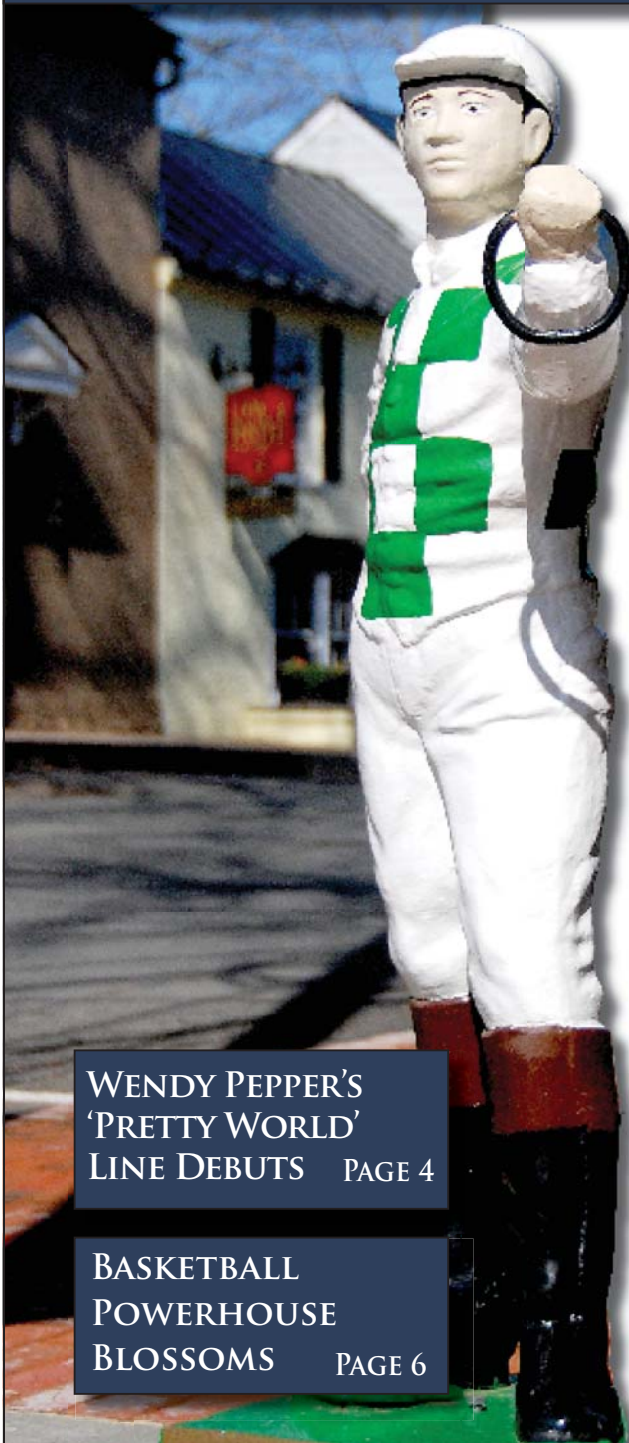




# WINGFIELD FARM OPENS EXQUISITE GARDENS

MIDDLEBURG HUNT BALL

PAGE 30



WENDY PEPPER'S  
'PRETTY WORLD'  
LINE DEBUTS PAGE 4

BASKETBALL  
POWERHOUSE  
BLOSSOMS PAGE 6

## BENEFIT FOR MIDDLEBURG HUMANE FOUNDATION

Meg Gardner, who has been a very good friend to Middleburg Humane Foundation over the years, will open her Wingfield Farm Gardens to the public May 10th and 11th to benefit the local organization. For anyone who has not visited the horticultural masterpieces she created in Middleburg, this is a date you will want to mark in your calendar immediately.

"The gardens have not been open to the public for many years," Mrs. Gardner explained, "...and so many people ask for a tour, that I decided it was a good time to have a public viewing. Middleburg Humane Foundation's work is very important to me, so I'm delighted that the proceeds of the tour will benefit their wonderful work with animals."

Within the year, Rizzolli will publish a garden book including Wingfield Farm, but nothing will substitute for a personal tour through the many terraced and secluded leafy rooms Mrs. Gardner created.

With a palette of evergreen hues and exquisite architectural pieces from around the world, Meg Gardner designed a series of walks and bowers that are exceptionally sophisticated and charming.

She insists that she was inspired to garden because the farm looked untidy when she, her husband and friends rode up after a hunt. Then, when she stopped riding, it was her gardens that occupied her time.

Her time was invested wisely and the return in visual amusement, intrigue and pleasure is pure benefit to all invited to enjoy.

Continued Page 8



## TATE TRIAL NOW SET FOR SEPTEMBER

DAN MORROW

During a two-hour hearing in Loudoun County Circuit Court on Tuesday, March 11, Judge Thomas Fortkort set September 8-12, 2008 as a trial date in the on-again-off-again election fraud case first lodged against former Middleburg Vice Mayor Mark Tate in early March 2007.

Fortkort gave Special Prosecutor Matthew Britton 21 days to refine his 9-count "summary" indictment of Tate for election fraud, and produce a "bill of particulars" stating in detail precisely what Tate is accused of doing wrong.

He also scheduled another hearing on pre-trial motions for Monday, June 9.

### Subpoenas

Denied were defense requests for subpoenas of: Tate's GOP primary opponent, Virginia State Senator Jill Holtzman Vogel; Vogel campaign supporter, Laurie LeTourneau, who first lodged complaints against Tate with the Commonwealth's Attorney James Plowman; Jamie Radtke, Political Director of the Virginia Conservative Action PAC (VCAP); Robin DeJarnette, Executive Director of VCAP; Warrenton Town Attorney and Fauquier County GOP Chairman, Whitson Robinson, and six others, all candidates for office who, according to Tate's defense team, "made substantial errors" in their financial filings with the State Board of Elections, were, like Tate, "required to amend same," and, unlike Tate, have not been prosecuted.

Tate's attorney, Edward B. MacMahon, noted his formal exception to Fortkort's ruling, arguing that the group's testimony, and documents in their possession, would help prove that Tate was the victim of both selective prosecution and political dirty tricks, with Jill Holtzman Vogel "at the center" of the effort to discredit Tate.

### Plowman

Commonwealth's Attorney James Plowman, who launched the Tate investigation, subpoenaed Tate's personal financial records, and then withdrew from the case because of his close ties to the Holtzman Vogel campaign, will be required to testify under oath.

MacMahon would like to ask Plowman about his possible role, and that of others, in both developing the case and leaking the Tate story to the press and other unauthorized parties.

Judge Fortkort, ruled, however, that Plowman could be questioned only about the timing of the investigation and filing of charges against Tate, with special emphasis on questions shedding light on statute-of-limitations issues.

While narrowly defining the scope of Plowman's forthcoming sworn deposition, Fortkort framed those limits in classic and relatively broad terms. We want to know, Fortkort noted, just "What did he know and when did he know it?"

### Britton's New Strategy

Special Prosecutor and King George County Commonwealth's Attorney Matthew Britton argued, with apparent success, that any discussion of a political conspiracy against Tate, and any actions by Plowman, Vogel, LeTourneau, and other political opponents of Tate were irrelevant to the current case against Tate.

Noting that he, on his own, had convinced an entirely new Grand Jury to re-indict Tate, Britton contended that the "contamination" of his earlier case by the defense's charges against Plowman, Holtzman Vogel, and their political friends and al-

Continued Page 12

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## NEWS OF NOTE

### ALBERT G. VAN METRE, SR., PROMINENT REAL ESTATE DEVELOPER



### ALBERT G. VAN METRE, SR., FOUNDER, CHAIRMAN AND CHIEF EXECUTIVE OFFICER OF THE TOWN OF MIDDLEBURG

Albert G. Van Metre, Sr., Founder, Chairman and Chief Executive Officer of the town of Middleburg, died Sunday in Arlington, Virginia. He was surrounded by his wife, Joan, and his immediate family. He was 82.

Mr. Van Metre founded the Van Metre Companies in 1955 and has been at the helm ever since. Under his

leadership, the company became one of the largest and most successful privately-held diversified real estate companies in the Washington Metropolitan area. The company started out building a couple of homes in 1955 and today has built more than 15,000 single family homes, townhomes, condominiums and apartments as well as one-half million square feet of community retail and commercial office in the Washington Metropolitan area. In particular, Van Metre Companies specialized in master planning communities such as Broadlands and Stone Ridge. He was awarded the nationally recognized Entrepreneur of the Year Award and the coveted Great Family Living Lifetime Achievement Award. In 2007, Van Metre was recognized by J.D. Powers as being highest in overall customer satisfaction with new home buyers in the Washington Metropolitan area.

Born in Washington, D.C. on January 24, 1926, the son of a Navy Commodore, Mr. Van Metre attended the United States Naval Academy and later graduated from The George Washington University with a degree in engineering.

Mr. Van Metre was an accomplished sailor having raced his Annapolis-based yacht, Running Tide, to win a variety of major yachting events on the East Coast, including the Southern Ocean Racing Circuit and the 1976 Annapolis to Bermuda Race.

Combining his love of sailing and his philanthropic endeavors, Al and Joan Van Metre helped found the Hopscup Cup Regatta to raise money for area non-profit causes. In 2007, the event raised over \$300,000. It is the

largest charity sailing regatta in the country. In its history it has raised \$8 million.

Mr. Van Metre and the Van Metre Companies contributed millions of dollars for Children's Hospital and other local charities. Mr. Van Metre was a member of the Navy Marine Corps Guard Resident Foundation and the Naval Academy Foundation. He served with his wife, Joan, as Chair of the Race Committee of the Hopscup Cup and he is a former board member of St. Stephen's School, Alexandria, Virginia.

Mr. Van Metre loved his work and never distinguished between work and leisure. With vision, determination, integrity and passion, Mr. Van Metre built the Van Metre Companies to continue for generations. In accordance with his plans, the Company will forge ahead with a sound management team and vision for the future.

Mr. Van Metre is survived by his wife, Joan; Hamilton Van Metre, his son; Evelyn Thompson Heston, and his cousin Albert Cohen. He has two children, Albert G. "Bear" Van Metre, Jr. and Alison Van Metre Pelt, by his first marriage to Charlotte Cofford, and a son, Thomas Earle Van Metre, III, by his second wife, Patricia Rogers. He has 5 grandchildren: Brad Gable, Jeff Gable, Julie Gable, Randall Wade Everett, III, and Whitney Williams, 17 grandchildren, and 2 great-grandchildren.

The family asks that contributions be made to Capital Hospice, Inc. at 6965 Arlington Blvd., Suite 300, Falls Church, Virginia 22042, toward the building fund of its upcoming Loudoun County facility, the Van Metre Campus for Hospice Care.

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## NEWS OF NOTE

### WENDY PEPPER'S 'PRETTY WORLD' LINE DEBUTS AT MIDDLEBURG'S HIGHCLIFFE CLOTHIERS



Wendy Pepper's dream to establish a thriving fashion business in the Northern Virginia she loves is coming true with the help of Mark Metzger at his superb new Virginia shop, Highcliffe Clothiers, at 16 Madison Street in Middleburg.

Pepper, the Project Runway finalist who took the country by storm during the Bravo Network show's premier season with her delightfully original designs and her spirited sense of fair play, wanted nothing more than to work in Northern Virginia near Outlands, Plantation where she had lived as a child.

"I'm an artist, not a retailer," she mused. "My motivation and drive as a fashion designer are un-

paralleled, but designing alone in an atelier took me away from the interaction with public style that feeds my creativity.

"It's wonderful to have a clientele who rely on me for \$5,000 and \$10,000 dresses, but I wanted so much more. My ideal was to create a ready-to-wear line that would be much more affordable than the couture pieces," she explained.

When Mark Metzger, a well-known Washington, D.C., retailer, decided to open a shop in Middleburg, he asked Wendy if she would like to join him as a designer in the shop.

"It was the kindest offer anyone has ever made to me," Pepper said. "I've never designed men's

clothing, but when gentlemen asked me for help, I always sent them to Mark. He is absolutely the best gentlemen's tailor on the East Coast and, as anyone knows who's been in the shop, he's a brilliant retailer."

Metzger was also just named President of The Custom Tailors and Designer Association, a tribute to his expertise and standing in the profession.

"When you shop in Highcliffe Clothiers, you could just as easily be in Jermyn Street in London as in Middleburg. From the elegant array of socks and trousers to the crisp and stylish shirts, ties, sweaters and jackets, it is clear that Metzger buys for the most discriminating man of the world. His selection of shirting and wools is exquisite, and he is immensely comfortable working with the most demanding clients."

For women who have not been able to find a new summer skirt that flatters, bounces and feels terrific, Wendy's mixed pastels with knitted waistbands are a must. Some are eyelet, some silky lightweight cottons, but all are original.

The Pretty World knit tops are truly spectacular. Simply but beautifully styled, they are available in a range of fabrics that would impress on the boardwalk or on the runway.

The one-of-a-kind piece available right now is a darling pale blue knit jacket that Wendy woke up thinking about a few days ago. It's neatly stitched back and impeccably stitched both give just enough fit to complement everyone's figure whether it is worn over a shirt, a turtleneck or with one of the Pretty World skirts.

As Wendy said, "...there is only one of that jacket, and the price is \$135. If I decide to make it for my couture collection it will be thousands more."

And therein lies the beauty of having a designer like Wendy Pepper available to all at Highcliffe Clothiers in Middleburg. You may stop by any day and find something brand new that she's just designed.

You may also critique the Pretty World Fragrance Wendy is creating with Alisani Brazil. There are four mixed versions in the shop now for customer reviews.

Whether you fall for a geometric line green and white print, a soft, sparkly knit that evokes a Matise, or a bright floral to make you look like you stepped out of the cover of Vogue or Elle, you'll definitely want more than one Pretty World top for your spring wardrobe.

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## NEWS OF NOTE

### BASKETBALL POWERHOUSE BLOSSOMS IN HORSE COUNTRY

ALEX CUDABACK

When Mike Tinsley took over the Note Dame women's basketball team in 2003 it's safe to say building a national powerhouse was far from the top of the list on most people's minds.

That year's Lady Dragons varsity squad was made up of only six players, leaving the opportunity to substitute only one player at a time during any given break in play. There was no junior varsity team.

"At that time," says Coach Tinsley, "there just wasn't the level of interest in women's basketball we see today."

How times have changed.

This year's Lady Dragons finished 28-2, incrementing another year of the team's record. The varsity squad fielded 13 players. The building junior varsity team another 10.

"The success of the WNBA and the growing prominence of women's basketball at the collegiate level has really fostered a trickle-down effect to girls in grade school and high school," according to Tinsley. "Girls are simply more interested and eager to take up the game and really push themselves to succeed."

Tinsley's opinion may be slightly biased, but understanding his sister, Nikki Tinsley, plays point guard for the WNBA's Washington Mystics.

But, whether his opinion is biased or not, Tinsley's success and that of his Lady Dragons is impossible to refute.

This year's team started the season

ranked #1 in the country by most major scouting services. After heartbreaking losses in eventual #1 Long Beach Poly in California and Kentucky's Carroll in Pennsylvania, the team ended up ranked #3 nationally by Sports Illustrated, Full Court Press, Sports.com and Max Prep. They were The Washington Post's #1 team locally at season's end, as well as that Tinsley is fond to point out and believes is just as important as it's national ranking.

"Being a top-ranked program, giving the girls the opportunity that come with playing on a top-ranked program, start at home. For us, that means the D.C. metro area. We can't overstate the level of that and our successes here are something we're all very proud of."

Athletic Director Carla Adgate, a three-sport athlete herself back in high school, is quick to support her coach.

"What Coach Tinsley has done, not only for our ladies' basketball team, but for Note Dame as a whole by bringing the school to national prominence, really is a testament to his dedication, his drive, and his belief in the young women that play for us here. He has built not only a first-rate program, but he challenges the players to make the most of themselves in a much wider sense. 12 of the team's 13 players made the honor roll during the season and Coach Tinsley is absolutely committed to their success beyond their time here at Note Dame."

That commitment shines through most clearly in the team's 7 seniors, all of whom have been recruited by college programs and all of whom have been offered substantial scholarships by these schools.

Center Anna Stewart has committed to the University of Florida, guard Megan Whigham to Buckeye, forward Mia Nickerson to Boston College, and guard Kristin Cole to American University, guard forward Jennifer Campbell is choosing between Louisville, Seton Hall and Illinois, and center Chelsea McNamee between Belmont Abbey, Western Liberty and West Virginia Wesleyan, and guard Kristen Brown, recruited by Belmont Abbey and West Virginia Wesleyan, has been accepted and plans to enroll at the University of North Carolina, Chapel Hill.

"The scholarships these young women have been offered amount to nearly \$170,000 per year," notes Tinsley, "practically training with gold." That represents a significant impact for just about anybody.

Seeing more than half his team graduate must be bittersweet for Coach Tinsley, but it's doubtful too many opposing coaches will be sending their condolences anytime soon. Two juniors, two sophomores and two freshmen from this year's squad will be back, and so will be the program's success spread, increased attention from prospective players and their families rise as well.

"We're building something here, something with what I hope will be real permanence," Tinsley says. "By building the program on the existing rock-solid, first-rate foundation of academic achievement that Note Dame enjoys, colleges have started to really look our way for not only top-notch and gifted athletes, but accomplished, well-rounded and engaging students as well."

The school's recent Showcase, an invitational for some of the mid-Atlantic

region's top programs, saw coaches from more than 50 top-ranked college programs descending upon Middleburg and Note Dame Academy.

Pretty heady stuff for a program with only one win a few years ago.

"My respect for Coach Tinsley and what he's done has grown daily," says Adgate. "The credit he gets is well-deserved, and his success comes from an incredible commitment to the school, the student athletes and the community as a whole. Division I college coaches stop by when they're in the area just to watch practice."

Make no mistake, Tinsley demands a lot from his players, both on and off the court.

"The days of the stereotypical 'slam-jack' are gone, if they were ever really here. Playing at the next level is not for everyone, but we intend to give our girls that opportunity if they want it and if they're willing to make the commitment."

To do that, Tinsley has worked to create an environment that nearly mirrors the experience of the collegiate student-athlete many of them will graduate to. That means a rigorous academic schedule every day from 8:30 in the morning to 3 in the afternoon, followed by nearly two hours of required study hall before they spend about an hour on strength and agility training and, finally, practice from 6 in the evening to 7:30.

"It focuses their attention on time management and makes them realize that to accomplish the goals they set out for themselves, maybe other than pure ability, nothing is more important than putting in the time, the effort and the hard work. Period."

Keep dreams are becoming reality among the honey set, and players from across the country and around the world are vying for the chance to come to Note Dame because of it.

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## NEWS OF NOTE

### GARDEN TOUR BENEFITS MIDDLEBURG HUMANE

CONTINUED FROM PAGE 1

The crisp fragrance of the firs and evergreens balanced against the delicious scents of lavender, rosemary and perennials will sail you away to Italy and the South of France.

Trees play a major role in any landscape, but it takes a fine hand and an unerring sense of scale to design such a breathtaking orchestration of foliage, bark and natural features as you will find at Wingfield Farm. Once you descend into the garden there is no sightline. Mrs. Gardner has not enhanced with fir, cypress and evergreens. The deciduous trees add levity and relief, but in the depth of winter,

Wingfield Gardens are a spectacular array of distinctive colors and textures.

From deep greens to woolly grays, hazy olives evocative of Mediterranean hillsides and the blue greens and grays of the Scottish Highlands and the Atlas mountains, you will marvel at the mixture of needles, feathers, leaves and tassels that continue to create a texture of shade and light in this Hunt Country garden. There are umbrellas of Snow Pine and dark green, almost black fir against golden Irish Yew. Crisp and attentive in winter and languid, fragrant and buzzing with insects in summer,

these are gardens for all seasons that project strong, fascinating shapes against the bright blue Piedmont sky.

Whether your passion is The Pigmy Pinetum, a pine forest of many varieties of miniature cypresses, or stunning Japanese Maples that are interspersed with collections of rocks in The Pot House, The Brighton Pavilion and The Griffin Court are only a few of the features you'll enjoy on The Wingfield Farm

Garden Tour.

Children and adults will be amused and amazed by The Topiary Hunt Scene that Mrs. Gardner designed and clipped herself.

"I was inspired by the The Ladew Topiary gardens," she said smiling. For those who have visited Harvey Ladew's famed collection of clipped yews and boxes in Monkton, Maryland, there is an unforgettable memory of the 22 acres of gardens the avid sportsman and artist created from crop and livestock fields. Now known as "the most outstanding topiary garden in America," ac-

ording to the Garden Club of America, Ladew transformed Pleasant Valley Farm into a remarkable showplace.

Let it be said, however, that Harvey Ladew's gardens in no way approach those Meg Gardner has created and tended so carefully at Wingfield Farm. Without question, her extraordinary gardens are more exquisite, more refined and more pleasurable by far.

Hillary Boyles, president and founder of Middleburg Humane Foundation, is immensely grateful and positively thrilled about the Garden Tour Mrs. Gardner has planned to benefit her organization.

"We need so much help to maintain our standard of service and care for animals," she explained. "Meg has been an invaluable help for many years and she knows we have a constant need for fund raisers."

"This is simply wonderful for us. I've known Mrs. Gardner since long before I founded Middleburg Humane, and she is well aware of what a struggle we have to keep going. We used to have 10-20 calls each day about animals needing adoption. Now we sometimes have to take 60 animals who need both behavior and medical assistance in one day."

Although Hillary emphasizes how supportive the Middleburg community is, it is a small community and there are large numbers of animals that need help if they are not to be put down.

"Meg has helped us so many ways in the past," Hillary said. "She helps us pay postage for our newsletter, and she rescued a very cranky donkey when no one else would provide a home for him. She has been an invaluable friend to Middleburg Humane and to me."

Whether you are an avid gardener yourself and simply cannot resist the rare opportunity to visit a truly spectacular private garden, or you simply want to enjoy a breathtaking walk through an amazing landscape, you won't want to miss The Wingfield Farm Garden Tour May 10th and 11th.

Many animals in need of homes will be at Wingfield Farm during the tour, as well as delicious refreshments and a book sale for discriminating readers. Admission tickets are \$25 if you purchase them in advance at The Pink Box, the Middleburg Humane Thrift Shop and most of the shops in Middleburg, or \$30 if you purchase them at Wingfield Farm. Details and directions are available at middleburghumane.com, or by telephoning 540-364-3272.

Children who take the tour must be accompanied at all times by adults.

Should the weather be inclement, The Wingfield Farm Garden tour will take place May 17th and 18th, so reserve both weekends just in case. These gardens are something you will not want to miss.

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# Jump into Spring

**April 14-27, 2008  
Middleburg, Virginia**

A Special Celebration of Arbor Day, Spring Races, The Middleburg Point-to-Point Races and the Village of Middleburg, a Tree City USA

Here are some of the enlightening, educational and fun avenues that are scheduled for the Middleburg Jump Into Spring celebration.

**Dining and Decorating**

- Middleburg restaurants are offering specials April 14-27.
- The Village will be all dressed up to reflect our spring racing theme.

**Going Green**

- Middleburg, a designated Tree City USA, celebrates Arbor Day on April 26 with a tree planting at Middleburg Elementary at 9 a.m., and students will participate in a poster contest. This year's theme is, "Trees Go Green for Middleburg."
- Madison Street will be closed from 10 a.m. to 2 p.m. to host vendors selling plants and related items.

**A Taste of Middleburg**

From 10 a.m. to 5 p.m. visitors may buy a \$5 "passport" that includes a map of the town and a scavenger hunt that will take them to restaurants and food outlets throughout the village, eating a yummy treat sample at each establishment.

**Treats on Trees**

Specially-decorated trees outside participating shops will have decorations to buy for \$1, with prizes and surprises inside, ranging from discounts to free gifts.

**Hayrides**

Hayrides provided by Hammon's Hayrides and sponsored by Middleburg Bank.

We invite you to join in this special celebration and enjoy all our village has to offer as we **"Jump Into Spring."**

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## EDITOR'S DESK

## SAVE THE PENGUINS

When a kind zookeeper in New York's Central Park Zoo gave an abandoned egg to a lone male chinstrap penguin who had no egg to hatch, the grateful male and his best friend carefully cosseted and protected the egg until a fluffy baby was born. With devoted care and gentle husbandry, the baby Tango grew to be a loving member of the zoo's penguin colony.

Justin Richardson and Peter Parnell's award-winning children's book about the orphan egg that was saved, called "And Tango Makes Three," tells a story of generosity and devotion that is an excellent lesson for us all.

Somehow, the lesson was lost on Loudoun County Public Schools Superintendent Edgar B. Hatrick, III. When a teacher's assistant complained about the book to the Principal of Sugarland Elementary, saying it promoted homosexuality, the principal convened a review committee. After consultation, the review committee recommended the book remain in the library. The assistant appealed to Hatrick, who convened his own committee, and left the book on Sugarland's shelves.

But, after a second appeal, on January 28, Hatrick changed his

mind, overruled two committees' decisions, and had the book removed from the shelves.

Why did he do this, you may inquire? Does the school superintendent have authority that supersedes both school review committees, and the first amendment?

No. He does not. Upon reflection, and in the wake of a cacophony of complaints, the good superintendent decided that, because the teacher's assistant who launched the protest had no child in the school, the complaint was invalid, and he returned the tale to the library shelves.

Was there another reason he reviewed his hasty decision? We certainly hope so.

Is there a lesson here? Yes, definitely, for the superintendent, for the children and for us all.

*Middleburg Eccentric welcomes and encourages Letters to the Editor. Letters must be signed and include writer's name, address and daytime phone number. Please submit letters via email: editor@mbec.com or P.O. Box 1768, Middleburg VA 20118*

## LETTERS TO THE EDITOR

## To the Editor:

On behalf of the American Cancer Society's National Capital Region, I applaud Wegmans. Because of the strong leadership and foresight of Danny and Glenn Wegmans, their stores stopped selling tobacco products Feb. 10.

This new policy will help curb the devastating toll that tobacco use places on our communities and help keep cigarettes out of the hands of children.

Smoking-related diseases remain the most preventable cause of death in our society today and the American Cancer Society has taken a strong stance to reduce cancer deaths by eliminating tobacco use.

We are thrilled that Wegmans is taking change and leading the way for the supermarket industry and hope other fellow And-will continue to offer assistance to any employers or organizations that wish to establish similar policies.

Congratulations to Wegmans for putting public health before profit!

Debbie Hyatt, Regional Executive Director  
American Cancer Society, National Capital Region

## RANT &amp; RAVES

## HYPOCRISY

TOM PRATT

"We do not torture." George W. Bush.

"Legal landscape has changed and we have not done it for 5 years" (regarding waterboarding) Michael Hayden, current CIA Director testifying before a Judiciary committee on February 7 in

justifying the admission that the CIA has indeed conducted waterboarding.

This from Wikipedia:

The United States has a historical record of regarding waterboarding as a crime, and has prosecuted individuals for the use of the practice in the past.

In 1947, the United States presented a Japanese military officer, Yukio Asano, for carrying out a form of waterboard-

ing on a U.S. civilian during World War II. Yukio Asano received a sentence of 15 years of hard labor [31].

Pinckney, Waller, "Waterboarding: Historically Controversial. In 1947, the U.S. Called it a War Crime; in 1968, it Repeatedly Caused an Investigation"

Washington Post, October 5, 2006, pg. A17, viewed October 5, 2006.

Waterboarding has been considered torture for years, even stemming from the Spanish Inquisition. It has been outlawed by the UN Convention on Torture.

Attorney General Michael Mukasey refused to state that waterboarding is torture when he testified before the Judiciary Committee on Feb. 7 and during his confirmation hearings. He also said he would not appoint an independent pro-

secutor to investigate the CIA's destruction of the tapes that allegedly show the waterboarding of Guantanamo detainees.

He is making the legal argument that because waterboarding was deemed legal by a Justice Department opinion it would not be fair to prosecute those who carried out the torture since they were following that opinion, even though there is precedent that the United States has concluded in the past that waterboarding is a form of torture and therefore illegal.

Does any of that make sense? What has this country become when the Attorney General who is supposed to be working for the People of the United States and whose job is to uphold the laws of this country is now defending the White House against what is clearly

## RED VS. BLUE

KEN RIETZ - (R)

It is usually the little things a candidate does or says that give real insight into his or her character or beliefs.

For example, Senator Obama has dismissed as frivolous those who wear an American flag on their lapel. A photo has surfaced showing him at a late night event with his hands over his heart during the National Anthem while his hands are folded in front of him. When the *MOVIE* King said criticizing General Petraeus appeared in the New York Times, Obama refused to pass the choice of criticism. He is a member of a church with a Pastor who regularly spews rage and hatred about our country.

DAN MORROW - (D)

If April's the cruelest month, this year's should be a humdinger. Short takes on "one thing" or "another" through the mid-March Lame-to-Lame transition.

**My Fellow Democrats**

Good Lord, Elliot Spitzer, God Damn America. From "honored to be on the same podium," to mid-westerning over Super Delegates. From tears in my eyes to stuck in my craw. Only Obama's Philadelphia speech on race brightens the month so far. Are we trying to GIVE this one away?

**John and Joe**

While it's nice to see the red guys nominate a relative liberal for a change, I don't want bothers me more: McCain forgetting that Iranian Shaitans don't play well with the Sunni Al-Qaeda, or Joe Lieberman doing his best to help him remember. Say it a 1st Joe.

General upholds that. Are there now no laws that cannot be subverted by this White House and it's appointees? Are there no Congressional Bills that cannot be either vetoed or ignored by presidential signing state-ments? Is there anything short of impeachment that can return us to Constitutional li-

gality?

I firmly believe that the job description for Attorney General under this administration is "find a way to make our illegal acts legal."

And in the same vein, why in the world should telecommunications companies be given immunity from prosecution and law suits for

## OBAMA PRIDE

Perhaps the most telling indication of the kitchen table conversation at the Obama home, was Michelle Obama's comment that her husband's candidacy is the first time in her adult life that she was proud of her country.

Does that mean that she was not proud, like most of us, when the Berlin Wall fell during the Reagan presidency? Was she not proud of our country when we drove the invaders out of Kuwait? Or when the Clinton administration negotiated a peace in Northern Ireland? Was she not proud of our country when we provided billions in aid to Thailand after the devastating Tsunami? Or when President Bush announced billions in assistance to African Aids victims? After 9/11, could she help but be proud, of those brave Americans who brought an airplane

## IF IT'S NOT ONE THING, IT'S ANOTHER

War and Occupation

We begin our sixth year with troops in Iraq this month. With things going "well," militarily, the American death toll approaches 4,000, with little or no signs of progress on the political front.

George

is a grand effort to convince our "friends" in the Middle East that "we come in peace," the Decoder dispatches his ambassador of good will . . . who else? Dick Cheney. This after vetoing legislation banning torture, and doing his best to secure retroactive immunity for those who may (or may not) have assisted with illegal wiretapping of your phone.

**Dick**

From Spread Democracy Central in Baghdad, the Vice President, reminded by a reporter that most Americans think the invasion of Iraq was a terrible idea, quips, "Seef" Dick also tells us, that Bush, the "wartime President," compares

committing illegal acts by spying on customers without a warrant? Not all of the companies acted on the White House directive and all were free to question that directive but those that chose to spy anyway would defend themselves in a court of law. The obvious answer is that if taken to court they would have to

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directed at Washington, down in a field in Pennsylvania? Most of us have a sense of pride that our nation may nominate the first black American to be President of the United States, despite the efforts of the Clintons to play the race card in the hope of stealing the nomination.

It seems a shame that the Obamas have not had the same sense of pride that most of us feel when we hear our National Anthem, see the fire works on the 4th of July, or pass one of the many monuments dedicated to our Founding Fathers.

*Ken Riets, a resident of Fairfax, is a former Deputy Chairman of the Republican National Committee.*

well to . . . Abraham Lincoln. The better angels of our nature, weep.

**HBO**

On the brighter side of the ledger, if you're suffering from withdrawal from The Wire, up to here with American Idol, and in some need a shot of world-class television, do not miss Tom Hanks' extraordinary HBO production of David McCullough's Pulitzer Prize winning John Adams. Paul Giamatti and Laura Linney are superb as the Adamses. David Morse plays a Washington that you'd be proud to fence with, and Tom Wilkinson's Ben Franklin may well be better than the original. Sundays. Be There.

**John Adams**

Adams said it in 1772. HBO posted it on its website in 2008. "Trust no man living with power to endanger the public liberty." Put that in your unitary executive and smoke it.

in grave danger from a terrorist attack PERIOD? But if it contains immunity for the illegal acts and then those in the White House would they themselves be subject to prosecution.

**APEX-PNNACOLE OF HYPOCRISY**

Bush says that Congress must approve the FISA bill immediately because we are

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## NEWS OF NOTE

## TATE

CONTINUED FROM PAGE 1

lies were moot.

Britton also dropped his first indictments difficult-to-prove charges of perjury, opting to focus his case narrowly on whether or not Tate had deliberately and willfully filed false financial statements with the State Board of Elections.

## The "Particulars"

How best to define the charges against Tate appears to be one of the most difficult for the Commonwealth to do.

Tate's defense argues that Britton's "summary" indictment of Tate nowhere points out which of Tate's financial statements the Commonwealth believes to be in error and what evidence, if any, the state intends to present showing that those errors were conscious and deliberate fabrications.

Judge Fortson gave Britton 21 days to answer precisely those questions. Any charges against Tate more than one year old, or filed more than three years after a report-

ing infraction are rendered moot by the relevant statute of limitations. Commonwealth's Investigator kept No Notes.

In response to a defense request for the notes kept by the investigator assigned to the Tate case, Special Prosecutor Britton admitted, "They don't exist."

Tate's defense noted that the Commonwealth had, in effect, already stipulated that they'd gone through stacks of documents, comparing four years of personal financial documentation to four years of reports to the State Board of Elections. How, MacMahon asked, could someone do that, decade which of Tate's reports were correct, which contained errors, and which were supposedly deliberately misstated, and not write down anything?

## Tate Legal Defense Fund

The Tate case has produced deep divisions in Republican circles, predictable. Schadenfreude among certain die-hard Democrats,

genuine personal concern among Tate's friends across the political spectrum, and significant financial and emotional distress for Tate and his family.

Late last year a group of Middleburg area citizens, noting that "Mark Tate is a good and thoroughly decent human who needs our help," established the "Mark Tate Legal Defense Fund." The fund's letterhead carries the names of a number of the area's leading citizens: John B. Adams, Scott and Jennifer Andrews, Maggie Bryant, Middleburg Mayor Betty Davis, Mark and Karin Ostrom, Steve and Sally McVeigh, Jonathan Miller, Mary Stokes, Jack Tiederman, Kenneth and Rebecca Tomlinson, Nick Vanoff, and Tim Wilfred.

An October letter from the group indicated that Tate's attorney, Ed MacMahon had "devoted countless hours to this case without a penny of compensation" and for "purposes of this fund... has agreed to bill only half his normal fee."

"If and when Tate is exonerated," Committee Member Kenneth Tomlinson noted, "unused monies will be refunded to contributors. Treasurer for the group, ac-

cording to Tomlinson's letter, is Scott Andrews, P.O. Box 1900, Middleburg, VA 20118.

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# PASTIMES

## PREPARING FOR THE HARVEST YOUR PERSONAL CHEF

AVIVON BROWETT

This is the time of year I look forward to as a cook. The days are getting longer and warmer and the promise of a bountiful harvest is on the horizon. That's why this time of year I like to turn inward, and in the same vein as Spring Cleaning, I ensure that my pantry and fridge is prepped for the season as well. As a home cook, or even as a chef in a restaurant, you always want to keep a well-stocked pantry of "basics," those items that have myriad uses, or that could complete a meal. The following is my attempt at an inventory that can be useful to you (and me). Make sure to check and keep expiration dates on all of these items, especially dry goods that sometimes can be neglected.

### In The Pantry

Canned tomato – Aim to keep the diced variety, with or without spices, as well as tomato paste. You can always blend a can of tomatoes to get smooth tomato sauce for a quick week-night pasta feast!

Canned beans – Enjoy keeping black, cannellini, kidney and chick peas. They can be drained and added to salads, mixed with a dressing and fresh herbs for a salad themselves, or especially with black beans and chick peas, can be blended to make a dip.

Canned or boxed stocks and broths – It's always a good idea to keep these on hand for a quick soup or to boost a gravy or sauce. Get the low sodium types. Trust me, you won't miss the salt.

Grains, pastas and legumes – If possible, purchase whole grain rice (brown, wild, red, etc.) and pastas, including couscous. White rice and bleached flour pastas contain more simple carbohydrates than their (more tasty) whole grain varieties. Also, try new grains, such as quinoa or barley, which pack powerful nutritious punches. As for legumes, my favorite to keep around are lentils because they generally do not require soaking and take less time to cook than dried beans (hence my canned beans suggestion).

Flours and other powders – I always try to have three types of flour on hand: bleached all-purpose, whole wheat and cake. In addition, I keep stone ground cornmeal for creamy polenta or corn bread. Also, to complete your baking needs, keep baking soda, baking powder and cornstarch. All of these should be kept in airtight containers in a cool, dry dark place.

Nuts – Besides a delicious snack (one to which I have a slight addiction), nuts make wonderful additions to salads, stuffings, cookies, even sauces as a ground meat. I like to keep an assortment of unroasted pine nuts, peanuts, blanched almonds, pecans, or walnuts. I can toast them if necessary, either in the toaster or on the stovetop. You can also make candied nuts, which are a

delicious treat! Whip some egg whites until almost stiff, fold in the nuts and desired sugars and the oven at 350° for about 15-20 minutes to caramelize the sugars. Surprise a self-proclaimed tomato hater by adding them to salads or stews.

Dried fruits – Similarly, dried fruits can add an unexpected kick to a lot of foods, including rice and couscous dishes. In my pantry, I always have at least one of the following: dried cranberries, raisins, prunes, figs or apricots. Another great use for dried fruits: throw them in stews, particularly lamb, to lend sweetness to the meat.

Sugars – White sugar, less-refined and/or organic sugar are essential to some Asian sauces. Mix together soy sauce, fish sauce, rice vinegar and some brown sugar for a great stir fry sauce!

Oils – I always keep a large vat of inexpensive olive oil on hand for cooking. For making salad dressings, I like to have a nice extra virgin olive oil (one that I'm not going to heat). Also, for quick dressings, I like to use drizzle over lettuce or in soups. Specialty oils, such as hemp oil, avocado oil, walnut oil, or pumpkin seed oil, and just in case I get in the mood for fried foods, I keep some canola or other high-temperature vegetable oil on hand.

Vinegars – I can't live without balsamic vinegar! I like it straight from the jar on salads, or reduced as a sauce on meat. Mmmmm! In addition, keep rice vinegar, apple cider vinegar and/or a specialty vinegar (like a sherry vinegar).

Sauces – Other things to consider keeping around include low-sodium soy sauce, fish sauce, mustard, and Worcestershire sauce. Some of these might need to be kept in the refrigerator, so, check the labels.

Spices – Most importantly, keep good salt (preferably kosher) and pepper (preferably whole in a mill). Other than that, decide what you can't live without. I can't live without cumin, cumin powder, cardamom, mustard seed, fenugreek, cinnamon, nutmeg, cloves and chili powder. Potato – It's always a good idea to keep some sort of starchy vegetable in your pantry, and potatoes are perfect. They keep a good while as long as they're in the dark and have good ventilation. Go for Idaho, Yukon Gold, baby red or yams. They can be roasted, fried, boiled or pureed.

Onion – Always keep at least one of each yellow or white onion and red onion on hand. Use the former in cooking and the latter mostly for salads or stir fries.

Tomato – In these pre-summer months, I like to keep Roma tomatoes for sandwiches and cooking, because they are less expensive, you're less likely to ruin across a meal (a yuck!), and you don't necessarily have

to peel or seed them for cooking. Like cherry and grape tomatoes, Roma can also be roasted in the oven at 350° for about 15-20 minutes to caramelize the sugars. Surprise a self-proclaimed tomato hater by adding them to salads or stews.

Celery – One of the triumvirate of French cuisine, use celery as an ingredient or a main dish (or snack, even peanut butter). If it gets flimsy, throw it in a pot with some carrots, onion and water and simmer yourself up some amazing veggie stock!

Carrots – A teammate of celery (along with pantry-delivering onion), carrots can be used as an ingredient or by themselves. Wait until the fall when the sweetest carrots will be gracing the farmers' markets...

Herbs – Yes, fresh herbs. However, there is no substitute. Keep parsley, rosemary, thyme, sage or cilantro wrapped loosely in plastic bags in a humidity-free drawer. Try to dry them before storing if they've been sprayed by the store. Ah...ba-ba-bi... I only buy basil if I know I'm going to use it soon. If you have some and it starts going bad, wash it, pick it, throw it in a blender or food processor with some toasted pine nuts, blanched almonds or walnuts, add some olive oil and salt, and voilà! Pesto!

Bread – If you're like me, you don't eat bread fast enough before it molds. That's why I started keeping mine in the freezer. I can thaw sliced pieces as I need them. Also, if you have half a stale baguette or other loaf left over, pulse it in the food processor a few times to make crumbs, then freeze them for the next time you need bread crumbs.

Eggs – Another kitchen essential is the egg, which is a necessary ingredient in so many dishes and a dish itself. It is one of the most versatile members of the food family. In fact, so much so, it's worth an entire article. For now, just keep them handy.

Butter – Preferably keep sticks of unsalted butter. You can always add salt later! Milk and cream – I don't talk, but you need these daily essentials for cooking. Reduced cream with a little salt, pepper and chopped herb makes an amazing sauce (add sautéed mushrooms and you have a piece of heaven...try it on a NY Strip steak).

Cheese – Yum. I always keep a slicing cheese for sandwiches or snacking (such as cheddar or brie) and a crumbly cheese for salads and adding to sauces (Diet, goat and feta are most common). A few other things I can't live without: whole grain tortilla wraps, low-sodium lunchmeat, natural peanut butter, mixed greens and yogurt. Having these items on hand helps me make good food choices when I get hungry. I hope this list helps you

get organized for a delicious season! And let's all keep our fingers crossed that Mother Nature provides our farmers with more rain this year so we can all eat

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THE PLANT LADY  
KAREN REMOND

Now that the busy time has arrived at nurseries, the folks working there are regularly asked gardening questions, many of which are repeatedly asked day after day. To help you if you are one of those spring duffers, I have put together some answers based on my experience. It comes from the other side of the coin. These basic guidelines are mostly common sense solutions and are not the result of a real life problem but they are common sense when you're stuck with a lot of questions.

If you have an island bed or flower bed along a building, decisions have to be made as to the placement of taller plants as they are confined with smaller plants. The aesthetic side of the bed applies here is to place plants in the bed that are not taller than half of the width. This lets you know how tall the tallest plants can be and this mostly applies to shrubs, perennials and annuals. A very narrow bed looks best with low plants. The placement of tall plants in narrow strips to look out of place. The sense of scale is lost.

Amending your soil is another area that folks find confusing. What is the best way to amend clay soil and make it better for new plants or enhanced for existing plants? In the greenhouse and nursery industry, growers and landscapers understand that good soil contains 20 to 25% air. There are many types of soil and their capacity will vary but it is understood that clay soil contains about 75% air without further compaction from foot traffic or general construction. Obviously this is why many plants fair poorly when planted in a clay based soil. Landscapers prefer to amend clay by adding a product known as Norfolk's Virginia Fines. This product is made up of fine, decomposed wood chips. As an amendment the fine chunky wood chips will not break together and this allows air to remain in various sized pockets within the soil. We make our own compost which contains fine wood chips and aged manure. Following the same premise this allows us to remain in the soil over time for the manure to slowly release fertilizer and enhance the soil further. If your flower beds are already established, this rich compost can be bagged up or placed in a foot container or best yet, I often use the 18 x 30" center to calculate how many plants may go in a bed and then put a feed for how much the entire bed will cost when a homeowner

is planning a new perennial garden. The 18 x 30" center calculation would be useful if the budget is tight and the gardener is willing to wait until the fall to get things to fill out.

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Keeping these simple rules in mind, one will find laying out a bed slightly easier. If you really need a little help and your nursery or garden center struggles with the answers at the nursery and needs assistance, imagine how much better we could help you with a picture!

As for placement of plants, particularly ground cover plants, the spacing between them can be hard to determine. Most true groundcover plants, such as Vinca minor or periwinkle can be planted at a 12" x 12" spacing. The figures below will help you figure out how many of any particular plant you may need for a new bed, based on square footage:

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## PASTIMES

## THE YIKES OF MARCH: YEAR III

7TH INNING STRETCH

**T**he Most Missed Announcer of the Tournament Award goes, only two rounds in, straight to Billy Packer who, in one of the more ridiculous moments in recent sports history, claimed that Indiana University had thrown their basketball team "under the bus" by firing overtime head-coach Kelvin Sampson before the tournament.

Wha...? Please, someone, explain to me what planet Packer is from. Urraaa comes to mind, but it might be too obvious. Does he honestly believe that the administration at Indiana would have taught the kids on the basketball team a better lesson by allowing a two-time cheat to stick around as their head-coach? That repeated breaking of the rules, clear rules, near-identical breaking of rules that had, in fact, led to Sampson's ouster at his previous head-coaching gig at Oklahoma, is something that goes without consequence? That the kind of hubris displayed by Sampson when he tried to pin the cheating on his assistants,

on someone, anyone, other than himself, somehow goes without consequence? That cheating is encouraged, not only if you don't get caught, but especially if it gets you to the big dance? And, just out of curiosity, when would Packer feel the time for firing Sampson would be more appropriate? After the first round of the tournament? The second? After Indiana had won the whole damn thing? What, pray tell, does that teach the kids? Because then all that happens is the NCAA steps in and wipes out all the games, as if they never happened. And then Sampson gets cut loose.

Someone should throw Billy Packer under the bus... The Most Classless Post-Game Press Conference Award goes to, you guessed it, Jim Calhoun of Connecticut. During a long, rambling press conference following his team's loss to upstart San Diego, Calhoun went on and on about how his team had somehow allowed San Diego to believe they belonged there, facing Connecticut, in the first round of the NCAA tournament. Not once did he concede that the other team might have been

better or played harder than his over-hyped Huskies.

Who is this guy??? Villanova... Davidson... Western Kentucky. Those were the 3 teams seeded 10th or lower when the tournament started that have moved on to the Sweet 16. Hell's bells, even West Virginia is a 7 seed! And, contrary to Calhoun and all the other blowhards, those teams belong in the Sweet 16, they weren't *allowed* to play in the Sweet 16. They played better, they played harder, and now they're playing longer than the teams that were "supposed" to send them home. Did they get lucky? Sure. But any good coach, any coach who's ego hasn't swollen to Calhounian proportions, will tell you that the best teams make their own luck, by fighting and clawing and scrabbling and believing and shutting out all the nattering naybobs of negativism that say they don't belong.

Calhoun said he was "mystified" at the result of the game against San Diego. I'm mystified that the guy who coached the vaunted Connecticut team that lost to #11 ranked George Mason just two years ago could still

be so full of himself and his program.

As for me, well, sadly it would appear I'm no smarter than either of these two clowns. My bracket looks like the floor at Leatherface's house. I picked plenty of upsets, just all the wrong ones. Siena? You bet! But they were supposed to lose to Clemson, not Nova. Davidson? Well, d'uh! But apparently Stephen Curry didn't get the memo that Georgetown was just too big a reach for the Wildcats. I, however that I am, had Georgetown going to the Final Four, the same Georgetown team I'd watched all season eak out wins over supposedly inferior teams they were supposed to beat handily, the same Georgetown team whose star center Roy Hibbert had pulled one too many disappearing acts like the one he pulled against Davidson on Sunday.

To add insult to injury, my mom is beating me in our tournament pool.

No lie. Not the wifey, though, who, thankfully, had Georgetown and Duke going to the Final Four.

Sucker. North Carolina looks plain

scary in the East. But they're doing the job they're supposed to, not looking beyond the team in front of them, pounding their opponents with no regard for mercy or second-chances. You won't see anybody coming back from 17 down against Roy Williams and this year's Tarheel squad, that I'll wager just about anybody.

I still like Texas and UCLA coming out of the South and West regions, respectively. Apologies to all the Texas and UCLA fans out there.

Kansas should be my new logical choice out of the Midwest, but boy, I love the idea of a Wildcat regional final.

All the #1's are still alive, too, raising the unlikely specter of an all #1 seed Final Four, something that's never actually happened.

Still, you kind of need at least one underdog in the Final Four, really.

If only to shut up the blowhards.

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| REPORT CARD                    |                                                                                                                                                                                                                                     |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>A+ Service Growth</b>       | <ul style="list-style-type: none"> <li>major Leesburg campus expansion in 2008</li> <li>digital mammography at Dulles South</li> <li>cardiac CT imaging at 1311 Shawnee</li> <li>ambulatory in-patient clinic in 2008</li> </ul>    |
| <b>A+ Women and Children</b>   | <ul style="list-style-type: none"> <li>all private rooms</li> <li>level 3 neonatal intensive care unit (NICU)</li> <li>24/7 in-house OB and neonatology coverage</li> <li>board-certified pediatric nurses/nutritionists</li> </ul> |
| <b>A+ Nursing Care</b>         | <ul style="list-style-type: none"> <li>one of only 289 hospitals nationwide to receive Magnet status certification, the highest award given for nursing excellence</li> </ul>                                                       |
| <b>A+ Emergency Department</b> | <ul style="list-style-type: none"> <li>one hour less than the average Virginia wait time</li> <li>no retreating of patients</li> <li>Loudoun County's only pediatric emergency department</li> </ul>                                |
| <b>A+ New Locations</b>        | <ul style="list-style-type: none"> <li>Inova Medical Center - Dulles South on Route 50 - opened July 2007</li> <li>Purcellville - coming 2008</li> <li>Middleburg - coming 2008</li> <li>Leesville - coming 2008</li> </ul>         |

## PARENTS & PROGENY

### MIDDLEBURG ELEMENTARY NEWS

**Middleburg Elementary School Open House**  
Middleburg Elementary School would like to invite you to attend an Open House for all prospective students on Wednesday, April 9, 2008. Kindergarten Registration will also be held on that day. Members of the PTO will be leading guided tours from 7:00 to 9:00 a.m. and from 5:00 to 7:00 p.m. The office will be open for Kindergarten Registration throughout regular school hours.

The Open House is open to all Loudoun residents. Even if you live outside of the Middleburg attendance area, you may apply for your children to attend Middleburg Elementary School. Middleburg Elementary is known for its experienced and caring faculty and staff. Middleburg Elementary graduates go on to experience great success at various public and private secondary schools in the region.

Please stop by for a visit. Middleburg Elementary School is located at 101 N. Madison Street in the heart of the town of Middleburg. You may call the school at 703-771-6680 for more information.

**Sandberg and McGuinness Win Spelling and Geography Bees**  
Congratulations to Middleburg Elementary School fifth grader Kate Sandberg, who won the annual fifth grade spelling bee. All fifth graders participated, and after many rounds, Kate was deemed the winner. She also qualified to participate in the district spelling bee at Stonebridge High School. Kate is the daughter of Scott and Alison Sandberg.

Congratulations also go to Calvin Milligan who was the first runner up. Calvin is the son of John and Patty Milligan.

Middleburg Elementary School also recently held the annual National Geographic Geography Bee. Congratulations to fourth grader Madeleine McGuinness, who won, and qualified to take the state's geography bee test. Madeleine is the daughter of Dr. Ian and Mrs. Lisa McGuinness.

Allison Tett, fifth grader, was the first runner up in the geography bee. She is the daughter of John and Mary Tett.  
Previous to the finals, all fourth and fifth graders took a National Geographic test, and 10 finalists were chosen. Those ten participants in the Geography Bee were fifth graders Tristen Bartuski, James MacLeod, Calvin Milligan, Taylor Saunders, and Allison Tett. Fourth grade finalists included Henry Fei, Jorge Ibarra-Mendoza, Madeleine McGuinness, Autumn Potts, and Scott Schneider.

**Gallegher and Sandberg Chosen for All-County Chorus**  
Congratulations to fifth graders Eve Gallegher and Kate Sandberg, who were chosen to represent Middleburg Elementary School at Loudoun County's All-County Chorus concert.

After auditions, both girls were selected by Middleburg's music teacher, Dr. Adren Ke, to represent MBS. Eve and Kate will be participating in the All-County Chorus concert at Briar Woods High School on Saturday, May 3, 2008 at 1:30 p.m. Eve is the daughter of Dr. Robert and Mrs. Beth Gallegher, and Kate is the daughter of Scott and Alison Sandberg.

### CUB SCOUTS CLEAN UP



Cub Scouts of Pack 975 from Middleburg picked up over 20 lbs. of trash off of Halbert Road last Tuesday. The activity theme for March is recycling and as they collected the

### CUB SCOUTS TOUR LOUDOUN COUNTY LANDFILL



Cub Scout Pack 1157 from Sterling recently visited the Loudoun County Solid Waste Management Facility to learn more about recycling and to see where their garbage goes. The tour included a drive throughout the facility to show how the landfill works as well as how other waste items are diverted for reuse or recycling.

### ST. JOHN'S STUDENTS VISIT EMBASSY OF THE VATICAN



Fr. John Melner, Pastor of St. John the Evangelist Catholic Church in Warrenton, VA, arranged for the 8th Grade students to visit the Nunciature of the Holy See in Washington, DC. This was an incredible opportunity for the students to see inside the Embassy of the Vatican. The students were treated to an audience with the Apostolic Nuncio, the ambassador, His Excellency Archbishop Pietro Sambini. Archbishop Sambini explained

the functions of the Nunciature and talked about his experiences of his service throughout the world. The Apostolic Nuncio answered student questions and took the students on a tour of the embassy. The Nunciature is busy preparing for the visit of Pope Benedict XVI in April. The students were treated to refreshments and each received a memento that was blessed by the Pope. It was a memorable experience for all.

### WAKEFIELD SCHOOL NATIONAL HISTORY DAY WINNERS PROGRESS TO STATE COMPETITION

On Monday, March 3rd, the following students were presented first place regional awards for their National History Day projects and will compete in the National History Day Virginia State competition in Williamsburg, VA in April.

Ava Martin and Samantha McCauley, Junior Group Documentary for their project entitled: The Missouri Compromise; Clay Calhoun and Webster.

Lauren Reeve and Stephanie Schultz, Junior Group Exhibit for their project entitled: Loudoun County Compromise.

Minah Pirasteh, Senior Individual Exhibit for her project entitled: Partition of Iraq; Viable Compromise or Promise of Conflict.

In addition, two students received third place awards in their categories: Marcia Ostrowski, Senior

Historical Paper for his paper entitled: Medieval Knights of Freedom in the Modern Era; Casimir Polanski and Tadeusz Kosciuszko.

(Marcin also received a medal from the Sons of the American Revolution for his research on these two Revolutionary War heroes.)

Gracie Morrison, Senior Individual Performance for her project entitled: Eleanor Roosevelt and Civil Rights.  
Wakefield School Middle School and 9th and 10th grade students participated in the National History Day competition during the fall 2007. The winners competed at the Regional History Day Competition at George Mason University on February 22nd. The following students competed: Ava Martin and Samantha McCauley, Sarah Strump, and Hailey Boone, Margaret

### FOXCROFT STUDENTS WALK FOR REEVE FOUNDATION



GABRIELLA ENCALADO

NELLIE FOONER

Working together to organize a major fundraiser for a charity of their choosing is a tradition for members of Foxcroft's Junior Class. This year, however, the beneficiary of their efforts seems especially personal and the amount of money raised so far is especially impressive.

At the suggestion of classmate Nellie Fooner of Middleburg, proceeds of the 2008 Junior Class Walkathon, scheduled for Sunday, April 20 at 1 p.m., will go to the Christopher and Dana Reeve Foundation.

Nellie's mother, Carol Fooner, died last September after a three-year battle with a spinal cord injury that rendered her a quadriplegic. The Reeve Foundation is dedicated to curing spinal cord

injury by funding innovative research, and to improving the quality of life for people living with paralysis through grants, information and advocacy.

"Our class feels strongly that we want to help people with disabilities like Nellie's mother and Christopher Reeve," says Junior Class President Gabriella DiCarlo of Miami, who noted that some \$20,000 has already been raised. "The foundation makes whole towns wheelchair-accessible, provides quality of life grants to paralyzed patients, and offers amazing medical care to paraplegic and quadriplegic people. It is a great cause and we are working hard to get out entire school, and people beyond our gates, involved in helping us support the foundation."

The Class invites the public to join the Walkathon, an eight-mile trek from Foxcroft's campus on Foxcroft Road, to the village of Middleburg and back. Individuals may also sponsor student walkers, for sponsor forms, please call Foxcroft School at 540.687.5555.

Contributions of any size are welcomed and appreciated and may be mailed to Class of 2008 Walk-A-Thon 2008, Foxcroft School, P.O. Box 5555, Middleburg, VA 20118, or personally delivered to the School or members of the Class. Please make checks payable to the Foxcroft School Walk-A-Thon.

### LOCAL RUNNER RUNS MARATHON



Stewart Herbert ran the Shamrock Half Marathon in Virginia Beach on March 16th, with a finishing time of 1:56:29. She placed 20th in her age group, and 418th out of 2,962 women

who completed the run. Stewart is chair of the English Department and head tennis coach at Foxcroft School in Middleburg.

### FOXCROFT SCHOOL DAY STUDENTS SPONSOR BLOOD DRIVE

Every two seconds someone in the United States needs a blood transfusion. One day, it could very easily be you or someone you know. Don't let someone suffer because of a blood shortage; come to Foxcroft School on Monday, April 21 and make a donation at a Community Blood sponsored by the School's day students.

Led by co-heads Sallie DuMont of Middleburg and Lauren Frickhner of Purcellville, the Day

Students recruit and greet blood donors for three drives on campus each school year. The third and final drive will take place from 1 p.m. to 7 p.m., at FortHend Auditorium in Foxcroft's Schoolhouse.

Giving blood takes less than an hour, especially when you make an appointment, which you can make by calling 540-687-4122 or emailing blamond@foxcroft.org.



**Wakefield School**  
The Plains, VA

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10th Commencement (All Show with Commencement Frank Wolf)  
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Girls Soccer 1pm  
Boys Tennis 2pm  
Boys Varsity Lacrosse 2pm

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## PARENTS & PROGENY

### EXTREME JOURNEY THROUGH HALLOWED GROUND CAMP

This summer, the Journey Through Hallowed Ground Partnership will bring the award-winning Extreme Journey Summer Camp back to rising sixth through eighth graders in Loudoun and Albemarle Counties, Va. The program is sponsored by The Journey Through Hallowed Ground Partnership and partnering school systems. This is the third consecutive year that the camp will be offered to Middle School students in Albemarle County and the second year that the Partnership will work with Loudoun County Public Schools to offer the camp to Loudoun students. This is the first year that the camp will be available to students in Culpeper/Fauquier/Rappahannock Counties, Va., and Adams County, Pa.

This two-week summer program creates extreme day trips combined with cutting-edge technology to allow each camper to step into the boots of those who made our American history. Students hike, bike and paddle with historians from Gettysburg National Military Park to James Monroe's Ash Lane-Highland following the 175-mile Journey Through Hallowed Ground (JTHG). Expert guides bring authenticity to the experience as they introduce campers to the monuments that created America.

While traveling, students record the trials and triumphs and lessons of leadership from the Revolutionary period through the Civil War, to the present day using state-of-the-art video

iPods and digital cameras to create a video documentary or "vodcast," journaling their experiences.

With limited time and supplies would you test the wounded on the battlefield if you were Clara Barton? Or if you were John Brown, how would you respond to your trusted advisor, Frederick Douglass, shattering your plan to attack Harper's Ferry? Students answer these and other historically-based questions in order to understand the diverse roles leaders played along the Journey Through Hallowed Ground and to experience the vision, courage and persistence that defined their success. Participants' primary goal as they work with this medium is to explain the value of studying leadership and how lessons learned can be applied to their contemporary world.

The programs are being headed by Angela Stokes, Director of Educational Programs for the Journey Through Hallowed Ground Partnership. Ms. Stokes said, "One of our key goals with these programs is to build authentic experiences for students. Traditional classroom programs like the 175-mile Journey Through Hallowed Ground (JTHG). Expert guides bring authenticity to the experience as they introduce campers to the monuments that created America."

While traveling, students record the trials and triumphs and lessons of leadership from the Revolutionary period through the Civil War, to the present day using state-of-the-art video



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### LITTLE GRACES 8TH ANNUAL SPRING FUN FAIR

Little Graces Preschool and Kindergarten in The Plains, Va., will host their 8th Annual Spring Fun Fair on April 26th, from 10:00 a.m. until 3:00 p.m. The Fun Fair is our school's primary fund-raising activity. The funds go directly to in our Language, Art, Music and Beyond program. The Fun Fair will feature live entertainment, a silent auction, food, games, crafts, raffle prizes and plenty of family fun! This event is open to the community and we rely on their support to make the Fun Fair a success. We would greatly appreciate the support of our local papers in posting this wonderful Fun Fair in your event schedule.

For more information contact:  
Little Graces Preschool  
6007 Main Street  
The Plains, Virginia 20198  
540-253-9800

## COUNCIL

CONTINUED FROM PAGE 3

They threatened that "if one value is killed" they would "not be able to spend another cent in Middleburg" or bring an out-of-town visitor to the village. They suggested keeping other dead animals out of town, noting that "if the villagers don't have anything to eat... they will move."

Middleburg Police Chief Steve Webster noted that the men had no desire whatsoever to kill and hang a bird, and would do so only upon expert advice and as an absolute last resort to protect the town's citizens and visitor supply.

Town Administrator Jerry Schiro, hoping to avoid being forced into shooting anything, looked into purchasing an artificial value or two, and found several on line. He noted, seemed to be smiling.

At press time the only dead value in Middleburg had been left by a car and the birds, like last month's dealings, appear to have moved on.

**Pink Box**  
The town's visitor center served more than 740 visitors in February and according to Town Economic Develop-

ment Coordinator Cindy Pearson, is do- cents have been hard at work selling tickets to the Middleburg Garden Tour set for Sunday and Monday, April 20-21.

Discussion of the fate of the building that currently houses the Center during recent Council sessions appear to have been the result of "miscommunication." Council sources now confirm that "The Pink Box was NOT sold as previously reported. The Town continues to pay the rent, taxes and full expenses for the building to The National Sporting Library."

**United Methodist Church 150th**

Council closed its regular session with unanimous vote to approve recognition "in honor and appreciation of the 150th Anniversary of the Middleburg United Methodist Church, built in 1858, on the corner of Washington and Madison Streets, on land donated by William and Lucinda Rawlings and Edwin and Catherine Brown. Council formally extended its "sincere congratulations" to the church and its pastor, the Reverend Lawrence A. Johns, noting the congregation's "commitment, both historical and spiritual... to the greater Middleburg Community."



**Manor House at Chattin's Run**  
Delaplane, Virginia

This 15 acre private residence is surrounded by large parcels in conservation easement. The manor house is finished by 150 year old hardwood and shade trees with views. The original portion dates to 1790 when it was owned by George Washington. Completely redesigned and reconstructed, exposed beams on the entire main level, solid mahogany doors and windows, imported antique fireplaces, spectacular floors of re-claimed choice hardwoods and a limestone foyer. Guest cottage, carriage house and several outbuildings. \$6,800,000.



**Lincoln Road**  
Purcellville, Virginia

Beautiful farm on 55.24 acres recorded in 5 parcels. Grassy rolling land with lovely views in processed area near Lincoln. Contemporary home with 4 bedrooms, 2 1/2 baths, 3 fireplaces and 2-car garage. European style stable with 6 stalls, tack room, office, wash stall and apurments. Very private. \$2,495,000.



**Chinn Lane Gate House**  
Middleburg, Virginia

Currently under complete renovation and major expansion. The Chinn Lane Gate House has been transformed into the perfect in-town home. Lovely yard with large rose, a new stone wall for privacy and side terrace. First floor bedroom, large living room, lots of built-in and storage, separate dining room, original fireplace and hardwood floors throughout the main level. Choose your own new kitchen cabinetry and counter tops, vanity tops, tile & carpet. \$795,000.

[info@huedonmacmahon.com](mailto:info@huedonmacmahon.com)  
[www.sheridanmacmahon.com](http://www.sheridanmacmahon.com)



**Oakfield**  
Upperville, Virginia

A rare offering. This gracious and fully renovated stone manor house in Upperville is surrounded by exceptional views and in impeccable condition. There is a new gourmet kitchen and pantry, a generous first floor master suite and 4 additional bedrooms. The excellent location offers complete privacy surrounded by large protected properties. \$5,800,000.



**Molmore**  
Middleburg, Virginia

This home is a classic 4 bedroom colonial situated on a lovely four acre property just outside of the town of Middleburg. There are 3 fireplaces, pine floors, a large sun-in kitchen, formal living room and a separate dining room. The finished walk-out lower level includes a full bath, an in-home office and additional storage space. There is a 2 bay attached garage, a spring-fed pond with a dock and mature trees and plantings in a very pretty setting. \$1,150,000.



**Foggy Bottom Road**  
Bluemont, Virginia

Back and siding colonial on 10 private acres, wonderful mountain views, hard surfaced driveway to house. 4 bedrooms, 4 1/2 baths, 3 fireplaces, 9 ft ceilings, rear deck, balcony off master bedroom, large recessed in basement, attached 3-car garage, wonderful family home. \$795,000.

**SHERIDAN-MACMAHON, I.T.D.**  
Realtors



**Dakota**  
Middleburg, Virginia

Unsurpassed quality throughout this new "old" house on 87 acres ten minutes from Middleburg. The farmhouse and meadow exterior appears to be that of a century-old home, yet an open floor plan allows perfect flow for entertaining and for comfortable living. Multiple porches and patios. 5 bedrooms, 6 1/2 baths, gourmet kitchen, 12+ ceilings, herring pine floors, custom millwork, and highest quality throughout this 7500 sq. ft. home. Three well built, two ponds, old growth oaks, complete privacy. \$6,500,000.



**Firethorn Lane**  
The Plains, Virginia

Very special 2 acre property between Middleburg and The Plains. The 3 bedroom main house has been expanded and renovated including the new master suite, a large gourmet kitchen, lovely dining room, wrap-around porch, a charming guest house, extensive gardens and hedges. Great western views of neighboring farms from the elevated site. \$1,405,000.



**East Marshall Street**  
Middleburg, Virginia

Gracious, well-maintained home in prime, Middleburg in-town location. Walk to shops and restaurants. Built 2002. Small, easily maintained, fenced yard, deck, rear patio. Gourmet kitchen. Five bedrooms, four full baths, one half bath. 10' ceilings on main level. Gas fireplace, 3,500+ square feet on four levels. Lower level could be as part time or potential rental unit. \$689,000.

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## LUNGE LINE

## HARMON RETIRES AFTER FIFTY YEARS OF SERVICE AT MARE CENTER

Fifty years ago, Alvin Harmon answered an ad in the Richmond Times Dispatch for a dairyman. He got the job, and has been an important part of the Middleburg Agricultural Research and Extension center ever since.

"Over the years, I moved from the dairy farm to beef cattle to agronomy," he remembered. "When Dr. Kronfeld took over, he started the equine program and that became our main focus. Agronomy and beef cattle were phased out as we worked hard to find ways to improve nutrition of the horse through research such as pasture and growth studies."

Middleburg's MARE Center is one of thirteen Virginia Tech Extension facilities in Virginia. Each center is responsible for research into one area of agricultural development. Nutrition has always been the focus of the center located in Middleburg. Today, there are 100 horses, mares, foals, stallions and weanlings under care at the MARE center in Middleburg. The focus of the nutrition research is to determine how to improve endurance and over-all health in the horse.

Harmon is a Research Specialist at the MARE Center.

"Originally, we did nutrition studies on the dairy cattle and the beef cattle. We are painstaking in our research methods and, although technology has made a big difference, keeping track of the milk production or the strength of the skeletons that came back to us after the beef cattle were sold was our main mission at the MARE center," Harmon explained.

Now that horses are the main focus, there is much less pasture research and immensely more lab work for research assistants like Alvin Harmon.

"Although I had never worked in a dairy before, I had passed all the FFA classes and requirements before I accepted the job here," Harmon noted.

"It took a little getting used to be at the farm by 4:30 a.m. every day, but my wife, Betty, and I have grown to love this place."

Alvin and his wife have lived at the MARE Center since he accepted the job. His retirement involves purchasing a house nearby and moving to a new home.

"My wife loves it here. She likes the new house, but she's sad to leave. She loves the mountains and I love the sand," he reminisced. "When we arrived, we were very young, and

we raised our children here. She's going to miss it terribly."

The equestrian business is very different now than when the research began at the MARE center. Previously, a study could take three-to-four years with lots of averaging and re-analyzing before the results were final.

Today one person can do what four-to-five people used to do and the results can be published in papers within a year to ensure that grants and funding are received to support further work at the center.

"Today a professor can do a paper in a year or less," Harmon said.

"That is of real importance to our revenue stream."

Although he insists he "... does not allow himself to become attached..." to the horses at the center, Harmon admits they are all "very loving."

He and his wife focus their affection on their Chow dog and their Koi fish.

"I know everybody thinks their animals are the best," he smiles, "but ours rule the roost!"

The MARE Center offers many seminars on nutrition and related subjects that provide an opportunity for the equine

community to learn about the research findings first-hand. Many are at the Center itself, and others take place locally, regionally and internationally.

"It's wonderful work," Harmon explained. "I loved helping the farmers make a better product. You really feel like you're accomplishing something, but it is intensively driven by record keeping and it takes a certain personality to maintain the quality of research we're after."

Dr. Kronfeld has retired and Dr. Ray Gore is beginning his tenure as Director of the Center.

"It's been a grand job, and I've enjoyed working with the directors, their students and the staff here," Harmon concluded.

"But I'm glad to be retiring. We have four acres that I look forward to clearing and tending, and I am confident that my 'honey-do' list will be long."

"Betty will want flowers and I'll have lots to do inside the house," he said laughing. "Our two daughters, Valerie Waters and Andrea Thompson, our five grandchildren, Scott, Corey, Brandon, Angelique and Elena, and our two great grandchildren will also keep me busy."

"We've traveled all over the United States with our daughters," he said. "We missed only

five states when our girls were young."

According to Harmon, times have changed the personality of communities.

"Everyone is so rushed and busy now that nerves are on edge and no one has time to sit and talk on a Sunday afternoon."

When he owned the video store at the corner of Route 50 and Zalla Road in Middleburg, he indicated that his subscriber list was pretty impressive. He closed the store because it just wasn't fun anymore.

Although he's had a triple bypass and several operations, Alvin Harmon is in fine fettle and looking forward enthusiastically to the next chapter in his life.

"He is caring and knowledgeable about the land and the animals," she continued. "He works well with everyone and we all look to him for advice."

Alvin's talents and friendship will be missed."

Alvin's talents and friendship will be missed."

MELINDA FRECKLETON  
RECOGNIZED

The Virginia Veterinary Medical Association recognized and honored Melinda Freckleton, DVM, with their Recent Graduate Leadership Award at their Annual Conference that took place recently in Roanoke.

Each year a veterinarian that has graduated within the past ten years is recognized at the annual banquet. Freckleton, who practices with Haymarket Veterinary Service, was honored for consistently maintaining a professional approach and showing strong leadership skills.

Dr. Freckleton is a 2003 graduate of Cornell University, Col.

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lege of Veterinary Medicine. Her practice is primarily directed toward internal medicine, geriatrics and care of sport horses.

She currently serves on the boards of the Virginia Association of Equine Practitioners and the Virginia Veterinary Medical Association. She resides in Calvert, Virginia and is an accomplished dressage rider.

Founded in 1894, the Virginia Veterinary Medical Association is a 1,200 member professional organization that works to support the profession of veterinary medicine and its practitioners in the Commonwealth of Virginia.

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# LUNGE LINE

## YOUR HORSE'S HEALTH: PREPARING FOR A TRIP TO THE EQUINE ER

SARAH A. DUKET, DVM,  
DIPLOMATE ACVCS



tying events.

Colic, an all-encompassing term meaning abdominal pain, is probably one of the scariest words that any equine owner can hear. We receive more calls at the Marion duPont Scott Equine Medical Center than any other emergency condition. Symptoms of colic can range from such as decreased appetite, or even severe violent rolling. Other signs include pawing, flank watching, sweating (possibly with frequent urination), decreased manure production, phlegm (coughing), and generalized malaise. It is imperative that you contact your veterinarian at the first signs of colic because he or she is trained to assess the problem and provide critical treatment and/or emergency surgery if needed. Until the animal is seen by a veterinarian, feed must be withheld, and, if it is possible to safely do so, heart and respiratory rates, gastrointestinal sounds, temperature, and manure production should be closely monitored.

Lacerations or wounds are the next most common condition admitted to the center's ER. A horse's lower limb has very little soft tissue protection and small, seemingly innocuous cuts can sometimes turn into crippling injuries. Furthermore, lacerations to the body may penetrate the chest or abdominal cavities, putting patients at great risk of serious complications. Laceration require immediate evaluation by a veterinarian. Until the veterinarian arrives or the horse is brought to a hospital, the wound surface should be gently cleaned and pressure bandages applied to control bleeding and swelling.

Although less common than colic, horses can develop from a serious injury

or infection. The most frequent causes of abrupt and severe lameness are foot abscesses, followed by infected joints and fractures. It is critical that horses be examined by a veterinarian when severe lameness occurs as infected joints require prompt treatment and non-weight bearing lameness can lead to problems in the opposite limb. Fractures may necessitate stabilization to prevent further injury and possible repair. Until examination by a veterinarian, the horse should be kept as quiet as possible with minimal movement.

When an emergency arises, owners are encouraged to contact their primary veterinarian immediately and to notify their insurance provider if applicable. If, for the most part, a horse is unable to get to a veterinarian, it may also be helpful to bring a friend along for emotional support and to have a cell phone available during transport in case additional assistance is required.

Upon arrival at the hospital, clients need to be prepared to provide as much information as possible about the injury and about their horse's health history. It is also important that owners ask questions and fully understand the circumstances in order to make appropriate decisions. Because conditions can change quickly, owners are advised to remain available for consultation by phone or in person.

To be ready for an emergency, having a friend help select in advance with direction to what hospital, a plan for transport and information about check-in at the hospital is recommended. In addition, individuals should have an understanding of what financial, physical, and management responsibilities they are able to undertake. Above all, owners must remember that even the most doc-



ile horse may inadvertently cause serious harm to their handlers when in pain with the use of extreme caution is advised when working with an anxious horse.

The primary mission of the Marion duPont Scott Equine Medical Center's Emergency and Critical Care Service is to provide optimal care to patients presented for emergency diagnosis and treatment. The center and its team of equine specialists are committed to providing exceptional treatment to patients, superior service to clients and cutting edge research in the equine industry.

## MARION DUPONT SCOTT EQUINE MEDICAL CENTER OFFERS TREATMENTS FOR UPPER RESPIRATORY DISEASE

A Virginia Tech's Marion duPont Scott Equine Medical Center, a variety of treatments are available to correct disorders of the upper respiratory system and improving the odds of performance success.

Equine upper respiratory disorders often have symptoms such as labored breathing, flared nostrils, and strange noises during exercise. These conditions can be detrimental to an equine athlete's health and can also inhibit performance during competition.

"Respiratory disease is probably second only to lameness in terms of performance limiting illnesses in horses," said Dr. Harold McKenzie, assistant professor of equine medicine.

"The function of the respiratory tract is gas exchange - getting the oxygen in, getting the carbon dioxide out - so anything that limits the flow of air is likely to impair athletic ability." Although all horses can suffer from diseases affecting the nasal passage, larynx, soft palate, pharynx, and sinuses that comprise a horse's upper respiratory system, these conditions predominantly affect athletes competing in racing, dressage, hunting, jumping, polo, driving, and other disciplines.

Performance horses go

out and train at high speeds and breathe at a faster rate to keep up with oxygen debt," said Dr. Nat White, the Jean Ellen Sheehan Professor and director of the center.

"Any problems with air flow due to soft tissue damage or control of the upper airway movement can cause increased noise during breathing and a lack of oxygen reaching the lungs."

The most common upper airway complication that Dr. Ken Sullins, professor of equine surgery, has seen in his patients is laryngeal hemiplegia, also known as "roaring," which is acquired as a result of trauma to the left recurrent laryngeal nerve. Other illnesses that frequently reduce air flow include dorsal displacement of the soft palate, pharyngeal collapse, airway obstruction, pharyngeal lymphoid hyperplasia, entrapped epiglottis, and arytenoid chondritis.

"The causes vary from inflammatory conditions to degeneration of nerves that control upper airway function," said Sullins. "The upper airway is very sensitive to irritation and significant issues stem from airway turbulence during exercise when the throat is inflamed."

According to Sullins, when a patient at the Marion duPont Scott Equine Medical Center (http://

cmc.vetmed.vt.edu) is presented with an upper respiratory problem, the diagnosis is usually based on an analysis of the animal's health history, a physical exam, monitoring during exercise on a high-speed treadmill, and imaging of the upper airway system by ultrasound and standing video endoscopy. Other imaging technologies, including nuclear scintigraphy, ultrasound and digital radiography, may also be used if further visuals are required.

"If the cause cannot be identified during the endoscopy, then we put the horse on a treadmill and monitor them while they run," said Sullins.

Although medical therapy is available for some of these maladies, surgical intervention is often required.

"Fundamentally, most, if not all, upper respiratory problems are mechanical in nature and therefore tend to be treated through structural repairs," said McKenzie. "So if something is obstructing the flow of air, you can suture it back or remove it and the problem goes away."

Further research is needed in order to pinpoint the specific causes of many upper airway complications in performance horses. However, the specialists who study the diseases have their own

theories. "There seems to be a geographical component for some laryngeal infections," said Sullins. "We suspect that it might have something to do with racetrack surfaces or air quality in specific areas. Certainly horses that race on turf have reduced incidence of this type of problem."

Information regarding the Marion duPont Scott Equine Medical Center's clinicians and services is available online at <http://cmc.vetmed.vt.edu/>. Consultations may be scheduled by calling (703) 771-6800.

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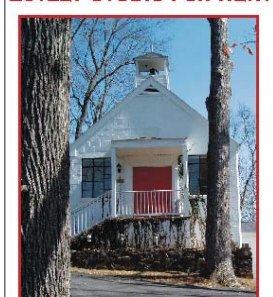


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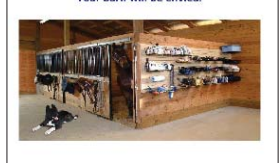
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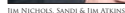
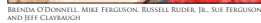
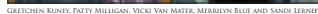
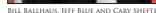
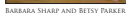
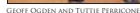
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## ALBERT'S CORNER

A MONTHLY COLUMN FOR PEOPLE WHO SHARE THEIR HOMES WITH FOUR-LEGGED FRIENDS.

Life gets busy and people tend to put things off until tomorrow. Animals, on the other hand, seem to understand the importance of seizing the day. We remember to smell the flowers, bask in the sun, appreciate our food and value our sleep. We do this on a daily basis. We are never too busy for the stuff that really matters.

Recently, yet another one of our family's dear friends lost a furry companion. One of the things that our friend realized while she was grieving is that she regretted not having a truly great portrait of her dog. She was fortunate and was able to track one down that had been done a few years ago. A lot of people, however, have just dogs and don't realize the importance of having a truly great portrait of their dog. She was fortunate and was able to track one down that had been done a few years ago. A lot of people, however, have just dogs and don't realize the importance of having a truly great portrait of their dog.

I've been thinking a lot about this topic and decided it was worthy of a column. If there's one thing an animal lover should put off until tomorrow, it's finding a way to create a likeness of a loved pet that will withstand the test of time. Not to be morbid, but "tomorrow" may be too late.

There are many incredible portrait artists in our backyard. My people can recommend artists and photographers, just call Wyle Wag or visit the website. Additionally, a quick Google search will yield lots of names. Some artists are more expensive than others, but there really is an option for every budget.

One of my favorite ways to capture a pet's likeness and personality is both inexpensive and fun. Create a scrapbook dedicated to your pet! With today's widely available and easy-to-use tools, anyone can take and print photographs as well as add captions and decorations. A pet scrapbook is a fun project for adults and children alike, and it will bring joy now and for decades to come. The trick is to keep adding to your scrapbook over the years. Too many people take loads of puppy or kitten pictures only to put the camera down once their pet hits adulthood.

Commissioning a portrait or creating a scrapbook is not about focusing on the sad day when we're not with you. It's about celebrating your lives while we're by your side. The wonderful part is that by celebrating in this way now, part of us will live on with you forever.

And remember, we don't have to be groomed and readied for our close-ups. Some of the very best pictures capture us in our regular rough and tumble fuzziness just being our silly selves. One of my family members (I won't name names) has a bad hair day every single day. We wouldn't have it any other way. She's a perpetual mess and she's depicted "as is" in a photograph that hangs prominently in our home and makes us laugh. You can bet it will keep bringing a smile for years and years to come.

So, pet lovers, it's not too late and you're not too busy. Capture a moment in time that you'll be glad you did.

Albert, a Jack Russell Terrier, is Chairman of the Board of Wyle Wag, a shop for dogs, cats, and their people, in Middleburg and Fairfax. Email him at [albertspawprint@gmail.com](mailto:albertspawprint@gmail.com).



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Utilities included.  
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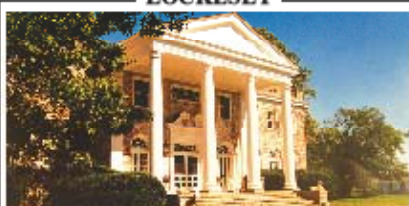
### FAIR OAKS



Now Listing: Warren River Country +400 acres in open development +rolling land with good air drainage +Perfect for grapes/vineyard +1837 summer home +Two tenant houses +30 acre lake +Cherry barn +Stables +Machine shed +Woodland trails +Huge specimen oaks \$6,250,000

John Coles (540) 687-5522

### LOCKESLY



Lockesly Farm +Country estate with 70+/- acres & beautiful landscaped grounds +12,000 square feet with 12' ceilings & extraordinary detail +Imported Dutch paneling +6 bedrooms +9 BPs +Pool +Apartment over 3-day garage +Stable +Riding ring +Hillside views +Wine cellar +Shed/garage \$6,200,000

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### FOXMOUNT FARM



Middleburg. Extraordinary equestrian property +133 +/- acres +Gorgeous setting +Contemporary residence +Huge 12 stall stable +3 tenant houses beautifully updated +2 charming stone cottages +Schooling and riding rings \$5,600,000

Mary Ann McGowan (540) 678-5523

### BONNIE GLEN



Middleburg, C. 1915 +4 bedrooms +5.5 baths +Stucco 5,000 sq. ft. farm house on 24 +/- acs. +Completely renovated +Luxury master suite on 1st floor +2nd flr master suite +Great room +Gourmet kitchen +Theatre room +Great cottage +2 barns +Pond +3 fenced paddocks +Whole house generator \$2,450,000

Cristina Bedford (540) 229-3281

### CODLEIGH



The Plains +Spectacular 180° view of the countryside +11 acres in Orange County Hunt territory +Totally renovated +Great architectural detail +5 Bds +3.5 BA's +Gourmet kitchen +Wood flr +2 BPs +1st floor master suite +Screened porch +Fenced paddock +Inn in shed +Great site at that location \$1,850,000

Laura Morris (540) 278-7540

### BUCK SPRING



Middleburg +Elegant custom built brick Colonial on 11.5 acres in Piedmont Hunt +4 Bds +3 BA's +Hardwood flrs +10' ceilings +4 BPs +Gourmet kitchen +Breakfast room +Formal LR & DR +Study room +Library +Luxury master suite +Attached 3-car garage with finished apartment above +Hillside views \$1,750,000

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### BUTTERFLY KNOLL



Lowellville, Exceptional home facility on 12+ rolling acs +120' x 70' lighted indoor riding ring +Attached 6 stall training barn plus 8 stall center aisle stable +Hot and A/C +Outdoor ring +Round pen +Wonderful well built 3000 log home +Huge landscaping +Mountain views \$1,540,000

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### THE GROVE



Leesburg +Renovated c. 1890 stone & frame farmhouse on 15 acres with turnkey equestrian facilities +4 fireplaces, wide plank floors, pine paneling and high ceilings +5 barns +Fenced riding rings +Paddocks +Stables house +Stone office/studio +Can also be stocked pond all in an idyllic setting \$1,325,000

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### CAYNOR MILL



Lovely 39 acre tract on Caynor Lake +Views of Old Rag Mtn. Built as a weekend getaway by a D.C. businessman who is an expert in horses +Stable room +Horse barn +Horse training area +White pine front porch +Wide log garage +HFAAC, etc. & walk up to the house +Stable +Huge Clapper \$1,250,000

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### HAYMARKET



Extraordinary brick colonial on 12.8 acs. +3 finished levels +Sun-filled rooms +High ceilings +HW flr +Stilled floors +3 BPs +Sun room +Barn, +Riding ring +Board fenced paddocks +Ideal for horses +Spectacular mountain views Reduced to \$1,095,000

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SYCAMORE SPRING FARM- 141.07 acre working farm in Warren County with bold spring and beautiful views. In VOF conservation. \$2,000,000  
THE REGINALD STICKLEY FARM -126 acres in Warren County. Beautiful panoramic mountain views. In VOF easement. \$1,495,000  
WATERFALL BRANCH - Rappahannock County 50 wooded acs. w/ National Park Access. Bold mountain stream Spectacular elevated building site Quiet and secluded yet convenient to Rt 66. \$580,000  
MIDDLEBURG LAND - 5 acs. +Last vacant commercial lot in Middleburg on Jay St. & Federal St \$1,400,000

### UNISON HOUSE



Lovely country home in quiet village +BR, LRA +Hardwood flrs, stone veneer surround, wood paneled living room, +Finished attic space suitable for potential expansion +Large backyard completely fenced for privacy view of open fields +Huge detached 40x28 garage +Huge flr \$579,000

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