



**The Pregnancy Centers of Central Virginia** is a non-profit organization providing emotional, educational, and material support to pregnant women and the men and families involved. Whether the pregnancy is welcome or unwelcome, we are here to help consider what comes next. All of our services are free and confidential, and include:

- Reliable free pregnancy testing & confirmation
- Information about all options
- Confidential peer-counseling
- How to have healthy relationships
- Maternity/baby clothes, diapers, and other baby items
- Community referrals
- Post-abortion counseling

Walk-ins are welcome and clients are seen right away.

Call 727-0400, text [540-445-0757](tel:540-445-0757), or visit [www.virginiapregnancy.org](http://www.virginiapregnancy.org) for appointments or information.

The Culpeper Center is located at 420 Sunset Lane, near the hospital. There is private parking off Redbud Street and it is easy walking distance from the Culpeper Trolley stop at UVA Culpeper Hospital.

*PCCV is a Healthy Culpeper partner and is affiliated with United Way.*



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

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:

April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>

May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>

June 6<sup>th</sup>, 13<sup>th</sup>, 20<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

**YOUR Culpeper Extension Staff:****Administration:**

Cristy Mosley, Unit Coordinator - cmosley1@vt.edu  
Vacant, Unit Administrative Assistant

**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 - jlclark@vt.edu  
Georgette Mosley, Family Nutrition Program, Youth - gyates@vt.edu  
Brenda Watkevich, Family Nutrition Program, Adults - bwatkevi@vt.edu

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

The Culpeper Extension Office is located at 101 S. West Street, Culpeper, VA 22701 (Corner of West and Davis) Telephone: (540)727-3435. If you need assistive devices or services to participate call 540-727-3435, TDD 800-828-1120, 5 days prior to the event.

**FAMILY AND CONSUMER SCIENCES**

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

**Food Safety Training Opportunities**ServSafe Food Handler Course

March 15, 9 am – 12 pm, Rappahannock Extension Office,  
311-J Gay St., Washington, VA (Registration deadline – March 14)

April 12, 9 am – 12 pm, Fauquier Extension Office,  
24 Pelham St., Warrenton, VA (Registration deadline – April 5)

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

April 19 and 26, 9 am – 3 pm, Orange Extension Office, Orange,  
(Registration deadline – April 5)

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.

**Simple Ways to a Healthier You**

Ever want to eat better and move more but just do not know where to start? Come to the “Simple Ways to a Healthier You” workshop and learn easy ways to eat, cook and shop healthier.

The workshop will focus on quick and easy meals and snacks, how to eat on a budget and making sure food tastes good. We will also share ways that you can include movement in your day. All ages are welcome.

The workshop will be held on April 14, 10 am – 12 pm, at the Culpeper Extension Office, 101 S. West Street, Culpeper.

The registration deadline is April 7 and there is a fee of \$10 per person. The class is limited to 15 participants.

For more information, contact Becky Sheffield, Extension Agent, Family and Consumer Sciences at 540-727-3435 ext. 344 or [rebes13@vt.edu](mailto:rebes13@vt.edu)

**FARM BUSINESS MANAGEMENT**

Peter Callan, Extension Agent, ANR-FBM

**The Most Important Equipment on a Farm**

What is the most important piece of equipment for making financial and production decisions on your farm... cell phone? smartphone? farm computer? I would suggest that a simple four function calculator can be used to help with many production and financial management decisions in the operation of a farm and can be purchased for less than \$5.00. Over the past year there have been significant declines in grain, milk, feeder and fat cattle prices. In an era of declining and fluctuating prices, producers should be able to quickly analyze their farms' production costs.

A basic calculator can help a producer easily add up production costs for a farm's enterprises. Record keeping systems vary from farm to farm. Basic farm records programs include recording income and expense data for filing annual income tax returns. In addition, more sophisticated record keeping programs may incorporate production data, enterprise analysis, records of yields and crop inputs for each field on a farm. A calculator can help producers determine their breakeven costs for their enterprises on their farms. It is imperative that producers sell their crops at prices greater than their breakeven costs to generate a profit in order for their farms to be financially viable in the long run.

A calculator can quickly show the impact of potential changes in the operation. Remember salesman want their customers to remain profitable and stay in business especially in times of depressed commodity prices. The time spent using a calculator to evaluate alternative production and management scenarios with a trusted salesman or advisor could reap large potential savings in input costs.

Forty years ago, I learned from a highly respected professor of farm finance that a well-trained lender or salesman should be able to solve many farmers' problems with a pencil, on the back of an envelope that is resting on the hood of a pickup truck. An inexpensive four function calculator is the perfect tool to help farmers quickly make informed financial and production decisions in the management of their farms.



**4-H YOUTH DEVELOPMENT**

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

**Culpeper-Shenandoah-Rappahannock 4-H Overnight Camp  
July 31-August 4, 2016**

In 2015, a statewide survey was conducted concerning the benefits of 4-H camping in Virginia. Following is a summary of that study which gives statewide data as well as data specifically for Culpeper County’s camping cluster.

**4-H Camping Increases Independence Skills**

Positive youth development focuses on targeting life skills which youth need to be successful, contributing members of society. The Community Network for Youth Development identifies development of independence skills as an important step in youth learning to be productive, connected and to navigate the world. In an increasingly structured and supervised environment, youth need opportunities to practice independence skills including decision-making, problem-solving and communicating with each other.



Independence is fostered through attending short term residential camping programs. Youth attending these camping programs develop independence by practicing decision making through daily programming activities, choosing schedules and making personal living choices. Problem-solving skills are enhanced through camp classes, living in a group environment and participating in group activities. Communication skills are addressed as youth work with teen and adult volunteers to develop activities, prepare team challenges and plan their day.

Post camp surveys from the 2015 Junior Camping Program indicate that campers ages 9-13 report increasing their independence as a result of attending 4-H camp by 13%. The survey also indicated a 14% increase in youth working as a team, a 13% increase in youth taking responsibility for their actions, and finally a 15% increase in youth expressing their opinion with others.

Out of a total of 1,824 randomly surveyed 4-H Jr. Campers from across the state, 97 % indicated they would come back next year. In the Culpeper-Shenandoah-Rappahannock camping cluster, 61 campers were surveyed with 92% indicating returning next year.

What do the campers say after attending camp?

	Statewide	Culpeper-Shenandoah-Rappahannock Cluster
“...take responsibility for my actions”	80%	89%
“...make new friends”	76%	90%
“...make decisions for myself”	78%	90%
“...enjoy learning new skills	85%	92%
“...enjoy helping others”	81%	89%
“...express my opinions with others”	71%	76%

As one camper put it: “BEST CAMP IN THE WORLD!!!!!!!!!!!!!!”  
The activities and events were EXTREMELY fun and awesome and the classes were amazing! “

**Try it Out!**

The Culpeper-Shenandoah-Rappahannock Junior Camp is held at the Northern Virginia 4-H Educational Center in Front Royal, VA. and is for boys and girls ages 9-13 (as of 09-30-16). Classes include horseback riding, canoeing, crafts, ropes course, rocketry, cooking, sports, swimming and more. Youth sleep in lodge-style rooms and are guaranteed the choice of a roommate. The cost is \$265 and includes lodging, meals, snacks, all classes, and a t-shirt. Teens (ages 13-18 as of 01-01-16) may apply to be Camp Counselors or Counselors in Training. Financial assistance is available (application required).

**Call for availability and registration information.**

**4-H Cloverbud Day Camp - July 5 and 6, 2016**

Our youngest 4-H programs are for 5-8 year olds. We call this age group Cloverbuds. This year we will be offering a Cloverbud Day Camp at Camp Red Arrow located in Stevensburg, Virginia. Each day has a theme and special events and will be filled with arts and crafts, group games and songs, natural resources education, swimming, and character development lessons. Each child will leave with a great first impression of 4-H. Camp is for boys and girls ages 5-8 (as of 9/30/16).

**Call for availability.**



**4-H Summer Workshops for ages 5-18**

Summer is quickly approaching! 4-H has a great line up of 4-H Summer Workshops this year! These short term classes range from 1 to 5 days and most are held right in town at the Virginia Cooperative Extension Office.

*For a list of workshops, please call the office at 540-727-3435. You do not need to be a current 4-H member to participate!*

**CMR Homemaker's Department**

Even though summer is still a few months away, why not start working on creating some homemaker's entries for the CMR Farm Show! Below is a list of possible entry categories.

Anyone ages 5 to adult can enter. You do not have to be a 4-H member to participate. We can't wait to see them at CMR Farm Show!

- Art & Crafts
- Baked Goods
- Decorated Baked Goods
- Canned Goods
- Fine Arts
- Flowers
- Garden & Crops
- Hobbies
- Needlecraft
- Photography
- Scrapbook
- Sewing & Textiles
- Woodcraft



**CHECK OUT WHAT WE'VE BEEN UP TO!**

**4-H School Enrichment - Butterflies & Gardening**

4-H Project Butterfly Wings is a memorable curriculum that has grown in popularity here in Culpeper. Students learn the life cycle of the Painted Lady Butterfly while observing the various stages in their classroom for 21 days. Students enjoy releasing their new butterflies at the conclusion of this project.



Gardening has continued to be an enjoyable and popular afterschool activity in 4-H. Farmington Elementary School will continue the 4-H Foxes Garden for the 8<sup>th</sup> year. The Sycamore Park 4-H FNP Nutrition Garden celebrated its 4<sup>th</sup> year with 2<sup>nd</sup> graders.

Garden club members gain lots of knowledge on how to plant and tend to plants and then enjoy the fruits of their labor (and veggies!) with a family garden party.

For more information on these exciting 4-H activities or 4-H clubs please contact Cristy Mosley, Extension Agent, 4-H Youth Development ([Mosley1@vt.edu](mailto:mosley1@vt.edu)) or JoAnna Kilby, Program Assistant, 4-H Youth Development ([jilclark@vt.edu](mailto:jilclark@vt.edu)) or at (540) 727-3435.



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in any of the activities offered by Virginia Cooperative Extension, Culpeper Office, please contact our office at (540) 727-3435 during business hours of 8am and 5pm to discuss accommodations at least 5 days prior to the event. \*TDD number is (800) 828-1120.



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.



**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 Street, Suite 204  
Culpeper, VA 22701

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



After School Arts Guitar Class Students



Healthy Cooking Students Making a Snack

### Healthy Culpeper *After School Arts* - New Venue - Floyd T. Binns Middle School!

Thanks to Principal Sherri Harkness at Floyd T. Binns Middle School, the ***After School Arts*** program will be up and running this spring! Spring classes will begin Thursday, March 3 and will be held every Thursday from 4:00 – 5:30 through April 28 (except during spring break). Registration forms will be available February in the offices of the middle schools and high schools, Culpeper Library, Culpeper County Parks and Recreation and at [healthyculpeper.com](http://healthyculpeper.com).

Classes in the ***After School Arts*** program are taught by qualified and talented instructors – many are teachers in Culpeper schools. An on-site coordinator and volunteers ensure that the ***After School Arts*** learning environment is safe as well as fun. Bus transportation will be provided by Virginia Regional Transit from Eastern View High School, Culpeper High School, and Culpeper Middle School to Floyd T. Binns Middle School.

The ***After School Arts*** program is administrated by the Teen Empowerment Coalition, which is a sub-committee of Healthy Culpeper, a not-for-profit organization. One of the goals of the Coalition is to provide teens with opportunities to grow socially and to develop new skills in a safe environment. Funding is provided annually by the Rusty Bowers, and Team Jordan Foundations. We are also supported by Culpeper Human Services, Culpeper Schools, Northern Piedmont Community Foundation, Fauquier Health Foundation, Keysight Industries and the National Endowment Foundation.

This spring we are proud to offer the following classes: Raspberry Pi, Guitar and Drumming, Zentangle, Healthy Cooking, Yoga and Kung Fu, and more.

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



PO Box 1355  
Culpeper VA 22701  
540-727-0372 x385,

## Do You Need to Get a Building Permit?

With spring fast approaching, our minds turn to outside projects. Through the years there has been much confusion about what requires a permit and what does not.

Let's start with the repair and maintenance of the exterior of a typical single-family dwelling. The following are exempt from requiring a permit: replacement of roof coverings (tar paper, shingles, wood shakes, metal roofing, etc), replacement windows and doors, siding, ornamental trim, porch and sun deck flooring boards (excluding structural work) and, of course, painting. Not all repairs are evident prior to starting the project. Many times rot or insect infestation is discovered during the demolition stage and you now find that the structural member's integrity has been compromised. Depending on the severity of the damage, a permit may be required. Please call or visit us and let the Building Official evaluate the problem and determine if you have a need for a permit.

It is important to remember when replacing windows and doors, that the new units fit within the existing openings without enlarging the existing structural opening. When replacing windows in a bedroom, you want to make sure you do not reduce your egress opening, impeding your escape during a fire. This is sometimes difficult to do in older homes. Fortunately with the wide variety of products available, even the older home can be brought up to current code. The following are bedroom egress guidelines: only **one** egress opening is required per bedroom, the bottom of the opening can be no higher than 44" above the finished floor, the clear opening shall be 5.7 square feet for all floors except for grade level, a minimum of 5 square feet is required. The opening can be no less than 20" wide and 24" high. If you purchase a double hung window and both sashes tilt in, without the use of a key or tool, the whole opening can be used to meet the requirements.

If a sun deck is on the to-do list, we have taken some steps to shorten the permit process. We have made available the 2012 Deck Package. This is an all-encompassing permit and above code compliant prescriptive directions on deck construction. There is a catch; it does not fit all designs. Although the new version does include multiple support beams it does not address all designs. Staff will be able to determine its usability.

This is for sun decks without a roof. For more complex decks and decks with roofs (porches), plans will have to be submitted and reviewed. The advantage of the Deck Package is—the permit is issued within 1-2 days.

Spring is the time to start planning for the hot days of summer. Almost all swimming pools need permits. A permit is required if you purchase a pool that meets any **one** of the following criteria: 24" or greater in depth, greater than 5,000 gallons or having a surface greater than 150 square feet. It is imperative that the proper permits are obtained for all pools, both above and below-ground. Yes, this includes even the soft or inflatable wall style that can be purchased at the local department store. There are certain barrier (fencing) and electrical requirements that need to be met. This is to ensure the safety of all who use the pool, especially your children. Pools are also magnets for neighborhood kids.

Privacy walls of concrete or masonry are exempt from permit as long they **do not** exceed six feet in height. All fences are exempt as long as they do not act as a barrier for a swimming pool or hot tub. County zoning permits are required for fences over 7 feet in height and Town zoning permits are required for all fences.

Retaining walls supporting **less** than 36 inches of unbalanced fill (earth, stone etc.) and which do not impound Class I, II or III-A liquids, or support a surcharge other than ordinary unbalanced fill, are exempt from permitting. Please contact us to obtain our retaining wall policy.

One-story detached accessory structures used as tool and storage sheds, play houses and similar uses **exceeding** 256 square feet, are required to have building permits. Yes, even the prefabricated sheds that are dropped off the back of a trailer, and metal carports, require a permit.

If you are planning a big outdoor event such as a wedding, graduation party or similar gathering and you are renting a tent for the occasion, keep in mind the following: if the tent covers an area that is in **excess** of 900 square feet or has an occupant load **exceeding** 50 persons, a building permit shall be required.

What's a birthday party without a "Moon Bounce?" This is one that the state of Virginia classifies as an amusement device. If the device is being provided for a private party, a permit is not required. If the device is on public property (public park, business site, church grounds etc.), and is open to the public, permits are required.

We hope this helps you in the planning for your upcoming project or event and as always, if you have any questions please contact us at 540-727-3405

Wishing you a safe spring, *Robert P. Orr, CBO, Building Official*

### *continued from back cover—Culpeper Airport gets National Recognition*

"It is a huge task to coordinate a flyover of this magnitude in the Washington, D.C. airspace. We are very appreciative of the close coordination and support we have received to date from federal entities such as the FAA, TSA, Secret Service, U.S. National Park Service, and Capitol Police, just to name a few. In World War II, our nation came together to manufacture the machines that our military took to battle, and our hope is that this 70th anniversary tribute will do the same—bring our nation together to honor all our World War II veterans who served and sacrificed to defeat tyranny, both in uniform and on the home front."—*Pete Bunce, President and CEO, General Aviation Manufacturers Association*

"From time to time, we need to remind ourselves just how much we have accomplished as a nation. May's Arsenal of Democracy Flyover in Washington, D.C. will provide us with exactly that kind of opportunity—a chance to recognize those men and women who made the sacrifices necessary to preserve freedom here at home and around the world, a moment in time to reflect on the awesome power of this country and its people when we focus on a common goal."—*John Cudahy, President, International Council of Air Shows*

"As a part of our ongoing mission, it is an honor for the Texas Flying Legends Museum to be involved in a cooperative effort to honor the men and women who have defended and continue to defend our way of life. The aircraft being supplied by the Texas Flying Legends Museum represent aircraft from practically all facets of the air war in WWII. We are extremely proud to be able to provide the missing man formation that will honor those who have made the ultimate sacrifices for our country."—*Texas Flying Legends Museum Director of Operations Warren Pietsch*

"I remember VE Day vividly. The sirens blowing all clear, the trains hurtling past our house with the whistles screeching, church bells ringing, the party in the middle of Staple Hall Rd. and the certainty that we would see our father again. As immigrants who love this country with a passion it was an honour to be part of the AOD." — *Mike Dale, Chairman of the Arsenal of Democracy Committee for ground support with Culpeper Airport.*



## OPTIONS

OPTIONS was started in 1994 to serve local juvenile offenders of a serious and chronic nature. OPTIONS made the transition from state to local funding in 1997 and shifted its focus away from serious offenders to first-time and intermediate offenders. In 2007, OPTIONS began implementing services designed to reduce the risk of youth getting into further trouble with the legal system, school or with substance abuse, while at the same time, encouraging them to become productive, respectful, and responsible members of the community. The Juvenile and Domestic Relations Court of Culpeper County, Juvenile Probation Officers, Culpeper County Public Schools, Culpeper County Department of Human Services, and families in the community refer youth to OPTIONS. Initially, a comprehensive risk/needs assessment (Youth Assessment and Screening Instrument – YASI) is completed on the youth. This identifies risk (as well as protective) factors in areas that are known to be challenging for our youth. The domains of the assessment are: family, school, community/peer, alcohol/drugs, mental health, aggression, violence, attitude, skills, employment/free time. Youth are then referred to one of the evidence-based programs at OPTIONS or are referred to a local agency for more intensive services.

Currently, OPTIONS offers Thinking for a Change, Shoplifter's Program, DO YOU Program (for females), Parenting Program, Pre-Truancy Program, Job Tech Program, and a Substance Abuse Program.

- Thinking for a Change (T4C) is a cognitive restructuring program which attempts to increase a youth's social awareness and problem solving abilities by empowering the youth to change their own behaviors. The program assists youth in identifying high risk situations and the thoughts, feelings, attitudes and beliefs that are triggered within them, and place them at risk of getting into trouble, while showing them how to implement new thoughts that can lower risky behaviors. It encourages youth to take control of their life by taking control of their thinking.
- The Shoplifters Program is designed to help youth understand how their choices of today can impact their life of tomorrow. It helps youth discover how attitudes can affect their behavior to steal. This program also assists youth in identifying positive steps needed to change their present behavior.
- The DO YOU Program is designed to address teen violence (dating and sexual violence, sexual harassment, and bullying) by confronting its root causes and enhancing protective factors to promote positive development and healthy relationships.
- The Parenting Program is designed to help parents understand the process of changing negative behavior in their children and motivating positive behavior. Parents learn the difference between punishment and discipline, and are encouraged to use discipline instead of punishment.
- The Pre-Truancy Program is designed to increase attendance, increase academic success, increase natural resources, increase

parental accountability, and to enhance a positive attitude towards school.

- The Job Tech Program is designed to teach those competencies that the Department of Labor and research have found to be necessary for finding and keeping a job. Participants will learn practical job finding skills, practice positive and professional behavior, and explore their own personal strengths and values.
- The Substance Abuse Program integrates the stages of change, motivational interviewing, and cognitive behavior therapy designed to reduce the risk level by guiding youth in changing their substance abusing behaviors.

The programs at OPTIONS are evidence-based and use evidence-based practices that are proven to be effective in producing positive results. We will continue to administer pre-post evaluations and testing to ensure youth involved in the various programs are gaining skills that will help lower their risk levels.

Another component of OPTIONS is the Community Service Program. This program provides supervised community service work to those youth who are required to complete such work by one of the local referral sources. Community service work is completed during non-school hours, weekend, and summer hours. The OPTIONS Crew is an after-school supervised work crew which is responsible for cutting grass at the County Administration Building, Piedmont United Way, and the Federal Tower Site. Community service work hours are accomplished with the collaboration of other local community agencies.

Some of the work sites utilized by OPTIONS are:

- County Landfill
- Cornucopia Farm
- Culpeper Baptist Church
- National Cemetery
- New Life Baptist Church
- Public Schools
- St. Stephen's Episcopal Church
- Town of Culpeper

Special Events OPTIONS is involved with:

- Culpeper Air Fest
- Culpeper Fest
- Culpeper Day
- Candle Light Vigil
- Culpeper Methodist Church – Food Distribution
- SAFE Car Wash
- Soap Box Derby

OPTIONS is always searching and implementing new evidence-based programs designed to meet the changing needs of the youth in Culpeper County. OPTIONS is always looking for volunteers to assist staff in youth activities. If you have any questions or want to make a referral, OPTIONS can be reached at 540-829-2129 for more information.

**Rappahannock-  
Rapidan**  
VIRGINIA



## Beat the Bite Outdoors This Spring

*Jordan Zarone, MPH  
Rappahannock-Rapidan MRC*

As the long awaited spring ushers in warmer temperatures and sunny days, more people will be finding ways to spend time outdoors. Before you take advantage of the nice weather by gardening, hiking, or taking on outdoor home-improvement tasks, you should take precautions to avoid tick bites.

Due, in part, to the shifting climate, tick populations have been expanding their reach out of the northeast and have now established a home in many parts of Virginia, including Culpeper. These new residents bring with them the threat of Lyme disease, Rocky Mountain Spotted Fever, Erlichiosis, and several other ailments. The threat of Lyme disease in particular has been increasing rapidly over the past several years. In 2014, Virginia was among the top 10 states in Lyme disease cases nationwide.

In order to reduce your risk of contracting a tick-borne illness, such as Lyme disease, the CDC recommends taking the following precautions while enjoying time outdoors.

- Avoid damp, shaded areas.
- Stay out of leaf litter and tall grasses. Clear any leaf litter and tall grass in your yard.
- Walk in the center of trails.
- Use DEET or permethrin tick repellent on exposed skin and clothing.
- Wear light-colored clothing so ticks are easy to spot.

- Shower or bathe within two hours of coming inside.
  - Conduct a thorough tick check. Use a hand mirror to check hard-to-see areas.
  - Check kids, pets, and clothing for ticks.
  - Heat outdoor clothing and gear in the dryer for one hour to kill ticks.
- If you suspect you have been bitten by a tick, perform the following steps:
- Using tweezers, grasp the tick as close to the surface of your skin as possible.
  - Pull upward. Do not twist, jerk, or attempt to crush the tick.
  - To dispose of the tick— submerge it in alcohol, seal it in a bag, or flush it down the toilet.
  - After removal, clean the bite area with rubbing alcohol, or soap and water.
  - If you develop a fever, rash, joint or muscle pain, or facial paralysis, within a few weeks, contact your doctor and tell them about your tick bite.

This outdoor safety installment is brought to you by the Rappahannock-Rapidan Medical Reserve Corps. Be sure to catch us at a local health and wellness event this spring for a free tick removal kit! For more public health and emergency preparedness information, check us out online at [Facebook.com/RRMRC](https://www.facebook.com/RRMRC) or call (540) 317-4135.

**If you want to get involved in protecting the health of your community, join the RRMRC today! Apply online at [vamrc.org/vvhs](http://vamrc.org/vvhs)**



## Upcoming Events

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### Supports for Families & Caregivers

**Tuesday May 3rd 8:30 am - 4:30 pm Daniel Technology Center**  
Teepa Snow & Dr. Jonathan Evans MD will teach families and caregivers of people with dementia positive approaches to dealing with difficult behaviors.  
To register: [www.agingtogether.org](http://www.agingtogether.org)

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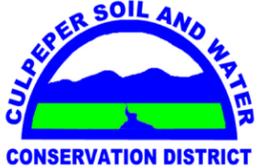
### Senior Prom 2016

**Saturday May 14th 2:00 - 5:00 pm Culpeper Christian School**  
Put on your dancing shoes for the best party in town, free to everyone fifty and older. Dancing, refreshments, door prizes and more. We celebrate the best of growing older with friends and music from the 40's through today.

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### Healthy Culpeper Senior Committee

Join Aging Together's Culpeper Team working on local issues that impact seniors and their family caregivers. 9 am the first Thursday of every month at Reformation Lutheran Church. For more information contact Dianna Banks at 829-6405 or [dbanks@agingtogether.org](mailto:dbanks@agingtogether.org)



## 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.

## Is Entrepreneurship For You?

Starting your own business can be an exciting and rewarding experience. It can offer numerous advantages such as being your own boss, setting your own schedule and making a living doing something you enjoy. But, becoming a successful entrepreneur requires thorough planning, creativity and hard work.

Consider whether you have the following characteristics and skills commonly associated with successful entrepreneurs:

- **Comfortable with taking risks:** Being your own boss also means you're the one making tough decisions. Entrepreneurship involves uncertainty. Do you avoid uncertainty in life at all costs? If yes, then entrepreneurship may not be the best fit for you. Do you enjoy the thrill of taking calculated risks? Then read on.
- **Independent:** Entrepreneurs have to make a lot of decisions on their own. If you find you can trust your instincts — and you're not afraid of rejection every now and then — you could be on your way to being an entrepreneur.
- **Persuasive:** You may have the greatest idea in the world, but if you cannot persuade customers, employees and potential lenders or partners, you may find entrepreneurship to be challenging. If you enjoy public speaking, engage new people with ease and find you make compelling arguments grounded in facts, it's likely you're poised to make your idea succeed.

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.

- **Able to negotiate:** As a small business owner, you will need to negotiate everything from leases to contract terms to rates. Polished negotiation skills will help you save money and keep your business running smoothly.

- **Creative:** Are you able to think of new ideas? Can you imagine new ways to solve problems? Entrepreneurs must be able to think creatively. If you have insights on how to take advantage of new opportunities, entrepreneurship may be a good fit.

- **Supported by others:** Before you start a business, it's important to have a strong support system in place. You'll be forced to make many important decisions, especially in the first months of opening your business. If you do not have a support network of people to help you, consider finding a business mentor. A business mentor is someone who is experienced, successful and willing to provide advice and guidance.

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

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.



## Registrar's Office

### Preparing Now for a Successful Fall

If you're a gardener, now is the time to test and prepare the soil in hopes of a fruitful fall. As a voter, spring is also a great time to check or update your registration so that you'll have no issues when you go to the polls in November. Fortunately, it's never been easier to do so.

The Culpeper County Voter Registration and Election Office website, [www.voteinculpeper.info](http://www.voteinculpeper.info), is a one-stop outlet for spring cleaning your voter registration. Visit our website to:

- Register to vote;
- Check and confirm your registration information;
- Update your registration address;
- Update your name if you've had a name change;
- Find out where you vote;
- Find information about voting absentee if you'll be out of the area on Election Day (especially helpful for first-time voters like college-bound students or deployed military).

For those who want to register, or know they need to update their information, it couldn't be simpler. With your social security number and driver's license, you'll be able to complete the application online and it will likely be processed the same day. Within 7-10 days, you'll receive a voter notification letter and you'll know you're set to vote in the Presidential Election in November.

But what if you don't need to register or make a change? You can still use the same system to confirm your voter information and I would encourage you to do so. Like all computer databases, the statewide Virginia Election and Registration System (VERIS) system that we use is only as good as the data it contains. Is your name misspelled? Is your house number off by a digit? Did your voting precinct change as it did for a few hundred town voters last fall? For almost every voter the information will be accurate; a few minutes of your time will assure you that you're one of them.

Hopefully the time you spend on your garden now will bring you success this summer and fall. And the time you take to check or update your voter registration will make for a smooth voting process this November.

**James Clements**  
**Registrar**  
**151 N. Main Street, second floor**  
**Culpeper VA 22701**  
**Monday—Friday 8:30 to 4:30**  
**540-825-0652**



### 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.

### Are you ID ready?

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

- Valid Virginia Driver's License or Identification Card
- Valid Virginia DMV issued Veteran's ID card
- Valid United States Passport
- Other government-issued photo identification cards (must be issued by US Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth)
- Tribal enrollment or other tribal ID issued by one of 11 tribes recognized by the Commonwealth of Virginia
- Valid college or university student photo identification card (must be from an institution of higher education located in Virginia)
- Valid student ID issued by a public school or private school in Virginia displaying a photo
- Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

#### Need a more detailed list of acceptable Photo IDs?

Visit our website: [www.voteinculpeper.info](http://www.voteinculpeper.info)

**COMMISSIONER OF THE REVENUE**  
**Terry L. Yowell**



Terry L. Yowell  
Commissioner

### **FILING DEADLINES**

There are a number of important filing deadlines for tax year 2016:

Business Personal Property and Machinery & Tools	-	May 1				
Military Leave and Earnings Statement (month of January)	-	May 1				
Virginia Income Tax (2015 tax year)	-	May 1				
International Fuel Tax Act (IFTA) documentation (all 4 quarters for 2015)	-	May 1				
Virginia 2016 Estimated Income Tax quarterly payment vouchers:*	#1	May 1	#2	June 15	#3	September 15
January 15, 2017					#4	

\* First payment is payable to the Culpeper County Treasurer but is to be delivered/sent to the Commissioner of the Revenue's office. Any subsequent payments are payable to the Culpeper County Treasurer and are to be delivered/sent to the Treasurer's office.

### **PERSONAL PROPERTY - WHO MUST FILE AND WHEN?**

Taxpayers who own motor vehicles, campers, boats, trailers, aircraft or manufactured homes subject to taxation by Culpeper County as of January 1st and who have previously registered such property with the Commissioner's office, are no longer required to file annually.

Taxpayers must file a new or amended personal property registration form within 60 days of when any of the following events occur:

1. New purchases, acquisitions and/or property moved into the Town/County
2. Disposition of property and/or property moved out of the Town/County\*
3. Change in name or address of the person(s) owning or leasing property
4. Change in the use of a motor vehicle from personal to business use or vice versa.
5. Any event or occurrence which causes a motor vehicle, camper, boat, trailer, aircraft or manufactured home to acquire or lose situs for taxation.
6. Any other changes affecting the assessment or levy of personal property tax on the motor vehicle, camper, boat, trailer, aircraft or manufactured home for which a return was previously filed

\* Residents are reminded that State law requires timely notification of vehicle, camper, boat, trailer, aircraft or manufactured home disposition be made to the proper registration agency. It is your responsibility to take care of these matters. A statutory tax liability may occur if sufficient documentation is not available to give proof of disposition.

Personal Property Registration forms may be obtained by contacting the Commissioner of the Revenue's office or online at [web.culpepercounty.gov](http://web.culpepercounty.gov) by clicking on *Government*, then down to *Constitutional Officers*, then over to *Commissioner of the Revenue*.

### **BUSINESS PERSONAL PROPERTY AND MACHINERY & TOOLS – WHEN TO FILE?**

In order to avoid the late filing penalty of 10% of the tax due, owners of property employed in a trade, business or in manufacturing must report property owned as of January 1 to the Commissioner of the Revenue by May 1.

When filing your return, you must include an itemized list of property giving the description, date acquired and the original acquisition cost. A fair and equitable assessment can only be applied if you provide the necessary information to us.

If you need help with this request, please contact me. If you need on-site assistance, please contact me. If you need my help in arriving at a fair market value because you no longer have the original acquisition information OR you converted once personal property to use in a trade or business, please contact me. If you are not sure that the good or service you provide is considered acting in a trade or business, please contact me. At any time you have any questions, please contact me.

#### **Commissioner of the Revenue Contact Information**

**Mail to: P O Box 1807**  
**Culpeper VA 22701**

**Visit: 151 N Main Street**  
**Culpeper VA 22701**

**Telephone: 540-727-3443**  
**Fax: 540-727-3472**

**Email: [tyowell@culpepercounty.gov](mailto:tyowell@culpepercounty.gov)**  
**Online service: [web.culpepercounty.gov](http://web.culpepercounty.gov)**

## CULPEPER COUNTY TREASURER

### Delinquent Personal Property and Real Estate Tax Bills

If you are already past a tax due date and you only paid a portion (or none) of the tax amounts due, the delinquent tax amounts will not go away and the burden of paying these tax bills only gets harder as time goes by. Delinquent tax bills are subject to a one-time Late Payment Penalty charge (10%) after the tax due date and Late Payment interest charges (10% annual rate) are added to the unpaid balance due on a monthly basis. When additional collection fees are added such as DMV STOP fees (\$50.00), administration fees for Bank Lien or Wage Lien (\$30.00) or Collection Agency fees as the account becomes assigned to a collection firm (20% added to entire delinquent amount), the total payoff amount can become more than citizens can afford in a single payment.

To help prevent future collections actions, you must contact our office to attempt to work out a formal “approved” **Payment Plan** for these delinquent taxes. We are not able to approve all requests, however insufficient communication is the cause for many tax problems and an approved **Payment Plan** could prevent future collection actions and fees. **Partial Payments** are almost always accepted and help to reduce the overall amounts due.

Please contact the Collections Manager or David DeJarnette, Treasurer by telephone (540) 727-3442 or e-mail: [ddejarnette@culpepercounty.gov](mailto:ddejarnette@culpepercounty.gov). If you prefer to contact us in writing, please mail your partial payment & contact information to:

Culpeper County Treasurer  
PO Box 1447  
Culpeper VA 22701

Your Tax account information may be found at [WEB.CULPEPERCOUNTY.GOV](http://WEB.CULPEPERCOUNTY.GOV) then “eServices” and “eTreasurer” (use your account number printed on the lowest left corner of your tax bill to access by account number). eTreasurer will show “Total Due” in the top box and partial payments are paid by placing a lower dollar amount in the second box listed as “Enter Payment Amount”. eChecks have no convenience fee and Charge Card payments have a small convenience fee added to your tax payment.

Phone: (540) 727-3442

Fax: (540) 727-3478

E-mail: [ddejarnette@culpepercounty.gov](mailto:ddejarnette@culpepercounty.gov)

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### Culpeper County Sheriff's Office K-9 Units



Sheriff's Deputy Derek Emmel and partner Kato

He speaks German to his dog "Kato" because that's the language the dog knows. A Belgian Malinois, the medium sized shepherd is a bundle of energy as it emerges from Derek Emmel's brown K-9 SUV.

Sgt. Emmel is a K-9 Officer.

"Don't pet it," Emmel cautions. Kato is controlled but he has responsibilities.

And one of those responsibilities is to protect Emmel.

The lean dark-haired officer has been a K-9 handler in the Culpeper Sheriff's Office for 15 years. He loves dogs -- especially his work dog.

"There's nothing like them," he said of the Belgian Malinois breed. The Secret Service apparently shares the sentiment because Belgian Malinois protect the White House.

Emmel and Kato are on duty during the day shift. Emmel is in charge of A-squad in addition to being the Senior K-9 handler. His most common call is to task Kato to seek a drug presence at a traffic stop. At least 35 percent of the time, according to Emmel, Kato alerts to the odor of illegal drugs.

It's a good match between dog and man. Kato finds hidden illegal drugs and Emmel is driven by his dislike for illegal drugs. "I know what drugs do to people," he said, "and I hate it."

Kato came to the Emmel household in the spring of 2012 where he joined Emmel's three other dogs. But then he didn't have a name. Emmel's wife, Stephanie, who works in the Culpeper School System, put the question to her classes: what to name the dog? "Kato" was the winner.

"It is amazing," he said, of "the bond that grows between you and your dog".

While there are three K-9 Officers at the Sheriff's Office, a fourth is planned, according to Captain Nick White.

Highly trained K-9 Units are an integral part of the Culpeper County Sheriff's Office. Three officers work with dogs on shifts throughout the day. The dogs are usually used for narcotics detection.

A perfect example of this function was an operation conducted at the two Culpeper High Schools earlier this year.

Highly trained officers and dogs swept through the halls, parking lots and selected classrooms looking for illegal drugs.

The operation involved Culpeper County's K-9 Unit along with handlers from Fauquier, King George, Manassas Park, and Harrisonburg. Thirteen narcotics-detecting dogs and two explosives-detecting dogs took part in the operation. All in all, well over 40 personnel were involved during the two searches.

While the dogs did alert for the odor of illegal drugs, no illegal drugs were found on the two high school campuses, according to Culpeper Sheriff Scott Jenkins.

Each search team consisted of the dog handler, a sheriff's deputy to do an actual search, and a representative from Culpeper County Schools who waited in the wings to help if needed.



Deputy Jonathan Kerns exits a classroom



Deputy Kerns with his dog Karma

Culpeper County Board of Supervisors

# Culpeper Minutes

A quarterly publication



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## Culpeper Airport gets National Recognition



**On May 8, 2015, the Culpeper Regional Airport hosted 52 of the most magnificent and rare airplanes in celebration of the 70<sup>th</sup> Anniversary of the formal acceptance by the Allies of World War II of Nazi Germany's unconditional surrender of its armed forces.**

**This Capitol Flyover Event was attended by many in the DC area and it was a celebration for and by Veterans from all over.**

**In December 2015, ICAS (International Council of Airshows) presented the Culpeper Regional Airport with an award for hosting this event and it is to be shared with Culpeper County as a team effort.**

**If you are anything like me, seeing is truly believing and if you missed the actual Flyover here is the link to view a portion of the event which is the official ICAS video.**  
<https://www.youtube.com/watch?v=CfcSbUB-ASI>

**Following are some comments from leading organizers and supporters of the Arsenal of Democracy: World War II Victory Capitol Flyover:**

“The warbirds played a tremendous part in our success in the war, and will forever be a symbol of our country’s patriotism and tenacity when fighting for freedom. As a former Avenger pilot, I am pleased to be part of this tribute alongside my fellow veterans.”—*President George H.W. Bush*

“With this year’s 70th Anniversary of Victory in Europe, we once again have the opportunity to celebrate and honor the extraordinary sacrifices made by our World War II veterans. These brave men not only defended our freedoms here at home, but protected the world from the clutches of tyranny and genocide. As a pilot, a public servant, and most importantly, as an American, I am extremely proud to be a part of this momentous event.”—*U.S. Representative Sam Graves (R-MO)*

“In 1957, the Commemorative Air Force began an effort to preserve and honor our nation’s proud military aviation tradition by maintaining and flying World War II aircraft. Our fleet, the largest flying collection of military aircraft, now stands at 162 airplanes, which are preserved and flown across America by our membership of over 12,000 individuals. We are thrilled to be participating in the Arsenal of Democracy Flyover with 29 of our aircraft. This is an incredible opportunity to see U.S. military aviation history come to life by watching these aircraft fly and accomplishes our educational goals as an organization.”—*Stephan C. Brown, President and CEO, Commemorative Air Force*

*Continued on Page 32*

