



A NEW MIDDLEBURG FARMERS' MARKET

FESTIVITIES OF THE 4TH

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ROARING SUCCESS SPARKS DEBATE

DAN MORROW

Swift Action

On Saturday, July 4, under the trees on a blocked-off South Madison Street, the new Middleburg Community Farmers' Market Committee staged its first, and by all accounts highly successful, Middleburg Farmers Market.

Ironically, the very success of the market's Fourth-of-July debut, sparked a movement to make South Madison Street its permanent home and intense discussion and debate among Town Council members, united in support of the new market committee, but divided in how best to capitalize on its success.

The Break with LVHMA

For years, the Middleburg Farmers' Market had been run and promoted by the independent, non-profit, Loudoun Valley HomeGrown Markets Association. LVHMA runs similar markets in Leesburg, Ashburn, Brambleton, Cascades, and Purcellville.

On June 8, at a regular Council work session, Council member Lisa Patterson, expressed concern about both the current operating guidelines of the LVHMA-run market and its long-term survivability.

Patterson, the owner of the Mello Out Cafe on Middleburg's East Federal Street, had participated in the market as a vendor for the first time on the preceding Saturday. Most vendors, she said, complained that the market was "slow," and that several long-time vendors no longer participating.

She told her colleagues that, in her case, LVHMA had required that she fill out a detailed and sometimes redundant application, pay \$25 to submit it, then pay a \$20 per week or \$100 for the season market set-up fee. On top of that, she was required to write a check to LVHMA for 3% of her farmers' market gross revenues within 24 hours of the market's close of business.

Supported by Judith Pryor Plescow, Kathy Jo Shea, Mark Snyder, and Trowbridge Littleton, Mayor Betsy Davis asked the town staff to "deal with this matter quickly, assigned the task to Economic Development Coordinator, Cindy Pearson, and appointed Council Member Judith Pryor Plescow as special Council liaison.

The Town's Community Center, Pearson soon discovered, had no contract with LVHMA and was happy to work with a new Middleburg-based group.

Loudoun County, she noted, had also withdrawn financial support for LVHMA, and Lovettsville, South Riding, and Sterling were already running their own markets.

By June 25, at Council's regular Work Session, Pearson reported that a new Middleburg Area Farmers' Market Committee had been established, had held meetings, and had drawn up guidelines for membership and operations, and would be ready to stage its first market on July 1. A day earlier, on June 24, the Town had formally broken its ties to LVHMA.

According to Pearson, as soon as she "notified LVHMA that the Town would no longer sponsor their farmers' market" she received calls from the organization's Vice President and Market Manager, who were "not happy with the Town's decision to pull out mid year."

The die was cast, however, and because the Town's Fourth of July Celebrations fell on a Saturday, a new venue would be required for the weekend Farmers' Market.

Thus, on July 4, under the trees on South Madison Street, the Middleburg Farmer's market took on what at least one visitor described as "the ambience of a European country village market."

From start to finish, the entire process had taken less than a month.

What Do We Do NOW?

The new market was a roaring success. There were happy vendors, happy local merchants, happy 4th-of-July visitors, and a happy council that found itself suddenly facing the question of how to keep a good thing going.

On July 7, the Board of the Middleburg Business and Professional Association met at Town Hall, with Punkin Lee, Ken Reid, Kim O'Donnell, JoAnn Hazard, Marny Birkitt, Dee Dee Hubbard & ex-officio member Cindy Pearson present.

By all accounts, all were delighted at the new market's success, though no official motion to that effect was passed. In any case, several of the organization's Board would be present at the next Town Council Meet-

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WHY PLAN YOUR ESTATE?

PAGE 8



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NEWS OF NOTE COKIE ROBERTS JOINS MOSBY AT OAK HILL

NPR and ABC News political correspondent and author Cokie Roberts spoke to a standing-room-only crowd at James Monroe's Oak Hill on July 16, at a special benefit for the Mosby Heritage Area Association, hosted by Oak Hill's current owners and dedicated preservationists, Tom and Gayle DeLashmutter.

Gayle DeLashmutter has served as both Vice President and President of the Mosby Heritage Area Association. Ms. Roberts has agreed to join the Association's newly formed Board of Advisors.

Following a tour of Oak Hill's historic gardens, Roberts graciously signed copies of Ladies of Liberty, her latest book, sat for interviews with local media, chatted with visitors, and delivered a well-tailored lecture focused on the life and time of James Monroe's wife, Elizabeth.

Ladies of Liberty: The Women Who Shaped Our Nation published in 2008, is Roberts' fourth book, and her second on outstanding wom-

en of the American Revolution and early Republic. The natural sequel to her 2004 best-selling Founding Mothers: The Women Who Raised Our Nation, her latest book takes the story through the Presidency of James Monroe, arguably the last of the founding fathers to occupy the White House.

Asked what she thought the extraordinary women of the late 18th and early 19th would think of today's politics she said, "I think they would think today's times are tame. They lived through much more trying times. Not only did they have to live through a war fought on our own soil for eight long years, with many of them in great danger through the war and some of them killed. I also think they would also think that the politics is tame. The politics was so much worse then. People were literally killing each other over politics." Speaking of the Burr/Hamilton duel, she said, "Think about it. The sitting Vice President of the United States murdered a political enemy over politi-

cal talk." Asked about the oft-regretted loss of "civility" in the nation's capital, Roberts said that she now believes that Washington was "uncivil from the beginning." The period "in which there was a civil society," she now believes "was my childhood. And that was very civil. . . . and I've now come to believe that THAT was the aberrant period, after World War II, and I think that the war had everything to do with it. Everybody went to war together. Everybody in the country was at war. Women were going to work. There was rationing. And then you have these two enormous classes, 1946 Republicans and 1948 Democrats . . . who ran, self-consciously, as "the men who went; not the men who sent. They had literally had been in fox-holes together and did not have the same sense of enmity that most American history has seen."

Hosted by the DeLashmutter family, Roberts' presentation was sponsored by Mr. and Mrs. Marc Leepson,



CHILDES BURDEN, COKIE ROBERTS

Mr. and Mrs. Child Burden, Mr. Peter Schwartz, Mr. and Mrs. Lenart Lundh, Mr. and Mrs. Scott Christian, Mrs. Janet Whitehouse, and Ms. Katherine Neville.

The Mosby Heritage Area Association was founded in 1995 "to promote and support the preservation of the historic, cultural and sce-

nic resources" of the more than 1600 square miles of Loudoun, Fauquier, Prince William, Clarke and Warren Counties hallowed by "the nation's most famous and deadly guerrilla war."

For more information, see www.mosbyheritagearea.org

AVIATION EDUCATION EXPO AWARDED WOLF AVIATION GRANT

ProJet Aviation of Winchester, Virginia, the Aircraft Owners & Pilots Association (AOPA), and corporate sponsor, FlightSafety International, announced today that the 4th Annual "Aviation Education Expo" has been awarded a grant from the Alfred L. and Constance C. Wolf Fund. The 2009 Aviation Education Expo is scheduled for October 13th at the Winchester Regional Airport.

Wolf Aviation Grants were established to provide funding for the most promising individuals and the most worthy projects that advance the field of general aviation.

The Aviation Education Expo was created in 2005 to inspire young adults, ages 16-20 by showcasing a wide variety of aviation and aerospace career opportunities. Students attending the Expo interact with aviation professionals through booth exhibits, displays, simulators, and guest-speaker forums. ProJet

Aviation will host the 4th annual Expo on October 13, 2009 at its Corporate Aviation Facility located at Winchester Regional Airport.

"This is an honor and a privilege" said Julie O'Brien, Director of Marketing for ProJet Aviation. "This event plants the seed of opportunity that has such a positive impact on the attendees, and on our industry." Participants at the Expo have the opportunity to interact with vendors representing diverse and exciting aviation and aerospace careers including emergency medical airlift; law enforcement; aircraft maintenance and avionics repair; and U.S. military and national security assignments.

"We rely completely on corporate funds and donations to make this day happen," explains ProJet's CEO Shye Gilad. "In tough economic times it is especially important for individuals and corporations to invest in America's future, and we are very grateful to



have the support of the Alfred L. and Constance C. Wolf Fund Grant."

Grants such as the Wolf Aviation Fund help ProJet and co-sponsors AOPA and FlightSafety reach their goal

of expanding the Expo to include as many students and aviation professionals as possible. If your organization would like to be an exhibitor or get involved with this worthy endeavor, please contact

Julie O'Brien at ProJet Aviation (phone 877.ProJet1 or 703.889.8558) or julie@projetaviation.com. For more information regarding the Wolf Aviation Fund, visit www.wolf-aviation.org

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NEWS OF NOTE

THE SPICE OF VARIETY

JOY M. SMITH

The local restaurants in the July "Spice of Variety" series are "near neighbors" on Federal Street, right in the middle of Middleburg. Each has its own character and cuisine, and they combine to contribute delectable dining options in The Village.

Tutti Pericone's Back Street Café, John-Gustin Birkitt's The French Hound and Lisa Patterson's Mello Out are three totally different expressions of contemporary cuisine that will please friends and family.

"Variety" is a perfect description for Middleburg's excellent restaurants



The Back Street Café & Catering
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and when you visit these three sometime soon, you're in for a special treat at each one. If you ask nicely, Tutti might sing for your supper at Back Street; while Lisa, at Mello Out, is a Town Council member and will be happy to fill you in on town news. John-Gustin's special touches at The French Hound, will transport you immediately to France long before your first course is over, and the cosmopolitan atmosphere will make you wonder why you ever invested in that ticket to Charles de Gaulle.

Tutti Pericone's Back Street Café opened to rave reviews in October of 1986 and the raves just keep on coming. In those days, most Middleburg restaurants served similar fare, so Tutti decided the addition of an Italian flair would bring variety to town. Along with other Italian specials, she has served delicious pizza since Back Street's first day in business.

Tutti is well loved by home-town folks for her delightful restaurant and scrumptious catering services, she is also revered for her amazing vocal and acting talents. If you have not seen her one-woman-show, "Totalli Tutti," don't miss the next performance. She also performed in Tom Schweitzer's "Porches" and "Sight" which were staged at Sheila C. Johnson's Performing Arts Theater at the Hill School, and her performances in local Playhouse productions are widely applauded.

Tutti's Back Street Café lives up to its name by being one block "off the main drag" at 4 East Federal Street. But 23 years after it opened, The Back Street Café is much appreciated for its charming, relaxed atmosphere and al-fresco setting. Patrons who arrive for either lunch or dinner, Monday through Saturday will soon become part of an eclectic crowd that counts on Tutti's for a favorite night out every week.

Tutti looks to local resources for her produce and spices. She orders from nearby suppliers Sally Bolton, Valley View Farm, and Ayrshire Farm among others.

Menu favorites include Chicken and Shrimp Pasta, Curried Chicken Salad, Crostini with Crab and Artichokes, superb soups and sandwiches that could amply serve two meals. Her pizzas have earned their excellent reputation.

Back Street has also built a thriving



Mello Out
WWW.MARSHMELLOS.COM

Stroll just a few steps next door and you'll find Lisa Patterson and her sister-in-law Megan Hubbard at Mello Out, a perfectly delightful combination of all the very best combustibles from around

ing catering business. Local groups like the Middleburg Kennel Club and the Middleburg Humane Foundation have been regular patrons for many years. Local sporting events, like the Hunts, keep her very busy during those seasons. Tutti's husband Vince Pericone, owner of Middleburg Printers (handily located across the street from the Café) is an important member of her catering staff and she is justifiably proud of her current cook Mandy Hardesty, who has brought fresh ideas and endless energy to the establishment. You can also count on your waitress remembering what you like at Tutti's. Most of her employees have been with her for five or more years.

Lisa, the owner of Mello Out and Megan, official baker and owner of Cosmic Cupcakes, combine their culinary loves and talents to create a sandwich, sweet and coffee shop that will tempt you wildly.

Lisa, formerly a successful VDOT engineer, loved to make marshmallows and everyone agreed they were the very best marshmallows in the world. She'd been making them for gifts since she was six years old, and a trial run at The Middleburg Farmer's Market illustrated clearly that people still had a soft spot for the sweet confections of their childhoods.

When Lisa's daughter, arrived Lisa decided she would much rather work in Middleburg than all over the county building infrastructure. She wanted to be

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with her baby, not stuck in traffic with the commuting hordes. And, fortunately for all, Lisa also loved Panini and delicious coffee and fine cheeses and chocolate, all kinds of treats.

When Megan's son arrived, Megan too found that being a successful executive no longer had the appeal it once provided, and she had always loved to bake.

In April of 2005 Lisa found a lovely, cool, stony space in the lowest level of an early 19th century building, at 2 E. Federal Street. Right next door to the Back Street Café, and across the street from The French Hound. Today, that space is a welcoming French blue and white haven for breakfast, lunch and all manner of treats in between.

Be prepared! Lisa's marshmallows are not the plebian little puffs you stabbed with a stick and singed into blackened goo in the campfire as a kid. No, her marshmallows are unimaginably beautiful and even more divine on the palette. Offered in many luscious flavors, you may purchase them dipped in chocolate or aux naturelle in pretty packages of four, or alone to be devoured immediately.

Knowing well that a specialty food shop cannot survive on marshmallows alone, Lisa created Mello Out's full menu: an extensive variety of sandwiches, panini and salads, none priced higher than \$6.75 and none even vaguely resembling fast-food fare. Currently, among an extensive number of local favorites are The Plescow, which

combines turkey, cheddar cheese and cranberry mayo on French Bread; Ham I Am, a Black Forest Ham, Swiss Cheese, red onion w/ Dijon mustard on Rye Bread; and The Middleburger which features roast beef, gorgonzola cheese, fresh red pepper and red onion on Tomato Rosemary bread.

The menu is enhanced and complemented by Megan's seductive Cosmic Cupcakes, biscotti to die for, perfectly miraculous scones, the very best brownies and giant chocolate chip cookies you'll never forget. An ever-evolving cold and hot nonalcoholic beverage selection completes the offerings unless you wish to take home the finest French cheeses, or rare teas, or biscuits or, oh, yes, chocolates!

There is a wonderful, casual dining room where Mello Out diners and children of all ages quickly learn that peanut butter and jelly and grilled cheese aren't the only items on the children's menu.

The French Hound
WWW.THEFRENCHHOUND.COM

John-Gustin and Mami Birkitt are the husband and wife team who created The French Hound restaurant and The Wine Cellar. Often referred to as one of the best Bistros this side of the Seine, the restaurant is situated in a beautiful former Hunt Country home that is nestled in a pretty walled garden.

Born in Leesburg, Virginia and trained in all the best places, Chef John-Gustin prepares a seasonal menu of

dishes designed to more than live up to Brillat-Savarin's gastronomic dictate that "The eyes are eaters." Every plat is truly beautiful, with the soups neither over nor under embellished, the moules arranged in a perfect architecture of obviously Aztec origin, the Quail eggs poached impeccably on their nest of frisée aux lardons and the Foie Gras, superbly roasted to rival Le Perigord.

Ingredients must be fresh and as local as humanly possible to meet The

astounding quality produced by local farms, and the Steak Frites is uncompromisingly perfect. Did you say you dearly love Lobster Rissotto?

You've come to the right place! Or you simply don't know why you cannot find a Paillette de Poulet anywhere on this side of the Pond. ... Search no further. You've found it.

But before we continue to cheeses and dessert, let's peruse the selection of tiny appetite teasers on The French



French Hound's chef's requirements. That's why the Veal Sliders with bacon, tomato, lettuces and French fries are such an accurate reflection of the

Hound menu. What's this? Radis aux Buere. ... Mmmmm, am I at Le Cou-pole? Here are a few olives cured by the Chef himself, deeply flavored and deli-

cious. And, the Sausicon Sec, just a few delicate, dry slices, just enough to peak your appetite for more when that beautiful leak soup arrives with home made bread and butter.

Are there fresh asparagus? Of course, but only in season. Just as all the vegetable dishes served at The French Hound.

So now, dessert! If the Tarte aux Citron doesn't tempt you, and the best Crème Brûlée in the country simply won't do, you'd better order Profiteroles, so you can sink into your chair and beg for a deeply pressed coffee to revive your senses.

Another of the Villages many secrets Middleburg owes to the Birkitts is The Wine Cellar, located logically in the cellar, at 15 South Madison Street. Each wines is personally chosen from vineyards around the world and, if you'd like to sample them, they are also offered just few doors away in the dining rooms at the The French Hound.

The French Hound is the product of dreams assembled from years of American and European travel and study. In 2003, when a wonderful opportunity arose for the Birkitts to live and work in France, John-Gustin and Mamie returned to the United States and decided to settle near family and friends with the hope of opening their own restaurant and gourmet wine and cheese shop.

Fortunately, for locals and visitors alike, their dream was fulfilled.

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NEWS OF NOTE

KAYLEIGH PLAMONDON : AN INCREDIBLE LOSS

JANET HITCHEN

Kayleigh Plamondon died recently. She was the victim of unspeakable violence by someone who claimed to love her.

She had broken off her relationship with her high school sweetheart, Justin "Pi" Slater over a year ago. Things had not gone well for them for sometime. Kayleigh tried to move on, had started school, worked 4 or 5 different jobs, mostly with horses, and was also doing book keeping and even some photography.

Kayleigh was a free spirit in the best sense of the word. She loved life. She was always smiling. She loved her riding,, she

loved her dogs, and she loved her work. Most of all she loved her family and her friends.

Kayleigh's mom, Debby, is a single mom who raised three wonderful girls, Kayleigh, Rachel and Trina. They were extremely close.

Kayleigh grew up here in the Middleburg area attending Banneker Elementary School and later Loudoun Valley High School. She graduated in 2005.

She began riding at an early age and was one of the countless youngsters from our area who began their riding career at the Nancy Dillon farm in Purcellville. Graham Alcock remembered her as a child who didn't mind working really hard to be able to ride

She didn't even cry when she fell off a pony and broke her arm he said smiling. She only cared about when she could ride again!

She really excelled at Dil-lons and as a young adult she was sought after to help people with their hunters and to gallop race horses for some of the most successful trainers in the area.

Kayleigh was gentle and kind and a natural rider.

Like many of us she thought about making horses a career but was gently persuaded by her mom and friends to start college and was also excelling at her studies. Following in her Mom, Debby Plamondon's footsteps, she was pursuing a degree in accounting at Lord Fairfax Community

College.

Kayleigh came to work in my studio about two years ago.

The idea was that with her mom's help she would do some bookkeeping and general office chores along with helping out in the barn occasionally.

She was wonderful with the animals.

They all were drawn to her gentleness. On one occasion she tamed a very wild and scared billy goat that just appeared in our parking lot one day. It took a crew of people to ease him into a stall after four or five days of not being able to get near him.

Kayleigh spent hours sitting in the stall with him, finally getting him to eat out of her hand and to trust her. Not only did she have great success with her animal husbandry but before long she was a pro in the photo studio as well. She was great with computers and began to master Adobe photoshop while I was still struggling to learn the basics.

Time after time she made absolutely beautiful prints for clients and corrected large folders of images as if there was nothing to it! Most of all, Kayleigh was a breath of fresh air. Being in her presence was always a happy experience. There were no big deals to Kayleigh.

If you needed something done she would just do it.

"No problem" she would always say!

Her bumper sticker read "Live the Life you Love" and she truly did!

On Tuesday, June 9, Kayleigh came back to work after a few days away at a Concert in Buffalo, N.Y. Music was a big part of her life. She was in good spirits but shared with me some concern about her former boyfriend. They had continued to share in the care of a dog named Polo that Kayleigh absolutely loved.

Polo used to come to work with Kayleigh every day and would sit with her in her chair while she worked, looking up at her adoringly. When Kayleigh and Justin parted ways, Justin wouldn't hear of Kayleigh keeping Polo.

Many of us were appalled at this but Kayleigh kindly backed away saying that Justin loved him too and assured us that he would take good care of Polo. She eventually rescued another wonderful

little dog named Gracie who also adored Kayleigh and became her constant companion.

Justin continued to try to maintain contact with

Kayleigh through Polo. Kayleigh reported to me on Tuesday that he had told her that he was giving Polo back to her for good, actually brought him to her over the previous weekend and then called on Monday and told her he had changed his mind. This had happened all too often.

We talked about it for a bit and she also told me that Justin had threatened to kill himself and Polo and he had been hospitalized the week before for psychiatric evaluation. He didn't stay in the hospital however. He checked himself out in one day. It was rumored that he told his father that he no longer felt the need to kill himself but that someone else had to die!

Kayleigh told me several other things that really alarmed me and I begged her to cut off all contact with him and not to let him know where she was.

She assured me that he would never hurt her but that she would be fine because she was house sitting for the next couple of weeks and he wouldn't know where she was.

I never saw Kayleigh again.

Two or three of the people Kayleigh rode for in the mornings became alarmed when she didn't arrive at her usual time the next day.. It was totally unlike Kaleigh not to show up for work or to answer her cell phone.

Her car was found locked in the driveway of the house where she was staying but Kayleigh, and Gracie were gone. The police found evidence of a "violent crime scene" in the house.

The next day Justin's brother Gregory "Scott" Slater was found dead from a gunshot wound to his head in his Winchester home. Warrants were immediately issued for Justin Slater's arrest for his brother's murder and for suspicion in Kayleigh's disappearance.

Many of us continued to hope and pray that he might have only injured Kaleigh and taken her somewhere. I think that I can speak for most of us who knew and loved Kaleigh that during those four days we went over and over again from hope to the depths of despair.

Scores of friends as well as



the police scoured the countryside especially the area along the Shenandoah River that bordered the farm where Kayleigh was last seen. Justin was known to be an experienced woodsman and many of his old friends were concerned that he could hide out forever in the woods and never be found.

The police had some clues that he had driven to somewhere in New York State. Finally on Saturday, June 13, four days after Kaleigh had disappeared, Justin was spotted and arrested in Wardensville,

West Virginia. According to court documents he told police that he had killed Kaleigh.

Our worst fears came crashing down. The pain for all of us that have known and loved Kayleigh is unimaginable. Her body was found in a vacant house formerly owned by Slater's parents in nearby Lost River, West Virginia.

Ironically he had not killed the two dogs. Polo and Gracie sat quietly in the stolen car he was driving at the time of his arrest. They are now safely back with Kayleigh's family. This would be very important to her.

There is such a sense of unreality about all of this. Violence rarely visits our idyllic lifestyle here in horse country. Loss is always hard; we all experience it in one way or another, it's a part of life... But this violence against one so innocent takes us to another realm.

Kayleigh was a kind and trusting person. In the end, that may be the very thing that took her from us. A beautiful Memorial Service was held for Kayleigh at Jimmy and Emily Day's Farm in

White Post, Va. where Kayleigh lived. Emily tearfully spoke of how she had envisioned hosting Kayleigh's wedding one day in this same idyllic scene overlooking the Blue Ridge Mountains.

It was raining gently. It seemed fitting. One-by-one people who loved Kayleigh stood and spoke of her. The theme was always the same:

We were all touched by her wonderful spirit.

A fund to benefit lost and abused animals was established in her name at the Middleburg Humane Foundation by Dr. Betsee Parker. That too seems fitting.

The one thing that I feel the need to say in ending is that, in retrospect, it seems that many people who knew Justin had backed away from him in recent weeks. It was rumored that he was doing very dangerous drugs. He was making serious threats especially about Kayleigh. It would seem that although many people found his behavior offensive, no one took it seriously enough to take steps to at least assure that those he was threatening would be safe.

Perhaps this was not possible but I will always wonder.

Two young people are gone and two families will never be the same. Indeed most of us who were touched by knowing Kayleigh will always feel the pain of her loss. Perhaps, we need to pay more attention to warning signs and not become immune to what is going on around us in an increasingly violent world.

I know it will be a long time before I stop expecting her smiling face to walk thru my door.

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NEWS OF NOTE

WHY PLAN YOUR ESTATE?

CHRIS TATE

You plan your estate to make sure that you properly care for your family after your death – by appointing the right people to serve as executor, guardian and trustee and by directing how and to whom your property should be distributed.

An estate plan can include a will, a revocable (or “living”) trust, assets that pass by “beneficiary designation,” powers of attorney, advance medical directives, irrevocable trusts, and other sophisticated planning methods.

In a will, you appoint an executor (someone to administer your estate, pay any taxes and other debts, and distribute your property after your death), a guardian (someone to take care of your children after your death), and maybe a trustee (someone to manage trusts created for beneficiaries under your will). In your will, you may also direct to whom your property should be distributed and how. If you don’t plan while you are alive, the state will make these decisions for you after you are gone.

A revocable trust (or “living trust”) is a will substitute. Generally, a revocable trust includes provisions that direct the distribution of your property after your death (instead of having those provisions in your will). Two advantages of creating a revocable trust are (1) avoidance of probate and (2) privacy. However, neither of these

advantages will be realized unless you transfer property to your revocable trust while alive.

In addition, you may own assets that do not pass by will or will substitute at your death. These assets may include joint checking, savings and brokerage accounts, “payable on death” accounts, “transfer on death” accounts, retirement plans, and life insurance.

Jointly owned assets will pass to the joint owner(s) on the death of another owner. Assets that are “payable on death” or “transfer on death” accounts pass outside a will to the person or persons named on these accounts. Retirement plans and life insurance pass to beneficiaries named on a “beneficiary designation form” completed by the owner of the assets. Because these assets may make up a significant part of your net worth, it is just as important to consider and plan for the distribution of these assets as it is to decide on the provisions of your will or revocable trust.

A durable power of attorney (for property management) appoints an agent who may act on your behalf for the property you own during your life. You may appoint an agent whose authority begins only if you are incapacitated and unable to act on your own behalf or whose authority begins immediately after you sign the power of attorney.

An advance medical directive sets out your wishes with regard to hydration, nutrition and pain medi-

cation that you wish to receive (or not receive) in the event you are unable to communicate your wishes. This is often referred to as a “living will.” In addition, you may appoint an agent to make medical decisions on your behalf in the event you are unable to do so.

Estate planning involves thinking about what you want to happen with your property, your loved ones and your medical decisions before a catastrophe or emergency occurs. After a catastrophe occurs, it may be too late for you to implement these decisions. While there are state law default provisions in place to make some of these decisions for you, often the decisions you would make are different than those dictated by state law. The way to avoid these default provisions from taking effect is to make the decisions yourself by planning your estate.

Chris Tate is an attorney who recently moved his practice from Washington, D.C. to Middleburg, Virginia who contributes an Estate Planning column to the Middleburg Eccentric. He has been practicing wills, trusts, estate planning and individual tax law for 11 years, in D.C. and Virginia firms. Chris is licensed in Virginia and Washington, D.C. Chris' office is located at 207 E. Marshall Street in Middleburg, and he may be reached by telephone at (540) 687-4073 or by e-mail at ctate@cftatelaw.com.

INOVA LOUDOUN MOVES FORWARD WITH NEW ROUTE 50 HOSPITAL

When Inova Loudoun Hospital recently made formal application for a Certificate of Public Need from the state health commissioner for an 80-bed hospital in Western Loudoun County, residents in that part of the county breathed a sigh of relief.

After years of acrimonious debate about where to locate a second hospital in the county, Inova Health Systems is clearly determined to keep its promise to build a modern medical facility where so many residents believe it is most needed.

“We fully intend to provide the very best medical services to Western Loudoun residents as quickly as we receive this approval,” said Inova Loudoun Hospital CEO Randy Kelley. “Having a hospital at the intersection of Route 50 and Route 659 will address a critical need for families who don’t now have quick access to acute and emergency care.”

In February, the Loudoun County Board of Supervisors approved zoning for a new Inova Loudoun Hospital and Healthplex on property Inova owns, but the debate between Inova and Hospital Corporation of America put Inova’s Route 50 corridor plans on hold.

“We were as frustrated as the Western Loudoun families

we hoped to serve,” Kelley explained when describing Inova’s plans for the new facility. “The existing population more than justifies the need for a hospital, and projected growth makes it even more important that medical services be established now before the need further outstrips supply.”

For anyone who is familiar with traffic congestion in Greater Loudoun County, the thought of moving at a snail’s pace toward Inova’s Lansdowne campus with an injured child or an ill parent is a nightmare.

“We thoroughly understand the situation,” Kelley emphasized, “and we are more determined than ever to get this facility up and running.”

The new Route 50 hospital will include a 24-hour, seven-days-a-week emergency care department with an ambulance receiving station, a helipad for trauma-care transport and rapid medical emergency response.

It will also provide 70 medical/surgical general hospital beds, 10 specialty Intensive Care Unit beds, eight operating rooms, a CT-Scanner and an MRI unit.

“It is our goal to open the new hospital by the end of 2013,” Kelley said. “We will move as quickly as the approval process allows.”

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EDITOR'S DESK

THE FARMERS' MARKET

Two things are particularly noteworthy about the town's recent efforts to address problems with it Farmers' Market.

First, both the town's professional staff and the members of the Town Council, particularly Middleburg's Economic Development Manager Cindy Pearson and Council Member Judith Pryor Plescow Plescow, should be commended on the truly extraordinary speed and effectiveness with which they moved into action, defined their goals, and executed a plan to achieve them. Between June 8 and July 4, working together, and with the strong support of the Town's business and professional community, they created, insured, and staged a first-class event on the most important holiday of the summer calendar. Their actions were bold, a little risky, and (for all those who believe government ineffective) well-managed.

Second, the July

WALTER CRONKITE

For those of us of a certain age, and for all of us who love the news and those who write and deliver it, the death of Walter Cronkite (November 4, 1916 - July 17, 2009) marked the passing of an age.

Born on the eve of his country's entry into the Great War, his work, and particularly his inimitable voice, marked the great events of our lifetime. He flew with airmen over Germany, landed in a glider at one of the bridges too far. He covered the Nuremberg trials, the Vietnam War, the civil rights movement, and the assassination and funeral of John Kennedy, Robert Kennedy, and Martin Luther King. His coverage of the Vietnam War arguably changed its course. Watergate, the Iran Hos-

LETTERS

To the Editor:

On July 4th the Middleburg Farmer's Market was held on S. Madison Street. It was a huge success at that location and needs to be continued there.

Businesses in Middleburg are struggling; the Town needs to do what they can to pull people to the core of town and not continue pushing them to the outskirts.

The Town set goals for itself. Supporting your businesses should be a goal.

Sincerely,

Mike Tate
Coach Stop
Middleburg, VA

To the Editor:

My name is Tom Taylor and I am the Manager of Wylie Wagg located on Washington Street. I am writing in regard to the Farmer's Market. The morning of July 4th I came in early to prepare the shop so that I could visit the Market on S. Madison Street prior to opening. I was very impressed with the creative set-up and the variety of items offered. I enjoyed a breakfast sandwich and coffee while talking with other merchants and residents. Until I learned that it was being held on S. Madison, I didn't know that Middleburg had a Farmer's Market.

After opening the shop I noticed that until well past noon, most of the shoppers came in with produce from the market. When I approached them about

the market they all stated that it was a terrific location and that they hoped the town would continue holding it on Madison. It was a much needed boost in foot traffic for local businesses.

Thank you for taking the time to read my letter and again please reconsider allowing the Farmer's Market to be located on S. Madison.

Respectfully,

Tom Taylor
Manager
Wylie Wagg

Dear Editor:

This July 4, the Washington Nationals celebrated the 70th anniversary of Lou Gehrig's famous farewell speech and raised

HYPOCRISY

TOM PRATT

How about this for hypocrisy:

If you have not yet heard of "The C Street House" you are about to. There is a house on C St in Washington, DC that is inhabited by "The Fellowship" or sometimes called "The Family." They are a group of republican congressmen and senators who study the bible and are great proponents of "Family Values" and most have run their campaigns on that platform. Well... three very notorious members have been in the news of late, and they are.

Former congressman Chip Pickering whose mistress is presently being sued by Mr. Pickering's estranged wife for alienation of affections. Mrs. Pickering claims that the affair took place at the C St. house. Hmmm... Family Values? Mr. Pickering is now employed by his mistresses family business as, guess what, a lobbyist. While Mr. Pickering was in Congress he voted against gay marriage, for the defense of marriage act and called for President Clinton's resignation after the Monica Lewinsky debacle.

The next, recently famous resident of C ST. is John Ensign who is embroiled in an extramarital affair with the wife of a former employee. This one is very messy as there are allegations of his family paying off the mistress, the payments jointly being called severance and gifts, so who one yet really knows. Congressman Ensign, called for the resignation of President Clinton and also of Senator Larry Craig. But he is not resigning! A supreme case, I think, of pot calling the kettle black.

The third inhabitant of The C Street House is none other than the hiker of the "Appalachian Trail in Argentina" Governor Mark Sanford. I think he is noteworthy enough to not bore you with his tale of woe. But he also is a "Family Value" guy who was very critical of President Clinton.

I am of the belief, and have always been, that extramarital affairs of elected officials should be their business and if nothing illegal transpires, they should not disqualify one from performing his or her civic duties. But and it is a big "But," please don't preach "Family Values" and tell me that heterosexual marriage needs defending from gay marriage.

I would say that the affairs that these hypocrites are conducting have a much bigger chance of ruining their marriages than would a gay couple getting married.

Another bit of hypocrisy comes from Dick Cheney's daughter who has been on talk shows defending her father. She has said that the CIA did not and does not lie to Congress and that the CIA is now lying by saying it lied. How is that for convoluted thinking.

Check out my new license plate "J L Cheney." I certainly hope it is prophetic.

I am very disappointed in the Obama Administration regarding the Honduras coup.

It has been reported that the Obama Administration was in talks with the Honduran military right up to the day before the coup. The United States was the only country to not condemn the coup in harsh words. Obama did say that the coup was not legal and that we will recognize President Zelaya as the only legal president of Honduras, but Sec. Clinton seemed to contradict that position.

When asked twice by the press if the coup was a

coup and if she thought that President Zelaya should be returned to power, she declined to answer. One reason may be that Bennett Ratcliff, former executive with Bob Squires PR firm has recently been hired by the coup perpetrators to rally support for the coup in DC. Both he and Squires, before his death, had incredibly close ties with not only the Clintons but all the major players in the Democratic Party.

President Obama must lay down the law, declare the coup (and most certainly not mince words and call it what it is, a coup) illegal and demand President Zelaya be returned to power immediately. Another thing he should do is freeze the US bank accounts of the rich Hondurans who orchestrated the coup with the military. One would think that their money is more important to them than ideology. Also that way it would not have such a negative impact on the Honduran society at large as sanctions.

Honduras is basically controlled by ten rich families and when Zelaya was elected he was thought to be pretty conservative. After taking office he swung the other way, the first act was to raise the minimum wage, which upset the rich folks, then he started to adopt the Bolivarian principles of respecting the indigenous and less well off and striving to make their lives better.

The final straw came when he started to pal around with the other populace presidents of Latin America, Morales, Ortega, Correa and Chavez. So when Zelaya decided to do a poll to see if the people would support a referendum to amend the constitution so that, among other issues, the presidential term limits could be extended, they seized their chance and enlisted the military to enact the coup, justifying it by saying Zelaya was in violation of the present constitution.

It is all about money and continuing the practice of suppressing the workers and the poor.

How can we as a country espouse democracy all around the world and not condemn the coup as a threat to democracy and do everything we can to restore the rightful and democratically elected president of Honduras.

Which brings us to Maureen Dowd's "Pharisees on the Potomac," in the July 18, edition of the New York Times.

It's a short, sweet catalog

ARE WE CRAZY?

FROM BEYOND THE BELTWAY

KEN RIETZ

Those are the words of a Registered Nurse attending a recent meeting in Warrenton on 'BIO-SOLIDS'. On the face of it, finding something to do with human waste, other than pumping it into our streams and rivers, sounds like a pretty good idea. When we were polluting our waterways with the stuff, the impact on our fisheries was a disaster. Remember the three-headed fish? Now, the State of Virginia has a new idea of what to do with human waste from cities. It's called 'BIO-SOLIDS' and it is coming to a FIELD NEAR YOU. Here's how it works. Virginia taxpayers pay to build a "processing plant." Then we pay to transport the human waste from cities to the plant. The waste is put through a chemical process to take out

GOOD BYE TOURISTS

the "IMPURITIES." You know, things like paper and other 'solids.' After this process, Virginia taxpayers PAY 'contractors' to pick the stuff up to take to farmers. There, to get rid of the processed human waste, it is spread around as fertilizer free to the farmer who then plants crops or grazes cattle where it goes right back into our food supply and drains into our streams and rivers. Here are just some of the things ingested by us that can NOT be processed out of BIO-SOLIDS. STEROIDS, PRESCRIPTION DRUGS, LEAD, MERCURY and other heavy metals. You may not need Lipitor but it comes your way through your food supply via farms which use BIO-SOLIDS. And they can NOT process out the SMELL.

YOU STUPID GALATIANS!

BLUE NOTES

DANIEL MORROW

That is what he said. That is what the apostle, Paul, really said, in one of the oldest letters we have, from one of the earliest and most beloved of born-again Christians, addressed to some of the earliest non-believer-to-Christian converts, who were, among other things, behaving as if they part of the Family on C Street.

Despite his conversion, and his abiding faith in forgiveness, it's not altogether surprising that Paul had little regard for those who, in the face of both "the law" and "the gospel" insisted on persisting in what, in semantically less recent times, were called hypocrisy and fornication.

For Paul's letters, it seems, are also the only writings extant from a first-century apocalyptic Pharisee. For whom rules, despite forgiveness, still matter.

Which brings us to Maureen Dowd's "Pharisees on the Potomac," in the July 18, edition of the New York Times.

It's a short, sweet catalog

COLOR ME PURPLE

COLOR ME PURPLE

BRUCE SMART

The writer was raised a Republican, served as a presidential appointee under Ronald Reagan, and is old enough to have voted against FDR. As a life-long conservationist, I worked as a member of Governor Kaine's Commission on Climate Change. As a career businessman, I consider high corporate rank a well-paid privilege to serve society by using resources (human, physical and financial) efficiently to produce goods and services with social value. It is not a license for personal enrichment. As a great-grandfather I deplore the decline of family values - love, compassion, ethics and personal responsibility. I am interested in public policy, and somewhat put off by self-interested partisan politics, because I believe Americans must be wise stewards of the world our children will inherit. So color me Purple.

For a moment, let's explore what our two parties stand for.

Conservatives (Republicans) revere individual freedom. All people are created with equal rights and opportunities. Each of us is entitled to rise or fall on his/her own merits, and to reap the rewards or misfortunes of doing so. You are free to choose what to do with your own property and persona (except,

out of you, consider the following. Aware of the dangers, they have self imposed, post-application restrictions. Crop Harvesting Restrictions, restrictions on Lactating Animals (longer) Non-Lactating Animals (shorter) and Public Access Restrictions (high public access potential -1 year, (low public access potential -30 days). NOW, ASK YOURSELF, WHO IS GOING TO MONITOR ALL THIS? Are they going to monitor themselves? And if so, how many employees will it take to do the job effectively? Following are actual quotes from the DEQ's own FACT SHEET. "The application rate typically is ONE TRACTOR TRAILOR LOAD for every one-to-two acres of land." And, "the distance may vary depending upon the location of the resident's well, and in some cases, whether there are occupants in

the home with COMPROMISED IMMUNE SYSTEMS." And, "These regulations are based on the best information CURRENTLY available. As new research emerges on these and other topics, additional PROTECTIVE MEASURES may be added to the regulations." Before you go to bed tonight, you can also contemplate the increased danger from pathogens (e.g. viruses, bacteria and parasitic worms) and vectors (e.g. rodents, birds, insects that can transport pathogens away from the land application site). You can help stop this CRAZY idea. Send this column to your State Senator, Delegate or County Supervisor. Tell them we need to help our family farms but this idea stinks.

Ken Rietz lives in Delaplane VA.

in certain circumstances, if you are a woman). The benefit of this approach is that it unleashes the talented to devise and introduce material advances that benefit not only the innovator but society as a whole. The danger is that, carried to extremes, unrestrained individual freedom leads to anarchy.

Progressives (Democrats) believe in individual freedom, too, as long as one also accepts responsibility for the needs of the community at large. They do not believe that each of us enters life's competition on an equal footing; we are separated by differences in physical and mental capacity, by family position and resources, by education and by religious and cultural background. Some are therefore more "equal" than others. The nation's success depends on integrating the efforts of many differing individuals into a successful community from which all benefit. The more successful must give back more to the community in which they have thrived. Carried to extremes, this leads to socialism.

In a democracy such as ours, good politics entails resolving the tensions between these two philosophies in a way that produces policies that maximize total community benefit while preserving individual incentives. That means taking good

ideas from both sides of the aisle, and blending them into successful programs which benefit the society at large. That cannot happen if Republicans reject all Democrat ideas, and vice versa. Yet that is what today's leadership in each party insists on: loyalty to the party line regardless of the legislator's own judgment. As a result of this gridlock a recent Gallup poll shows Congress with an approval rating of 33%. Only 42% of Democrat voters, a minority, think their party's views are "about right." Just 34% of Republicans speak that favorably of their Party.

Here is where Independent voters come in. They can speak out on issues. They are not bound by party discipline, or beholden to party leadership for favors. They can hold the key to enacting sensible government policies, for few politicians can get elected without their votes. And they can vote their consciences without regard to Party loyalty. That's the advantage - and the responsibility - that goes with wearing the political color Purple.

In future months we look forward to reviewing salient issues from a Purple point of view.

Bruce Smart lives near Middleburg, VA

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NEWS OF NOTE

A NEW MIDDLEBURG FARMERS' MARKET

CONTINUED FROM PAGE 1

ing, to receive special recognition for their work on the Town's new "Welcome" signs.

When Council met for its regular monthly session on July 9, members Lisa Patterson and Judith Pryor Plescow were advocating and firmly supporting a permanent move to South Madison Street.

Public Debate

Council's July meeting opened with a series of public statements, some praising the new market itself, while others raised concerns about the wisdom of relocation to South Madison Street.

A representative of Over The Grass Farm in The Plains presented a petition and spoke on behalf of a number of vendors who supported moving the market immediately and permanently to South Madison.

A South Madison street merchant, Troye Plaskitt told Council that, at first, she had been highly skeptical of closing South Madison for the market. Her shop, Nobel Nielson Shoes, at 15 South Madison, she said, had suffered from the closing of the street for the Bluemont Concert Series and other events. When she was approached about closing it again, for the farmer's market, she thought, "Great. Here we go again." Street closed. No parking. And no shoppers to speak of from the concertgoers. Instead, "It was fantastic," she said. "It was a wonderful experience ... everyone came out ... everybody enjoyed it ... all the merchants had a great time ... other merchants are open to it. It was one of the few times I've seen Madison Street be closed and it was a NICE experience."

Punkin Lee, President of the Middleburg Business and Professional Association, agreed with Plaskitt about both the positive impression made by the July 4 Farmers' Market, and the negative effects of the Bluemont Concert Series and other events that periodically shut down South Madison Street. Speaking only as a citizen and Middleburg merchant, not as President of the MBPA, she urged caution, noting that the negatives as well as the positives of the July 4 experience be taken into account before making a decision to

close the street for half the Saturdays in a year.

Sonny Underwood, speaking on behalf of his wife, Krysta Garber, the pharmacist on South Madison Street's Middleburg Pharmacy, told Council, "If you're going to do this, we'd just as well close the Pharmacy on Saturdays." Older customers can't get in, he noted. Sending runners back and forth delivering medicine to cars was both impractical, and, in some cases, illegal. Underwood suggested moving the market one block west, to Pendleton Street.

Phil Thomas, co-founder and owner of Thomas and Talbot Real Estate, at 2 South Madison Street noted that he was seeing, unfortunately, "... more and more personal use of a public street. With the Bluemont Festival and different things, I can't get to my office." The real estate world isn't a 9-to-5 profession, he noted. Most of the work is done during what most people consider "after hours" or on weekends. "To have access to our office blocked just won't work." Noting that he also spoke on behalf of the owner of Waller Framing Shop at 9 South Madison, he firmly opposed further closings of the street.

Council Debate

Council Member Judith Pryor Plescow kicked off the Council's formal discussion. Describing the July 4 market as "wildly successful," she urged Council to at least consider moving the market there "permanently." In the short term, at the very least, she urged Council to approve moving the market to South Madison for a second time, on July 11, "... so that the people who were not out there [on the 4th of July] could see just how successful it was."

Middleburg's Economic Development Manager, Cindy Pearson, presented Council with a sheet of comments from South Madison Street merchants and others, compiled just after the July 4 Farmers' Market. The "majority" of those commenting were "in favor of it," she noted, although there were some who raised legitimate concerns.

Council member and Vice-mayor Darlene Kirk reported that she had been in Middleburg Pharmacy and

that she'd "... had the little old ladies in there chew my b&%\$ out."

"I'm not for moving it to South Madison permanently," Kirk said. "I know that there are tons of people that are trying to go there for their medicine that morning and tons of people trying to get to Dr. [Richard] Falkenstein's [family practice at 14 South Madison]."

Though she really liked what happened on the fourth, and truly favored moving the market closer to the center of town, Kirk suggested that closing a street other than South Madison would probably work better.

Council member Bundles Murdock said that she had talked to Middleburg Police Chief Steve Webber about the possibility of only using part of South Madison, and allowing diagonal parking elsewhere on the street to take care of those trying to reach their pharmacy or physician.

Chief Webber noted that, during the Christmas in Middleburg celebrations, South Madison is, for all practical purposes, partially shut down, and used for handicapped parking. He was not sure, however that the Virginia Department of Transportation (VDOT), which owns the streets of Middleburg, would allow a partial closing of the street.

Town Administrator Jerry Schiro pointed out that VDOT might well look at 26 straight weeks of closing South Madison quite differently from closing it "informally" from time to time. His informal queries of VDOT, he said, indicated that moving the Farmers' Market would require formal permitting. "They're not our streets. They're VDOT streets," he reminded Council. "They have requirements for shutting them down; they have requirements for traffic control; for detour plans; and you have to comply with them. That's just the facts. I'm sorry, but those are just the facts."

Council member Plescow noted that, strictly speaking, the rules formally require the presence of Police officers at either end of a closed-off Madison street, while, on the other hand, VDOT itself uses "certified" flagmen, instead of police officers, at either end of temporarily closed roads.

Problems like these, she said, could be addressed. "I understand that there are challenges out there. But simply because something is tough, simply because there is a challenge, that does not justify not being at least willing to try."

Council Member Lisa Patterson reported that at least three citizens had sought her out to thank her for Council's decision to relocate the market. For others, she said, it seemed to be the first time in twenty years that a "community event" had actually served to bring the community together.

Trowbridge Littleton noted that, whatever the case, 30 to 40 percent of the businesses on South Madison saw the closings as a problem, and that for some, especially for patrons of the pharmacy and the doctor's office, those problems are sometimes genuine emergencies.

Town Attorney Liz Whiting interrupted the silence to note that, unless a motion was put on the table to change the status quo, the market would automatically have to move back to its former Community Center location.

Trowbridge Littleton then moved that the market be relocated, for one week only, to NORTH Madison Street, subject to approval by the merchants on the street; the condition that Town staff report back to Council as soon as possible on VDOT's reactions and other issues; and that if necessary, upon receipt of that report, a special meeting of Council be held to settle the matter.

With Trowbridge Littleton and Bundles Murdock voting in favor of Littleton's motion, Mark Snyder and Vice-Mayor Darlene Kirk voting no, and Lisa Patterson and Judith Plescow abstaining, Mayor Davis was called upon to cast a rare tie-breaking vote.

She voted no, returning the market until further notice to its traditional Community Center location.

Her vote, she said, was not to be taken as opposition to moving the market to South Madison, but as a vote for prudence. She also noted that, in her view, with proper publicity, a different location could be just as successful as South Madison.

Bluemont and South Madison

Lisa Patterson then moved to apply the same standards of prudence, concern for the welfare of local businesses, and formal VDOT approval, to closing South Madison for the Bluemont Concert series. Her motion, not to permit the Concert Series to close South Madison on Saturday night was seconded by Judith Pryor Plescow.

After Mark Snyder and Bundles Murdock raised pointed objections to the difficulties such short notice would impose on both the Concert promoters and those who had already planned to attend, and after others pointed out that Council itself had appropriated some \$5,000 to support the Bluemont series, the Patterson/Plescow motion lost by a four-two vote.

Back to the Community Center

At press time, the Farmers Market was still scheduled for Saturday mornings at the Middleburg Community Center and town staff was in deep consultation with VDOT and local merchants on the rules, regulations, and cost of closing South Madison for both the market and Bluemont Concert Series.

Preliminary reports indicate that the Bluemont Concerts will continue as scheduled on South Madison, but may be moved to a different location next year.

As for the Farmers' Market, VDOT regulations may well drive up the manpower and financial costs associated with closing South Madison to the point of making another July 4th market experience all but impossible.

TEACH YOUR DAUGHTERS WELL, WORDS TO LIVE BY FROM BARBARA SHARP

When Barbara Sharp was seventeen, she and a high school friend packed their bicycles, flew to Luxemburg and rode over European hills and dales for months before they flew back from Luxemburg in time for graduation. Were they prepared? You bet!

They had worked several jobs to save enough money for the trip. They each had completed more than enough academic credits to graduate. And, as Barbara's mother said, "You've more than earned it. Be careful, have fun and don't be late!"

Being prepared is one of the hallmarks of Barbara's life. Although there have been moments when, as she says sadly, "... there is no preparation in the universe."

A fine artist with an MBA in finance, Barbara brings a sublime sense of commitment and stewardship to the Piedmont region that she now calls home. She is passionately devoted to her son, John, who recently moved from Park City, Utah to Middleburg, and passionately dedicated to the women she helps with financial planning.

Her beautiful Unison home is filled with art. Many of the impressionistic canvases of Hunt Country landscapes and sunlit kitchen. "Finance combines perfectly with culture and history to make a truly wonderful life. Women always knew that. They just forgot to teach their daughters."

"When my clients understand what's possible, they are excited and motivated to achieve their goal. Goals they previously believed were completely out of reach."

Turbulent economic times have only made a trusted financial advisor more valuable. "I love the stock market, and I've done well in it, but my passion is to teach women how they can do as well as I," Barbara underscores. "I work hard, its true.

But I also lecture a lot and teach work-

'work/life balance.' That's because, as Sallic Krawcheck, former CEO of Citigroup's Global Wealth Management Division, says, "... they're lying."

But, by leaving the Merrill Lynch/Morgan Stanley rat race and moving to Hunt Country, Barbara may have that balance in very close range.

Her position at Bluemont Capital is demanding, but, "I'm now part of a truly brilliant team," she emphasizes. "We all bring complimentary expertise to the partnership, and the combination of talent and experience we offer is unrivaled."

"If your financial advisor offers you brilliance, excellent returns and an understanding relationship you can truly trust, you're going to do exceptionally well."

That's what we offer our clients, and that's why I love working with this team."

Does she work all the time, yes. But some of that work is in her studio. Does she have time for lunch with friends, a morning can on her handsome horse, Moose, or to give painting lessons to underprivileged high school students? Yes, yes, and yes. Enthusiastically and energetically, yes!

"Women are so smart," she says, slowly stirring a cup of coffee in her spacious, sunlit kitchen. "Finance combines perfectly with culture and history to make a truly wonderful life. Women always knew that. They just forgot to teach their daughters."

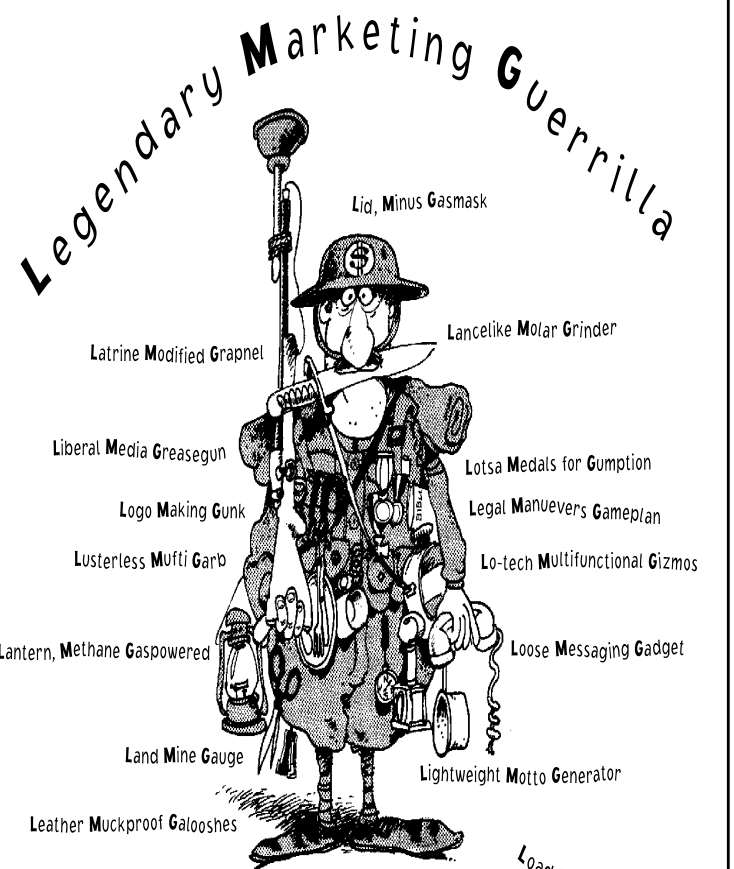
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Letter Mnemonic Gimmick #031(b)-01



Lieutenant Major Gonzo

"Limited Means, but Gung-ho!"

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NEWS OF NOTE

UNISON PRESERVATION SOCIETY AWARDED IMPORTANT GRANT

The National Park Service's American Battlefield Protection Program has awarded the Unison Preservation Society a \$10,853 grant to help place the Unison Civil War Battlefield on the National Register of Historic Places and the Virginia Landmarks Register.

The third grant from the Park Service to the nonprofit preservation group, it will help expand the proposed battlefield historic district to include the villages of Upperville and Paris in Fauquier County.

The first ABPP grant, for \$19,853 in 2005, funded the history and mapping of the 1862 Battle of Unison done by National Park Service historian David Lowe. That illustrated history was recently published by the preservation society.

The second grant of \$34,660 was

used to put the core area of the battlefield on the registers, from Loudoun County's village of Philomont through Unison to Route 50 east of Upperville.

This latest grant extends the proposed historic district through Upperville to Paris, which would make it the largest historic district in the region, stretching close to 15 miles long.

The proposed state/federal historic district is an honorary designation and places no restrictions whatsoever on land-owners or their properties. It does, however, provide tax benefits for restoration of historic properties within the district and some protection from construction projects that might adversely impact the historic district, such as cell phone towers, road widening, etc.

The exact boundaries of the district will be set after public meetings and hearings by Virginia's Department of Historic Resources and the consultants doing the nomination, a team headed by architectural historian Maral Kalbian of Boyce. Kalbian has done numerous area historic districts including Round Hill and the Unison Village Historic District. Her team includes Richmond historian John Salmon and archeologists Ben Ford and Steve Thompson of Charlottesville.

The Unison grant is one of 33 ABPP grants totaling \$1.3 million to help protect the nation's historic battlefields, ranging from Colonial-Indian wars to the Civil War.

For further information contact Paul Hodge of the Unison Preservation Society at 540-554-8624 or a.p.hodge@starpower.net.

THE ONLY THING WE HAVE TO FEAR IS... THE FEAR OF CHANGE

ROBERT L. JOLLES

For over two decades I have asked audiences a simple question, "What is your biggest fear?"

The question is asked not to depress my audiences, or to place a dark cloud over the session I am about to conduct, but rather to expose these fears, and ultimately work through them. The Book of Lists produced a rather famous collection of fears that surprised a few people when the

top five turned out to be:

- Speaking before a group
- Heights
- Insects and bugs
- Financial problems
- Deep water

Interestingly enough, "speaking before a group" was not only number one, the next four on the list combined did not exceed the votes racked up by public speaking. For the record, "death" came in at number seven on this list.

In 2009, I contend that a new fear has emerged, and is making its way onto this list. What's more, it is a far more personally destructive fear. I'm referring to the "fear of change."

This a silent fear, that not only haunts us all, but the repercussions it can leave in its wake can be devastating.

Think back on your life and how often you have been faced with a challenging decision to make. You no doubt weighed your options, and both logic and instinct presented you with a solution. Then, you did what so many of us are guilty of doing: you did nothing.

The fear of change not only overpowered your reasoning, it left you with a frustrating reminder when you finally did make the change. Your souvenir was the phrase that came out like a mantra: "I wish I had done it sooner."

So here we are in 2009, and all of us are keenly aware of the economic troubles that permeate the air. There isn't a newspaper, magazine, television commentary, radio program, or friendly get-together where the dreaded "economic crisis" topic doesn't rear its ugly head.

What have most of us done to combat this crisis? Nothing. Why haven't we done something? Because our fear of change instinct kicked in big time.

I have real empathy for this state of affairs because I have similar fears. The fear of the unknown often outweighs the pain of the present.

There is a solution, and it comes from an often unappreciated source. It comes from a well trained, trusted financial professional.

When we are not well, we know enough to go to a doctor even though we know we might have to confront information we would prefer not to hear. A good doctor asks questions, listens, finds a solution to the problem and dispenses the more difficult solutions with compassion and empathy.

A trusted financial professional does the same thing, and they are as desperately needed right now as a doctor. The solutions are not always easy, but a trusted financial professional also asks questions, listens, analyzes problems and does one other critical thing before dispensing solutions. They help provide a reason for you to overcome your fear of change, and take action.

Change should not be feared, especially if the financial results

you have been getting are not what you wanted or expected. The challenge is finding the right financial professional someone who is not an order-taker but a truly understanding and well-informed professional who understands your goals and can help you attain them.

Rob Jolles is a bestselling author, and 25-year veteran professional speaker consulting with foundations, and corpora-

tions including the United Way, Toyota, Disney, NASA, Nortel, a dozen Universities, and over 50 financial institutions. He is the Client Relations Manager for Bluemont Capital Advisors, LLC, working with clients and providing value added services with companies under management. rjolles@bluemontcapital.net



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PASTIMES

FANCY SOME FRUIT?

YOUR PERSONAL CHEF
ALYSON BROWETT

Fabulous fruit! It truly means that summer has arrived. My childhood memories of roadside stands with mounds of fragrant, juicy Georgia and South Carolina peaches pervade this time of year. While there are fewer roadside stands nowadays (sigh...), there still remain plenty of fruit treasures to be had. Take a walk on Loudoun's back roads to pick wild wine berries, blackberries, black raspberries, and even cherries (my husband and I have gone so far as to place a ladder in the back of his pickup truck to reach the old-growth trees that tower into the air). Locate an orchard (LocalHarvest.org and the Piedmont Environmental Council's BuyLocalVirginia.org are good resources) and go pick peaches or apples. The opportunities are endless.

Before continuing, there are a few things you should know about this article: 1) I love fruit. 2) Fruits are packed with vitamins, antioxidants and fiber. 3) Eating them just as nature intended is the best way to get your 1 ½ to 2 cups of fruit servings each day. 4) I gained weight experimenting with these. 5) If you're diabetic, looking to lose weight or trying to stay away from desserts, DO NOT READ ON!!

Berry Banana Filling

This is a great use for fresh or frozen berries (we pick so many during the summer, we usually have bags in the freezer for mid-winter

when berries are not available). Also, if you ever have bananas that get too ripe, throw them in the freezer (either in the peel or peeled and in a plastic freezer bag). This, and the next recipe, are great over ice cream, as a crepe (recipe follows) or wonton filling, or spread on toast or pancakes.

1 large very ripe banana

2 cups berries (blackberries, raspberries, wild wine berries, blueberries, strawberries, etc.)

1 tablespoon fresh lemon juice

1 tablespoon honey or agave syrup

In a small saucepan, cook the banana with the lemon juice and 1 tablespoon of water, smashing it into a paste. Add the berries, stirring to combine with the banana. Cook the mixture over low-medium heat until the berries have released their juices. Add the honey, stir, and cook for about 1 hour over low heat until thickened, stirring occasionally. Makes about 1 ½ cups.

Cherry Vanilla Filling

By the time this article comes out, cherries may already be past their prime. However, this is another great way to use frozen cherries or "ugly" cherries. I'm guessing you also could substitute just about any fruit in this recipe and the results would be just as delicious.

2 ½ cups pitted cherries

2 tablespoons brown sugar

½ cup vanilla vodka or other vanilla liqueur

Put all the ingredients in a small saucepan and bring to a boil. Place a lid on the pan and reduce the heat for low. Cook for 10 minutes. Remove the lid and simmer over low-medium heat for 20 minutes or until the liquid has condensed. Makes about 1 cup.

Whole Wheat Cinnamon Crepes

Crepes are an easy and easily overlooked member of the breakfast and brunch families. They are a fun addition to a meal, especially if you have several filling options. They are also great for dessert, although I prefer to stuff myself with them, rather than just eat one or two after a meal!

2 large eggs

1 cup milk

2 tablespoons butter, melted

1/3 cup water

½ cup all-purpose flour

½ cup whole wheat flour

½ to 1 teaspoon cinnamon

1 teaspoon confectioner's sugar

Whisk together the eggs, milk, melted butter and water. Whisk in the flours, cinnamon and sugar until no lumps remain. Transfer to an airtight container and refrigerate at least 30 minutes or as long as 12 hours. Heat a non-stick or crepe pan over medium heat. Stir or whisk the batter to bring it back together. Swirl a scant ¼ cup of batter into the heated pan, rolling the pan around to uniformly distribute the batter in a thin layer. Allow the batter to set and the edges to curl slightly. Loosen the crepe from the pan and flip it, cooking the other side until lightly golden brown. Remove from the pan, place on a plate, and cover with a paper towel. Repeat with the remainder of batter. Fill the crepes with your favorite jam or filling, roll up, serve with whipped cream, and enjoy! Makes about 20-30 crepes, depending on size.

Berry Frozen Yogurt

I have wonderful memories of making ice cream – remember the rock salt? Well, we've come a long way, baby. Ice cream makers no longer require hand churning or rock salt, and, honestly, this recipe doesn't even require an ice cream maker, as long as you don't mind babysitting it for a while. The one catch to this recipe – make sure that either the yogurt and/or the buttermilk has some fat in it; otherwise it won't be as creamy.

1 cup berries (Your choice. I used wine berries.)

¾ cup water

¾ cup sugar

¼ cup light corn syrup

1 cup plain nonfat yogurt (I recommend the Greek style)

1 cup lowfat or full-fat buttermilk

Place the berries and the water in a blender and process. Strain through a fine sieve or cheesecloth to remove seeds, if desired. Place the berry water, sugar and corn syrup in a small saucepan and bring to a boil. Remove from the heat and cool. Whisk in the yogurt and buttermilk. Freeze in an ice cream maker according to the manufacturer's instructions or place in a glass pan in the freezer and stir every 30 minutes until it reaches the desired consistency. For a more solid product, place in an airtight container and freeze overnight. Allow to sit at room temperature for 15 minutes before serving. Makes about 3 cups.

Cantaloupe Lemonade Refresher

When I worked in a kitchen, I learned to make aguas frescas from my Mexican and South American counterparts. Literally, "fresh waters," they usually combine water, sugar, fruit and sometimes grains or cereals. This one could be made with any type of ripe, sweet melon. Perfect for a hot day or a post-exercise pick-me-up!

1 cup cantaloupe, cut into 1-inch pieces

1 cup cold water

2 tablespoons fresh lemon juice

1 tablespoon sugar

1/8 teaspoon salt

Combine all the ingredients in a blender with about 1 cup of ice. Blend until frothy. Serve. Makes about 2 ½ cups.

Peach Upside-Down Corn Cake

I went through several iterations of this recipe, and finally decided that the finer corn flour – not coarse-ground cornmeal – made for a more sophisticated cake. Sold as "masa harina," you can usually find it in the Latin section of the supermarket. Serve this with whipped cream or the following recipe for basil ice cream for an unforgettable summer dessert.

1 ½ sticks unsalted butter, room temperature

¾ cup packed brown sugar

¾ cup cake flour

1 cup corn flour, "masa harina"

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon kosher salt

½ cup sugar

¾ cup ricotta cheese

3 eggs



2 tablespoons milk

2 cups peeled and sliced peaches

Preheat the oven to 350°. In a small saucepan, melt 6 tablespoons of butter and add the brown sugar, stirring until the sugar melts and the mixture begins to foam. Set over low heat and keep warm. Mix the next five ingredients together, breaking up any lumps with a fork. In a mixer bowl, add the remaining butter and cream together with the ½ cup of sugar. Add the ricotta cheese and the eggs, one at a time. To the mixer bowl, slowly add the dry ingredients, adding 1 tablespoon milk halfway through, and the other tablespoon at the end. Line a 2-inch deep and 8- or 9-inch diameter springform pan with a piece of parchment paper that goes about halfway up the side. Place the pan on a shallow baking sheet to catch any leaks. Pour the hot butter and brown sugar mixture into the pan. Arrange the peach slices over the sugar (there will be several layers). Spread the batter evenly over the peaches, pushing it into the edges of the pan. Bake for 40-50 minutes, or until a toothpick stuck into the center comes out clean. Remove from the oven and allow to cool slightly. Undo the springform and place a serving plate on top. Flip the baking tray and the plate over. The cake should fall from the pan, covered in juices. Remove the pan pieces and parchment, and serve. Serves 8-12.

Basil Ice Cream

This ice cream is amazing by itself or with the above cake. The more fat you use, the richer the ice cream.

2 cups basil leaves, washed

2 cups milk (any fat content)

2 large eggs plus 2 egg yolks

1 1/4-ounce can sweetened condensed milk (any fat content)

Place the basil and milk in a blender and process until smooth. Bring the basil milk to a simmer in a saucepan. Lightly beat the eggs and slowly pour the hot milk into the eggs, stirring or whisking constantly. Pour the custard back into the pan and place it over low heat, stirring until it thickens slightly and being careful to not bring the mixture to a boil (if it does, and some of the eggs cook, don't worry). Pour the custard through a strainer into a bowl and cool slightly. Stir in the condensed milk and refrigerate until cold. Freeze in an ice cream maker according to the manufacturer's instructions. For a more solid product, place in an airtight container and freeze overnight. Makes about 3 cups.

Alyson Browett, MPH, CPT
Edible Complex, LLC
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LIATRIS. . .FABULOUS IN THE GARDEN

THE PLANT LADY



KAREN REXRODE

Most of us know liatris as a cut flower, popular with florists, the upright flower spikes are covered in small purple, button-like flowers. In the garden they are fabulous, in fact the entire genus is from Eastern North America, found in variable habitats from rich streambank soils to poor sandy dunes. There are about 35 species with flowers confined to white or various shades of lavender, as flowering plants they all produce upright spikes with flowers that resemble round florets with fine purple or white hairs that are actually tiny tubes. Common names include gay feather, blazing star, snake root and button snake root. Two plants share a common name of button snake root yet only Eryngium yuccifolium (the other snake

root) actually helps with a snake bite. Liatris, it seems, was used for liver and bladder ailments, occasionally for snake bites, but with no success. I never hesitate to order corms of various liatris every year, I find them highly ornamental and joyfully rugged. As I try various species it becomes quite clear that our common Liatris spicata or blazing star is possibly the least showy of the lot - not to say it's ugly - simply boring. As I grow some of the most recently acquired liatris and watch them flower, I'm amazed at how variable the genus can be.

This cormous perennial can grow from 2 to 4 feet tall and the flowers can be 1/4 to 1" across. Butterflies rely on them for summer nectar and they are one of the 1st plants to consider when attracting butterflies. The smallest species, Liatris microcephala

grows 18 to 24" tall, a native of the Southern Appalachians, the many fine stalks give it a delicate look, remarkably different from Liatris squarrosa with flowers that can be more than 1" across. Liatris squarrosa is a seldom seen species, a local native with spiky foliage and husky stems. Plant Liatris squarrosa with the wonderful native perennial, Eupatorium hyssopifolium or Hyssop Leaf Joe Pye Weed, with its white flowers set in flat umbels, much like yarrow or achillea. The contrast in upright stalks of purple and flat topped, white floral heads is beautiful. I find that Liatris squarrosa is my favorite of my newly acquired liatris, due to its extra big flowers and sturdy stamina. Last year I fell in love with Liatris aspera 'September Glory' and it is clearly still one of the showiest. The flower buds are covered with scaly outer petals

that begin to open and look almost rose-like. One of the last to flower, it extends the liatris season.

Given the fact that our perennial show is so diminished in late July and early August, one must consider liatris as a superior perennial. With our usually dry summer months, a native plant that tolerates the droughts and brings in scads of butterflies is a must. If you are looking for more summer perennials for our area, consider joining the newly formed Piedmont-Blue Ridge Horticultural Society. Monthly meetings will begin in September at Blandy or the State Arboretum, located on Route 50. Membership is just \$20, and speakers will offer presentations on various topics that pertain to gardening at a local level. More information is on their website at <http://pbrhs.org/index.htm>



DEPLANE'S EMMANUEL EPISCOPAL CHURCH CELEBRATES 150TH

Piedmont Parish, Fauquier County."

Tradition places the line dividing Piedmont and Leeds as passing between the two Cobbler Mountains.

Prior to the establishment of Piedmont Parish and the building of Trinity in Salem, Episcopalians in the vicinity of Oak Hill worshiped first at a chapel of ease, "the log church," one of five churches in Leeds Parish, and later at the Cool Spring Meeting House. The latter building was also known as the "hornet Church" because of the hornets' nests with which it was endowed, whose occupants beset clergy and congregation alike, but especially clergy.

Some time before 1858, when it was apparent that both the log church and the Cool Spring Meet-

ing House were in such disrepair that they would have to be abandoned, the Methodists and the Episcopalians, who up to this time had shared the same house of worship, decided to build separate churches.

Catherine Shacklett, a member of a prominent Methodist family who lived nearby (at Yew Hill), donated land for a Methodist Church. John Thomas Smith and Margaret L. Smith gave the land to Piedmont Parish on which Emmanuel now stands. This land was a part of Mrs. Smith's inheritance from her father, Thomas Marshall (son of John Marshall). The building was begun in September 1858. Owing to the illness of Bishop Meade, the consecration was postponed until July 23, 1859.

For further info about the July 26th celebration, please contact the church office @ 540-364-2772.



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7TH INNING STRETCH

ALEX CUDABACK

Walter Cronkite passed away last Friday.

Cronkite was the voice of truth and integrity for an entire generation, documenting and reporting as a nation flailed and thrashed and stumbled its way towards what everybody hoped was a better, stronger, happier future.

He was, quite literally, the most trusted man in America, the man to whom everyone turned when times seemed their most desperate, a man whose grace and honesty and forthrightness were ways of life, not punch lines, the man whose career served as the foundation for modern-day television journalism.

His passing was overshadowed by, and will be reported on less than, the deaths of a onetime Hollywood pinup, the self-described "King of Pop," and a guy who sold Awesome Augers, Oxiclean, Hercules Hooks, Mighty Putty, Samurai Sharks and

What Odor? on T.V.

The irony of this has somehow sailed over most people's heads.

Which is just as well, since Cronkite loved to sail.

Brett Favre has still not decided whether he's going to return to the National Football League this year. He's given the Vikings, his presumed suitor, word that he'll finally have things figured out by July 30, the day training camp opens.

Depending on what he figures out, I'm betting we've got anywhere from 2 to 4 more years of Favre's vacillating and dithering and wavering to look forward to.

Seriously. He still doesn't know. And if you think, now that's he had the surgery on his balky biceps tendon, he passes on this year because the arm's "not ready" we're not gonna go through this next year, well, my trusty tack hammer is ready and waiting.

The guy should run for office.

Speaking of running, David Beckham's attempted jailbreak from Major League

Soccer and back to AC Milan came to a temporary end when he was essentially forced to suit up for his MLS team and play, wouldn't you know it, AC Milan.

The game (wait for it) ended in a tie.

Soccer...

I don't know why the LA Galaxy was playing AC Milan (you don't see the Red Sox go play the local little league team in Osaka do you?). I do know that the so-called "Beckham experiment" has been about the biggest flop in the history of experiments since alchemy.

Wasn't Beckham going to raise soccer up to a higher level in the United States? Weren't we going to be reborn as a good and strong soccer-loving nation? Weren't we callous Americans going to start caring about The Beautiful Game?

Well, that worked like a charm.

Personally, I blame Tom Cruise.

Speaking of Tom Cruise, Dan Snyder hasn't tried to trade Jason Campbell recently.

Which is weird, because there was a guy driving around the neighborhood this weekend selling "Prime" beef out of the back of his dusty, un-logoed, just-shabbily-maintained-enough-to-be-anonymous panel truck and I could've bet good money that the Danny would be willing to let Campbell go for a couple of rib-roasts and a tenderloin or two.

Heck, I bet if the guy had included a couple pounds of preformed burger patties Snyder would've thrown in Jim Zorn to seal the deal.

The Tour de France is rolling merrily along.

The French police ran over and killed a female spectator this year, temporarily overshadowing the catfight going on between teammates Lance Armstrong and Alberto Contador....

Oh wait, look: kitty!

The Nationals are clinging stubbornly to their hold on last place in the National League East. They've actually begun to pull away from the entire National League.

Well, technically, they've begun to pull away

from all of baseball.

Straight down.

Like a stone.

Or an anvil.

Or an Acme-branded safe.

I'm not sure that there's a happier guy in all of baseball than Manny Acta right now. Talk about a blessing in disguise. Being rid of the Nats and their funhouse mirror of a roster has gotta be the best thing that's happened, baseball-wise, to Acta in a long time.

Tom Boswell of the Washington Post recently equated the Nats to a car "with two steering wheels, three engines, four sets of brakes and no wheels."

Personally, I think he might've been overly generous.

There's no way the Nats could've cobbled together a car with that many spare parts.

And that's the way it is.

You can always reach Alex Cudaback at cuda24@yahoo.com



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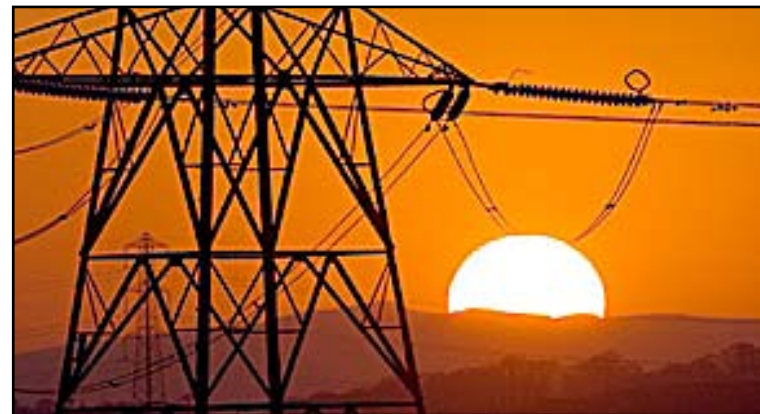
Since in the 1990s, the EPA's Energy Star rating was the primary means by which homes and appliances were evaluated for energy efficiency. The Energy Star rating was awarded for energy-efficient products, including appliances and even the whole home. As a matter of disclosure, this author is an Energy Star builder. Last year, 1 in 5 homes built in the U.S. were designated as being an Energy Star home. Texas had the largest percentage, 41%. Buildings, including residential and commercial buildings, account for about 40% of the energy used in the U.S. In contrast cars and light trucks use approximately 17%. Buildings, includes homes, are going to play an increasing role in the future in our becoming more energy-efficient. The



encouraging people to live in smaller homes?

Question. Do you think consumers will chose smaller custom homes in the future?

Answer. Yes. They already are. In the past 2-years, one of the biggest changes I have seen in the custom homes market is a move to smaller custom homes. We are seeing more clients interested in building an energy-efficient, well-detailed custom home with less square footage. Our clients are



Department of Energy has estimated that energy usage by buildings could be cut by 30% in the U.S.

Question. Is Energy Star a good thing?

Answer. In general, yes, especially for kitchen appliances. It makes a lot of sense to purchase, for example, an Energy Star dishwasher, over a new dishwasher without the designation. It will save you money over the life of the product.

Question. How about for homes?

Answer. The answer here is more clouded. Currently, to obtain the Energy Star rating is not too difficult. In some ways it has not kept up with the improvements in technology. One of the problems is that is easier for a larger home to get the Energy Star seal than it is for a smaller home. For example, an 8,400 sf home may use three times the energy that the average American home size of 2,800 sf, but it will be easier for the larger home to obtain the Energy Star seal. Some would say we should be

interested in not only reducing the size of the actual footprint of the home, but also their carbon footprint, as well. For example, some of our clients are choosing to build a custom home of approximately 4,500 sf utilizing our Hybrid Home technologies, in contrast to a 9,000 sf custom home they may have been interested in building 4-years ago. The result is our clients not only save not only because of the new technologies, such as ground-source heat pumps and solar PV, but also from the smaller home being inherently more energy-efficient and less costly to build than a larger custom home.

About the Author: Dale Schulz is the President of Schulz Homes, www.schulzhomes.com, and he has been building custom homes in our area since 1987. He also is the president and founder of Virginia Renewable Energy which retrofits existing homes with renewable energy systems, such as solar electric panels and wind turbines. You can contact him as well as send your questions for future columns to dale@schulzhomes.com. Schulz Homes phone # is 540.687.3367.

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FESTIVITIES OF THE 4TH

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What is laminitis?

Laminitis, commonly called founder, is an acutely painful inflammation of the laminae in the hoof. It occurs most often in the front feet but one or all four feet may be involved. It can affect horses, ponies, donkeys, cattle and other hooved animals.

There are two types of laminae in the horse's foot. The sensitive laminae are attached to the coffin bone and the insensitive laminae are attached to the inner hoof wall. The sensitive and insensitive laminae bind to each other and keep the coffin bone suspended within the hoof capsule. Inflammation of the laminae is a painful event and if the inflammation is severe enough, the laminae separate allowing the coffin bone to rotate and sink away from the hoof wall. If the rotation is severe enough, the coffin bone can penetrate the sole. This is a life-threatening situation.

How to recognize the signs of laminitis:

Laminitis is a painful disease, thus it is important to understand how a horse shows pain. Pain can be mild to severe depending on the extent of damage to the laminae.

A horse exhibiting mild foot pain due to laminitis may just appear depressed and less active because it hurts to move. The horse may be reluctant to pick up one foot and stand on the opposite foot and/or may shift its weight from one foot

to another. If both front feet are affected he may stand with the front feet out in front of the body and rock back on the hind legs to attempt to unload the front feet. Horses with more severe laminitis may be reluctant to walk and often turn by leaning back and pivoting around on the hind legs. With severe pain, the horse may lie down and refuse to get up. If all four feet are involved, the horse may stand with his hind feet and front feet in toward each other under the center of his body. If the hind feet are affected, the horse may lift a hind leg high in the air, hold it momentarily and then repeat the same action with the other hind leg.

There are also more objective signs of pain such as an elevated heart rate (>40 beats/minute), elevated respiratory rate (>20 breaths/minute) and elevated temperature (>100 degrees Fahrenheit). There may be a strong or bounding digital pulse and the hooves may feel warm, indicating increased blood flow. Sensitivity to hoof testers around the wall and sole varies, but sensitivity over the toe is often present. Trembling, sweating and anxiety are sometimes observed. If the horse is systemically ill, the coffin bone is more likely to rotate or sink and a depression along the coronary band may be palpated.

What can you do after recognizing the signs of laminitis?

DO NOT WAIT! Call your veterinarian immediately. Your veterinarian will perform a complete physical examina-



tion and attempt to determine the cause of laminitis. In addition, x-rays of all feet involved will be taken to determine if rotation or sinking has occurred. Digital x-rays allow your veterinarian to make a decision instantly regarding the severity of laminitis. Although excessive grass and grain consumption are common causes of laminitis, there are many other reasons a horse can develop laminitis. In the case of Barbaro, excessive weight bearing on one hind leg triggered laminitis in the other hind foot. There can also be an underlying illness in the gastrointestinal, respiratory, reproductive, renal, endocrine or other organ system. Early intervention by your veterinarian will give your horse a better chance of recovering from

laminitis without permanent lameness.

After calling your veterinarian, place the horse in a stall that is deeply bedded with shavings. The goal is to support and cushion the feet to decrease the pain and prevent rotation.

If you can determine that the feet are warm and there are increased digital pulses (takes some practice), stand the horse in ice water. Keep ice floating in the water at all times and continue this as often as practical e.g., 15 - 30 minutes every few hours until your veterinarian arrives. NOTE: This is considered an emergency, not a routine appointment, so make sure your veterinarian knows the urgency of the situation.

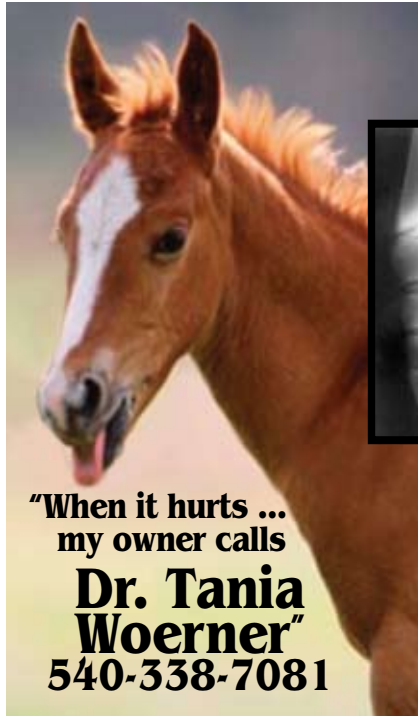
Always check with your veterinarian before you administer any type of drug.

If you suspect that grass and or grain may be the cause of the laminitis, put the horse

in a stall with fresh water and no feed material until your veterinarian arrives.

Remember that horses like people have different thresholds for pain. Become familiar with your horse's normal vital statistics (temperature, heart rate, and respiratory rate) and pay attention to his behavior and everyday habits. Ask your veterinarian to show you how to take the vitals and assess the digital pulses. Become familiar with what is normal for your horse. The prognosis for recovery and possibly survival depends on early recognition and early veterinary intervention.

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KEY HOUSE COMMITTEE APPROVES SIGNIFICANT INCREASE IN FUNDING FOR LYME DISEASE RESEARCH

ANNUAL SPENDING MEASURE URGES CDC AND NIH TO EXPAND STUDY OF TICK-BORNE DISEASES; BILL ALSO CALLS FOR NATIONAL CONFERENCE

A key House committee has approved a significant increase in research funding for the treatment of Lyme disease and calls on both the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH) to step up their research, Rep. Frank Wolf (R-10th) announced today.

Wolf, who as chairman of the bipartisan House Lyme Disease Caucus has worked tirelessly to increase awareness of Lyme over the last year, said the full House Appropriations Committee increased the CDC's budget for Lyme disease by more than \$3.6 million to \$8,938,000 as part of the fiscal year 2010 Labor-Health and Human Services-Education spending bill approved last week.

"The cases of Lyme disease in our region are soaring," said Wolf, who last August held a town hall meeting in Loudoun that more than 300 people attended. Similar informational meetings are being held in Fairfax and Loudoun this week. The Fairfax meeting, sponsored by Supervisors Pat Herrity and Mike Frey, is at 7 p.m. on July 22 at Centreville High School. The Loudoun meeting, sponsored by Loudoun County Public Library, will be at 9 a.m. on July 25 at the Rust Library in Leesburg.

Wolf said the FY 2010 Labor-HHS bill encourages the CDC to:

- Expand its epidemiological research activities on tick-borne diseases to include an objective to determine the long-term course of illness for Lyme disease.
- Improve surveillance and reporting of Lyme and other tick-borne diseases in order to produce more accurate data on their prevalence.
- Evaluate the feasibility of developing a national reporting system on Lyme disease, including laboratory reporting.
- Expand prevention of Lyme and tick-borne diseases through increased community-based public education and creating a physician education program that includes the full spectrum of scientific research on the diseases.

The bill also urges the NIH to intensify its research on tick-borne diseases and encourages the agency to "support research that may lead to the development or more sensitive and accurate diagnostic tests for Lyme disease."

In addition, the bill calls for the NIH and the National Institute of Allergy and Infectious Diseases (NIAID) to sponsor a scientific conference on Lyme and other tick-borne diseases. The report language accompanying the bill said "the committee believes that the conference should represent the broad spectrum of scientific views on Lyme disease and should provide a forum for public participation and input for public participation and input from individuals with Lyme disease."

"I am hopeful that giving CDC and NIH the tools to work on more accurate diagnostic testing, directing both agencies to take all scientific viewpoints into account when evaluating Lyme, and ensuring that Lyme patients are part of the discussion, will go a long way toward raising awareness in our region," Wolf said. "I am committed to making a difference on this issue and encourage parents, especially during the summer months, to check their children for ticks when they come indoors."

"Lyme is a serious and devastating disease," Wolf continued. "I am hopeful that through increased education and awareness efforts about the threat of Lyme disease, we can help to ensure people living in high risk areas know how to protect themselves and their children from ticks."

The full House is expected to take up the bill next week; the Senate has yet to act on its version of the spending plan.

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NOTRE DAME ACADEMY MERIT SCHOLARSHIP AWARDS



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Head of School Elizabeth Manley Murray, congratulated the students who applied for and those who won Merit Scholarships this year when she said, "We received an outstanding number of applicants for our Merit Scholarship Program and are so delighted that the recipients are not only extremely gifted and capable of achieving high honors at Notre Dame Academy, but also, and perhaps more importantly, that each one of these outstanding young men and women truly embodies and personifies the deep rooted values of service, integrity and academic excellence for which this school stands."

Notre Dame Merit Scholarship recipients include:

Mrs. Edith Smart presented The Rev. Anson Phelps Stokes Merit Scholarship to Caroline Abraham-

son of Round Hill. Caroline came to Notre Dame from Harmony Intermediate. Canon Stokes, a former Dean of the Washington Cathedral and Secretary of Yale University, was noted for his academic scholarship and authored the book, Church and State in the United States. He was the great uncle of Edith Smart who presented the award.

The Anne Bradstreet Merit Scholarship was awarded to Abigail Greene of Lovettsville, who attended Harmony Intermediate before enrolling at Notre Dame. Mr. Bruce Smart presented the award that is named for Anne Bradstreet who has been called America's first poetess. Well educated and widely read, she was the wife of Simon Bradstreet, an early governor of the Massachusetts Bay Colony. She has been considered an early feminist and was the great,

great, great, great, great, great, great grandmother of Bruce Smart.

Caswell Bennett of Sterling who was home schooled before he enrolled at Notre Dame, received The Christopher C. Newton 9/11 Scholarship that was presented by Mr. and Mrs. Michael Newton and Ms. Amy Newton.

From The Christopher C. Newton Foundation, an educational foundation established in loving memory of Christopher Newton, husband of Amy Newton, a current member of the Notre Dame Board of Trustees, an alumni parent and a current parent.

"If our son, Christopher, were here today, he would tell the recipient of this scholarship to study hard, work hard and don't forget to have fun," said Mrs. Michael Newton

Gabriella Pittaluga of Berryville received The

Barbara Mahr Smith Merit Scholarship Award. Gabriella attended Sacred Heart Academy before she enrolled at Notre Dame. The award was presented by Ms. Mary B. Schwab in loving memory of her mother, Barbara Mahr Smith.

Cecilia Gallagher of Purcellville who attended Harmony Intermediate before she enrolled at Notre Dame received The Mary Dwyer Scott Merit Scholarship. Presented by Mrs. Sally Scott Swlatek, the

award is presented in memory of a passionate and optimistic woman who knew how to make the best of any situation. She was a former member of the Notre Dame Board of Trustees and was an alumni parent.

The Head of School's Freshman Scholar Award was presented by Head of School Elizabeth Manley Murray to Alex Rossi of Leesburg who attended Loudoun County Day School before he enrolled at Notre Dame.

SPONSORS AND GOLFERS NEEDED FOR DOC WILEY'S 3RD ANNUAL GOLF CLASSIC

The Upper Loudoun Youth Football League and The Town of Purcellville are holding its 3rd Annual Golf Tournament on Thursday September 10, 2009 at 1:00 PM at Loudoun Golf & Country Club at 36967 West Main Street Purcellville VA 20132.

Upper Loudoun Youth Football League (ULYFL) is a nonprofit organization benefitting boys and girls ages 6-14 in Western Loudoun County. The 40 year old organization now includes participation by over 700 Loudoun County families. The powerful ULYFL program led from its inception by Mike Rose has experienced tremendous growth in recent years due to the population explosion, coaching by former NFL players, Olympic Athletes, and tremendous commitment by many dedicated men and women who coach the children. Some of these individuals do not even have

children in the program but continue to participate because the League has become an important and respected tradition in the community.

On any night from August to November, there is a steady stream of cars going in and out of Franklin Park carrying sweaty boys and sweet faced girls to facilitate team cheerleading and football practice. Week-nights, Fridays and Saturdays during football season, a roar can be heard from Fireman's Field as parents and extended families cheer for their sons and daughters. It's about a lot more than football. It is about the great American Town. ULYFL paints memories in the hearts of all who come to experience a bit of nostalgia as the spirit of competition flames memories of community. This fund raising event allows new equipment to be purchased to facilitate the growing program.

MIDDLEBURG AREA STUDENTS HONORED AT FOXCROFT'S 94TH COMMENCEMENT

A dozen Middleburg-area students -- including the class valedictorian, the top athlete, best rider, class speaker and winner of the School's most prestigious award -- were among the 42 members of the Class of 2008 that graduated May 23 at Foxcroft School's 94th Commencement, held in Miss Charlotte's Garden on the School's campus.

The Class of 2008, which includes young women from nine states, six foreign countries and the District of Columbia, is an accomplished one, having received 125 acceptances to 86 colleges and universities, including Duke, the University of Virginia, Michigan State, William & Mary, New York University, the University of Southern California and Johns Hopkins.

Local graduates include Adrienne Teeley and Catherine York of Upperville; Michael Babus, Chelsy Coil, Sallie Dumont, Kara McCandless and Ainsley Treptow of Middleburg; Railey Cooley of The Plains, Rachel Livermore of Aldie, Elizabeth Mann of Hamilton, Emma Meyer of Berryville, and Hannah Smith of Boyce.

Teeley received the Charlotte Haxall Noland Award for best combining the qualities that Foxcroft's founder valued: high purpose, leadership, integrity, accomplishments and understanding. Teeley also took home the Hilary Somers Deely Drama Award and a Parent Association Award for her efforts on behalf of the senior class. She was senior class co-president and head of the Drama Club and Afternoon Delights, an a cappella singing group as well as a member of the Interim Committee, the Athletic Association and the JV field hockey, which she captained.

She is the daughter of Valerie File of Upperville and Peter Teeley of Bethesda, MD, and plans to attend Trinity University in San Antonio, Texas.

York, who will attend William & Mary in the fall, was the School's valedictorian. She also received the Josie Betner Mallace Prize for humor and courage and the Eustis Prize for English. The daughter of David and Barbara York of Upperville, Catherine is a member of the Cum Laude Society, an academic honor society based on the collegiate Phi Beta Kappa and served as head Prefect, one of the top leadership roles at Foxcroft, as a senior.

Coil, who has an athletic scholarship to play field hockey at Michigan State next year, received the "Best Older Girl" Athletic Award and a Twelve Varsity Letter Prize for having played three varsity sports in each of her four years at Foxcroft. She was named 2007 All-Loudoun County Player of the Year in field hockey by the Washington Post, and earned All-Met and All-Independent School League honors several times. In addition, she was the varsity basketball team's Most Valuable Player as a senior and was the lacrosse team's fourth-leading scorer this spring -- and captained all three teams. The daughter of Bruce and Nan Coil of Middleburg, Chelsy also was Head of the Athletic Association and Octet, a student a cappella singing group and a member of the Foxcroft Riding Team that earned the Reserve Championship of the Tri-state Equitation League.

Livermore collected the largest and oldest award that Foxcroft presents: "Miss Charlotte's Trophy for Best Rider." A nationally-ranked equestrian, Livermore also captained the Riding Team, competing in equitation, horse trials and jumpers competitions for Foxcroft, and was Head of Whipper-In, a select riding club. Livermore, who will attend James Madison University in the fall, also served as editor-in-chief of the yearbook and participated in the Soggie Cheerios singing group.

She is the daughter of Lucia DiBenedetto Livermore of Aldie and David Livermore.

Dumont was the Senior Class's choice to speak at graduation and gave a lively speech full of memories, advice and humor. The daughter of Mary Coale (Coco) Dumont of Middleburg and Gerard Dumont, she was Head of the Day Student Organization that sponsors three blood drives each year, and a CAP tour guide for the Admission Office. She also was a member of the Student Council, the Soggie Cheerios singing group, Athletic Association, and several other activities. She played field hockey and lacrosse, serving as captain of the JV lacrosse team as a junior.

Babus, who will attend the University of Virginia in the fall, was head of the Astronomy and Art History clubs, an Honor Roll student and a member of the cross-country and track teams. She is the daughter of Dr. Glenn and Leslie Thaw Babus of Middleburg.

Cooley received the Studio Art Award and the Ida Lee Applegate Award, which is presented by Foxcroft's Board of Trustees to the girl who best exemplifies this quotation: "For manners are not idle, but the fruit of a loyal nature and noble mind. She was also selected as the 2008 artist for the Permanent Student Art Gallery last fall. Cooley served as co-president of the Senior Class and co-head of the Athletic Association, Drama Club and Octet. In addition, she played varsity field hockey for two years and was a member of the varsity tennis team for four seasons. She is the daughter of Polly Cooley of Charleston, SC, and The Plains, and Andrew Cooley of Charleston, SC, and plans to attend the College of Charleston.

The daughter of Roy and Sally Mann of Hamilton, Lizzy Mann will attend Washington & Lee University this fall. She served

as a CAP tour guide, a dormitory leader, and as prefect of the Old Girl/New Girl initiative and was a member of the Art Club, the Athletic Association and several of Foxcroft's clubs that help those in need. In addition, she played varsity soccer, field hockey and tennis.

McCandless was a member of the School's High Honor Roll in all four of semesters she attended Foxcroft. A standout rider, she was a member of the School's equitation and eventing teams, as well as Whippers-In. In addition, she was a dormitory leader, co-head of the Middleburg Humane Volunteers and a member of the Soggie Cheerios and the varsity tennis team. She is the daughter of Dr. Brian and Barbara McCandless of Menands, NY, and the granddaughter of Mary Ann Kasprovicz of Middleburg.

Meyer, who plans to attend Ursinus University in Pennsylvania in the fall, served as a Dean's Prefect in the Library, made the Honor Roll several times and was a member of the Athletic Association. She also played varsity soccer and basketball, serving as captain of the soccer team in her senior year and captain of the JV lacrosse team in her junior year, when she also earned Most Valuable Player honors.

In basketball, she was named Most Improved Player of the JV and Varsity teams in 2007 and 2008, respectively. She is the daughter of Kyle and Terry Meyer of Berryville.

Smith, who plans to attend Duke University in the fall, received the School's prestigious Gunnell Poetry Prize. She served as the Student Head of School, on the Judicial Council and as a dormitory leader. A talented singer, Smith also was co-head of Afternoon Delights, an a cappella singing group, and had featured roles in several Foxcroft theatrical productions and concerts. Athletically, Smith was a two-year member of the varsity volleyball team. She is the daughter of Richard and Kelly Smith of Boyce.

Treptow, who will attend Franklin & Marshall College in the fall, is also an exceptional rider, having participated in the prominent Winter Equestrian Festival in Palm Beach, Fla. In addition, she captained the varsity volleyball team in her senior year and was named the team's MVP. The daughter of Jim and Mary Lea Treptow of Middleburg also served as a dormitory leader and a CAP tour guide.

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Middleburg Humane Foundation



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Summer lived chained to a blue barrel. She is incredible sweet and loving and a beautiful little girl! She is only about 35 pounds and very gentle & loving!

JESSIE
Jessie is a very gentle and attentive Rottweiler/Hound mix. She recently came in to our facility, so we are still getting to know her. Jessie had been chained outdoors so she is really enjoying her freedom & friends



LEXI
Lexi is a 6 month old Lab mix. She is in need of a patient loving home that can continue with her obedience training.



KITTENS We have healthy, loving young kittens who need homes! Please save a life and adopt a kitty! Our cats are feline/fiv neg, vaccinated, spayed/neutered. Ask

Teddy Bear

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Please Help!

Munchkins, Cornish Rex's...

Please, if you have room in your barn, garage, home and heart, please help save a life and adopt a kitty or two! We have many gorgeous and healthy kittens and adult kitties that would love to get out of their cages, snuggle and/or mouse for you! A truly desperate situation, please help!

Animal Wish List

Please help us continue to provide care & a safe haven for abused & neglected animals. We need and truly appreciate your support! Thank -you!

- Used Towels- all sizes
- Cat Food- dry & canned
- Working riding lawn mower
- Homes for kittens & cats!

ALBERT'S CORNER

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



It sneaks up on us quickly. One day we're puppies and the next we're reaching for the joint supplements. I don't know how it happens, but our lives go by in a blur. Just yesterday, I was looking at my eight-year-old "brother" and realized that his muzzle was completely gray! How and when did that happen?

To be honest, I'm no spring chicken either. I'm almost six. Since I'm a pretty small dog, however, I could have a lot more years ahead of me. In the canine world, reaching the senior mark happens earlier for larger dogs than for smaller ones. If you share your life with a pet, it's important to know when your furry friend is reaching important aging milestones.

Because we age so much more quickly than our human counterparts, it can be easy to forget that we may need some special consideration as the years go by. The good news is that being mindful of our age can add more and better years to our lives.

A general rule of thumb is that any dog who is more than seven years old is approaching senior years. For giant breeds, the transition to older age begins at about five years old. Of course, there are lots of variables that determine when we move into our golden years, but there is no doubt that it happens quickly and that our needs change.

As we age, it's even more important to groom us regularly, feed the appropriate amount and kind of food, make sure we have regular dental care, watch for changes in our eyes and ears, and practice consistent flea and tick control.

Providing regular skin, teeth, eye and ear care can often translate to finding problems early and preventing major issues. Weight and nutrient control is essential because being overweight can put unnecessary and pain-

ful pressure on an older dog's joints. Switching to a food designed for senior dogs is an easy way to combat this issue while also making sure that we are getting the enhanced nutrients required as we advance in years. Vigilant parasite control is critical because older dogs cannot easily ward off many of the diseases fleas and ticks carry.

Additionally, make sure your senior pet is comfortable. He or she should be sleeping on a bed that provides lots of support and is in a location that is not too hot or cold. If your older dog begins having "accidents" in the house, be understanding and patient, as this is common. The vet can tell you if it's a sign of anything serious. If we get selective about what we eat, do all that you can to find something we enjoy. If we sleep much more than we once did, it's not because we don't love playing with the kids or going on our normal run with you. It's because our bodies need rest.

And finally, appreciate this time with us. It's not the same as when we were young, but these can be the best years of our lives in so many ways. We know the routine and speak your language. We've figured out that expensive shoes aren't that tasty and that the carpet isn't either. We no longer bark like the world is ending because a squirrel dares to come near our door. We don't need to be the center of attention and we know how to sit still. We might even be able to curl up by your side for hours while you quietly read a book. These can be calm, peaceful and beautiful years with us. And there can be many, many of them with just a little extra care.

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



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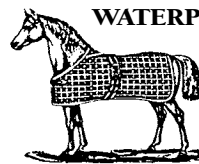
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Oakfield Upperville, Virginia

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Ann MacMahon (540) 687-5588



Whitestone Leesburg, Virginia

Beautiful hilltop setting with a long paved driveway to house. Brick Colonial, circa 1970 on 25.21 acres, has been completely updated. 5 bedrooms, 5 1/2 baths, 5 fireplaces, office, detached 4 car garage, guest house, play house, sports court, putting green. Minutes from Leesburg and Greenway. Perfect for entertaining. \$1,999,999.

Paul MacMahon (540) 687-5588



Ada-en-Provence Marshall, Virginia

Very understated, elegant home surrounded by mature gardens, stonework and lovely grounds. Interior features renovated kitchen and baths with custom built-in cabinetry. Main floor is bright with generous space for formal and casual entertaining. Everything is in immaculate condition. Space for guests or in-laws in separate guest cottage. Views of large neighboring farms and the Cobbler Mountains. \$725,000.

Helen MacMahon (540) 687-5588
Ann MacMahon (540) 687-5588



Dakota Middleburg, Virginia

87 private acres of rolling fields. This fieldstone and stucco house exhibits quality from the past featuring a reclaimed-timber barn transformed into an intimate family room overlooking two expansive ponds. Well-designed home includes an incomparable custom kitchen, antique beams, lovely first floor master suite and 4 bedrooms. Additional finished space below includes the media room, bar, exercise facility and generous storage. 3-car garage, in-law suite, 3-stall barn and generator. \$5,500,000.

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Lincoln Road Purcellville, Virginia

Beautiful farm on 55.24 acres recorded in 5 parcels. Gently rolling land with lovely views in protected 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 apartment. Very private. \$1,550,000.

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Silo Road Marshall, Virginia

Original house expanded and completely updated. Hilltop setting with mountain views, large master suite on main level, 2 bedrooms on upper level, country kitchen with fireplace. 2 full and 2 half baths, grand family room, extensive landscaping, front porch, rear deck with access to terrace. 2 stall barn and run in shed on 10.88 fenced acres. \$799,000.

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Northwood Delaplane, Virginia

Fabulous Fauquier property in two parcels on 120 acres in Orange County Hunt. Stunning 360 degree views of rolling countryside and mountains. Bounds Goose Creek for nearly a mile. Four bedroom, five bath main residence complemented by 1770s two bedroom log cabin overlooking large pond. Incredible mature landscaping. Subdivision potential. \$3,375,000.

Walter Woodson (703) 499-4961



Wildwood Bluemont, Virginia

Built in 1966, frame construction home with 4 bedrooms, 2 1/2 baths, 2 fireplaces, family room, den, breakfast room, dining room, large deck and gold fish pond. Large storage building could be used as a barn and shed. Situated on 117.64 acres with spectacular southern views. Property has been placed in conservation easement. Two divisions possible. \$1,800,000. Also available with house and 90 acres \$1,400,000.

Paul MacMahon (540) 687-5588



Soliel Cottage Halfway, Virginia

Rare opportunity to find a well priced home in desirable Halfway, between Middleburg and The Plains. This 3 bedroom brick home would make a perfect hunt box. 1 acre fenced yard is great for dogs and holds extensive cutting gardens. Lower level has a full bath, kitchen and separate entrance. Great Buy! \$385,000.

Paul MacMahon (540) 687-5588



Southpaw Place Leesburg, Virginia

Beautifully built approx 11,000 sf home on 34+ acres. Unusual opportunity to have so much land in this location. Every possible upgrade available, gourmet kitchen, massive master bedroom suite, 6 fireplaces, almost 4,000 sf finished basement, great outdoor space for entertaining, wrap around porch, stone terraces, patios and firepit, pastoral views, creek, woods and 4 board fencing. \$2,900,000.

Paul MacMahon (540) 687-5588
Helen MacMahon (540) 687-5588



Adams Green Middleburg, Virginia

Four bedrooms, three and half bath Cape Cod. Sits on 3 private acres outside the town of Middleburg. Gourmet kitchen is complimented with hardwood floors, the master suite and walk in closet are exquisite. Wood burning fireplaces enhance the dining room and family room. Fully finished basement. Deck with hot tub and mature plantings. \$1,250,000.

Margaret Carroll (540) 454-0650



Cotford Cottage The Plains, Virginia

Cotford Cottage is a wonderful three bedroom, two bath home in village of The Plains. Delightful den with brick fireplace and separate entrance. Wood floors in spacious living room with fireplace. Virtually entire dwelling remodeled since 2006. Exceptionally well-maintained property with lovely plantings. Convenient to shops, restaurants, services, I-66 and other major routes. \$399,900.

Walter Woodson (703) 499-4961

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INTERNATIONAL OFFERING

COURTLAND MANOR, ALDIE, VA

Beautiful 11000+ sq. ft. includes original 1930s stone manor home with lovely historic details. Brick addition boasts soaring ceilings, spacious sun-filled rooms, a gourmet kitchen, media room and elevator on 3 finished levels. Extensive gardens, an Olympic size pool, stone pool house and board fenced pasture further enhance the property. Sited on 100 acres with spectacular panoramic views and a bold stream, bordered on both sides by large tracts in easement, this is a very special offering. \$4,395,000.

Cindy Polk

703-966-9480



INTERNATIONAL OFFERING

FOX MEADOWS, DELAPLANE, VA

Magnificent estate situated in the heart of the Virginia countryside. The brick Georgian built in 2000 is uniquely sited on 82 acres comprised of open land, pastoral views, woodlands and manicured lawn and gardens. The property has 4 bedrooms, guest suite, 16 foot ceilings, beautiful outdoor terrace, one level living, and large 3 bedroom tenant house. All this yet only one hour from Washington, DC. \$3,250,000.

Jim Thompson

540-687-3216



INTERNATIONAL OFFERING

BROOKFIELD FARM, DELAPLANE, VA

Brookfield Farm on 85 acres in the Piedmont Hunt has a lovely 5 bedroom country house. Beautiful old pine floors throughout, high ceilings, a roomy kitchen and family room, privacy and stunning views of the Clobber Mountains and the Blue Ridge. Equestrian facilities are top notch with a professional 12 stall center aisle stable with tack room, office, double wash stall, half bath, and hay storage; a schooling ring, and 5 fenced paddocks and fields. A wonderful property in the Virginia Hunt Country. \$3,200,000.

Carole Miller

540-687-2233



INTERNATIONAL OFFERING

CARTER'S MILL, MIDDLEBURG, VA

Very creative and lovely country house on 44 park-like acres in the Orange County Hunt near Middleburg. Residence, with 2 bedrooms, is constructed in the footprint of a centuries old water mill. Wonderful views of beautiful landscaping and Cromwell's Run which traverses the property. Separate suite in the lower level with private stone terrace. Greenhouse, equipment buildings, stone garden house. Superb weekend retreat or hunt box. \$2,200,000.

Ruth Ripley

540-687-2222



INTERNATIONAL OFFERING

COPPERSTONE, MIDDLEBURG, VA

Beautiful country property with impeccably renovated and completely updated stone and stucco estate home boasting a gourmet kitchen, random width hardwood floors and massive stone fireplaces complete with a new pool, heated carriage house with 3 bay garage and generator. 11 acres in 2 parcels. \$2,259,000.

Cindy Polk

703-966-9480



INTERNATIONAL OFFERING

LIME KILN ROAD, MIDDLEBURG, VA

Magnificent stone and brick custom built colonial on 5 wooded acres just outside of Middleburg. Easy access to Dulles. Lovely private setting surrounded by mature forest and large farms and estates. Fine materials used throughout home with slate patios and walks, 11 zone heating and cooling, 7.5 baths, and 5 fireplaces. \$1,699,900.

Rick Lowe

703-509-3962



INTERNATIONAL OFFERING

JUNIPER HILL, UPPERVILLE, VA

Charming country property with solid brick, 5 bedroom, 4 full bath, sun-filled home offering a large kitchen opening to family room with wood burning fireplace, separate dining room, living room with bay window, 4 car detached garage, gorgeous pool and terrace, new 4 stall center aisle barn, large spring fed pond with island and expansive pastoral and mountain views. Piedmont Hunt. \$1,650,000.

Cindy Polk

703-966-9480



INTERNATIONAL OFFERING

JENKIN'S MOUNTAIN, WARRENTON, VA

Stunning views surround this beautifully designed and built 5 bedroom house secluded on its own mountain. First floor bedroom. Fabulous European country kitchen. 3 fireplaces. 42 acres. Small barn with fenced paddocks. 20'x50' pool with spa. Landscaping includes superbly and professionally crafted gardens by Oehme & van Sweden. Close to the town of Warrenton yet in a private country setting. Drastic price reduction. \$1,480,000.

Ruth Ripley

540-687-2222



WILLOWIN FARM, PURCELLVILLE, VA

Classic lines on this 5 year old, 5 BR, 5 BA/1HB colonial farmhouse in covered Willowin Farm make this lovely 10.5 acre property an ideal home. Sited on a knoll this beautiful home overlooks western Purcellville out to the Blue Ridge Mountains yet is located minutes between Philomont and Middleburg. Horses are allowed and Willowin Farm is in Open Space Land Use providing tax benefit. Hardwood floors, detached carriage house garage, fully finished basement, big wrap porch, paved roads and an exceptional price right out the gate! \$985,500.

Gloria Rose Ott

540-454-4394



WILD WIND, MIDDLEBURG, VA

Located just west of town in Middleburg Downs, this lovely French Colonial is sited on over 3 beautifully landscaped acres providing excellent privacy and views of the Blue Ridge Mountains. Well maintained 4 bedroom house has a new kitchen, laundry and powder room. Hardwood floors throughout. \$899,500.

Carole Miller

540-687-2233

Ruth Ripley

540-687-2222



LA FARMETTE, UNISON, VA

Great country property near Unison on 14.19 acres, fenced for livestock. 5 bedroom, 4.5 bath colonial with 2 fireplaces, large kitchen with adjoining family room, 1st floor master bedroom and bath, partially finished basement with rec room with wood stove and built-in bar, 2 other rooms, full bath and laundry/utility/storage room. In-ground pool, hot tub, deck, patio and guest house with full bath. \$798,500.

Page & Jud Glascock

540-687-2237



FIREFLY COTTAGE, RECTORTOWN, VA

Million dollar views from the lovely front porch greet you at Firefly Cottage. This reproduction "hunt box" is on the apron of the most charming and unspoiled village in Fauquier County. Three bedrooms, 2 baths, sensational kitchen, fireplace with antique mantel, large back porch and many other super features in the chic sought after village. New price. \$785,000.

Ruth Ripley

540-687-2222

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