

January 20, 2005 ~ February 16, 2005

## Public Voices Continuing Concerns Over Water and Sewer

Jennifer Hevns

for applications to be turned in seven days before the Committee meeting at which approval is requested. The Planning Commission is asking that the deadline be pushed back to 14

As a possible solution, Schneider presented to Commission and Council

According to Marchant Schneider, Town Planner, an extension of the Town's current deadlines on Certificates of Appropriateness is desired in order to give staff members ample time to review and verify the information presented in each application before making a decision. The code currently calls

days prior to the Review Committee's meeting.

In an effort to better serve Middleburg's visitors, the Planning Commission is looking into parking availability in the Town. Schneider said that a former study "found a deficit in parking." He stated that the Planning Commission is look-

the option of building parking facilities in the C3 district of Middleburg, which primarily comprises the properties south of Federal Street and southwest of Madison Street. The facility, said Schneider, should be built under a Special Use Permit.

The public, approximately 30 of the community's residents, area

Continued Page 6

**“May reasonableness and logic prevail in these negotiations.”**

**-Reggie Dawson, Town Resident**

## Jennifer Heyns

Local business owners, in conjunction with the Middleburg Business and Professional Association, are working to bring the community together for a special night in support of Project Hope and the victims of the Indian Ocean Earthquake and Tsunami.

The event, "Project Helping Hands," will begin at 7:30 pm on February 9 at the Middleburg Community Center.

Project Helping  
Hands will be a full  
evening offering  
something  
for

everyone: great food, a live auction, a silent auction, and a big-screen television viewing of Bravo Channel's Project Runway—a reality-based TV show in which Middleburg resident Wendy Pepper is a contestant.

According to the Finicky Filly's Judy Casey, local churches and restaurants will be donating coffee, baked goods, beer, wine and more. Casey also said that many of the Town's business owners gladly reached into their own pockets to donate special items for the silent auction.

"I don't know what everyone else will be donating," said Casey, "but I can tell you that the Finicky Filly will be donating jewelry."

In addition to the silent auction, there will also be a live auction with just one special

Continued Page 8

Request in homes by Thursday 01/20

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Jay Hubbard

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**Foxcroft School and Chartwells Dining Service Raise \$3,000 for Tsunami Relief**

Middleburg, VA.—Mr. B's famous Bar-B-Q was featured at the Foxcroft School and Chartwell's Dining Service benefit for Tsunami relief last Saturday. The group raised \$3,000 during the day and all proceeds will be contributed to the American Red Cross Tsunami Relief effort. Middleburg Bank generously contributed their parking lot to the organizers and Chartwell students went door-to-door taking orders and delivering the delicious sandwiches and brownies.



*Dec Dec Hubbard*

# News of Note

## Loudoun Burning

Who Will Stand Up and Put Out This Blaze?

Mike Dehart

In late November and early December, 1864, smoke rolled across the Loudoun Valley of Virginia, as unchecked fires leapt from its barns, mills and haystacks. Union General Wesley Merritt crossed the Blue Ridge at Ashby Gap to conduct a brief operation referred to as the “burning raid.” Its purpose was to deprive Confederate Colonel John S. Mosby of the livestock and foodstuffs to support his irregular troopers and their mounts.

Ida Powell Dulany, a resident living in northern Fauquier (which was also burned), recounted in her diary, “At night we could look out and see the whole country illuminated by immense fires.” In just five days, Merritt’s cavalry laid waste to some of the nation’s most productive farmland.

As the hand-notched timbers of oak and chestnut were converted to smoke and ash, many of Loudoun County’s men slipped away to avoid capture; orders were to detain men 50 and younger regardless of loyalties. According to family tradition, my great-grandfather and his twin brother, Edward and Edgar Dishman, waited out the raid on the slopes of the Blue Ridge. Others, including an elderly Quaker named William Burson (my great-great-grandfather), stayed behind to protect the fruits and foundation of their livelihood.

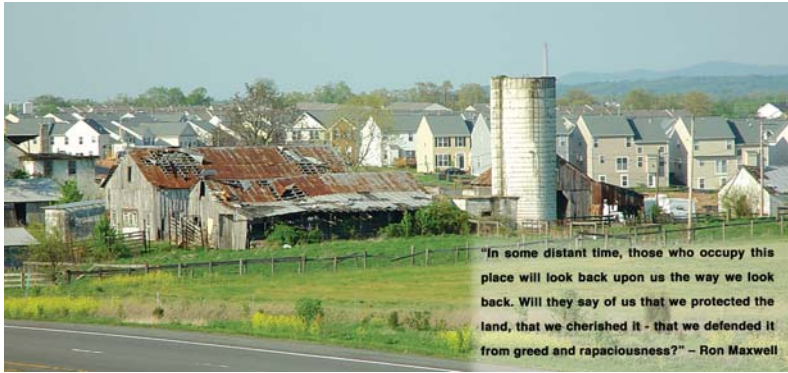
One-hundred-forty years later, a different conflagration is sweeping the Loudoun Val-

ley and beyond. This landscape had steadfastly withstood the ravages of four wars in the century between 1754 and 1865. But the new threat is no less incessant nor profound in its consequences. To the contrary, the current crisis facing Loudoun’s residents makes the “burning raid” something of a quaint historic footnote.

The soldiers that crossed William Burson’s farm in 1864 did not stop to ask where his loyalty stood, but rather lit his chicken coop and moved on. The crippled Burson struggled out to the coop and extinguished the blaze, but the soldiers returned and relit it. Three times, so family lore recounts, this process was repeated, until a Union officer came upon the scene and ordered his men to spare this farm.

The structure stood for generations afterwards, off in the woods near “Poor House Lane,” named after Loudoun’s third “alm” or poor house, which Burson built in 1814. It is a tribute to someone who acted despite long odds, someone who did not follow the old Loudoun County motto, “I Byde My Time.”

The amount of destruction incurred during the 1864 raid was not fully documented. One of the two brigade commanders did provide a detailed report, which cited 230 barns, 8 mills and 1 distillery destroyed. Taken together with the livestock slaughtered or driven off and the thousands of tons of



hay and grain destroyed, damages reported from just half the operation were estimated at \$411,620, worth roughly \$4.5 million today.

Incredibly, the current threat to land and the quality of our lives will have more lasting consequences. According to the Chesapeake Bay Foundation and based on current trends, 800,000 more acres of land in the greater Washington, D.C., region will be developed by 2030, representing an 80 percent increase. The vast

majority of land consumed in that few development—more than 700,000 acres—would be farmland, forest, and wetlands. But the study also found that the same growth could be accommodated using two-thirds less land and preserving more than 550,000 acres of that same farmland, forest, and wetlands.

The most fundamental problem is not growth itself. Homes are not bad things. Rather the problem is that we are scattering ourselves across the landscape, consuming un-

precedented quantities of a limited resource and paying for it in traffic, taxes, and other costs. Nowhere is the cost of rapid, unwise growth more apparent than in Loudoun.

It’s hard to believe, but Loudoun’s population stayed nearly constant for almost two centuries. At the time of the first U.S. Census in 1790, there were 18,962 souls in the county. By 1860, that number had grown to 21,774, and in 1960 stood at only 24,549. In 2003, the Census Bureau estimated the popu-

lation at almost ten times that: 221,746. And that figure is up 30 percent from 2000.

The cost of the earlier conflagration was calculated for lost crops and buildings. This time, Loudoun’s explosive growth costs us in soaring tax rates, oppressive traffic, disrupted classrooms, declining air and water quality, environmental decay. The hardest cost to quantify now, however, is wholesale destruction of one of the nation’s most hallowed landscapes.

In Washington, D.C., and elsewhere, America has erected monuments for our greatest leaders and events, but in Loudoun we can explore the original landscapes that are intertwined with those monumental events and leaders. Loudouners all live in the midst of history and those who shaped it. It is difficult to wander down a Loudoun back road and not bump into a significant landmark, including ones these great leaders themselves erected.

Film Director Ron Maxwell captures best the significance of this aspect of Loudoun: “The land is the people and the people are the land. Over centuries, the love of the people has dripped its life force into

the soil, into the very rocks and rivers. It is American land. It is our land.”

To quote Maxwell again: “In some distant time, those who occupy this place will look back upon us the way we look

back. Will they say of us that we protected the land, that we cherished it - that we defended

it from greed and rapaciousness?” ❁

## We Don’t Have to Fuel the Fire

Mike Dehart

Jim Duszynski, in a Letter to the Washington Post dated December 5, 2004, asks Loudoun’s citizens to “give growth a chance.” That, to my mind, is a pretty large pill to swallow.

To be sure, Loudoun’s current growth trajectory has its short-term economic beneficiaries. But if we continue to lead the nation in “giving growth a chance,” good luck to you (and me) getting to work.

And don’t expect our property taxes to stabilize. Asthma? Expect more of it. Oh, and about those things that drew us to Loudoun in the first place, or kept us here for the quality of life? Forget it. They’ll be gone.

As Eugene Scheel and other local historians have pointed out, the irony of that earlier attack on Loudoun’s citizens was that many of its victims were Quakers who, despite pacifist tendencies, were strong supporters on principle of the Union war effort. They ended up suffering with their secessionist neighbors.

The apparent irony of the current crisis in Loudoun is that the county’s newest residents are also victims. But this is really no irony at all. Attempts to pigeonhole growth issues as East/West or Old-timer/Newcomer obfuscate the facts: Explosive growth is detrimental to us all. All of our barns are getting burned.

Rapid residential growth has not even provided the affordable housing that some in the development community would want us to believe. Affordable housing always seems to be planned somewhere over the horizon a long commute away. For example, developer interests have (so far) successfully derailed even forward-looking Arlington County’s attempt to promote more affordable housing in new development projects inside the Beltway.

Just as it took Loudoun’s nineteenth century citizens decades to recover from the “burning raids,” so too will it take us decades to recover from the economic burden that the unwise development now being set in motion places upon Loudoun taxpayers and the degraded quality-of-life that faces commuters and school children. While many of our historic antebellum mills and barns are gone forever, a healthy and bucolic countryside came back quickly from the ashes of 1864. The scattered, unwise development now being proposed is not something we can realistically expect to recover from in our lifetimes.

We can fuel that fire, or fight it by looking for better alternatives. We can only “give growth a chance” once. Once a coherent quality of life is gone, it’s gone.

As for me, I will byde my time no more.

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News of Note

Town Council

Continued From Page 1

neighbors and professionals, had nothing to say on either of the issues and so the joint hearing was adjourned.

After a 10-minute recess, Mayor Tim Dimos convened the Town Council Meeting.

"This will be a special meeting," Dimos noted, "as I believe we have some special news." He then announced that the Town Council is encouraging both new and established town businesses to introduce themselves to the Council and the Town at the monthly Council meetings. Present to do just that were the owners of two of the Town's newest businesses: Hump Astoria of Aster Restaurant and Pat Daley of Books & Crannies.

The Town then introduced and welcomed two of Middleburg's most recent additions to the police department. Officers Dave Payne and Lester Jones.

Next on the agenda was a presentation from local fashion designer and reality TV show contestant Wendy Pepper and the Middleburg Eccentric's editor, Dee Dee Hubbard. They invited the Town's Council, business people and residents to an evening event benefiting tsunami relief. The Middleburg Business Association has planned a fund-raising evening of coffee, dessert and wine on February 9 for the community to view the finalist selection on Bravo Channel's reality show Project Runway—to see whether Pepper makes the cut and also to join in a live and silent auction.

Every penny collected for the event will be donated to Project Hope to aid tsunami relief efforts. The event has been coined "Project Helping Hand." "This is one of those opportunities for Middleburg to look outside itself," said Hubbard.

Most of the meeting attendees had been waiting for the next agenda item: Public Comments. As expected, most, if not all, comments addressed the issue of the Town's water and sewage system, intertwined with related concerns about the town's relationship with

Dr. Sheila Johnson's Salamander Inn.

Townbridge Littleton, Town resident, spoke first, waving his latest water and sewer bill in the air. He stated that the Salamander Inn "is happening" and that he is concerned with mounting utility bills, which he expects to be aggravated by the costs of the inevitable upgrade of the water system. He made a plea to the Council to negotiate with the Salamander Inn to come up with a plan that will not mean more

hikes in water bills or taxes for the Town's citizens.

Resident Sandy Underwood spoke very directly and called for the Council to either make a decision and move forward with it or to "step aside." He vowed that he would not remain a resident of Middleburg "with those kinds of water bills."

"Your job is to be leaders," Valerie Kelly told the Council, "and to have foresight and perspective." She contended that the Council should find that the Salamander Inn, "as proposed" is not of appropriate size or scale for the community. "The sewer problem did not spring up overnight and it's unreasonable to expect an overnight solution," said Kelly. Kelly recommended that any negotiations with Salamander be "open to public scrutiny."

Nancy West, of Parsons Road, read from prepared comments designed to be entered into public record. She, too, voiced her preference for a smaller-scaled inn,

placed within town limits so that the water and sewer lines would not have to be extended.

Edward "Snooks" Swain spoke of the "good Middleburg" that people refer to and how Middleburg now differs from the one he remembers. He told the Council that it should stop dragging its feet on the issue. "He hoped that it's not too late "to work a deal to the Town's advantage."

Anne Adams, self-proclaimed "horse wife and mother,"

addressed the Council. Noting a letter he'd presented to the Council on behalf of Salamander Development prior to the meeting, formally proposing further "discussions regarding the possible extension of Town water or sewer service to the Salamander Inn," he stated that his intent was to make himself available to answer questions and to keep the lines of communication open. The Inn, according to Rak's letter, "is making a transition in team members to bring in an experienced operator of high-quality inns and spas" and is "committed to keeping you informed of our progress and would be pleased to provide regular updates if you would be interested."

The letter also urged the council to appoint a formal representative authorized to discuss any issues of concern directly with the Salamander team.

Resident Mike Morency advised the Council to decide what it wants before entering into negotiations. Steve Plescow, Middleburg resident and Planning Commissioner, said, "I hope we will welcome Salamander as a neighbor," and listen to them. "The project's happening—we need to deal with it," he said.

Sonny Underwood added that, "If you stop development, America wouldn't last 30 days. That is the backbone of this country-building."

Reggie Dawson ended the evening's public comments with a brief yet poignant remark: "May reasonableness and logic prevail

in these negotiations."

Mayor Dimos then gave each Council member the chance to react to the comments.

Although the council remains clearly split about the very idea of the Salamander Inn, they all seemed to agree they weren't ready to make a final ruling on the matter.

Council member Eura Lewis stated that when the issue is complete, there will be a "positive change in the community," that the Town stands to profit from it, and that she cannot see why a decision is not forthcoming. She supposed that maybe the real issue is race, as a "highly-educated black woman" is at the heart of the matter. "Is it really the spa, or is it race," Lewis asked.

Ending the Public Comments segment of the night, Mayor Dimos encouraged Council members to personally go out to visit the Salamander Inn property to get a better feel for what they needed to consider.

As the Council moved on to staff reports, Town manager Mike Casey noted that some of the especially high water bills sent out this month were caused by a system software problem. The bills, he noted, would be corrected.

Other action items included postponing consideration of the revised Town budget to a later meeting and approving plans to petition the Circuit Court to amend Board of Zoning Appeals membership terms so that appointments are, once again, staggered, with one term ending each year, as required by law.

Ending the session on a high note, Mayor Dimos announced that he would be donating his just received yearly Town paycheck, in its entirety, to Project Helping Hands. Council member Betsy Davis also agreed to donate hers.





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## News of Note

### Wendy Pepper Shows Her Style Local Designer Continues Winning Streak on Project Runway

Glenda Cudaback

When Wendy Pepper was growing up, when things were not always going the way she hoped, she dreamed that someday she'd be successful enough to help maintain her family home at Outlands and help others in need. It did not occur to her that her love of fashion and a civilized life would make both dreams a reality. Last week, as Wendy continued her winning streak on the Bravo television network's Project Runway, it was more and more clear that her talent as a designer was more than matched by her ability to meet any challenge and shape a strategy for success. During the last two televised competitions when the designers were judged on their teamwork skills and on their ability to collaborate with a customer without descending into "dressmaker" status rather than that of "designer," Wendy not only made the cut, she began to demonstrate clearly the courage and dedication it takes to succeed in the cut-throat fashion business. "I have to say Austin was the weakest link on our team," Wendy said frankly. Wendy fairly drew a

bead on the overly sensitive leader of her team on the teamwork challenge show on which each team was asked to create a design for a young rock and roll singer in need of a fashion make-over. By focusing on the lack of leadership exhibited by the young, overly obvious Yves St. Laurent worshiper, Wendy focused the judges precisely on the most critical element of teamwork: leadership. Her intelligent and brave comment shocked not only Austin, who, within minutes was in a state of complete collapse, but many of the other competitors who have trouble getting a fix on the Middleburg designer. Although Austin's three-person team lost the teamwork competition, Wendy and Austin made it through to the next week's customer collaboration challenge. The losing designer was Vanessa, a talented Texan who told the judges she was the weakest link on the team because she did not sew well, thereby, assuring her dismissal as an individual who lacked both confidence and strategic brilliance. When asked to compete in the next show, the challenge was

the "Designer Client Relationship." Each designer was asked to choose a model with the understanding that their model would be their client in search of her perfect wedding dress. No lack of nightmare proportions here. The customized wedding dress may be the most challenging assignment any designer ever faces. Dressmakers simply attempt to create what is requested of them. Theoretically, a fashion designer brings his or her style to the equation and refines the customer's vision without in any way making the customer feel her idea was lost to a dictatorial designer. Although Austin is still really angry about Wendy's comment about his lack of leadership and "doesn't consider her his friend anymore," Wendy understands that success is not a popularity contest and is totally focused on her model's suggestions about her wedding dress. Totally professional throughout the entire design and production process, Wendy creates a beautiful, languid design that not only looks lovely but makes her model immensely happy. "It's critical and difficult to

keep your client happy and maintain your own style," says judge Michael Kors, and Wendy agrees absolutely. "You always want to maintain control," she says, "but when your customer has definite ideas, collaboration becomes the goal if you want to be successful." The wedding dress designs were wonderful, everything from classic, satin columns and beautiful pleated tiers of sheer organza, to leather bustiers and Austin's aqua, spaghetti strapped can-can extravaganza. Not one model complained. Each insisted her dress was "exactly" what she wanted, but few creations were real collaborations. For anyone in the Middleburg and Northern Virginia area who knows Wendy Pepper's designs, it was gratifying to see how closely her dress reflected her beautiful evening gown style without losing a bit of the brief her model had given her. Once again, Wendy Pepper makes the cut. 🍷



Jay Hubbard

### Middleburg's Tsunami Relief Benefit Continued From Page 1

item on the block—a limited edition, numbered dress designed by Wendy Pepper during the third episode of Project Runway. Pepper's design won the competition and was produced in a special limited edition by Banana Republic. "They only made 200 of these dresses," said Pepper. "They put it online and it sold out in three hours. It was quickly up on E-bay as 'a

rare piece of fashion history'." Pepper is very excited about the prospect of influencing the direction of American fashion. She will be present at Project Helping Hands and hopes to watch the February 9 episode with the entire community at her side. She said she looks forward to sharing her experiences on the show with her neighbors and will make herself available

to answer any and all questions that anyone might have for her. "I love to opine about anything," said Pepper, in anticipation of the night. The TV show will air from 9 pm to 10 pm, and the episode that night will determine the competition's three finalists. Although Pepper can't say if she makes the cut, she hopes everyone possible comes to

watch, have a great time, and raise funds for such a worthy cause. According to Dee Dee Hubbard, who spearheaded the event with Judy Casey and Laurie Root, every ingredient going into Project Helping Hands to make the evening a success is being donated by community members. With no additional fund-

raising costs this means 100 percent of the dollars raised during the event can be given to Project Hope. "I think this will be the first time the businesses and the residents of the town have all gotten together like this," said Casey. According to the event's planners, Project Hope was chosen as the organization to receive the funds raised both

Continued Page 15

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Morven

Markham, Virginia

Morven is a stunning renovation and has been accepted for inclusion in the National Register of Historic Places. Original portions are from 1826 and 1845. 14' ceilings and original pine floors through parts of this stucco over stone home. The modern addition includes a large kitchen with open family room and fireplace for today's living. Situated on 85 acres of open pasture and paddocks in 4 parcels. Improvements include a stone guest house built in 1819 and a 4-stall King Construction center aisle stable. \$3,500,000.



Phoenix Hill

Middleburg, Virginia

Lovely brick colonial with 5 spacious bedrooms and 3 1/2 baths. Located on 14 pristine acres bordering Goose Creek in Middleburg. Improvements include inground gunite pool, pond and two paddocks. \$1,975,000.



Commercial Building

Middleburg, Virginia

One of the oldest buildings in Middleburg. Two-story stucco over stone with two parking spaces. Zoned C-1. \$435,000.



Desiderata Farm

Leesburg, Virginia

36-acre horse farm located north of Leesburg. The well maintained equestrian facilities include 2 barns with a total of 9 stalls, 2 tack rooms, a wash rack, hot water and ample hay storage. There are 5 fenced paddocks, each with water, electric and a run-in shed. Lighted sand and bluestone arena, equipment shed and a stocked pond. The lovely 3, or 4, bedroom Cape Code has a two-story entrance foyer with a beautiful curving staircase, updated kitchen and a striking cedar and exposed beam family room. The upstairs master suite has a large cedar walk-through closet. \$1,850,000.



Longfield

Middleburg, Virginia

Built in 1986, stone house with slate and metal roof, 4 bedrooms, 4 1/2 baths, 3 fireplaces, hardwood and onyx floors, and rear flagstone terrace. 96.73 gently rolling, mostly open acres with mountain views. Improvements include a 5-car garage, in-ground pool and spa, and cattle barn. \$3,900,000.

Land

Bloomfield, Virginia

90 acres, mostly cleared with mountain views. Stocked pond and new fencing. \$2,000,000.



Briarlea Farm

Purcellville, Virginia

Rare and special 18th century stone and brick Quaker home, completely updated. 4,400 square feet with 5 bedrooms, 3 1/2 baths, gourmet kitchen, 7 stone fireplaces, original chestnut and walnut floors, plaster walls with crown molding, broadband access. 13 acres with mature landscaping, extensive boxwood gardens and views of surrounding mountains. 2-car garage, swimming pool and fencing. \$1,400,000.



3085 Rectortown Road

Rectortown, Virginia

Adorable country house in village of Rectortown. Fabulous kitchen/family room with stainless steel appliances, hardwood floors, and fireplace. 3 bedrooms, 2 1/2 baths. Nice back yard entirely fenced. Also for rent for \$1800 a month. \$485,000.



Land

The Plains, Virginia

50 very private acres of mostly open land with spectacular views of the mountains and surrounding countryside. Located on Busthead Road in the Orange County Hunt. \$1,000,000.

News of Note

Piedmont Community Foundation

Lucy Wittie Goldstein

Have you ever heard about someone creating a charitable foundation but trembled at the time, patience, or know-how required to do it yourself? Have you ever hoped to make a difference by donating money to a worthy cause but felt stymied when confronted by the vast array of charities and nonprofit organizations out there—all of which seem reputable and in need? The Piedmont Community Foundation seeks to provide many different avenues for charitable giving by individuals like you. All of their efforts help people and organizations in the Loudoun and Fauquier areas.

Founded in 1999 by a board of directors in Middleburg, the Piedmont Community Foundation serves a unique purpose in the area. It is what Development Director Karen Krei calls the “piggybank for the area’s nonprofits.” In other words, PCF acts as a clearinghouse for people wishing to donate either to a general fund, which will be allocated wherever the need is greatest, or to a specific fund of their choosing. PCF offers donors just what most of them are seeking: anonymity, an easy path through necessary red tape, and

a way to build permanence into gifts.

Mrs. Krei says that, “PCF is in the phase I’d call growth. We want to get people to see what it is that we do.” What they do is connect donors to the causes that donors wish to support.

Aren’t nonprofit organizations happy for any donation they can get? Yes, says Mrs. Krei, but there is another side to the story that the ordinary donor may not be aware of: “Organizations are in the business of what they do—whether it be feeding the hungry or helping with land conservation. That means the smaller ones don’t have the time or ability to build their own long-term savings accounts, so PCF can help. If we can get the smaller money to the larger money, we have a better chance of placing investments in all the places of need.”

PCF’s General Fund is not just their own operating fund, but rather the major fund that is unrestricted for foundation use. Many organizations can apply for grants directly from this fund, and PCF’s Board of Directors will decide how to allocate the money. The directors are “well-armed with research” on which organizations need what every year.

Mrs. Krei says, “This is the fund to which most people would contribute when they want to help in a general nature. There is no restriction on amount contributed, nor is there a predetermined or time-restricted use, such as endowment.”

The Foundation is also the manager of funds opened by individuals or organizations to channel money directly into specific designated causes. PCF’s goal is to provide an easy way for people to invest in the community with informed fund management and the tax advantages associated with giving through a community foundation. Often, private foundations become too much trouble for the private citizens who run them; PCF allows private foundations to be rolled into its umbrella organization. The Foundation will then take on the responsibilities for the paperwork, the tax files, and the general management of the fund. Many people who want to see their funds go to work but don’t enjoy the bureaucratic burden find this service a welcome relief.

There are several types of funds available through PCF. The Community Fund meets the emerging and changing needs of

the northern Piedmont region, including Loudoun and Fauquier counties, and it distributes money to qualified non-profits.

A Designated Fund is a fund that has its income pre-designated by the donor. This allows the donor to name a specific charity which will benefit from his or her gift for the lifetime of the fund.

Donor Advised Funds allow the donor to be directly involved in the distribution of money from their fund, and recipients and amounts may vary from year to year. This kind of fund is recommended for those donors who wish to be spared the cost and administration associated with private foundations, while still being allowed control over the money in their fund.

As a donor, you can also target a need rather than a specific charity.

The Foundation will make grants for you to those organizations who serve the people you want to help—the homeless, hungry, arts organizations, etc. Donors wishing to do something in the wake of the South Asian tsunami may want to use this type of fund to put money in place for disaster relief operations in our own area for the future. The important thing—and

the thing that PCF does best, says Mrs. Krei—is to get the money in place before it is needed.

Piedmont Community Foundation is in the business of giving grants, not preventing them, comments Mrs. Krei. “The directors got into this business because they thought it would be fun to find that which really needs to be funded in this area.” Those directors include Tim Dimos, attorney-at-law and mayor of Middleburg; Susan Jane Shack, chief of Special Projects and Development of Loudoun County; Joe Boling, chairman and CEO of Middleburg Bank; Steve deLong, executive vice president of Cavalier Land Development Corporation; and David Hatley, vice president of Trekstar Trust Company.

Piedmont Community Foundation encourages anyone and everyone in the Virginia Piedmont area to make a donation or to volunteer their time during upcoming community outreach drives. Their phone number is 540 687 5223, and you can find them on the web at [www.piedmontcf.org](http://www.piedmontcf.org).

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# Health & Well Being

## The Example of Polio

Terry Shaner

Next April 12th may be a day of special convergence, between the past and the future. Historically, it will mark the 50th anniversary of the Salk polio vaccine—specifically, the announcement at the University of Michigan that the vaccine worked. Randall Kerr, a second-grader in Fairfax, VA, was the first person in that clinical trial. 1.8 million children later, the results for safety and efficacy were in, and the rejoicing began. For the future, the same day may be the date when poliomyelitis ceases to exist as a wild type human disease. World health authorities have whittled away the outbreak areas until only a few in Africa remain. Polio is gone from the Amazon's jungles, New Guinea's highlands, and India's remotest village. A few cases have arisen from the live virus, oral vaccine (Sabin) among people with diminished

immune systems, but because most of humanity has been immunized, the virus has no where to spread. As with the eradication of smallpox, when the last afflicted person is found, eradication has reached the beginning of the end. After a few years of continued vaccination, close surveillance, and no further cases, poliomyelitis will be finished—having existed since the times of the Pharaohs.

Already, polio is mostly forgotten. Young people today have no memory of iron lungs, swimming pools closed because of the epidemic, or the paralyzing fear that swept neighborhoods when a child came down with the disease. Actually, polio was not terribly virulent. At its worst, in 1952, polio's mortality rate was only thirteen per 100,000 population (cancer mortality, today, by comparison is 167.8 per 100,000). While the virus spread widely, 95%

of those infected showed no signs, and of the 5% who did present symptoms, only a small number became paralyzed or died. On the other hand, about 20,000 serious cases annually in the early 1950's outnumbered our "9/11" atrocity, and because the disease crippled far more than it killed, the patient population accumulated year after year during the early phase of the "baby boom." Polio-survivors, by 1990, were a driving force behind the Americans with Disabilities Act. Every community with side walks now has a "monument" to polio in its curb cuts.

Jonas Salk (1914-1995) and Albert Sabin (1906-1993) are the polio story's best-known heroes. Neither of them referred to their vaccines by their own names—those were the monks' journalists bestowed—"Salk" for the killed virus vaccine, and "Sabin" for

the weakened live-virus vaccine. Both donated their discoveries for the public good. Because Jonas Salk used formaldehyde to denature polio virus there was little risk of his vaccine causing the disease if it was manufactured properly. Its disadvantage was that only people who received an injection were protected. Albert Sabin, like Louis Pasteur, grew the virus in a succession of animals, thereby weakening it for infecting people. But because Sabin's oral vaccine lived for about two weeks in a child's intestines, where it shed into diapers with a good possibility of reaching other people, vaccination spread in the same manner as the disease. Fear that the live virus vaccine might cause polio prevented Sabin from conducting a large scale clinical trial in the United States; so he organized a massive trial in the Soviet Union and Poland (115

million people, at the height of the Cold War). This experiment abroad opened the way for oral polio vaccine use in the United States after 1962. The vast majority of humanity has been immunized with Sabin's vaccine, but now, with the last few cases, safer Salk's vaccine is doing the mopping up. Polio eradication would not have been conceivable without both.

Neither Salk nor Sabin won the Nobel Prize for their vaccines. That may have been partly due to the extreme animosity between them and their camps. From a scientific standpoint, though, the vaccines were afterthoughts—something the Nobel committee could have assumed would happen after researchers learned how to grow the virus in sufficient quantity to make either vaccine. The Nobel Prize for Physiology or Medicine for growing polio virus went to the Harvard team of John Enders, Thomas Weller and Frederick Robbins in 1954, a year before results of the Salk vaccine clinical trials were known.

When Enders, Weller and Robbins first carried out their prize-winning research, they were investigating chickenpox virus, attempting to grow it in human embryonic tissue. With "left-over" skin and muscle from an abortion of four months gestation, which was terminated because of rubella in the third month, Weller recorded using it to grow polio virus on March 30, 1949. It was not illegal to use human embryonic tissue in medical research at that time, though abortions were illegal; Robbins said, however, they had no trouble acquiring embryonic tissue from several hospitals in Boston. Technically, the advantage of using embryonic tissue was the low risk of contamination from other viruses, which then might naturally recombine with the virus being grown and cause unforeseen complications. Once they found polio virus grew in embryonic tissue, they then succeeded with growing it in human kidney (removed from children suffering with hydro-

Continued Page 15

## Mental Health Comes to Middleburg

January 2005, Middleburg, Virginia- The new year brings a team of expert mental health providers to Middleburg and the surrounding communities. Psychology Associates at Middleburg, the partnership of Dr. Lynne Hahnemann and Dr. Heather Paige, licensed clinical psychologists, makes available their combined 32 years of experience in the field of mental health. Located at 108 West Washington Street in downtown Middleburg, Psychology Associates plans to provide both assessment and treatment for children, adolescents, adults, couples and families in need of services.

Dr. Hahnemann, a native

Virginian now living in The Plains, is a certified Forensic Evaluator and offers advanced skills in diagnostic and educational evaluation and treatment of children aged infancy through late adolescence. Additionally, Dr. Hahnemann maintains expertise in crisis intervention and the treatment of eating disorders, learning disorders and problems with Parent/Child relationships.

Dr. Paige, also a Virginia native and living in the rural Middleburg area, is currently the Director of a mental health unit in Fairfax County serving troubled youth. There she provides advanced crisis assessment and intervention as well

as psychotherapy. In addition, Dr. Paige maintains a small private practice in the Fairfax area where she provides both brief and long term psychotherapy for adolescents, adults, couples and families. Utilizing an integrated approach to mental health, Dr. Paige utilizes client's innate strengths to support the overall healing process.

The Associates look forward to joining the community and providing professional services to those in need. ®

CONTACT INFORMATION  
 Heather Paige, Psy.D.  
 Psychology Associates at Middleburg  
 703) 801-8559

## Middleburg's Tsunami Relief Benefit

Continued From Page 8

because of the tremendous humanitarian effort they put forth, and because they're locally based, in Millwood, Virginia, not far from Winchester.

Project Hope was founded in 1958 by Dr. William Walsh. According to Project Hope's current President and CEO, John P. Howe, M.D., "The founder spoke with President Eisenhower and shared the observation that around the world many people did not understand or like Americans." Howe explained that this discussion immediately followed publication of the classic, *The Ugly American*. "Eisenhower explained that the remedy could be found in creating people-to-people programs," continued Howe.

Thus, the USS Hope, a Navy medical supply ship, was converted for the use of Project Hope. The new ship made its maiden voyage to Indonesia in 1960. In the mid-1970s, said Howe, Project Hope became a land-based organization, helping people help themselves.

Project Hope is currently active in 34 countries around the world and concentrates on human aid and health professional training. "To date, we have trained over two million health professionals and distributed over \$1 billion—that's billion with a B—in medical supplies," said Howe, "all due to the generosity of the American people."

Project Hope was already on the ground in Thailand and Indonesia when the tsunami hit and is still there helping to provide relief and aid. "This is a short-term sprint, in a long-distance marathon," said Howe, "and Project Hope plans to be there for the long haul."

The recent tsunami has already claimed well over 160,000 lives and has affected many more. Not only do the people of the devastated lands need help finding and burying their lost loved ones, but they will also be struggling for a long time to fend off the threat of water, air, and insect-born

disease. Recovery from the emotional impact of the disaster may take longer still.

It is sometimes difficult to fathom making a difference in such a vast disaster, but Project Hope is bent on doing just that, starting with training health care professionals, organizing relief efforts and lending a hand wherever it is needed. Every one of us can help, too, on a smaller scale, and collectively it can make a big difference.

We invite you to join the community for Project Helping Hands on February 9. Admission is \$25 per person. 100% of the money taken in at the event will go to Project Hope.

What could be better? Spend an evening partaking in fine food and drink, getting caught up in the action of an auction, watching reality TV that can determine the future of one of your neighbors and raise money for a great humanitarian effort, all at once. ®

For more information, call 540-687-3200.

## The Example of Polio

Continued From Page 14

cephalus), and finally with embryonic monkey kidney tissue which opened a way for mass vaccine production.

In the first instance, of where their research with embryonic tissue would lead. Weller and Robbins had no idea of where their research with embryonic tissue would lead. They did not know if their experiment would work until they tried. Once they realized polio

virus grew, they did not know how or why. Genomic and proteomic knowledge came a generation later. They may have foreseen the vaccine potential, but they could hardly have imagined global eradication—though Weller, who lives in Needham, MA today—may see that incredible accomplishment. Ultimately, the example of polio is that human embryo

research is the only medical technology, besides using cowpox virus to cross immunize against smallpox, which has benefited every human being alive today, through either vaccination against the disease or from living in a polio-free world. The example should not be forgotten. ®

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## News of Note

### The Tutti and Tommy Show

Teen Talk Show Takes the Stage

Jennifer Heyns

The trials of being a teenager will be center stage at the Tutti and Tommy Show which premiered at The Hill School on January 16 and will be presented every following Sunday in January and on February 13 and 27.

As most adults know, life is complicated by responsibilities that have to be met, time that must be managed and a fine balance must be created between work and family. But teenagers

struggle with peer pressure, body image, loneliness and fear.

Tom Sweitzer, founder of Creative Youth Theater Foundation, and Tutti Perricone, owner of Backstreet Café are friends who have paired up to bring the Tutti and Tommy Show to the Middleburg community.

Sweitzer, who has also been a theater teacher at The Hill School in Middleburg for 10 years, describes the talk show as, "An hour and 15 minutes of

positive talk with humor and a lot of information that teens and their parents can use."

According to Sweitzer, each show will focus on a different central issue. The issues will include peer pressure, body image, being a hero, Black History Month and more.

"The teens involved in the [Creative Youth Theater Foundation] program have developed the stories, format, commercials and substance of the show," said

Sweitzer, "Tutti and I are really nothing more than a conduit."

Perricone explained that the Tutti and Tommy Show is not a play, it's an actual talk show like a teen version of Oprah, but funnier and totally focused on teen issues.

"Tom and I thought it would be a really good idea to play off each other," said Perricone. "We bring different points of view about teens—Tom works with teens everyday, and then there's

my view as an older woman."

"We want to explore the issues of the teens in our area," said Sweitzer, "What is there for them to do, how do they stay entertained, with the nearest friend maybe 25 miles away and the closest mall 35 miles away? Especially the non-driving teens, say 14-16 years old, what is their outlet?"

Sweitzer encourages parents to attend the show with their teens, as the show is intended to

contribute to the entire family dynamic as they make their way through the teen years.

All of the proceeds of the show, said Sweitzer, are earmarked for the Creative Youth Theater Foundation's Scholarship Fund. The scholarships offered by the foundation, said Sweitzer, are given to students who want to further their education in the arts.

"At the Foundation, we want to offer opportunities and experiences for kids, while raising money to help them further their arts education," said Sweitzer.

Sweitzer and his Associate Artistic Director, Kim Tapper, established the Creative Youth Theater Foundation last fall. The mission of the organization is,

"to discover, inspire and nurture the talent, potential and imagination of youth who are ready to explore their world and themselves through performing arts." "Our goal," said



Sweitzer, "is to be there as a resource for families with an artistic child. We want to challenge children with the exploration of self-expression and hands-on creation."

According to Sweitzer, the Foundation specializes in improvisational performance and meets twice a month, during the school year, in Middleburg.

Creative Youth has also partnered with a sister program in Sweitzer's hometown of Altoona, Pennsylvania, where they also meet once a month "for an intensive three-day program." The program in Altoona includes the youths giving a live performance each month at The Church in the Middle of the Block, a studio for the arts. These monthly performances take place during the school year only.

Since its inception last September, Sweitzer's foundation has enrolled 38 youths, all of

whom have worked hard to put together material for the Tutti and Tommy Show. Each presentation of the show will be unique and offer valuable information, while being highly entertaining and appropriate for family members of any age.

The show will begin at 6:30 p.m. each performance date at the Sheila C. Johnson Performing Arts Center at the Hill School, located at 130 South Madison Street in Middleburg. The cost of attending the show is \$10 per adult and \$5 per child/student at the door. ☼

For more information about the Tutti and Tommy Show, call 540-687-5897. To find out more about the Creative Youth Theater Foundation, call 703-506-0541.

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# Our Earth

## What's New in the Garden

The Plant Lady

Karen "The Plant Lady" Resende

I t seems that 2005 might be a big year for gardening, if the new plants are any indication. Great strides have been made in many plant groups as new cultivars and hybrids are making it to market. More good news comes from the native plant front. Many hard to find and sometimes little known native plants are finally recognized as "in demand", which places them in the hands of propagators. Eventually these small seeds or cuttings grow large enough to fill nursery benches, the demand is beginning to be met with a meager supply. Hallelujah! In fall of 2004 we offered many new and exciting plants, spring of 2005 will even be more thrilling. Here are some highlights for 2005, a mere glance at things to come.

### "Cone Crazy"

The biggest buzz in the gardening world comes from a lowly perennial, the cone flower or echinacea. Gardeners are well aware that this plant comes in purple and a few know and grow the various white renegades. The big news comes from the new color forms, some intelligent hybrids mixed up the odd Echinacea paradoxa (a yellow flower-

ing species) with the various purple and pink species to come up with this exciting blend. In 2004 there was a very limited supply, I understand that only 7



firms were allowed to sell Echinacea 'Meadowbrite Orange' in the United States. Others that received liners (small starter plants) had to sign a form restricting release until 2005. The price remained high and problems in tissue culture produced a new color form which was named 'Meadowbrite Mango'. Both are quite beautiful and truly a color break with a clear orange and bright ochre. More colors will be forthcoming

ing and other companies have jumped on the bandwagon and are introducing their own color forms. Look for Echinacea 'Sunrise' which is described as

back roads of Loudoun County will reveal a few of these yellow composites in late summer. Many are tall and rather out of scale in a smaller setting. A little wild as well, romping and seeding, hell bent on self-perpetuation. The good news is that selections have been made that are shorter and often more dramatic. A particular favorite is Heliopsis 'Summer Nights' which grows three to four feet tall with ruby red stems and leaves. Yellow flowers first open with a red eyezone, eventually fading to all yellow. The effect is that of several flowers in various stages of bud to full bloom in blends of yellow and red. In helianthus and helenium there are new dwarf varieties, a smidgen of their former selves. In helianthus it's 'Low Down', growing only one foot tall, a far cry from its standard five feet. In helenium we have 'Gilded Dwarf' or H. 'Goldlackzwerg', a native hybridized in Europe, which has been reduced to three feet (from five) with burnt orange daisy flowers. Fine perennial partners are the many late flowering blue perennials such as Perovskia 'Little Spire', and Caryopteris, or the native grass Panicum 'Dewey Blue'.

In shrubs the abelias, deutzias and spireas have astonished everyone. Great garden plants, rugged and long lived but a little lack luster, until now! So new and different are the new selections that even knowledgeable gardeners don't recognize them. Abelia chinensis is incredibly fragrant with flowers that retain a colored calyx, long after the true flower is finished. The shrub looks like it's in flower for months and resembles a small flowering lilac. Spiraea thunbergii 'Fujino Pink' is already budded up for spring, the very first of spires to bloom. A cloud of small pink buds will open to white flowers on willowy branches before the foliage arrives, very showy for March and early April. The summer habit reminds me of a shrubby willow with stems that sway and move, excellent as a shrub for the mixed border. In deutzias the accessibility or discovery of new varieties is astonishing. I offer three, a drip in a large pool of great plants. Deutzia gracilis 'Char-domey Pearl' offers lime-yellow leaves and fragrant white flowers that open from pearl-like buds in midspring. Deutzia setchuenensis var. corymbiflora sadly lacks a common name but delivers a heap load of ornament. The starry white flowers open in midsummer like large sprays of babies breath. The foliage is small and soft green, dense on small branches that in time arch to six feet. Deutzia ningpoensis is a favorite and has been in my garden long enough to have its name changed. Formerly Deutzia chinii, it was given as a gift from a chum, that's how I remembered it. At the time it was rare, not so now. The branches are gray-black and the foliage is small and coarse. The flowers are held by dark, almost black outer petals but open to white. Bloom time is June and perfect companions include Malva fastigiata 'Alba' and Lavender 'Provence'.

With so much to look forward to I leave you forewarned, make the beds bigger, throw out the things you are unhappy with, no reason to endure them another year. You ain't seen nothin' yet! ☺



### "Woodies"

# Things to Do

## Middleburg Community Center Calendar

### After School Fun (Grades K-5)

Enjoy cooking, games, crafts, drama and community projects with friends. Munchin Mondays-Explore the world of food and nutrition. Totally Tuesdays-Learn everything under the sun, moon and stars. Wacky Wednesdays-How did that happen? Theater Thursdays-Join your friends on stage. Friendly Fridays-Celebrate the end of the week with friends.

### Adventures In Science (Ages 4-7)

M 1/10-2/14 1-2:00P \$62.50/5 classes No class 1/17 \$18 supply fee due to instructor first class Children will learn science through hands-on experiments/activities and take-home projects.

**Beginner Gymnastics at Aldie Elementary (Ages 6-8)**  
 Tu 1/11-2/22 2:45-3:30 \$55/6 classes  
 Begin learning basic gymnastic skills and mat work.

**Gymnastics at Aldie Elementary (Ages 6-10)**  
 Tu 1/11-2/22 3:30-4:15 \$55/6 classes  
 Develop new skills while perfecting previously learned skills.

**Kids In Motion (Ages 5-7)**  
 Wednesday 1/12-2/16 2:30-3:30 \$60/6 classes  
 Children improve their level of coordination, agility, with basic tumbling and gymnastic skills.

**Beginner Gymnastics (Ages 6-8)**  
 Wednesday 1/12-2/16 3:45-4:45 \$60/6 classes  
 Begin learning basic gymnastic skills and mat work.

**Self-Defense (Grades 1-5)**  
 Thursday 1/13-2/17 3:15-4:15P \$42/6 classes  
 Become aware of your surroundings. Students will learn blocking, kicking, and punching techniques.

**Ballroom Dance Classes (Adults)**  
 Tuesday 1/4-2/22 7-8P \$80/8 classes  
 Beginner Cha Cha  
 You will learn basic patterns and styling that will spark your desire to dance! Come learn some new steps and then head out to dance the night away. Instructor: Jason Conrad

**Fun Photography with Jim Poston (Adults)**  
 Thursday 1/13-2/17 7-9P \$75/6 classes  
 Bring your digital or film camera and a note pad to class at the Middleburg Community Center. Have fun learning how to take better photographs.

**Horseback Riding Lessons (Ages 9 & up)**  
 M 1/10-2/28 \$200/5 lessons 5:00 Intermediate  
 Lessons will follow a progressive movement based on basic skills to include horse introduction, proper and safe movement around horses and mounted instruction.

**Toddler Art (Ages 18 months-3 years)**  
 Tu 1/25-2/16 11:15-12:00 \$40/5 weeks  
 Dress for mess. Moms and tots will make crafts, paint and more. \$5.00 supply fee due first class to instructor.

**Self-Esteem-Who Am I and Who Do I Want To Be?**  
 M 2/7 6:30-7:30P  
 No Fee  
 Having a good self-esteem and a positive self-concept is paramount to feeling good about yourself, others, and being successful. Learn new ways of self-empowerment and letting go of the negative thoughts that shatter the way we perceive ourselves. Think good of yourself and others will too! Instructor: Donna VanSickler, Chief of Emergency Services Loudoun County Department of Social Services.

**Middleburg Walking Club (All Ages)**  
 M on-going 9:30A No Fee  
 Drop the children off at school and come walk with your friends. Call for information and to register 540-687-6375.

**Mom & Me Open Gym**  
 (Ages 6 months to 3 yrs.)  
 Wednesdays ongoing 10A-11:15A Free  
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 —Augusten Burroughs, Entertainment Weekly

**Join us**

Couples and mingling singles are invited to be our Valentines on Saturday, February 12, from 6-8 pm. Jason Truani, author of *The Modern Lover* and *The Modern Gentleman*, kicks off the affair by beheading bottles of bubbly and sharing the flavors of Champagne, cheese, and chocolate. Whether you're seeking to jumpstart a romance stalled in the winter doldrums or just looking for a fresh dash of spice before a big night on the 4th, you'll find Truani's presentation entertaining and enlightening.

Truani is a junior sommelier with Barboursville Vineyards, as well as an etiquette coach, and the manners columnist for *Men's Health* magazine. *Litutions*, bites, and a personalized first edition copy of *The Modern Lover: A Playbook for Suitors, Spores & Single's Gamers Of The Modern Gentleman: A Guide to Essential Manners, Savvy & Style*.

\$30/person, \$50/couple

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Things To Do

*Spend a little time in our backyard ~Middleburg, Virginia  
This January and February 2005*

**FEBRUARY**

**FEB. 13, 27**  
THE TUTTI & TOMMY SHOW  
6:30 PM  
THE HILL SCHOOL  
540-687-5897

**FEB. 18 & 19**  
C JAM BLUES  
6:30-9:30 PM  
SHEILA JOHNSON PERFORMING ARTS CENTER  
HILL SCHOOL • MIDDLEBURG  
540-364-1944

**FEB. 23**  
MARKET SALAMANDER WINE DINNER  
6:30-9:30 PM  
MIDDLEBURG COMMUNITY CENTER  
540-687-3710

**FEB. 26**  
MIDDLEBURG HORTICULTURAL SYMPOSIUM  
6:30-9:30 PM  
HILL SCHOOL • MIDDLEBURG  
540-364-9940

**FEB. 29**  
BOOK DISCUSSION  
THE TIME TRAVELERS WIFE  
BY AUGUST HOFSTRA  
7:00 PM  
MIDDLEBURG LIBRARY

**MARCH**

**MAR. 5**  
WINE AUCTIONS  
OATLANDS PLANTATION • LEESBURG

**MAR. 18-20**  
EQUINE EVENT EAST  
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**MARCH 25**  
ART LECTURE SERIES IN THE AFTERNOON  
"THINKING OUTSIDE THE FRAME"  
2 PM  
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**MARCH 26**  
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Shopping  
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Horses  
History

Piedmont Regional Orchestra

The Piedmont Regional Orchestra will present "PROtoons" a concert for children, on Sunday, January 23, at 3:00 pm at The Highland Center for the Arts, located in Warrenton. The concert will showcase how cartoon music is rooted in classical music through an hour performance with an intermission.

Under the Musical Direction of Michael Hughes, the Orchestra will perform pieces by Richard Wagner and Rossini, including The Flying Dutchman Overture, the Tannhauser Overture, examples from other Wagner operas and the Barber of Seville by Rossini.

These pieces were featured in many classic cartoons and the orchestra will perform the music and the audience will see how it blends with the cartoons. During the concert there will be a few surprises that both children and adults alike will enjoy. Using live music and the state of the Art AV capabilities of the Rice Theater, the audience will experience the full range of great music used in an unusual and fun way. The concert will culminate with a special encore. And at the end of the concert, students will be invited to meet orchestra members, examine their instruments, and ask questions.

This concert is sure to be an afternoon of fun and will bring families in our community together to enjoy classical music treats and the unique ambiance of the PRO's home stage, the beautiful Rice Theater at Highland School. PRO expects a sell-out and encourages tickets to be obtained in advance.

Tickets are available at g.whillikers in Warrenton. Ticket prices are \$15 for adults and \$12 for seniors, 65 and older. Students 21 and under attend FREE with a ticket. Season's subscriptions are still available; adults are \$40 and seniors are \$25. For additional information call 540-270-3168. ☼

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"A Sense of Place"

**Sunday, February 6**  
Wakefield School, The Plains, VA  
Mr. David Edwards  
"Architectural Treasures in the Mosby Heritage Area"

**Sunday, February 13**  
Highland School, Warrenton, VA  
Mr. Robert Jacobs  
"Shenandoah: An American Icon"

**Sunday, February 20**  
Oatlands Plantation, Leesburg, VA  
Dr. Warren Hofstra  
"The Planting of New Virginia"

Settlement and Landscape in the Shenandoah Valley"

**Sunday, February 27**  
Rector House, Atoka, VA  
Gray Ghost Interpretive Group  
"Cavaliers, Courage, & Coffee:  
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# Parents & Progeny

## Piedmont Community Foundation Contest

The Piedmont Community Foundation is announcing the “What’s in a Name” Contest, with a \$1,000 winner’s award to a local school student (\$500 each). The community journalism/marketing project is an opportunity for middle school and high school students in Loudoun and Fauquier counties to help the Foundation find the perfect name for their upcoming newsletter publication that will begin in Summer 2005. Submissions must be submitted to the Foundation by February 1, 2005. Student in grades 7-12 in Loudoun and Fauquier counties are eligible to compete. Re-

search will be directed to learn the nature of the community foundation and the importance of a relevant newsletter name and masthead. The proposed newsletter name must relate to the activities of the PCF and cannot be in use by another Virginia community foundation or prominent local nonprofit organization. Submissions will include the proposed newsletter name, a report of research activities, an article that supports why and how the name choice was made. Submission of a proposed masthead is optional. Questions? Call PCF at (540) 687-5223, or email to info@piedmontcf.org

## Free Children’s Art Show

Joan of Art Custom Picture Framing will be sponsoring a children’s art show March 1st - 31st at their Middleburg Location. Contest is open to Children grades Kindergarten thru 9th grade. Artwork can be any subject matter but no larger than 8.5” x 11” in size. Ribbons and prizes will be awarded. Deadline for submissions is February 28th. All artwork can be dropped off to both the Middleburg and Marshall locations.

For information please call (540) 687-8303

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# Pastimes

## The Cro-Magnon Diet

Sweet Revenge

Susan Williams

So we did it again: the SUV-size spare tire residing around our waist or thighs which are rivaling that of an NFL lineman. Now we are paying penance by starting a New Year’s diet.

With apologies to the proponents of South Beach, Atkins, CortiSlim and other miracle diets, I think that I have found the secret of dieting, one with a 40,000 year history of success—the Cro-Magnon diet.

Our caveman ancestors ate prodigiously this time of the years to carry them through harsh winters. Consider the dire consequences of being too thin this time of year if suddenly Starbucks or Giant closed its doors. Consider the trauma of watching “Fear Factor” or “Desperate Housewives” without potato chips and guacamole dip! The evidence is incontrovertible that the survival of mankind demands that we are fat in the winter and thin in the summer.

The Cro-Magnon diet is very simple: splurge now and make Valentine’s Day the day of your “Last Meal”.

In keeping with the need to maintain body weight this time of year, I’m recommending this recipe for Carrot Cake, one of my very favorites. This, incidentally, is a 40,000 year-old recipe, found scratched on the wall of a Paleolithic cave in France.

### Carrot Cake

**Sift together: 3 cups flour**  
**1-teaspoon baking soda**  
**1-teaspoon salt**  
**2 teaspoons cinnamon**

**Add to dry ingredients: 1 cup salad oil**  
**2 cups sugar**  
**3 beaten eggs**  
**1 cup drained crushed pineapple**  
**1/4 cup chopped marsh-mallows**  
**1-cup chopped walnuts or pecans**  
**1-cup sweetened coconut**  
**2-cups shredded carrots**  
**1-tablespoon vanilla**

Stir until evenly mixed. Butter the bottoms only of three cake pans (I use my heart shaped pans) and line with parchment paper. Butter the parchment paper. Evenly distribute the batter into the three pans.

Bake at 350 degrees for 25 to 30 minutes. Bake the layers until the edges have pulled away from the sides. Let cool for 5 minutes before removing from the pans.

Run a knife around the inside of each cake pan for easier removal.

When the layers have completely cooled frost with cream cheese frosting.

16 ounces of cream cheese (room temperature)

1 1/2 sticks of butter (room temperature)

6 cups of confectioners’ sugar

1 tablespoon of vanilla

Using an electric mixer cream the cheese and the butter until light and fluffy (approximately 5 minutes). Add the confectioners’ sugar 1/2 cup at a time. There should be no lumps in the frosting. Add 1 tablespoon of vanilla and beat until smooth.

When the cake is frosted you can dust the top with 1/2 cup of finely chopped walnuts or pecans.

Enjoy and Happy Valentine’s!

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Enjoy and Happy Valentine’s!

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### Last Month's Crossword Solution

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*Pastimes*

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 8:00 pm to 12 midnight  
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 King and Queen  
 Give in your favorite  
 Mardi Gras costume or mask to  
 put the night into the memory. The first 100 people  
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 call 540-687-6373  
 for reservations

## Crossword

| ACROSS |                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|--------|------------------------|---|---|---|---|---|---|---|
| 1      | Wash pocket            |   |   |   |   |   |   |   |
| 4      | Wash lightly           |   |   |   |   |   |   |   |
| 8      | Certainly              |   |   |   |   |   |   |   |
| 10     | Wood sorrel            |   |   |   |   |   |   |   |
| 11     | Dash                   |   |   |   |   |   |   |   |
| 12     | Snicker                |   |   |   |   |   |   |   |
| 14     | Sink or bend downward  |   |   |   |   |   |   |   |
| 16     | Arab market            |   |   |   |   |   |   |   |
| 17     | Farcen                 |   |   |   |   |   |   |   |
| 19     | Honey                  |   |   |   |   |   |   |   |
| 21     | Donkey                 |   |   |   |   |   |   |   |
| 24     | Label                  |   |   |   |   |   |   |   |
| 26     | Foot of an animal      |   |   |   |   |   |   |   |
| 28     | Snake-like fish        |   |   |   |   |   |   |   |
| 30     | Permeating to the pope |   |   |   |   |   |   |   |
| 32     | First-class            |   |   |   |   |   |   |   |
| 34     | Former Russian ruler   |   |   |   |   |   |   |   |
| 36     | Main artery            |   |   |   |   |   |   |   |
| 38     | Engage in espionage    |   |   |   |   |   |   |   |
| DOWN   |                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1      | Festival               |   |   |   |   |   |   |   |
| 2      | Nocturnal bird         |   |   |   |   |   |   |   |
| 3      | Prejudice              |   |   |   |   |   |   |   |
| 4      | Decay                  |   |   |   |   |   |   |   |
| 5      | Frozen treats          |   |   |   |   |   |   |   |
| 6      | Book of the Bible      |   |   |   |   |   |   |   |
| 7      | Before                 |   |   |   |   |   |   |   |
| 9      | Obstacle               |   |   |   |   |   |   |   |
| 13     | Supplement             |   |   |   |   |   |   |   |
| 15     | Alimentary canal       |   |   |   |   |   |   |   |
| 18     | Not                    |   |   |   |   |   |   |   |
| 20     | Distinctive uniform    |   |   |   |   |   |   |   |
| 22     | Mineral spring         |   |   |   |   |   |   |   |
| 23     | Flavor                 |   |   |   |   |   |   |   |
| 25     | Strike forcefully      |   |   |   |   |   |   |   |
| 27     | Wish for               |   |   |   |   |   |   |   |
| 29     | Something that is lost |   |   |   |   |   |   |   |
| 30     | Seed of a legume       |   |   |   |   |   |   |   |
| 31     | Meadow                 |   |   |   |   |   |   |   |
| 33     | Box                    |   |   |   |   |   |   |   |

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# Friends for Life

## Middleburg Humane Foundation

**EMMA THE EMU**  
Emma was found wandering outside of Marshall. She was captured by animal control and brought to our shelter. Emma is incredibly social for an emu! She will follow you and so far has been very gentle and easy to work around. We would love to find Emma a home with other Emu friends!



**HANNAH**  
Hannah is the last of the Mary pup group. Her mom is a short legged Beagle, ? dad! Hannah was the largest puppy in the group, she will grow to be a medium size dog. She is now 12 weeks old and is very sweet and special. A wonderful family friend!



**WILLOW**  
Willow is such a nice kitty. She has been with us for many months now and really would love to be some ones special cuddle cat. Willow is declawed so she should have an indoor only or supervised while outside home. She is a full figured gal who is about 8 years old. A terrific cat for a retired person.



**MISS MAGGIE WIGGLES**  
Miss Maggie Wiggles came to us when her mom passed away a few months ago and none of her mom's friends or family would take her. She is a big gentle kitty who is used to going in and out at her leisure. She has lived with other animals and is very easy going. Miss Maggie is now 8 years old. Please help.



**MARMY**-A super special young lady! Marmy has a big bubbly personality that goes along with her big bubbly body! She is a Sharpei/ Great Dane cross, about 11 months old. Marmy has started obedience classes and is doing beautifully! Marmy needs a lot of room to play and run, she would make a fun family friend.



**CHELSEA**- Chelsea has a long sad story. Fortunately she is now with us and we will be sure to find her a wonderful new home. Chelsea is a 4 year old Shepherd mix. She is extremely quiet, gentle and loyal. She would make a wonderful companion for a retired person.



**LEONE**-A lovely 14 year old Chestnut TB mare. Leonee is a great babysitter with excellent ground manners. She has never been ridden but loves people and to be bathed & sprayed with the hose! She is an easy keeper too. Leonee has a few friends like Starsky who need lawn ornament/ babysitter homes as well.



**MAIZEY**-A gorgeous 5 year old, 13H Arabian cross pony mare. Maizey was rescued 3 years ago- we found her starving in the woods, eating only bark to stay alive. Maizey can be ridden lightly at a walk trot but needs an experienced rider. She has good ground manners & is full of personality.



**ALDIE**-Have mice? This little kid and her brother will eat all the mice they could find if you would just let them live in your barn! Aldie and her brother are healthy, vivacious mouster type kitties that would be great as indoor/ outdoor or barn cats. They are now 5 months old and full of energy!

**HERE KITTY KITTY**- Boy do we have gorgeous kittens! We have a group of absolutely gorgeous Himalayan mix kittens that are now 8 weeks old as well as some catie pie litters and individual orphan babies. Everyone is AIDS/ Leukemia negative, have started their vaccines and dewormings. The spay/ neuters are included in our \$80 adoption donation. Ask about our "Buddy Program" that helps keep friends together!



**BEAR**-Paw little Bear. Bear has lived his entire life in a large breeding kennel. He is 13 years old, 8 pounds, and has several medical issues. But he is an absolute doll and we have fallen madly in love with this little guy. He is very gentle and loves to be cuddled in your lap. He has a guardian angel family who has offered to help with his dental and medical expenses so we will pursue his neuter and dental soon! Bear truly deserves a place where he can live out his life in a gentle, loving home.



**VINNIE**  
Vinnie was rescued from a slaughter sale last week. His paperwork shows that he was at the New Holland PA. sale recently and the dealer who brought him to the sale said that he had bought him from an Amish family. Two little boys rode this pony all day until we were fortunate to be able to buy him. Vinnie is sound, attractive and fun to ride. He is a bit sour right now and deserves some down time and genuine TLC.



**Contributions to Middleburg Humane Foundation are tax deductible.**  
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## Albert's Corner

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

Oh, how I love a brand new year! I'm wiping the slate clean and resolving that this will be the year I do not chew Neiman Marcus's shoes, whoever he is. He must be very important to my person, because she got pretty mad when I ate his loafers. (I, being the unparalleled canine journalist that I am, reminded her that it was inappropriate to get angry over behavior that was completely normal for a young dog. She wasn't interested in my intellectual assessment.)

Anyway, I'm hoping that if I stick to my resolutions, my people will make a few resolutions on my behalf too. To help them out, I've compiled a small list for 2005. I'll share it with you, as I bet some of your animals would appreciate these things too.

1. Be very diligent about routinely administering flea, tick and heartworm preventatives. Our part of Virginia is particularly plagued by deer ticks, which carry Lyme disease. Fleas and ticks can pose problems even in winter if temperatures stay moderate.
2. Feed healthy food that you research and learn about yourself – do not just believe the claims made by ads on television or glossy packaging. Avoid by-products, digest, generic protein sources ("meat" instead of "chicken", etc.), questionable preservatives like ethoxyquin, and foods full of empty fillers. The same rules apply for treats – healthy is best!
3. Carve out time every single day to play with and pet your dog or cat.
4. Put us on a diet if we're overweight. As much as I hate that four-letter word, it's the right thing to do for our health and well-being.

5. Get i.d. tags for us if we don't have them already. This is

## Name that Filly Update

Full Story in December 2004 Eccentric page 4



Here's .....Amie!, and the young lady, Morgan Bennett, who submitted the winning name. We had a truly wonderful response from our community with many delightful submissions. One hundred and fourteen names were suggested for our little Canadian filly! The winner is Morgan Bennett, a ten year old from Culpeper County. Her mother Janet runs the Humane Society of Culpeper. Morgan's letter reads as follows: "I think the perfect name for the baby is "Amie" (pronounced Ah-mee) because she came from Canada and there they speak French, and in French, "amie" means friend, and she looks like a friend."

REALLY important. I can't tell you how many lost dogs and cats I hear about who were not wearing tags at the time they disappeared.

One final point I want to make is not a resolution as much as it is a gentle reminder. Listen to your animals! We communicate constantly in so many ways. Because of our superior senses, you may think we are barking or meowing

"at nothing". In reality, we may perceive something unusual that you cannot hear, smell or see. The recent tsunami left us with many tragic stories. One uplifting story, however, was the escape of many animals who used their exceptional senses to flee the danger. Please remember that we have great talents and so much love to bestow on you. If you watch us closely and try to truly understand us, you can learn as much from us as we

do from you. Best wishes for a Happy New Year full of wet noses and furry 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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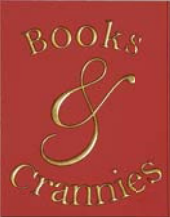
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# All Work for Our Pleasure



## Words to Live By

Steven Schwartz

Pound-for-pound, the little village of Middleburg offers more great retail stores than most places in America. Newly added to the lineup is Books & Crannies. Opening on December 3, 2004, the store proved wrong those who believed the place would never be finished in time. "It was a family affair," says proprietor Pat Daly, "it was close, but our great team all worked around the clock to make the opening deadline." Pat and coproprietor Genie Ford realized their dream to turn their love of reading into a bookstore. Together with Cathy Magee, store manager, these three and their staff

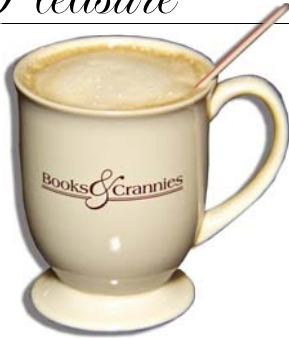


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An admission fee of \$30 per person \$50 per couple will include a signed copy of Jason's book, a champagne, cheese and chocolate tasting, and he will even demonstrate how to cleanly snap off the top of a Champagne with a precise blow of a sabre!

There are wonderful quotes on the faux-painted walls, the space is warm and inviting, and you can get a gourmet cup of coffee while you browse the selection of books. The staff is friendly and helpful, and they're happy to do special orders, gift wrap and ship your purchase.

For Middleburg's citizens and visitors, Books & Crannies promises good shopping, and a new place for friendship and the exchange of ideas, qualities for which there's always plenty of room in a small town. ☼

Books & Crannies  
15 South Madison Street  
Middleburg, Virginia 20118  
540-687-6677  
[www.booksandcrannies.com](http://www.booksandcrannies.com)



## Nice Ice Baby!

Steven Schwartz

As soon as you step into the front door of the Ashburn Ice House you are in a different world. A world where ice skates give wings to gracefully glide, spin and jump, or to be part of a hockey team advancing on the opposing goal. Hold on a minute, in the real world this ice is really slippery!

On one of the facility's two huge skating rinks, in preparation to going next week to the 2005 U.S. Figure Skating Championships in Portland, Oregon, five skaters are practicing under the sharp eyes of their coaches. The figure skaters include Jeremy Anderson, pair skaters Morgan Matthews

and Maxim Zavozin, and Katrina Reyes and Jon Wright. Morgan and Maxim, two time National Junior Bronze medalists, and 2004 Grand Prix Final Champions, praise Ashburn Ice House as the "best training facility" they've ever experienced.

As soon as General Manager Rob Lorenzen finishes running the Zamboni machine to re-



Ashburn Ice House  
21595 Smiths Switch Road  
Ashburn, VA 20147  
703-858-0300  
[www.ashburnice.com](http://www.ashburnice.com)

surface the ice on one of the rinks, a bunch of AOL guys in full hockey gear head onto the rink for a pickup game during their lunch hour.

"We have activities for all types of people of all ages, with all ranges of skill," Rob explains as we sit down in his office, "starting with Learn to Skate programs for kids and adults." He's managed the facility since November 1998, and calls it the "Ritz Carlton" of hockey rinks. (He should know since he actually worked for Ritz Carlton.) Rob and his staff of 8 core employees coordinate the busy ice skating schedules and maintain the large facility.

"Once people know the basics of skating they choose figure skating or hockey and we offer a very full schedule of programs and public skating sessions." The rink has public recreational skating, birthday parties, corporate and



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ROCK HEDGE



Gently rolling 184 acre farm with views of the Blue Ridge Mtns •Circa 1810 field-stone house •5 BR, 3.5 BA •Charming details consistent with those of era; old pine floors, fireplaces •Mature plantings •Stonewall enclosed gardens •Guest house •Tenant house •Garage with apartment •Bank Barn •Pasture with meandering stream •Piedmont Hunt Territory **\$3,600,000**

DELAPLANE MANOR



Extraordinary brick manor on 76 beautifully landscaped acres •High ceilings •Gorgeous millwork •Stone & hardwood floors •Historic residence w/updated kitchen & BA's •Approx 12,000 sf of living space •Library •Sunrooms •Office •7+ BR's •Formal living & dining rooms •Pool •Spa •Brick terraces •Pond •Stream •Tenant house **\$3,600,000**

FARM AT LITTLE RIVER



Two story custom fieldstone home with views of the Bull Run mountains •50 Acres in The Plains •Spacious, elegant, yet cozy •5 bedrooms, 3.5 Baths •Exposed beam ceilings in great room •Open foyer •Main floor master suite includes private porch, paneled office, stone fireplace •7 stall barn with 2 BR apartment •High end details, design and amenities **\$2,500,000**

LAND

406 +/- Acres - Aldie Dam Road  
**\$12,000. Per Acre**

32 +/- Acres - Poor House Lane  
**\$1,000,000**

50 +/- Acres - Delaplane  
**\$595,000**

18 +/- Acres - Blantyre Road  
**\$400,000.**

LEITRIM



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 **\$2,390,000**

PLEASANT VALLEY



75+ Acres • Circa 1822 Stucco over stone period house • Original Wood Floors • Lovely Mantels • 5 fireplaces • English Basement • 2 Tenant Houses • 2 Barns • Run-in sheds • Pond • Board Fenced Fields • Fabulous location just southwest of Middleburg in Orange County Hunt Territory • Wonderful opportunity • Great restoration potential **\$2,350,000**

ROBERT'S RETREAT



74 + Mostly wooded acres in Harris Hollow •Improved by a modern brick home overlooking pond •Old apple packing shed •Shop •Second dwelling high on the mountain •Numerous other buildings •Mountain stream •Several small ponds •Dramatic mountain views •Near Washington, Va in Rappahannock Co. **\$1,699,000**

SPRINGHILL



Spacious Cape Cod • 3 Bedrooms 2.5 baths w/main floor master bedroom • Full unfinished walkout basement • Large deck off dining room/kitchen overlooking mountain and pastoral views • Charming fully equipped Studio Apartment over 2 car garage • Convenient country setting just minutes from Middleburg **\$475,000**

For further information regarding the properties above or for any of your property requirements please contact any of our qualified agents. All inquiries shall be held in the strictest of confidence.

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