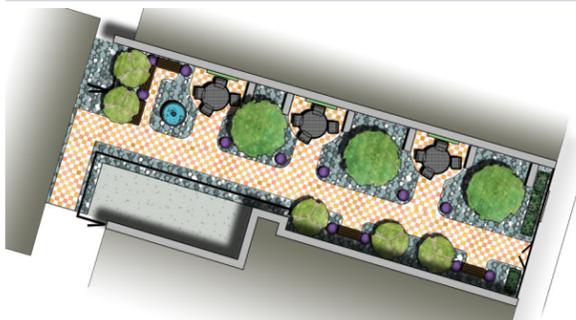
The ultimate challenge will definitely be the **Muddy Tracks Extreme Adventure Camp** (June 13-17) for youth 10-15 years old. Teamwork and wilderness skills will be learned on a four-night primitive camping trip to the Shenandoah National Forest including hiking, climbing, and kayaking.

Teambuilding, character development, civility, leadership skills, swimming, and most importantly, safety and fun are the hallmarks of Verdun Adventure Bound Summer Camp Programs. Campers also enjoy the very popular Doc Talks when they talk with founder, Doctor Snyder.

Check out our website at www.verdunadventurebound.org today.

Enrollment is limited.

Culpeper Renaissance Announces a New Downtown Beautification Project



Plans for the new Pocket Park At 118 North Main Street Downtown Culpeper

To better reflect the open and inviting atmosphere of Downtown, Culpeper Renaissance has partnered with the Wood family to give back to Culpeper. The Wood family has graciously leased the property formerly known as the Levy Building, in order to build a pocket park. For many months now, the property at 118 N. Main Street has been an empty lot. The current state of the property does not reflect the vibrancy of Downtown Culpeper.

This pocket park, which will be named the "E. B. Wood Community Park", will add much desired recreational space to our Downtown. CRI will work to make sure that

the park fits the aesthetic of our Downtown, seek grants to move the project forward, and solicit donations from our Community.

Throughout planning and construction, we will ask the residents of Culpeper for their valuable input toward this unique feature. Whether this input is through donations, time, or effort, we are proud to partner with the Wood family and the residents of Culpeper to continue to beautify our Downtown.

To see concept designs, log on to www.culpeperdowntown.com. For more information, to make a donation, and for general inquiries, please contact CRI Executive Direct Dan Goldstein at cridirector@culpeperdown.com.

Brandy Station Foundation



Civil War Graffiti House in Brandy Station Open Saturdays and Sundays from 11 – 4

The Brandy Station Foundation is a non-profit, all-volunteer organization dedicated to preserving the natural and historic resources of the Brandy Station area of Culpeper County. In addition, the Foundation operates the **Graffiti House** in Brandy Station. The house served as a Civil War field hospital for the Confederacy during the Battle of Brandy Station and other local battles. It also served as a headquarters facility for Federal forces during the winter encampment of 1863-64. Soldiers from

both sides made drawings and signed their names and units on the walls, hence the name Graffiti House. If you are interested in becoming a volunteer, please contact our Volunteer Coordinator, Tony Seidita, 540-439-0351, or email him at asseidita@aol.com.

Summer Activities

This summer, the Brandy Station Foundation is continuing a series of two-hour **Battle of Brandy Station Battlefield Tours**, each devoted to the four engagements that comprised the Battle of Brandy Station on June 9, 1863. The battle was the opening battle of the Gettysburg Campaign. The Beverly Ford & St. James Church tours are June 4 and July 30; the Kelly's Ford & Stevensburg tour are June 18 and August 13; the Fleetwood Hill tours are July 2 and August 27; the Buford Knoll & Yew Ridge tours are July 16 and September 10.

The tours are Saturdays from 10:00 AM until noon; tours leave from & return to the Graffiti House, 19484 Brandy Road, Brandy Station; Transportation is by personal vehicle caravan. No advance reservations are needed. The cost is: Adults \$10.00 each. Children under 12 free. For further information: 540-547-4106 or www.brandystationfoundation.com



Marker on the Saint James Church Trail in Brandy Station.

The Brandy Station Foundation Sunday Lecture Series

is held on the last Sunday of each month through September, at 2 p.m. Please check the BSF website for the schedule of speakers. www.brandystationfoundation.com or 540-547-4106.

Spring Has Sprung at the Museum!

The Museum of Culpeper History was closed in January so that we could design, fabricate, and install exhibits for the new 2016 season. Over 1,000 guests came through when we re-opened in early February for the season! This year's exhibits and displays range in themes from raising pigeons in Rixeyville during WWII (yes, really!), 1970s disco attire, the 300th anniversary of the "Knights of the Golden Horseshoe," a short history of the Culpeper hospital, a display on trains that have run through Culpeper, and then a completely new showing of artifacts relating to dinosaurs, the Manahoacs, and colonial Culpeper.

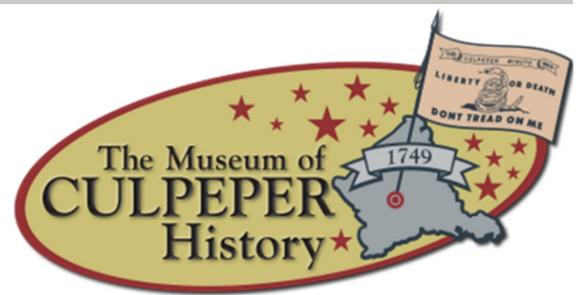
One of the fun new things the Museum has started is the "People's Choice" display. The staff creates a list of ideas for displays, and lets our guests choose which theme they would like to see in terms of an exhibit. In March, the ballots were tallied, and the theme of *Childhood in Culpeper* was selected. Clothes, toys, books, and games are now on view – from the toy boxes of children who grew up in Culpeper. What a great way to get locals to interact with the Museum... we plan to do at least one new People's Choice each year.

Over the next few months, the Museum will be hosting fun activities for all, from "Libations at the

Depot" for adults on first Friday evenings in May through September; "Camp Culley," our annual day camp in mid-June for kids 6 through 12 years old; our annual Dino Walk at Luck Stone Quarry on Saturday, July 16th; and a cookout celebrating the 300th anniversary of the ride of the 'Knights of the Golden Horseshoe' on August 25th. Check out our new website at www.culpepermuseum.com for details!

Are you interested in history? Residents are encouraged to step up to the plate and give a few hours each month as front-line volunteers – anyone who loves to talk, or loves history, should stop by the Museum and fill out an application. We are in need of energetic residents who can donate a few hours per week or month. Training is given to new guides – as we are always looking for folks to be ambassadors to Culpeper. Contact Gloria Cooper, educator and office administrator, at 540-829-1749 for an application – or stop by the Museum.

On April 6th the Museum celebrated its second anniversary at its new location at the historic train depot – and the staff couldn't be happier! Easy access, parking, a great location, and a larger gallery area all make for a facility that is striving to be "the best small community museum in Virginia."



The Museum's new logo features 13 stars for the American colonies, the Culpeper Minute Man flag, the year the County was founded, an outline of the County, and a flag marker designating the Town of Culpeper. The logo was designed by K-Art Design, Culpeper, Virginia.

For more information about your Museum, its programs, or how to support the facility, contact the staff at 540.829.1749, or check us out at www.culpepermuseum.com.

Lee Langston-Harrison
Director
540-829-5954



Seven Myths about Rain Gardens

By Asad Rouhi (Reprinted with permission)

A rain garden is a great way to handle runoff on your property, but it is important to do it right. Rain gardens serve the dual purpose of improving landscape aesthetics and draining stormwater in an environmentally friendly and natural way. Whether you are planning to install a rain garden at home or simply curious about the process, read on to learn about some common myths and misconceptions about rain garden. *Please note that this article is intended for homeowners who are interested in building a rain garden voluntarily on their property. Design, construction, and maintenance are simpler and less stringent than when a rain garden is required as part of the development process. Rain gardens built to comply with stormwater management requirements should be designed and built according to the standards and specifications provided by the local jurisdiction where the rain garden will be built.*

Myth #1: That spot in your backyard that is always soggy and never dries out is a perfect place for a rain garden. A rain garden is not a wetland. A rain garden is supposed to collect rain water, hold the water for a short period of time, and allow the water to seep into the surrounding soil within 24 to 48 hours. It is designed to absorb runoff, filter it through the soil, and remove sediment, nutrients and pollutants. Within 1-2 days after a rainstorm, the rain garden should be dry. However, if the surrounding soil cannot absorb water, the rain garden will gradually turn into a wetland with standing water. Wet spots in a yard can be used to build a rain garden if the soil inside the rain garden is well amended or replaced. Even so, such a rain garden often needs to be equipped with an underdrain, which could increase building costs significantly.

Myth # 2: Rain gardens require only wetland plants. Plants selected for the rain gardens need to tolerate durations of both wet and dry conditions. However, rain gardens stay wet for a maximum of 24 to 48 hours to avoid mosquitos and other pests. Rain garden plants also need to endure periodic drought conditions during summer months. Plants should include natives that can tolerate both very wet and very dry soil conditions. Some plants that typically do well in rain gardens

include Winterberry holly, Virginia sweetspire, Chokeberry, Viburnum, Black-eyed susan, Joe Pye weed, Mountain Mint, and Switchgrass. For more ideas, see the "Selecting Plants and Landscaping a Rain Garden" presentation at: www.novaregion.org/raingardens

Myth # 3: Rain gardens cannot be built on slopes. Small rain gardens can be built on relatively mild slopes (5% slope or 6 inches of drop for every 10 feet of slope length). When building on a slope, the rain garden needs a berm to protect the ponding area on top of the rain garden. The berm may require more material, building and labor, which could cause costs to increase.

Myth # 4: Rain gardens are difficult to maintain. If a rain garden is suitably located, properly built, and adequately planted, it will need minimal maintenance. However, just like any other garden, it does need periodic weeding and other basic care. For more information, see the "Bioretention Practices" stormwater maintenance fact sheet at: fairfaxcounty.gov/dpwes/stormwater/factsheets.htm

Myth # 5: Determining the right size of a rain garden is complicated and may require professional help and additional cost. The size of a voluntarily built rain garden on your property is up to you! No particular sizing is required and it can depend on the resources available. In order to learn about recommended ponding area or depth of amended soil, you can contact your local soil and water conservation district or Master Gardeners, who might be able to provide you with technical assistance in planning and sizing your rain garden at no cost. For more information, see Rain Garden Design and Construction for Homeowners: www.fairfaxcounty.gov/nvswcd/raingardenbk.htm

Myth # 6: Rain gardens are expensive to build. The cost of building a small residential rain garden is between \$3 and \$10 per square foot of rain garden surface area. A typical homeowner rain garden with a surface area of 150 square feet might cost between \$450 and \$1,500. Costs can depend on soil conditions, location, type and number of plants, and whether construction is done by the homeowner or a hired contractor. Items that can increase construction costs include

replacing the soil, increasing the type and number of plants, and installing an underdrain.

Myth # 7: A permit is needed to build a rain garden. In Culpeper County, you do not need a permit if you disturb less than 10,000 square feet of your yard during the installation of your rain garden. For more information about when you need a permit, see: <http://web.culpepercounty.gov/Government/County-Departments/Departments-P-V/Planning-and-Zoning/Applications-Permits-Checklist>

INTERESTED IN A RAIN GARDEN? WANT TO CONVERT LAWN TO A WILDFLOWER MEADOW?

New program offers homeowners an incentive payment to plant native plants

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. Payment rates vary among the practices but generally are focused on providing up to 75 percent of the cost. 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

For more information, contact Stephanie DeNicola at Stephanied@culpeperswcd.org or 540-825-8591.

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.

Crime Victim/Witness Program Settles in New Office



Culpeper Victim/Witness Program
114 W. Cameron St
Culpeper VA 22701
540-727-3413

Culpeper's Victim/Witness program has moved into their new office on Cameron Street, just across and up the street from the courthouse entrance. Director Mark Nowacki and Assistant director Karah Perryman were extremely pleased. "Our location virtually across from the courthouse entrance (and up Cameron just a couple of doors) is such a benefit. It is much easier for victims and witnesses to find us, and convenient to meet prior to and after court proceedings," Perryman said.

The new office located at 114 W. Cameron Street is a result of a generous donation of the office space by Sheriff Scott Jenkins, and support from Culpeper County. Nowacki said, "We are extremely grateful to Sheriff Jenkins, we would not be here without his kindness and support. We are also thankful

to our County Administrator and Board of Supervisors, who have been strong supporters of the Victim/Witness program for the entire 19 years I have been here."

Culpeper's Victim/Witness program provides a wide variety of services to victims and witnesses of crime. The program worked closely with nearly 500 victims of crime in Culpeper in 2015. The program assists surviving family of murder, rape survivors, child abuse and neglect, robbery, domestic and sexual violence, and more. Mark and Karah are dedicated to helping reduce the trauma that too many victims endure. One of their primary goals in helping victims navigate through the criminal justice system, is to aid in their transformation from victim to survivor.

20 Questions To Consider Before Starting Your New Business!

So you've got what it takes to be an entrepreneur? Now, ask yourself these 20 questions to make sure you're thinking about the right key business decisions:

1. Why am I starting a business?
2. What kind of business do I want?
3. Who is my ideal customer?
4. What products or services will my business provide?
5. Am I prepared to spend the time and money needed to get my business started?
6. What differentiates my business idea and the products or services I will provide from others in the market?
7. Where will my business be located?
8. How many employees will I need?
9. What types of suppliers do I need?
10. How much money do I need to get started?
11. Will I need to get a loan?
12. How soon will it take before my products or services are available?
13. How long do I have until I start making a profit?

14. Who is my competition?
15. How will I price my product compared to my competition?
16. How will I set up the legal structure of my business?
17. What taxes do I need to pay?
18. What kind of insurance do I need?
19. How will I manage my business?
20. How will I advertise my business?

This information and more small business startup suggestions are available on the U.S. Small Business Administration website.

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 will move in April to its new office at:

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.

Registrar's Office

Culpeper General Registrar Hopes Voting Early Leads to Voting Often

School Registration Efforts Led to 43 New Underage Voters in March Primaries

While it's almost impossible to determine exactly how many first-time voters went to the polls for the March 1 presidential primaries, there's no doubt about 43 of them. That's the number of 17 year olds who were able to vote because they will turn 18 before the November 8 General Election. Culpeper County General Registrar James Clements is hoping this early voting will create some lifelong habits.

"All primaries offer a unique opportunity for eligible 17 year olds, but Presidential primaries combine the energy and urgency of a national election with a larger pool of underage voters," Clements said. "For these 43 young voters, research shows they're much more likely to make voting a habit."

Virginia Code (§24.2-403) allows anyone who will turn 18 before the November general presidential election to register to vote and participate in a primary. With the eight-month gap this year between the primaries and general election, approximately two-thirds of all 17 year olds fall into that window. Thanks to the efforts of government teachers at both local high schools, many students took advantage.

"One of the things I try to emphasize to my students is that their vote is their voice," Kendra Stewart, CCHS Government teacher, said. "We've been tracking this election since the beginning of the school year, and it has been edifying to see my students become interested in the electoral process. Helping them to become civically active so early in life has been a truly rewarding experience."

Clements said his office processed close to 200 applications from high school students, (many having already turned 18), in the first week of February as a result of the efforts of Stewart and her colleague Thad Eisenhower at Culpeper County High School, along with Brad Miller at Eastern View. At both schools, most students completed their applications online which sent them directly to the Registrar.

"We knew the registrations were coming, but we were still amazed by the numbers," Clements said. "With online registration, any voter with a driver's license and a social security number can complete the process without having to print and mail the forms. It makes a big difference, especially with students."

How did the students feel about their first voting experience?

"It was pretty inspiring, actually," Katelynn Wentz, CCHS senior, said. "I met a guy who said 'I've never seen a young person vote' and I thought 'well, now you've met me'."

Dirk Pitts, also a CCHS senior, added. "It was nice to be able to participate in the process ... I feel like I am able to make a difference".

James Clements Registrar

151 N. Main Street, second floor
Culpeper VA 22701

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



Should Graduates on the Move Keep Voter Registration in Culpeper?

Congratulations to all of this year's graduates! One of the most important questions we're asked by young voters, and their parents, is should they keep their voter registration active in Culpeper if they leave town for school or work. Here are two simple answers:

Yes. If ... You're going away for college or service and you plan to return to Culpeper during breaks. Too often, college students register to vote on campus only to return home a few years later to find they're no longer registered in Culpeper. Also, if you are going overseas for school, work, or military service, it's easiest to anchor your registration here if Culpeper is your last domestic registered address. If you keep your Culpeper registration, you can visit our website:

www.voteinculpeper.info to request an Absentee Ballot be mailed to you for this November's election.

No. If ... You're moving away for work with no plans to regularly return home. If you're moving to start your own career and/or family, you may find it advisable to register in your new locality. Also, if your parents move away from Culpeper, you might find it easier to either change your registration to your new address or anchor it to theirs (unless you plan to return to Culpeper when you've finished school, work, or service).

As long as your parents live in Culpeper County, and you haven't established a new permanent home, we advise you to keep your voter registration here.

LAST NAME

FIRST NAME



CULPEPER COUNTY COMMISSIONER OF THE REVENUE

TERRY L. YOWELL, MCR
 PO BOX 1807
 151 N MAIN ST, SUITE 201
 CULPEPER VA 22701
 PHONE: (540) 727-3443 FAX: (540) 727-3472

**Terry L. Yowell
 Commissioner**



**Commissioner's
 Office considers
 high mileage when
 valuing vehicles**

2016 APPLICATION FOR VEHICLE HIGH MILEAGE ADJUSTMENT

If you believe your vehicle may qualify for a value adjustment due to high mileage, please complete this form, attach third party documentation and submit to the Commissioner of the Revenue. Documentation must be legible and must indicate mileage on or before January 1st of the tax assessment year seeking such adjustment. Documentation may be in the form of a state inspection receipt (displaying year, make, model and VIN), oil change or service center repair receipt, or simply have the garage read your odometer and document it. In order to ensure the highest value reduction, submit documentation indicating the mileage as close to January 1st as possible. By law, if mileage is taken into consideration as an adjustment to January 1st fair market assessed value, the adjustment must be determined using the mileage table included with the January issue of the NADA (National Automobile Dealers Association) guide.

**Please note that the documentation must be SUBMITTED ANNUALLY until the mileage reaches 245,001
 High mileage adjustments are not available on motorcycles, motor homes, large trucks or trailers**

REQUIREMENTS:

1. Complete and sign this form.
2. Attach proper high mileage documentation, i.e. oil change receipts, state inspection slips, or repair bills. **Please do not send the originals.** Documentation provided must be dated on or before **January 1st**.
3. Return this application and your documentation to the mailing address listed above.

AGE OF VEHICLE	REQUIRED MINIMUM MILEAGE AS OF JAN 01	VEHICLE INFORMATION	VIN (VEHICLE IDENTIFICATION NUMBER)		
1 year old (2015)	20,001	YR MAKE	MODEL		
2 years old (2014)	35,001				
3 years old (2013)	45,001	LICENSE PLATE	USED MORE THAN 50% FOR BUSINESS: YES NO		
4 years old (2012)	60,001		VEHICLE IS GARAGED IN: COUNTY TOWN		
5 years old (2011)	70,001	OWNER INFORMATION	SSN/FEDERAL ID		
6 years old (2010)	85,001	LAST NAME	FIRST NAME	MI	SUFFIX
7 years old (2009)	95,001				
8 years old (2008)	105,001	CO-OWNER	SSN/FEDERAL ID		
9 years old (2007)	120,001	LAST NAME	FIRST NAME	MI	SUFFIX
10 years old (2006)	130,001				
11 years old (2005)	140,001	STREET ADDRESS			
12 years old (2004)	150,001				
13 years old (2003)	155,001	CITY/STATE/ZIP			
14-19 years old (1997-2002)	165,001				
20 years old or more	No additional adjustment				

Pursuant to Code of Virginia §58.1-11, any such person who willfully subscribes any such return which he/she does not believe to be true and correct as to every material matter shall be guilty of a Class 1 misdemeanor.

DECLARATION BY TAXPAYER: I declare that the foregoing statements are true, full and correct to the best of my knowledge and belief

SIGNATURE	DATE	PHONE/E-MAIL
FOR OFFICE USE ONLY	Date documentation received:	Tax Year:
Clean trade-in value as of January 1:	Odometer reading from attached documentation:	
Less High Mileage Allowance:	Account #:	
Equals value of:	Auditor Name:	Date reviewed

Commissioner of the Revenue

151 N. Main Street, Culpeper VA 22701

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

Most Popular Question:

Does my vehicle have to have over 100,000 miles in order to make application for high mileage adjustment?

Answer: NO.

By law, if mileage is taken into consideration as an adjustment to the January 1st assessed value, the adjustment must be determined using the mileage table included with the January issue of the NADA (National Automobile Dealers Association) guide. The effect of mileage for qualifying vehicles will vary according to the class and age of the vehicle. If you believe your vehicle may qualify for a value adjustment due to high mileage, please complete a high-mileage application, attach third-party documentation and submit to the Commissioner of the Revenue.

Applications may be obtained online or by contacting the Commissioner's office. Documentation must be legible and must indicate mileage on or before January 1st of the tax assessment year seeking such adjustment. Documentation may be in the form of a state inspection receipt (displaying year, make, model and VIN), oil change or service center repair receipt, or simply have the garage read your odometer and document it. In order to ensure the highest value reduction, submit documentation indicating the mileage as close to January 1st as possible. As always, if you have any questions, please stop by, call, or email me.

Please note that the documentation must be submitted annually until the mileage reaches 245,001.

High mileage adjustments are not available on motorcycles, motor homes, large trucks, or trailers.

CULPEPER COUNTY TREASURER

Pre-Payments for Personal Property and Real Estate Tax Bills:

Culpeper County Personal Property and Real Estate taxes are due annually on December 5th. Although citizens often inquire about the due date that is late in the year and near the holidays, it actually gives our citizens the most time to plan for and pay their taxes during the year. In order to assist with reducing the burden of a large tax bill due in December, our office is pleased to offer a pre-payment program that can assist you in the budgeting and payment of future Personal Property and Real Estate taxes for Culpeper County

This is a voluntary pre-pay plan that you set up to pay at your convenience. The scheduled payments and amounts paid are set by you (monthly, quarterly, etc.) and are estimated by the previous year tax amounts. You can pay more or less than the estimated amount and all pre-payments are shown as "credits" on the annual tax bills mailed in October. The annual tax bill will show the net balance due (annual tax charges less pre-payment credits) to be paid by the December 5th due date.

****All prior taxes owed must be paid in full in order to participate in this program****

You have the option of pre-paying by mail, in person at the Culpeper County Treasurer's office, or by using eTreasurer Pre-payment options on the Culpeper County website located at www.culpepercounty.gov (click on eServices and select eTreasurer from the drop-down list). If you prefer to mail the pre-payments or pay in person, please request pre-payment vouchers so that the proper accounts may be credited at your direction. Corresponding receipts and mailing envelopes will be provided with each payment.

We hope that this program will be a benefit to you by providing an easy method of budgeting and paying your annual taxes on time and avoiding additional penalty and interest charges that apply after the December 5th due date.

Please contact our office by telephone at (540) 727-3442 or via e-mail at: ddejarnette@culpepercounty.gov. If you prefer to contact us in writing, please mail your pre-payment & contact information to:

Culpeper County Treasurer
PO Box 1447, Culpeper VA 22701

Phone: (540) 727-3442

Fax: (540) 727-3478

E-mail: ddejarnette@culpepercounty.gov



Social Security Administration

HONORING OUR SERVICE MEMBERS ON MEMORIAL DAY

By Dean Kincaid, Culpeper District Manager, Social Security Administration

Traditionally, on Memorial Day we honor those who have made the ultimate sacrifice for our nation. Social Security respects the heroism and courage of our military service members, and we remember those who have given their lives in defense of freedom.

The unexpected loss of a service member is a difficult experience for the family. Social Security helps by providing benefits to protect service members' dependents. Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security survivors benefits at www.socialsecurity.gov/survivors.

It's also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has

benefits to protect veterans when an injury prevents them from returning to active duty.

Wounded military service members can also receive expedited processing of their disability claims. For example, Social Security will provide expedited processing of disability claims filed by veterans who have a U.S. Department of Veterans Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). Depending on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is

that your military retirement benefit does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at

www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/retire2/veterans.htm.

Service members are also eligible for Medicare at age 65. If you have health insurance from the VA or under the TRICARE or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at www.socialsecurity.gov/medicare.

In acknowledgment of those who died for our country, those who served, and those who serve today, we at Social Security honor and thank you.

Culpeper County Sheriff's Office
SWAT Team Training

It was all business recently as 19 officers from the joint SWAT (Special Weapons And Tactics) Team trained with 5 Emergency Medical Services (EMS) personnel.

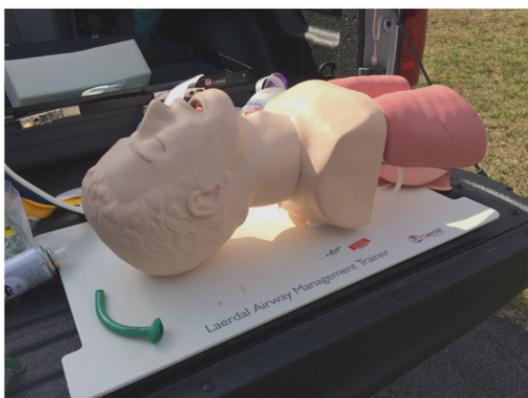
The goal, according to Lieutenant Bryant Arrington, Team Commander and a Lieutenant with the Culpeper Sheriff's Office, is to eventually embed medical personnel into the SWAT Team for use in "SWAT callouts" and "active shooter" situations.



The "Victim"



Working together on carry or drag technique



Airway management—clear for breathing



Administering assistance to cleared airway

The SWAT Team members rotated between three stations for EMS training:

1. Bleeding control for self-application or for another wounded person,
2. Proper airway control for breathing assistance, and
3. Carry or drag techniques to remove the injured to a safe location.

This four-hour training was followed by another four hours of SWAT training.

According to Arrington, the joint SWAT team trains twice a month for 8 hours to prepare for dangerous and emergency situations in the County. The team consists of Culpeper Town police and Culpeper Sheriff's officer personnel.

"It's unfortunate to have the need, but we're proud to have the best trained and equipped SWAT team in the region," Sheriff Scott Jenkins 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](https://www.facebook.com/CulpeperCountySheriffsOffice)

 [@CulpeperSheriff](https://twitter.com/CulpeperSheriff)

Culpeper County Board of Supervisors

Culpeper Minutes

A quarterly publication



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ECRWSS

The Administration Building ♦ 302 North Main Street Culpeper, VA 22701

dhoffman@culpepercounty.gov

What is going on at Culpeper Regional Airport?

We are glad you asked because we have a lot of things going on at CJR (which is the three letter identifier for the airport).

In March, the Board of Supervisors recognized employees with either 5, 10, 15 etc. (increments of 5) years of service with the County. I am pleased to say we had two employees recognized at this meeting. Gregg Lacy, a Line Service Technician, pictured on the right, has 5 years of service with the Airport. Neil Milofsky, our Airport Operations Supervisor, has 10 years of service with the Airport. Keep up the great work guys! Our employees are the heart and soul of our organization and it shows in our customer service.



Speaking of things going on, we aren't the only ones with some neat updates. Art Nalls, the owner and pilot of the only Civilian Owned Harrier in the WORLD, recently posted that the Indian Navy announced that they were retiring all their Sea Harriers. This means that Art's FA.2 "SHAR" is the last flying example anywhere in the world. Art flies his Harrier at our Air Fest, so if you haven't made it to the Airport to see one of the Air Fests, maybe this will convince you to come out. Congratulations, Art!



Speaking of customer service, we are well on our way to completing our new hangars. We have 26 - nested t-hangars and 6 - 60X60 corporate hangars going up. We are so excited to be able to offer this service to our customers. We currently have 62 names on our t-hangar waiting list, so we won't be able to accommodate everyone but we will be able to get most of the people/planes based here that have been on our list



for a very long time.

The funding for this project was made possible by the Virginia Department of Aviation and the USDA Rural Development loan program. Chemung Contracting Corporation is the Contractor for the project. The estimated completion date for the hangars is June of this year. With the completion of this project, we will have a total of 140 hangars on the field with an estimated based aircraft number of 160.

We are growing to better accommodate our flying public.

Our Air Fest will be held on Saturday, October 8, 2016. To keep up with the latest info on the Air Fest, regularly check out the website: www.culpeperairfest.com. This show is a free event and is funded by the Culpeper Air Fest Foundation – a 501c(3) non-profit charitable organization chartered to promote aviation education, awareness and support in Culpeper.



For info on the Airport go to: www.culpeperairport.com

Blue Skies and Fair Winds