



**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)

#### Your Culpeper Extension Staff:

##### Administration:

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Cindy Atkin, Unit Administrative Assistant - [cratkin@vt.edu](mailto:cratkin@vt.edu)  
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Vacant, Horticulture Agent  
Carl Stafford, Agriculture Agent - [ccstaffo@vt.edu](mailto:ccstaffo@vt.edu)  
Peter Callan, Farm Business Management Agent - [peter.callan@vt.edu](mailto:peter.callan@vt.edu)

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Georgette Mosley, Family Nutrition Program, Youth - [gyates@vt.edu](mailto:gyates@vt.edu)  
Brenda Watkevich, Family Nutrition Program, Adults - [bwatkevi@vt.edu](mailto: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. If you need assistive devices or services to participate call 540-727-3435, TDD 800-828-1120, 5 days prior to the event.

## AGRICULTURE AND NATURAL RESOURCES

Carl Stafford, Senior Extension Agent, ANR

The paper company Tranlin Inc., a subsidiary of Shandong Tranlin Paper Co. LTD, proposes to make Virginia its newest location for paper made from straw (wheat, barley, rye or oat) or corn stalks. Their visit here in September 2015 provided some insight into plans they are making for this significant business projected to begin in 5 years. Company representatives described their plans for an 850 acre site along the James River in Chesterfield County.

The site was chosen for a number of reasons, the first possibly being water. They plan to withdraw from the James River more than 25 million gallons per day, so a large supply is an important consideration. The James is a significant supply, the largest river in Virginia (5,558 million gallons per day) according to Virginia DEQ. They plan to return 90% of the water processed to be cleaner than before withdrawal.

Transportation is another important reason they plan to locate in Virginia. They say rail, road and barge access make the Chesterfield site ideal. And, the river connects downstream to Norfolk, one of only 4 U.S. ports now ready to receive the world's biggest ships which move freight most efficiently.

Energy is another reason Tranlin chose Virginia. Natural gas will be their fuel of choice and a supply line is nearby and gas is available for about two thirds less compared to what they usually pay. So, cheap accessible energy is another reason why Virginia was chosen. Market access is also important. Locating in Virginia puts them near 60% of the U.S. population. Their paper products are already in some U.S. stores and they plan to expand into others.

The raw material needed to make this "crop residue" based paper is another reason to come to Virginia. We have small grain straw and corn stalks available if the price is right. If straw alone were to be used we could supply less than 15% of their needs from Virginia production of wheat, our largest small

grain crop. Currently they project a straw need of 1.65 million tons. Surrounding states would supply the remaining straw and with available transportation, could easily deliver it to the Chesterfield County location.

A byproduct of their paper process is fulvic acid, a soil conditioner. In some states it is classified under a larger heading as humic acid. More work is needed to clearly define the benefit of fulvic acid on plant growth, but it is believed to enhance sugar production. The grape industry may be a likely end user, as are vegetable producers. In sum, a byproduct of their paper making process could be returned to the land as a valuable input to agriculture, thus the circular economy model they describe.

To complete the circle and this column, Tranlin will buy straw, make paper using water from the James, return most of that water cleaner than it started, create a byproduct potentially useful to agriculture, employ thousands of people and impact the U.S. economy overall, while concentrated here in Virginia.

## FAMILY AND CONSUMER SCIENCES

Becky Sheffield, FCS Agent – Culpeper, Fauquier and Rappahannock

Clare Lillard, FCS Agent – Orange, Culpeper and Madison

### Child Care Provider Training

#### **Creating Math and Science Experiences for Young Children**

Young children learn math and science concepts as they explore the world around them. In this workshop we will investigate ways to create math and science experiences for your students through everyday activities and play!

The workshop will be held **January 21**, 6 to 8 pm, at the Galbreath Marshall Building, 1401 Old Fredericksburg Rd., Culpeper. The event is **free** and the **registration deadline is January 15**. For more information or to register, contact the Culpeper Extension Office at 540-727-3435

### Cooking for Crowds

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

The workshop will be held, **January 26**, from 6 to 9 pm, at the Culpeper Extension Office which is located at 101 S. West Street, Culpeper. The cost is **\$20 for 1 to 3 individuals from the same organization**. The **registration deadline is January 19**. For more information or to register, contact the Culpeper Extension Office at 540-727-3435.

### Home Food Preservation Class

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

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

The class will be held Saturday, **January 30**, 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 January 19**. The class limit is **10**. For more information or to register, contact Becky Sheffield, Extension Agent, Family & Consumer Sciences, Culpeper Extension Office at 540-727-3435, x 344 or [rebes13@vt.edu](mailto:rebes13@vt.edu). For more information and to register, contact Becky Sheffield, Extension Agent, Family & Consumer Sciences, Culpeper Extension Office at 540-727-3435, x 344 or [rebes13@vt.edu](mailto:rebes13@vt.edu).

*Family and Consumer Sciences (continued)*  
**Food Safety Training Opportunities**

**ServSafe Food Handler Course**

**February 8**, 9 am – 12 pm, Culpeper Extension Office, 101 S. West St., Culpeper  
**(Registration deadline – February 1).**

The course covers why food safety is important, personal hygiene, controlling time and temperature, preventing cross contamination and cleaning and sanitizing. The course was developed by the National Restaurant Association and is designed for employees of foodservice operations such as hotels, restaurants, schools, and institutions. The cost is **\$12** per person. Class size is limited to **20** people.

**ServSafe Manager Certification Course**

**February 22** and 29, 9 am – 3 pm, Fauquier Extension Office, 24 Pelham St, Warrenton,  
**(Registration deadline-February 8).**

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.

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

**4-H YOUTH DEVELOPMENT**

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

**What is 4-H?**

Standing for head, heart, hands, and health, 4-H uses more than a century of experience in youth development programming to build strong, confident leaders. Young people in 4-H learn citizenship, leadership, and a vast array of life skills that benefit them for the rest of their lives. Through school-based, after-school, and community clubs as well as camps, 4-H members pledge to build a better, community, country, and world.

4-H members are youth ages 5 to 19, taking part in programs provided by Virginia Cooperative Extension personnel and community volunteers. The mission of 4-H is to assist youth, and adults working with those youth, to gain additional knowledge, life skills, and attitudes that will further their development as self-directing, contributing, and productive members of society.



**4-H Volunteers Needed**

Did you know 4-H offers programs in 10 different curriculum areas including animal science, careers & economic education, citizenship, communication & expressive arts, family sciences, food, nutrition, & health, natural resources & environmental education, plants, soils, & entomology, & STEM? In order to provide youth a hands-on educational experience in these areas, the 4-H program needs help from community volunteers. Volunteer opportunities are available for teens and adults of all ages and abilities. Volunteer opportunities can range from a one-time experience, to a year-long club leader commitment. If you have a desire to help youth grow and learn, a skill to share, and a caring spirit, we are looking for you! Contact Cristy Mosley at [cmosley1@vt.edu](mailto:cmosley1@vt.edu) for more information on volunteer opportunities. Volunteers DO make a difference!

**Program Highlight: 4-H Homemaker's Workshops and Contests**

We are excited to offer a variety of 4-H Homemaker's Workshops throughout the year. These workshops include sewing, canning, arts & crafts, cake decorating, cooking, card making etc. Please call for more information and availability at 540/727-3435.

The Culpeper-Madison-Rappahannock Farm Show will offer contests this July for youth ages 5-19 and adults of all ages! Please check out the list below and the CMR Farm Show website at <http://www.cmrfarmshow.com/> to begin planning your entries.

**Art & Crafts Department**

- Baskets
- Candles
- Holiday
- Ceramics
- Greeting Cards
- Rugs
- Soap
- Miscellaneous

**Baked Goods Department**

- Biscuits
- Muffins
- Bread & Rolls
- Pies
- Cookies
- Cakes
- Candy
- Gifts In A Jar

**Decorated Baked Goods**

- Cakes
- Cookies and Cupcakes

**Canned Goods Department**

- Jams/Jellies/Preserves
- Pickles/Relishes/Vinegar
- Butter
- Sauces & Syrups
- Spiced Fruits
- Fruits and Vegetables
- Honey
- Dried Products

**Fine Arts Department**

- Paintings
- Drawings
- Mixed Media
- Writing

**Flower Department**

- Container Grown
- Annuals
- Perennials
- Bulbs, Corms & Tubers
- Roses
- Herbs
- Flower Arrangement

**Garden & Crops Department**

- Vegetables
- Garden Fun
- Grains
- Forage

**Hobbies Department**

**Needlecraft Department**

- Crochet
- Knitting
- Cross Stitch
- Quilting
- Miscellaneous

**Photography Department**

- Nature
- Portraits/Family
- Architecture/Miscellaneous
- Animals
- Photo Challenges

**Scrapbook Department**

- 4-H Classes
- Open Classes
- Scrapbook Pages
- Mini Album

**Sewing & Textiles Department**

- Garment Sewing
- Textile Design
- Decorative Sewing

**Woodcraft Department**



Culpeper County 4-H



4-H (continued)

Join 4-H and help to “Make the Best Better”

CULPEPER 4-H CLUBS	*New Clubs	
Beef Club	Todd & Marcie Smith	(540) 399-9736
Udderly Best Goat	Michelle Carlson	(540) 219-4205
Hunter Horse	Tracy Gill	(540) 854-8412
Rixeyville Riders www.rixeyvillerriders.com	Kim Parker	(540) 825-6460
Sheep Club with Camelid Companions	Melissa Gough	(540) 948-4458
Greater Piedmont Sheep Town & County Critters	Taylor Biche	(540) 406-1874
Swine Club	Ann Compton	(540) 937-5668
	Laurie Hughes	(540) 825-0865
	Sean Somerville	(540) 825-7166
	Alex O’Dell	(540) 422-7711
Dog Club	Theresa Richmond	(540) 547-2958
Cloverbud Club	Kelley Bennett	(540) 718-1060
Cedar Mountain 4-H Shooting Sports	Glen Waleska	(540) 347-0998
*Super Sitter 4-H Club	Extension Office	(540) 727-3435
*Fire & Rescue 4-H Club	Extension Office	(540) 727-3435

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



**healthy families culpeper**

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

Win Big with Food Safety this Super Bowl Sunday

Jordan Zarone, Rappahannock-Rapidan MRC Coordinator



It should come as no surprise that the greatest American traditions often involve food. Nearly every major holiday we observe includes some sort of feast. While Thanksgiving has come and gone, and Christmas cookies have been replaced by New Year’s resolutions, there is another “holiday” fast approaching. Super Bowl Sunday, whether your team is playing or not, is one of America’s favorite days of the year. Why shouldn’t it be? After all, it combines the three Fs: Friends, Football, and Food. This year, however, be sure to throw an S in there for Safety--and I don’t mean the kind worth 2 points. Super Bowl Sunday is the second biggest food consumption day in the country, after Thanksgiving. In order to get maximum yardage out of those wings, dips, and delicacies, you need to make sure you are observing safe food practices. Make these CDC tips part of your Super Bowl playbook, and avoid penalties later:

- **Keep it clean** – Before cooking and eating, wash your hands. Also thoroughly wash fruits and veggies, kitchen utensils, and surfaces that have contact with food.
- **Cook it well** – Measure internal temps with a meat thermometer. Chicken should be at least 165°F and beef should be at least 160°F.
- **Watch the clock** – Be sure to heat microwavable dishes for the recommended time so they cook completely. Don’t send buffet items into overtime. Toss these foods when they reach the 2 hour point.
- **Keep it safe** – Hot foods should stay at or above 140°F. Cold dishes should remain at 40°F or below. Use chafing dishes, crock pots, and ice trays to maintain proper temperatures.
- **Intercept mix-ups** – Keep raw meats away from ready-to-eat foods. Provide personal plates for guests and serving utensils in each dish to avoid cross contamination and double-dipping.
- **Protect to-go’s** – Divide and refrigerate leftovers in shallow dishes to ensure proper cooling. If you are taking a doggie bag, be sure to follow the 2 hour rule.

This food safety 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 or call us at (540) 317-4135. If you want to get involved in protecting the health of your community, join us today!

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:**

- February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>
- March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>
- April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>

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.**

There will be a **\$15.00** charge for a parent handbook. The class is **FREE!**

No child care is provided

**Please call Beth at 540-321-3074**

for more information about the parenting class



Kids Making News



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

Come join the Fun!
Special Dates

January 2016

Jan. 18th All-Day childcare

February

Feb. 15th, 16th All-Day childcare

March

March 14th All-Day Childcare
March 28-31 All-Day Childcare

April

April 1st All-Day Childcare
April 15th Summer Camp
Registration Begins

May

May 19th-23rd Early Dismissal



High-Flying Fun All Year Long

Our new programs this year include Kung Fu, yoga and Girls on the Run plus we have longtime favorites activities including flag football, basketball, crafts, special all-day childcare events and homework club.

Our after school daycare programs have been a whirlwind of fun. In the fall our evening and weekend childcare children enjoyed a day at the Culpeper Air Fest. Our Kung Fu classes were a hit this fall thanks to Golden Harmony Studio's team of instructors.

"Our instructors have really enjoyed all the energy that the kids bring to the classes," said Susan Huff, yoga instructor and business owner.

For Inclement Weather Information on School Closings or Delays Call 540-829-2124 for the most up-to-date information Check out Kid Central on Facebook too for important updates



We are affordable, flexible, licensed and dedicated to not only caring for your child—but creating an environment where safety, learning and fun are our central priorities. Registration runs throughout the school year.

To register for the school year call 540-829-2124 or visit our central office at 1401 Old Fredericksburg Rd., Culpeper VA 22701. Registration forms are also available on our website listed below. We accept credit cards and we are dedicated to serving working families in our community.

Plenty of great activities for all the children who stay to play at Kid Central

- Homework Club
Sports Leagues
Crafts
Reading Program
Food Projects
Teen Pathfinders
Affordable Rates
Evening and Weekend Care
Licensed and Trained Staff
Seasonal Activities
Tuition Assistance
At Your Child's School

Did you know that Kid Central's Marketing and Sports Coordinator



Marshall Conner also coordinates the Silver Club, a senior citizen's club sponsored by Culpeper Parks and Recreation?

The club has been popular with Culpeper County senior citizens for the last 15 years.

Kid Central Staff Contacts

540-829-2124

Rachel Palmer, Program Manager Ext. 225

Lisa Yates, Program and Staffing Coordinator Ext. 289

Dollie Wright, Quality Control Coordinator Ext. 224

Monica Rutherford, Fiscal Coordinator Ext 226

For more information visit kidcentralculpeperva.com



Want to learn about computers?  
Need to learn more for your job?

**Basic computer classes**

are held monthly.

Call us at 540-825-5804 to sign up.

**COMPUTER  
LITERACY AND  
SOFTWARE BASICS**



**Culpeper Literacy Council** provides free classes for adult students including: Basic Literacy, ESOL and Citizenship, GED, and Basic Computers

Please call 540-825-5804 for current class information or visit our website.

415 S Main St, Suite 204

Culpeper, VA 22701

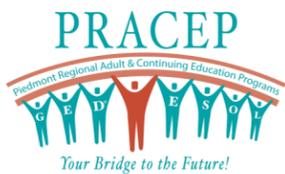
[www.culpeperliteracy.org](http://www.culpeperliteracy.org)

Define it...

Create it...

Climb it...

**YOUR  
future!**



**540-829-9914**  
**[www.pracep.org](http://www.pracep.org)**



- Call us for:
- GED® classes
  - GED® Testing services
  - ELL (English Language Learners) classes
  - Career path goal coaching, resume skills and workforce training included in all our classes.

**Serving Culpeper, Fauquier, Madison, Orange and Rappahannock Counties.**

PRACEP is a federally funded & curriculum-approved adult education program. All classes are free.

# 2016 Calendar of Events



**FEBRUARY 6**  
Downtown  
Carnival



**APRIL 30**  
Gnarly Hops  
& Barley Fest

**APRIL 30 -  
NOVEMBER 21**  
(Saturdays)  
Culpeper Downtown  
Farmers Market



**MAY 19  
JUNE 16  
JULY 21  
AUGUST 18  
SEPT 15 (rain date)**

Culpeper Downtown  
3rd Thursday Summer Concert Series



**JULY 4**  
Culpeper Renaissance, Inc.  
4th of July Car & Bike Show

**AUGUST 9**

Culpeper Downtown  
Farm to Table Dinner



**SEPTEMBER 3**  
Savor and Sip Culpeper:  
A Wine, Food, and Arts Festival



**OCTOBER 31**  
Culpeper Downtown  
Merchant Halloween  
Trick-or-Treating

**OCTOBER 10-16**  
Culpeper Downtown  
Restaurant Week



**NOVEMBER 20**  
Culpeper Downtown  
Holiday Open House



**NOVEMBER 26**  
Culpeper Downtown Celebrates  
Small Business Saturday



**culpeper renaissance**  
the world's one and only 540.825.4416 | culpeperdowntown.com

## Culpeper Renaissance Inc. (CRI) announces new Executive Director

Culpeper Renaissance, Inc. is happy to welcome Dan Goldstein as their new Executive Director. Mr. Goldstein comes to CRI from the Fredericksburg Area Museum and Cultural Center, where he was the Director of Development. Dan has more than two decades in nonprofit, fundraising, legislative and historic preservation experience.

“We vetted more than 125 candidates,” said CRI Board President Steven Miller, owner of Piedmont Steakhouse in the Main Street District. “Once we met with Dan, we knew we had found someone who had the experience, skills and personality to lead CRI to continued success and great new projects.”

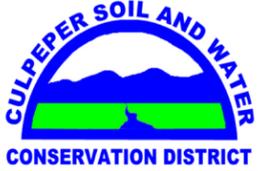
As Culpeper Renaissance, Inc., nears its 30<sup>th</sup> year of working to revitalize Downtown Culpeper, the organization is taking on larger projects like the Pocket Park on Main Street, and a mural project in 2016. Dan was immediately impressed with CRI’s extensive work plan and planned projects. “Culpeper is a wonderful and vibrant community. I know other towns throughout Virginia look to Culpeper as a model of successful revitalization” said Dan.

Dan and his wife, Danielle, have two children: Jacob, 12 and Laynie, 9. They reside in Spotsylvania with their two dogs, Mosby and Sierra.

“I am honored to have been selected to lead Culpeper Renaissance, Inc. I am excited to continue the great work that has been done in creating a dynamic downtown district. The work that CRI does is vital to the entire community and I look forward to partnering with various groups, to ensure Culpeper continues to thrive and be an exciting and welcoming place to live, work, eat and shop” said Dan of his recent appointment by CRI’s Board of Directors.

Dan looks forward to meeting with downtown stakeholders, business owners and community leaders.

Dan Goldstein may be reached via e-mail at [cridirector@culpeperdowntown.com](mailto:cridirector@culpeperdowntown.com) or by calling the CRI office at 540-825-4416.



## Seedling & Rain Barrel Sale

Pick up late March/early April 2016 from the CSWCD office in Culpeper  
Visit our website for more information: [www.culpeperswcd.org](http://www.culpeperswcd.org)

*Trees benefit our environment by controlling erosion, reducing toxins, converting carbon dioxide to oxygen, and enhancing wildlife habitat. Proceeds will be used for educational programs.*

**Eastern White Pine** - reaches a mature size of 80-100 feet in height and 2-3 feet in diameter, but can reach 200 feet in height. It is the largest conifer in eastern North America. It is found on dry, sandy or rocky ridges, but grows best on moist, sandy loam soils. This conifer provides thermal cover in winter for many species of animals and birds. **5 trees for \$5.50**

**Persimmon** - reaches a mature size of 20-60 feet in height and 1-2 feet in diameter. It grows on a wide variety of sites, from sandy woods to moist river bottoms to rocky slopes. The wood is very hard and has been used for spindles, shutters, golf club heads and other items that require shock-resistance. The fruit is eaten by humans, as well as by opossums, raccoons, skunks, foxes and many songbirds. **5 trees for \$5.50**

**White Dogwood** - small tree with a short trunk that branches low, producing a slightly rounded to flat-topped crown. It will reach heights of 20-30 feet with a mature diameter of 1-2 feet, making it an attractive ornamental tree. Growth is best on well-drained, clay, loamy, sandy soils. Very small, inconspicuous flowers appear in mid-spring. The red to brown wood is hard, strong and very close-grained. Although the fruits are poisonous if eaten by humans, more than 35 species

of birds and many large and small mammals are known to eat them. **5 trees for \$5.50**

**Eastern Redbud** - reaches a mature size of 15-30 feet in height and 6-10 inches in diameter. It grows on moist, well-drained woodlands. The wood is heavy, hard, not strong, and dark brown in color. Some birds and mammals eat the seeds. Redbud is planted as an ornamental tree suitable for small landscapes. **5 trees for \$5.50**

**Yellow Poplar** - reaches a mature size of 90-110 feet in height and 2-3 feet in diameter, but can reach nearly 200 feet in height and 10 feet in diameter. Its habitat includes various moist, well-drained sites statewide, but it attains best growth on deep moist soils along streams and in lower mountain coves. The flowers are an important nectar source for honey production. **5 trees for \$5.50**

**Red Maple** - reaches a mature size of up to 90 feet in height and 2 ½ feet in diameter. It grows on a variety of sites, from dry ridges to swamps. The light cream-colored wood is used for furniture, turnery, woodenware and paper pulp. Red maple can be tapped for syrup-making. The fruit and buds are a primary food source for gray squirrels in late winter and early spring. Birds and mice eat the seeds, and

deer browse the young sprouts. Red maple is a popular shade and ornamental tree, with brilliant fall color. **5 trees for \$5.50**

**Rain Barrel** - Collect and store rain water runoff from your rooftop via rain gutters. The rain barrels are made of recycled plastic bottles. The kit includes: the barrel, lid, spigot, plug, connector hose, a drill bit to cut the downspout hole the right size, and detailed instructions. It is a great way to water your landscape and garden and save money. **\$75 for one and \$140 for two**  
**For more information, contact Stephanie DeNicola at 540-825-8591 or [Stephanied@culpeperswcd.org](mailto:Stephanied@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.

## Tools and Resources to Build and Grow Successful Companies

### Starting Your Business

- Requirements for going into business
- License and regulatory information
- Accounting and record keeping
- Communications and promotions

- Business Plan development
- Financial Statements and cash-flow management
- Target Markets
- Sales and distribution

### Growing Your Business

- Business Planning
- Marketing issues and techniques
- Strategies for growth and expansion
- Innovation Commercialization

- Financing sources and capital formation
- Market research
- Exporting Assistance
- And much more

### Management Counseling and Training

- Professional guidance
- Practical solutions
- Personal referrals to local resources

- Experienced insight
- Complete confidentiality
- Free one-on-one counseling

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](mailto:dreardon@lfsbdc.org)  
PHONE: 540-727-0638  
[www.lfsbdc.org](http://www.lfsbdc.org)

**THE SBDC at Culpeper**  
101 Duke Street, Suite 116  
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.

### *Culpeper Victim/Witness Program*

Mark W. Nowacki has been the director for nearly 18 years. The assistant director, Karah Perryman has been with the program for 2 years, and before that, volunteered as well as interned for several years. Our program goals are to effectively give support, advocacy and information to the victims and witnesses of crime by providing a wide variety of comprehensive services (as outlined by the Crime Victim and Witness Rights Act). We strive to promote cooperation among affiliated agencies/organizations in order to enhance the delivery of services. We will work tirelessly in an effort to reduce trauma, and aid victims and witnesses with rebuilding their lives. We encourage and empower those we serve, to transition from victim to survivor.



Mark Nowacki, with summer intern Kristen Jenkins (center) and Karah Perryman (far right)

### **A summary of the Virginia Crime Victim and Witness Rights Act (Often referred to as the "Victims Bill of Rights")**

If you are a crime victim and have suffered physical, psychological, or economic harm as a direct result of any of the following crimes: any felony, assault and battery, stalking, sexual battery, attempted sexual battery, or driving while intoxicated, you may be entitled to:

**Protection:**

1. From further harm and threats of harm
2. Waiting area separate from the accused during court proceedings

**Financial Assistance:**

1. Criminal Injuries Compensation Fund
2. Restitution for damages or loss
3. Prompt return of property being held as evidence

**Notification:**

1. Case status information
2. Employer intercession services
3. Prisoner release notification

**Victim Input:**

1. Victim Impact Statement
2. Courtroom presence during trial
3. Parole input for crimes occurring prior to 1/1/1995
4. Plea Agreement Consultation

**Courtroom Assistance:**

1. Confidentiality of address and telephone numbers
2. Interpreter services
3. Closed preliminary hearing in limited situations
4. Use of two way closed circuit television in limited situations

If you have been a victim or witness of crime, and would like assistance or additional information, please contact us.

110 W. Cameron Street  
Culpeper, VA 22701  
540-727-3413

Email: [mnowacki@culpepercounty.gov](mailto:mnowacki@culpepercounty.gov)  
[kperryman@culpepercounty.gov](mailto:kperryman@culpepercounty.gov)



### **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](http://www.cildrc.org)

In 1964 a man named Ed Roberts earned his B.A. degree and obtained his M.A. in 1966 at the University of California at Berkeley. While Ed's success was admirable, it wasn't out of the ordinary for most people. However, Ed was not ordinary. Ed was a man who was paralyzed from the neck down, used an iron lung to sleep at night and who would later become known as the Father of Independent Living. Ed believed it was his right, as well as the right of others with disabilities, to attend college, get a job and live like anyone else. To that end, in the early 1970's Ed took over as the Director of the new Center for Independent Living (CIL) at Berkeley, the first independent living and advocacy program run by and for people with disabilities and it addressed the wide range of needs of people with disabilities.

CILs provide five core services which include advocacy, peer counseling, independent living skills training, information and referral, and two types of transition (from nursing home to an individual's home and from school to adulthood). Because CILs are community based, they can also opt to provide other services that their community deems necessary.

For example, the disAbility Resource Center, the Fredericksburg CIL, provides an exercise and nutrition program for people with disabilities, deaf and hard of hearing services, a durable medical goods reuse program, and Medicaid Waiver facilitation and case management for long term care supports. *CILs are the only organizations in the state that provide services across the life span and across the disability spectrum.*

Today there are approximately 400 CIL's across the United States, 600 world-wide and 17 in Virginia. While Virginia CILs serve many people throughout the Commonwealth, there are still some unserved areas and this includes Culpeper. Focus groups are being formed to explore the interest and need for a CIL in the Culpeper area to serve people with disabilities and their families. If you are interested in participating in a focus group, email [drc@cildrc.org](mailto:drc@cildrc.org) or call 540-373-2559.

*Kim Lett, Program Coordinator*  
[klett@cildrc.org](mailto:klett@cildrc.org) or 540-373-2669



## Social Security Administration

### COMING OF AGE...AGAIN!

By Dean Kincaid, District Manager, Social Security, Culpeper, Virginia

Think back to when you were younger. Life was simple at the kids' table. The smell of a home-cooked dinner filling the air on a lazy Sunday afternoon and, after dinner, everyone crowding around the TV to watch the last football game of the season.

Fast-forward a few years, when the adults first invited you to their table, and your life changed. Your coming-of-age moment had arrived! This rite of passage is a transition from asking permission to giving notice.

Coming-of-Age Day in Japan honors all the young people who reached age 20 during the past year. This national holiday takes place on the second Monday of January and celebrates their privileges and responsibilities as new adults.

Coming-of-age moments don't come just once in life. Another important coming-of-age moment occurs when you

decide to retire. Social Security can help.

Determining when to retire is a personal decision, influenced by your preferences and lifestyle. We encourage you to go online to [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs) and read our fact sheet, *When To Start Receiving Retirement Benefits*. You may find that this information helps you make an informed decision about the best time to retire. Invest the time to learn what you should do now to enjoy your retirement later.

Once you've come of age to retire—or even before, while you're in the planning phase—our quick and convenient online services are available at [www.socialsecurity.gov/retireonline](http://www.socialsecurity.gov/retireonline). In as little as 15 minutes, you can soar through our online application.

It has never been easier to come of age at retirement!

Take advantage of our services and resources to make the best decision for *you* at [www.socialsecurity.gov](http://www.socialsecurity.gov).

### Medicare Open Enrollment RRCS—VICAP Counselors Assisted Seniors October 15—December 7, 2015

The Virginia Insurance Counseling Program (VICAP) assists people who are new to Medicare by explaining supplemental insurance, sometimes called Medigap, and helping them navigate the myriad of providers so they can make an informed choice of policies. VICAP counseling helps people enroll in Medicare Part D insurance, assists clients who need help applying for Medicaid, food stamps and other government programs, along with Medicare savings programs and Extra Help, a program that

helps individuals with premiums and copays for the Medicare D program.

A new feature this year regards the enrollment of Medicaid-Medicare dually eligible individuals into Commonwealth Coordinated Care—a pilot that is being evaluated in selected locations of Virginia leading up to a more comprehensive managed care system.

For more information, call 540-825-3100 and ask for the **Aging Services Support Coordinator** for Culpeper County.

### TRANSPORTATION SOLUTIONS FOR SENIORS

Rappahannock Rapidan Community Services offers mobility management services to the members of the community. RRCS and the Foothills Area Mobility System collaborate to assist individuals with finding suitable transportation.

For more information—Please see One-Call Center on Page 38

### Culpeper Community Support for the Senior Center

The **Capital Campaign** to renovate and expand the Senior Center was given a generous boost by Dr. Linda and Joe Daniel who offered a dollar-for-dollar match.



Pictured left to right: Judy Shulick - Campaign Chair, Dr. Linda Daniel, Joe Daniel, Brian Duncan - Executive Director of RRCS, and Gladys Williams - Culpeper Senior Center Supervisor.

**Fund Raising for Aging Services**—Chaired by Specialist Judy Seale, the 8th Annual Bowl for Seniors, at The Mountain Run Bowling Center, raised \$10,000 revenue for RRCS Aging Services in our region.



**Bowl for Seniors 2015:** RRCS Advisory Council Members, Volunteers, and Staff provided help and assistance throughout the day to make this Aging Services Fundraiser so successful!



The Healthy Culpeper organization has a sub-committee that works hand in hand with Aging Together on senior programs and trainings in the community. You are welcome to join, or come visit us! The committee meets at

Reformation Lutheran Church on the first Thursday of each month, 9:00 am to 10:00 am.

For more information, please call Denise Walker at 727-0372 ext. 385, or email Denise at [dwalker@culpeperhumanservices.org](mailto:dwalker@culpeperhumanservices.org)

### Winter Wonderland at the Museum!

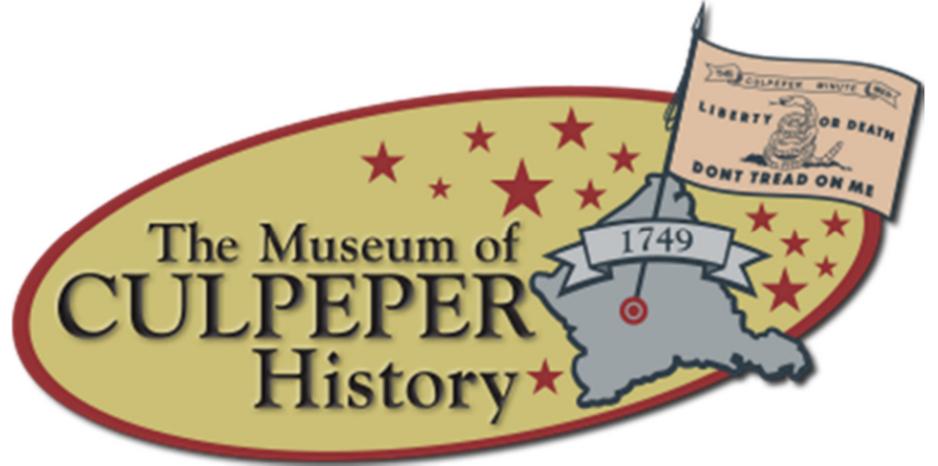
*Lee Langston-Harrison, Executive Director*

The Museum of Culpeper History is closed in January so that we can design, fabricate and install exhibits for the new, 2016, season. This year's exhibits and displays will range in themes from raising pigeons in Rixeyville during WWII (really!), to dairy farming in the County, to 1970s disco attire, to the Germanna colony, and then a variety of small displays that are complete surprises.

The Museum will open to the media and members on Friday, February 5<sup>th</sup>, and to the public on Saturday, February 6<sup>th</sup>. Public events will include an open-style day, with refreshments, tours, and surprises for the young (and young at heart) residents.

Senior 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 – and we are always looking for folks to be ambassadors to Culpeper. Contact Gloria Cooper, educator and office administrator, for an application – or stop by the Museum.

Even though the Museum is closed to the public in January, the staff and volunteers are hard at work on-site in the galleries getting the facility ready for the February opening. Stop by Monday-Friday, 10am to noon or 1pm to 5 pm, if you need us.



**New Museum logo:** featuring 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.

The Museum has been open for two years at its new location at the historic train depot – and the staff couldn't be happier! Easy access, parking, good location, and a larger gallery area all make for a museum that is striving to be "the best small community museum in Virginia."

For more information about your museum, its programs, or how to support the facility, contact the staff at 540.829.1749, or check out the new website at [www.culpepermuseum.com](http://www.culpepermuseum.com)



## BRANDY STATION FOUNDATION

### STATE PARK INITIATIVE

As you may already know, there is an initiative underway to create a **Brandy Station & Cedar Mountain State Park**. Over the past few months the BSF, Friends of Cedar Mountain, Civil War Trust, and other groups have worked closely with the County government to develop a concept for the park and to analyze its **economic, recreational, and cultural benefits** for the region. The park will include more than 1000 acres owned by the Civil War Trust and the BSF, and there has been discussion about locating the park **visitors' center at the Graffiti House**. We are hopeful that we will be successful, and look forward to the **enhanced historic interpretation and increased visitor traffic** that the State Park will bring to our community.

### COMING ACTIVITIES

We are planning on holding our **2016 Annual Meeting** at the **Brandy Station fire hall** on the evening of **April 22**. Please mark your calendars and join us. We have not yet finalized our agenda, but guarantee an excellent meal prepared by the Ladies Auxiliary. Check our website for details as they become available.

### NEW GRAFFITI HOUSE HOURS

For the remainder of the winter and spring we have cut back on our hours at the Graffiti House. The house will now be open on **Saturday and Sunday, 11:00 am until 4:00 pm**.

BSF Volunteers conduct guided tours of the house's **unique collection of Civil War Graffiti**.

**Admission is free but donations are welcome.**

Visit our Gift Shop for books, T-Shirts, & souvenirs.



### HELP WANTED!



The BSF is an all-volunteer organization with no paid staff. We need volunteers for tour guides, greeters, housekeeping, building and grounds maintenance, general office work, and for special events and festivals. **Whatever your skills, we can use you.** Call Tony Seidita, our Volunteer Coordinator, at (540) 439-0351 to volunteer or to get more information. You can also email him at: [asseidita@aol.com](mailto:asseidita@aol.com).

## One Application for Three Elections: *Vote Annual Absentee*

With the possibility of three elections in 2016, it's a good time to discuss how your County Registrar's office can help relieve the stresses of Election Day for voters with a disability or long-term illness (and for their caregivers).

You may already be familiar with the absentee voting process, but do you know about the **Annual Absentee Ballot Application**?

### What is the **Annual Absentee Ballot Application**?

Unlike the standard absentee ballot application, once your *Annual Application* is accepted, **a ballot will automatically be mailed to you for every election in which you are eligible to vote**, including general elections and any special elections. You no longer have to apply for a ballot separately for each election in that year.

### Who is eligible?

Any registered voter who is unable to go in person to the polls on the day of election because of a disability or illness and is likely to remain disabled or ill for the remainder of the calendar year.

### What are the special requirements for the **Annual Application**?

**On your FIRST Annual Application only, you must have your physician, accredited religious practitioner, or other state licensed disability services provider\* sign and complete the *Statement of Disability or Illness*** (Part C of the application). This Statement is not required on your SECOND or LATER Annual Applications.

### Is it too late to apply for 2016?

No, you can apply for the Annual Application at any time. If you were already planning to apply for an Absentee Ballot for the March 1 Presidential Primary and you meet the requirements for an Annual Application, **now would be a good time to apply.**

### Am I required to designate a political party?

**No. Virginia law does not require a person to identify a political party preference except when requesting primary ballots.** You may vote in either party's primary, but not in both primaries held on the same day. If you want to change your primary ballot request, simply file a new *Annual Application* before your primary ballot has been mailed. If you receive a ballot that you do not wish to vote, or need a replacement ballot, contact our office for instructions.

**Please note you WILL need to indicate a party in order to receive a ballot for the upcoming Presidential Primary Election** because both Democrats and Republicans will be holding their primary on the same day, March 1.

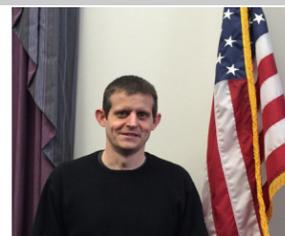
### What about next year? Can I renew my **Annual Application**?

You will need to submit a new Annual Application for each year that you remain eligible to use it and wish to continue voting absentee. (A blank Annual Application will be mailed to you each December to apply for the following year.) **But after the first year, you won't need to have the *Statement of Disability or Illness (Part C)* completed again.**

**James Clements**  
**Registrar**

**151 N. Main Street, second floor**  
**Culpeper VA 22701**

**540-825-0652**



### OFFICE HOUR CHANGE

On January 4, 2016, the Culpeper County Voter Registration and Election Office changed our office hours to match the other County departments located in our building at 151 N. Main St. Look for us now between the hours of **8:30 a.m. and 4:30 p.m. Monday through Friday.**

### Did You Know?

Culpeper County will need over 90 Election Officers to serve in our 16 precincts for the 2016 Presidential Election. **Interested in joining us?**

Visit <http://www.voteinculpeper.info> for more information.

#### \* **Who can complete the *Statement of Disability or Illness*?**

- Your physician
- "Accredited religious practitioner" is a person trained in spiritual healing or other healing arts and accredited by a formal religious order. The signature of a minister who is not so trained and accredited (ordained or otherwise) is not acceptable. [§24.2-705, Code of Virginia]
- "Other state licensed disability services provider" is a person, entity, or organization (excluding an agency of the federal government) licensed by the Department of Behavioral Health and Developmental Services. "Provider" includes a hospital, community services board, behavioral health authority, private provider, and any other similar or related person, entity, or organization. The signature of the person who is a licensed provider or a representative of the licensed entity or organization is acceptable. [§§ 24.2-703.1 and 37.2-403, Code of Virginia]

## DEPARTMENT OF REAL ESTATE ASSESSMENTS—TAX RELIEF PROGRAMS

Our Department administers several real estate tax relief programs which are available to citizens who qualify. Please reference the specific program for details and contact information.

### Elderly and Disabled Tax Relief Programs

Senior Citizens and disabled persons who meet certain criteria may be granted relief from all or part of their real estate taxes. We encourage qualifying senior citizens and disabled persons to take advantage of our tax exemption programs. To qualify, individuals must meet income and net worth limitations. The Tax Relief program has a yearly maximum of \$1,500.00 in relief. Applicants to the program may qualify for anywhere from 5% to 100% relief (up to \$1,500.00). This relief is processed and a credit is applied to your account. No liens are placed on your property. When the property is sold or transferred, the tax credit is prorated based on the applicant's full months of ownership.

#### Eligibility Criteria, Senior Citizens

- Applicant must be 65 or older prior to January 1<sup>st</sup>.
- Home must be owned and occupied as your sole dwelling.
- Gross household income of the preceding calendar year cannot exceed \$50,000. (This includes the income of all relatives residing in the home.)
- The combined financial net worth of the applicant and his/her spouse cannot exceed \$200,000 as of December 31st of the preceding calendar year. (This excludes the residence and the value of up to 10 acres which it occupies.)

#### Eligibility Criteria, Disabled Persons

- Applicants must show they are permanently and totally disabled. This requires either Certification from the Social Security Administration, Department of Veterans Affairs or Railroad Retirement Board stating that the applicant is permanently and totally disabled, or a sworn affidavit from 2 medical doctors to the effect that the applicant is permanently and totally disabled.
- The income and net worth qualifications are the same as those for senior citizens.

The annual reapplication deadline is April 1<sup>st</sup> of each year.

First-time applicants may make application at any time after January 1, and before December 31, for the current tax year.



### Disabled Veterans Real Estate Tax Exemption

The Commonwealth of Virginia exempts from taxation the real property, including the joint real property of husband and wife, of any veteran who has been rated by the U. S. Department of Veterans Affairs or its successor agency pursuant to federal law to have a 100% service connected permanent and total disability, and who occupies the real property as his or her principal place of residence.

The surviving spouse of a veteran eligible for the exemption shall also qualify for the exemption, so long as the death of the veteran occurs on or after January 1, 2011, the surviving spouse does not remarry, and the surviving spouse continues to occupy the real property as his or her principal place of residence.

Applications for Real Estate Tax Exemption are taken in the Real Estate Assessor's Office, located at 118 W. Davis St. Suite 100, No appointment is necessary but you may call ahead to schedule one if needed.

Please contact our Land Use and Tax Relief Administrator - Laura Smoot for further details.

### Contact Information Real Estate Assessor's Office County Assessor- W. Jason Kilby

Office: (540) 727-3411 | Fax: (540) 727-3468  
Email: [wkilby@culpepercounty.gov](mailto:wkilby@culpepercounty.gov)

### One-Call Center

#### One stop shopping for your transportation needs in Culpeper County

Rappahannock Rapidan Community Services (RRCS) and the Foothills Area Mobility System (FAMS) have collaborated to assist residents in finding suitable transportation options in Culpeper. With the creation of the FAMS One-Call Center, Culpeper County residents can now call one phone number for all their mobility management needs: the number to call is **540-829-5300**. There is no fee for this service.

Transportation is a huge unmet need for our community and the nation. Recent studies show that nationally, 25 to 30 percent of individuals do not have access to an automobile (this number includes low income families, individuals who can't afford their own cars, and individuals who are unable to drive).

At the One-Call center, Transportation Specialists will educate and assist individuals with the various modes of transportation available in Culpeper, including the following:

- Town of Culpeper Trolley
- Culpeper County Express On-Demand Bus
- Town of Culpeper On-Demand ADA Bus
- Foothills Express
- Care-A-Van



One phone call will allow an individual to find out where the Culpeper Trolleys drop off and pick-up, or get assistance with scheduling trips using the County Express On-Demand bus or Town of Culpeper On-Demand ADA bus. These transportation services are operated by Virginia

Regional Transit on behalf of the Town and County of Culpeper.

A Specialist can also connect a resident with the Foothills Express, which offers three round trips to Charlottesville on Tuesday, Wednesday, and Thursday every week, or with the Care-A-Van program which is available to persons with a disability, and to those 60 and older.

Transportation Solutions Specialists at the One-Call center can aid in appointment scheduling, trip planning, and travel training. The Transportation Solutions Specialist can even ride along on public transportation to assist individuals using it for the first time. While most Transportation Solution Specialists assist the elderly and/or disabled, this free service is available to anyone!

There are many mobility options available for Culpeper residents.

The One-Call Center provides a much needed and important service to all members of our community.

For more information on your transportation choices, call **540-829-5300** today!



## Project Lifesaver

The Culpeper County Sheriff's Office proudly supports the non-profit program called, Project Lifesaver. This program helps to assist Culpeper County residents who are caregivers to a person who is suffering from Alzheimer's disease (or a related dementia) as well as children who are afflicted with autism, Down syndrome, traumatic brain injury or other cognitive disorders.

So, how does this work? Well, Citizens who decide to enroll in the program are issued a small transmitter that goes around the ankle or wrist and emits a tracking signal. This signal sends out an alert which helps law enforcement track down the individual(s) in a timely manner.

## TRIAD Program

The Culpeper County Sheriff's Office responds to the unique needs of particular communities and populations. Our population has a large percentage of seniors or retired persons which will continue to increase in the years to come. Unfortunately, criminals prey on seniors as they are our most vulnerable citizens. The TRIAD program helps seniors increase awareness of possible scams and frauds targeting them. With the cooperative effort of law enforcement agencies (sheriffs/police/fire) and senior citizens, crime against these older Americans can be reduced significantly.

TRIAD provides speaking engagements, community collaborations, and targeted trainings for seniors and law enforcement practitioners, providing a support



Pictured (left to right) Sgt. Rychlik (Auxiliary) and Deputy Katie Burke.

mechanism to current local TRIAD groups, and marketing the TRIAD concept to non-participating localities.

There is also the **Senior and Law Enforcement Together (S.A.L.T)** Council, which meets on a regular basis to develop, expand, and implement effective crime prevention and education programs for seniors. The ultimate goal is to eventually strengthen the communication between law enforcement and senior communities.

Sheriff Scott H. Jenkins      132 West Davis Street      Phone: 540.727.7520      E-Mail: [sjenkins@culpepercounty.gov](mailto:sjenkins@culpepercounty.gov)  
 Culpeper County Sheriff's Office      Culpeper, Virginia 22701      Fax: 540.727.3466

### CULPEPER POLICE DEPARTMENT—Prescription Medicine Take Back



narcotics and pain killers left over. These drugs run a high potential for theft and abuse. This take back effort strikes at the heart of this problem. If the drugs are not available to people, they cannot be abused.

The Culpeper Police Department, in association with the Old Dominion Electric Cooperative, has established the Culpeper Police Department as a location to take back prescription medications. All too often after an illness or injury there are extremely strong prescription

The country and our community have seen an unprecedented increase in the misuse, abuse of, and addiction to, prescription drugs. These drugs ultimately run out and the abuser is left with only illegal means of maintaining their drug addiction. This in many cases means obtaining, usually by illegal means, opiates and heroin. These drugs have exploded in use. Sadly in many cases their use results in the death of the abuser due to overdose.

This joint venture provides a means to remove the first piece of this cycle of abuse. There is now a box installed in the lobby of the Roscoe H. Ford Police Building located at 740 Old Brandy Road, Culpeper, VA. This large green box is clearly marked as being the drop off site for old prescription drugs. The drop off is anonymous and

secure, but is only available between 8:00am and 5:00pm Monday through Friday. Any citizens wishing to use this box are not required to fill out any paperwork. The Culpeper Police Department will ensure that the box is emptied and the contents destroyed.

This method of disposal is environmentally friendly. The old practice of flushing narcotics down the toilet only presents problems for water treatment facilities down the line. This ensures they are separate and secure for the Town's water system.

There are a few restrictions related to the use of the box. Only prescription medications, patches, ointments, and over the counter medications, vitamins, samples, and medications for pets are allowed. Restricted items include: needles, thermometers, hydrogen peroxide, inhalers, and aerosol cans.

Culpeper Police Department  
 740 Old Brandy Road, Culpeper, VA 22701  
 540.727.3430

Culpeper County Board of Supervisors

# Culpeper Minutes

A quarterly publication



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[dhoffman@culpepercounty.gov](mailto:dhoffman@culpepercounty.gov)

## Culpeper's Silver Club Meets weekly at the Library

**THE SILVER CLUB** strongly believes that membership is our greatest asset, and we've been around for 15 years. The club is sponsored by Culpeper Parks and Recreation and currently serves 78 members.

The club's volunteer coordinator, Marshall Conner, works for Culpeper Human Services and is a longtime local sports writer and columnist in the Culpeper area. He has coordinated the club's activities since 2001. The club has had 70 or more members since that year. It meets weekly on Wednesdays, in the Culpeper County Library from 11 a.m.-3p.m. The club's primary focus is to create smiles, social interaction, community involvement, peer support, entertainment and recreation opportunities for those aged 55-years and better.

"As Culpeper continues to age at a rapid rate, it is vital that the local government provide programs to help people "Age in Place." One of the best activities we have is the Silver Seniors under the leadership of Marshall Conner. This fine mature-adult program provides socialization, activities, and a sense of purpose to many of our aging citizenry. It is definitely helping our seniors to remain active and connected in this town," said Pastor Bradley Hales, of Reformation Lutheran Church in Culpeper

The Silver Club's most senior member is 102-years-old, its youngest is 55-years-old. Silver Club volunteers help a wide variety of causes, non-profits, businesses and governmental programs. Silver Club members can be found throughout the community recycling knowledge and serving their community.



At a typical meeting, members arrive at 10 a.m. for coffee and social time. A scheduled activity follows at 11 a.m. and continues until noon. Activities include speakers from the community and beyond, bingo, music, education, politics, art, senior issues, health, popular culture and more. A covered dish lunch follows and members cap the day with cards and more social time.

"Aging Together appreciates that the Silver Club adds to the scope of opportunities provided to our older citizens. The Silver Club gives active seniors a place to meet and socialize together. We have heard a number of people reference the Silver Club as a warm welcoming place for new seniors, or "newly" senior citizens. Aging Together also looks to members of the Silver Club as a voice for older adults when we want input on senior issues. Silver Club members' engagement in the community should be lauded as well. Support for the Silver Club shows that Culpeper values its older adults," said Chris Miller, of Aging Together.