

The Debate Goes On

Middleburg Town Council Agrees to Listen

Monty Tayloe

It's all about the water! noted Middleburg business owner Sally Bolton at the August meeting of the Middleburg Town Council. The August 12, Thursday-night, standing-room-only council meeting was dominated by public comments on the pos-

forum to present their views on every aspect of Middleburg's involvement with the Salamander Inn.

The greatly expanded scope of the discussion may well have been due to a presentation by Supervisor Jim Burton which

ing to enforce the terms of Dr. Johnson's adjustments to her plans for the Salamander Inn designed to significantly reduce projected traffic flows.

These adjustments include promises to Loudoun county: that all deliveries to the Inn will



Jay Hubbard

sible extension of town water/wastewater service to Dr. Sheila Johnson's Salamander Inn project.

Although the council's formal agenda narrowly defined the discussion in terms of the town water service question, concerned citizens took advantage of the

took place before the floor was thrown open to public comment. Whatever the case, a cascade of differing and strongly held opinions immediately followed his remarks.

Burton's Concerns

Burton's presentation focused on the difficulties inherent in try-

be made from a single delivery truck, dispatched from one centralized Dulles warehouse; that special events at the Inn will only happen on Saturdays; and that only one of the Inn's two restaurants would be open for each meal.

The impact of the projected

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Best Friends Training at Paws4People

The Henry Family Makes a Major Contribution with Their Golden Retrievers

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Middleburg Bank's 80th Anniversary

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Music Theater Camp Brings Broadway to Local History Barn

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Good Idea Comes Down for Better Execution

Giving Loudoun County gateway signage was a good idea that suffered from poor execution and a lack of awareness among citizens and business people in the communities the signs were designed to serve. Complaints from residents began as soon as the signs went up and, upon reflection, the Board of Supervisors decided to let each district decide the fate of their signs. Blue Ridge District has taken their sign down, and the Mercer District sign west Middleburg was removed July 29th. There is general agreement that gateway signage will be an asset for Loudoun, and plans call for replacement signs that are part of the County Wayfinding System which is now being designed. The new signs will have a common look and feel but will recognize the distinctiveness of each town and Village.



Jay Hubbard

News of Note

Mothers Turn Necessity Into Valuable Invention

Holly Beth Hatcher

When mothers Kristen Barham and Jennifer Perez of Haymarket, needed a place to connect with other parents where their young children could socialize, they invented Daytime Playtime, Inc., a cozy, welcoming place where mothers and children four years of age or younger can meet.

Barham and Perez met at the Haymarket MOMS meeting one year ago and quickly became close friends. Six months later, as their two daughters hit toddlerhood, their frustration about the lack of activities for their children prior to pre-school ignited an idea to create a place for active learning where babies and toddlers could learn and express themselves.

After four months of research, they put together a business plan and their play center opened its doors in June.

Daytime Playtime is a welcoming haven with murals and mirrors on the walls, soft mats on the floor and many play structures. One wall offers a "Sensory Center" where children find Velcro puzzles, a stop light, a ball and basket.

A wide variety of soft, shaped structures to climb and rock on and many different lighting scenarios provide a dream-come-true setting for children.

Classes for each development stage beginning with Baby Bumblebees, aged nine months and below, Crawling Caterpillars, nine-to-15 months, and so on by each year of age are carefully designed to provide a stimulating environment for babies and toddlers.



Jay Hubbard

Mothers whose babies are enrolled in the Bumblebee class agreed that 90% of the reason they enjoy Daytime Playtime is the adult camaraderie the facility has engendered among parents.

"It's a great place for dads and moms alike," said Perez. "First-time parents don't always know how to interact with their little ones. They come here to relax and have quality time with children and other parents."

For parents with several children at home, Daytime Playtime welcomes siblings and provides ample space for them. Parents with twins re-

ceive a 25% discount on the second child's tuition, and many parents stay for a while with their babies before they leave for work.

Daytime Playtime classes run for eleven weeks and begin four times a year. Most classes are offered several times a week to allow parents to make up a class their children have missed.

Safety and cleanliness is a top priority at Daytime Playtime. Antibacterial gel dispensers are mounted on the walls and everything is washed down several times a day with a safe, non-toxic cleaner.

The first quarter of business

has gone well, parents have made new friends and re-enrolled their children for the fall classes.

"We are here just as much for parents as we are for children," said Barham.

"We want this to be a place to support moms and dads in any way we can," she continued. "We provide a bulletin board where parents who work at home may post their products and network. We also provide a place for them on our website: www.daytimeplaytime.com."

Two fall classes are already full, and more classes have been added on Fridays and Saturdays.

"In this way, working parents can have a place to play and relax uninterrupted for 45 minutes where all they have to concentrate on is bonding with their child and watching them grow and explore," said Perez.

Daytime Playtime recently hired two child development students as instructors and plans are in place to offer "Baby & Me" yoga and Pilates classes.

The facilities, located in the back entrance of the Foster's Grill Building off of route 55 in the Town of Haymarket are also available for parties when classes are not in session.



80 Years Old and Still Foxy

Middleburg Bank's 80th Birthday

Monty Tayloe

On Wednesday July 21, Middleburg Bank celebrated its 80th anniversary at all five branches. Staff greeted customers entering the banks with cake, ice cream and soda. Fliers proclaimed "80 years old . . . and we're still foxy!"

The institution's Board of Directors presided over well attended the celebrations at the branch in Middleburg. Chairman and Chief Executive Officer Joseph L. Boling spoke, and a cake decorated with the Middleburg bank logo in red icing was cut by Board Member Millicent West.

The celebrations were especially meaningful to Board Member Ed Wright, who has worked for Middleburg Bank for 50 of its 80 years.

Wright began working for the bank as a bookkeeper and loan officer in 1954, just thirty years after the bank first opened at the intersection of Middleburg's Washington and Madison streets, directly across from the Red Fox Inn, in the building now home to Devonshire. "When you worked in a small bank in those days, you did everything" Wright noted.

In 1958 Middleburg Bank moved from the corner Washington and Madison to its current location at 111 West Washington Street, taking with it the distinctive vault door still in use there. The move also allowed Middleburg to become the first bank in Loudoun County to offer drive-through banking.

Middleburg bank continued to serve Loudoun from 111 West Washington Street, its structure essentially unchanged, for the next thirty years, Boling remarked. It was a period marked by sweeping change in banking doomed many other community financial institutions. Indeed, Boling noted, by the early nineties a combination of economic conditions and sweeping changes in banking laws had killed most of the true "community" banks in the area.

With its community orientation essentially unchanged,

however, Middleburg Bank not only survived but prevailed.

Indeed, in 1994 the bank began to address the problem of disappearing local banking service by opening its first branch office in Purcellville. Since then the bank has continued to open new branches throughout Loudoun. The

opening of a second Leesburg branch in 2002 brought the total to five full service branches.

"You have to be bigger in order to be competitive," Wright explained. "You have to grow to keep up with the technology. You have to grow to in order to continue to serve your community and your customers well," explained Wright.

The bank also grew by acquiring interests in Southern Trust mortgage based in Norfolk, Gilkerson Patterson Investment Advisors Inc. in Alexandria, and Tredregar Trust Company in Richmond.

That much growth in a relatively short time might make it appear that the bank is moving away from its community roots, Chairman Boling noted, but nothing could be further from the truth. Indeed, only by growing can the bank really truly community focused, meeting the needs of a community and local economy that is itself growing and rapidly evolving. "There's a strong drive towards growth in order to remain independent," said Boling. "We work very hard to stay as close to our roots as we can, follow our client base, and put ourselves fully in position to serve our clients and our community."

Good corporate citizenship has always been a tradition at Middleburg Bank, Boling noted. A giant thermometer with a fox shaped icon marking the



"temperature" of projected donations to a variety of causes is a common sight on the bank's lawn. The Middleburg Volunteer Rescue Squad and the Loudoun Education Foundation, to cite only two examples, have been frequent beneficiaries.

The bank also provides significant help to area schools, not only by lending financial support to a variety of school activities but through significant volunteer work by bank employees, especially in teaching courses on finance and banking principles to Loudoun students.

Middleburg Bank's employees are also encouraged to bring worthy causes to the attention of the Board. "We give to the March of Dimes and to the Walk for the Cure, because our employees were actively involved," said Boling.

In a community in which people love their animals, Middleburg bank's signature "pet policy" is both unique and very popular. Middleburg's customers are welcome to bring their pets along when they do their banking and the bank has served dog biscuits at the drive-up teller window for years.

The policy received national attention in the late nineties, when CNN filmed one of the bank's canine customers was on his hind legs at the teller window, waiting patiently for his biscuit.

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News of Note

No Inequity in Proffer Distribution

Supervisor Staton Clarifies Statement
Western Loudoun Does Not Benefit Unfairly

Katie Leach-Kemon

Describing Middleburg as a “model community” and a “small burden on taxpayers in the county,” Vice-mayor Mark Tate recently took issue with remarks made by Supervisor Mick Staton at the June 1, 2004, meeting of the Loudoun County Board of Supervisors.

Staton, of Sugarland Run, had noted that the current method of soliciting funds from developers to cover county expenses associated with rezoning might, in effect, charge “a home that’s built in South Riding the cost of building a park in Middleburg.”

Staton had apparently made a similar references to Middleburg at the county Land

Use Committee meeting on May 19, 2004, implying that western Loudoun often benefits unfairly from funding generated by development in the eastern part of the county.

The funds in question are known as “proffers.” Technically they are voluntary financial contributions to the county, made by developers to cover part the costs borne by taxpayers whenever and wherever new development occurs. These “proffers” are negotiated prior to rezoning and are generally based on a fairly standard fiscal impact ratio known as the “Capital Intensity Factor” or CIF, a number developed by the county to ensure that the government provides equal

service levels (including parks, libraries, and other government services) on a per-capita basis.

The current CIF provides for a “proffer” of some \$33,034 for a single family, detached unit,

Staton expressed concern that the county could use a cash proffer from a developer in eastern Loudoun to finance capital facilities in western Loudoun, where proffers are rare due to a lack of rezoning activity. “Cash is fungible,” Staton said.

According to a government official, however, new home buyers and developers in the eastern part of the county have little reason to worry. “Proffers are clearly defined for a geographic sub-area,” said Paul Brown, a capital analyst

for the Loudoun County Budget Office. “The money [from a proffer] stays in that sub-area.” Thus, proffers in cash form are devoted solely to serving the inhabitants of a new development.

Vice Mayor Tate’s reaction to Supervisor Staton’s use of Middleburg as an example of proffer inequity was driven in part by his contention that costs associated with Middleburg’s Parks and Recreation facilities are a fraction of the average cost of the other Parks and Recreation facilities in the county. The Middleburg Community Center itself, he noted, costs county taxpayers nothing at all. It is funded entirely through private donations.

Indeed, instead of raising prices for home buyers in South Riding, Tate contends, Middleburg Parks and Recreation appears to be giving Loudoun residents a tax break.

When questioned further about his pointed references to Middleburg, Supervisor Staton explained that his statement was intended as a reference to western Loudoun in general. “I’m not picking on [Middleburg],” he said. “I could have easily said Purcellville or Round Hill.”

Former Vice Mayor Mark Tate said, “...to use Middleburg as a whipping boy is certainly misguided.”

Motorcycle Gang Arrives

Regional Chefs Ride for Food and Pleasure



A motorcycle gang made up of local and regional Chefs on a Virginia tour stopped by Market Salamander in Middleburg, Virginia for dessert, July 13. Chefs On Bikes™ annual run through the region made several stops at leading restaurants, wineries and suppliers along the way including Chrysalis Vineyards and L’Auberge Chez Francois. Organizers plan to make this an annual event.

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News of Note

Peace Corps Volunteer



Katie Leach-Kemon of Middleburg, VA, pictured above (top row left) with 23 colleagues from around the world, will be training for her Peace Corps Community Health assignment in Niger for the next eight weeks at the Hamdalayee Training site 25 miles east of Niamey in Africa.

It's a Hmong March



Hmong tribesmen, who were among America's most valiant allies during the Vietnam War, marched through Middleburg VA August 12th, on their way to Washington, D.C. to bring the international community's attention to the humanitarian crisis in the jungle of Laos. When the tribe's representatives arrive in Washington, D.C.,

they hope Congressional leaders will encourage the United Nations to send peacekeepers to secure the safety of the Hmong and stop the atrocities the Laotians are committing. They also hope to build support in Washington for humanitarian aid for the Hmong. You may visit their website at www.longwalkforfreedom.org for more information.

Olympic Equestrians

Holly Beth Hatcher

Alison Firestone of Upperville, VA and her Swedish Warmblood, Casanova, have been chosen as alternates for the United States Showjumping Team. John Williams, of Middleburg, VA and his thoroughbred, Carrick, will compete on the Three Day Olympic Equestrian Team.

Firestone has represented the U.S. in competition for the past ten years at the World Equestrian Games, the Pan Am Games and many other competitive events.

Williams and Carrick have competed internationally for two years. They are often named to the USCTA Top Ten list and John is a recognized USEF "R" Combined Training Course designer. He designed the 1999 Pan Am Games Selection Trial at Great Meadow and many other competitive courses.

To watch the 2004 Olympic Equestrian events, go to www.usef.org and click on Equestrian TV Coverage on the bottom right corner of the screen.

Local Editor Receives Disturbing Threat

An unsigned, undated letter to Middleburg Eccentric editor-in-chief Dee Dee Hubbard demands that she "Get out of Virginia you

low-class N....Lover, and take Sheila with you!"

The anonymous letter was hand written on a Washington Post clipping Underlined

on the six-month old clipping was the phrase, "Johnson partisan." The author's demands were emphasized with a racial slur inappropriate for publication in a family newspaper.

Copies are now in the hands local law enforcement authorities and the Federal Bureau of Investigation.

The Debate Goes On

Continued From Page 1

changes on traffic flow will have profound implications for both the future of the Inn and the future of the town.

If, for example, the Inn's projected traffic flow rises above a limit set by county zoning ordinances, approval of the Salamander Inn project would require a Board of Supervisors vote.

On the other hand, if traffic projections remain beneath that legal limit, no such vote would be required, and the Inn would be regulated in terms described legally as "By Right Usage."

"I'm concerned that [the Salamander Inn] is right on the verge of being too large. Squeezing [the size of the project] to keep out of public process is too difficult," said Burton.

During his presentation Burton also read from two memos that he had sent to County Staff member Linda Neri, expressing his concern about the County's inability to enforce Johnson's traffic lowering adjustments.

"Most of these promises ap-

pear to be unenforceable by the County," he said. "Certainly, they would be unenforceable should the applicant sell the property to another owner after they receive approval."

Burton further claimed that he had received no reply from the county regarding his memos, and he urged the Middleburg Town Council to make their views on the matters covered in both memos known to the County Government.

"I'm concerned about how the traffic situation is being treated by County staff," Burton noted. "Sooner or later you're going to have to deal with it," he said, addressing the Middleburg council, "and it will affect you more than Loudoun."

In response, the Town Council voted unanimously to send a letter to Supervisor Kirby Bowers referring specifically to Burton's memos.

Public Comment

Middleburg Town Administrator Mike Casey kicked off the

"public comment" phase of the meeting with a brief review of impact of the Salamander Inn Project on the Middleburg water situation in general.

Casey pointed out that Middleburg would soon have to make major investments in its water system even without the Salamander Inn, noting that Middleburg residents are already facing a large water rate increase in order to finance a much needed water treatment plant. "In one day last year, we had 400,000 gallons go through a treatment plant only meant to handle 135,000 gallons" Casey reported.

After Casey's brief overview, Mayor Dimos opened the floor to comment from the public, asking those attending to preface their comments with their name and whether or not they were paying customers of Middleburg's water and sewage utility.

Speeches from the public varied from concise statements of purpose to longer pre-planned presentations, complete with graphs and visual aides.

Several members of the Piedmont Environmental Council (PEC) spoke. Ed Gorski, for example, presented statistics suggesting that by simply addressing Middleburg's wastewater Inflow and Infiltration problems, enough excess water capacity could be created to serve all growth projected in pre-Salamander Inn planning.

Gorski also said he would approach the PEC about commis-

sioning another Salamander Inn traffic study designed to put earlier studies in perspective.

Despite the diversity of the views expressed at the meeting, many common themes emerged.

Several speakers raised the issue of annexation, suggesting that simply annexing all or part of the Salamander Inn, Middleburg could clear up most if not all the issues associated with town water hookups, bring considerable tax revenue to the town, and possibly prevent further water rate increases.

"I have a pretty strong feeling the Inn is going to happen in one way or another," said Middleburg resident and former council member Trowbridge Littleton. "An 80% or 90% increase in water rates could hurt the little man and small business . . . [and water in Fairfax is half the cost of ours.]"

Middleburg water customer Steve Plesko pointed out that much of the groundwater Middleburg treats simply "disappears" because of old leaking pipes and other water wasters. "We need to finance much-needed repairs to the water system and Salamander could help. They will be our neighbors. Let's not stick our heads in the sand," said Plesko.

Among those opposing Littleton's and Plesko's views was local business owner and Middleburg water customer Valerie Kelley, who telegraphed the essence of her presentation with a sign bearing the slogan: "Middleburg is fragile.

Handle with care."

Speakers who lived outside Middleburg also asked that their views be considered, even though they would not be directly affected by issues like rising water rates.

Merilyn Grove, who identified herself as someone not served by the Middleburg water system, noted that "Middleburg is a community, not a town. We all take advantage of Middleburg and we want it so stay wholesome."

A common concern, expressed throughout the meeting, was the notion that the town might be setting a dangerous precedent if it provided the Salamander Inn with water taps. Many variations on the theme of slow movement by the Town Council, and the importance of moving only with great care and deliberation, were heard often.

"Future councils will have trouble saying 'Salamander was special, but you're not'." said Marcia de Garmo, a member of the PEC.

The council itself commented only briefly on the many ideas raised by the public, agreeing only to avoid a rush to judgement and to wait for more information before voting.

"What if we had the money to fix everything? We have to look at that," said Council member Betsy Davis.

The debate will continue.

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It's Your Business

The Decision Decade

Sandra Costin Atkins, CPA/PFS - Helen L. Modly, CFP, CHFC, CDFIA

Decisions made in the five years prior to retirement and the first five years post-retirement will shape your retirement reality for decades to come.

Effective pre-retirement planning is crucial to achieving long-term financial success. Five years before your expected retirement date, you need to conduct a thorough Retirement Readiness Assessment. This involves first identifying and quantifying three separate aspects of your financial life: your financial assets, your projected income in retirement, and your expected expenses in retirement.

Asset Inventory: Prepare a complete inventory of your financial assets including investments, real estate, bank accounts, collectables, etc. With each asset, identify any related indebtedness, any embedded tax liabilities in the event you sell the asset, the annual cost to keep the asset (such as maintenance or insurance premiums), and the expected annual income or growth rate for each asset.

Projected Income: Identify and quantify all expected sources of external income after you retire. Also identify how this income will be taxed. This may require obtaining pension projections from your employer, reviewing your Social Security estimate of benefits statement and estimating future income from rental properties.

Expected Expenses: Men-

tally picture yourself in your expected retirement setting and estimate the annual cost in after-tax dollars of maintaining your desired lifestyle in that setting. Resist the rules of thumb that state you'll spend less in retirement. Work out your own budget and be sure it realistically represents the lifestyle you plan to live.

If your projected income from external sources is sufficient to fund your expected expenses, then your retirement should be very secure. Be sure to evaluate this in terms of a surviving spouse as well. If there is a shortfall, you need to determine if your investments can generate the required income without depleting the assets too soon. This is the time to compare the various distribution options available from your retirement plans. Remember that, at age 60, you could easily be looking at three to four decades of income needs. Designing a retirement income plan that will be sustainable over time is probably the most critical component to long-term success. Often, this requires a reallocation of your investment assets from an accumulation strategy to a preservation and income strategy.

Sometimes it involves re-evaluating your expenses in retirement. Some people choose a smaller house, some choose a similar house but in a less expensive area of the country.

Lately, many people are

choosing to supplement their retirement income with some fulfilling part-time work. In fact, we see many clients embark on entirely new careers in their so-called golden years.

In the early years of retirement, you need to closely watch your actual income, expenses and changes in net worth to confirm that your basic assumptions are valid. An income deficit that is identified in the first few years can usually be corrected with small adjustments. Waiting ten years to discover that you are consuming your assets too quickly often requires more drastic and unwelcome changes. Most people spend more time planning their annual family vacation than they do on serious planning for their retirement. Making good use of the years in the Decision Decade can help you to enjoy many years of financial freedom.

Sandra Costin Atkins and Helen L. Modly are principals of Focus Financial Consultants, Ltd., in Middleburg, VA. The firm offers wealth management services, including comprehensive financial planning, fee-only investment management, and specialized divorce-related consulting. Ms. Atkins is a CPA with a specialty designation as a Personal Financial Specialist (PFS). She has been a member of the Middleburg business community for 28 years. Ms. Modly is a Certified Financial Planner, as well as a Certified Divorce Financial Analyst. She has lived in Fauquier County for 20 years.

Middleburg Bank Adds Reston Branch Three New Financial Centers by Late 2005

As part of a strategy designed to meet the needs of one of the nation's fastest growing banking markets, Middleburg Bank plans to open a full service financial center at the intersection of Bowman Towne Drive and Fountain Drive near Reston Town Center this November. Middleburg Bank has also purchased property in Warrenton and Sterling for financial services centers expected to open in 2005 and additional locations are being sought in Gainesville and Chantilly.

The Reston center will serve clients in Eastern Loudoun and Western Fairfax Counties, with

special emphasis on business services as the bank continues to expand its commercial lending and corporate cash management operations.

The center will also offer traditional banking services including ATMs, safe deposit boxes, and a full complement of retail products, including home mortgages, and a wealth management services for individuals and their families.

Charles R. "Chuck" Wortman, serving as Senior Vice President/Community Executive, will concentrate his efforts on expanding the bank's business banking focus into Fairfax County from the new center. A lifelong resident of

Fairfax County, Wortman spent 25 years in the banking and financial services industry there. He is active in many civic, charitable and church organizations in Fairfax including Herndon Harbor Housing and the Northern Virginia Transportation Alliance.

Working with Wortman will be Courtney Quinlan, Vice President - Commercial Lender for the Fairfax region. In addition to servicing the bank's business banking clients, Quinlan will continue to provide investment services advice and support to the bank's wealth management clients. Quinlan is a Certified Financial Planner (CFP) and holds a degree in accounting.

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From the Editor's Desk

Santa Needs Helpers in August

Middleburg's annual Christmas Parade is a landmark event for the Village and for children and adults for miles around. To ensure its continuing success, we need volunteers who are willing to help with many logistical and planning details that need to be organized and finalized this autumn.

Everyone who has seen the day-long festivities that kick-off with the Middleburg Hunt meeting at the Red Fox Inn and continue throughout the day with carolers, bagpipers and unicycles rolling down Washington Street knows what a perfect beginning this is to the holiday season.

Reggie Dawson of The Middleburg Bank and I are enthusiastic and honored to be asked to continue this wonderful tradition and we need your help.

We follow in the remarkable footsteps of Mayor Loyal McMillin, Tyler Gore, Col. Dudley Bunn and his wife, Sissy, who began the parade festivities in the Nation's bicentennial year; and William Brown and Robert Brown who, with their dedicated law office staff, have continued to take care of every delightful detail.

With your help over the next few months, we'll continue this holiday tradition in the grand style to which we have all become accustomed.

We need help in many areas, and we need to begin planning now, so join the team, get to know your neighbors and make a contribution to the community that will make you, your family and the community proud.

Let us know how you will help by phone, 540-687-3200 or by email, deedee@middleburgeccentric.com.

Western Healthcare in Jeopardy

Debate continues on whether or not the building of a major regional medical center on Broadlands Boulevard, just off the Greenway, will help or harm healthcare delivery in the county.

A report submitted to the Board of Supervisors by the Loudoun Health Care Task Force in early July appeared to support plans by Tennessee-based HCA incorporated to consolidate the facilities of both Northern Virginia Community Hospital and Dominion Psychiatric Hospital on a new sixty-acre Broadlands medical campus.

The Health Care Task Force was established by the Board of Supervisors more than three years ago to provide ongoing objective advice about how best to address the health care needs of the fastest growing county in the United States.

Its July report has been at the center of controversy ever since its delivery to the Board. Data and data sources have been questioned. The objectivity of the Task Force itself and even the propriety of its submitting such reports has been questioned publicly by Republican State Delegate Dick Black and others. HCA, well-known as both a successful and very aggressive competitor for health care dollars finds itself pitted against Loudoun Health Care, currently the largest supplier of health care in the county.

For residents of western and southern Loudoun the key issue in the debate appears to be less a question of the value of the Broadlands facility itself, than genuine concern about its impact on easy to access health care delivery in their parts of the County.

Of particular concern to citizens living west and south of Leesburg, is the possible impact of the Broadlands project on Loudoun Health Care's Cornwall facility in Leesburg, which currently provides both emergency-room and out-patient care. Loudoun Health Care wants to expand the Cornwall facility. The building of the Broadlands campus, some argue, might well require or compel the downsizing or closing of the facilities at Cornwall.

Given the debates over data and objectivity, doing the "right thing" remains a difficult task for everyone in a position of responsibility.

We believe that geography alone dictates that Loudoun Health Care's Cornwall facility should be preserved and expanded, even if that means delaying or canceling HCA's Broadlands project.

Letters to the Editor

Welcome to Loudoun

To the Editor:

Since April 2004, everyone entering Loudoun County has been greeted by new "Welcome to Loudoun" signs. Although they were installed shortly after the new Board of Supervisors took office, it was a project in the making for three and a half years with the previous Board.

On November 6th, 2000 I approached the Board of Supervisors with a presentation. Several photographs were shown of signs from other counties in Virginia, as well as information that had been collected about the origins of these signs. I asked other counties what their signs were made of, how much they cost, what funding source was used, and other pertinent questions.

The sign project was sent to the Finance/Government Services Committee on March 17th, 2003. Supervisor Burton put forth a Board Member Initiative, seconded by Supervisor Towe, which stated the Board of Supervisors approve the use of up to \$24,000 of Transient Occupancy Tax (TOT) funding for procuring and installing Loudoun County, Lucketts, Paeonian Springs, and Taylorstown entrance signs. It was further moved that staff be directed to work with the Town of Lovettsville on entrance signs into the town. The motion passed 9-0, and it was forwarded to the full Board with no recommendation. The final design had not yet been established.

A college intern contributed to some of the work, saving staff time. Placement of signs needed to be established, permits acquired if necessary, and the actual design of the sign. The first design was a horizontal striped design—using black, brown, yellow, orange, and lime green. The current signs were quite an improvement. Of the \$24,000 allocated the final cost was \$16,048. This provided for twelve signs (ten to be installed and two spare), materials, labor, equipment, and installation.

Not included in the cost were obtaining and maintaining easements, surveying and legal expenses to prepare and record the easement, but these costs were never accrued. The signs were installed in the VDOT right-of-way, therefore had to comply with their regulations. This could explain why they are posted so high. The Town of Lovettsville paid for its own signs.

The new Board took office in January 2004. The signs were installed in early April 2004. After only a week, the issue was added to the agenda during a Board meeting by Supervisors Waters and Tulloch. It would be sent to the joint Economic Development/Land Use Committee, and the current signs would remain until a decision was made. The final vote was taken on July 6th, 2004 and it was decided there would be new signs. The current signs were allowed to stay in the meantime if the district so desired.

The concept is a great idea, and I realize that whether the current signs are well received or not is subject to personal opinion. In response to a comment quoted in the July issue, I say to Supervisor Waters—no need to sell any of these signs on Ebay. It was not the Loudoun Taxpayers' dollars if that is what you are interested in recouping. Regardless of what she says, I will still be proud of coming forward years ago wanting to give something back to the county where I grew up. I am also thankful to the people who made this project possible. It is nice to have the signs identifying entry into the county and villages.

Lisa M. Speet
Purcellville, VA

Rants and Raves

Win the Battle Lose the War

To the Editor:

As a prelude to public comments at the August 12, 2004, Middleburg Town Council meeting, Mike Casey, Town Administrator, said there were three possible "Salamander Inn" scenarios to consider.

Paraphrasing him, they are:

Scenario 1: There is no Salamander Inn, but maybe something else is in its place.

Scenario 2: There is a Salamander Inn, but there is no connection between it and the town.

Scenario 3: There is a Salamander Inn and the town chooses to have a relationship with it.

Though citizens making public comments did not specifically mention Mr. Casey's scenarios, many who spoke, including some council members, implied that Scenario 1 or 2 was their preferred option.

No matter which scenario happens, there will be follow-on scenarios.

These sequels need to be examined and then ... need to be managed.

Think of it as a war. (Actually, some already do.) Just because you win the first battle does not mean you will win the war.

In many cases throughout history a major battle has been won, but the war has been lost. It would be sad for the town to win the first "battle" and then loose the "war" to retain its small town character.

The town needs to examine scenario SEQUELS and see which one is best for the town in the long run.

The Town Council can probably develop many sequels, but here is a starter set:

Scenario Sequel 1: Dr. Johnson does not build the Salamander Inn and either leaves the land undeveloped or sells the property.

Maybe a benevolent conservationist buys the property and puts it into a conservation easement. Maybe a developer buys it and presses for authority to put the maximum possible number houses on the property. (Mayor Dimos noted pointedly that the conservative zoning restrictions established by the last County Board of Supervisors is under serious threat.) Instead of having a traffic count of 600 or so with the Inn, we could suffer double or triple that number.

Scenario Sequel 2: Estrangement (unfortunately, an all too likely sequel).

I found it most interesting speakers who said they felt people outside the town were really part of the town did not what to include Salamander in that group hug. If the Salamander Inn were sold and there was no relationship with the town, ... well, the town should examine possible sequels and their impact.

Scenario Sequel 3: Establish a mutually beneficial relationship with Salamander Inn

Help Him Finish the Job

As the Presidential elections get closer I have seen many opinions about why we should vote for President Bush's opponent and why the election is one of the most important in a recent memory. I would agree that this election is one of the most important in recent memory..and here are some reasons why you should vote for George W Bush.

First of all we should vote for President Bush because of his record on improving our economy and the economic situation of the average American family.

President George W. Bush has provided bold and active leadership to end the recession and help Americans find work.

Our economy experienced the unprecedented triple shock of a recession, economic disruption due to September 11, 2001 and the War on Terrorism, and corporate accounting scandals.

President Bush acted decisively to help America's workers by providing tax relief to put more money in families' pockets and encourage businesses to grow and invest. Tax relief brought substantial savings to families and helped fight back the effects of the recession. The Department of the Treasury estimates that without the President's tax relief, as many as 1.5 million additional Americans could have been out of a job.

The economy is strong and

In the absence of a an arrangement we must surely face the unpleasant prospect of the Inn being sold to a major hotel chain, or facing other, less accommodating property developers, knocking on the Middleburg door.

Without discussing a relationship with Salamander, the town has no idea how beneficial a relationship might be established – one that meets all or most of the town's needs and desires.

If the town has a legal relationship with the current owner, that contract can be made binding on subsequent owners.

If the town does not have a relationship, it has no effective influence or control over the current or future owners.

If other neighboring property developers come knocking on the water & sewer door, unless it is in the town's best interest, it doesn't have to answer.

In Sequel 3, the town has both significant legal power and the power of a friendly relationship on its side.

In Sequel 2, the town abdicates most of its power and can only try to exert its influence.

In Sequel 3, the town has little to no power, and less influence, over what happens.

Several speakers encouraged the council not to rush to a decision. Good advise, but there should be a rush to analyze, study, and discuss. For a prolonged decision process becomes no decision and no decision is a decision to abdicate.

Will the town win the battle and loose the war? Or will the town be in control of its destiny?

Tom Patterson,
Middleburg, VA

getting stronger. The President's pro-growth policies have helped drive the economy and move the recovery forward, putting more money in the pockets of America's families and laying a foundation for robust growth and job creation now and for years to come.

The economy has grown 4.8% in the past year, as fast as any year in nearly two decade. Productivity has grown at the fastest 3-year rate in more than 50 years. The President acted decisively to help create jobs and get Americans back to work. Just one year after the President signed the Jobs & Growth bill, there is widespread evidence his policies have worked. The President's economic policies have allowed Americans to weather the stock market bubble, the recession, the terrorist attacks, and the corporate scandals, and have resulted in higher incomes and living standards for American workers.

The President's most important job is to protect and defend the American homeland. Since September 11, 2001, the nation has made tremendous progress achieving this goal.

In 2002, President Bush proposed and Congress approved a single, unified Department of Homeland Security to improve protection against today's threats and be flexible enough to help meet the unknown threats of the future. By unifying over 22 agencies and offices, the President has improved the government's ability to guard our borders, protect our infrastructure, and patrol our skies. The President has seen a great number of his goals met, including:

Passage of the USA PATRIOT Act: The USA PATRIOT Act brought down the artificial wall separating law enforcement and intelligence officers and allowed them to talk to each other as they work to prevent future attacks.

Creation of the Terrorist Threat Integration Center

Rants and Raves

Help Him Finish the Job

Continued From Page 11

(TTIC): TTIC became operational on May 1, 2003 and has since begun merging, analyzing and disseminating all threat information collected domestically and abroad in a single location.

Creation of the Terrorist Screening Center (TSC): TSC consolidates terrorist watch lists and provide 24/7 operational support for thousands of Federal screeners across the country and around the world. The TSC will ensure that America's government screeners are working from the same unified set of anti-terrorist information when a suspected terrorist is screened or stopped anywhere in the Federal system.

Launch of the Container Security Initiative: The Container Security Initiative establishes tough new procedures and created new partnerships with the world's largest ports to target high-risk cargo before it leaves for our shores. 19 major ports, consisting of two-thirds of cargo containers shipped to the U.S., have agreed to participate

in CSI.

Defending our nation against its enemies is the first and fundamental commitment of the federal government. On September the 11th, 2001, America learned that oceans will no longer protect us from the threats of a new era. On that day, the President set in motion a relentless worldwide campaign against terrorists, in order to secure our homeland and to make the world a more peaceful place. In September 2002, the President defined and sent to Congress the National Security Strategy of the United States of America. In it he offers a bold vision for protecting our Nation that realizes today's new realities and new opportunities. It calls on America to use our position of unparalleled strength and influence to create a balance of power that favors freedom. The strategy has three pillars:

We will defend the peace by opposing and preventing violence by terrorists and outlaw regimes.

We will preserve the peace by fostering an era of good relations among the world's great powers.

And we will extend the peace by seeking to extend the benefits of freedom and prosperity across the globe. As the world's most powerful nation, President Bush believes that the United States has a special responsibility to help make the world more secure. Our nation is a safer place because of President Bush's leadership.

While President Bush has helped improve American families economic health and made our nation safer in an increasingly dangerous world, he has also helped improve our quality of life by starting to make real environmental improvements in the following ways:

Improving Our Nation's Air Quality - President Bush's Clear Skies legislation would dramatically improve air quality by reducing power plants' emissions of sulfur dioxide (SO₂), nitrogen oxide (NO_x), and mercury by approximate-

ly 70 percent over the next 15 years, more than any other clean air initiative.

Improving The Quality of Our Waters and Wetlands, and Resolving Water Crises - On Earth Day 2004, the President announced an aggressive new national goal to create, improve, and protect at least three million wetland acres over the next five years in order to increase overall wetland acres and quality.

Cleaning and Redeveloping Hazardous Waste Sites - Fulfilling a commitment he made when he ran for President, President Bush signed historic bipartisan brownfields legislation in 2002, accelerating the cleanup of abandoned industrial sites, or brownfields, to better protect public health, create jobs, and revitalize communities.

Promoting Land Conservation and Stewardship - In December 2003, President Bush signed legislation implementing key provisions of his Healthy Forests Initiative. The

President's initiative is helping restore the health and vitality of forests and rangelands, and helping reduce the threat of catastrophic wildfires.

A Realistic, Growth-Oriented Approach to Global Climate Change - President Bush has committed America to meeting the challenge of long-term global climate change by reducing the ratio of greenhouse gas emissions to economic output, or greenhouse gas intensity, by 18 percent by 2012 compared to 2002.

Through President Bush's bold leadership he has improved all American's lives by making us safer, improving the economy in the most difficult of situations and starting to make real improvements in the environment.

There is still much work to be done and President Bush deserves our vote to help him finish the job.

Mark Tate
Middleburg, VA



Windcrest Lane
Middleburg, Virginia

Log, stone, and frame house circa 1790 enlarged and updated in excellent condition. Exposed log and stone inside and out, 4+bedrooms, 4 1/2 baths, 3 fireplaces, lovely floors. The home is surrounded by mature landscaping and affords mountain views and privacy. Improvements include screened porch and rear flagstone terrace overlooking 4 acre pond with white sand beach, 2-stall barn with tack room and loft, 2 run in sheds, log cabin with stone fireplace and smoke house. 46.61 rolling acres, with new fencing. \$2,060,000.



Kentshire
Delaplane, Virginia

Brick and frame house on 15 rolling acres. Home built in 1988. 4 bedrooms, 2 1/2 baths, and 2 car garage. Improvements include 3-stall barn and new fencing, great mountain views. \$699,000.



Bonnie Glen
Middleburg, Virginia

1915 stucco Virginia farmhouse with 3 bedrooms, 3 1/2 baths, den with wood floors, built-in bookcases and 2 fireplaces. 24 acres of open pasture make this a manageable horse property in a great location. Extensive perennial gardens, stone walls and mature trees. Bank barn, 3-car garage, large run-in shed, 6 stalls and a guest house overlooking a spring-fed pond. \$1,600,000.



Waverly Hill
Middleburg, Virginia

Elegant custom colonial with stucco exterior. 4 bedrooms, 3 1/2 baths, 2 fireplaces, ash floors, high ceilings, energy efficient and low maintenance. 2-car garage. 20 very private, mostly wooded acres with mountain views and frontage on Goose Creek. Minutes to Middleburg. \$2,575,000.



35389 Paxson Road
Round Hill, Virginia

All brick colonial with 5 bedrooms and 3 1/2 baths. New sun room, full basement with fireplace, terrace and in-ground pool. 17 acres with 3 fenced paddocks, mature trees and 3 ponds. Main barn has 7 stalls, additional barn has 3 stalls. \$895,000.

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Things to Do

Community Gospel Sing and Picnic at Mt. Pisgah

9/11 Commemorated

The members of Mt. Pisgah Baptist Church invite you to join them and Reverend Philip Lewis for a fellowship picnic at 4 p.m. and gospel sing at 6 p.m. on September 11,

2004, at Mt. Pisgah Church on Delaplane Grade Road in Upperville.

Since it was organized in 1877, with the first cornerstone laid in 1900, the Mt. Pisgah Church has been a

central part of Upperville life. What better place to come together and strengthen our bounds of community on this difficult anniversary in our nation's history.

The Mt. Pisgah church

building has drastically deteriorated over the past several years. An exciting new strategic plan calls for a redesign and improvement for the church and social hall.

If you would like to support the restoration and preservation, please send a

donation to Mt. Pisgah Baptist Church, 1175 Delaplane Glade Rd., Upperville, VA 20184. Donations will be accepted at the picnic.

Mt. Pisgah is located .2 mile off Rt. 50, set back from the road on the left at the first left turn.



Broadway is Just Around the Corner

Shenandoah University Summer Music Theater

Broadway is only a half hour's drive from Middleburg at Shenandoah University (SU) in Winchester, Virginia where students and faculty perform impeccably for our pleasure without a long, tiring trip to New York City.

SU has 2800 students on a 103-acre campus at the intersection of I81 and Route 50, and an additional campus on Route 522 and in Leesburg. My wife, Molly and I have been going to SU productions for years and have never seen anything but perfect performances.

There is wonderful variety and a performance practically every evening. The recent Shenandoah Summer Music Theater performance of Seussical featuring Tom Sweitzer was tremendous and should not be missed if it is performed again.

Six schools and 80 programs of study thrive on the SU campus: Arts and Sciences; the Harry F. Byrd School

of Business; Shenandoah Conservatory; the School of Health Professions; the Bernard J. Dunn School of Pharmacy and the School of Continuing Education.

SU students are evenly divided between graduates and undergraduates. They may pursue a Liberal Arts degree as well as any of the above programs. The university has a robust athletic program, and competes in the NCAA Division III of the Dixie Intercollegiate Conference. Shentel Stadium, with 2500 seats is home to football and Lacrosse and the Women's team recently won honors in the Dixie All Conference.

Life-Long Learning is a program designed for those who wish to continue their education. Courses in this curriculum may participate in individual courses of specific interest and are not required to pursue full-time study.

Shenandoah Conserva-

tory Arts Academy (SCAA) offers classes and private instruction to more than 1900 students of all ages. With a generous grant from the Mellon Foundation, children (ages 8-14) develop musical skills and vocal technique in a choral setting. An arts festival in the fall will showcase performers in music, dance and art.

As a community service, the Department of History and the Tourism Center focus on local areas of interest and the history of the lower Shenandoah Valley. This information is shared with the Chamber of Commerce and other civic groups to promote tourism in the area.

Visit the SU website at: www.su.edu

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Things to Do

August Court Days in Leesburg

Take a Step back in to History Right Here at Home

Leesburg's August Court Days celebration, set for August 21 and 22, promises to be one of the best in the 28-year modern history of the town's annual rollicking street-fair-plus-reenactment of a glorious colonial tradition of court, courtship, and trade.

Citizens from both the 18th and 21st centuries will gather to buy and sell handmade crafts, listen to continuous country/folk music, meet friends and neighbors, exchange news and gossip, and enjoy lots of great food.

Colonial militia will muster at the Courthouse. Colonial lawyers and judges will conduct mock trials (based

on the actual historical trials on record), and voice their concerns about the King, the rebels, and the chances of a war for American Independence.

More than 200 authentically dressed reenactors will be on hand, demonstrating their dress, camp styles, utensils, and weapons, as well as their opinions. Two groups of Maryland militia

and frontiersmen and buckskinners from the distant Valley are expected. A full company of the King's Scottish regulars will also be on hand to maintain order and, no doubt, defend the honor and authority of his majesty, King George III.

This fun-filled, educational, family-oriented fair and festival is centered on the intersections of King and

Market Streets in Leesburg. Busses and large groups are welcome.

Admission is \$5 per person over the age of 10 and \$2 per person aged 5-10. Children under 5 are admitted free.

For more information, contact the Loudoun Convention & Visitors Association at 1-800-752-6118.

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Oatlands Presents Christmas

A Child's Christmas in Loudoun

Oatlands, celebrating 200 years this holiday season, is decorating the property as seen through the eyes of a child by featuring "A Child's Christmas in Loudoun". A property of the National Trust for Historic Preservation, this 360-acre estate featuring a stately Greek revival mansion, magnificent formal terraced garden and 19th century dependencies, will present a spectacular Christmas display.

Using as inspiration the 19th and 20th century memories of Christmases at Oatlands, the mansion will be adorned with traditional decorations, such as handmade ornaments, glittery pine cones, candy canes, gingerbread and stockings hung by the fireplace. Many decorations were collected or made at Oatlands. As you travel from room-to-room inside the beautifully decorated mansion, imagine the sense of wonder felt by a young child at Christmas. During the evening tours, the ambience is enhanced by candlelight with costumed guides presenting interpretations of Oatlands history.

Tours run from November 19 to December 30 and are available from 10 a.m. to 4 p.m. weekdays and Saturdays and from 1 p.m. to 4

p.m. on Sundays. Admission is \$10 for adults, \$9 for seniors and students, \$7 for youth (6 to 16) and free for children 5 and under.

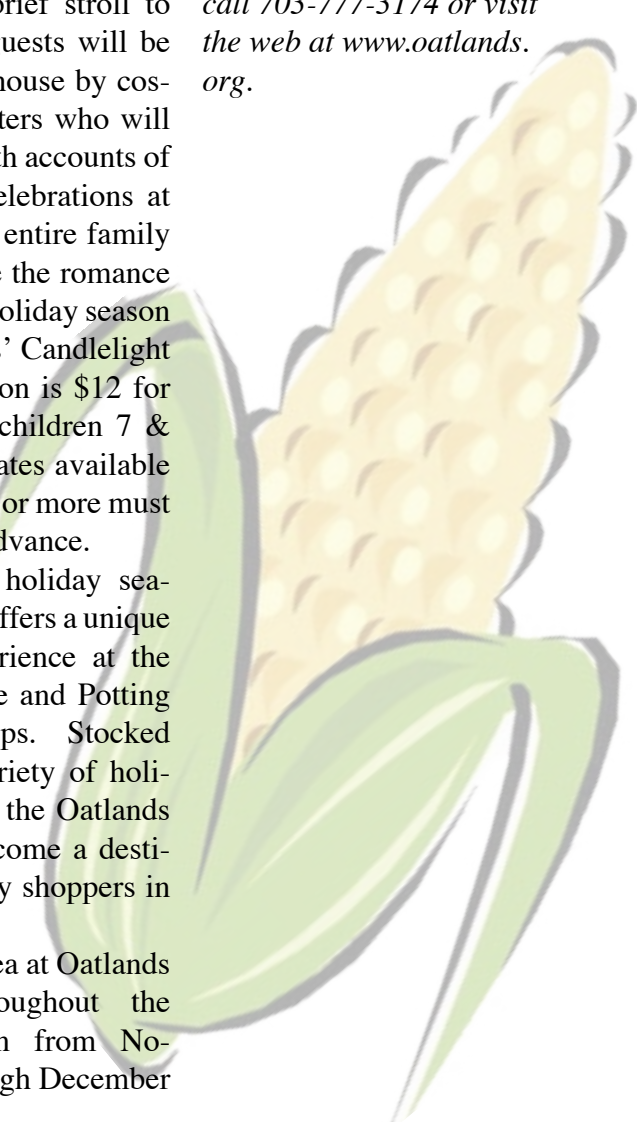
Oatlands will host its renowned candlelight tours again this year Saturdays, Dec. 11 and Dec. 18 from 5:30 p.m. to 8:30 p.m. On arrival, visitors will be met in the historic Carriage House with complimentary cups of hot apple cider and cookies. After a brief stroll to the mansion, guests will be greeted at the house by costumed Interpreters who will regale them with accounts of past holiday celebrations at Oatlands. The entire family will experience the romance and joy of the holiday season on an Oatlands' Candlelight Tour. Admission is \$12 for adults, \$3 for children 7 & under. Group rates available to groups of 20 or more must be booked in advance.

During the holiday season, Oatlands offers a unique shopping experience at the Carriage House and Potting Shed Gift Shops. Stocked with a rich variety of holiday gift items, the Oatlands shops have become a destination for many shoppers in the region.

Afternoon tea at Oatlands continues throughout the holiday season from November 6 through December

18 and runs every Thursday, Friday and Saturday (except Thanksgiving). Seatings are at 12 p.m. and 2 p.m. each day and reservations are required. The cost of tea is \$17.95 (plus tax) for adults and \$8.95 (plus tax) for children 8 and younger. Call 703-777-3174 for tea reservations and other information.

For additional information call 703-777-3174 or visit the web at www.oatlands.org.



Spend a little time in our backyard *Middleburg, Virginia* *This August and September 2004!*

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August 19
Notre Dame Academy Open House
Notre Dame Academy, Middleburg
540-687-5581

August 21 & 28
Middleburg Farmers Market
Middleburg, VA
8 am to Noon

August 21 & 22
August Court Days
Leesburg, Va
800-752-6118

August 28
Cool in the Dog Days of Summer
Market Salamander, Middleburg
3 pm to 6 pm

SEPTEMBER

September 4, 11, 18, 25
Middleburg Farmers Market
Middleburg, VA
8 am to Noon

September 3 - 7
US Open Stadium Polo Tournament
Great Meadow, The Plains, VA
540-253-5156

September 11
The Glenwood Races
Glenwood Park, Middleburg, VA
540-687-3455

September 12
National Milling Day
Aldie Mill, Aldie, VA

September 17
Father Daughter Dance
Middleburg Community Center
Middleburg, VA

September 19
Oatlands Bridal Fair
Oatlands
Leesburg, VA

September 21~26
Middleburg Classic Horse Show
Great Meadow
The Plains, VA

September 25 & 26
13th Middleburg Horse Trials
Glenwood Park
Middleburg, VA

*Just up the road in Loudoun County
and on the web @ www.middleburg.com*



Tea Time at Oatlands

Oatlands announced today that tea service will be available Thursday, Friday and Saturdays, beginning September 9 and continuing through December 18 in the antebellum mansion on Route 15 south of Leesburg, Virginia.

The tea menu includes an assortment of delicate savory tea sandwiches, delicious tea cookies and sweets, scones with preserves and cream com-

plemented by Oatlands special "Afternoon Tea Blend." All items served are from local Loudoun County caterer Savoir Fare.

Reservations are required for either noon or 2 p.m. each day.

Teas book early, so please call 703-777-3174 today to make your reservation. To learn more about Oatlands Plantation, please visit www.oatlands.org.

Be Cool in the Dog Days of Summer

The Marcus Williams Trio, a local area group, will perform Brazilian and classical jazz favorites on the back patio of Middleburg's Market Salamander from 3 to 6 p.m., Saturday, August 28th. Led by Marcus Williams on guitar, with Randy Lema on

acoustic bass, and Adam Williams on drums, the group creates a cool, relaxing environment for a delightful Saturday afternoon.

Delicious food and drink from Market Salamander complete your cool, relaxing afternoon.

Oatlands Antiques Fair

Oatlands is holding its popular fall antiques fair this year on October 16 and 17, on the grounds of the historic plantation.

More than 150 dealers are expected to participate.

Show hours are 10 a.m. to 5 p.m. on Saturday, October 16, and 11 a.m. to 5 p.m. on Sunday.

Admission is \$9 per person, which includes admission to the Oatlands mansion and gardens. Parking is plentiful and

free.

Oatlands Plantation is located on 330 acres, just six miles south of Leesburg on Route 15. The grounds feature a beautifully restored 1804 mansion and outbuildings, a 4-1/2-acre garden, the oldest restored greenhouse in the nation and an excellent gift shop.

For further information, contact Oatlands at 703-777-3174 or visit www.oatlands.org.



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News of Note

Ten Sleepy Puppies Prepare to Become Best Friends

Holly Beth Hatcher

Somewhere in Round Hill, in a gray rambler that sits on a quiet street of a subdivision, sleep 10 little Golden Retriever puppies, completely unaware of the job that awaits them. Their mission will be to work alongside their human handlers as they visit schools, nursing homes and hospitals. They are therapy dogs in the making.

To look at them, lying there sputtering and snoring, the very definition of cuteness, you might think they are clearly suited to their future job, which is essentially, the complex, not precisely understood mechanism of making humans feel better.

But as far as they are concerned, their job is quite simple: eat, sleep, play, repeat.

Helping humans be more motivated and content doesn't enter the realm of possibility right now,

Such is the life of the Golden Retrievers that the Henry family views as the foundation of Paws4People.

Terry Henry, the man behind the Paws4People idea is the current Executive Director.

He is every bit as friendly, approachable and dedicated to his work as the dogs he is surrounded by in his foundation's home office.

While the office is small, it is organized and neat. The dogs, who are as friendly and exuberant as they are well behaved and obedient, are quiet; very happy to be stroked on the head by a seated visitor.

While discussing the Foundation's mission and plans, Henry sits accompanied by Brielle, mother of the 10 puppies in the pen in the next room, and Kyria, Henry's daughter, who will be a senior at Loudoun County High School this fall.

Kyria, a soft-spoken, mature young woman, was the originator of the Paws4People idea.

She not only convinced her parents to get her a Golden Retriever (the original Paws4People therapy dog, Riley) but, after she saw Riley's positive impact on her grandparent, she decided, he could do this work with others in need as well.

Riley's official foray into the animal therapy field led to a greater interest in it by the entire Henry family and, finally, to the formation of the Paws4People Foundation in 1999.

In the five years, the organization has grown in scope and in mission. Today, the official mission is "to increase the number of therapy

dogs for special education classrooms, the seriously ill, the physically and mentally challenged and spouseless seniors."

Animal assisted therapy (AAT) is a fairly new field, which has not yet been exhaustively researched but is largely believed to be a reputable, effective means of helping certain subsets of patient populations. Much work has been done with therapy dogs in nursing homes and hospitals. For reasons that are not yet fully understood, animals in these environments have been shown to have a positive effect on patients.

Going to School

An even newer form of animal assisted therapy is working with children in schools. It is work with mentally handicapped and emotionally disturbed students that has become a specialty of Paws4People.

A few years ago, Henry began taking his dog Addie into classrooms in the Loudoun County public schools. At the time, although these sessions were not quite official, but they were so obviously effective that it was decided by all those involved (teachers, administrators and Henry himself) that the pursuit of official approval would be worth the uphill battle of ob-

taining appropriate insurance coverage and dealing with whatever bureaucratic hurdles presented themselves.

Dawn Woodyard, occupational therapist at Round Hill Elementary School, was the first to introduce the Paws4People Foundation dogs into her program. As a professional, Woodyard had long heard of the positive effects of AAT. When her daughter, a classmate of Kyria's, told her about what the Henry family was doing, she decided to include Foundation's dogs in her school program.

Response has been extremely positive.

"It's not the only service provided to these kids," explains Woodyard, "It's another method, another tool to work on some of the same skills that are worked on every day.

The dogs work well with a variety of students, the physically and mentally handicapped and those suffering emotional disturbances."

"They provide a very calming influence," said Woodyard. "Animals can make an environment much less threatening, more like home. Dogs are nice in this regard."

Feedback from all the teachers using the program has been

so positive that Woodyard she would definitely recommend therapy dogs to therapists and school systems.

Now the Henry family's objective is to grow their organization.

To date, the Henry family has largely supported the Foundation's existence with their own money, but the growing list of children on the "waiting list" makes it clear that more dogs and handlers are needed. To respond to the need with more dogs and handlers, Paws4People must increase its size and capacity.

Henry is frank when discussing his desires. "I have a list, as he points to the final page of his very professional PowerPoint presentation.

While all foundation dogs, particularly fledgling ones, need to be trained, Paws4People, need donors. Henry's main concern is to raise money.

"We are actively seeking professional fund raiser who is willing to work on a commission basis. We need volunteers, artists and legal counsel. And, we need more therapists and handlers."

No Fear of Golden

Right now, the Paws4People Golden Retrievers are visiting four classrooms a week, in ad-



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trips to local hospitals and nursing homes. There is no question that, as the word spreads about their success, more dogs and trained handlers will be needed.

To provide additional dogs, the Henry's have initiated a breeding program. The 10 pups currently at their home are part of this new initiative.

This litter of puppies will be fostered and raised by carefully selected families who will be responsible for their care and training. Once the puppies have reached the advanced level required of therapy dogs, they will be taken on 36 documented therapy visits before each dog is three years old.

At that point the foster family's obligations will have been met.

When asked why Golden Retrievers, as opposed to any other breed or a mutt for that matter, Kyria is quick to point out, "No one is scared of a Golden." Looking across the room at Brielle and her ten snoozing pups one would have to agree.

For more information on Paws4People Foundation please call (540) 338-7580 or see their web site: www.pasws4people.org



Jay Hubbard

Health & Well Being

The March of Dollars

Topic of Cancer

Glenda Cudaback

Lance Armstrong has cancer and he seems to be doing quite well.

He may think of his condition in the past tense, as if he's "had" cancer and it is now part of his history, his legacy. But he seems to have embraced it, to have made it a fundamental part of his life, something that makes him stronger, more determined, more focused.

For many who have cancer, the goal is remission, "a clean bill of health" that allows them to put the disease behind them, relegate it to the past. Try to forget.

For others, having cancer can be of real value. It becomes a part of life that forces unimagined strength and clarity of purpose to the surface. These individuals don't want to forget, they want to use the changes cancer brings.

Cancer re-aligns one's priorities quickly and fundamentally. The nuances of decision-making disappear leaving few gray areas. The need to have an

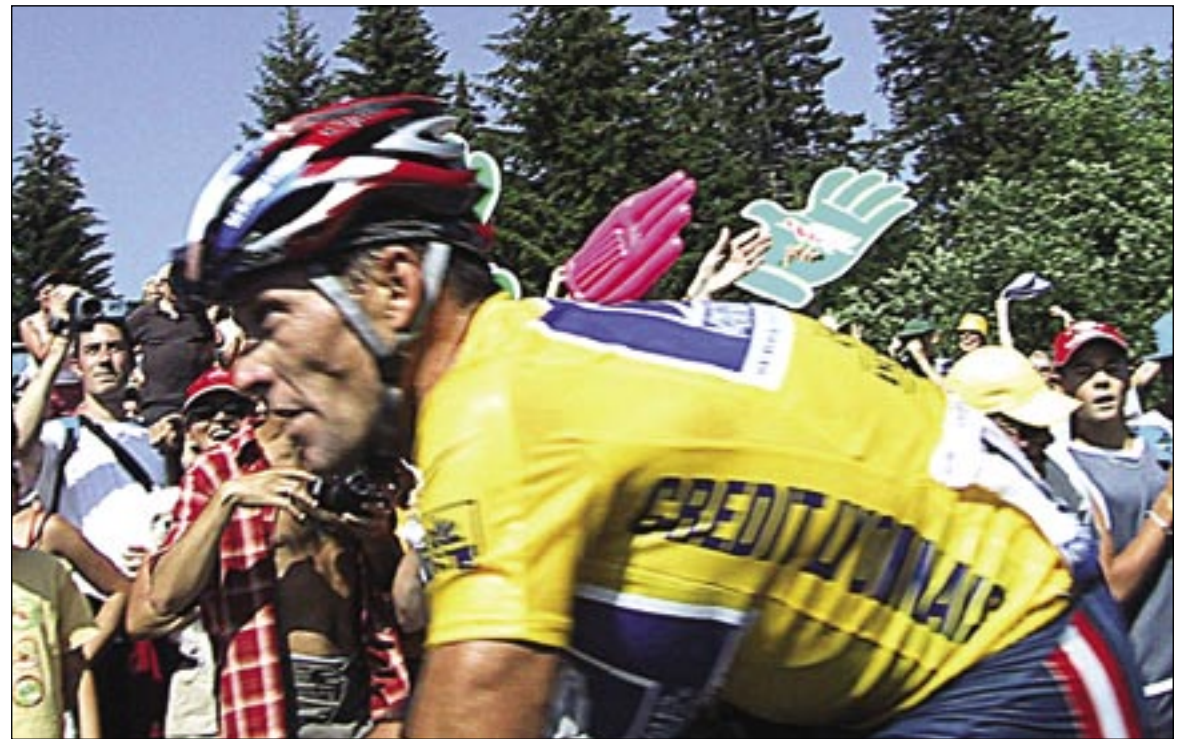
impact, to be heard, to make a difference are so vibrant that, at quiet, solitary moments, they can overpower all other concerns.

Those in the second scenario come to view their cancer as an investment, of time, of money and of incalculable emotional energy. They want a return on that investment. Something tangible that accrues real value to themselves and to others.

Armstrong's dedicated performance in the Tour de France, his absolute determination to ride as long and hard as he could, is only one indicator of his commitment to get a return on his investment. Armstrong is also determined to capitalize on his success to beat cancer.

The yellow "Live Strong" bracelets that Nike created in his name to raise money for cancer research cost one dollar each. Eight million individuals are wearing one and that number is growing as quickly as Nike can respond to orders.

If you haven't seen them,



Brian Lichorowicz

look closely. President George Bush is wearing one. Senator John Kerry is wearing one. Family members who have lost a loved one to cancer are wearing them. Hollywood stars, high school students and hip-hop artists are wearing them.

When the "Live Strong" campaign began, before Armstrong won his sixth victory, seeing someone with a bright yellow rubber band on his or her wrist was rare, but memorable. Even if one did not understand the bracelet's significance, it demanded attention, and explanation.

Nike had no idea how quick-

ly demand for them would grow.

As Armstrong's determination to beat history at the Tour de France swept around the world, orders poured in to the "Live Strong" website. Everyone wanted to be part of his push to change the rules, his fight to set a better standard, his refusal to fit into the traditional "outcome" mode.

Nike had to take backorders and ask for a "few weeks" to respond to the growing number of requests. Men, women and children wanted to wear a "Live Strong" symbol. Men who did not normally wear

anything on their wrists except watches, found comfort, hope and, strength in being a visible part of Armstrong's team to beat the odds.

A fund-raising campaign for cancer research established to honor Lance Armstrong and help find a cure suddenly became a movement anyone could afford to join. It only cost one dollar to show how much you too value determination and the will to win. Each dollar joined millions from others who were not afraid to signal to all that all rules can be broken, all things are surmountable.

As the "Live Strong" fund grows, does the collective of individuals who wear the bright yellow bracelets, a quiet, inexpensive way to change history together.

Wearing a "Live Strong" bracelet on one's arm honors Lance Armstrong and it sends a message that you, too, have a powerful will to win and to live.

For those of you who remember the power of the March of Dimes,

This small, but growing, crusade may feel familiar. In a world of combating crusaders, this is one I was eager to join. It knows no national boundaries or rigid philosophies. No one shall be punished for wear their commitment proudly for all to see.

Its leader beat the odds. Someday we all will.

We just heard the Patio is open, so we flew in from Key West for the "Freshest Steamed Seafood" ever served. They even shucked the fresh oysters for us, we decided to stay!

I also loved the little umbrellas in my tropical drink.

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Art of Citizenship

Equine and Landscape Artist's Plein Air Workshop

John Leone, known for his equine art, held a very successful Plein Air Workshop this past June at private estates in the Middleburg, Virginia area.

Leone, an internationally acclaimed artist who paints in the Old Masters style is now showing work at the Burwell-Morgan Mill museum art shows in Millwood, Virginia. The Wally Findlay Galleries of New York City

also carry his work

Julia Thieriot, an equestrian and local farm owner organized the workshop for the benefit of aspiring artist friends. According to Thieriot, Leone was interested in the opportunity to teach Plein Air because He had held indoor workshops near the Burwell-Morgan Mill Museum and yearned to capture what he saw out the windows.

"There is a mystic that seems to draw artists to this area in hopes of capturing its beauty," said Thieriot.

Recommended to Leone by one of his students, Thieriot drew on her long-term association with the local residents of the Unison area to organize the workshop. Unison, Virginia, a local historic town near Middleburg was the home of the American Academy

of Equine Art which was founded there in the 50's. The AAEA is, now located at the Kentucky Horse Park in Lexington, Kentucky.

Leone will return to the area for an indoor workshop at the Millwood Community Center September 6-10 with an opening reception to take place September 5th. This already extended workshop is in high demand. For more information please contact

Snow Fielding at (540) 837-2384.

Thieriot will exhibit the Plein Air Workshop students' works during the Piedmont Point-to-Point weekend at Moss Cottage. She will also be organizing an April 2005 Plein Air Workshop in Tuscany, Italy. You may contact Julia Thieriot at (540) 554-8183 or at juliamolehill@aol.com for more information.

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Our Earth

High Summer

The Plant Lady

Karen "The Plant Lady" Rexrode

Tall daisies, great domes of Joe-Pye Weed and fluffy plumes on perennial grasses, the garden sways and becomes a sizable presence, this is the garden of high summer. Possibly a descriptive term, or rather a reference to the long days and higher temperatures, either way it's apt. One imagines sipping from a tall glass in the shade, a mint julep with a fresh sprig of mint or ice tea with a stalk of lemon grass as a swivel stick. It's not the time of year that we ponder how good the bones are in the garden, they're all hidden under great vascular stalks. Bones are for winter, stark and defined, great effort and expense is employed to have a good winter garden. Summer is full of color and motion, the opposite of a winter garden. Plan



for it, the high summer garden is easy to create and rewarding in so many ways. Besides the presence of great plants, one has visiting hummingbirds and butterflies, movement all day long.

Some high summer perennials require a masterful hand when it comes to control. Left to their own devices, space is garnered by hefty perennials, the whimpier plants are eaten alive. Many of the rudbeckias are guilty of this. No shy spreaders they move along via seed and rhizomes. Yet as much as they would like to have the flower beds all to themselves, they are much more attractive with company. One must insist on socialization. In their midst plant summer phlox, ornamental grasses and Joe-Pye weed. There are countless other options, consider the purple leafed sedums, Physocarpus 'Diablo', and Eupatorium 'Chocolate' for dark leafed companions.

They borrow from the dark center of the central cone and echo it throughout the garden. High summer is also eupatorium time. Many remain showy into late September. Aside from the eupatorium known as Joe-Pye weed (dubium, fistulosum, purpureum and maculatum) there is Eupatorium hyssopifolium with white heads that open on dense horizontal umbels. There is E. coelestinum or hardy ageratum. Just like the annual ageratum, the blue flowers are beautiful and mix well with all things. They romp via subsurface rhizomes, coming up in any open spaces and bloom as high summer is ending and night temperatures begin to cool.

As July ends and August begins the hardy hibiscus flower. Their oversized flowers are often matched with gorgeous foliage, particularly on Hibiscus 'Kopper King' and H. coccineus. Not fond of dry soil,



plan their placement and their partners. Many a suburban gardener has plunked a hardy hibiscus in the lawn with only a circle of mulch at its feet - no - they need company. Adored by Japanese beetles, the mix of companions is often enough to confuse the enemy. Underplant with Panicum 'Dewey Blue', Euphorbia 'Chameleon', Eupatorium 'Purple Bush' and the late flowering daylily 'Orchid Corsage', this my friend is unforgettable!

If the best of winter gardens

is full of good bones then I suspect that the summer garden is about muscle, cartilage and sinew. They wrap around the good bones, some capable of becoming the fat of the garden rather than the tone. Use your muscle to tame them and keep a balance. Both you and your garden will look all the better for it.

Karen Rexrode is owner of Windy Hill Plant Farm (703) 327-4211

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Right Tree, Right Location

Pruning Pete

Peter Deahl, The Pruning School

The most important decision you can make when planning your landscape is where you ask your plants to live. This decision can make the difference between a peaceful coexistence and a life of confrontation with plant choices.

In the past, we looked at plant selection and placement in the following order: AESTHETICS > SIZE > MAINTENANCE > ENVIRONMENT.

This method of planting prioritizes our needs and desires without regard for the plant's genetic requirements. In other words, we often change our planting environment to match plant choice, when in reality the opposite should occur... Try to choose plant species as dictated by the environment in which they must grow. It would look something like this: ENVIRONMENT > SIZE > MAINTENANCE > AESTHETICS.

Make sense??? To clarify we'll look at our four categories closely. Trial and error has proven this method reduces plant loss, poor health and leads to the myriad blessings we share with an adult garden.

To this date I have not found the "maintenance free garden" within the urban forest. Plants need to be tended, some less than others. Space is an issue as are property laws and human courtesies. Plants do not respect boundaries but will react to site situations. We again have a say in whether those reactions are positive or negative... which brings us to the all important issue of...

MAINTENANCE

How transplantable is your plant?

Are there seasonal requirements for planting and maintenance?

Site preparation?

How difficult will it be to mow the surrounding area? Should I use grass, ground cover or mulch? What is best for the plant, and what is easiest for me?

Pest management? By installing plants better suited for the site fewer insect and disease issues may arise.

How often will this plant have to be pruned or forced into position?

Is water available?

Is your plant messy; is the fruit offensive, i.e. female ginkgo?

Will your tree fall apart? Should we chat about Bradford pears?

To this date I have not found the "maintenance free garden" within the urban forest. Plants need to be tended, some less than others. Space is an issue as are property laws and human courtesies. Plants do not respect boundaries but will react to site situations. We again have a say in whether those reactions are positive or negative... which brings us to the all important issue of...

AESTHETICS.

Of course, I must leave this one completely up to you. Only you can make the right choice for yourself which makes that beautiful garden genuinely your creation. Gardeners are a direct manifestation of their plants as are the plants, their creator. Gardens are, in my opinion, priceless. They are an example of one's right and privilege to choose, which is one of our greatest gifts. Gardens are a place to visit and to live. (When you think about it, try to count the number of living organisms that take up housekeeping within the confines of your gardens). They are a place in which we rest and refuel, where we grow and repair. Gardens are exquisitely ethereal and with them come our natural connections with birds, insects and the places we consider wild and free. We are alone and with everything in our gardens. I need only to think of my garden in order to smile or cry and when I go for a visit it welcomes me with gates open wide. I am always welcome, and it evokes my fondest memories of treasured gardens and those with whom I have shared them.

From a physiological sense we need to think about the well being of plants and their placement. It is important as we place them now and for the future and watch them grow into adulthood. We need plants and we need our gardens. By making excellent choices for ourselves and our plants we can be assured our quality of life will be there for many years to come. HAPPY PLANTING!

*Peter Deahl,
Fine Pruning.
www.thepruningschool.com*

*Thanks to Dr. Bonnie Appleton,
State Extension Nursery Specialist in Virginia Beach for supplying this information. It was taken from her class I attended on Landscape Tree Selection.*

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Parents & Progeny

Music Theater Camp Brings Broadway to Local History Barn

The big red barn on Cobb House road in Middleburg, Virginia, has been a center for farm life for more than one hundred years, but during the summer you're likely to hear the sounds of Broadway music and laughter wafting over the pastures.

For the last eight years Marlene Baldwin has led the family run Baldwin Music Theater Camp to bring the joy of music to the local community. This year Marlene and her son Sean, a New York based actor, choreographer and teacher, welcomed a group of seven to thirteen year-olds.

In her previous career as a music teacher in the Montgomery County, Maryland Public Schools, Baldwin, directed an award-winning show choir, which toured in Europe, and the Former Soviet Union. She currently teaches with the Music School of the Piedmont.

For years, Marlene's world has revolved around music and teaching — she is also an accomplished soprano who previously sang in the Washington Cho-

ral Arts Society and currently sings with Winchester Musica Viva. After an international sojourn, living with her management consultant husband Jeff in Poland, she returned to the USA and started the music theater camp.

"We are definitely not in it for the money," Marlene says with a laugh. "It is an intensely rewarding experience to watch the kids grow musically and work together to put on a show."

It's evident by the smiles of the campers and the reaction of their parents why it's been such a success. Megan Hasse, age 8, can't sleep at night, because she's so excited about her role in one of the scenes. "I don't think I've ever seen her so passionate about anything," her mother, Vicki says.

Teamwork and gaining performance experience is the focus of the camp. Even the most reticent children get opportunities to sing short solos and recite brief monologues. Each year in advance of the camp the campers get cassette tapes of



the songs they will sing.

On the first day they learn what the show will be and begin creating a set. A stall behind the scenery functions as a dressing room and back stage area. Synthesizers, amplifiers and speakers are set up and the process of putting on a show begins. As Sean begins to work with the children on choreography, Marlene rehearses the musical numbers.

Every child receives one on one coaching and tutoring.

In the past the family has

been able to draw on local, as well as New York actors and directors to enhance the experience. This year Sean's wife Laurie, a respected director in her own right, designed and created the set, while Mary Ann Gibbons, a local supporter of the arts, created fanciful costumes. The week culminates with a performance for family and friends of the campers.

The music is supplemented with occasional breaks for snacks and cooling off in the pool, where Jeff acts as life-

guard. "The camp is truly a family affair," says Marlene. And now that her grandchildren are old enough to take part, the camp has taken on new meaning.

"This is my favorite camp of all the camps I've ever done," says Karin Hoelzl, age seven, the Baldwin's granddaughter who lives in Herndon, as two other grandchildren, Aja and Julian, nod in agreement. A lifelong love of music and theater is passed on to a new generation.

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Local Photographer Judged Best in Nation



Award-winning, local professional photographer Janie Gable Stockton of JGS Photography recently won first place in a National Baby & Child Photo Contest sponsored by Miller's Professional Imaging in Pittsburg, Kansas.

Janie's winning portrait, a black and white image called "The Trips," was chosen as the best of show by a panel of judges certified by the National Professional Photographers of America.

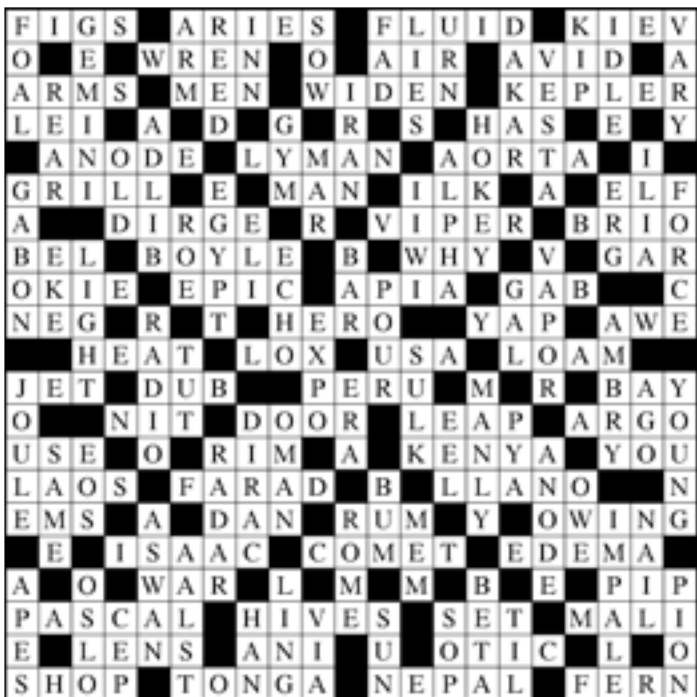
"I'm excited to receive this honor. It couldn't have come at a better time as I prepare to open my new studio in Middleburg," said Stockton.

Although Janie does much of her work on location, the new studio will give her room for customized sets and backdrops. From naturally lit sets to elaborate fairy tale scenes, clients will be able to choose distinguished settings for their portraits.

A luxurious theater will be available for viewing and image selection as Janie works with clients on print selection and portrait size options.

The JGS Photography studio in downtown Middleburg, Virginia opens Tuesday, September 14th at 108 West Washington Street. Phone: 703-304-9014 or visit the website: www.jgsphotography.com.

July Crossword Solution



A play center for parents and children ages 4 and under

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NEW LISTING.....BROAD ROCK, Markham, VA(P609003)

With its graceful curves and elegant layout, few would recognise this home as being just a few years old. The building has classic attention to detail with stone exterior, hardwood floors, 3 fireplaces, 4 bedrooms, 4.5 baths, entertainment suite with music, game, exercise, and tavern room. Wood Paneled Library, kitchen with pizza oven, Master bedroom with sitting room. separate guest house all on 24 acres with mountain views. 3 miles to I-66. Dulles airport approx. 45 miles.

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CARTERS RUN, Marshall, VA



Completely renovated and expanded to accommodate today's living styles. This 4 bedroom 3.5 bath home on 58 beautiful acres overlooking the scenic Carter's Run just minutes west of Warrenton. Lots of grass and fencing if you want to bring your animals.

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MIDDLEBURG, VA ~ Chestnut Street

A delightful bungalow in the village of Middleburg!! This charming home is located on a shady, quiet street within walking distance from shops and restaurants. This home offers a living room with fireplace, dining room, kitchen and sunroom, 2 bedrooms and 1 bathroom on the first level. The lower level is fully finished including a bathroom. Deck off the sunroom overlooks a well landscaped & fenced yard. Property is in excellent condition, with many extras.

\$425,000.00



Pastimes

Cold Pasta Sauce for Hot Summer Nights

From Behind the Stove

Brian Lichorowic

On humid summer nights, the last thing I want to do is get near a hot stove. AC or no AC. And if I have one more Kirkland™ Brand Mesclun green salad for dinner, I think I'll go crazy.

I don't think I'm alone here. Boiling water is about as far as I'll go.

Before we start, I'd like to say that too often cold pasta sauces have been bundled into that "pasta salad" label unfairly. I shudder to think of how many people think that a true pasta salad comes from an envelope or supermarket consisting of carrots, celery, onion and about 30 quarts of commercial mayonnaise all mixed in a food processor mixed with overcooked rigatoni. What I've tried to present here are delicious, healthy, fresh and easy-to-make cold pasta sauce recipes.

Cold pasta dishes actually originated in Asia and Italy where heating up pasta was not the norm. Some of the best recipes hail from Sicily, where fresh bread, cheese, fresh herbs and pasta are staples year round. My guess is the low carb craze isn't going over too well there.

Moreover, adding heat to any food actually depletes the nutritional content. Some credible sources believe that eating veggies 80% uncooked (or raw) is the ultimate way to get all of the best en-

ergy and nutrients into your body.

Whether from your garden or our very own Middleburg Farmers' Market, round up the necessary fresh produce and herbs and get chopping.

Smoked Salmon & Dill Sauce

6 oz smoked Salmon
8 oz low-fat cream cheese
2/3 cup low-fat plain yogurt
3 tbl half-and-half
1 small onion, finely chopped
1 tbl lemon juice
6 tbl chopped fresh dill
2 tbl fresh chopped tarragon
3 tomatoes, peeled and finely chopped
2 stalks Yucca or celery, finely chopped
Dill sprigs and strips of lemon zest, to garnish
Salt and freshly ground pepper

Cut salmon into thin strips and set aside.

Place cream cheese, yogurt, half-and-half, onion, lemon juice, dill, salt and pepper into a food processor or blender and blend until mixture is smooth. Transfer to a large bowl.

Add smoked salmon, tomatoes and celery and mix lightly and carefully. Chill until ready to serve. Adjust seasoning, garnish and serve with al dente cooked

vermicelli {angel hair pasta}. Makes 6 servings.

Virginia Smoked Chicken Sauce

3/4 cup low-fat plain yogurt
1/4 cup reduced-calorie mayonnaise
1/4 cup regular plain yogurt
8 oz cooked, lean smoked chicken *
6 oz radishes, sliced
4 oz sugar snap peas, sliced
4 tbl fresh tarragon, chopped
2 tbl fresh mint, chopped
Salt and freshly ground pepper
Tarragon sprigs, to garnish

In a bowl, mix together low-fat yogurt, mayonnaise and regular plain yogurt.

Cut chicken into thin strips. Remove tops and roots from radishes and ends from sugar snap peas and slice. Add to yogurt mixture with chicken and mix well.

Add chopped tarragon, salt and pepper and mix well. Garnish with tarragon sprigs and serve with al dente cooked penne pasta. Makes 4 servings.

The smoked chicken and trout from the Farm at Mt. Walden is simply the best I've ever had. Locally it can be found at The Piedmont Gourmet in Middleburg or The Farm Store in The Plains.

Virginian Smoked Trout With Lime Sauce

2 med size smoked Trout (about 4 filets) see above *
1 1/4 cups low-fat plain yogurt
1/4 cup reduced-calorie mayonnaise
2 tbl horseradish
Grated zest and juice of 1 large lime
2 tbl fresh parsley, chopped
4 tbl fresh cilantro, chopped
Salt and freshly ground pepper
5 oz sugar snap peas, diagonally sliced
4 stalks celery, cut into matchstick strips
Lime slices and parsley sprigs, to garnish

Skin trout and discard any bones. Cut flesh into bite size pieces and set aside.

In a large bowl, mix together yogurt, mayonnaise, horseradish, lime zest, lime juice, parsley, cilantro, salt and pepper, until thoroughly combined.

Fold in the trout, carefully not to break it up in to a minced pieces, sugar snap peas and celery. Garnish with lime slices and parsley and serve with al dente cooked farfalle pasta (bowtie). Makes 6 servings.

Fresh Garden Herb Toss

1 bunch fresh green onions, sliced
1 oz fresh watercress, chopped
1 fresh garlic clove, crushed
1 1/4 cups low-fat plain yogurt
2/3 cup reduced-calorie mayonnaise
Juice 1 lime
1 tsp Dijon mustard (or to taste)
2 tbl fresh parsley, chopped
4 tbl fresh basil, chopped
2 tbl fresh oregano, chopped
1 tbl fresh thyme, chopped
Salt and freshly ground pepper
Lemon and lime slices and watercress, to garnish

Cut green onions into 1/2 inch pieces. Chop watercress and crush the garlic.

Place green onions, watercress and garlic in a large bowl. Add mayonnaise and yogurt and mix well. Stir in lime juice, mustard, herbs, salt and pepper and mix thoroughly. Be liberal with your herbs; add to taste, if you like more of basil flavor simply add more basil.

Cover and chill in the refrigerator until ready to serve. Adjust the seasoning, garnish with lemon and lime slices and watercress and serve with al dente cooked cellentani pasta (corkscrew). Makes 4 servings.

The above recipe makes a great side dish to a good cheeseburger... South Beach be damned!



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Only the Best Advice for Coach Gibbs

Lisa Leonard

Faithful Redskins fan Joan Day of Middleburg not only follows the team, she has excellent advice for Coach Joe Gibbs and she can make an exceptional claim: Coach Gibbs listens closely to her suggestions.

When Gibbs returned to coach the Redskins this past June, she wrote to him to express her joy and support.

In her letter, she reminded him of a previous correspondence by saying, "...I am sure you don't remember, but I wrote you a fan letter years ago during the J.K. Cook years. In that letter I urged you to replace Jay Schroeder with Doug Williams, and you called me up!"

Remembering her phone call from Coach Gibbs, Joan said he told her he really appreciated receiving mail and comments from fans.

"For about a year, I had bragging rights with my three quarterback sons!"

Day's advice was good.

That year, 1988, Doug Williams took the Redskins to a win at Superbowl 22 in San Diego, California.

In Joan's recent letter she said, "I decided, when I turned 80, to give no more advice, so you're on your own, Coach."

But thinking the coach might want to comment on Day's excellent guidance, we visited Redskin training camp last week after the team's pre-season win over the Denver Broncos.

Cindy Mangum, Gibbs personal secretary of ten years, explained that the Coach had ruled out any personal interviews.

"There are simply not enough minutes in the day," she said.

Cindy remembered Joan's letter and it seems only logi-

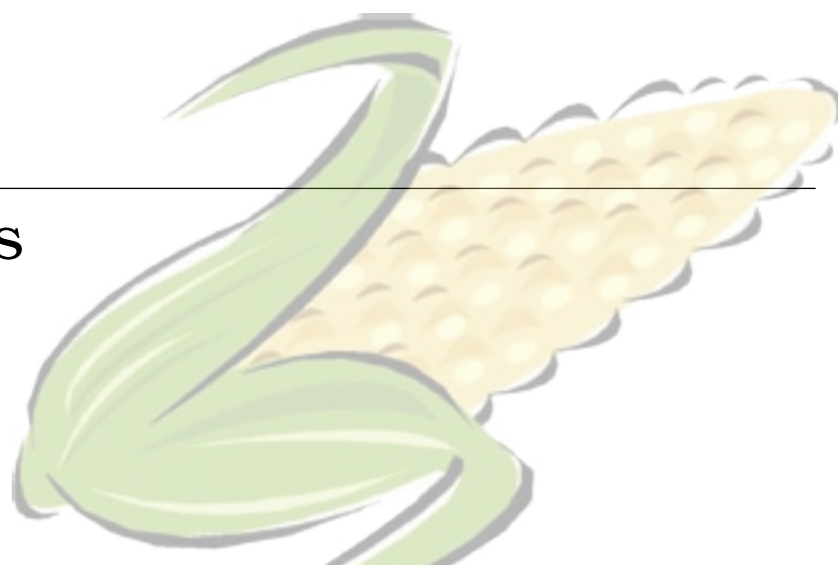
cal that, if Gibbs can come out of retirement to return the Redskins to the winning column, Joan's advice would be as valid and valuable today as it was almost 20 years ago.

So watch this space for Joan Day's player picks and suggestions for Coach Gibbs. She thinks it's too early to say for sure, but, based on the Monday Night Football preseason opener, Tim Hasselbeck, number four, is her QB bet so far.

Hasselbeck was named the permanent starter in 2003 prior to the week 13 game vs. New Orleans. He finished the season 95-of-117 for 1,102 yards and five touchdowns.

We'll check in with Joan for her Redskin scoop each month.

Maybe Coach Gibbs will too.



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 home furnishings from a old Victorian house. We sell shabby finds that may
 need work, everything sold as is.

Pastimes

Flank Stake and Cheap Wine

Sweet Revenge

Susan Williams

Fran Lebowitz, the writer and humorist, mused, “My favorite animal is steak.” A particular summer favorite of mine is grilled flank steak. For those of you who don’t have access to the USDA charts of a side of beef, with the choice cuts outlined with dotted lines, a flank steak is labeled “Miscellaneous.” A flank steak functions in cattle like a radial tire does on a car. So the challenge, actually an ancient one, is how to make this fibrous piece of meat edible. Enter the concept of a “marinade”.

The function of a marinade, according to the cooking manuals, is to provide flavor to the meat, tenderization, and according to one source, to “denature the substrate’s proteins.” Properly done, the recipe below will work equally well for tenderizing a flank steak or a piece of driftwood.

A key ingredient of the marinade is wine. My husband chooses wines by reading Wine Spectator. I choose wines with “cute” labels. This can cause considerable marital conflicts when it comes to choosing a bottle of wine to pour

over a slab of deceased bovine.

One day my husband sprang into the kitchen while I was preparing a marinade, and screamed “That’s is a \$40 bottle of Cabernet!” After several minutes of hard gasping for breath he gave me one of his mini-lectures on bottles with the word “Reserve” on the label. He also limited my cooking wine selections to less than \$5 a bottle. This understanding lasted for several months, until I found a bottle of “Reserve”, of a good brand, on a sale rack for \$3.99. This prompted him to impose a second rule: next time, buy every bottle from the \$3.99 sale rack. Raising my newly acquired bottle of Reserve over his head, in the posture of christening a ship, he quickly backed out of the kitchen.

FLANK STEAK Cheap Wine Marinade

1 flank steak (2 pounds)

Marinade:

3/4 cup red wine (cheap less than \$5)

3/4 cup oil olive

1 tablespoon Dijon-style mustard

1 tablespoon Worcestershire sauce

2 teaspoons sea salt

1 teaspoon freshly ground pepper

1 garlic clove, finely minced

1 tablespoon Old Bay Seasoning

1 tablespoon fresh parsley, chopped

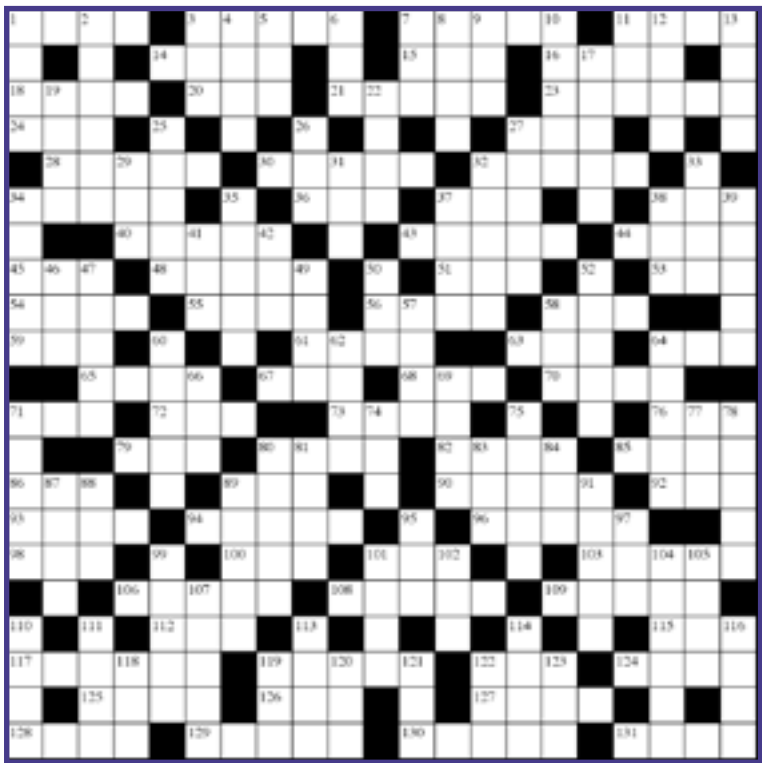
Mix together and place in a plastic container with the fitted lid.

Prepare the flank steak by placing it on a cutting board and piecing it every inch with a fork.

Place steak in the container with the marinade and refrigerate at least 6 hours. Shake container twice and turn meat over to other side.

Remove the steak from the marinade, and grill it over high heat, 4 to 5 minutes per side. Slice the steak thinly on the diagonal. Serve immediately. Serves 6 to 8

Crossword



ACROSS

- 1 Thrash
- 3 Exactly
- 7 Municipal
- 11 Musical instrument
- 14 Burn slightly
- 15 Wood sorrel
- 16 French clergyman
- 18 Inquires
- 20 Tavern
- 21 Broaden
- 23 Mischievous person
- 24 Enemy
- 27 Very modern
- 28 Thighbone
- 30 Middle East rug
- 32 Fine fur
- 34 Stuffing for pillows
- 36 Greek goddess of the dawn
- 37 Resinous deposit
- 38 Purulence
- 40 Confused hand-to-hand fight
- 43 Subject to tides
- 44 Game played on horseback
- 45 Turkish headwear
- 48 Sea mammals
- 51 17th letter of the Greek alphabet
- 53 Roll of bank notes
- 54 Illfavored
- 55 Auricular
- 56 Son of Isaac and Rebekah
- 58 Forfeit or sum paid into the pool
- 59 Self-esteem
- 61 Once more
- 63 Long period of time
- 64 Not sweet
- 65 Throw
- 67 Atomic mass unit
- 68 Fuss
- 70 Baby powder
- 71 Small low island
- 72 Young bear
- 73 List from which to choose
- 76 Roman goddess of plenty
- 79 Female deer
- 80 Small yeast cake
- 82 Russian no
- 85 Japanese sandal
- 86 Choose
- 89 Bleat of a sheep
- 90 Meat and vegetables on a skewer
- 92 Plague

- 93 South African river
- 94 Soft and comfortable
- 96 Dry stalks
- 98 Antiquity
- 100 Sister
- 101 Explosive sound
- 103 Sycophant
- 106 Standard for comparison
- 108 Having the form of a cube
- 109 Mawkish
- 112 Passenger vehicle
- 115 Knock vigorously
- 117 3.26 light years
- 119 Eccentric
- 122 Former measure of length
- 124 Become dim
- 125 Conclusion
- 126 Conclusion
- 127 Sudden assault
- 128 Crustacean
- 129 Rope used to guide a horse
- 130 Monetary unit of Botswana
- 131 Incline

DOWN

- 1 Deprived of the sense of hearing
- 2 Maintenance
- 3 21st letter of the Greek alphabet
- 4 Slender
- 5 Vase
- 6 To yield
- 7 Fish
- 8 Frozen treats
- 9 Covered vehicle
- 10 Chocolate substitute
- 11 Observation
- 12 Summon
- 13 Long fish
- 17 In an inadequate manner
- 19 Couch
- 22 Large wading bird
- 25 Noblemen
- 26 Contend
- 27 Portuguese territory in S China
- 29 Mother
- 31 Limb of a felled tree
- 32 Hindu ascetic
- 33 Hawaiian native dance
- 34 River in Zambia
- 35 End of life
- 37 Monetary unit of Italy
- 38 Captive soldier
- 39 Containing sodium
- 41 The Lion
- 42 Biblical high priest
- 46 Ovum
- 47 Monetary unit of Poland
- 49 Swindle
- 50 Letter Z
- 52 Echolocation
- 57 Stately aquatic bird
- 58 Destiny
- 60 Annual horse race in England
- 62 Deprived of sensation
- 64 Ladle
- 66 Bring civil action against
- 69 Dip into coffee
- 71 Aromatic spice
- 74 Organ of hearing
- 75 Sums owing
- 77 In favor of
- 78 Threescore
- 80 Aromatic herb
- 81 Exclamations of surprise
- 83 Affirmative reply
- 84 Sailor
- 87 Not bright
- 88 Small child
- 89 Public transport
- 91 Wand
- 95 Watch pocket
- 97 Large bowl-shaped pan
- 99 Having lobes
- 101 Playful sprite
- 102 Hog
- 104 Charge with gas
- 105 Group of two
- 107 Pertaining to a duke
- 110 Heroic
- 111 Killer whale
- 113 Chinese secret society
- 114 Thick slice
- 116 Unskilled laborer
- 118 Weep
- 119 Understanding
- 120 Lyric poem
- 121 Nevertheless
- 122 Before
- 123 Falsehood

Solution on page 23

Mary Ann McGowan - Hunt Country Properties

ADAMS GREEN



Fabulous 4 bedroom home with open floor plan located on 3 beautifully landscaped, private acres •Wonderful gourmet kitchen, three finished levels with high ceilings, hardwood floors and three fireplaces •Multi level deck running entire back of the house. Minutes from Middleburg in a terrific neighborhood

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Exquisite Georgian Colonial •Custom built in 1998 with extraordinary design •Approx 7000 sf of living space with high ceilings, gleaming wood floors and gorgeous millwork •4 Fireplaces •Fabulous gourmet kitchen •Banquet sized dining room •Sun-filled Great Room •Wine cellar •Ideal for gracious entertaining •17 +/- acres

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Spectacular new custom built stone & cedar home •25 gorgeous acres with magnificent views •Superior quality & craftsmanship •Approx 6000 sf with 5 BR, 4.5 BA •Great room w/soaring ceilings & stone fireplace •Gourmet kitchen w/Viking, Sub-Zero & Thermador appliances •Spacious decks ideal for gracious entertaining

\$1,650,000

STONEWALL FARM LANE



Gorgeous custom built stone and cedar colonial nestled in the trees on 20 private acres, minutes from Middleburg •Approx 7,000 finished sq ft on 4 levels •Gourmet kitchen opens to both sunroom and family room •Flagstone patio overlooks the pool and lush gardens •Wrap around porch, flagstone terraces, au-pair suite.

\$1,495,000

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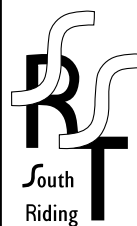
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Kittens- We have many super special healthy kittens in need of homes. Various ages and colors, come find the love of your life! Spay/neuter is included in our \$80 adoption donation!



Kimmy & Paige- Kimmy, the mom dog, and her 2 daJessica- 1 year old absolutely gorgeous, very quiet and very gentle solid white mom cat, the purrfect friend!



Marmy- A wonderful BIG bubbly puppy! Sharpei / Dane mix? About 10 months old, super cutie with a big fun personality.



King- Rescued from living on a chain, King has a big heart & is loving his new life. He is good with cats and Loves to play ball & go swimming! A great family dog. A gentle guy.

ALL MHF ANIMALS ARE SPAYED OR NEUTERED AND VACCINATED BEFORE ADOPTION.

Teddy Bear- Teddy was horribly abused and chained for the first year of his life. He is now fun loving and super cute! He completed obedience classes and would love to live in a big fenced yard with lots of toys!



Bam Bam- An adorable 4 month old Beagle? mix puppy. She is oh so special! Cute as a button and everyones best friend! A great family puppy.

Kimmy, Paige & Sammy- 3 of the nicest dogs we have ever had - these Beagle mixes were part of the group rescued from the Page County Shelter. They love everyone- cats, kids and other dogs. They are quiet and gentle as can be!



Lance- An extremely handsome Belgian Shepherd cross. Abandoned on the side of the road- hungry and scared, Lance is now healthy and having tons of fun!



need of lawn ornament/ companion homes! All are easy keepers, good babysitters .Very attractive Chestnuts!

Phoebe- What a cutie! Phoebe is a solid white Spitz mix, approx. 1 year old, full of energy, super sweet and lots of fun!



Ashley- Attractive 14.2 H Appaloosa pony mare currently in training. Ashley has a big future!



Nikko- Nikko has been with us for almost one year, he is a handsome brindle Cattle Dog mix, alittle shy when you first meet him but very loyal and kind. He loves to play ball and is obedience trained.



Kenshin & Pinky- Brother & sister 2 year old tuxedo kitties, Loving quiet cats that have always been indoors.



Julie- A wonderful pony project- medium size Chestnut mare with excellent ground manners. She completed a 30 day training program.

"RAMEY HOUSE FARM" c.1900



This fine old home is sited on 26 gently rolling acres located on a dead end country road between Hume and Orlean, board fencing and a large barn make this the perfect country property.

\$739,000

For an appointment to view call Charlene Veatch, the listing agent 540-364-2883 or 540-364-9500

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"AUNT SHORTY'S CABIN" c1800



This tiny log house sited on 1.9 hillside acres is a beloved Delaplane landmark. The cabin is one over one and has a workable kitchen and bath. Hardwood floors and exposed beamed ceilings add to it's character. Perfect project for restoration.

\$179,900

An appointment can be made with Charlene Veatch, the listing agent 540-364-2883 or 540-364-9500

540-364-9500

Middleburg Animal Celebrates 20th Anniversary

Middleburg's Animal Hospital, under the direction of Drs. Jack Love and Janet McKim will celebrate its 20th anniversary September 17th. The small animal practice has provided special care to the area's pets that accurately reflects their "gentle words, capable hands, caring hearts" philosophy. A week long celebration begins September 13th. Please stop by the hospital for refreshments and daily raffle drawings to help celebrate twenty years of service to community pets.

Albert's Corner

A monthly column for people who share
Their homes with four-legged friends.



You know the look. Big, soulful eyes staring in disbelief. What? You're leaving? And you're not taking me? As a dog, I can tell you that it is a species requirement to master that look! I'll concede that sometimes you really can't take us with you. Even so, there are a lot of places we can go, and traveling with us can be a lot more fun than the nagging memory of those big, sad eyes.

The pet travel industry has exploded in recent years. Not only do many hotels accept four-legged guests now, a lot of them offer wonderful pet packages. For instance, Hotel Monaco offers a full range of pet-friendly services including pet sitting and day care. The Westin Hotel features a Heavenly Dog program including a "Heavenly" dog bed as well as numerous canine amenities. And, for the truly pampered pet, the Ritz Carlton New York, Central Park, offers the VIP (Very Important Pooch) program.

Books and magazines focused on the pet travel industry are also widely available, including Fido Friendly, a quarterly publication devoted exclusively to traveling with dogs. And, of course, the internet is packed with information to help you explore new territory with your best friends. Check out petswelcome.com, takeyourpet.com, petsonthego.com, travelpets.com, dogfriendly.com, and traveldog.com. Between print and online resources on pet travel, you can determine where to go, what to do, and where to stay in moments.

Fortunately, one does not have to go far in this part of Virginia to arrive in a pet-friendly town. A trip to Middleburg provides countless opportunities to bond with a pet. Many of the restaurants in the area al-

low pets to sit with their people on pleasant outdoor patios for lunch and dinner. Additionally, some of the local inns gladly welcome pets. Shoppers are often surprised that many stores allow four-legged customers. Of course, I'm partial to Wylie Wagg since I work there – we're all about dogs and cats!

If you're thinking a more distant get-away is in order, however, you just might want to consider planning a trip completely around and for your pet. There are many dog camps where you can hike, swim, try agility courses, work on obedience training, or just spend quality time with your dog. Camp Dogwood outside of Chicago provides hundreds of acres of hiking, a private lake and beach, and rustic cabins. The Dog's Camp in North Carolina offers week-long sessions focused on positive and motivational training. If a more restful break is what you have in mind, relax in Vermont's beautiful countryside at Camp Gone to the Dogs. These and other fabulous retreats give you a unique opportunity to enjoy your vacation in an atmosphere that caters to canines.

When you travel with your pet, bring water and make sure identification tags are on and updated. There are great products that can help make pet travel easier as well – pocket water bowls, collapsible soft pet crates, car seats, hiking gear, and much more. The pet travel industry is always creating new and improved products, and some of the current options are ingenious.

So next time you go on a quick trip or an extended vacation, you just might want to keep your furry companions by your side. Happy trails... er...tails!

Albert, a Jack Russell Terrier, is Chairman of the Board of Wylie Wagg, a shop for dogs, cats, and their people, in Middleburg.

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GOOD HILL • 11 AC. DELAPLANE, VIRGINIA

Piedmont's Crooked Run Valley. Spectacular views of the valley from 11 acres. Beautifully appointed with hardwood floors throughout. 2 fireplaces, 24x23 FR, 800 sq.ft. deck, gourmet kitchen. Barn & 3 board fencing, conveniently located to I-66.

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9.43 WOODED ACRES DELAPLANE, VIRGINIA

Natural beauty inside & out. 3 level quality custom interlocking log home is an example of master craftsmanship. Beautiful pine floors, walls & ceilings, ceramic tile, cathedral ceilings, two story stone fireplace, recessed lighting, walk-in closets, sky lights, screened porch. Sun filled open floor plan. Less than 4 years old. Conveniently located to I-66.

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All Work for our Pleasure



Little Apple Pastry Shop

Steven Schwartz

The simple facade of the Little Apple Pastry Shop in Aldie, Virginia, offers only hints of the culinary experience customers find inside. With their motto "Quality Over Quantity", the store sells a mouth watering variety of hand made foods made with fresh, quality ingredients.

The shop is owned by Kay Pitts and her mother Margaret Hawes. These two talented women started out in 1988 by buying a bakery in Berryville, then moved to Purcellville and finally to their present location in Aldie. "Neither of us started out with any experience, but learned along the way." No kidding.

Pies, pies, pies - all crusts are rolled out by hand, made fresh every morning. All fillings are made from fresh ingredients and pies are the store's biggest sellers. In addition to fruit, they make savory pies like a Thanksgiving variety with turkey, stuffing and cranberry sauce. (At Thanksgiving, it's best to order early to ensure you get one of the 500 pies made for this holiday.) They even have sugar-free pies for diabetics.

Another favorite from the Little Apple is fresh roasted turkey.



Steven Schwartz

They sell it by the pound, or put it in sandwiches, savory pies, quiches, and pot pies.

The store's hand made candy is very popular, especially the two newest varieties; champagne truffles, and a Norton Wine truffle from Chrysalis Vineyard.

You can get box lunches for your travel group, recently a group called the Red Hats stopped by Little Apple for box lunches in their limo. Out came 12 women, all wearing, you guessed it, red hats!

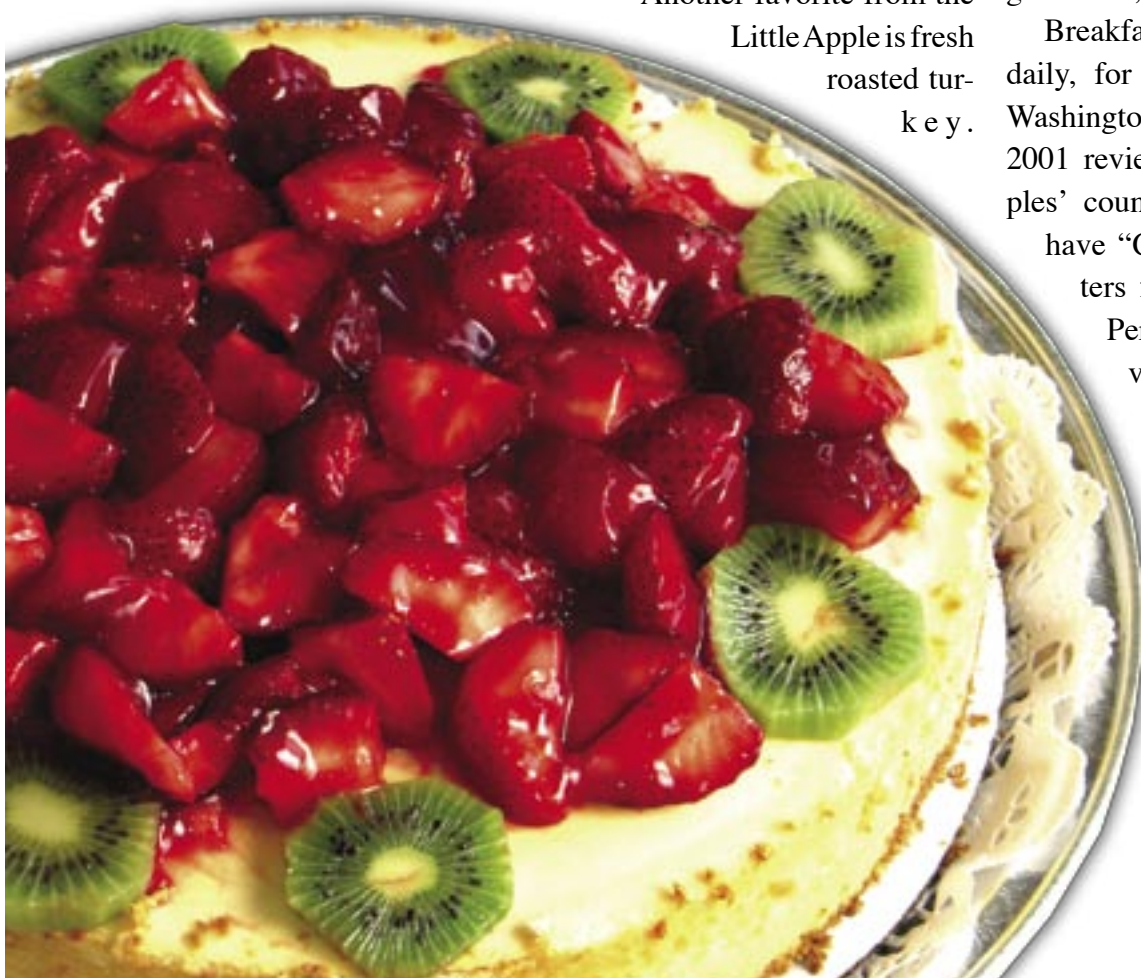
Breakfast and lunch is served daily, for eat-in or take out. The Washington Post, in an October 2001 review, showcased Little Apples' country Ham Biscuits. They have "Carry Out Catering" platters for parties and meetings. Periodically, they hold Private Gourmet Parties like last February's Chocolate

Party with a chocolate buffet. Atkins dieters can find low carb items like side orders, turkey and their exclusive "Crustless Quiche".

Margaret and Kay are ready to serve their many customers and say, "We're not mother and daughter when we're in here, we're friends As long as we continue to love what we do, and the people, we'll continue doing it."

Little Apple Pastry Shop
23217 Meetinghouse Lane
Suite 102
Aldie, Va 20105
703-327-2500
1-800-266-PIES
www.hotapplepie.com

Hours: 10-5 Mon-Sat
11-5 Sun



Save The Date
Saturday, October 16, 2004
Murder Mystery Dinner
At The Middleburg Community Center
\$75 Per Person ~ Limited to 175
Call 540-687-6373 for Reservations



Golf in the Extreme

Steven Schwartz

Unlike skateboarding or the high-flying motorcycles of the X Games, golfing at the Virginia National Golf Club in Bluemont qualifies as “extreme” in different ways. “Virginia National is filled with wildlife,” explains Cliff Boyd, Director of Golf. “Our completely natural setting is like a bird sanctuary, home to 3 kinds of blue-birds, bald eagles, ospreys, and Baltimore Orioles. We’ve even spotted bears and mountain lions.” Lions, eagles and bears, oh my!

The course sits between the winding Shenandoah River and the Blue Ridge Mountains and offers extremely beautiful views. High atop the fourteenth tee the panorama is spectacular; distant farms are the only buildings visible from anywhere on the course. As a bonus, Virginia National offers excellent small mouth bass fishing, Shenandoah style.

The course’s undulating hills were the setting for the only Civil War battle in Clark County, the Battle of Cool Spring. Check out the Club’s website for the story of this battle. As Dave Finney, the course’s Superintendent, drove this reporter around the spectacular course, he pointed out landmarks of the battle, including Parker’s Hole, a deep spot in the river where unfortunate Union soldiers met their end as they tried to escape Confederate guns.

Virginia National offers some of the finest golfing conditions in the mid-Atlantic. In a quote from the website, “Virginia National is one part natural scenery, one part thoughtful design - delivering a total golf experience that carefully balances challenge with playability. “I’ve always thought that one key to a great golf course was that it made you work your bag,” says Director of Golf, Cliff Boyd. “You didn’t buy all those clubs to have most of them sit in there, did you? This course will force players to use them all.”

Virginia National’s Preferred Player program offers discounts on fees to make your golf outing an extremely good value. The combination of wildlife, peaceful scenic beauty, history, and great golf makes this course, in founder Cliff Boyd’s words, “A setting like golf was meant to be.”

Virginia National Golf Club
1400 Parker Lane
Bluemont, Virginia 20135
888-283-GOLF (4653)
www.VirginiaNational.com



Steven Schwartz



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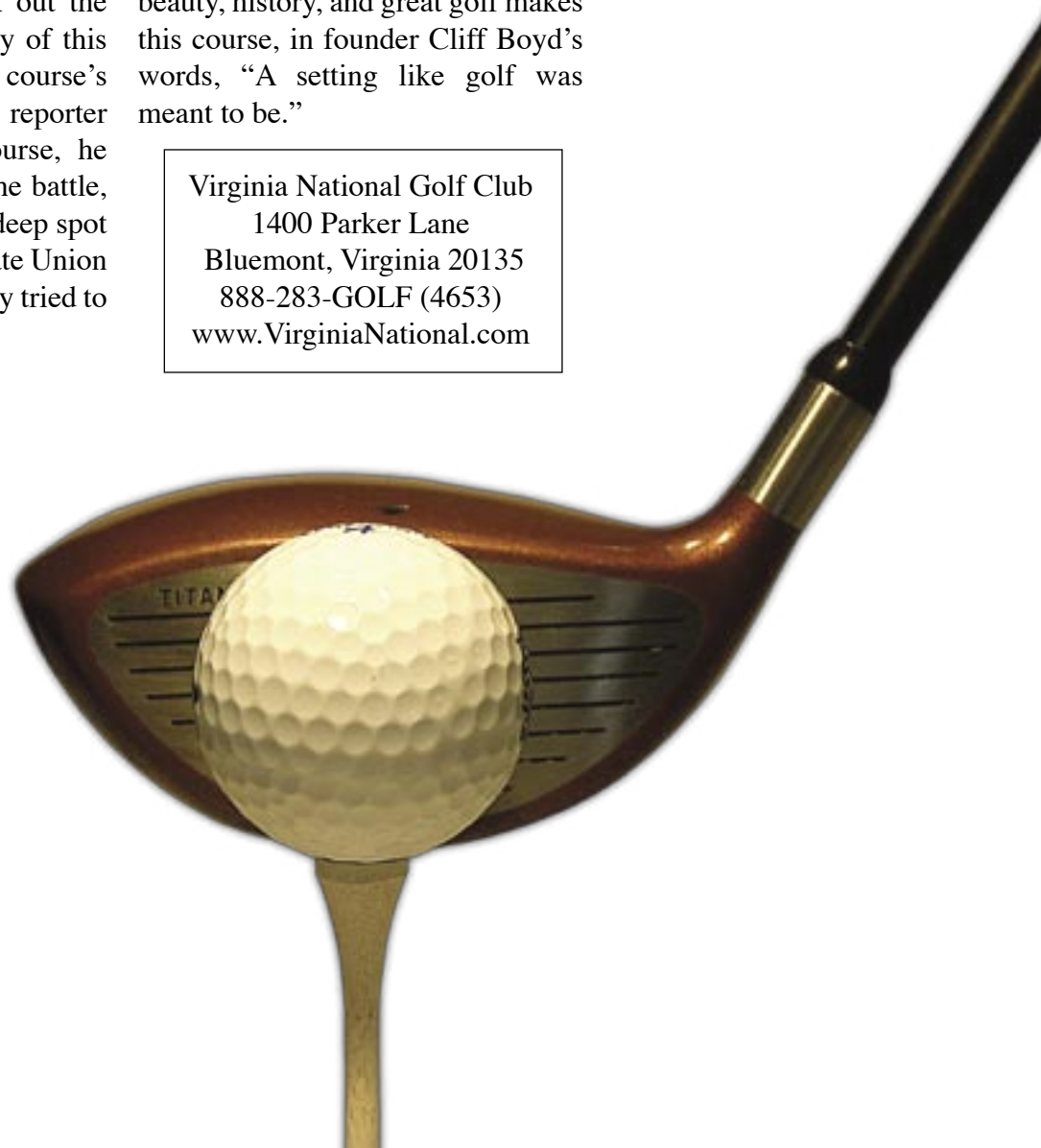
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PROPERTIES IN HUNT COUNTRY

CHESLEY



245 Acres in Old Dominion Hunt Territory
•Magnificent manor home with domed-stair hall •Ballroom •Parlor •Library •Gourmet kitchen •Hidden room •Hidden stairway •Ornate and gilded detail throughout •Pool •Established gardens •Ponds •Pastoral and mountain views •Studio •4 stall barn •Outdoor ring •Paddocks **\$5,900,000**

WHIRLWIND FARM



Well designed traditional stucco house on 56 acres •Elaborate 1st floor master suite w/his & her baths •3 BR's all w/adjoining Baths •Family room w/FP off well appointed kitchen •Solarium •Formal sitting room w/French doors leading to pool & terrace •Guest quarters above 3-car garage •OC Hunt Territory •Pastoral Views •Privacy **\$3,900,000**

SALEM HILL



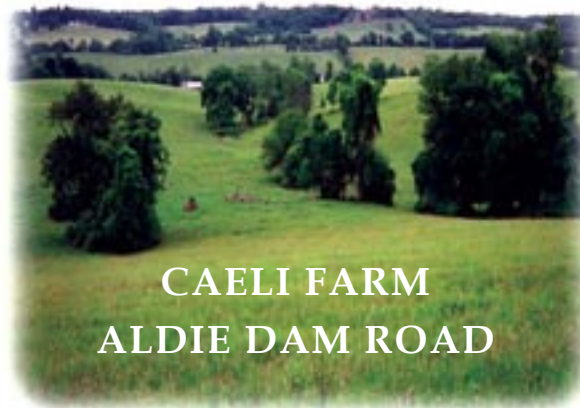
51 Acres in Orange County Hunt Territory
•5 BR home w/gourmet kitchen •Wine cellar •Master suite on first floor •Flagstone terrace •Pool •Carriage house with 4-bay garage, guest suite, LR with vaulted ceilings, kitchen & work area •Extensive horse facilities •9 stall barn •Covered arena •Sand Ring •Cross fencing **\$3,200,000**

MONTVALLON



Country French style manor •25 secluded acres with breathtaking views •Approx 6500 sq ft of elegant living space •Beautifully appointed rooms •High ceilings •Extraordinary quality throughout •Manicured gardens enhance the pool and grounds •Flagstone terraces •Fabulous master suite with vaulted ceilings, fireplace, wet bar and deck **\$2,395,000**

406 ACRES HIGH ROLLING LAND



CAELI FARM
ALDIE DAM ROAD

ALLWYN COURT



Ideal horse property situated at the foot of the Blue Ridge Mountains •Well designed 16 stall barn w/2 wash stalls, tack room, office, hay storage •All stalls 12x12 •32+ board fenced acres •Attached indoor arena 70x178 •2 lg fields •2 paddocks •Stucco main house w/3 BR, 2 BA •Small tenant house •Upperville area •Piedmont Hunt Territory **\$1,700,000**

GLENLOUGH



Immaculate stone & cedar home by Thomas Beach on almost 70 acres in Warrenton Hunt Territory •Winding, oak-lined drive •Superior quality & detail •Bright rooms, oakwood floors, high ceilings & French doors •4 BR, Master suite on main level •2 Fireplaces, attached garage & mudroom •Spacious porch with lake & forest views •Conv. & charm **\$1,585,000**

KAPILO



Fabulous showcase home •10+ tranquil lakeside acres •7.2 miles from Middleburg •Oak floors •High ceilings •Chef's kitchen •Main level master bedroom suite •Two in-law suites •Five fireplaces •Lovely fenced pool •Sweeping views from every window •Ideal for family life and entertaining **\$1,570,000**

PAXSON RD



17+/- acre horse farm located just 2 miles from Round Hill •Black board fencing & stone walls surround this charming 5 BR, 3.5 BA all brick Colonial home •Bright new sunroom w/radiant heat flagstone floor •4 FP's •Full basement w/separate entrance •Pool •2-car garage •10 stall barn w/tack room •Several paddocks •Run-in shed •3 ponds **\$895,000**

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