Middleburg Eccentric™

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Eat Local Support Local Page 16

A Decent Burial: Power Play Postponed

Dan Morrow

Middleburg Mayor, Betsy Davis, and the entire Town Council continue to insist that Dominion Power either bury its proposed new power lines across Loudoun and adjacent counties, or, worst case, install dual lines within the constraints of their existing infrastructure.

Dominion Power responded to letter to that effect from Council by reiterating its willingness to "review alternatives."

At the Thursday, August 27, Council Work Session, Mayor Davis reported that she had reiterated the Town's views at a recent Chamber of Commerce event. Town Administrator Jerry Schiro noted that the Piedmont Environmental Council's Mike Morency had reviewed Dominion Power's response to the Town's official position, and suggested that the town keep its powder dry until Dominion Power takes its next formal steps to gain approvals for its plans. Council concurred, still favors giving any new power lines a decent burial, and, officially, now awaits further developments.

Lost on Madison and Marshall

A major redesign for Middleburg's most confusing intersection continues apace. The town has received at least two grants for the long-sought improvement project.

Middleburg's Town Engineer, Phil DeLeon, told Council that he and Jerry Schiro were working with the Town Planning Commission and VDOT on a preliminary redesign that would preserve the historic walls around the Red Fox Inn and Mosby's tavern, and maintain the existing curb lines, to avoid the cost of acquiring additional right-of-way.

The new design would replace the current triangular roundabout, with it's limited sight lines and confusing signage, with two, staggered, "T" intersections.

Drivers headed south on North Madison Street would intersect East Marshall at a stop sign.

Drivers headed north on South Madison, would intersect West Marshall in the same way.

Drivers headed east on West Marshall, would, presumably, no longer have to decipher the forked-arrow sign,

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National Sporting Art Museum Groundbreaking

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Thrilling Off-Planet Vacation Pleasures

Discriminating vacationers from The Piedmont often travel to The Outer Banks of North Carolina to enjoy the beach and the beauty with their families. They find the perfect house, in the best possible place and settle in for lazy days of seaside relaxation.

A few find their way to Corolla, and certain of those who have been there before quickly make their way to Flying Smiles Kites across the road from the historic and spectacularly beautiful Whalehead Club. Because once you've been seduced by the thrill of kite flying on either the beach or the sound, and once you've met owner Cath Shook, you'll never be happy with earthbound vacation pleasures again.

Kite stores are generally friendly territory for parents and children alike, but few offer the professionalism and deep expertise found at the Shook enterprise. If you've been a customer in seasons past, but your kite suffered when a brisk wind caught its sail, the damage can almost always be repaired at Flying Smiles Kites. Customers find a wonderful range of wind-related pleasures in the shop, in addition to kites of every shape and challenge. Exquisite wind chimes, puzzles and games all contribute to make it a shoppers' paradise for all kinds of fun.

If you've flown for one season with a single-line kite, but have been dreaming of a quad, Cath has the most beautiful flying designs you can imagine and will help you move up to the thrill of sport flying. It you're extremely particular, she may ask her husband to create something truly spectacular especially for you.

Eliot Shook, who designs Masterpiece Kites for Revolution Kites, was a brilliant engineer whose work at Ford Motor Company contributed significantly to his un-

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Baseball is coming to Loudoun

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Middleburg Eccentric
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News of Note

New Farmers Market Flourishes in D.C.

Endless Summer Harvest offered beautiful gourmet lettuces, specialty green arugula and culinary basil. Solitude offered their complete range of wool products. "We were given celebrity status," said Mary Ellen Taylor of Endless Summer Harvest. "The awareness this market has brought to the importance of farming is invaluable"

First Lady Obama welcomed a group of 18 farmers and producers from small local and sustainable farms in the Chesapeake Bay Watershed Regionto the Fresh Farm Market.

Washington D.C. Mayor Adrian Fenty, and Secretary of Agriculture Tom Vilsack joined Mrs. Obama as she opened the market. Speaking to the enthusiastic crowd about how farmers markets build great communities, she stressed the importance of eating healthy, local food and encouraged Americans to get to know the farmers that grow their food.

Bernie Prince, co-founder of Fresh Farm Markets, personally thanked Mrs. Obama for "making healthy eating a national priority," adding that "...now we need to make it a national habit."



PHOTO BY ANN HIGGINS

Dennis & Kathy Lentz, and Mary Ellen Taylor of Endless Summer Harvest speak with Todd Gray, Executive Chef and Owner of DC's Equinox Restaurant

Notre Dame Academy Changes Name to Middleburg Academy

Notre Dame Academy's Board of Trustees recently voted to change the school's name to Middleburg Academy. The new name will be phased in over the coming months and fully implemented by the end of the coming school year.

"This is an important step in establishing our school as a leading independent coeducational college preparatory high school, serving the families of Northern Virginia," said Head of School Elizabeth "Libbi" Murray. "It is another piece of welcome news, following the success in our recent lawsuit which validated our right to move to an independent, non-sectarian school, and the new name better describes our desire to serve all segments and faiths in our diverse community."

Notre Dame was founded as a girls boarding school many years ago by the Sisters of Notre Dame, a Catholic religious order. Over the years it shifted to a co-educational day school, and eventually to independent status under a lay Board of Trustees.

As the name "Notre Dame" is used by the Sisters for many of their schools, when the school's Trustees adopted a new vision, they also believed a new name was appropriate.

"Middleburg Academy describes where we are and what we do, and is totally in harmony with our vision of what the school will become. We considered and discussed a lot of other names, but none seemed as good a fit. Now our job is to build the school as an asset recognized, valued and 'owned' by the community it serves," said Board Chairman Mark Rossi.

Murray pointed out that "You cannot change a school's name overnight; legal documents need to be revised, signage and stationery replaced, uniforms altered. The list goes on."

But she urged the students not to worry: "Our colors will remain blue and gold, and our mascot will still be a dragon. As we change in some ways more appropriate to our vision for the future, it is important to retain the best of the traditions of the past, not just colors and symbols, but academic excellence, which will retain a religion education component. The climate of ethics, respect for others, service and love that have characterized our school for so many years will remain."

Middleburg Academy has a 100% college admission rate. Recent graduates have been accepted to some of the nation's best colleges and universities including Yale, Notre Dame, and The Naval Academy.

For more information about Middleburg Academy, please visit www.notredameva.org.

Hospital on 50 by 2015?

In a major decision affecting health care in Middleburg, Virginia State Health Commissioner Karen Remley approved a request from the Hospital Corporation of America (HCA) to move its "Certificate of Public Need" for new facilities, from Brambleton to the intersection of Route 50 and Gum Spring Road. The new facility would comprise more than 160 beds and cost nearly $200 million.

A year ago, on September 11, 2008, on the eve of a major public hearing before the Loudoun County Planning Commission, Middleburg's Town Council unanimously passed a resolution opposing construction a164-bed HCA hospital in Broadlands, near the intersection of State Route 659 and the Dulles Greenway.

At that time Council requested that the Planning Commission and the Board of Supervisors comply with guidelines in the County's Comprehensive Plan, recommending that " . . . the next full-service hospital be constructed closer to Middleburg, at some point on Route 50."

Town Administrator, Jerry Schiro noted that, to the best of his knowledge, nor further action by Council was anticipated. "While I can't speak for the Mayor, or Town Council," he said, "I do know that the primary concern for all of us was to make sure that the next hospital built in the county was easily accessible from the Middleburg area."

The new facility would bring roughly 500 new jobs to the County.

HCA to Drop Lawsuits

HCA's Vice-President of Communications, Mark Faust, told the Eccentric that, if all goes well, the new hospital should open its doors in the fourth quarter of 2015. "Response has been positive from all over the County, he said.

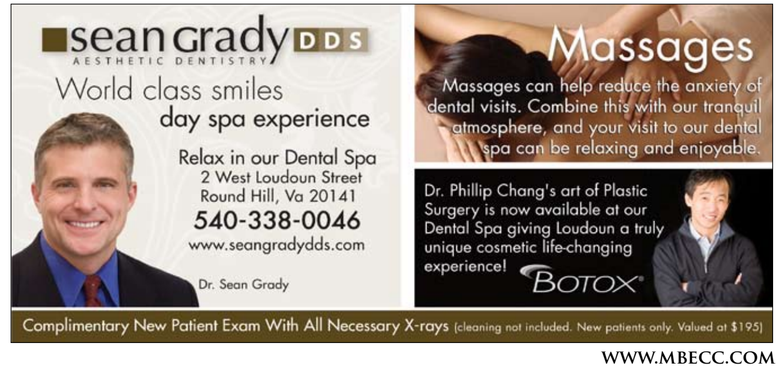
HCA's construction timetable will be profoundly affected by how long the County takes to approve a critical land use "Special Exception" for the new facility.

Asked about the corporation's still pending litigation against the County, Faust commented, "We now see no need for further legal action."

In a formal statement, Inova Loudoun Hospital CEO, Randy Kelley, noted "Our position has always been that the next hospital built in Loudoun County should be built on Route 50. Our plans are to pursue the ongoing expansion and improvement of our services on the main campus in Lansdowne, in Leesburg, and in Purcellville.

Inova has dropped all formal legal objections to HCA's plans.

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News of Note

The Spice of Variety

Joy M. Smith

Annie's Restaurant

540-687-4754)

Annie's Restaurant is all about an old dream and a brand new restaurant.

Annie was Carole's mother and after many years of searching and dreaming, Carole Robert and Mark Manly want to welcome you to Annie's Restaurant, their new dream come true, in Middleburg. When Annie died in a car accident in 1983, Carole was just 18 years old. Her dream to remember her mother in this way was only a hope for the future born throughout those years and cooking became my passion.

After moving to the United States, Carole tucked her dream in her pocket, met her future husband Mark, married, and lived a corporate, urban life in the finance industry. She and Mark welcomed two daughters into their family, Jessica (now 21) and Rachel (now 13).

In time, their dream of Annie's Restaurant came out of Carole's pocket and they began their search.

Early in March, 2009 Carole and Mark looked at the quaint space at 5 West Washington street and knew immediately they had found a home for Annie's Restaurant.



back then.

Over the years, after looking at more than 80 locations, just this year, 5 West Washington Street became Annie's Middleburg home and 2009 became the magic year to make their dream come true.

"I was born and raised in Paris, France and grew up with my grandparents in the Loire Valley," Carole said. "I worked on the farm and in the kitchen

Early in April they made their deposit on the property and got the keys. At the time they were living in Bethesda, Maryland and they commuted for six weeks until they found a house in Middleburg for their family. In less than 90 days, Carole and Mark became Middleburg business owners and their family became Middleburg residents. Their daughter Jessica, who attends hairdressing school, also works at the restaurant with her parents. Daughter Rachel is a student at Middleburg's Hill School. Carol said, "ours is a family business, we all pitch in and help."

The menu at Annie's features French Country cooking and often includes grilled chicken and fresh local produce. Each menu is built daily based on available ingredients. Regular customers, some from the city, call ahead to reserve their favorite dishes. Of course, desserts include crepes, sorbet, mousse and cakes.

Carole and Mark have built up a fine catering clientele, in addition to their restaurant guests over the summer. Local foundations, galleries, horse shows and private parties have served offerings from "Annie's" kitchen.

Middleburg is a place where private hopes and dreams sometimes become realities. Rural village life comes with its own attractions, its own open friendliness, and its own special kind of welcome that reaches out to many visitors.

Carole, Mark, Jessica and Rachel invite you to Annie's to enjoy the new flavors in town.

Dank's Deli

540-687-3456

Richard Danker sold Dank's Deli to Pedro and Maria Fuentes in 1996. They had worked with him at his Washington D.C. restaurants for many years and had been his long-time business associates.

The Fuentes viewed the prospect of owning their own restaurant in Middleburg as a wonderful opportunity.

Maria and Pedro are the parents of two children, Pedro Junior and Alma, and they were very happy to move to a less urban setting in Loudoun County to raise their family.

The fact that the restaurant was just 15 minutes from their home was also terrific. No more wasted commuting time and no more congested traffic. Because the restaurant was already established and because they had worked in Danker's restaurants for so many years, they recognized that their talents and experience would be real assets in Middleburg, and, assuming success, that their future would be much brighter.



Today, Pedro insists his customers are "the best in the world," and Maria is sure "the nicest people in Middleburg eat at Dank's."

Every town that has a variety of eating establishments is blessed in many ways. Middleburg's restaurant variety is delicious because one hardly expects a village of 600 or so residents to be able to support the diversity offered by 16 restaurants. As we all know, our visitors are the ongoing support for all of our businesses and, most certainly, that includes our restaurants.

Dank's has a classic Deli feel with a small counter and table area that ensures all customers will have an opportunity to chat and catch up on community news. The sidewalk café area is packed in good weather and the people watching is scrumptious.

For 13 years Maria and Pedro and their assistants have met customers desires and needs with their ever-changing menus. Maria says their California Cruiser, Santa Fe, Berkley, Philly Cheese Steak and Chicken Hoagie are their most often ordered sandwiches.

Favorite soups include Chicken Gumbo, Chicken Lemon Rice, Boston Clam Chowder, and (OF COURSE!) Chili. Their Grilled Chicken Salad and the Taco Salad are long-time favorites.

Pedro has been a cook all of his adult life and so he is a pro at keeping the orders moving right along and keeping the kitchen calm during the rush hours. That means service at Danks is amazingly good when the line is long.

Dank's is open Monday through Saturday from 10:a.m. to 6:p.m. and many customers rely on them for early supper as well as for lunch. Their Kid's Menu is as down-to-earth as PB&J, Grilled Cheese and Burgers among many other offerings.

The Fuente's son Pedro Junior is married, lives in California and has blessed the family with two grandchildren. Their daughter Alma, is now a second-year student at George Mason



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Baseball is coming to Loudoun

Atlantic League Eyeing Loudoun County

Well, maybe.

The Loudoun County Board of Supervisors' recent vote approved a 5,500-seat baseball stadium on the Kinkora property, located near the intersection of Routes 7 and 28.

What the vote didn't actually do was approve Kinkora proper, a proposed mixed-use "commerce center" of office and professional space, proceeds from which will help fund the stadium.

That vote comes later.

So, just maybe, the cart was put before the horse but, hey, at least there's a cart!

Only a few years ago, Loudoun County was clamoring for a real-life, Major League Baseball (MLB) team. Given that the team in question turned out to be the Nationals, it's possible that D.C.'s gain was no loss at all for Loudoun. But, all kidding aside, the fact that baseball may finally be making its way to Loudoun is, in this reporter's humble opinion, pretty exciting.

And the fact that the baseball that just might be winding its way Loudoun-ward is small, affordable, Atlantic League baseball rather than big, overpriced Major League baseball makes it even better.

Have you been to an MLB game recently? Did you take your family? Were you anywhere near the field while you were there? When you left, did you get the feeling that some unseen force had picked you up by your ankles and given you a good shaking until every last nickel had spilled from your pockets?

Well, that's the beauty of Atlantic League 'ball! The stadiums are tiny, relatively speaking. (Did I mention the 5,500-seat capacity of the newly approved stadium at Kinkora?) Tickets are supremely affordable. The players are good, and they do, indeed, play real baseball. The stands are jampacked with families, and the teams foster a family-friendly vibe.

Don't believe me?

Let's find out just what the Atlantic League of Professional Baseball really is then.

According to the League's website (http://www.atlanticleague.com/), "The mission of The Atlantic League of Professional Baseball Clubs, Inc. ("AL") is to bring a high level of professional baseball and affordable family entertainment to selected communities not presently being served by Major League or Minor League teams."

The Atlantic League has "family entertainment" in its Mission Statement! Good luck even finding a Mission Statement for MLB; I couldn't.

Currently, the league is comprised of eight teams: the Bridgeport (CT) Bluefish, the Camden (NJ) Riversharks, the Lancaster (PA) Barnstormers, the Long Island (NY) Ducks, the Newark (NJ) Bears, the Somerset (NJ) Patriots, the Southern Maryland (MD) Blue Crabs, and the York (PA) Revolution.

Teams play a 140-game split regular-season format, April-September, with first- and second-half division winners playing a best-of-five Divisional Series, and those winners advancing to a best-of-five Atlantic League Championship Series.

Weekday and Saturday games typically start around 6:30 or 7 o'clock at night, though plenty start earlier in the day during the summer; Sundays are reserved for day games almost exclusively.

The family vibe I was talking about? At Campbell's Field, where the Rivershark play, boasts not only a Picnic Pavilion, but also the Acme Kids Fun Zone (complete with rock wall!) and a carousel! The Blue Crabs play in a stadium that has the requisite Picnic Pavilion and Kids' Play Area and a Birthday Zone and Lawn Seating! Lawn Seating! How cool is lawn seating?!?!

Oh, and price-point? Check this out….. A quick rip through the various teams' websites led me to the conclusion that the most expensive seats you can get, League-wide, are $18. That's dollars, not Euros or Pounds or anything. Real dollars! And most tickets are way less than that, all the way down to ZERO! Yup, some teams offer children, say 5 years old and under, free admission. You can't beat that with a stick, as someone near and dear to me is fond of saying.

Most teams have kids clubs and special on field activities for children after games. And those stadiums that only get used 70 or so days a year make great venues for concerts and other cultural events.

And, in case all of that wasn't enough, Kinkora promises community uses of the stadium including Little League, school and other organizations' tournaments, and camps and interactive programs for kids.

So, yeah, I'm psyched baseball is getting a second chance in Loudoun.

Easy cheese over the heart of the plate doesn't usually come around twice in one at-bat.

For more information on the Kinkora development and its baseball stadium, please visit http://www.kincora-va.com/

Middleburg Businesses Team up for Recycling

Middleburg owes a huge "thank you" to those who have already donated funds to purchase the 5 new recycling receptacles for the Town of Middleburg's Business District. Those donors are (you can also see their names on the receptacles):

Middleburg Bank
Middleburg Beautification and Preservation
Middleburg Business and Professional Association
Middleburg Inns: Briar Patch Bed and Breakfast, Middleburg Country Inn, The Goodstone Inn and The Red Fox Inn



JoAnn Hazard-Middleburg Country Inn, Jonathan Engle-The Red Fox Inn, Ellen Goldberg, Briar Patch Bed & Breakfast, Emily Tabachka-Goodstone Inn.

Thanks also go to Middleburg Millwork and Marvin Simms for receiving and placing the receptacles.

Studies have shown that to be effective, a recycling can needs to be placed next to a trash can. To satisfy that need, the Town needs an additional 9 recycling cans. The cost of each receptacle is $1340.00 which allows the recycling receptacles to match the quality and look of the existing trash receptacles.

There is still the opportunity to contribute to this effort. Plaques will be affixed to all receptacles with the name of the donor or group of donors. Any amount can be donated. If you want to participate you can donate the full cost of a receptacle, join friends in purchasing a receptacle, or donate to the Middleburg Go Green Recycling Effort. Checks should be made out to the Town of Middleburg.

If you have any questions, please contact either Rebecca Poston at 540-687-4636 or Jilann Brunett at 540-687-6128.

PROPERTIES IN HUNT COUNTRY

WINDCREST POND



Charming stone, log and frame Virginia farmhouse tucked in private valley on **46 acres** in exceptional location •5 Bedrooms, 4 ½ Baths •Formal Living and Dining Rooms •Gourmet Kitchen •Exposed log and stone walls •Hardwood floors •3 Fireplaces •Attached 2 Car Garage •Sun porch •Flagstone Terrace •Log Cabin •Lighted sport court •Small barn •Paddocks. **$2,450,000**

Cricket Bedford (540) 229-3201

PLUM GROVE



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Mary Ann McGowan (540) 687-5523

MIDDLEGROUND FARM



Just outside Warrenton •Hay fields, creek, hardwoods on back line •Large fenced horse pastures surround the new manor house •Stable with 7 dutch-doored Stalls, Wash Stall, Feed Room, heated Tack Room with Kitchenette and Laundry •Schooling Arena •4 Bay Equipment Shed •3 Bay Run-in •2 Income Producing Cottages on Lees Mill Road •**50 Beautiful Acres**. Appraised price of **$1,478,000**

Susie Ashcom (540)729-1478

CHESTNUT COOMBE



Paris Mountain •**58.65 acres** •Serene woodland setting opens to far reaching mountain and valley views, sparkling pond, light filled one level home with open floor plan, vaulted/beamed ceilings, stone fireplaces, hardwood floors, views and access to decks from every room •3 Bedroom, 2 Bath •2 Car Garage •Privacy •Abundant wildlife •Trails •Ideal weekend retreat or full time country living. **$949,500**

Cathy Bernache (540)424-7066

AMITY FARM



Ideal horse property on **8+ acres** •Spring fed pond •Fenced paddocks •Riding Ring •Contemporary home •Vaulted ceilings, sun-filled rooms, and skylights •Gourmet Kitchen with granite counter tops and new tile backsplash •Hardwood floors •Decks •Attached 3 Stall Stable •Office/Studio with Full Bath and seperate entrance over 3 Bay Garage •Beautiful views. **$895,000**

Mary Ann McGowan (540) 687-5523

MELMORE HOUSE



Middleburg •Only ½ mile from town •Completely renovated 4 Bedroom, 3.5 Bath Dutch Colonial home in Melmore •New windows, hardwood floors, freshly painted interior •Formal Dining Room, Living Room and Family Room •Large finished walk-out basement •Attached 3-Car Garage •Mature hardwoods, sweeping front lawn and lush meadow behind the house. **$865,000**

Cricket Bedford (540) 229-3201

POPLAR ROW



Charming country home has been completely renovated with new Kitchen, Baths, Flooring, Plumbing, and Electric •Located at the end of a quiet lane in the heart of Upperville on a beautiful **1 acre parcel** •Property boasts towering trees and an inground pool •Great Room has vaulted 2 story-ceilings, brick fireplace, hardwood floors, and opens to the deck and spa! **$569,000**

Mary Ann McGowan (540) 687-5523

OLD POST OFFICE



Unison •Quaint village listed in the National Register of Historic Places •Charming 3 Bedroom, 1 Bath home once housed the Post Office •Hardwood floors, wood stove with stone surround and wood paneled Living Room •Unfinished attic space for potential expansion •Fenced backyard with views from covered back porch •Massive detached 40 x 24 block garage with hydraulic lift. **$345,000**

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News of Note

Gift Planning

Chris Tate

Does it make sense to create a gift plan given the overall value of your estate? While circumstances will vary based on your personal situation, if you can afford to give property away to children or grandchildren now, it may be an excellent time to do so. Reducing your estate through annual gifts can lead to significant transfer tax savings over your lifetime.

Currently, by making use of the "annual exclusion" from federal gift tax, each person may give $13,000 annually to any person. This means that you can give up to $13,000 to each of your children, grandchildren, sons-in-law, daughters-in-law, nieces, and nephews each year – free of gift tax. If you are married, you and your spouse together can give up to $26,000 to any one person each year. In addition, you can pay your children's or grandchildren's tuition and medical expenses (if such payments are made directly to the educational or health care institution) free of gift tax – and this amount does not count toward the annual exclusion amount described above. If you have sufficient assets to give property away (and you are confident you will never need that property back), now may be an especially good time to give it if the property is currently under-valued. There are many ways to structure these types of transactions (through trusts or separate entities). You should discuss these options with your estate planning advisor.

Family Loans. In addition, now is an excellent time to make intra-family loans as the interest rates that you must charge to the borrowing relative are at historic lows. In this economy, some of your family members may have a greater need for financial help than ever before. But be wary of the gift tax implications of simply giving or "loaning" assets to family members without adequate documentation. It is extremely important to prepare loan documents that include a stated interest rate to avoid interest imputation rules and to have loans respected as loans rather than gifts.

Charitable Planning. If you are less inclined to make charitable contributions in this economy, you may have some interest in adding a charitable bequest to your will instead. In addition, your estate planning advisor can describe methods that allow you to retain an interest in property you give away (if you do not feel you can afford to give an asset away completely but you do wish to support one or more charities).

Insurance. It is not a good idea to cut property, liability or casualty insurance limits now – in times of economic hardship and uncertainty, potential claimants may be more inclined to pursue insurance claims. In addition, if you have life insurance to provide for your loved ones in the event of your death or to help defray the cost of estate taxes, now is not the time to reduce the amount of your insurance unless, after a careful evaluation, you conclude that your family will not need the life insurance proceeds.

During tough economic times, it is more prudent to take charge of your planning than to ignore it. Planning and preparing now will make it easier on your family later.

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.

International Publisher Finds Home in the Piedmont

Alex Cudaback

An entrepreneurial publishing organization, founded and led by a Scotsman born in Singapore and educated in the law at The University of Edinburgh, is making a name for itself as "the leading news authority on water developments" in targeted, international regions, namely the Middle East and Africa, Southern and Eastern Asia, Eastern Europe and the Former Soviet Union, and Latin America and the Caribbean.

David Duncan, the Founder and CEO of OOSKAnews, firmly believes that water will be to the 21st century what oil was to the 20th. And with a publishing background in the petroleum sector on his résumé, it seemed only logical that he put that expertise to work providing customers with the valuable, timely, and previously disparate water information they find so valuable.

The series of weekly newsletters published by OOSKAnews offers subscribers up-to-date news on developments taking place in the water sector, what business opportunities those might offer, and environmental impacts, both actual and potential, posed by water related projects, as well as evolution of water policy and changes amongst the individuals responsible for that policy.

To do all this, OOSKAnews employs over 120 reporters in more than 40 countries around the world, experts on their region finely attuned to the kind of water information most valuable to subscribers.

And where is this international publishing colossus located, you might ask?

Why, Warrenton, of course, just on Main Street.

"I studied law at Edinburgh," Duncan says, "but I also worked on the University newspaper and the publishing and reporting, really blossomed into what I really loved to do."

After meeting at an Edinburgh bar where they were both working, and after Duncan finished his law studies, Duncan and his wife-to-be, Donna, moved to U.S., got married in Alexandria, and started their life together.

Duncan went to work for The Washington Times, experiencing both the editorial and publishing sides of professional newspapering. Soon, Duncan and his new family, which by now included a son, Sam, moved back to Scotland for a period. At that point Duncan got involved first in a dotcom startup, where he developed a taste for entrepreneurship, and later in a "sector-specific publisher of international business news" that had found a niche translating Russian news into English and making that available to international organizations interested in the business climate afforded by the states of the former Soviet Union.

While a success, Duncan realized the publications needed a bit more focus, and oil and gas seemed the perfect place to look. Eventually, Duncan grew the company from 2 employees to 18, not including freelance journalists on the ground, and expanded the coverage area from former Soviet states to include China, Africa, Latin America and the Middle East.

The newsletters being produced were timely and valuable.

"The 'developing world' was where we found our real sweet-spot," explains Duncan. "It's really, really easy to track oil and gas developments in Texas. Doing that in Angola is a lot harder, and that's where we provided incredible value for our customers."

By this time, though, the Duncans, now including daughter Helen, had moved back to Virginia, Duncan found himself commuting between the United States and the United Kingdom, and he began to wonder if maybe there was a better way.

OOSKAnews was born.

"I loved the publishing business, and I knew the model I'd helped create at my previous job was a strong one. Transforming it to focus on water made so much sense."

Water, it may come as a

Continued Page 29

You're Invited... Green Remodeling Seminars

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Wednesday, Oct. 28th from 7–8:30pm
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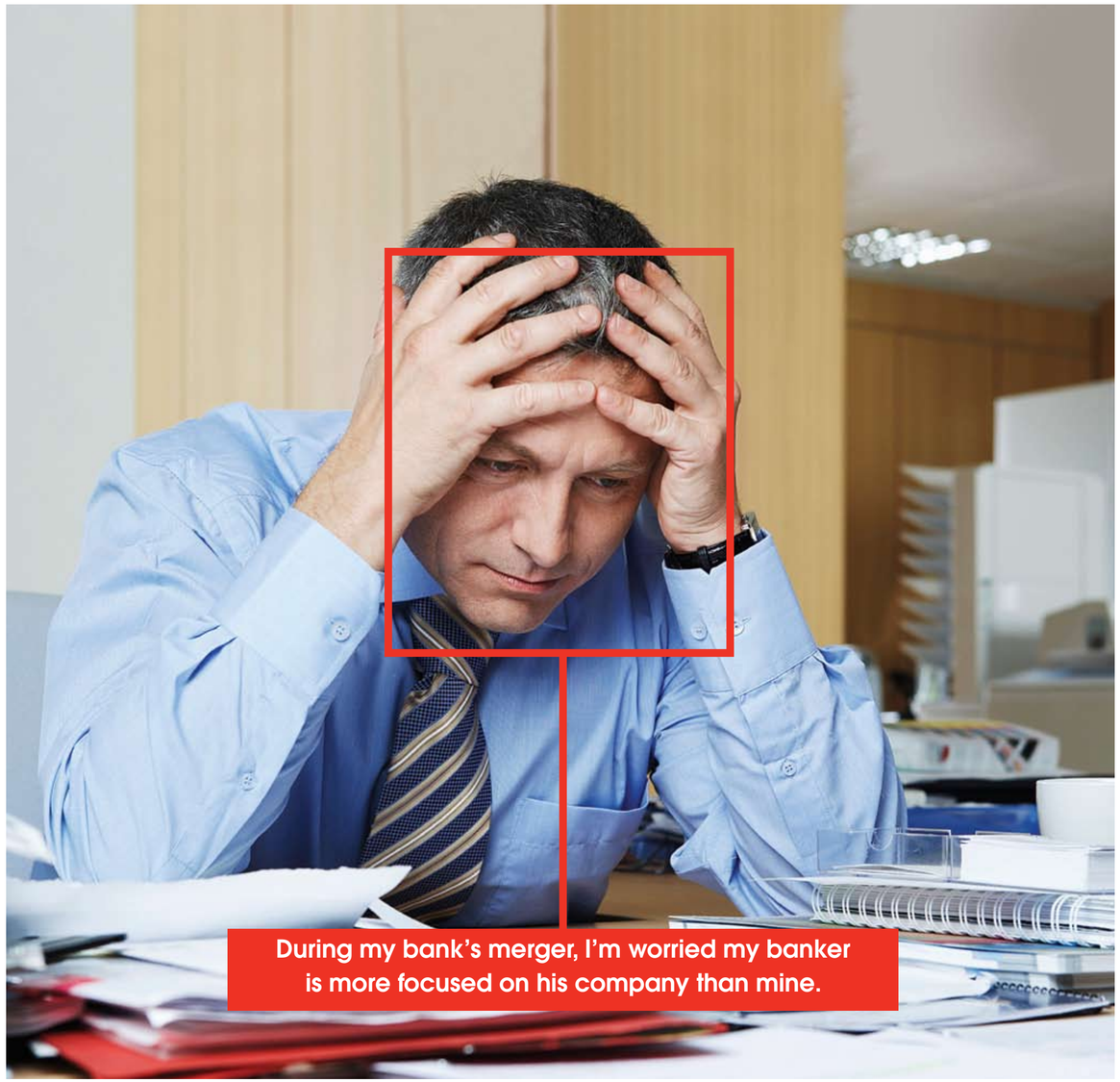
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News of Note

Fine Carpentry, Design & Contracting at Apple House

Only one fine carpenter and contractor in The Piedmont will calm your concerns with perfect pitch tenor classics and help you plot bucolic bike rides when you celebrate the conclusion of your renovation. That would be Philip Bzdyk, known to his customers and colleagues as the founder and CEO of Apple House Carpentry Contracting.

A licensed contractor who has been restoring and repairing homes in Northern Virginia for twenty years, Phil's expertise includes Green Advantage Training that offers his customers the very best Universal Design techniques.

"Universal design is a rapidly evolving set of renovation and building techniques that focus the work on how one interacts with your living space," Phil said. "We spend so much time in our houses today that careful planning by a contractor will not only create terrific energy savings, they help you create a space that will serve your family for generations, no matter how old or how young your family members might be."

A tenor,who began singing at an early age, Phil moved with his family from Long Island to Northern Virginia because he and his wife, Kerry, now a pre-school teacher at Bluemont Community Center, wanted to raise their children in a slower-paced setting.

"I finished my Bachelor of Fine Arts in film and television with a concentration in animation and was commuting every day to and from Manhattan. It works for some people, but it didn't work for me. We came to this beautiful area because we were really ready to leave Long Island, and we've never been sorry."

Phil, who works with a crew of six specialists, describes his biggest projects as major residential remodeling assignments and his smallest as trim repair and classic handyman jobs. But no matter what the scale of the job, he insists on the best possible solutions with the most efficient materials.

"We work diligently and intelligently for our clients."

Log and stone structures are an Apple House specialty.

"I love to bring those beautiful buildings into the 21st century without compromising either their character of their integrity," he emphasizes. "They can be more efficient and more modern without anyone ever realizing they have been touched in any way."

Both Phil and his wife are very musical as are their children. Emily, who was two when she arrived in Northern Virginia, is studying Entomology at the University of California at Davis, and their son, Rudy, who was only nine months old when they moved from Long Island, is a music major at Shenandoah University.

"Both of our children are quite musical. Rudy plays ten or eleven instruments, and Emily has turned her focus to pursuing a doctorate in entomology. We're very proud of them."

Phil, who began his carpentry work when he was in college, underscores how much he enjoys his work.

I enjoy problem solving and devising unique solutions when we encounter a difficult remodeling challenge. Sometimes it's as simple as selecting the right style of window to complement an old home. Solving that is as rewarding to me as designing and contracting an entire building renovation. We do both extremely well and with great pleasure."

Speaking about the difficult economic times, Phil notes that this is the third recession he's weathered at Apple House Carpentry Contracting."We plan our annual work flow very carefully, and have enjoyed tremendous and consistent referral business.

He means what he says, as illustrated by his work with Christmas in April, the national organization that repairs and re-builds homes for individuals who cannot afford upkeep.

"The organization has been active in Loudoun County for 18 years and has helped over 100 families in that time. I was proud to be executive director last year



and I can't tell you what it means to people to have a crew show up on a Saturday morning to make repairs that are really causing them poor health and heartache. We install plumbing, windows, drain fields and repair leaky roofs. Anything that needs doing is our specialty."

The volunteer national organization recently rebranded itself Rebuilding Together.

For an appointment with Phil at Apple House Carpentry Contracting, please contact Office Manager Vicki Curtis at 540 338 5612. or view their website at www.applehousecarpentry.com.

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News of Note

Three Steps to New Success for Miriam Nasuti

Three Steps to New Success for Miriam Nasuti

Three critically important things happened to Miriam Nasuti last year.

Her very best friend died after a long struggle with breast cancer, her son started Middle School and she reached her fiftieth birthday.

The combination of sad, glad and astounding passages ignited a desire for change in this passionate individual and she embarked on a reflective journey that culminated in a new venture called Talk Loudoun. A venture that she hopes will make a powerful contribution to the culture and character of Greater Loudoun County.

"When Roxanne died, I was devastated," Miriam remembered. "We'd been best friends since grade school in New Jersey and although I tried so hard to help as she fought the good fight, all the hopes turned to deep despair when she lost the battle June a year ago. We simply never lost touch, even when I married and moved to Loudoun County. It's still hard for me to believe she isn't going to telephone at any moment."

"Our youngest son, Connor, began Middle School just three months later. I was so happy for him, but I couldn't believe how fast he was growing up. That first day of school as he walked out the door to the bus stop I hugged him, closed the door and cried. It didn't seem as hard when my older son Dominic started middle school, but with my youngest it was like the rug was pulled out from under me. A bittersweet time, I was sad and could see the writing on the wall: my babies were growing up and they just didn't seem to need mom much anymore."

Turning fifty was the final transition that convinced Miriam it was time to bring her twelve years of service to Loudoun County communication clients to a close and search for an endeavor that would allow her to create more value for the community.

Domenicon Marketing, the company Miriam founded twelve years ago when she arrived in Loudoun County, was highly regarded by its clients and her many colleagues. Her work for Hobie Mitchell at Lansdowne on the Potomac; Will O'Keefe for the annual Morven Park Steeplechase and the town of Leesburg's annual Flower & Garden Festival speaks for itself, but it is her work for many local, regional and national charities and not-for-profit organizations that she speaks of with pride and passion.

"I never feel that I have done enough to help others," she explains. "I always want to do more."

"I learned the elements of a moving human interest story from my dad. He couldn't tell a good story without getting a tear in his eye, but it was at KYW-TV that I really honed that understanding and began to appreciate how rewarding and motivating

stories about the unsung heroes in life can really be."

Miriam was also fascinated with the possibility of becoming a web entrepreneur.

"The power and creativity the web offers publishers was so exciting," she remembered. "The amazing flexibility of being able to have reporters, designers, executives and editors in every corner of the county who were still totally connected to ???theme and to the medium was so exciting and appealing."

After eight months of research and analysis, on July 24th she introduced her new e-zine, Talk Loudoun, Start Spreadin' Good News, only eight months after her period of serious reflection about her future began.

Today, over 3,500 subscribers receive the smart, colorful emailed newsletter every week and the list is growing by leaps and bounds.

"We create three distinct e-zines," she clarified, 'Behind the Brand,' 'Rendevous,' and 'Total Health' during every three-week period. Subscribers receive one by email each week for the most part, if my writers need more time, sometimes we skip a week, then we begin the rotation again. The editorial mix has been received with tremendous enthusiasm by our subscribers and founders."

The split focus allows Talk Loudoun to introduce unsung heroes and innovative stories that build success for companies and organizations in the Behind The Brand; the Rendezvous e-zine will, through a story, describe unique, off the beaten path and charming destinations through the people involved in them here in Loudoun, and three times a year will take its readers away to a destination within three-hours by car, train, bus or plane trip; and the Total Health will explore the true people involved in all types of mind-body-soul health here in Loudoun and same as Rendezvous, three times a year will take the reader on a health related destination within three hours.

Although she underscores her insistence on a quality editorial product, she is just as determined to produce a product of integrity.

"I began with a terrific team of freelancers," she said proudly, with her first writer Betsy Allen just promoted to editor. She worked hard to find her other Talk writer, Yolanda Reyes, who had worked at Leesburg Today for years and while with Domenicon Marketing Miriam, a seasoned publicist, worked closely with on behalf of her clients and had always greatly admired."



Miriam makes a point of saying that without her Founding Supporters she would not have been able to create such a focused and professional product.

"Vintage 50 in Leesburg and Vintage 51 in South Riding, PNC Bank, Rehau and Nova Medical Group have helped us enormously. Their early support was critically important to our enterprise and we will always work hard to continue to earn their confidence."

It's clear that Miriam takes her community citizenship seriously when she describes Talk Loudoun's commitment to support charities. She has already dedicated 5% of Talk's gross receipts to go to a different charity every quarter.

"This is one of the most important things we do," she says. "We're going to put our success where our community needs it, whether that community is local, regional or national."

Charities that will be awarded grants from Talk Loudoun for the rest of this year and throughout 2010 include Capital Hospice, Loudoun Abused Women's Shelter, Project Rebirth, Blue Ridge Hospice and Mercy Home for Boys and Girls.

It's very clear that the three critical changes in Miriam Nasuti's life one year ago have culminated in an endeavor that will demand all her talents, experience and dedication for many years to come.

If her success reaches even half her goal, thousands of individuals from many walks of life will benefit enormously from one woman's determination to create truly meaningful work for herself. And her growing list of subscribers will have a greater understanding of their community and a greater appreciation for what makes Loudoun County such an exceptional place to live.

"I just hope we create good will," Miriam concludes.

Miriam has been invited to be the feature speaker at the December 15th Middleburg Women Luncheon, held monthly at Briar Patch Bed & Breakfast in Middleburg. For more information about how to subscribe to, become an advertiser or Founding Supporter of Talk Loudoun, please visit www.talkloudoun.com.





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How Safe is Your Bank?

Carolyn E. Stys

Almost every Friday night, the Federal Depositors Insurance Corporation (FDIC) announces on its web site which banks it has seized that day. This has become a regular part of FDIC routine as the economy continues to respond to the recent economic upheavals.

The established FDIC bank seizure procedure is for a bank to be seized on a Friday and have it open under its new ownership by the following Monday morning. The goal is to minimize any disruption in service for the bank's clients. As of September 11, 2008, the FDIC has seized 111 banks across the United States.

To give you some perspective on this, more banks have failed and been seized since January 1, 2008 than have failed and been seized by the FDIC in the previous 15 years. The FDIC has been very, very busy.

If you were worried about your money in the stock market, do you now need to worry about your cash in the bank? What can you do to make sure your bank is safe? There are a number of things you can do to allay your concern.

First, make sure your bank is insured with the FDIC. Look it up using the 'Bank Find' tool on the FDIC website (www.FDIC.gov), or you may telephone them at 877-275-3342. If your money is sitting at a credit union, these are covered by the National Credit Union Share Insurance fund. You may look up your credit union at www.ncua.com or telephone 800-775-1030 to see if your credit union is covered.

Do this yourself. Do not take the bank or credit union's word for it.

Secondly, be certain your deposits are within the insurance requirements.

For banks, there is a $100,000 limit for single accounts that has been temporarily raised to $250,000. The Deposit Insurance applies to a bank (but not separately to each branch) and there are eight different categories of ownership, so you may be covered for more than the initial amount.

To find out the amounts, categories covered and see the frequently asked questions visit: http://www.fdic.gov/deposit/deposits/insured/index.html. For a specific coverage limits use and access to the FDIC's Electronic Deposit Insurance Estimator (EDIE) you can visit: https://www.fdic.gov/EDIE/index.html.

If you have more money than is covered by the limits you have the option of moving the uncovered amount of money to other FDIC insured banks.

If your bank does fail, and your account balance is under the limits of the FDIC insurance thresholds, you will have continuous access to your funds. Additionally, the FDIC has been covering amounts that are uninsured but, it may take time (sometimes up to 90 days) for additional funds to be covered. As of August, 2009, the FDIC was covering about 77% of the uninsured losses.

If you would like updates on which banks have failed you will find the entire list at the FDIC Failed Bank's List at www.fdic.gov/bank/individual/failed/banklist.html. The FDIC does maintain a list of "Problem Banks," but it does not publish this list. There are a number of lists that have been created that attempt to simulate the FDIC's.

If you would like to see if your bank is on any of these other lists please give us a call. Bluemont Capital Advisors, LLC will be happy to help you find out if your bank appears on any of these other lists.

Carolyn E. Stys is the President of Bluemont Capital Advisors.

ProJet Aviation partners with TerraPass to offer Carbon Offsets

ProJet Aviation has joined forces with TerraPass, Inc. to offer carbon offsets to private aircraft travelers. ProJet clients can elect to purchase carbon offsets to balance the carbon emissions generated from their flights. TerraPass works with clean energy and carbon emissions reduction projects throughout the U.S., including wind power, farm power, and landfill gas capture. Credits are verified against a broadly accepted standard by an independent third party.

"For about 1% of the cost of the trip, our clients can sponsor reductions in greenhouse gas emissions elsewhere," explains ProJet's CEO, Shye Gilad. "ProJet is taking internal steps to reduce our own carbon footprint, and we are happy to provide our clients with the same opportunity." ProJet provides the carbon offset cost for each flight so their clients can make their own choice.

Participation in the program is voluntary.

TerraPass reports that more than 150,000 purchases of carbon offsets have been made by individuals, families, and businesses who are balancing out the global impact of their travel, home or office energy use. Together, TerraPass and its partners have funded reductions of over 1 billion pounds of carbon dioxide emissions.

ProJet Aviation is the Mid-Atlantic region's premier private aviation company, serving the Metropolitan DC area and destinations worldwide. ProJet provides aircraft management, charter, acquisition, and aviation consulting services for individuals and large corporations. ProJet Aviation – Expect Excellence. For more information visit www.ProJetAviation.com or www.TerraPass.com

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News of Note

A Decent Burial: Power play Postponed

Continued from page 1

which, at first glance, appears to direct them into the face of oncoming traffic through a do-not-enter sign.

According to DeLeon, the new design would produce what he termed "two fairly large islands – one in front of the Pink Box and one in front of Mosby's Tavern."

With proper landscaping the new "pocket parks" would both improve the aesthetics of the area, and (with no less than four stop signs) significantly improve pedestrian safety near Middleburg Elementary School.

The historic markers currently in the intersection would be moved to the new 2,500 square foot "island" in front of the Town's visitor center, the Pink Box. The tree in the existing park, however, would have to be removed.

Town Administrator Schiro reported that property owners around the intersection had been contacted by Town Staff, and, generally, seemed to favor the new design.

According to Council sources, DeLeon also suggested that " . . . the new island could be used for other purposes such as the Farmers Market or as a concert area if Marshall Street were closed; and, noted that the island could be landscaped so as to be isolated."

As of September 10, Town Administrator Schiro reported that new input from VDOT would be discussed at the September 24 Council work session.

Scofflaws

Vice Mayor Darlene Kirk asked Middleburg Police Chief Steve Webber to look into what she described as a "slow light" at the town's main intersection and "motorists running the traffic light" to cross Route 50.

Most would stop, she said, but, if no north/south traffic were coming, they would simply not wait for the light to change before crossing. This was not, she insisted, a matter of people legally making a right-turn-on-red.

In response to a question from Chief Webber, Kirk noted that most of what she described had taken place early in the morning, at around 5:45-5:50 a.m. on weekdays, and on Saturdays as well.

Both Webber and Town Administrator Schiro told Council that they had already contacted VDOT. Webber assured Council that, in any case, he would make sure his officers kept an eye on the situation.

Capital Improvement Contingency Fund

As part of ongoing discussions about when and how much the Town should spend money on capital improvements and repair, Councilmember Mark Snyder noted pointedly that it made little sense to proactively schedule investments, repair or improvements without also having some notion of how to pay for them.

In his view, Council should consider a contingency fund, of perhaps three percent of the town's annual budget, " . . . to address capital projects, including replacement of major assets in the future."

By doing so, he noted, the Town might avoid the financial nightmares of the all-to-recent past, including how to finance replacement of the Town's wastewater treatment plant

Council Member Lisa Patterson noted that Town Administrator Schiro has, in effect, presented a well-prioritized list of capital improvement projects, with a timeline for their completion.

Snyder suggested that Council review the Town Administrator's schedule and either approve it or ask that it be "tweaked." He agreed that " . . . the list contained the most important capital projects; and, noted that they would not be done within a year."

Town Administrator Schiro reminded Council that the projects were all necessary and that the comprehensive list and budget numbers had not only been assembled for planning purposes, but for applications for Federal stimulus funds as well. Schiro also noted that he had made efforts to include just such a contingency in his last two budgets. Council agreed to continue its discussions of priorities and capital reserves at its forthcoming work sessions.

Whither South Madison?

In seeking guidance from Town Council on whether or not to pursue VDOT permits to close South Madison Street for special events, Town Administrator Schiro noted that, in his opinion, VDOT would approve closure for the Town's Bluemont Concerts and Christmas in Middleburg. They were not, in his view, likely to approve " . . . long-term closures, such as for the Farmers Market . . ."

As for the Bluemont Concerts, Schiro reiterated that he was not saying the Town could not, or should not, pursue the matter further, noting that Town Staff simply "wanted to know whether the Council wished them to pursue the closure or whether they wanted to move the concerts back to the Community Center as was previously discussed".

Asked by Councilmember Patterson about the cost for closing Madison Street for the Bluemont Concerts, Schiro noted that the Town would have to buy barricades (estimated cost: $1,500) and pay for staff time.

Councilmember Kathy Jo Shea suggested Town Staff focus less on the costs of street closings for specific events, but on the real cost per hour of street closings at various times of day. In her view, Council could then approach street-closing issues as simply matters of permitting, including fees, to be paid by those who wanted to close a street for an event. Fees would vary, depending on when, where, and for how long streets would be closed.

Town Planner David Beniamino noted that VDOT would, necessarily, focus on "impact to the traveling public" when considering any applications for street closing.

Town Administrator Schiro agreed to get back to Council with comprehensive cost estimates.

At the same meeting, Council approved a request to close the Liberty Street Parking Lot on October 17, 2009 for the Cobra Car Classic.

Town Elections

In response to a suggestion that the Town might move its local elections from May to November, Council, after a straw vote, agreed to leave the elections in May.

Energy Audit

Town Clerk Rhonda North reported that ConEdison Solutions had inspected the Town Office analyzed its utility bills.

Noting that the Town currently had no capital funding available to implement ConEd's recommendations for energy-saving improvements, North contacted the U.S. Department of Agriculture.

The good news, she reported, was that Middleburg could qualify for a community facilities grant.

The bad news? Grants are based on median household income. Middleburg qualified for only a ten percent grant.

North continues to pursue funding, and notes that, in any case, the Town now has an excellent list of energy-saving projects that could be implemented when and if new funding becomes available.

ConEdison provides their analyses at no cost. Mayor Davis signed a letter of appreciation for their services.

In Memoriam

On September 10, Mayor Davis formally noted the Remembrance Ceremony held annually in memory of those who lost their lives on September 11, 2001.

She also reminded Council that Governor Tim Kaine had asked that Virginian's do volunteer work in memory of 9/11.

Councilmember Mark Snyder read a brief statement on the death of Senator Ted Kennedy. The " . . . key to Senator Kennedy's effectiveness," according to Snyder, "was his legendary talent for reaching out to unlikely colleagues to find common ground with those who opposed his views."

Snyder encouraged his fellow Council members to emulate Kennedy, " . . . by reaching out to find commonalities with opponents, striking new friendships and making unlikely allies."

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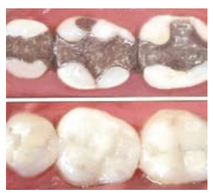
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International Publisher Finds Home

Continued from page 6

surprise, represents the 4th or 5th largest business sector in the world, depending on whom you talk to; representing $470 billion annually, water lines up right alongside of defense, oil and gas, pharmaceuticals, and information technology. That kind of money touches a lot of organizations and sectors, from supply chain to finance, from governments to NGO's, from big users to distributors, from engineering to agriculture.

"Our customers are the senior strategic decision-makers at these water-involved multinational organizations. Getting information from reliable, on-the-ground sources in areas of the world where information traditionally can be hard to come by is incredibly valuable for those individuals and the organizations they represent."

Annual subscriptions to OOSKAnews run from $3,000 - $24,000 per year, depending on title and distribution. Since the newsletters are distributed electronically via the Internet, subscribers can choose single reader distribution all the way to organization-wide distribution.

Stories published in the newsletters come from established, local and international journalists, economists, academics and water sector specialists.

OOSKA doesn't take advertising, and relies solely on its subscription model to keep it going.

"We're working for our subscribers," Duncan points out. "If the product we're putting out doesn't work for them, doesn't give them value, they don't resubscribe, it's that simple. Given the fact we've had an 80% renewal rate over the last three years, though, I think we're providing our customers with something they need and something they want."

Future plans for OOSKA involve leveraging the ties with their journalists to expand the newsletters into other, topical areas, and expanding the OOSKA brand, forming partnerships with organizations around the world. The most recent of those, a partnership with Ergo, a global primary research and consulting firm, will provide custom studies to businesses and investors exploring opportunities in the global water market.

"It's an exciting time to get into water," says Duncan with a smile.

OOSKAnews may be found online at http://www.ooskanews.com/

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Caring, Committed & Confidential

Kathryn L. Vieweg opened her counseling practice, Hunt Country Counseling, in 2007. She is a licensed professional counselor (LPC), a certified employee assistance counselor (CEAP), and holds a Master's Degree in counseling from GMU. Her private office space on Madison Street in Middleburg offers a safe harbor for exploring personal concerns and challenges with her clients. Kathryn sees adolescents and adults with varying issues including depression, anxiety, grief/loss, relationship and codependency. Using cognitive behavioral therapy as a framework, she encourages clients to discover their own inner resources and strategies to promote change and maximize growth.

Kathryn's experience in providing mental health services began while employed as a flight attendant. Originally trained in crisis management and employee assistance counseling by US Airways and the Association of Flight Attendants (which proved invaluable during the 9/11 response), she later continued her professional studies and practical experience at COPE, Inc. After further expanding her skills and expertise as the onsite employee assistance counselor at Navy Federal Credit Union, she realized her goal of becoming a private practitioner. She believes such a varied background brings depth and texture to her practice. While individual therapy and consultation are her primary focus, Kathryn also provides organizational trainings and crisis intervention services to businesses throughout Northern Virginia.

Kathryn has resided in Middleburg with her husband since 1986. As an avid animal lover and owner, she provides pet loss and grief support. Along with other local businesses, her Middleburg office is animal friendly. Kathryn's interests also include Equine Assisted Psychotherapy, where therapists and horses partner to heighten client change via experiential work.

Kathryn accepts several insurance plans and has convenient hours (including some weekend and evening appointments). Limited appointments are also available at her Reston, VA office. As a member of the Middleburg Business Professional Association, Kathryn would like to thank that vital organization for their continued assistance and support.

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GATHERING TOGETHER TO WELCOME . . .



PATIENCE BREWSTER'S HOLY FAMILY ! ! !

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Editor's Desk

Voices Stilled

Edward Moore Kennedy: U.S. Senator

For those of us of a certain age, our adulthood began with the death of one Kennedy brother and enters its twilight with the passing of the last. He blamed no one but himself for his faults; he happily gave credit to others for his achievements. He died as he lived the better part of his life: at work.

Frank Batten, Sr.: Publisher

Frank Batten was 27 when he inherited the Norfolk Virginian-Pilot in 1954, just four years after taking his undergraduate degree from the University of Virginia, and just two years out of Harvard Business School. Best known as a philanthropist and the builder of the Landmark Media empire, he and his papers stood against racial segregation at a time when such views were neither popular, nor financially wise, nor, all too often, particularly healthy.

Mary Travers: Singer

Mary Travers was nine when World War Two ended; 27 when she, and Peter Yarrow, and Paul Stookey, sang on the mall in Washington the day of King's "I have a dream" speech. Her voice was ever present at protests. Her most ringing protests were lyrics of sorrow . . . or hope.

Kennedy, and Batten, and Travers all lived to see much of what they had hoped for come to pass. The are buried in peace, and yet, they live. "The work begins anew, the hope rises again, and the dream lives on."

Employer Mandate is an Employee Nightmare

Grace-Marie Turner

In his September 9 speech to a joint session of Congress, President Obama tried to breathe new life into his health reform effort. While the speech helped answer some of the questions about his priorities, it did little to assuage Americans' concerns about several key proposals, particularly the "employer mandate."

This directive would force most businesses to either make a substantial contribution to their employees' health coverage or pay a steep penalty. At first blush, this may sound like a sensible way to expand coverage. But in reality, an employer mandate is a huge new tax that would exacerbate the shortcomings of our current health insurance system and lead to fewer new jobs and lower wages.

Our system of tying health insurance to the workplace in the U.S. leads to many of the problems we have in our health sector. It's why so many people lose their coverage when they lose or change jobs. Since the current recession began, more than five million people have lost their jobs -- and it's estimated that as many as 2.4 million have lost health coverage.

It doesn't have to be this way, but locking health insurance to the workplace, as the president's plan would do, guarantees this problem will continue.

Then there's the damage done to the broader economy. The tax code today makes it economically advantageous for companies to offer health benefits to their workers, and economically disadvantageous for people to purchase insurance on their own. This fact has led to a situation in which around 60 percent of people under age 65 get their insurance at work.

That produces something called "job lock." The risk of losing health insurance keeps people from leaving jobs in which they're dissatisfied. Research shows this affects between 25 percent and 50 percent of the workforce.

This stifles business creation. As MIT economist Jonathan Gruber puts it: "Some of tomorrow's potential entrepreneurs are today's employees at firms that provide health insurance. They may have powerful new ideas that will build the firms of tomorrow. But if they leave their current job to work on those ideas, they may find themselves without access to reliable health insurance."

The employer-based insurance system also is unfairly slanted against small businesses. Because bigger firms have more purchasing clout, they can purchase coverage for about 18 percent less than their smaller competitors.

What's more, many small businesses can't even afford to provide insurance in the first place. According to the Kaiser Family Foundation, fewer than half of businesses with three to nine workers provide coverage, versus 99 percent of those with 200 or more.

This disparity in insurance availability makes it more difficult for start-up firms to attract top talent.

Linking insurance to employment has also suppressed wages. Managers pass on increased health care costs directly to employees in the form of smaller paychecks. And higher health costs make it less likely that employers will hire new workers. Researchers at the Rand Corp. found that in 40 key industries, a 10 percent jump in health costs would translate into the loss of more than 120,000 jobs.

In other words, an employer mandate would stifle job creation and hurt wages, and could even lead to layoffs. Not a smart move, especially in the middle of a historic recession.

Instead of mandating that employers provide health insurance, President Obama should work to make health coverage more personal and portable. Doing so would reinvigorate the economy, blunt the effects of future downturns, and put more health care decisions in the hands of doctors and patients.

Hypocrisy

Tom Pratt

I recently wrote a letter to my Congressional Representative, Frank Wolf, expressing my concern about future funding of wars, particularly the war in Afghanistan and specifically Supplemental Appropriations Act H.R.2346

He sent me a form letter, as usual, telling me why he voted against H.R.2346. Verbatim excerpts follow with my responses.

Congressman Wolf wrote:

"This legislation included $108 million in new loan authority for the IMF. This funding is unrelated to the U.S. war efforts. I also have concerns that the funds provided to the IMF could be passed on to state sponsors of terrorism, such as Iran, Syria, and Venezuela."

After writing how appalled I was at his response I wrote that he voted against the Act for all the wrong reasons.

My response continued with:

You included Venezuela with Iran and Syria and accuse those countries of sponsoring terrorism. May I ask what proof you have that Venezuela sponsors terrorism? You, as my representative, should not make sweeping generalizations about nations "sponsoring terrorism" without backing up those statements with irrefutable proof. There is enough inflammatory language used these days without YOU using it. Furthermore, if you are listing countries who sponsor terrorism and terrorists you have left out a major one, that being the United States.

We supported the coup in Chile removing democratically elected Salvador Allende on September 11, 1972 and installed a later convicted terrorist Pinochet, who killed untold innocents during his reign in Chile. Luis Posada Carriles, self confessed plotter of the bombing of a Cubana Airline flight in October of 1976 along with Orlando Bosch, are both free men walking the streets of America. I call that aiding and abetting terrorists.

How about our support of the contras in Nicaragua?

The School of Americas, now named WHISC in Georgia has trained countless South American thugs, dictators and terrorists.

Henry Kissinger and John Negroponte are up to their eyeballs in support of Guatemalan death squads.

American companies such as Chiquita Banana have been fined for paying off terrorists.

So it would be my suggestions that you follow the old adage, "People in glass houses should not throw stones."

The other "concern" Congressman Wolf had about Act H.R.2346 was:

"I also had concerns that the final version of this bill did not contain a Senate amendment to block the release of photographs of individuals captured or detained by the U.S. military during overseas operations between Sept. 11, 2001 and Jan. 22, 2009. Without this language the decisions whether to release these potentially dangerous photos remains in the hands of the courts"

My response to the above concern:

By being concerned that the release of the incriminating photos of illegal torture conducted by the Unites States would endanger U.S. citizens and members of the armed forces, you are advocating for the United States to be able to operate with impunity in any illegal manner and then if caught, claim that release of the evidence would endanger citizens and military. Are you not aware of what kind of precedent that would set?

That is how dictatorships operate!

Democracies are supposed to be transparent and not operate in secret. If the U.S. government acted or acts illegally it should fess up to it and declare that it will not happen again. By blocking the evidence it gives our enemies fuel and reduces our veracity in the world so that we cannot claim the "moral high ground" when complaining about human rights abuses conducted by other nations.

Representative Wolf's responses were very hypocritical, I believe.

Uniter Becomes Divider

From Beyond the Beltway

Ken Rietz

Barack Obama captured the imagination of our country with his positive message of HOPE and CHANGE.

He promised to do away with the influence of lobbyists and have a transparent Administration. He called for a new era of bi-partisanship and promised to be a UNITER not a divider.

The voters bought it. Obama won a sweeping election and entered the oval office with the goodwill of voters across the political spectrum.

Since then, Obama has faced a steady downward spiral in his poll numbers. In most polls he is now at or below 50% in his job approval rating and in his handling of the economy. Approval of his health care plan has fallen to 48%.

The suggested reasons for the most precipitous fall in Presidential poll numbers since Ford pardoned Nixon are numerous. Some have suggested Obama has tried to do too much, too soon and too fast. Others have blamed the economy. Republicans have been blamed for being too negative. Some have blamed racism.

What is clear in all the public opinion surveys is that Obama has lost the all important Independent voter. They have shifted from overwhelming support to negative.

It could be that Obama's change in style is responsible. He has gone from being a UNITER to a DIVIDER. And, Independents don't like it.

In the past few months Obama has attacked cops for "acting stupidly." Attacked Republicans for "lying about my health care plan." Accused insurance companies of "jerking people around" and doctors of making money by doing unnecessary procedures. He has branded CEOs and Wall Street as greedy. He has criticized the thousands, speaking out at public forums on health care, as "getting in the way of a civilized debate."

His new rhetoric and criticism of cable TV isn't selling. He is so over exposed on TV and radio that he has become little more than elevator music.

Obama's loss of the Independent voters will cost him dearly in the coming elections. Republicans are ahead in the Governors contests this year in both Virginia and New Jersey. Senator Harry Reid, a close Obama liberal ally, is 10 points down in his Nevada re-election campaign. Polls are showing similar numbers in Senate campaigns in Connecticut, Pennsylvania and California.

Obama is an effective campaigner. However, even with one-sided majorities in both the House and Senate, he has not yet shown that he is able to govern well. That takes more than firing up a partisan crowd to cheer a speech read from a teleprompter.

Most presidents are judged on what they DO, not on what they say they'll do.

So far the Obama Administration has not been lobbyist free, bi-partisan, transparent or effective.

Ken Rietz lives in Delaplane VA.

An Overwhelming Portion

Blue Notes

Daniel Morrow

One of my Republican friends assured me this past week that he had it on good authority from friends who participated personally in the Beck's Bad Boys March on the Mall, that race played little or no role in that storied teabaggers tempest.

He also assured me that the was at least 65% certain that the President was actually a citizen.

I feel better already.

What about "The Zoo has an African Lion; The White House has a "Lyin' African" poster? Statistically insignificant. The Obama as Hitler posters? Not typical. The Barack the Joker in white-face placards? Not "necessarily" racist. "Obama is a racist . . . and hates white people?" Beck didn't really mean it. Death Panels and Obama is a Nazi? Go fish

The problem is not that ALL opponents of Obama, or his policies, or his party are racist or irrational . . . but that MOST racists and similar true believers are opponents of Obama.

Worse, they are highly visible and highly vocal.

Worse still, they are courted, funded, given voice, and empowered by the likes of Beck, Limbaugh, Hannity, and all those in the GOP who either kowtow in their presence.

Silence, dear conservative friends, is consent. And it threatens us all.

"The best lack all conviction, while the worst; Are full of passionate intensity," an oft-quoted Irish poet wrote in 1920. "The blood-dimmed tide is loosed, and everywhere; The ceremony of innocence is drowned" "And what rough beast, its hour come round at last; Slouches towards Bethlehem to be born?"

An Affordable and Moral Healthcare System

Purple

Bruce Smart

America is engaged in an unpleasant shouting match over whether and how to change our broken national healthcare system. Here's the current situation:

47 million Americans have no health insurance, though we spend $7,000 per American on healthcare.

Every other developed nation has universal health care, spending half as much - $3,500 per capita.

Our population is aging. New medical procedures appear regularly. Without change, future costs will rise.

David Walker, former US Controller General, and head of the Peterson (economic) Foundation, calculates US unfunded healthcare liabilities at $35 TRILLION, absent any system change.

Relying on employers to provide healthcare is inefficient - the citizen pays for this indirectly, through higher prices and jobs lost to overseas competitors.

Private insurance companies are selective in whom they enroll, and quick to jettison those who become medical liabilities.

Employees insured under company plans lose coverage when they lose or change jobs.

Catastrophic illness not covered by insurance is a major cause of personal bankruptcies.

Our present system is unsustainable, both economically and morally, but most Americans - those with coverage and without an expensive medical condition - are generally satisfied. The long term national moral and financial implications seem of little concern to this large group.

How are RED and BLUE addressing healthcare?

BLUE concentrates on the uninsured and on catastrophic expenses and bankruptcies, the moral side of the equation. To help finance mandated universal coverage, BLUE proposes undemonstrated "efficiencies" and higher taxes on the "rich."

RED calls BLUE's proposed mandated wider coverage "socialistic." RED is rightly concerned about adding to the national debt, but RED uses scare tactics and misinformation, hoping BLUE will fail to fix the problem. Assessing the ethics and patriotism of this negative strategy is left to the reader.

What does a PURPLE observer suggest?

First, lower your voices. Americans all have a stake in a crafting a better, cheaper system. RED and BLUE are each half right; financially, we must have a less costly system; morally, we need universal coverage. How do we achieve these seemingly incompatible goals?

Any health program must first prevent illness. Obesity is a major American problem; think "education" about a healthy diet and exercise. Poor air quality, toxic chemicals, and addictive substances are other health hazards. Research may find the causes of cancer, autism and Alzheimer's disease, facilitating prevention.

But people will still get sick, needing healthcare - doctors, nurses, hospitals, medications, medical procedures. Why is our present system more expensive than Canada's, Japan's or Germany's? Some reasons: Our system lacks incentives to discourage excessive treatment. Doctors and hospitals are paid per procedure, and fear mal-practice litigation, both incentives to over-prescribe. Patients can demand extra treatments at no personal cost. Uninsured people end up in costly-to-operate hospital emergency rooms. Insurance companies compete through low premiums, made possible by denying coverage to policy holders who are high risk. The normal economic "brakes" of cost vs. benefit are missing, and the profit motive interferes with coverage of high risk patients. We need to consider how other nations have addressed these problems.

Finally, after investing in prevention, and correcting the system's excesses, to be morally comfortable we need some form of universal coverage. Here, RED screams "socialized medicine." But Medicare and Medicaid are already government-run, as are our fire and police departments. Would RED recommend turning those over to private contractors?

Relying on employers to provide healthcare is inefficient - the citizen pays for this indirectly, through higher prices and jobs lost to overseas competitors. Raising the retirement age, and the salary limits on payroll charges to support Medicare are options, but bypass the self-employed.

Finally, who should pay for healthcare? Here, RED and BLUE have been too silent. The only source of health-care funds is, directly or indirectly, the US citizen - you and me. How we pay is important, but that we pay less is essential to our national financial survival. But any savings will impact those now profiting from the current system. They will make change politically difficult.

Finally, we face a question of national character: Are those who are currently healthy willing to pay for the illnesses of those who are not, recognizing that "there but for the grace of God go I?" Or will they close their eyes to the needs of those less fortunate? Most other developed societies have gone the former, moral route, at less cost than our broken system imposes. Shouldn't we work to emulate them, rather than continuing our shouting match? Isn't this a great chance to meet across party lines to design a cost-effective, moral system worthy of America, for which both RED and BLUE can take credit?

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Pastimes

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Appreciating

We are lucky. The next time you get in your car to drive somewhere, turn down the radio, put down the cell phone, and take a moment to look at your surroundings. If you live in Western Loudoun, or Eastern Fauquier, or even Western Fairfax, you are likely to see some fields. Perhaps filled with rows of corn, at this time of year, baking in the sun and turning drab yellow, readying to be milled into feed or hung by a door for Thanksgiving. Perhaps there is a herd of beef cattle, grazing, nursing, scratching one another on the forehead. Llama. Emu. Soybeans. Horses. Pumpkins. A pond filled with migratory Canada geese. Maybe it's not a field, but a backyard with a garden. Colorful flowers. Red ripe tomatoes. The last of the year's broccoli heads.

When you see these wonders of the Earth, think about how lucky we are to live in an area where this is all possible. Where not only the land and the weather support such biodiversity, but there are people who are willing to work for it. Money invested. Sweat invested. Dirt on their fingers. People who are passionate, patient, and persistent. Who are not deterred by drought. Or torrential rains. Or insect infestations. They do not give up, but keep on doing what they love for themselves and for us. Many of these people work 80, sometimes 90 hours a week. And they do not make a lot of money. They know the importance of tradition, hard work, loyalty, and mostly, food.

These are the people whom you meet at the farmers' market. Or through community supported agriculture programs. They provide us – the consumers, the public – with local, sustainable, often naturally grown and produced fruits, vegetables, meats, cheeses and wines. Before this growing season comes to a close, conduct a taste test. Go to a farmers' market (to find one, check LocalHarvest.org) and purchase a peach, some lettuce, grass-fed beef, free-range chicken or eggs. Then visit the local grocery and purchase the same mass-produced version. Take them home and prepare them the same way. You will taste the difference. Tree-ripened versus shelf-ripened (and sometimes gassed). Grass-fed and open range versus pen-raised and grain-fed (and often pumped full of antibiotics and growth hormone). Eating locally can be an acquired taste, but it's one that is good for us all.

Outstanding

Around the country, more and more movements and organizations and businesses are popping up to promote locally produced and sourced foods. Over Labor Day weekend, I had the pleasure of attending a dinner presented by Outstanding in the Field at Ayrshire Farm in Upperville, Va. Outstanding in the Field was founded by chef and artist Jim Denevan more than 10 years ago in Santa Cruz, Calif. Jim and his staff travel the country on a 1960's bus, setting up long tables in fields, ranches, dairies, vineyards and community gardens for outdoor dining experiences that are meant to reconnect the general public to the land and people that produce real food. The ingredients are all sourced locally and paired with local wines for a five-course sensory overload.

The Monday night I attended, we made it through the farm tour unscathed before we were relegated to dining inside Ayrshire's beautiful stables due to not-so-cooperative-but-welcome rain showers. Diners sit and are served family style, which encourages discussion and engagement, often with strangers. Farmers and ranchers and winemakers sit among the guests. OITF staff answers questions as they serve giant plates of food. On this evening, the chef was Bryan Moscatello of the Washington, DC, restaurants Zola and Potenza. The standout dishes were the first course of heirloom tomato and mascarpone ravioli, Riesling braised leeks, shaved bourrée cheese, and "the whole hog" course, consisting of braised belly, sliced porchetta, smoked hocks, sage sausage and mustard bbq ribs, local greens, vegetable pickles and long, decorative and delicious mustard crackers. I thought I had died and gone to pork heaven.

Learning

This year, I have taken a lot of time to get to know many farmers and ranchers in the area. Because of this, I have learned an inordinate amount about what it takes to grow food. The troubles. The rewards. Why tomatoes don't always ripen when they're "supposed" to. Why chickens lay more eggs in the summer than in the winter months. The difference in taste between a Striped German and a Green Zebra. The enormous yield you can get out of a 3' x 6' plot. And why I shouldn't be eating fresh asparagus in October.

I have also learned this year that people genuinely want to be connected to the food they eat, that they want to know where it comes from, and that they know that they should be eating fresh and buying locally. But what I've come to realize is that people also genuinely feel they do not have the time, the means, or the knowledge to make those things reality. Therefore, they resort to convenience and prepackaged and prepared. They lack the self confidence to take what they learn from the newspaper or television and apply that knowledge in the kitchen.

As I tell people every week at a cooking demonstration I conduct at the Georgetown Whole Foods Market's indoor farmers' market, "No, really! This is easy. You CAN do this at home!" Some believe me, and they purchase the ingredients I use from the farmer I go with, Suzanne Smallwood of Smallwood's Veggieporium in Berryville. I am encouraged by those people, as well as the people who first cringe at the sight of something I've made (for example, fried green tomatoes with pesto mayo) but who come back for seconds. Learning is about trying something you've never tried, asking questions, making mistakes, never giving up, and many times, just listening.

Celebrating

For the second year, I have helped the Middleburg Business and Professional Association organize Celebrate the Harvest Week. This year, the week of September 25 – October 4, the restaurants of Middleburg, The Plains and Upperville will recognize the year's bountiful harvest by offering special dishes on their menus featuring fresh and local produce, meats, cheeses, wines and other edibles. The goal of the week is to connect local farmers, vintners and food artisans with the area's restaurateurs, who can bring their products to the public in delicious ways.

Through Celebrate the Harvest Week, we want to bring the diversity of the region's harvest to you, through our local restaurants. We would like you to understand and experience the economic, nutritional and environmental benefits of eating locally produced foods. According to a study conducted by the Virginia Cooperative Extension, the state's agricultural sector would grow from generating $2.69 billion in business annually to $4.34 billion annually if every household in the state spent $10 each week on local produce. Obesity rates in this country have increased from 18.3% of the total population in 1998 to 25.1% in 2008, with many experts blaming our extra poundage on poor diets that include foods high in processed sugars and a lack of exercise. Eating fresh foods, walking around a market, or visiting a pick-your-own farm can help all of us get the nutrition and exercise we need to stay healthy. Environmentally, most local farms are small operations that implement sustainable practices for survival. Plus, the food does not need to travel far from source to table.

This week, try to visit a local restaurant and be thankful for a minute for all that we have.

Cooking

I'll get back to my food pyramid musings next month, but so as not to leave you all in a non-cooking lurch, here is a recipe I whipped up recently. It is perfect for a Sunday afternoon in front of the television watching football. And it is a great way to get kids – or naysayers – to eat winter squash.

Bacon Ranch Squash Dip

2 strips thick-cut bacon, diced

1 small onion, diced

1 pound winter squash (I used butternut), peeled and diced

1 teaspoon Gayelord Hauser's All Natural Instant Vegetable Broth (available at Whole Foods)

OR 1 vegetable bouillon cube

1 box Neufchatel cheese or cream cheese

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

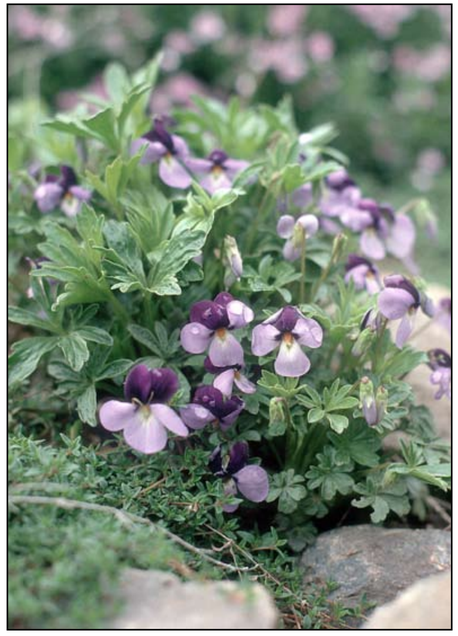
Cook the bacon over moderate heat until crispy and the fat has been rendered. Remove the bacon to drain and all but 1 tablespoon of fat from the pan. Reserve the bacon. Saute the onion in the bacon fat for a couple of minutes, but do not brown. Add the squash and saute for two more minutes. Add the instant veggie broth powder and stir. Carefully add enough water to cover the squash. Bring to a boil and cook until the squash is very tender. Drain the squash and onions and allow to cool (place in refrigerator to speed the process). You can reserve the broth for another use. Using a potato masher or fork, smash the squash until it is a smooth paste, then mix into the Neufchatel cheese and combine well. Add the spices and combine. Season with salt and pepper. Serve with veggie sticks or wheat crackers.



Violas and Pansies

The Plant Lady





Karen Rexrode

There are over 50 species of violas in Eastern North America with flowers that range from pure white to bicolored forms of blue and white to pure blue-lavender, and yellow. According to the "Atlas of the Virginia Flora", Loudoun County can boast of 15 native perennial species. A walk in woods would reveal many as most are evergreen, evident as clusters of pointed green leaves. The most distinctive of our native violas carries finely divided foliage, commonly known as the bird's foot violet, eluding to the resemblance. The flowers arrive in spring and much coveted forms have petals that vary with dark petals above and pale lavender-blue petals below. This species is often found on south banks along wooded properties. It has been said that John Bartrams discovery of this violet altered his life forever as he became a devoted horticulturist from that day forward.

The garden varieties of viola have been introduced from Europe, commonly referred to as Johnny-Jump-Ups. New hybrids are always arriving at your local nursery and the efforts of hybridization are for more cold and heat tolerance. The single best planting time is in the fall. These winter annuals will flower all winter and persist with flowers into mid-June, when they finally succumb to the summers heat. I find the violas far more effective as a color sweep in winter, when compared to pansies. When temperatures dip down into the twenties and lower, you will find open flowers freezing to the point of marring the petals. The violas are much quicker to produce new flowers and recover from these spells. When planted in areas where mulch is not used, they will often reseed, their seed needs light to germinate. Rarely will you find pansies reseeding.

The fritillary butterfly is a frequent feeder of viola leaves with the greater spangled fritillary, and the lesser fritillary all commonly found feeding on the leaves, primarily in fall If you find that they are eating your Johnny-Jump-Ups more than you can tolerate, don't kill them, simply move them to some of the perennial violet species that we often consider weeds. The serve as a larval source as well.

On the other hand, the flowers of violas have become a popular item for adding to salads, as a nutritional snack they contain, by weight, three times as much vitamin C as oranges. Not to mention that they are just beautiful in winter salads. Add them to cakes as candied violets, the small flowers are dipped in egg whites and then sprinkled with fine sugar. Very easy to do and guaranteed to impress.

The ever popular pansies are a hybrid form of Johnny-Jump-ups, the name derived from the French word pensee, meaning "thought" or "remembrance". A small bouquet of pansy flowers, given to someone you love is believed to be able to turn that persons thoughts toward you. The flowers can be blotched or not, in that case they are considered faceless. The Swiss Giants of old were sold some 30 years ago and not nearly as tolerant as the hybrids of today for fluctuations in cold and hot temperatures. Flower colors were also very limited, nothing like the marvelous peaches, pinks and pale yellows of today. Much fun can be had matching both pansy and viola colors with spring flowering bulbs. Simple combinations make for stunning examples, consider blue pansies with blue muscari bulbs (grape hyacinths) or white anemones with white violas.

The first meeting of the Piedmont-Blue Ridge Horticultural Society was a big success. There are meetings every month at Blandy or the State Arboretum. The next scheduled event is October 3rd from 2-4. The speaker is Janet Draper, gardener of the Mary Livingston Ripley Garden at the Smithsonian. She will most certainly introduce participants to some new plants. Janet strives to plant and grow anything new or unusual.



Pastimes

Musings from the Bullpen

7th Inning Stretch

Alex Cudaback

Not good enough.

Right now, that's the Redskins.

Losing to the Giants, in New York, was hardly a shocker.

But blowing an opportunity to assert themselves against the Rams in their home opener, whiffing on a chance to set some sort of tone for the rest of the season going forward? Unacceptable.

Why, if Jason Campbell is expected to be the offensive leader of this team, will Jim Zorn not let him check out of plays when the Redskins find themselves in the red zone? According to Barry Svrluga of the Washington Post, Zorn doesn't like Campbell changing plays deep in the red zone because he's worried miscommunication might lead to a turnover.

Really?

If Zorn is still worried that Campbell, in the second year of this system, is the miscommunicating-type come crunch-time, either the system isn't sound or Tweedledee and Tweedledum were right to try and ship Campbell out of town in the off-season. Given the near impossibility of it being the latter, I've got to wonder just what Campbell has to work with. Zorn's got to trust him. He has to.

Why, after boldly going for it on fourth down from just outside the end zone with time running down (the absolutely right decision, by the way), why would the Redskins call that absolutely awful sweep to the left side? How about pounding it right up the middle? Don't like 3 yards and a cloud of dust? Fine. How about using Cooley? Dude's like 7-11: open all day.

There were times during the game when the Redskins' offense looked like a real professional football team; those instances, sadly, were completely undone every time they got inside the 20. Usually, that's a result of bad play-calling, but lame-o execution never helps.

The hapless Lions play host to the 'Skins next Sunday. The Lions have now lost 18 regular season games in a row. They have a cannon-armed rookie quarterback in Matthew Stafford, an all-world wide receiver in Calvin Johnson and a defense that actually held Brett "Don't Call it a Comeback" Favre and Adrian Peterson to only 7 points in the first half this weekend. If the Redskins let this game get away from them, it will derail the season and might well mark the beginning of the end for the team in its current configuration.

The Redskins simply must beat the Lions this Sunday.

I'd also suggest scoring a couple of touchdowns.

Quick Slants

I don't like this whole icing-the-kicker-at-the-end-of-the-game nonsense. From an entertainment perspective, it stinks. From a game perspective, it's totally J.V. From a player perspective, though, it's nearly criminal. One of these days, one of those special-teamers on the field is going to get absolutely wrecked on a play that means absolutely nothing because some head-coach is busily stalking a line judge, waiting for just the right moment to scream "Timeout!!" in his ear. That kind of *strategery* is not why I'm tuning in to watch the game.

Plaxico who? Looks to me like Eli Manning's found the receivers everybody was worried he didn't have with Plax in the clink. Steve Smith and Mario Manningham are the real deal, and Eli seems to be bound and determined to play up to his new contract.

T.O. dropped a beautiful ball from Trent Edwards on Sunday. I can't wait to hear whose fault that was. Luckily, we know it wasn't T.O.'s. Unfortunately, the Bills won so we'll have to wait another week for T.O. to get back to poisoning the locker room in Buffalo.

Jay Cutler earned himself a stay of execution from Chicago fans by helping lead his Bears over the Steelers. You don't really think that'll stop him from forcing throws into double- and triple-coverage down the road, though, do you?

I love the idea of Tiger Woods paying for personal grooming products with novelty checks. Tiger, meet Happy Gilmore; Happy, meet Tiger.

The New Orleans Saints are downright scary; Drew Brees is about as dialed in as any quarterback can be this early in the season. The fact that they play in the same Division as the Falcons makes the NFC South my sleeper division.

Milton Bradley, aka the Poison Pill, has been suspended for the rest of the season by the Cubs for conduct unbecoming. Somehow, this comes as no surprise. The fact that he's guaranteed two more years worth of paydays due to his current boneheaded contract, though, really puts the Cubbies in a pickle. Play him or trade him, Chicago's still gotta pay him. Nobody's going to take on that goodwill-vacuum without some serious green from Chicago.

Something tells me Jerry "Have you seen my new stadium?" Jones would've traded all 105,121 fans at the Cowboys' home opener for a win. Think Wade Phillips is sleeping with one eye open?

Speaking of Jerry, did he really have giant stripper poles installed in his new stadium? And surround them with cage-dancers?

Michael Vick's suspension officially ends this coming weekend. I don't think there's a QB controversy lurking in Philly, yet, but you can bet Vick's on the field more if Donovan McNabb's rib isn't better by game time.

Congrats to Mark Martin for pulling out the win at Loudoun. Let's hear it for the old guy.

Neil Patrick Harris made the Emmy's downright watchable. No small feat.

And, just because I'm that kind of guy, Al Groh, *William & Mary? Really?!?*

Martin Driscoll Exhibit



On October 17th, Martin Driscoll will be on hand at Trowbridge-Lewis Galleries to talk about his evocative paintings and the stories behind them. Driscoll's paintings are stories without words, stories of Ireland and her people, stories of the artist's own family and heritage.

According to Adrienne Lewis, owner of the Middleburg gallery, Driscoll's visit to Middleburg will provide "a wonderful opportunity for anyone interested in Marty's work to spend some time with him and get to know the man behind the paintings."

Driscoll paints scenes of pastoral Ireland in his studio in Wimberley, Texas, where he lives with his wife Judith. "All of my paintings of Ireland, be it a cityscape, landscape, or seascape have people in them. It's those people that I want to capture and remember. I want others who see my paintings to feel that there is a story that they are witnessing. I love stories and if I were a gifted writer, I would write stories. I am not a gifted writer, so I tell the story, the best way that I can."

Adrienne Lewis met Driscoll when he exhibited at New York Art Expo in 2005. "I was not surprised that he sold nearly every piece he brought to the show. I didn't have a gallery at the time, but I bought three!"

Driscoll began exhibiting his work at Trowbridge-Lewis Galleries in the spring of 2005, when the gallery opened. "Marty's work was immediately coveted by our customers, and today he is one of the gallery's most popular artists."

You can view the works of Martin Driscoll, and meet the artist on Saturday, October 17th at Trowbridge-Lewis Galleries located at 5 East Washington Street in Middleburg. For more information, contact the gallery at 540-687-6653 or visit the web site at www.t-lgalleries.com.

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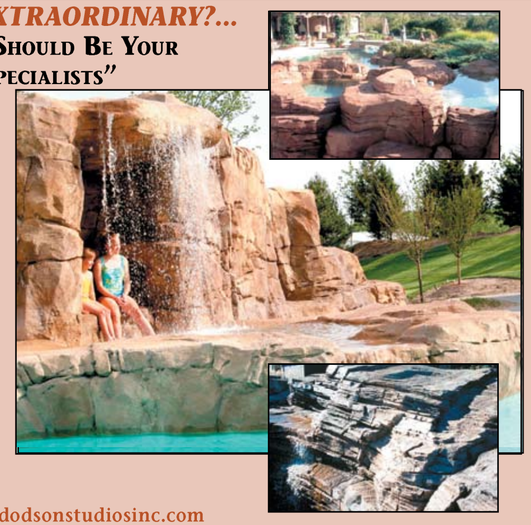
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Indy Experience or Living a Dream



Tom Neel

So as a friend once told me, there are those little boxes in life you just need to check off ... did that - check! Did this - check! Go to Indianapolis Motor Speedway, the most famous race track in the world, spend two days lapping it at high speed on motorcycles, under the watchful eye of MotoGP legend, Kevin Schwantz - check!

Since first hearing "Gentleman, start your engines!", on ABC's Wide World of Sports during its first live broadcast of The Indianapolis 500 in 1965, "Indy" has meant something very special to me, and the world. I was 10 years old then and can recall about 10 years later in the mid 70s, my first visit to what is known as "The Racing Capital of the World". It's a huge facility where the passion and history of motorsport, blend perfectly into a heart pumping shrine! It is said at 1,000 acres, the facility could hold Vatican City, Wimbledon, Churchhill Downs, Yankee Stadium, the Roman Colosseum and the Rose Bowl. As you wrap your brain around that for a second, note that four holes of The Brickyard Crossing Golf Course next to Indy, actually lie in the race track's infield and trust me, they barely make a dent in it's foot print.

My "pinch me! - I know I'm dreaming" experience, came to reality via Kevin Schwantz, a talented racer whose connections plugged this whole thing into the closest wall socket and lit us up! Today, Schwantz' schools, now usually done at Barber Motorsport complex in Birmingham, Alabama, raise riders' abilities in a race track setting. Indy was in a sense, an extension of his school and an amazing opportunity even for him.

The Indianapolis Motor Speedway is most famous for its 500 mile race, with open wheeled cars lapping the 2.5 mile oval at speeds reaching 240 mph! But in 1994, Indy starting hosting a 400 mile Nascar race and then in 2000, construction took place to create an infield track to allow for a Formula One event. The infield track still used the speedway's famous front straight although the F1 cars ran this 5/8th of mile straight backwards or clockwise compared to the Indy car's counter clockwise course direction.

The F1 events ended in 2007, but in 2008 the Speedway hosted its first MotoGP event considered the pinnacle of motorcycle racing world wide. Actually, the first things to ever race at the speedway were motorcycles in 1909, although they only used the speedway portion of the track. MotoGP, while using the infield portion, does use the main straight in the same counter clockwise direction as the Indy cars. It is that monstrous main straight that will put a lump in your throat, lined with it's massive double decker grandstands and start/finish line made using some of the 100 year old bricks, the "brickyard" was originally paved in. There's a lengthy list of the most famous names in motorsport history that have crossed it in victory and many became famous just for doing so!

While our 150 mph top speeds on that straight paled to that of an Indy car, the drop into turn one was still a bit like sky diving and hoping you didn't meet God on the way down! The rest of the 16 turn circuit was filled with technical, late apex turns on asphalt that only gets used once a year. Which by the way, is the real reason we were there, as preparation for the Red Bull Indianapolis MotoGP race held the following weekend on August 30th. The straight itself doesn't get used much either, but it had the most interesting diamond cut surface, fascinating to see up close.

After two days of wearing a smile, great food and unlimited access to this incredible place, a new memory of Indy has been firmly cemented into my mind, one I will never forget. That box now has been checked and many thanks go out to Kevin Schwantz and his great team of people. For more information, go to Schwantzschool.com

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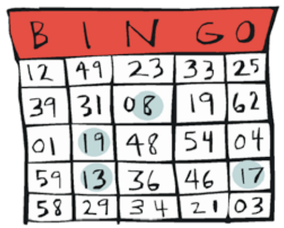
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News of Note

Thrilling Off-Planet Vacation Pleasures

Continued from page 1

derstanding of what it really takes to create a kite that has lift, spirit and challenge.

Eliot's bargello kites are known and admired by devoted flyers across the country, and Cath insists that he will soon finish work on an in-house Delta that is still in the design stage.

"We knew when we found Corolla Island that our twenty years in Michigan would lead us here," Cath explains. "We simply love the kite culture and the individuals who learn to appreciate how exhilarating it is to experience the pure joy of guiding a kite through the air. And we both knew we eventually had to live on the beach.

"People tease me about my love of the sport, but I really believe kite flying can be a Zen-like experience for many enthusiasts. It's one of the only truly universal languages and Kite flyers from India, Japan, Pakistan, Texas and Northern California can spend hours side-by-side on the beach using the same vocabulary and understanding each others' sense of transcendence."

Cath grew up in Wagoner, Oklahoma on a lake in the Eastern part of the state. An avid sportsman, she was a terrific water-skier and loved to sail, a talent that contributed significantly to her sense of wind and its effects.

She met Eliot when his father moved from Birmingham, Michigan to take a two-year assignment. They were both enrolled at Holland Hall Prep School in Tulsa and when they made their final choices about college, with no determination to be close to each other, Cath enrolled at Mary Baldwin and Eliot went to Duke.

"We quit fighting about sophomore year," Cath remembers. "He swears I would always break up with him on his birthday but we were always best friends. I'd grown up in a family of doctors and lawyers and he was grounded in engineering, so, of course, I had to learn!"

"Once, when we were seniors in college, we were away for a weekend with my brothers and friends and we all decided to purchase a box kite. Sadly, all the instructions to assemble it were in German. Even sadder, none of us spoke German at all. It took a long time, and we were terribly late returning to campus, but our combined understanding of math and engineering allowed us to put it together. We've never lost our love of flying since then."

Without question, Cath and Eliot did what upstanding citizens and good parents are supposed to do for 23 years. Now, they're doing what they've always wanted to do: live on a spectacularly beautiful beach where the wind is just right and there are stunning views over the marshes, the sound and past the lighthouse.

"We had no intention of opening a store, but we're so glad we did," Cath says.

"Many of our customers are true kite aficionados, and we look to them for new ideas and special things they need that enliven our shop and our lives."

Although kite flying is a subtle, nuancical sport for the demanding flyer, friends and family members of every age can thoroughly enjoy the thrill of when you have the line in your hands and you back up slightly to gain some lift. For those who step into a wave unexpectedly, and have to transcend the surprise to keep your kite airborne, the thrill is even greater.

"If I won the lottery tomorrow, the only thing I'd change would be to hire a bigger staff of specialists and kite lovers," Cath concludes. "We raised our children well. Our son Ty, is dedicated to the North Carolina National Guard in Asheville, and our daughter, Cassie works for New Tech Kites in Austin, Texas. Now, it's our time to

Do what we love and help others learn the pleasure and satisfaction of kite flying.

"If I say it's a ministry of sorts, it may sound silly, but this is the continuation of an ancient culture for me. As a religion and philosophy major who graduated in the '70's, I wanted my life to include everything I loved. This gives us history, physics, sport, patience and challenge."

"And once a kite flyer is confident that he or she has 'the touch,' there's no going back to a vacation filled only with paperback novels. Clearing your head and revving up your heart is what a vacation should really include.

"We take great personal pleasure in contributing precisely that."

To contact Cath at Flying Smiles, please telephone 252 453 8442 or email Cath@FlyingSmilesKites.com. Please understand that, if the off season, hours vary, but you may count on Cath to open up and meet you if you want to visit the shop or place an order.

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Photos by Sarah Huntington *Hedgeland, Waterford, Virginia*

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Faces & Places

The National Sporting Art Museum Groundbreaking

Middleburg, VA - September 19, 2009

Photos by Elizabeth Tobey and Dee Dee Hubbard



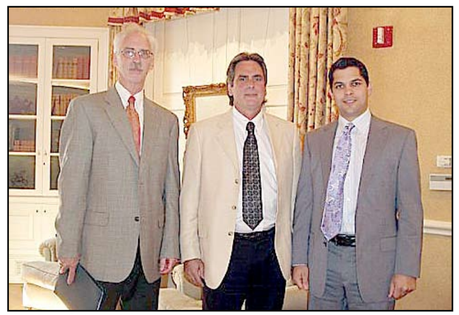
Groundbreaking ceremony in front of Vine Hill: NSL Board of Directors L to R: F. Turner Reuter, Jr., Jacqueline Ohrstrom, Clarke Ohrstrom, Manuel H. Johnson (Chairman); Charles T. Akre (Treasurer); Jacqueline B. Mars (Vice Chairman); Dr. Betsee Parker



Rick Stoutamyer and Dana Reuter



Chuck Akre and Bundles Murdock



National Sporting Art Museum Architect Hardee Johnston; Project Manager Ron Steele and red Steele



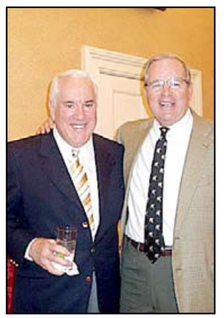
Jacqueline B. Mars and Pia Cuneo



F. Turner Reuter, Joseph Keusch, Jacqueline Mars and Hector Alcalde



Ursula & Kenneth Rietz and Mary Johnson



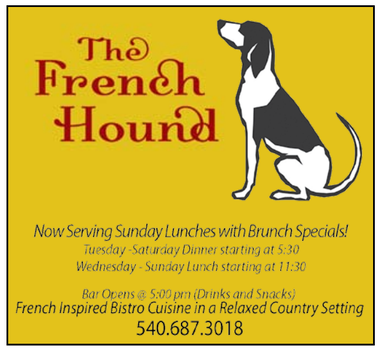
Hector Alcalde and Manuel H. Johnson



Paul Dietrich, Hector Alcalde and F. Turner Reuter, Jr.

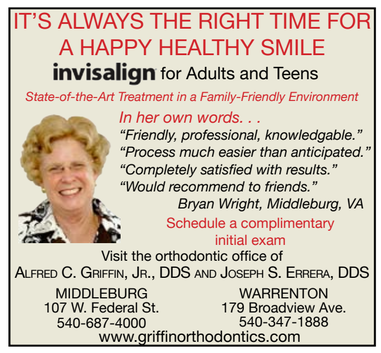
























Faces & Places

The Bluemont Fair

Bluemont, VA - September 19, 2009
Photos by Jay Hubbard





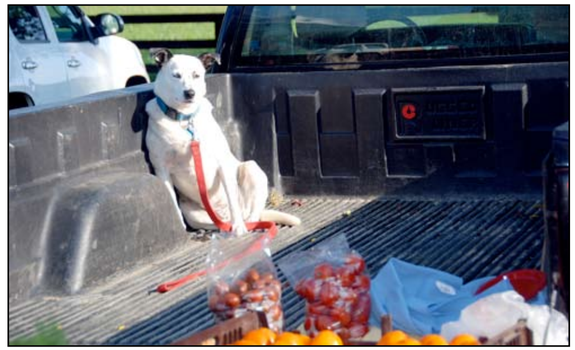




Middleburg Community Farmers Market

Middleburg, VA - Sept. 2009
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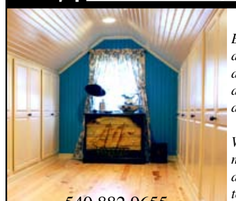
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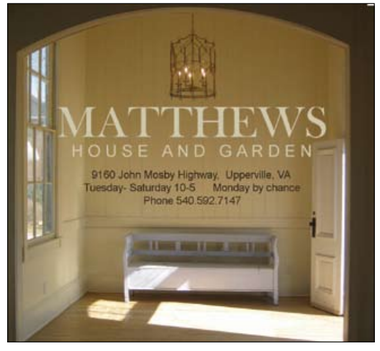


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News of Note

Hunt Country Classic British Car Show



The 14th annual Hunt Country Classic British Car Show, held this year on Sunday, the 11th of October, is arguably the best British car show in the mid-Atlantic region. Held at Willoughby Farm near beautiful Middleburg, Virginia, it is hosted by champion race car driver Bill Scott and his wife Barbara, and put on by the MG Car Club, Washington DC Centre. The show includes not only classic British cars – the best MGs, Jaguars, Triumphs, Healeys, Sprites & Midgets, Rolls Royces & Bentleys, TVRs, and Morgans –British bikes, and British sports and race cars. Awards are given to winners in classes for each major marque, and sub-divisions within the marques depending on the number of entries, based on a popular vote by registered participants.. One special award given is the "Ambassador's Choice Award," presented by the British Ambassador or his designee. In addition to the beautiful automobiles, there will be hayrides, apple cider pressing, pipers, a silent auction, vendors, and hot food prepared onsite by the Crepe Deli for your dining enjoyment. A fall British Car Show in the beautiful Virginia Hunt Country, it just doesn't get any better than the Hunt Country Classic!! The show field and registration open at 9 am and the show concludes about 2pm, shortly after awards are presented. Show car registration is $25 and spectator admission is $5 per carload.

Directions: From US Rt 50 west of Middleburg, take Zulla Rd (Rt 709). Turn right onto Rock Hill Mill Rd (Rt 702). Willoughby Farm will be on your left. After leaving Middleburg there will be signs directing you to the show. From the South take Rt 17 toward Marshall; continue straight through Marshall and take a left onto Rt 701 (Frogtown Road), and the show will be on your right after 2 miles. There will be signs from Marshall directing you. For further information contact Charles Scott at seescott@cox.net or the Club's web site at www.mgcarclubdc.com.

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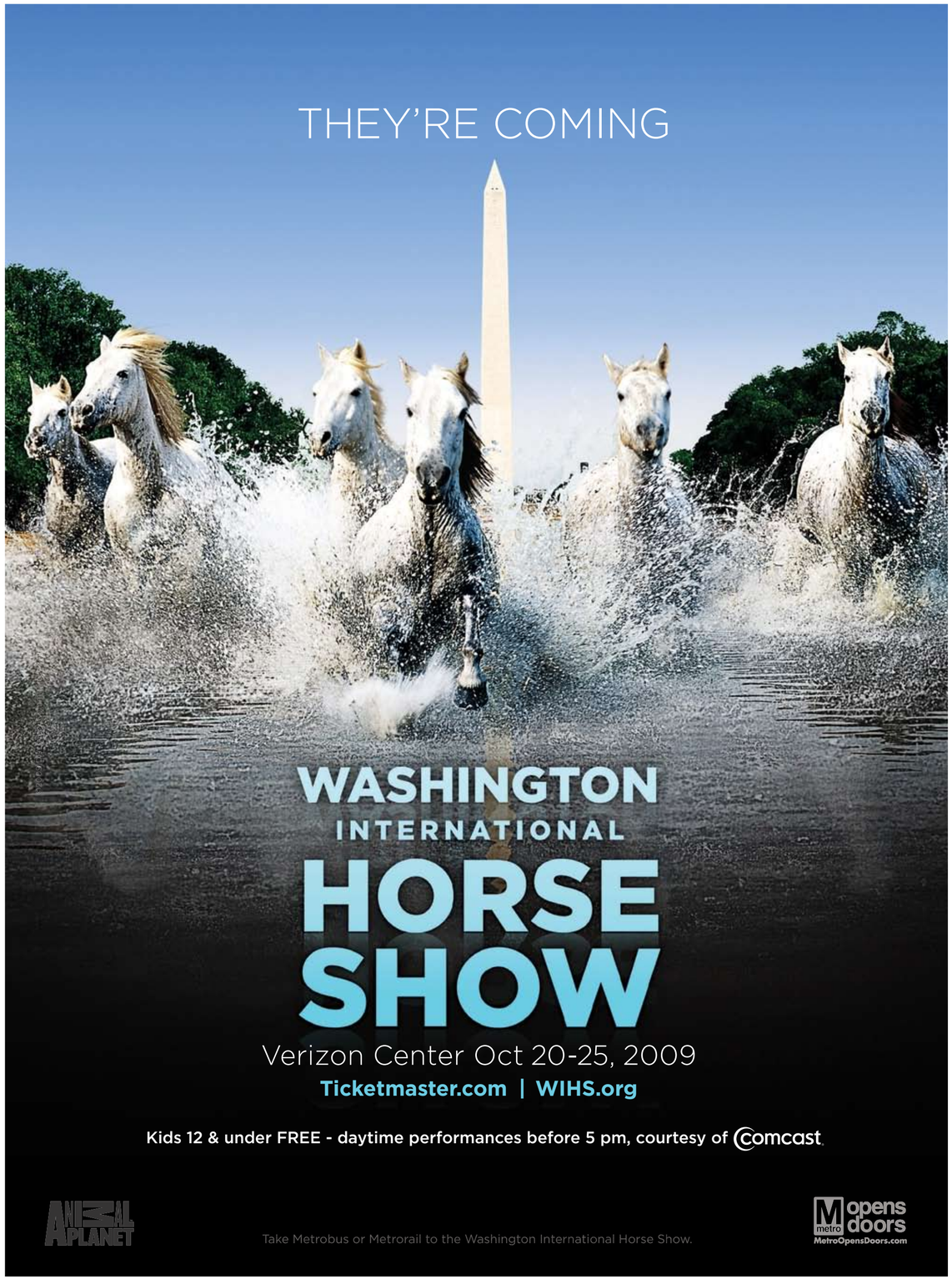


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News of Note

Loudoun Laurels Awards



Paul Ziluca and Karen Russell, the 2009 Loudoun Laurels recipients for lifetime service and stewardship, respectively.



Randy Kelly, CEO of INOVA Loudoun Hospital and chairman of the Loudoun Laurels Founders' Committee is joined by other members of the Committee at the 2009 awards ceremony.

3rd Annual Nanette's Walk

Preparations are in high gear for Middleburg's Third Annual Nanette's Walk to raise funds for the fight against breast cancer. With a new location, day and time, the Cherry Blossom Breast Cancer Fund's two-mile walk will kick-off on Sunday, September 27th at 1:00 p.m. in the parking lot behind the Middleburg Bank and Post Office located at 111 West Washington Street.

This year, the Fund will be holding an "In the Pink" contest in which women, children, men, and dogs on leashes are all invited to dress up in their favorite pink ensemble. Registration will begin at 1:00 p.m. with the contest and judging commencing at 1:15 and the walk starting promptly at 2:00 p.m.

Nanette's Walk has three major sponsors: Applied Knowledge Group, Inova Loudoun Hospital and The Graham Companies, who along with our other sponsors make it possible for all registration fees to go directly to the Fund's charitable work. The Fund is also happy to announce that Middleburg's Town Council, in partnership with the Middleburg Business and Professional Association, has voted to conduct the Second Annual "Paint the Town Pink" campaign. Pink bags will be placed over Middleburg's 173 parking meters on Saturday and Sunday, September 26th and 27th, with an appeal to patrons to donate their parking fees in pink donation boxes located in Middleburg's shops and restaurants. These boxes will remain in these businesses through the month of October in honor of National Breast Cancer Awareness Month.

Nanette's Walk is a tribute to Nanette Hewett White, a beloved civic leader and long time member of the Middleburg community, who lost her ten-year battle against breast cancer in 1999. Since 2007, the fund has raised nearly $100,000 in which one hundred percent of the proceeds are distributed to breast cancer organizations and hospitals including Fauquier Hospital, FISH, the Loudoun Community Health Center, Breast Cancer Network of Strength, Blue Ridge Hospice, Loudoun Volunteer Caregivers, and Georgetown University's Lombardi Cancer Institute.

The Cherry Blossom Breast Cancer Fund was formed in memory of the late Cheryl Clayton Atkins, a 2003 victim of breast cancer. The Fund was founded by her husband, James, and is led by breast cancer husbands, sons, daughters, survivors and friends. Its mission is to raise funds for breast cancer prevention and early detection through screening and education; provide support and community outreach to those individuals and families facing breast cancer in Loudoun and Fauquier counties; and advance scientific research in the fight to eradicate breast cancer. The Cherry Blossom Breast Cancer Fund is placed with the Piedmont Community Foundation, a 501c (3) organization.

To participate in Nanette's Walk or donate to the fund, please visit our secure website, www.cherryblossombreastcancerfund.org.



Middleburg Eccentric

Oct. 8th Deadline
for Oct. 22nd Issue

540.687.3200
www.middleburgeccentric.com

Answers to Your Questions About the Novel H1N1 Virus

What are the symptoms of the novel H1N1 virus?
Symptoms are similar to those of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people also have reported diarrhea and vomiting.

Who is most at risk from the novel H1N1 virus?
* Pregnant women
* Those who live with or care for infants less than 6 months old
* Healthcare and emergency services workers
* Anyone younger than 24 years old
* Those 25-64 with chronic health disorders or compromised immune systems

What special steps do I need to take to protect myself and my family?
* Get the novel H1N1 vaccine when it becomes available.
* If you have flu symptoms, you should stay home until free of fever and signs of fever for 24 hours without fever-reducing drugs
* Wash your hands frequently with soap and water or use an alcohol-based and sanitizer.
* Cover your cough or sneeze with a tissue and dispose of it in the trash.
* Avoid touching your eyes, nose, and mouth.

When will a vaccine be available?
All indications are that it will be available by mid-fall.

How important is it to get vaccinated?
Those in high-risk groups should get vaccinated for their own safety and the safety of their families. The vaccine, which can be administered as an injection or nasal mist, will provide the best level of protection available.

How much do we know about the safety and/or effectiveness of the vaccine?
It is believed that for the novel H1N1 virus, vaccination could prevent illness in 70-90 percent of those who are immunized. It also should reduce hospitalizations and deaths. The safety and effectiveness of this new vaccine is expected to be similar to that of a seasonal flu vaccine.

Will the vaccine make me feel like I have the flu?
The flu shot cannot give you the flu. Some people may have mild symptoms for a couple of days as their body builds an immune response. These symptoms are very mild compared to developing influenza. Acetaminophen or ibuprofen will help. The most common side effect of immunization is a sore arm.

How will the vaccine be administered?
The novel H1N1 vaccine will be administered in two doses, given approximately three to four weeks apart. Although the first dose will provide a level of protection, your best protection will be two weeks after the second dose. Details about how the vaccine will be given are not finalized. If you have questions, contact your family physician.

Should my children be vaccinated for novel H1N1? How about my elderly parents?
It is recommended that children between the ages of 6 months and 18 years be vaccinated. The novel H1N1 virus has particularly affected those in this age group. Currently, the elderly do not appear to comprise a high risk group for novel H1N1.

Can I have the novel H1N1 vaccine if I'm pregnant?
Pregnant women are among those that should be first in line for the vaccine. They may receive the vaccine at any time during their pregnancy.

Do I need a seasonal flu shot too, and when should I get that?
You should get vaccinated against the seasonal flu as soon as possible. Call your family doctor for more information.

What if I get sick?
If you get the flu, stay home from work, school and social gatherings and do not run errands for several days, until you are no longer contagious.

When should I seek emergency medical care?
* If you have any of the following symptoms:
* Difficulty breathing or shortness of breath
* Pain or pressure in the chest or abdomen
* Sudden dizziness
* Confusion
* Severe or persistent vomiting
* Flu-like symptoms improve but then return with fever and worse cough

Where can I get more information?
Visit www.pandemicflu.gov.

The Centers for Disease Control and Prevention (CDC) hotline, 1-800-CDC-INFO (1-800-232-4636), is available in English and Spanish, 24 hours a day, 7 days a week. TTY:

1-888-232-6348. The website is www.cdc.gov. Questions can be e-mailed to dcinfo@cdc.gov.

Virginia Department of Health (VDH) Central Hotline: (877-ASK-VDH3 / 877-275-8343)

Links to state departments of public health can be found at www.cdc.gov/ther.htm#states

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Middleburg Ponies Sweep the USEF Pony Finals Competition



Grand Pony Champion was For the Laughter owned by Dr. Betsee Parker.



Reserve Grand was Halo owned by Ashley Kennedy Whitner.

New Equestrian Charity

We all admire the grace and athleticism of a well-matched horse and rider, especially those at the highest levels of equestrian sport. Unfortunately, it is often the case that riders with talent and drive in demanding disciplines, such as show jumping, are prevented from achieving their dreams and reaching their potential due to a lack of funds. It is a rare thing when time, talent, and treasure can come together and take a high performance horse and rider to the top.

An exciting foundation has just been formed to cultivate and support such athletes. The mission of the High Performance Equestrian Foundation (HPEF) is to provide financial assistance to the capable, but under-funded rider who aspires to compete at the highest levels of equestrian sport. Eligible show jumping riders may apply, and, if accepted, may receive grants from the foundation to reimburse their competition expenses.

The present focus for the foundation will be on those competing at the Grand Prix show jumping level, until funds grow substantially enough to include aspiring riders not yet competing at that level. "Our mission is to support those with dreams of competing on the international stage and that currently have that goal in sight," said Alden Denègre, Executive Director of HPEF. "We want to make a difference for those riders now, and look forward to spreading assistance to a broader group of competitors in the future," she said. The foundation also hopes eventually to include other disciplines.

A kick-off party for the newly formed HPEF will be hosted by Horse Shows In The Sun (HITS) at Commonwealth Park in Culpeper, Virginia on Friday, September 25, from 5:30 pm to 8 pm, following the $25,000 Devoucoux Wildcard Grand Prix. The event on the show grounds will be open to all, with food, wine, beer and soft drinks. While there will be no charge, donations will be accepted and appreciated.

Many of us have heard success stories about famous riders who worked their way to greatness. Hopefully, with this new foundation in place, more riders' dreams will come true, and we will hear such stories more often.

For more information on the foundation, log on to the HPEF website www.equestrianfoundation.org, or contact the Executive Director, Alden Denègre, at equestrianfoundation@gmail.com.

Orange County Hunt Team Event Planned Sunday October 25

The Orange County Hunt Cross Country Team Event will be held Sunday, October 25 at Old Whitewood Farm near The Plains, with the popular Junior Hunter Championship. In 1987, the OCH Team Event, modeled after the English Team Chase, was created to offer an event with something for every level of foxhunter.

The OCH Team Event features teams of three to four horses or ponies galloping over a rolling course of walls, coops, rails and hay bales in two main divisions: Limit Hunters and Genuine Hunters. Team prizes are awarded for ideal time, best turned out and best hunt team. A Genuine Hunter championship also is awarded.

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Fox Chase Farm Hosts First-Ever Ride for the Cure Virginia

Women and horses. In barns and show rings throughout Loudoun County, you can witness female riders of all ages groom, train, and show their equine companions. Perhaps it's inevitable. After all, from National Velvet to My Little Pony, the affinity that young girls have for horses is as common as their enchantment with princesses, baby dolls, and anything pink. For some, that little-girl obsession matures to a conscious evolution of owning, caring for, and actively riding and showing horses. Others come to it later in life. Yet, whether as partners in the show ring or simply pals on the trail, there seems to be an inter-species bond between women and horses that is both pervasive, and profound.

On Saturday, October, 10th, that bond, along with the color pink will combine in a very special way as the Middleburg area's Fox Chase Farm kicks off the inaugural Ride for the Cure® Virginia at 11:00am. Sanctioned by the Richmond affiliate of Susan G. Komen for the Cure®, monies raised by participating riders will help fund breast cancer research, education, and breast health awareness in Virginia.

The ride is one of only five such equestrian events in the country this year, and the first ever in the state of Virginia. Participants will be organized into three groups based on the distance, style, and speed of trail riding they prefer. Beginning and ending at Fox Chase Farm, the two-hour ride will wind through the beautiful rolling hills of Sunnybank Farm, owned by steeplechase trainer Mrs. Dorothy Smithwick. Co-chairs for the event are Fox Chase Farm owner Maureen Hanley, and Dr. Tena Boyd of Old Waterloo Equine Clinic in Warrenton, VA.

Ms. Hanley initiated the idea of sponsoring a Susan G. Komen benefit ride because of the inherent connection between women, horses, and an event whose goal is to raise funds to help eradicate breast cancer and support those battling the disease. "Horses are very therapeutic to women, especially during illness," she said. "We are proud to offer Fox Chase Farm as a meeting place, and to host the first-ever Ride for the Cure® Virginia."

Limited to 200 riders, Hanley says that already 190 riders have signed up, including some twenty teams of riders. Each participant must raise at least $250 for Susan G. Komen for the Cure® to take part in the ride, which includes a post-ride dinner, entertainment, vendors, and a silent auction including items from Jimmy Kimmel and Melissa Ethridge.

Some individual participants, like Karen Pimental from the Newport News area, have already raised over $1,500. When contacted by phone, Ms. Pimental was enroute to a chemotherapy session. "I had breast cancer five years ago and almost made it past the five-year mark," Pimental said. "But in February, they discovered the cancer had metastasized to my bones."

Since then, she's undergone several types of radiation and chemo, but says she still faces each day with a positive attitude. "Riding itself is very therapeutic," she continued. "Of course, it's very important for me to find a cure. It probably won't happen in my lifetime, but it might in my daughter's or granddaughter's lifetime." Ms. Pimental has never been to Middleburg before, but she's heard about the area's legendary beauty, and is looking forward to participating in the ride with her beloved horse Punkin.

Of the many teams participating, the Nokesville Horse Society is the largest, with seventeen riders signed up. Karen Basala, the group's vice president, first learned about Ride for the Cure® Virginia on the Fox Chase Farm website. As the Nokesville Horse Society is involved in activities from shows to educational outreach, Basala figured that Ride for the Cure® Virginia was a perfect match for her group. She posted a notice on their message board, and got back a tremendous response from the members.

"A lot of our riders have a passion for horses, and wanted to do something that would have a positive impact for our community," Basala said. Several riders are breast cancer survivors, and thus far, Nokesville Horse Society team participants have raised over $6,000 for the October 10th event.

You can find more information about Fox Chase Farm's Ride for the Cure® Virginia online, at www.foxchasefarm.net. Non-riding family and friends may also attend the post-ride dinner by purchasing tickets at $50/person online at www.komenrichmond.org.

Tri-County Feed Hosts Meet-the-Hunt Nights

All members of area hunts, prospective hunt members, and landowners are invited to Meet-the-Hunt Nights on October 1st and October 8th at Tri-County Feeds, Etc. located at 7408 John Marshall Highway in Marshall, Virginia. Jimmy Young, a third generation fox hunter and former Master of Foxhounds with Orange County Hunt in The Plains, will be the guest speaker. He will provide An Introduction to the Traditions and Science of Foxhunting. Wine and light refreshments will be served from 6:30pm to 7:30pm immediately followed by Mr. Young's presentation. A question and answer session will complete the evening.

Mr. Young is a renowned figure in the foxhunting community. He has hunted behind hounds in scores of packs in the United States, Canada, Great Britain, and New Zealand. A founding member of The Museum of Hounds and Hunting at Morven Park in Leesburg, Mr. Young served on the Board of Directors of the Master of Foxhounds Association of North America and the National Sporting Library. Also, he served as President of The Virginia Foxhound Club. Mr. Young is an international judge of foxhound shows and a published sporting author. His presentation promises to be informative and entertaining.

Those planning to attend the October 1st Meet-the-Hunt Night are asked to RSVP by September 25th. Attendees of the October 8th event should RSVP by October 1st. Please call 540-364-1891 to reserve your place at the Meet-the-Hunt Night of your choice.

For additional information on Meet-the-Hunt Nights, please contact

Jeri Noel Jackson, Vice President of Tri-County Feeds, Etc., at bjackson@tricountyfeeds.com or 540-364-1891.

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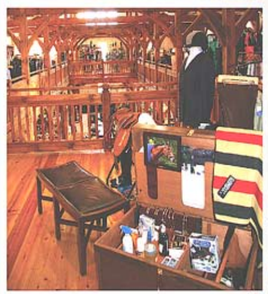
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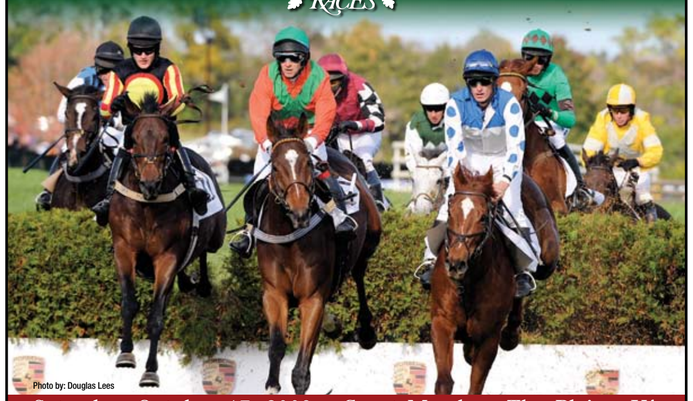


Photo by: Douglas Lees

Saturday, October 17, 2009 – Great Meadow, The Plains, VA

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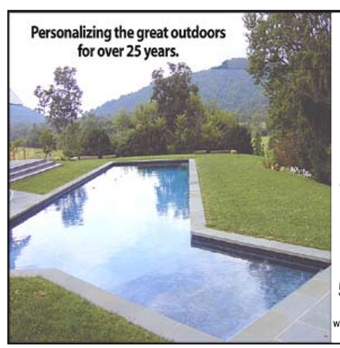
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Parents & Progeny

Foxcroft Hosts Admission Festivals

Prospective students invited to be a "Foxcroft Girl" for a day



What is a typical day at Foxcroft School really like? Prospective day and boarding students can see for themselves at one of four upcoming Admission Day Festivals being hosted by the Middleburg, VA, girls' preparatory school. The first festival is scheduled for Monday, October 12, and space is filling up quickly!

Foxcroft's Admission Festivals give students and parents a thorough opportunity to explore the School. Each visiting girl is paired with a student hostess, with whom she attends classes, Morning Meeting and meals. The visitors also get an opportunity to ask questions at a no-adults-allowed student panel. Parents attend Morning Meeting, separate panels with Foxcroft students and administrators and visit classes. Admission interviews also are scheduled for all visitors.

Tours of the beautiful campus, including the School's outstanding riding facilities, are another highlight of the day. Both the indoor and outdoor arenas have new footings and, across campus, a beautiful athletic/student center is nearing completion.

In addition to October 12, Foxcroft's Admission Office will hold festivals on Wednesday, Nov. 11; Friday, Dec. 4; and Monday, January 18. Families are also welcome to schedule visits at other times. Please call 540.687.4340 or visit www.foxcroft.org for more information.

Middleburg Elementary School Alumni Day

Calling all Middleburg Elementary School Alumni! We are hosting an Alumni Day in October and would love to have you join us. Come take a walk down memory lane with our students, sing the MES fight song and meet some very special people. Please call the school at 540-751-2490 and we will send you an invitation or visit the school webpage at http://cmsweb2.loudoun.k12.va.us/middleburg. Click on the "Alumni" link.

Fall Festival at Piedmont Child Care Center

The second annual Fall Festival will be held on the front lawn of Piedmont Child Care Center (PCCC) located on Route 50 in Upperville, Va., Saturday, September 12, 2009 from 10:00 am to 2:00 pm. Cost is $20 per child for the first child, $10 for each additional child, and children 2 and under are free. Ticket costs are tax deductible. Rain date will be Saturday, September 19, 2009.

"This is a terrific opportunity for family time together," says Alice Duggan, director of PCCC since it's opening in 1984. "Come and enjoy this wonderful community event."

The festival begins at 10:00 am. There will be a moon bounce, hay and pony rides, a petting zoo, games, silent auction, a fire truck to explore, and a raffle with a grand prize of $300. In addition to all of the activities, food will be available for purchase. All proceeds from ticket and food sales will benefit PCCC, a non-profit organization.

For more information, call 540-592-3908 or visit www.piedmontchildcare.org.

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Wakefield Faculty Member Receives Unexpected Summer Honor

Andrew Clubb of Purcellville, faculty member of the History Department at Wakefield School in The Plains, was the recipient of an unexpected academic accolade this summer.

Writes Carolyn Wyrsch, Wakefield History Department Chair, "The National Council of History Education (NCHE) is, as its title suggests, a national organization dedicated to 'promoting the importance of history in school and society.'

"While I was looking through my recent publication from NCHE, History Matters, the cover story on 'China as a Subject for Study and Thought' caught my attention. The article was followed by a very interesting lesson plan targeting a World History curriculum entitled 'Civilization and Cultural Diffusion,' using the Silk Road as the vehicle to implement these ideas. After reading and being impressed by the lesson plan, I noticed the following words at the bottom of the last page in the Resource Section: 'Adapted from a lesson developed by Andrew Clubb, History Faculty, Wakefield School, The Plains, VA'!!

"Having heard nothing about Andrew's having submitted any material for publication anywhere, I promptly called him. He was befuddled by it all, and it appears that the organization somehow came in the possession of a lesson plan that he had worked on in 2006 while he was studying at George Washington University! So, as I told Andrew, he is now officially published!"

Considering the challenges that exist to getting published in academia even when you are trying very hard, it is uncommon luck to discover that you have been published without lifting a finger.

Mr. Clubb says he was "pleasantly surprised" when he heard of the publication, and also reports that he had used his 2006 lesson plan in his World Civ classes at Wakefield prior to its unexpected publication, with good results.

Mr. Clubb's wife, Harriet, is an accountant in the Business Office at Wakefield, and their daughter, Mary, will be entering Wakefield's 7th grade.

Renowned Acoustic Guitarists to Play at Blackthorne Inn

Concert benefits Seven Loaves Services Food Bank

On October 2, 2009—the Friday evening before Middleburg's Virginia Fall Races—renowned acoustic guitarists, Speidel, Goodrich, Goggin and Lille (SGGL) from Charlottesville, will play a benefit concert in support of the Seven Loaves Food Bank in Upperville, Virginia.

Hosted by the historic Blackthorne Inn & Restaurant, a place once owned by George Washington, the event is scheduled to start at 7.00PM. A menu of tasty hors d'oevres will be included with the price of admission, and a cash bar will be available. Located off Route 50 in the heart of Virginia's famed Hunt Country, the Blackthorne Inn is an ideal setting for a Fall weekend concert.

Patricia and Melchior Baltazar of Philomont, Virginia, who helped organize the benefit concert, said: "Seven Loaves is an organization that all of us in the Middleburg community remember throughout the year. Small efforts occur every Sunday when area churches collect food donations. Larger efforts happen during the holidays and back-to-school time. We thought it would be exciting and meaningful to create an event that would make a big difference to Seven Loaves for the simple reason that we care … and we can. With local families enthusiastically working together, and with the help of the Blackthorne Inn and a well-known Virginia band - SGGL - we are planning to make a significant contribution to an organization that quietly supports families in need."

According to the Washington Post, SGGL are "immensely talented acoustic guitarists. … Typically, an SGGL show is designed to capitalize on both ensemble and individual talents, so that the lineup on stage is constantly changing. The solo turns are natural, since each member of the group started out as a 'stool-sitting acoustic guitarist' playing college coffeehouses and covering songs by James Taylor, Jackson Browne and Crosby, Stills and Nash."

Anna Small Billman, a local resident and University of Virginia alumni, whose father is also a musician, said she was excited to hear that SGGL was coming to play in Upperville. "They are fantastic singers," she said. "Theirs is good-time music. They are high-energy and infectious, and they make you want to dance and sing along. And all for a great cause!"

Seven Loaves Services is an ecumenical volunteer organization dedicated to providing food, personal supplies, and other assistance to those in the Middleburg community and the surrounding area that are in need of assistance. Established in 1994, it is a tax-exempt, non-profit organization. Seven Loaves Services receives no federal or state assistance. It is funded by charitable gifts from local churches, local organizations, and caring individuals. In 2008, Seven Loaves Services registered 811 families and/or individuals as patrons, distributing approximately 222,450 pounds of food. These patrons made a combined total of 4,984 visits to the Seven Loaves Services Food Pantry. Also in 2008, Seven Loaves Services distributed approximately 150 Easter Baskets to children; school supplies to 207 children in 85 families; and Christmas gifts to 265 children in 107 families.

Tickets will cost $50 per person. There will be a silent auction featuring items from local businesses and individuals, which will take place during the event. All tickets and donations are tax deductible.

For more information www.sevenloavesmiddleburg.org



Friends for Life



KAHLUA has lived her whole life chained outside. She is now having the time of her life playing with friends! Please come meet her– she is a great gal!

Middleburg Humane Foundation



LOUISE
Louise was rescued on Christmas Eve. She was pregnant and starving. Fortunately she is a lovely gal– she is good with kids & other dogs but does need a very structured home. She is a dog who deserves a second chance.



DINO is a lovely little 1 year old Poodle mix who would be the love of your life kid...



Beagle mix Pups!
We have three little 8 week old boys & girls that are as cute as can be!



DUKE is new to us– we rescued him from a county shelter where his time was up. Duke is a handsome young adult –about 2 years old– Shepherd mix who seems to be a lovely dog. Come see Duke!

SOPHIE is a 4 month old Boxer mix rescued from a county shelter. She is very wiggly & loves everyone & everything! Sophie needs an interactive home where she can learn good manners and grow up to be a good canine citizen.





LOU is a VERY special dog – he is impeccably house trained & seems to get along with everyone. He walks beautifully on a leash & is very attentive & loyal. Lou would make a terrific companion for just about anyone!



RASCAL is an adorable JRT mix who is terrific with cats , other dogs and he lived with a newborn and little kids. He is a quiet little guy who just wants lots of love.



MAX
is a super special pure-bred Pekinese. He was abandoned at our shelter after MHF provided emergency medical care. He is healthy & adores everyone &



STAR
is a 5 year old loving and adorable little Dachsund/ Chihuahua mix. She is great with other dogs, cats and children. Star is a fun loving gal who will be a great family friend.



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Equine Rescue!
Has MANY horses, ponies and Mules that need homes. We are in the middle of two large cruelty cases involving a total of 27 equines so if we get custody we will really need help and homes!



FOXY is a 3 yr. old 14 H chestnut grade mare. She was recently rescued from a severe starvation case. She recovered beautifully and is incredibly quiet, calm and well put together.

Middleburg Humane Foundation
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For more information on animals available for adoption, upcoming fundraisers, recent rescues, and how you can help, please visit us on the web:
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Albert's Corner

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

Crisp autumn air means many more opportunities for us to jump in the car with our people to explore the great outdoors. Whether it's a trip to the park or just tagging along to the dry cleaners, going for a ride can be quite a thrill for four-legged friends. It's an easy way to add a little interest to our days while also spending quality time with us. There are some very important things to keep in mind, however, before taking us along for the ride.

First and foremost, we cannot be left in a car on a day that is even a little bit hot. The inside of a sealed car heats up in seconds and cracking the windows does not always help.

But most of you already know that! I'm here to talk about some of the things that aren't as widely publicized. For instance, we should never ride in the front seat. It's tempting, I know, because we love being up there and many of you love having us next to you. It's really dangerous though! In an accident, we can get far more seriously injured in the front seat than in the back. We can also make sudden movements that can distract our people. And, just as deployed airbags can hurt small children, they can hurt us too. Our safe zone is definitely in the back.

Just being in the backseat, however, is not enough. We need to be securely fastened to the seat. There are lots of products that make this an easy task, ranging from extremely inexpensive (simple harnesses that attach to the seatbelt) to more expensive (car seats and crates). If you use a crate or car seat, make sure that it is secured to the seatbelt. In the event of a sudden stop or accident, the crate or seat should stay firmly in place in the car. Whatever you decide to use, it's definitely worth the investment to buy a product that is made specifically for the purpose of traveling safely with your pet.

The most important thing to remember is that we should be buckled up at all times when the car is moving. Even low-impact crashes can send us flying through the air – posing a serious risk not just to us, but also to our people. In fact, we can become incredibly powerful missiles in the case of an accident. Small dogs can be hurled through a car like a cannonball and large ones move through with the force of a baby elephant!

Another thing to keep in mind is that we should be completely in the car at all times. Some of us adore the feel of the wind in our fur, but riding with our heads out of the window poses lots of risks. Our eyes are especially vulnerable because of airborne objects like leaves and debris. We should also be positioned so that we cannot accidently activate electronic windows and locks.

I recommend keeping a leash, first-aid kit and water with you when you travel with your pet. Additionally, you will want to make sure that we are wearing an identification tag. A beloved pet can be out of the car in unfamiliar territory in an instant, because of an accident or because the dog has slipped through an open door or window. A simple tag can prevent a world of heartbreak.

Finally, there are some dogs who are not happy travelers. They become nervous and often get carsick. If your dog falls into this category and has to travel, it's a good idea to put your dog in a crate that feels cozy and safe. Some homeopathic remedies can also be effective in calming us. I've had lots of success with a product called Rescue Remedy.

For the majority of dogs who love, love, love to go for a ride, however, there is absolutely no reason why fun and safety can't go hand-in-hand. For very little effort and expense, all passengers can truly enjoy the trip. So plan to spend some of these wonderful, cool fall days including us in your travels. We'll have a tail-waggin' great time!

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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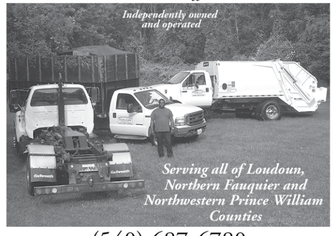
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to Middleburg Animal Hospital and our community!



Middleburg Animal Hospital is pleased to announce that with the addition of Dr. Andruskevich, we can now extend our medical surgical care to your birds, pocket pets, and reptiles (in addition to your puppies and kitties!)

Dr. A. is a graduate of Ohio State University. She has been practicing for 10 years in a variety of settings, including small animal, zoo and exotic medicine and surgery. She enjoys challenges, and practices quality medicine with confidence. You will find her warm, outgoing and friendly manner conforting to both you and your pets. She has recently relocated to Loudoun County from New England, with her husband, 2 children and her own furry housemates.

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Oakfield
Upperville, Virginia

Panoramic views surround this stone manor house beautifully sited on 86 acres in prime Piedmont Hunt Territory. There is a generous first floor master suite and four additional bedrooms, a classic pine paneled library, multiple fireplaces and a fine 4 season porch. The grounds have been improved with lovely specimen trees and perennial gardens. Other amenities include a tenant house, stable and riding ring, equipment building, stone walls and fencing. $5,250,000.

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. $4,800,000.

Helen MacMahon (540) 454-1930



Springbrook Farm
Middleburg, Virginia

Immaculate white washed brick home in a spectacular setting among old growth trees just off the Atoka Road in Piedmont Hunt Territory. The main house has a grand first floor master suite and open floor plan leading to the significant terrace, gardens and pool. 3-car garage includes additional quarters above for guests. 35 acre property, recorded in 2 parcels, is entirely fenced and cross fenced, enhanced by a professional 10 stall stable and an apartment. $2,900,000.

Ann 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) 454-1930



Lions Lane
Boyce, Virginia

Custom built log home on 109+ acres, top of the mountain with unbelievable western views. Private but easy access to Route 50, hunters' paradise, house has 3 bedrooms, 2 1/2 baths, 2 fireplaces, vaulted ceilings, gourmet kitchen, 3-car garage, top of the line finishing throughout. Very energy efficient. $1,575,000.

Paul MacMahon (540) 687-5588



Atoka Chase
Middleburg, Virginia

Impressive stone and frame home with a pond and 10 acres in Atoka Chase. Large first floor master suite, open contemporary design, significant natural light, vaulted ceilings and a central stone fireplace. Extra rooms include an office, an enormous finished walkout basement with recreation room and fireplace, guest room, exercise room and storage areas. $1,395,000.

Helen MacMahon (540) 454-1930



Rectortown Road
Rectortown, Virginia

Stucco Hunt Box in quant village setting, 2 tax parcels, 2.92 +/- acres, home circa 1942, 3 bedrooms, 2 1/2 baths, and 2 fireplaces. Improvements include guest home, 3 stall barn and board fencing. Lovely setting. $1,100,000.

Paul MacMahon (540) 687-5588
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Maidstone Ordinary
Rectortown, Virginia

Circa 1790. Much remains the same in this stone and log home as when it originally served as a local tavern. Today this ultra-charming 3 bedroom home offers a unique opportunity of village living while surrounded by 2+ acres, a large spring-fed pond and mature gardens. Gorgeous floors, chestnut paneling and stone fireplaces. $975,000.

Helen MacMahon (540) 454-1930



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. $675,000.

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Davis Drive
Purcellville, Virginia

Private in town cul-de-sac, fronts on golf course and has Blue Ridge Mountain views from all levels, great year round Florida room flanked by screened and open porches. 9 ft ceilings, slate foyer, paneled family room with fireplace, oversized garage, with extra lot. $905,000 (without extra lot $725,000).

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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. $710,000.

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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.

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INTERNATIONAL OFFERING

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Cindy Polk **703-966-9480**


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OAK STREAM, MIDDLEBURG, VA
Located just minutes from the town of Middleburg, this gracious English Country home is surrounded by 66 acres of rolling fields, stone walls, majestic oaks and Kirk Branch Stream meandering throughout the property. A wonderful open, one level, floor plan with 4 spacious bedrooms and 4 full baths. Separate 3 bedroom cottage, garden shed, 4 bay garage plus 2 barns and run-in. Very private. $3,900,000.
Anita Sisney **703-973-1987**
Linda Norris **540-270-7560**


INTERNATIONAL OFFERING

WOODSIDE, DELAPLANE, VA
Elegant and historic brick federal house on 32.5 acres. The first section is circa 1730, with an addition in 1850. Fabulous views of the Blue Ridge sweep over a large pond. Huge, well maintained hardwoods stand in the park like lawn. Lush gardens. Dependencies include a glamorous pool, a seven stall barn, a large equipment/storage shed with an apartment attached and two log garden houses. The property is in the desirable Orange County Hunt near Middleburg in Northern Fauquier County. $3,400,000.
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Spectacular turn key horse facility on 54 acres located next to Great Meadow Equestrian Center. Recently renovated 8 stall barn with up-to-date amenities. New 140' x 280' sand ring with irrigation and grass Grand Prix field. 3 bedroom, 3.5 bath house featuring high ceilings, spacious rooms plus indoor lap pool. Large swimming pool, bath house, and 2 bedroom tenant house. Dramatic mountain views. Entire property is maintained in excellent ready-to-use condition. $2,550,000.
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Carol Fochtman **540-272-4334**



HISTORIC COTTAGE, SCUFFLEBURG, VA
Charming 2/3 bedroom, 2 full bath home dating back to the 1700s and sited on 1.5+ acres at the end of a quiet road. Updated kitchen opens to the dining room featuring exposed beams, stone walls and a wood burning fireplace. Sun-filled living room and den. Wonderful detached studio with wraparound porch further enhances this special property. $549,000.
Cindy Polk **703-966-9480**



BANCO CABIN, MADISON, VA
This log cabin is beautifully sited on 7+ spectacular acres overlooking rolling fields and the Blue Ridge Mountains. A meandering stream runs along two sides of the property boundary and feeds into the pond. Amazing specimen trees, bushes and plants have been planted throughout the property. Though the cabin has one bedroom and a loft, the drainfield will accommodate 3 bedrooms. Full walkout lower level. A perfect weekend or year round home minutes from Old Rag and White Oak Canyon. Private.
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