



THE POWER OF THE PURSE

CHANDLER VAN VOORHIS

Ever since World War II, America has transformed herself into a Consumers' Republic. Today, the US economy is 70% driven by consumer spending. Our nation's economic health rises and falls with spending. The underlying assumption of the consumption economy has been the need to expand market share, open up new markets, drive down costs by outsourcing labor and environment, while advertising "always low prices."

What we have experienced over the last year is The Great Compression. While the private sector has been de-leveraging, the public sector is leveraging up ---- borrowing more money today on the backs of the future Chinese and Americans who will be stuck with an exploding national debt. We are simply borrowing from tomorrow to spend today in hopes of repayment in the future by "stimulating" the economy.

Is there another way to jump-start our economy?

Our world begins in our backyard. Every decision we make creates ripples.

According to research, for every \$100 spent in locally owned businesses, \$73 dollars stay within the community. Conversely, for every \$100 spent at non-locally owned businesses, \$43 stays locally. For every dollar spent in online retailing, virtually none, as in \$0, stays locally.

Everyday we are faced with the choice to buy a book from Borders, Amazon or Books and Crannies. When we buy a book from Amazon all the dollars are shipped from our local economy to Seattle, Washington. If we buy from Borders, 57% of our purchase heads out of the area. But when we buy from a locally owned store like Books and Crannies, 73% of the money spent stays.

How? Books and Crannies' pay local taxes that support schools, police, fire and rescue. They pay wages to employees to lo-

cal employees who turn around and spend money and pay taxes. They use local services for marketing, accounting and printing. They make donations to local charity. From one book, the dollar multiplies and recirculates around the community. The same is true for locally owned clothing stores, shoe stores, restaurants and banks. This is how a ripple turns to a wave.

National chains, conversely, employ workers at that particular branch, but the majority of the money and support for the branch is located somewhere else. When we buy from Borders, they use national accounting firms, marketing firms, printing shops that are not located in the area of the store. It is even worse for online shopping. Literally, click and it's gone.

The national companies and the Internet retailers lure consumers with low prices, discounts and convenience. Our local taxes may be used to attract industry, but the industry it attracts is nothing more than a vacuum for sucking up local dollars and shipping halfway around the US ---- creating side pockets, not ripples. When those dollars leave the local economy, they are gone for good; it's swipe and go!

The premise of a global economy is market share. What matters to consumers and local business is customer share. Within our own budgets, we spend X dollars on books, Y dollars on shoes, and Z dollars on clothes. The question is what percent of your budget heads out of town and what percent stays to help ripple through the economy?

Each purchase we make from a local business builds equity in our community. The answer to the economic woes is not some stimulus package from Washington or some Cash for Clunker program or some redistribution of the nation's finances but rather ourselves.

So this holiday season, Experience the Hunt Country ---- Buy Local First!

SANTA BABY, SEND SHOPPERS!

DAN MORROW

On the eve of the all-important Christmas shopping season, Middleburg's Town Council is exploring ideas to help fill empty storefronts and support sales and marketing efforts by the town's restaurants and retailers.

At the council's late September work session, Council member Judith Pryor Plescow noted that the central core of the town's business district "... contained six vacancies, with a seventh, and possibly more" on the way.

Observing that the town and surrounding areas were blessed with a pool of world-class marketing talent, she suggested that Council mobilize some of that talent, perhaps in the form of an "ad hoc marketing committee," to reinforce the excellent work already being done by the town's Economic Development Manager, Cindy Pearson.

Members of council speculated that the revenue generated by the town's stores and restaurants accounted for anywhere

from 25% to 65% of the town's general fund budget.

Why the Vacancies?

Though business is clearly down, Middleburg has managed to escape the worst effects of the current recession. That being the case, why, relatively speaking, do there seem to be so many empty stores?

Mayor Betsy Davis, a successful retailer, whose family owns and runs Middleburg's Fun Shop, suggested that increasing rents may be a large part of the problem, especially in a town that sought and encouraged the presence of small shops and "mom and pop" stores.

During the pre-recession boom, at a time when the opening of the new Sala-

Continued Page 14

RIDE FOR THE CURE AT FOXCHASE FARM RAISES \$125,000

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NICKLAUS VISITS CREIGHTON FARMS

PAGE 4



Dr. Gregory Schenk, Medical Director, Robotic Surgery

ASK THE ROBOTICS EXPERT

The da Vinci® Surgical System is a sophisticated robotic platform that enables physicians to perform complex surgical procedures through very small incisions.

As the first healthcare provider in Northern Virginia to bring minimally invasive robotic-assisted surgery to the area, and the only healthcare system in the region to have two of the most technologically advanced da Vinci robots, we invite you to find out more about our commitment to state-of-the-art technology, innovative medicine and world-class physicians.

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NEWS OF NOTE BLASCHAK-STOUT

Ashley Christine Blaschak and Marcus John Stout, both of Washington, D.C., were united in marriage at 2:30 p.m., Saturday, May 16, 2009.

Monsignor Stephen McGough officiated at the ceremony held at the Church of St. Ann in Williamsport, PA.

A rehearsal dinner was held at Le Jeune Chef Restaurant and a wedding reception was held at the Williamsport Country Club.

The bride is the daughter of Karen and John Blaschak, Montoursville, PA. She graduated from Loyalsock Township High School

in 1997. She received her bachelor's degree in English and political science from Bucknell University, Lewisburg, PA, in 2006. She is employed in Washington, D.C., as a freelance editor.

Marcus is the son of Patricia and Jon Stout, Shawmark Farm in Middleburg, VA. He graduated from St. Hohn College High School, Washington, D.C., in 1997 and received a bachelor's degree in economics from Vanderbilt University, Nashville, Tenn., in 2001. He is the owner of Golden Moon Tea and Tiger Wing Tea, Herndon, VA.

Matron of honor was

Nichole Blaschak Crawford, Montoursville, sister of the bride.

Bridesmaids were Annie Thompson, Kathryn Happel and Tiffany Elia, all of Hoboken, NJ.

Best man was Scott Cowin, Los Angeles, CA.

Ushers were Joe Ramseyer, Geoffrey Mitchell and Matthew Ritz, all of Washington, D.C., Ryan Josefovsky, Houston TX, William Schultz, Reston, VA, and Alan Parkin, Los Angeles.

Following a trip to the Greek Isles, the couple is residing in Washington, D.C.



MR./MRS. M. STOUT (ASHLEY BLASCHAK)

LOCAL PHOTOGRAPHER RECOGNITION BY PROFESSIONAL PHOTOGRAPHERS OF AMERICA

Portrait photographer, Janie Stockton of The True Studio® in Gainesville and Middleburg, Virginia is the 2009 recipient of the prestigious Professional Photographers of America (PPA) Directors Award. A true recognition of how giving of yourself and your talents and looking for nothing in return can alter your life forever.

Janie Stockton, founder and lead photographer of The True Studio, said, "I'm humbled and honored to be presented with such a prestigious award. I'm just so thankful that I was able to do something to brighten the days of all those who lost so much during the nightmare

that was Hurricane Katrina."

As they watched Hurricane Katrina blow itself out from the safety of their home, Janie's young children commented that it was so sad that all those now homeless people probably lost all of their family pictures too and that "mommy needed to take some new pictures for them."

At that suggestion, Janie called Habitat for Humanity and told them that The True Studio wanted to help. A few days later, Janie received a call from a senior producer at the Oprah Winfrey Show asking if she would be willing to partner with Habitat for Humanity and Oprah's Angel Network and provide por-

traits for a number of the Hurricane Katrina victims.

After half a dozen trips to the Gulf coast, Janie and her husband Heath's lives had been changed forever. The Stockton's recall that the people they met, most of whom had just lost everything, were some of the most kind and giving people that they'd ever met.

"It started out as a way to give back, but it became one of the best learning experiences of our lives," Janie said. "We gave of ourselves and received ten-fold in return."

The True Studio is on the web at <http://www.thetruestudio.com>.



PROPERTIES IN HUNT COUNTRY

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Cricket Bedford (540) 229-3201

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Mary Ann McGowan (540) 687-5523

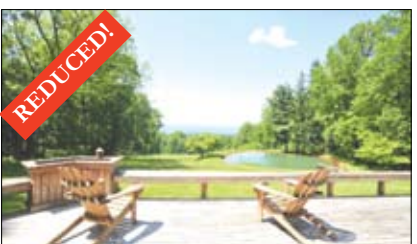
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Cathy Bernache (540) 424-7066

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Mary Ann McGowan (540) 687-5523

MELMORE HOUSE



Middleburg • Only 1/2 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

NICKLAUS VISITS CREIGHTON FARMS

ALEX CUDABACK

Bear sightings in Loudoun County have become less of a rarity in recent years, but a unique and wonderful opportunity arose late last month to gaze upon that rarest member of family ursidae, ursus aureus.

Jack Nicklaus, the Golden Bear himself, was spotted prowling the rolling countryside of northern Virginia late last month, in town on September 30, to kick the tires on his latest gem, the golf course at Creighton Farms.

Nicklaus spent several hours walking the course, reviewing its layout and taking note of the few small details that could be refined the tiniest bit to improve the experience for Creighton Farms' members.

Following his tour, he took time to speak with members, the media and junior golfers from the First Tee Program of Prince William County.

"I'm hands on," Nicklaus said. "I'm always hands on when it's a signature course. I was probably in here 10, 12 times [during construction]."

He's not a micromanager, however, by any means.

"I don't really think I need to get into all the plumbing, as I call it, the irrigation, the drainage and so forth and so on. I'm not going to tell them what kind of pipe to put in. They have engineers that tell them that, and other people who are

far more qualified than I am."

Nicklaus' role is clearly that of course visionary, visiting a property and looking for what lies below the surface, just as a master sculptor may gaze for days, if not weeks, at a piece of stone, waiting for the shape within to make itself known before ever lifting a hammer and chisel.

"What I do is I come in and ...we get the routing. We get to know how we're going to clear it, how we're going to do this, how we're going to do that.[The product you see out here is essentially mine.]"

Nobody familiar with Nicklaus' background should be surprised by his personal involvement in the golf courses his firm designs, and Creighton Farms was no different.

"The golf course, as many of you know, received a lot of accolades when it first opened. It's a good golf course, a strong golf course. Somebody who enjoys golf will enjoy playing here because not only will it be fair and fun, it will also test your mettle."

The attention to detail given to course's design even included the "motion" of the ground throughout the course, its sweeps and undulations. When asked if that motion was intentional, or simply a factor of the property, Nicklaus posed a question of his own before continuing.

"Have you ever seen water

standing on this golf course?"

The predictable "No" brought a smile to Nicklaus' lips before he continued.

"That's why we did that. You want a 2-3 degree pitch in all sorts of areas in your fairway so the water will move off. We do have a little movement through the fairways.... It's not really a Scottish golf course; it's not a links golf course. But it's got a little bit of a rustic flavor and that movement of the fairways is with that."

In addition to the course itself, Nicklaus took time to discuss golf as a whole, where the game finds itself today and what it needs to do better as it moves into the future.

A longtime proponent of checking the perpetual "arms-race" as has defined golf in recent years, Nicklaus again took the opportunity to encourage a rethinking of the game's pace, it's equipment and even its land-use.

"It's very difficult today with golf equipment. The game was slow enough when the ball only went 230 or 240 yards; when the ball goes 340 yards it's pretty difficult to say how you go that extra 100 yards faster. If the golf ball went back to going 230 or 240 yards, the golf courses don't have to be as long. You don't need as much land; you can get around it much faster. But until they do that, the golf's going to be a longer game and I think that's wrong."

"The whole idea is to try to get a game where everybody [pro



and amateur] can play it together. That's what we've been trying to do. Arnold Palmer's been on the same bandwagon; Gary [Player] is on the same bandwagon. And Tiger's in that same position."

Nicklaus' advice to up-and-coming junior golfers?

Play. And watch.

"Get as much exposure to watching people as you can, watch what they do. Watch how people chip. Watch how people play bunker shots. Watch how Gary plays bunker shots; he's magnificent. Watch Ben Crenshaw putt; he's terrific. Watch Tiger recover; there ain't nobody better at that! But you go follow these guys. Learn what they do. Learn how they do it. Try to figure it out. You'll get better."

The afternoon also marked the official unveiling of course's

new Clubhouse, set for permitting and building "as soon as possible" according to David Southworth, President and CEO of Southworth Development LLC.

Plans include a living room, library, billiards room, dining area with bar/lounge area and outdoor space for al fresco dining or lounging. There will be a pro shop offering far more than just golf clothing and equipment; it will also serve as an old fashioned haberdashery where members can get custom men's suits and ladies jackets.

Add in the men's and ladies' locker rooms, a fitness center, spa/treatment rooms - and nine club rooms available for overnight stays - and it's apparent that Creighton Farms is eager to position itself as a one-of-a-kind in the Capital region, if not the entire mid-Atlantic.

THE PAST, PRESENT & FUTURE OF MEDICINE IN ALDIE

A tiny, bucolic village in Northern Virginia may not be where one would expect to find a group of doctors who have integrated the best practices of ancient and modern medical therapies, but for individuals for whom nothing else will do, Dr. Norman Levin's clinic in Aldie is the preferred destination.

Whether you have been diagnosed with the rarest of cancers, have a child who is exhibiting signs of attention deficit disorder, are worried about a series of internal problems or simply don't have half the energy you used to have, integrating a combination of ancient and modern treatments and therapies may be extremely helpful.

Normally, Northern Virginians would expect to find a clinic like Dr. Levin's in Manhattan, Boston, or Philadelphia, if you were lucky. But for patients up and down the East Coast and as far away as Nigeria, Aldie, Virginia has become a destination of preference for a consultation with one of the very best integrative medicine teams in the country if not in the world.

Patients enjoy a professional setting that is designed to put them at ease in a context of calm and confidence. Dr. Heyman, who spends one week a month at the Aldie clinic, plans to take over the practice when Dr. Levin retires.

"Conventional medicine addresses the symptoms," Dr. Levin says. "Today, doctors are beginning to understand how much we need to integrate everything humans have learned about health from ancient to the most modern cellular approaches."

"The best solution to a medical problem is based on a combination of approaches from our entire knowledge base."

Integrative medicine is the combination of conventional with alternative or "natural" therapies using the best of both to improve the health of patients. It is a new

term in medicine, but one that has gained ground in the past 10 years.

Over 75% of medical schools teach about integrative medicine and physicians can now specialize in the area as well. Patients typically undergo extensive evaluations, usually more comprehensive than standard medicine offers, and the doctor brings into service any therapy that might be useful, including nutrition, supplements and herbs, older healing therapies such as acupuncture, and, where appropriate, recommendations for drugs or surgery.

Unlike many critics contend, there is a large, and growing body of research to support an integrative approach.

Norman Levin is a distinguished and delightful combination of energy, intelligence and sincere concern that transmits immediately to his patients. His manner is neither brusque nor distracted, and his dedication to listening to and learning about his patients before he even considers a conclusion may make him a member of one of the rarest breeds in medicine today.

Andy Heyman is a handsome, gregarious young doctor of immense professional reputation who aspires to shift medicine to a more integrative, knowledge-based service that capitalizes on the healing potential of patients and offers cutting edge treatments combined with traditional natural therapies.

"The first thing we do is honor the relationship with our patients," Dr. Heyman emphasizes. "Norm and I go through many prescription pads a year recommending modern medicines. It's what we add to those recommendations that capitalizes on older knowledge bases, but also draws upon the most recent advances in physiology and biochemistry that makes the difference."

"If someone has rheumatoid arthritis, we treat the effects of the disease. We have to treat the cause, not just the resultant problems," Dr. Levin emphasizes.

Nutrient deficiencies and hormonal

imbalances are only two causes of many medical problems, and although some doctors resist treating these causes, more and more doctors are learning how critically important it is to include this knowledge in their patient's care.

At the turn of the century, in 1910, Abraham Flexner recommended that the country apply the Johns Hopkins model to medicine. According to Andrew, it was then that the United States turned away from other approaches that were prevalent at the time, including nutrition, herbalism, and homeopathy and changed the nation's approach to strictly a disease-based medical model.

"After The Flexner Report, many 'alternative therapies' were driven underground, literally legislated out of the marketplace, until the '60's when women began to demand more natural childbirth and alternative therapies were sought out in the wake of the Peace Movement and the Vietnam War. These new socio/political movements opened doors to treatments and therapies that had been disregarded," Andy added.

"There was no equivalent to the Flexner report in Europe and Asia, where modern medicine coexists today more peacefully with the older medical therapies."

"In the United States, for many generations, we taught medical students to rely entirely on disease-based treatments and therapies. As a result we now have growing chronic disease and a system oriented away from the promotion of health."

"We also have the costliest health care in the world. That was our loss. While one can argue the merits of one therapy or another, the Flexner Report ensured that those very therapies or approaches designed to nurture the individual and support the human spirit were disregarded, even denigrated. And, here we are, almost 100 years later, debating these same issues."

Dr. Levin, who received his degree from Temple University School of Medicine in Philadelphia, now has a highly successful complementary integrative practice at his clinic in Aldie.

You don't have to do much research to learn that "...he is a brilliant doctor;" "...although it takes some time to get an appointment, he treats all his patients with respect;" and, "...I had been told that there was no further help for me at all, and I haven't felt this good since prep school."

Andrew, who is also on faculty at the University of Michigan Department of Family Medicine, serves as the National Clinical Chair for a consortium of 50 academic centers that maintain integrative medicine programs at leading universities including Harvard, Stanford and Duke. He was also one of the first physicians to complete a formal fellowship in integrative medicine in the country at the University of Michigan, and actively conducts research and teaches on the topic.

In 1993, Congress funded the Office of Alternative Medicine at the National Institutes of Health, which is now the National Center for Complementary and Alternative Medicine. It was the first governmental organization to recognize the growing need for research in integrative medicine and demonstrates the progress the field has made in general.

Listening to both Dr. Levin and his wife, Kate talk about the Aldie clinic, you would think they were describing a wonderful home. In fact, it is their home and has been since they found it in 1995.

"We wanted to create a place where everyone felt at home," Kate explained. "A warm, relaxed place with lots of books, no television and something good to eat that is readily available to all."

The strikingly beautiful blond smiled as her husband nodded and Andrew chimed in with, "...that's what I love about the clinic in Aldie. Someday, I hope to expand the clinic so we may offer even

more services that honor and help our patients."

Fatigue is one of the areas in which Dr. Levin and Dr. Heyman specialize. Fatigue in all of its manifestations. But according to both of them, few patients have only one thing that is the cause of the problem.

"For instance," said Dr. Levin, "...when we stress the adrenals, our energy level, state of mind, cognitive function, immune system, temperature and thyroid are all under attack."

Medications, whether direct or indirect, can only address a percentage of the problem."

"And," added Dr. Heyman, "...because we are all closely connected to the natural world, we must take that into consideration when we analyze causes and recommend therapies for our patients."

In addition to entire families, Andrew specializes in children's health.

The two visionary doctors met in 1998 at a medical conference in Dallas and have been friends and colleagues ever since. When Andrew was thinking of going to medical school, Norman was very helpful and encouraging.

Andrew, who grew up in Silver Spring, has loved the Middleburg area since he first visited to tour local wineries. He is obviously thrilled to look forward to working full-time in Hunt Country.

"We simply want people to understand that there are many more choices available to them when they are ill," Dr. Levin concludes.

"And, that there is a resource like this in their own backyard," Dr. Heyman adds. "A resource that we believe is a very special place."

To make an appointment for a consultation with either Dr. Levin or Dr. Heyman, please telephone 703 260 3484.

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NEWS OF NOTE

THE SPICE OF VARIETY

JOY M. SMITH

Home Farm
540-687-8882

The imposing, stone building with the beautiful pediment and white columns at the corner of Washington and Madison Streets looks just like a bank. Because, that is just what it was back in 1924. Today, the first home of The Middleburg National Bank is the retail center for exceptional certified humane and local meats and much, much more at the Home Farm store.

Middleburg is a truly fortunate locale in many ways, especially because the people who bring their talents and businesses here are devoted to quality. This Spice of Variety series has introduced a number of talented specialists in the food business. This month, we want you to discover a food resource that is just about unmatched anywhere. And we do mean anywhere.

The Home Farm, Traditional Butchers and Graziers, opened in September of 2004. Store manager Sheri Lake came to work there in September of 2005.

She is an attractive young mother of two who commutes from Remington, Virginia to Middleburg each day. Sheri is fully experienced in the food business, both in retail and in catering.

Everything in and about the store reflects owner Sandra Lerner's passion for and commitment to organic farming at her Ayrshire Farm just west of Middleburg in Upperville. The meats, poultry and much of the produce originates at Ayrshire Farm or at local growers.

Chef Rob Townsend prepares special dishes for take from the Home Farm store in his kitchen on the farm. Full-time store butchers are Erin Bushnell and Carlos Ramirez.

Sheri and Erin gave us a tour of the Home Farm store beginning on the attractive balcony that overlooks the entire ground floor of the store. There, the vista of gleaming refrigerated cases hold fresh meats, prepared meats, prepared dishes, and cheeses of almost every variety. From delicious, difficult to find grains, packaged sweets and savories at



the door to eggs, fruits and vegetables that would win blue ribbons at any state fair, one surveys a fine selection of wine, a center isle with fresh breads, biscuits, chocolates and other treats, and the meat counter, a display worthy of Harrod's

Food Hall in any epicure's estimation.

Sheri says, "Our customers are definitely repeat customers." They call ahead and they count on the fact that we stock their favorite products and ingredients. Our take-out business at the

Home Farm store is brisk and growing every day."

Increasingly, shipping has become an exciting part of Home Farm store business. The finest organically grown meats, vegetables, fruits and related products are in demand in many areas of the country that are not so fortunate as to be home to Sandra Lerner and the passionate breed of agrarians now located as Loudoun, Clarke and Fauquier Counties.

For a Sunday dinner, you owe yourself a Home Store standing rib pork roast, one of the most delicious pork roasts you will ever enjoy, and you may be an absolute fanatic about the quality of your beef when you shop here.

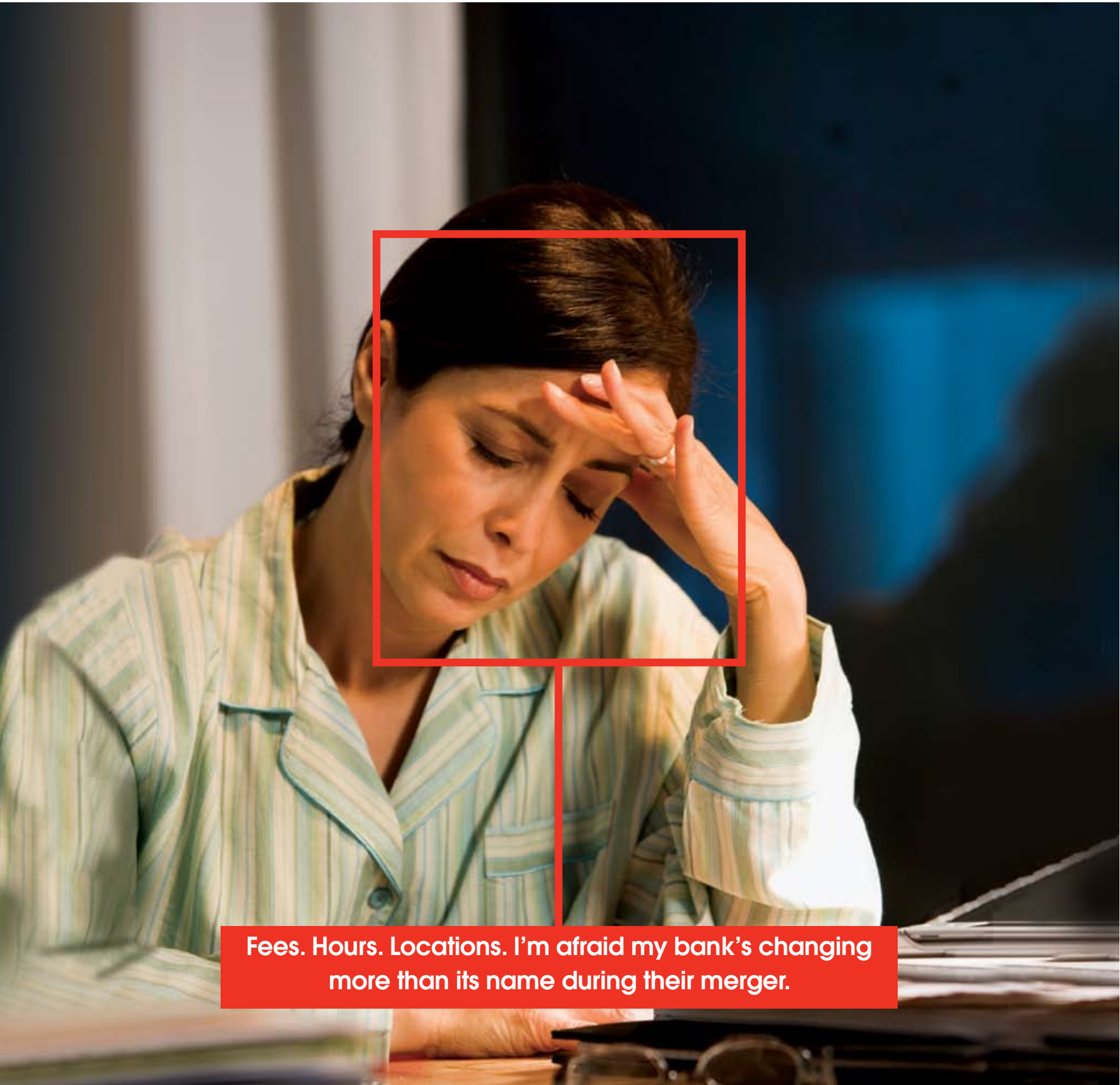
Every cut is marbled to perfection. The chickens taste scrumptious and the bacon, sausages and chopped steak are unrivaled anywhere.

Special orders for holiday turkeys for Thanksgiving and Christmas – are now being taken. Be sure to ask what side dishes will be available this holiday season!

To place your order, please call 540 687 8882 or 540 592 9504.

The Home Farm store is open 7 days a week from 10:00 a.m. to 6:00 p.m.

Because Ayrshire also owns Hunters Head Tavern in Upperville, the Farm also supplies the menu needs for the Tavern. Stay tuned to this column next month when we'll take you to Hunters Head Tavern in Upperville.



Fees. Hours. Locations. I'm afraid my bank's changing more than its name during their merger.

Wells Fargo purchased Wachovia. Capital One bought Chevy Chase. M&T has acquired Provident.

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Wednesday, Oct. 28th from 7-8:30pm
Middleburg Community Center
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Seminar Cost: Complimentary. Light snacks and refreshments will be served.

To RSVP call Joe Burke at 540-687-6771. For more information, visit www.bowa.com/GreenMiddleburg.

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NEWS OF NOTE

BALCH LIBRARY TO HOST LOUDOUN HISTORY AWARDS

Four Loudoun County residents will receive 2009 Loudoun History Awards at the seventeenth annual awards ceremony sponsored by Thomas Balch Library Advisory Commission, at 2 p.m. on Sunday, November 8 at Thomas Balch Library, 208 West Market Street, in Leesburg.

This year's honorees are Anne Donovan Larson, for her work as an advocate for preservation of historic sites and local history research, W. Brown Morton, III, for his work in architectural preservation and historical research and writing, Henry G. Plaster, for his advocacy of and preservation of local history, and Mary E. Randolph, for her contributions in historic preservation of Loudoun's African American heritage.

These individuals have made significant contributions

to preserving Loudoun's past through collection of county documents and memorabilia, preservation of historic landmarks, visual arts, writing, and long-time commitment to local history organizations.

The public is cordially invited to attend the awards ceremonies.

For more information call the Library Director, Alexandra S. Gressitt, at 703-737-7195.

FRIENDS OF LOUDOUN MENTAL HEALTH

FIRST ANNUAL LEADERSHIP AWARD
PRESENTED TO SIX HONOREES



During Mental Health Week, Friends of Loudoun Mental Health is honoring local community advocates for bringing understanding, resources, and advocacy for Loudoun citizens who experience mental health challenges arising from crisis, brain chemistry, and age-related issues, enabling them to stay safe and live life fully.

Delegate David Poisson; Delegate Joe May; Andy Johnston, CEO of Loudoun Cares; Judith Romberg, Program Manager, Loudoun County MHMRAS Prevention and Intervention Services; Pat Pearson, community advocate, and Saint Peter's Episcopal Church's Outreach Program Committee; Alex Andrews, Buddy Andrews, Doug Gill, Judy Hall, Tim Hall, Cathy Little, Charlie Little, Lorraine Landolt, Paul Miller, and Pat Pearson are the recipients of Friends of Loudoun Mental Health's first annual leadership award.

Originally organized under the able chairmanship of Mrs. William P. Hulbert, the Christmas Shop raised a tidy \$1,154 during its first year of formal operation.

Courtney Kohler who has kindly chaired the event for many years and began working on the annual shop in 1971, will supervise twenty-seven shops this year and expects vendors from California to Vermont and from New York to Texas.

EMMANUEL CHURCH CHRISTMAS SHOP CELEBRATES 60TH ANNIVERSARY

When The Ladies of Emmanuel decided to organize a Christmas shop to raise money for the needy in 1940, few might have imagined that in 2009, the opening of the annual Christmas Shop that was formally introduced in 1949, would have become such an important and anxiously awaited event.

Opening December 5th and open through Saturday, December 7th, The Christmas

Shop will this year celebrate sixty years of giving and good works. Presented by Emmanuel Church, the shop has become a critically important benefactor of many foundations and not-for-profit organizations including the Bloomfield Foundation which serves physically disabled children, Seven Loaves Food Bank, Fish, Middleburg Fire Department and Windy Hill Association that provides housing for the local work force and elderly residents..

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~ From Dulles Greenway (VA 267W): Take exit 1A (on left). Follow 7-W for 4.9 miles to VA-9 exit.
From exit ramp, Turn LEFT onto Charles Town Pike (2/10 mile). Turn LEFT onto Dry Mill Rd. Follow 7/10 mile.

Christmas in Middleburg

December 5th, 2009



Photo Credit Jay Hubbard,

Featuring The Middleburg Hunt

8am-10am

Breakfast with Santa and Silent Auction
The Middleburg Elementary School

10am-5pm

Middleburg Garden Club's
Christmas Flower & Greens Show

10am-5pm

Craft Show at the Community Center

11am

The Christmas Parade lead by the
Middleburg Hunt. The sight is spectacular with
approximately 100 riders and dozens of hounds

12:30am-3:30pm

Hayrides from the Pink Box
immediately following the parade.

Thank You to our Sponsors!



NEWS OF NOTE

FOX CHASE RIDE FOR THE CURE RAISES \$100,000

Hundreds of riders from Virginia and many points afar, met recently at Fox Chase Farm in Middleburg to participate in Ride for the Cure Virginia. Many riders had lost loved ones to breast cancer and many others knew friends or colleagues who were fighting a valiant fight.

Riders dressed in every aspect of pink were only outdone by the horses, many of whom had died their tails and manes pink, and were sporting pink saddle blankets, leis and all manner of the breast cancer color code.

Dr. Colette Magnant, a prominent breast surgeon and director of the Sullivan Center's Breast Cancer Program at Sibley Memorial Hospital in Washington, D.C. shed light on the importance of events like the Fox



Chase Ride and spoke at length about how horses can help someone with breast cancer.

In an interview with Darly Newman who directs Equitrek, Dr. Magnant said she encouraged riders to continue riding after they are diagnosed and as long as they can.

"We know that people who love animals live longer," she

explained, "So it only makes sense."

Dr. Magnant is also associate professor of surgery and director of trauma services at Georgetown University Medical Center.

Over \$100,000 was raised to support the Susan G. Komen Breast Cancer Foundation.

LOST MOUNTAIN GRAPHICS



Mark Smith and Joy Schwab met in the English Department at Florida Atlantic University in Boca Raton, Florida in 1981. Their future together would be found in Middleburg, Virginia.

Mark was experienced in newspaper design/production, writing, advertising, and . . . golf. Joy carried a business background in marketing, event planning, coordination, and writing. They were differently but compatibly equipped for the businesses they would create together.

Their first project was an International Conference on the Fantastic in the Arts at the University in 1982. It was a 5-day, 8-track event featuring writers of science fiction and fantasy - like John Barth, Harlan Ellison and Stephen King.

The Smiths were married on September 1, 1984 in North Palm Beach, Florida - the wedding reception was held on their patio by the pool. They moved to Upperville, Virginia on January 12, 1985 - in a blizzard.

Their new business, Novascope Magazine, appeared in Virginia homes

and public places in September 1985. The Smiths report they hadn't been publishing a year when other businesses contacted them for promotional materials. Lost Mountain Graphics, their Advertising Agency, was up and producing in a heartbeat.

Novascope/Lost Mountain Graphics (LMG) joined the Middleburg Business & Professional Association and moved their offices into town in September 1987. Many of the business alliances and friendships formed during those years continue today.

The West Virginia Breeders Classics was one of the outstanding alliances from that time. Since 1987 LMG has designed and helped produce the annual Classics with Sam Huff and Carol Holden. In 2009, West Virginia Breeders Classics XXIII is a two million dollar celebration.

Through their 25-year business history, Lost Mountain has helped scores of businesses reach their goals. These days, Mark & Joy Smith say, "Come see us, the time is right for us to help your business grow."

540 687 3314

ENCHANTING HOLIDAY MAGIC AT 'THE CHRISTMAS SLEIGH'

Dieter Rausch met Linda Tripp Rausch when they were both six years old. She was visiting her grandmother in a village near Frankfurt, Germany. He lived next door.

It wasn't long before Dieter was bringing his pony cart to Linda's grandmother's house to take her for rides through the countryside, and he and Linda never lost touch.

When she was thinking about what to do after her Federal career, and he had had thirty years of being a busy German architect, they talked about what to do next.

Dieter had always been a collector of the finest Christmas decorations, and Linda, who loved all things related to Christmas, decided to establish the most beautiful holiday shop on the East Coast.

Voila! The Christmas Sleigh in Middleburg, Virginia was born.

Today, holiday shoppers and those who simply love Christmas come from far and wide to 5A East Washington Street to find a truly splendid selection of holiday trimmings, trappings and décor all year. But nothing during the rest of the year approaches the marvelous experience of entering The Christmas Sleigh when all the new holiday wares are in sight.

No matter how discriminating or discerning you are, the charming display of traditional ornaments, Nativities, wooden toys, nutcrackers, stuffed animals, dolls, fancy European decorations, children and adult clothing, Smokermen, crystal, porcelain, antiques and so much more will captivate both you and your pocketbook.

"We both love it so much that we simply cannot resist the beautiful things we find on our shopping trips for the shop," Linda explains, smiling.

"We want our customers to have the very best and most charming pieces for their holiday pleasure," Dieter adds.

The truly amazing thing is that one doesn't have to spend a fortune to go home with a basket full of beautiful Christmas decorations. The prices range from delightful advent calendars from well under \$10 to splendid cashmere blazers for under \$1,000.

This year The Christmas Sleigh is introducing a first edition of Steinbach Foxes designed by Linda especially for the Piedmont market.

"These will only be available in our shop for this first year," Linda explained. "Karla Steinbach was here two weeks ago to sign each of the numbered pieces."

The new Master and Mistress of the Hunt Steinbach Foxes are very fancy and have great attitude. Each is priced at \$475 for their debut year. Small, delightful fox ornaments are \$25 for collectors and admirers.

There are also beautiful wooden Advent chateau and cottages that can become part of your annual Christmas legacy and an amazing selection of Byers Choice Carolers from Pennsylvania. Byers Choice introduced brand new Coachmen this year and, of course, they are available at The Christmas Sleigh.

The biggest selection of Smokermen in the country is in residence at The Christmas Sleigh.

"We sell more Smokers than anyone else in the country," Linda said.

The hand-painted pewter "flats," toy soldiers of every size and regiment are top sellers in the Middleburg shop and for those who wish to decorate for additional holidays, there are charming "flats" for every seasonal highpoint.

This year, in response to increasing demand, Linda and Dieter will take Christmas decorating commissions for those who place their requests with the shop before mid-November.

"Over the years, so many people asked us to help them make their homes as festive as the shop, so we took a few commissions last year. They were so

successful, and, honestly, we enjoyed it so much, that we decided to add Custom Decorating to our portfolio of services," she explained. "We must have placed hundreds of thousands of tiny white lights on exterior and interior decorations. And we were completely exhausted by New Year. But it was such a pleasure to be able to make families so happy at the holidays."

"We'll create décor for banisters, mantels, Hunt Boards, sleighs, tables, libraries, guest rooms and, of course, trees of all sizes and in all contexts."

"We really must have orders by November 8th in order to reserve antiques and special pieces. We can only accept so many orders, so please encourage everyone to let us know right away if they would like our help."

Finally, do not neglect to visit the last room in the shop for the most charming German clothes for children, gentlemen and ladies. From fox-trimmed cloaks and cashmere capes to Lanz of Salzburg sweaters and Giesswein pieces for women and children, you will find something extremely special for everyone on your list.

The sumptuous leathers by Meindl are of the highest quality and the silk taffeta party dresses by Susanna Spatt of Salzburg will thrill every little girl you love.

For slushy, snowy winter days, the Austrian high-cut leather boots for little ones are perfectly fabulous.

To place Custom Decorating Commissions, please telephone Linda at 540 687 3665.



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Photos by Sarah Huntington

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NEWS OF NOTE

PROJET AVIATION GAINS DCA ACCESS, ADDS GULFSTREAM TO FLEET

ProJet Aviation, a Metro-DC area aircraft management and air charter company, has received TSA approval for operations at Reagan International Airport (DCA). The company will begin operating on-demand charter flights to and from DCA immediately. To meet the demand for an increase in charter activity, ProJet has added an additional Gulfstream G-III to their expanding charter fleet.

Though many of the details of the DCA Access Standard Security Program (DASSP) are confidential, ProJet Director of Security Bruce Yost said the program features strict security measures that are consistent with ProJet's high standards. "ProJet has worked closely with the TSA throughout the approval process, and we are pleased to be able to offer clients direct access to our nation's capital," said Yost.

ProJet Aviation CEO Shye Gilad offered an optimistic outlook on DCA operations. "ProJet is committed to providing the best aircraft management and charter experience in the DC Metro Area,

and DCA Access is a major component to our long-term success," said Gilad. "The addition of another long-range jet will give our local and international clients more options for travel world-wide." The Gulfstream G-III can carry up to 10 passengers more than 3400 nautical miles, and is based in Manassas, VA. ProJet also operates a Gulfstream GIV-SP and a Piaggio Avanti II from their corporate aviation facility in Winchester, VA.

ProJet Aviation is the Metro-DC Area's premier aviation company, providing aircraft management, charter, acquisition, and consulting services. One of the few private jet charter operators approved for access to Reagan National Airport (DCA), ProJet combines the operational practices of the world's best air carriers with the refined service of a world-class hospitality company. ProJet holds an ARG/US Gold safety rating for worldwide charter operations, and offers a voluntary carbon offset program through a partnership with Terrapass. ProJet Aviation: The value of time, the wonder of flight.

FIRST AND LARGEST FOREST CARBON ORIGATION PIPELINE PROGRAM IN THE US

GreenTrees, the first and largest forest carbon origination pipeline program in the U.S., has increased its land and carbon capacity by 40% in 2009. The average size of each property enrolled increased 250% year-over-year, highlighted by the conversion at one property of 1,100 contiguous crop acres in Louisiana into a 700,000-tree forest next to the Tensas Wildlife Refuge.

Created and managed by C2I, LLC, GreenTrees currently has a total of 30 carbon sequestration projects located in the Delta regions of Arkansas and Louisiana. They collectively will restore nearly 2 Million bottomland hardwood trees near the Mississippi River while using another 2 Million cottonwood trainer trees to benefit the hardwood growth. The cottonwoods and hardwoods can selectively become available from harvesting for wood biomass, pulp and/or timber markets while creating sustainable forests.

By converting acres into hardwood forests through lease commitments designed for anticipated carbon compliance protocols, landowners are restoring multiple conservation and environmental benefits for generations to come. Bottomland hardwood restoration in the Delta improves wetlands, expands wildlife habitats, controls erosion, reduces nitrate run-offs and sequesters carbon



dioxide. The Lower Mississippi Alluvial Valley is the nation's largest watershed, covering approximately 25 million acres.

In May 2009, Duke Ener-

gy announced its early investment in GreenTrees in order to generate high-quality, verifiable carbon offsets that will help Duke reduce their emissions under expected federal compliance legislation. From the private capital C2I raised for these carbon rights, landowners can receive contract payments, potential carbon income, additional cottonwood harvest incomes along with other forest and conservation incomes possible from every acre planted.

"The GreenTrees pipeline model enables us to place private capital on private lands year in and year out while delivering new ecosystem assets produced from afforestation, like carbon. Landowners are provided new and multiple sources of income and property value from their new forest. We believe the private landowner is the most important participant in enabling scale in forest carbon pipelines, conservation, and landscape restoration," stated Chandler Van Voorhis, co-founder of C2I, LLC.

For more information about GreenTrees, contact Page Gravelly, Senior Director for GreenTrees at 540-687-8950 or visit www.green-trees.com

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NEWS OF NOTE

SANTA BABY, SEND SHOPPERS!

CONTINUED FROM PAGE 1

mander Inn and Spa seemed imminent, commercial property rents in Middleburg, like housing prices, rose sharply. Council member Kathy Jo Shea suggested that the rising cost of utilities may have also contributed to the problem.

Changes to Zoning Ordinances and Regulations?

Town Planner and Zoning Administrator, David Beniamino, told council he had been receiving "a lot of calls about Federal Street," from people who wanted to keep

their businesses in Middleburg, but felt they could no longer afford "main street" rents.

Noting that the cost of properly restoring neglected properties, or converting them to new uses, was expensive, Beniamino suggested that the town's planning

commission look closely at its land-use policies, and think about creative approaches to making areas like Federal street an attractive and economically viable alternative to those seeking more affordable rents.

Mayor Davis noted that, in the past, the Town had changed its zoning ordinances to attract businesses that could afford higher rents, encouraging, for example, construction with first-floor retail space.

Economic Development Coordinator, Cindy Pearson pointed out that the City of Richmond was currently offering tax reductions to business owners who lowered rents.

Locals or Tourists or Both?

Mark Snyder observed that the mix of businesses in Middleburg had much to do with the kinds of people the businesses served.

Businesses that had focused on serving local residents, Snyder noted, had been slowly replaced by shops, restaurants, and stores that catered to tourists well before the current recession.

Both Snyder and Council Member Trowbridge Littleton pointed out that, for some building owners, their properties were simply investments. As long as they increased or maintained their market value, it mattered little who rented them or what sort of services they provided.

Snyder also noted that the town had long been engaged in promotion and marketing directed at non-resident shoppers; marketing efforts that included not only professionals directly employed by the town, but help from County tourism and economic development staff, and outside consultants as well. Given the current state of the economy, Snyder said he saw little hope for further town-funded marketing help.

Brainstorm

Noting that Christmas was approaching, Judith Pryor Plescow reiterated that she "did not want to have empty storefronts as the face of Middleburg." A little "outside the box" thinking about marketing the town, she said, would help.

Council agreed the town should do whatever it could to help the town's businesses.

Mayor Davis asked Cindy Pearson to organize a "brainstorming" session as soon as possible and asked Council to recommend participants.

Council member Lisa Patterson pointed out that council's actions might also help focus and, in some cases, reenergize a several existing committees and local professional organizations with similar goals.

Closing South Madison Street

Town Administrator Jerry Schiro reported that first-time costs for permits, signage, and staff, for a safe, legal and proper closing of South Madison Street for an event similar to a Bluemont Concert would be roughly \$2,900. Thereafter, according to Mayor Davis, the cost would drop to around \$500 per event.

Costs include one-time outlays for new, heavier, and more-highly visible barricades, and recurring costs for staff time and permits.

A decision on the town's ongoing relationship with the Bluemont Concert Series is due by May, 2010.

The National Sporting Library and Museum

In response to ongoing discussions about how best to treat sidewalk construction on property owned by the National Sporting Library, Town Council directed the Middleburg Planning Commission to draft an ordinance allowing selected property owners to pay a fee, in lieu of building sidewalks on their property. Draft legislation should be in Council's hand by January.

Though technically required both by the letter and spirit of the town's sidewalk plan, thorny questions arose soon after the Library announced plans for the construction of a new art museum on their hilltop property.

Of particular concern were the physical and aesthetic impact of new sidewalks on historic structures, the wisdom of building technically-required sidewalks that, in practical terms, "led to nowhere," and cost.

At Thursday's regular session, Council formally met Rick Stoutamyer, of Marshall, Virginia, the new Administrative Director of the National Sporting Library.

Stoutamyer, has lived in the area for more than twenty years, sold rare books in Middleburg for many of them, and has a personal and professional interest in maintaining the historic integrity of the Library and museum site, and the town as a whole.

He invited all members of the Council and Town Staff to visit him at the Library for a personally-guided tour.

Town Vehicles for Sale

Council agreed unanimously to a suggestion by Town Administrator Schiro that the town sell two, currently unused vehicles: one of its police cars and a utility-body truck.

Schiro was also asked to see whether a third vehicle, a pick-up truck, used primarily for quarterly water-meter readings, should also be sold.

Vice Mayor Darlene Kirk

noted that meter readings occurred only four times a year. Mark Snyder suggested that, given the cost of insurance, depreciation and maintenance, it would be much cheaper to simply reimburse the meter-reader for the use of his own vehicle. Schiro, noting that the town's utility operations had been outsourced to the County, agreed that there was no obvious need to keep the equipment.

Snow Removal Contract

November 4 is the deadline for applications for the town's snow-removal contract. The Town Administrator advertised for bids after previous contractors indicated they were no longer interested in the work.

Water Treatment

The "substantial completion date" for town's new wastewater treatment plant has been moved to the end of January, according to the Town Administrator. The water treatment plant remains on schedule for a December completion.

Given the progress of construction to date, Salamander Development has requested a partial bond reduction for the two facilities.

Schiro reported that the Town's engineers were reviewing expected expenditures to see if such a reduction made sense, and that he would make a recommendation to Council based on the report.

The town is also looking into tracking fresh-water use by the Town's fire department. Keeping track of just how much water is used, is practically the only way to track just how much water is lost, strayed, or stolen, and thus measure the efficiency of the town's water systems.

Each fire department tanker holds roughly 2,000 gallons of fresh water. The town does not charge for water used by the fire department.

"Out-of-State" Tags and "Wrong-way" Parking

Vice Mayor Darlene Kirk told Council that she had "observed a number of out-of-state tags" on the cars of Middleburg residents, "particularly at the rental properties."

She asked Police Chief Steve Webber to "have his officers check vehicle stickers" and, while they were at it, do something about "vehicles that parked facing in the wrong direction." She noted that she had observed such vehicles on Route 50, Federal Street, and Marshall street, and that none appeared to have been ticketed.

Town Charter Amendments

Council plans to hold required public hearings at its No-

vember regular meeting on draft changes to the Town Charter, the moral equivalent of Middleburg's "constitution."

If all goes well, the amended Charter will be presented to the Virginia General Assembly for approval on December 5. A seventy-five percent majority vote is required for approval in Richmond.

According to Town Attorney Liz Whiting, the amendments to Middleburg's Charter, though important, are relatively minimal.

The first, and most important, will be to "... update the Town's boundaries to reflect the latest metes and bounds description that incorporated the Salamander tract."

The extension of the town's boundaries to include Virginia Lane to the west and the Middleburg Animal Hospital property to the east, though already recorded, would also be formalized.

The revised charter would also reaffirm the number of council members required to be present before official action can be taken in its name. Under normal circumstances the Mayor and four council members constitute a quorum. In the absence of the Mayor, four members of council would still constitute a quorum.

Whiting noted that, despite the new amendments, under Virginia law, "there were instances in which a higher quorum was dictated, such as with appropriations greater than \$500 or the contracting of debt."

Emails

The town is investigating setting up a new, more readily accessible, and highly responsive "Middleburg.gov" internet address and assigning new email addresses to Council and staff members.

Currently, most council members use their personal email addresses to conduct official business.

Emails sent to the council members' currently listed "official" email addresses are not automatically forwarded and often go unchecked, according to town officials.

Spam is also a major problem. The vast majority of incoming emails each day are evaluated by town staff, and deleted as "junk mail."

Concerns about the email system arose, according to Mayor Davis, "... about a year ago when the Loudoun County Board of Supervisors were hit with a FOIA request for their personal emails."

For security reasons, she said, she felt strongly "... that the Town's entire e-mail system should be under the roof of the Town Hall, with the Town having full responsibility for it."



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EDITOR'S DESK

NOSES, FACES, FRIENDS AND PROPERTY VALUES

It isn't the Great Depression, or even close.

But for anyone whose job, or home, or business, or healthcare, or chance to go to school has been lost, or is in danger of being lost, it is a great depression nevertheless.

Here in Middleburg, we have indeed been spared the worst of the economic downturn.

Things aren't great, but compared to other places in Virginia, or Michigan, or Mississippi, or South Carolina, we're doing OK.

Property values are down, but not that much. Unemployment is up, but not that much.

Here in Middleburg, small businesses rule. They pay most of our taxes. They provide most of our jobs. They make Middleburg the delight that it is for those

who live and work here, and those who visit.

And here in Middleburg, most small businesses owners are renters

Many need help.

And while many, if not most commercial property owners have renegotiated and lowered their rents to help keep their tenants in business, hiring, and paying taxes . . . some seem perfectly happy to insist on high rents, even if their insistence leaves a vacant storefront, like a missing tooth, on the face of the village.

Empty storefronts hurt every other business in town, and reduce everyone's property values.

If your tenant's in trouble, help any way you can. And don't wait until they ask. It's Middleburg. Some of us are still proud to beg.

LETTERS

To the Editor:

Bluemont Fair... No, Thanks.

My husband and I moved here to western Loudoun County from Arlington County almost 7 years ago so that we could enjoy living in the country. We live on Yellow Schoolhouse Road, which is unpaired. We have 16 acres and we enjoy living in what we thought was a dog-friendly community. Since we have lived here, we have attended the Bluemont Fair every year, and since she was a puppy, we have brought our dog, Cricket, to the fair.

Imagine my surprise, as I drove through Bluemont on my way home the Friday night before the fair, upon seeing signs posted in various places on Snickersville Turnpike that stated in bold letters "NO DOGS ALLOWED." Incredible, when I got home I got on the Internet and logged onto the Bluemont Fair website to see if I could find some explanation as to why well behaved dogs would not be allowed to attend a country fair. I could find no explanation, and instead found statements on the website that dogs would not be tolerated. Even in the vendor's Q&A section, there was a question as to whether a vendor could bring his/her dog to the fair, and the answer provided was "NO" — no explanation, just a flat out, "NO." How friendly is that?

Thank you, Bluemont Fair organizers, for turning Bluemont into a community just like any other in eastern Loudoun and the DC Metro Area. In my opinion, it is no longer a community with an animal friendly, country-type atmosphere. I thought that Bluemont was different. I was wrong. Will this Bluemont area resident be attending the fair next year? No way. Shame on the Bluemont Fair organizers. You have truly lost your way.

Virginia Baxter
Round Hill, VA

To the Editor:

Loudoun residents need to speak out against the proposed 40 foot addition to the Grain Elevator in the town of Bluemont. For the financial gain of a few, one of the few pristine country views left in Loudoun County will be ruined. The scenic views of Bluemont valley, as you

HYPOCRISY

TOM PRATT

Louis Posada Carriles is a known terrorist, convicted felon and plotter of the Cubana Airline disaster which killed the entire Cuban youth fencing team. He along with Armando Bosch are ex-CIA operatives who have been trying for years to not only bring down the Cuban government but to assassinate Fidel Castro.

These two thugs are freely walking around the streets of Miami and our justice department is trying to have Roman Polanski extradited to the United States to stand trial for having sex with a 13 year-old-girl??? She is now nearly 50 and has told the press and investigators to leave her and her family alone. What kind of stupidity, hypocrisy and a total waste of taxpayer money is that!

ACORN, the grassroots organization that has helped untold numbers of poor in this country has once again been in the news and under attack by the right wing. A very few, frankly stupid employees of ACORN, there entrapped by a couple of people hired by right wing organizations to pose as a pimp and prostitute they were attempting to obtain funds and advice from ACORN in order to set up a prostitution business.

On Sept 19th the Loudoun Planning Commission recommended approval of the application by Invisible Towers to raise the height of the Grain Elevator at the end of Railroad Street an additional 40 feet in order to hide a 110 foot tall cell phone tower. This already mammoth building would become an eleven story behemoth, dominating, and in my view, ruining the vista of Bluemont valley and impacting the historic town of Bluemont.

This will not be a historically preserved building as Invisible Towers would have us think. The addition to the elevator will be made of a fiberglass shrouding to hide the cell tower installed inside it. I don't think this 110 foot fake cement tower will be invisible to anyone, except perhaps the developer who lives in Waterford. In reality, it will be a modern fiberglass building looming over the historic village, with no historic relevance, with the sole purpose of fattening the pockets of a few, while using our interest in "green preservation" as a cover.

Loudoun's Revised General Plan states; "These villages are unique scenic and historic resources. With careful planning and moderate growth, they will maintain their scenic and historic character, as well as their social and economic viability. The individual character of each village should be maintained and respected. The County's policies for Existing Villages are aimed at limiting new residential and non-residential activities to that which is compatible with the existing structures... These heritage... elements... are an integral part of the County's way of life that must be preserved for future generations as they have been for the past 240 years. The County will preserve agricultural land, natural resources, open space and historic landscapes."

The village of Bluemont is a historic district and should be respected as such. Is it possible that the Planning Commission thinks a 110 foot building won't change the historic landscape? I stood below a war memorial on a Mt. Greylock in Massachusetts last week that was 93 feet tall and marveled at how big it was until I realized that it was still 17 feet shorter than our proposed tower.

Although unproven, there is a perception of health risks to those living close to a cell tower which will certainly lower the number of people who will wish purchase a home nearby, lower home values, and make the Bluemont historic district less desirable. It is against county zoning policy to place communication towers so close to residences. A precedent will be set if this zoning exemption is allowed - you may find the next cell phone tower in your back yard.

There are currently options for internet and cell phone service in Bluemont, and more choices will certainly be available soon, even if we vote no to this site. It was confirmed at the hearing that erecting a tower up the hill from this proposed site would provide much

that the fines are simply the cost of doing business and the companies have no intention of changing their ways.

Senator Sanders has introduced an amendment in order to see how many defense contractors and how much money has been received by them while conducting their fraudulent activities. He is asking the Inspector General at the DOD how they plan to penalize these groups.

The extraordinary hypocrisy is obvious. Many in the military have been killed and injured because of the illegal practices of these defense companies and ACORN is vilified because a handful of stupid employees were caught by a couple of actors hired to entrap them.

The bottom line is this: ACORN helps the poor and disenfranchised vote and those on the right see that as a threat (as most poor vote democratic) and are relentless in their attacks against ACORN. The defense contractors contribute millions of dollars to Congress ACORN does not. Could there be a connection there as well?

Senator Sanders is correct in going after the real villains and good luck to him.

SOME UNANSWERED QUESTIONS

FROM BEYOND THE BELTWAY

KEN RIETZ

Since Barney Frank and his liberal allies are so concerned about CEO compensation, why were they completely silent when Freddy Mac, a government controlled company, announced it will pay its new CEO almost \$2 million as a signing bonus and almost \$3 million annual salary?

Instead of trying to regulate executive pay, why don't

we just limit the amount a corporation can write off as a business expense? Let them pay whatever they want just don't let it all be tax deductible.

Why did Michelle Obama need her own 757 to fly to Copenhagen to pitch the Olympics for Chicago, running the total first family participation up to more than \$3 million? And, when Obama tried to sell Chicago to the International Olympic Committee, why did he feel

he had to once again apologize for our country?

Why does Michelle Obama need a staff of 20 when other First Ladies got by with 1 or 2?

Why are tax cheats Barney Frank and Charlie Rangle getting away without a House investigation into their affairs?

What happened to Nancy Pelosi's promise to drain the swamp of corruption?

Is she oblivious to her

fellow liberal Democrats misdeeds?

If we can save money by cutting fraud in Medicare, as Obama claims, why don't we just do it? If Congress passes the 'Public Option' as part of Healthcare reform, why have most Members of Congress said they would not participate in the plan?

During the last campaign, had people known that Obama's Health care pro-

posal would include fines and jail time for non-participants, would he have won? What about proposed cuts in Medicare? Would seniors have voted for him?

When is a tax a tax? Obama says that a 'Healthcare Fee' on non-participants is not a tax. It sure sounds like a tax. Are the doctors with whom Obama met at the White House and praised for being in a noble profession in the same profes-

sion as the doctors whom he attacked for doing unnecessary procedures just to make money?

Finally, when will the politicians figure out that, while there is a vocal minority on both ends of the political spectrum, there is a vast, unhappy, silent majority in the middle who are about to vote

Ken Rietz lives in Delaplane VA.

FEAR, LOATHING, AND THE 21ST CENTURY GOP

BLUE NOTES

DANIEL MORROW

George Wallace, best remembered for his "segregation now, segregation tomorrow, segregation forever" stance against racial equality, pitted up no less than 10 million votes in his 1968 run for president.

His running mate, in case you've forgotten, was retired Air Force General and Chief of Staff Curtis LeMay, best remembered for the fire-bombing of Japan, enthusiasm for nuking Cuba, and his "Bomb them back to the stone age" advice for winning the Vietnam War.

Campaigning in a style

similar to the aging, Medicare-eligible, anti Obama tea-bagger, town-hall "birther" and death-panel crowd, Wallace actually won Georgia, Alabama, Mississippi, Louisiana, and Arkansas. A change of less than 1% of the vote would have given him North Carolina, Tennessee, Ohio and New Jersey as well.

Richard Nixon, now best remembered for Watergate, needed those Wallace voters, and was apparently willing to bear any burden and pay any price to get them.

One of the prices Nixon paid was the tactical use of lan-

guage to court the Wallace-ites that, sadly evolved into GOP articles of faith.

The tactics, then and now?

Sell "small government" and "local control." Good for the Klan and its friends, of course, but also palatable to "respectable" regulation-averse business interests

Denounce "activist judges." Good for the segregationist school and library boards then, and palatable to those averse to the enforcement of federal regulations of all kinds now.

Praise "family values."

Leave the definition of honor, ethics and humanity itself to the Klu-Klux-Kristians and their allies then and now. The line was also good for those in the God-for-profit business, and every one else whose "gut-feelings" made people of color, women, gays, the poor, the sick, and the downtrodden either responsible for their own problems, or despised by somebody's twisted notion of the one true God.

Define "liberalism" as "socialism" and "socialism" as "Godless Communism." Leave "the market" to determine what works in banking, real estate, manufacturing, and health care. That's especially good for those

whose livelihood truly depends on fear and ignorance, as well as those who let short-term profit trump long-term viability and social justice.

Define opposition to an ill-advised, badly managed and costly war as a lack of patriotism.

All this worked beyond Nixon's wildest dreams, cemented by a "deal" with Strom Thurmond and the old Dixiecrats to "go slow" on integration.

Sadly, it's still "working".

Nixon's tactical language became GOP gospel.

Both party tacticians and true believers sold it so hard, they forgot its original purpose. Now they're either locked in, or worse, true believers.

Sadly, the GOP electoral heartland has become the last redoubt of the old unconstructed Dixiecrat. . . . disproportionately desperate, ill-educated and empty . . . and characterized by the worst educational, occupational, income, and health-care statistics in the country. Last throes? Don't count on it.

LOOKING FOR PURPLE IN THE ELECTION

PURPLE

BRUCE SMART

What does Purple hope for in political candidates? It sees three essentials for a prosperous and sustainable economy:

Fiscal Responsibility, Quality Education, A Protected Environment.

Also important: intellectual integrity, understanding the inter-relationships among issues, and communication and leadership skills to address complex subjects.

The writer visited recently with gubernatorial candidates Republican Bob McDonnell and Democrat Creigh Deeds. Neither is a perfect Purple.

McDonnell comes across as a persuasive, dominant and skilled communicator, certain in his views. Deeds is more "down home", a low-key listener, comfortable in back and

forth discussions.

Fiscal Responsibility. Both recognize transportation as a major problem in northern Virginia. McDonnell would fund improvements from a smorgasbord of sources, most of them already committed elsewhere - education and public safety - or only speculatively available - offshore drilling royalties. He hews to the NO NEW TAX mantra of his party.

Deeds would convene a commission of experts and interested parties to draw up a transportation plan. For financing, "everything would be on the table," including increased taxes if necessary. He would prohibit taking any money away from education.

Purple believes that continued deficits and huge, escalating debt endanger our nation, and that sizeable tax increases will be required if America is to remain a world leader. The

current Great Recession suggests delay in adding taxes, but commitment to a No New Tax policy is irresponsible.

Education. Purple believes a better educated work force, starting with pre-school, is essential for the nation's future. McDonnell endorsed greater support for colleges and universities, but did not say how to replace funds he would shift from education to transport, thus indirectly impairing children's early education, where America is sliding backwards. Deeds would protect education-related funds. He proposes an intellectual "research triangle" of Virginia universities to find paths to reducing carbon emissions.

The Environment. Deeds understands the inter-relationship of transport, education, energy, and the environment, including land use planning to reduce need for new roads,

and avoid more emissions by placing homes nearer to jobs, schools and shopping, restrictions opposed by builders and developers. He believes energy policy will determine the future shape of the nation's economy.

McDonnell was silent on environment until asked why he opposed current Cap-and-Trade proposals. His answer: "We can't afford it," overlooked the opportunity to return money paid for emissions permits via rebates or lower taxes. Instead, McDonnell suggested carbon sequestration, a technology unproven commercially, requiring special sub-surface geological formations, and adding greatly to the direct cost of coal-fired power.

While Deeds objects to specifics of the current Cap-and-Trade Bill, he accepts the concept. During his 19 years in the legislature Deeds has felt "driven by environmental

issues." He is proud of his legislation providing tax credits for conservation easements, resulting in saving 400,000 acres from development. (McDonnell supports this program, and hopes to add another 400,000.) Deeds is pushing a Bill to better control non-point-source runoff into the Chesapeake Bay. He will offer incentives to low-carbon industries moving to Virginia, and have state agencies lead in energy efficiency, cutting emissions by five percent per year. The passion behind Deeds' environmental positions was obvious.

Who is supporting each candidate financially? As of September, McDonnell's list includes Thomas Farrell, CEO of Dominion Power (\$45K), various coal interests, the Virginia Association of Realtors (\$60K), Associated Builders and Contractors (\$20K) and numerous business organiza-

tions. Eighteen of his largest contributors are from beyond Virginia and DC. Deeds is supported by labor unions, with no large contributors from further away than DC. Both candidates are heavily dependent on their national party organizations.

For ten years the Virginia League of Conservation Voters has scored environmentally important legislative votes. Over five of those years in the legislature McDonnell voted for the environment 18% of the time. Deeds' score is 86%. Unsurprisingly, the League and the Sierra Club have both endorsed Creigh Deeds.

There are of course other issues in the campaign, social concerns included, but Purple believes the three above are central. Purple's score? Deeds B+, McDonnell D. But the voters will decide.

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PASTIMES

MEATS AND BEANS AND SEEDS, OH MY!

YOUR PERSONAL CHEF

ALYSON BROWETT

I have only once in my life practiced vegetarianism, and that was for a very short time. I was living in Zimbabwe and disliked the meat there immensely. Chicken meat was barely visible on the bone and had little flavor, and beef, when available, was dry, tough and completely unappetizing. So, for about three months, I subsisted on the most delicious sandwiches of homemade bread, avocado, tomato, onion and farmer cheese; corn on the cob roasted over open flames at roadside stands; garlic mashed potatoes (the only thing I knew how to cook at the time); Ceres passionfruit juice, water and the occasional iced coffee. Otherwise, I have always eaten meat and loved it. However, I find myself eating less of it today because I am making a conscious effort to eat sustainably raised, local meats. So while they are better for me and the environment, they cost a bit more, which means a bit less in my stomach. But, it's not just meats that contain essential nutrients.

The purple stripe on the outer right side of the USDA's food pyramid represents meat, fish, poultry, eggs, beans, nuts and seeds. These foods are an important source of protein, B vitamins, vitamin E, iron, magnesium and zinc. Protein, one of the three macronutrients that provides calories (carbohydrates and fats being the others), serves as the building blocks of the body, helping to build and repair muscles, bones, skin and blood. Protein also helps regulate and build hormones, enzymes and vitamins. B vitamins and magnesium assist in regulating energy and the nervous system and help build blood cells and tissues, and zinc helps regulate immune system functions.

This group of foods also can be an excellent source of essen-

tial fatty acids, or EFAs, which are fats that the body cannot manufacture on its own but needs for different reasons, such as regulating mood or controlling inflammation. In particular, some fish, such as salmon, and some seeds and nuts, such as flaxseeds and walnuts, contain high amounts of EFAs and should be worked into a healthy diet in place of some of the more traditional "meat and potatoes" types of choices.

While this group of foods has many health benefits, there can be health implications from not sticking with lean or low-cholesterol choices. Eating a diet high in unhealthy cholesterol, or low-density lipoprotein (LDL) cholesterol, can raise fat levels in the blood and increase your risk of heart disease. When choosing from this group, limit your selections from fatty cuts of meat, regular (not lean) ground beef, bolognas or other fatty lunchmeats, bacon, hot dogs and other sausages, and organ meats. In addition, duck and egg yolks have high levels of saturated fat and therefore high levels of LDL.

And, I will go ahead and reiterate this point, but purchasing your meat locally is better for you, the local economy and the environment. Plus, you can talk to the people who raise the animals and understand how they are cared for and eventually slaughtered. Opting when possible for meats that are organic or naturally raised reduces the risk of being exposed to potentially harmful antibiotics or hormones that are given to livestock that live their lives crammed into small pens and forced to grow quickly. In addition, local meats are probably being processed at smaller slaughterhouses that are cleaner and safer. Find a meat purveyor that you like and build a relationship. (Check in with the Home Farm Store in Middleburg – You might be sur-

prised to find out that they often have prices that are as good as or better than some of the chain supermarkets such as Wegmans and Whole Foods.) Unlike some of the other produce that you can find for only a short time during the year at farmers' markets, meats are available year-round from farmers.

Oxtail Stew

Okay, so this is one of those not-so-common choices because it is high in saturated fat, but boy, it is oh-so-good on a cold day. The gelatin from the bones helps give this a nice, thick stew texture, as well as extra nutrients. Serve with rice or egg noodles.

4-5 pounds oxtail pieces

¾ cup flour

1 teaspoon kosher salt

1 teaspoon fresh ground pepper

3 tablespoons unsalted butter

2 carrots, washed and cut into 2-inch pieces

2 celery sticks, washed and cut into 2-inch pieces

1 onion, skinned and cut into eight pieces

2 cloves of garlic, crushed

2 cups dry red wine

1 bouquet garni of thyme, parsley, rosemary, sage

First, soak the oxtail in several changes of ice cold water for at least one hour total. Remove the oxtail from the water and pat dry with a paper towel. Combine the flour, salt and pepper in a bowl or Ziploc bag. Add

the oxtail and coat well, shaking off any extra. Heat the butter over medium-high heat in a large, heavy bottom pot or Dutch oven. Add the oxtail and brown the meat well. Remove the meat to a plate, and add the carrots, celery, onion and garlic. Pour in the wine and stir, scraping any bits up off of the bottom of the pot. Add the oxtail back into the pot, cover with water, and bring to a boil and reduce the heat to a simmer. Add the bouquet garni. Cook for at least two hours, adding water to keep the oxtail covered. When the meat is tender and falls off the bone, remove the oxtail, scrape the meat off of the bones, and return it to the pot. Season with salt and pepper and serve hot. Serves 4.

Vegetarian Chili

Another great cold weather dish, this is the perfect base chili. For even more of a protein boost, add cooked ground beef, bison, pork, turkey, or chicken. Brown your meat first, being sure to season it with some of the same spices found below (or at least salt and pepper).

2 tablespoons olive oil

1 medium onion, diced

1 large carrot, diced

1 stalk celery, diced

1 green bell pepper, cored and chopped

1 red bell pepper, cored and chopped

3 cloves garlic, finely chopped

1 tablespoon dried oregano

1 tablespoon ground cumin

1 tablespoon chili powder

1 teaspoon kosher salt

2 cans diced tomatoes, with liquid

4 cans cooked beans, drained and rinsed (such as black, kidney, cannellini, pinto, garbanzo)

Heat the oil in a large pot over medium heat. Add the onions, carrots, celery, peppers and garlic and cook for 10 to 12 minutes, until vegetables are soft but not browned. Add the spices and stir. Add the tomatoes with their liquid and four cups of water. Reduce the heat to low and simmer, uncovered, for at least 45 minutes. Add the beans and simmer for at least an additional 30 minutes. Serve while hot. Garnish with shredded cheese, green onions and/or sour cream. Serves 6-8.

Winter White Bean Dip

This is another great vegetarian option, perfect for a quick appetizer for unexpected guests



SOME FALL ASTERS

THE PLANT LADY

KAREN REXRODE

With the turning of leaves our world has warmed up with shades of yellow, orange and yellow. Very prominent, even the perennial garden is weighted on the warm side with lots of yellow, dotted with green from a few noteworthy cool season plants. The most desirable color for our fall garden would be blue. Blue is in fact a desirable color most of the time, think of it with the many yellow daisies of summer or with drifts of yellow daffodils in spring. Even a blue



tired of the garden.

Aster foliage is simple and not any sort of special attribute with the two I have mentioned. It is the strength of their stems that elevate them over so many others. Woody, sometimes to a fault, the stems will snap if bumped against, but they hold up other plants and will do a



garden bench or a stand of marginally hardy eucalyptus will carry through more than one season and enhance the plantings around them. Not a common color in flowers, the gardener must seek it out, something not difficult when you include asters in your perennial garden. Stunning in fall is Aster 'Raydon's Favorite', a late flowering aster that begins to flower in early October and holds until the first week of November, no doubt from the fact that cooler temperatures hold petals in place. Flowering only slightly earlier is Aster 'October Skies', shorter than A. 'Raydon's', it is related, originating from the same seed pod (I believe). One plant will mound into a three foot clump the first year it is planted. Fabulous with Sedum 'Purple Emperor', it's so nice to have happy flowering combinations for later in the year when the gardener tends to get sick and

great job if not tested by brushing against as you walk in your garden. A few asters do have notable foliage, two favorites are A. 'Lady in Black' and A. 'Prince'. Both have small white flowers mixed with very black foliage. As much as we love blue in our garden, it is essential to have dark leaved plants, if only to add dimension. For that reason I also love the dark leaved heucheras and euphorbias. A euphorbia of note is the recent hybrid Euphorbia 'Blackbird'. The gardener knows that when we speak of black we are really talking about dark purple, but in this case I see black, like India ink black. The foliage on E. 'Blackbird' will persist through winter, it is best planted with something that persists as well, pansies, gray rosettes of mullien foliage, black ophiopogon, and lavender are a few ideas. Fall combinations are great, winter ones even better.

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PASTIMES

DITTO THIS

7TH INNING STRETCH

ALEX CUDABACK

If there is a god of irony somewhere, she is laughing herself silly right about now. Deep, deft bellylaughs are rolling across the heavens.

Maybe that's what all that thunder was about last week....

Rush Limbaugh, the guy who was throwing people under the bus before most of us even knew you could throw people under the bus (and let's take this opportunity to never, ever use that phrase again), got flicked to the gutter like the societal booger he really is by the one group of people on the planet he most aggressively sucks up to, the one group that means more to him than any other: the rich, white guys club.

When not a single NFL owner rose up to Limbaugh's defense last week, when in fact the only owner who spoke up, Jim Irsay of the Colts, said, "I, myself, couldn't even consider voting for him," you could just about hear the steam ripping out of Limbaugh's ears.

When the Commissioner of the NFL, Roger Goodell, (or as Selena Roberts like to call him, "The Voice From Above"), spoke up and said of Limbaugh, in no uncertain terms, "The comments that Rush made specifically about Donovan, I disagree with very strongly. I have said many times before that we are all held to a higher standard here. I think divisive comments are not what the NFL is all about. I would not want to see those kind of comments from people who are in a responsible position within the NFL. No. Absolutely not," well the pressure in Rush's

head simply grew too terrible and his brain exploded, again, spewing forth the kind of nonsense we've come to expect from him.

"What is happening to the National Football League, what is about to happen to it, has already happened to the automobile business," Limbaugh said.

"This is about the future of the United States of America and what kind of country we're going to have," he continued.

And of course, he lashed out at his favorite bugaboo, that liberal cabal, the media.

"Believe me, the hatred that exists in this is found in the sports writer community, it's found in the news business, it's found in the race hustler business."

Uh huh....

Did he really say "race hustler business"?

Did the guy who called the President of the United States a "Halffrican-American" really complain that other people were playing the race card?

Did the guy who said of a fight that broke out on a school bus "We need segregated buses ... This is Obama's America," really complain that other people were playing the race card?!

Did the guy who once said of the NFL, "Let me put it to you this way: the NFL all too often looks like a game between the Bloods and the Crips without any weapons," really complain that other people were playing the race card?!?!

Did the same self-serving, double-standard-loving, (ever hear Rush, the prescription-drug addict, go on about how

all other drug addicts should go directly to jail?), blowhard of a race-baiter who once called illegal immigrants "invasive species" really complain that other people were playing the race card?!?!?!?!?

Really?

Look, I'm not saying I'm looking to spend some time alone with Rush in a dark alley, one fist holding a roll of nickels, the other a tube-sock full of bar soap.

But the only way this situation could have played out any better would've been if Roger Goodell had blessed Limbaugh's bid, with one tiny condition; Limbaugh would have had to suit up for one August day's worth a full-contact, two-a-days against an NFLPA's chosen group of representatives. I'm thinking guys like Ray Lewis, Troy Polamalu, Albert Haynesworth, Julius Peppers and Bob Sanders; Sean Taylor would've been a perfect guy for Limbaugh's welcome-to-the-NFL party.

If Limbaugh survived, if he made he cut, so to speak, he'd get to join the club.

But locking him out, without even listening to his take on the situation, now and forever, is pretty good too. Score one for the goddess of irony.

PARTING SHOTS

Senator Orrin Hatch (R.) wrote a formal request, 10 pages long, to the President, asking him to open a Justice Department investigation into possible violations of the Sherman Antitrust Act by the NCAA's BCS.

Two thoughts:

One, isn't Sen. Hatch one of those "down with big government" Republicans?

And two, ten pages?!?! This guy's got so little on his plate that he's got time to write 10-page letters blasting the BCS? Holy crapes! I'm in the wrong business!

The Yankees are in the World Series. Again. Yay....

I still think their pitching, outside of CC, Pettitte and Rivera, is spotty at best, but their offense is just too good. Johnny Damon got off the schlide Sunday night against

the Angels, which means the only guy who's not really producing is Nick Swisher. That lineup literally leaves no room for mistakes. I think the Evil Empire grinds up the poor guys from the City of Brotherly Love in five games, six max.

Anything going on in Ashburn this month? Nah. Same ol' dysfunctional Redskins.

Somebody call me up when Cerrato's out the door and Snyder's hired someone who knows a tight end from his rear end.

BRIDGE ENJOYS A RENAISSANCE IN MIDDLEBURG

Not so long ago, when contract bridge was extremely popular in the United States, college students who were devoted to the game sometimes had to admit that their passion for bridge greatly exceeded their fascination with their studies.

Many who attended college in the forties and fifties remember "Fourth!" ringing out from dorm rooms and student unions as play heated up and someone more studious insisted they had to go to class.

Today, bridge is enjoying a true renaissance with famous players like Warren Buffett and Bill Gates setting new standards for strategy and endurance. Although the world of parental squabbles after the guest players went home may be a thing of the past, share-

holders in Lehman Brothers are painfully aware of the addictive qualities of the game. Things might have turned out very differently at Lehman if the CEO had left the table to take that call.

When Tom Pratt decided to offer bridge lessons two years ago he had no idea how quickly the game would attract enthusiastic players in the Middleburg area.

"Lately, bridge is having a great resurgence," Pratt explained. "Buffet and Gates play all the major tournaments and they recently played in D.C. They have even created endowments to encourage schools to teach young people how to play because they believe an understanding of bridge is a great leg up on math and business."

"When Buffet was recently asked in a television interview how much he enjoyed playing bridge, he answered, ...If I had three other really good players, I would not mind being in jail."

Members of a group of Middleburg bridge players who started taking beginner and refresher lessons from Pratt about two years ago., are now playing socially several times a week and they continue their lessons. There are even rumors about starting a sanctioned duplicate game once a week in Middleburg.

"It is a delightful game," Pratt said. "It exercises ones brain, expands the strategic thinking horizons and offers a civilized addition to your social schedule. Quite simply, it's a lot of fun."

There are hundreds of new books about bridge available now and new conventions are being developed all the time.

For bridge players who have been lurking about wishing they'd hear someone shout "Fourth!" Tom is the person to contact to help you find a duplicate game, and for those who would simply love to learn to play, Tom is an excellent teacher.

For bridge lessons or simply to play occasionally, please contact Tom either by email: contractbridge@earthlink.net or telephone: 540 364 5252.



SNORING AND SLEEP APNEA MAY INCREASE YOUR RISK OF HEART DISEASE

DR. ROBERT A. GALLEGOS



According to the American Academy of Dental Sleep Medicine, sleep apnea is the most common sleep disorder, affecting nearly 1 out of every 8 individuals. Snoring is the sound of partially obstructed breathing during sleep. While snoring can be harmless, it can also be the sign of a more serious medical condition known as obstructive sleep apnea (OSA). OSA occurs when the tongue and soft tissues fall back into the throat during sleep, completely blocking the airway. Twenty-eight percent of men over the age of 65 suffer from sleep apnea. The good news is that snoring and OSA are improved and often eliminated in patients who seek treatment.

Obstructive sleep apnea has been associated with:

- High Blood Pressure
- Increases risk for Heart Attack and Stroke
- Increased risk of Motor Vehicle Accident
- Daytime Sleepiness
- Heartburn
- Morning Headaches
- Depression
- Impotence

How do I know if I have obstructive sleep apnea?

The only way to be sure is to have a sleep test (polysomnogram) performed, either at home by a qualified sleep doctor or in a sleep center.

What are my treatment options?

Once you have been correctly diagnosed, snoring and obstructive sleep apnea can be treated with a medical device known as a CPAP (continuous positive airway pressure), with oral appliances, through surgical options, or by a combination of these approaches.

CPAP device has been shown to have a very high rate of patient

dissatisfaction due to its size and awkward use leading to people not wearing it; studies estimate about 70% non-compliance.

Oral appliances are unobtrusive, make no noise, do not need a power source, are potentially less costly and have a 70% compliance rate.

Surgery can be uncomfortable and often the tissue will grow back needing surgery again in the future.

What is Oral Appliance Therapy?

Oral appliance therapy involves the selection, design, fitting and use of a specially designed oral appliance that, when worn during sleep, maintains an opened and unobstructed airway in the throat. Oral appliances that treat snoring and obstructive sleep apnea are worn in the mouth, similar to orthodontic retainers or sports mouth-guards.

Note: Facts provided by the National Sleep Foundation, American Sleep Apnea Association, American Academy of Dental Sleep Medicine, Airways Management, Inc. and the American Academy of Sleep Medicine.

Dr. Robert A. Gallegos is a Fellow of the American Academy of General Dentistry, he is on the faculty of the Scottsdale Center for Dentistry where he Assistant Faculty in cosmetic and advanced dentistry, he is a mentor at the Pankey Institute for Advanced Dental Education and a general member or Fellow of several dental groups including the American Dental Association. Dr. Gallegos practices dentistry in Middleburg, VA. You can learn more about his practice at www.MiddleburgSmiles.com.

EUROPE RENEWABLE ENERGY IN VIRGINIA

DALE SCHULZ

I was in Germany this Summer and was surprised how extensive renewable energy was. Unlike in the U.S. where seeing solar PV panels is a rarity on homes, I would estimate that 20% of the homes, in even rural villages, have solar PV panels installed on their red clay tile roofs. It seemed that even more small factories and office buildings had PV panels installed. Germany has less than the ideal climate for solar panels, yet gets 15% of its electricity from renewable energy. They have many cloudy days and their weather is similar to that in upstate New York or Maine. The German government has targeted the renewable energy as growth industry not only for use in Germany, but also for export. The German government offers generous incentives for homeowners and companies to switch to renewable energy. Other European countries, such as Spain and France, are much further along than we are here in the States to making the switch to renewable energy. The French, for example, get 80% of their electricity from nuclear energy and an additional 12% from hydroelectric sources. Germany has long been the heart of the an-

tinuclear movement in Europe. Yet rising electricity prices and growing concerns about climate change have tempered the opposition. Today Germany gets 23% of its electricity from nuclear plants.

Question #1. Are there currently any Virginia State incentives for installing solar renewable energy generation systems?

Answer #1. Yes, as of this month Governor Kaine announced that \$40,000,000 in American Recovery and Reinvestment Act (ARRA) funds are now available to implement the Virginia State Energy Plan (SEP). Of the \$40 million available, \$15,000,000 has been earmarked for the new Virginia Renewable Energy Rebate Program which will provide rebates to Virginians who install solar renewable energy generation systems. Rebates will be based on capacity of the generating system, for example, a residential PV system is eligible for \$2,000 per kilowatt, up to 10 kilowatts in size.

Question #2. Is this State cash rebate in addition to the 30% Federal Solar Tax Credit?

Answer #2. Yes. For example, on our "Big Dipper"



system which sells for \$79,900 you would receive \$23,970 Federal Income Tax Credit and a \$14,400 Virginia State Solar Cash Rebate. The net cost after Federal and State credits and rebates for this large system would \$41,530. For more information please visit www.schulzhomes.com/solar.

This month's suggested reading, Crude World - The Violent Twilight of Oil by Peter Mass. Knopf. 276 pp. \$27.

About the Author: Dale Schulz is the President of Schulz Homes, www.schulzhomes.com. He has been building and renovating custom homes in the area for nearly a quarter century. He is also the President and Founder of Virginia Renewable Energy, which retrofits new and existing homes with renewable energy systems, such as solar PV panel and wind turbines. You contact him as well as send your questions for future columns to dale@schulzhomes.com. His phone number is 540.687.3367. Schulz Homes office is located on North Hamilton St.



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LUNGE LINE

WHERE THE WILD HORSES ARE ...

When Ned Twinning III and his wife Diana of Bull Run Farm in Aldie made a commitment to preserve wild horses, they created a new paradigm for the preservation of one of the most fragile elements of the American West.

The wild horse is descended from Spanish colonial bloodstock, combined with bloodlines that Western ranchers contributed when they released their stallions to breed with wild mares in the more than 180 management areas where herds now roam free in the West.

With the guidance of Patti Colbert, Executive Director of the Mustang Heritage Foundation in Texas, the Twinings designed a greatly enhanced wild horse training program. They were determined to create an entirely new model for wild horse adoption and to ensure that the characteristics of the wild horses were well understood and appreciated.

Ned and Diana made a major financial commitment to build a new training facility at The 88 Ranch, their home near Savery, Wyoming and undertook to train eight wild horses for adoption in 2009.

All they needed was a gifted trainer.

Fortunately, at The King Ranch, Ned met Gerry Gesell. A Texas-born, polo-playing cowboy who had handled horses from Montana to California to Florida to South Carolina and back to Texas, Ned knew right away, he'd found his trainer.

Gerry's mother, Carin, a San Antonio horse trainer, had her triplets (Gerry, his brother, Tommy, and his sister, Wendy) all in the saddle by the age of three.

Gesell (pronounced Gazelle) is a soft-spoken young man who exudes kindness and a love for wild horses that more than equals the commitment Ned and Diana have made to re-introduce them to the world beyond the West.

"For years, I followed the jobs and the sun," Gerry explained. "The horse world is closely connected across national and international boundaries, so it was a perfect profession for me. I wanted to travel and see the world."

After years of training polo ponies, Gerry felt the need slow down and spend his days working ranch horses and chasing wild cattle. Good fortune took Gerry back to Texas and to the legendary King Ranch with a focus on training ranch horses. Ned came down to purchase one of Gerry's three year old working cow horses.

They understood each other and the need for a new adoption model immediately and Gerry accepted Ned's offer to manage training for The 88 Ranch Wild Horse Program.

Although Gerry had spent much of his life on ranches and in hunt country, he had never "messed with" a mustang. But he knew that, without changes, this aspect of the American West's heritage would be compromised and lost.



"I love the West as much as Ned and Diana do," Gerry said. I wanted to contribute to the West and helping the Mustang was a perfect way to do it.

Deciding to create a new model for the Bureau of Land Management's Wild Horse Adoption Program was no small thing. Convincing the powers that be required a detailed presentation and the creation of a high level of confidence.

Gerry formally went to work for Ned on The Wild Horse Program in February of this year.

"We thought it would certainly take a year to get started," Gerry said. "But Patty Colbert encouraged us to begin right away. We choose eight Mustangs, four

geldings and four fillies at BLM Palomino Valley Pens in Reno, Nevada on May 26th. We moved them to the ranch on May 27th and I began a three-month training program with them the next morning."

Ned's new model for the adoption of wild horses is both simple and extremely effective.

Rather than an individual adopting a Mustang directly from the Nevada pens, Ned and Gerry actively search for individuals who want to adopt a Mustang. They learn what their clients want their horse to do, and they train the Mustang for that purpose before the horse goes to its new home.

Wild Horse Program clients come to 88 Ranch

to meet their horse under Gerry's supervision once the horse is trained and have an opportunity to get to know their animal in a calm atmosphere that is supportive for everyone involved.

"This is the first year of our contract with the Bureau of Land Management," Ned explained. "And it is the first time nationally that an individual who wants a Mustang is getting a fully trained horse. It makes the adoption process so much more pleasant and gives both the horses and their new owners a real chance to build a successful relationship."

"I'm simply an agent for the BLM. When our clients take possession of their Mustang, they pay the Bureau of Land Management \$125 as

an adoption fee. We do how-ever charge a training fee for performance horses such as polo prospects."

Describing the first Mustangs he trained at The 88 Ranch, Gerry smiled and said, "I have to be honest, I was just as prejudiced as anyone about Mustangs."

"But I knew immediately which horses we wanted as we began the selection process. People do not realize the potential and the quality that these horses possess. They carry a discipline and can have the configuration to perform beautifully as hunters, ranch horses, competitive jumpers, polo ponies or eventers. Within three days I had all eight horses haltered, tied and looking for work. They have a natural respect for us."

"We did some of our training at the Nevada State Penitentiary in Carson City and it was very rewarding for the inmates and the horses and ourselves. We expect to enlarge this aspect of our program," Ned added.

Gerry believes that The 88 Ranch Wild Horse Training Program will give Mustangs their much-deserved identity.

"These horses don't have an identity, they just have a government brand under

their manes. They deserve legitimacy as a fundamental part of American history. They deserve respect and admiration. Just because they are not expensive doesn't mean they are not good or even great horses."

"Mustangs come in every shape size and color. You can pick from the pony type, the glorious thoroughbred conformations and even the hunt field type warmbloods. All of the types have potential and train impeccably."

"People glorify their wildness, but once trained, Mustangs are elegant, intuitive animals that have exceptional quality."

One of the Mustangs Ned and Gerry trained this year for adoption named Tan Tivy is a beautiful three year old gray filly who now rides in the Aiken, South Carolina hunt and has already won ribbons.

"She'll ride in the Christmas in Middleburg Parade this year," Ned said. "She's a beautiful example of what wonderful horses Mustangs really are," Ned said.

"We've committed to train 15 fillies in our 2010 program. We're going to change the horse world's mind about Mustangs, and we're honored to do it."

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HILL SCHOOL ANNOUNCES

The Hill School Board of Trustees is pleased to announce two new leadership roles that will strengthen the school, reaffirm our distinctive philosophy and program, and inspire our future. Effective July 1, 2010, Treavor D. Lord will become the Head of School and Thomas A. Northrup will take the role of Headmaster Emeritus.

Treavor D. Lord has played an important role at the School since he first joined us in 1990. In his 12 years as our Assistant and Associate Headmaster, Treavor has developed a mastery of the philosophy, programs, and operations of the School. In that period he has taken leadership roles in the independent school professional community and demonstrated a strong commitment to the child-centered educational philosophy that has been the hallmark of a Hill School education. The Board congratulates Mr. Lord in his new role, welcomes his leadership, and looks forward to working with him to prepare for Hill School's next generation of excellence.

Mr. Lord's appointment as Head of School is the culmination of a two-year evaluation and planning process that included Board visioning, community dialogue, and the counsel of nationally respected school leadership consultants.

Thomas A. Northrup has led the School since 1981 and in that period has educated generations of our community's children, assembled an extraordinary faculty, led the expansion of our campus, and encouraged a strong sense of

community and school culture. His leadership touches every aspect of the School and the Board wishes to express profound gratitude for his continuing efforts in shaping Hill School's future as our Headmaster Emeritus. In this role, Mr. Northrup will be an ambassador for the School and work with Mr. Lord, the Board, and the community to develop long-term strategies to sustain Hill's programs and campus.

The Hill School provides a broad educational program for 240 K-8 students at its 137-acre campus overlooking Middleburg, Virginia. Founded in 1926, Hill has created a unique program-based educational community with a child-centered mission. Thanks to strong support from the community, the School has remained true to its founding mission while adapting and expanding its programs and facilities to become one of the leading independent schools in the greater Washington area.

In 1991-92 a generous donation transformed the campus from 4 to 137 acres creating both the opportunity and the responsibility to sustain a strong educational philosophy and program for generations to come.

The warmth, loyalty, and generosity of the Hill Community continue to provide the foundation for everything that our students, faculty, parents, grandparents, alumni, and friends experience when they are on campus. We are pleased to share this important news with our friends and congratulate both Mr. Lord and Mr. Northrup.

CINDERELLA TEA

A magical event for the young and young at heart, Cinderella Tea 2009. On Sunday, December 6 at 3:30pm, the Middleburg Community Center will be transformed into a whimsical castle as Cinderella and her Fairy Godmother welcome guests to their annual Holiday Tea Party.

Upon arrival, little princesses will be transformed into royal guests when they are presented with tiaras and wands, and offered the opportunity to meet and be photographed with Cinderella and her friends. Entering thru the castle gateway to a magical land, the princesses will be treated to the mystical dream weaver's story while parents have the chance to browse the raffle and silent auction items for both royal princess-

es and adults alike.

Royal participants will then be invited to sit for tea, pink lemonade and an assortment of decadent morsels elegantly prepared and displayed as the Fairy Godmother announces the singing and ballet performances of Snow White, Tinkerbell, Aurora, Belle, Pocahontas and Mulan and, of course, Cinderella.

A festive and rewarding way to start the holiday season, this tea party will benefit the great works of Blue Ridge Speech and Hearing Center. Founded in 1964, BRSH is a non-profit corporation that addresses the speech and hearing needs of the residents of Loudoun County.

For more information, www.cinderellatea.com or 540 338-9040

HAPPY ANNIVERSARY ALICE & PIEDMONT!



It has been a quarter of a century since Piedmont Child Care Center opened its doors and Alice Duggan is celebrating her twenty-fifth anniversary with the center. Alice is Director and is surrogate mother to the eighty-seven children that are cared for at the center. She is the foundation that supports the daily administration within the walls of the old schoolhouse building on Route 50 in Upperville, Va.

In 1984, Piedmont Child Care operated in the basement of the Parrish House at Trinity Episcopal Church and was initially licensed to accommodate thirty-four children. Seeing a need in the area, Paul and Bunny Mellon made a gift of nine acres and donated the funds to begin construction in the likes of an old style schoolhouse. Piedmont then launched a capital campaign to raise the remaining funds to finish the facility, one that could house infants. In 2000, Piedmont relocated across the street and has tripled in size.

Alice Duggan, after receiving a BS degree in Early Childhood Education from

James Madison University in 1971, became the first kindergarten teacher for Clarke County Public Schools. She later left Virginia to pursue an MS degree in Family and Human Development at Utah State University. She returned in 1982 and took a position teaching autistic children with the Grafton School in Berryville. A friend informed her of a child care center that was in development in Upperville and on October 8, 1984, Alice was hired as Director.

For parents, they are fortunate to have a facility in such a rural area. It would not have been possible but for the support of the community, donations from families, friends, and businesses, and the leadership of Alice Duggan. As is most businesses and non-profits, the recession is touching Piedmont. Where there once was a waiting list months long, Piedmont is struggling to maintain capacity of eighty-seven children. If you would like more information or how you may be able to help, please call 540-592-3908 or visit www.piedmontchildcare.org.

ALDIE ELEMENTARY'S SECOND ANNUAL SILENT AUCTION DINNER AND SHOPPING NIGHT

Aldie Elementary School will be holding its Second Annual Silent Auction, Dinner and Shopping Event on Friday, November 20, 2009 from 6-8 pm. Items which will be up for auction include golf outings, birthday parties, ski lift tickets, wine tastings, pet care, auto care, tickets, gift cards, etc. All donors may include a brochure, coupon, or promotional item in gift bags which will be given to the first

100 attendees. A limited number of vendor tables are available for a cost of \$25 plus 10% of that evening's sales. Tickets are \$15 if purchased in advance or \$20 at the door. For more information about purchasing tickets, making a donation, or renting a vendor table, or to receive a list of items available for auction, please e-mail aldieauction@gmail.com or call 703.314.3614.

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Sunday, December 6, 2009 at half past three
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Royal guests will be invited to sit for tea and an assortment of decadent morsels elegantly prepared and displayed as the Fairy Godmother transforms the stage into a magical place filled with song and graceful dance performed by Shenandoah Dance Ensemble and The Warrenton Ballet Company

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Roxy is an adorable 5-6 month old Aussie. She has a docked tail & adorable ears. Roxy also has a great personality- she plays great with everyone!

Dusty is an adorable, young adult Lab mix who is good with kids and other dogs, but cannot live with cats. She has a fun loving personality and is very affectionate.



Pumpkin is a super special Manx X kitty.

Purebred Kitties! We still have many purebred and mixed Manx, Cornish Rex and Munchkins looking for homes. We also have DSH baby kittens for adoption.



Miniature Horses

We have many miniature horses, 2 donkeys and a few ponies and mini mixes that need foster homes while a pending abandonment case is resolved. Please help by being a foster parent and then f and when we get custody, you could adopt!

Middleburg Humane Foundation



Louise is a lovely Pit mix who is in foster care- she is good with kids & other dogs. Louise needs a very structured home. She is a dog who deserves a second chance.



Mick is a lovely 5 year old 16.2H TB gelding who has a ton of potential. He was rescued from a starvation case this summer so he needs to have the winter off.



Billy is a gorgeous 8 year old 20 H purebred Belgian gelding with a lovely temperament. He and many others need foster homes while a pending abandonment case is resolved.



Funny Fowl! MHF has a gorgeous rooster as well as 30 white banded pigeons that need new homes! Please call for more info.

Adopt and Save a Life!



Jerry is a 1-2 year old Border Terrier mix who is full of life and energy. He is good with other dogs but will unfortunately chase kitties.

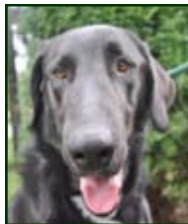


Buzzy is a very special 8 year old Chihuahua mix who is an adorable little gentleman. The perfect snuggle muffin.

Penelope is an adorable Puggle- a Beagle/Pug mix- about 35 #s. She is truly a bundle of joy! She loves to play with other dogs and is good with kitties too. The perfect family friend!



Diamond is an adorable little Chihuahua mix with big flying nun ears! She is a lovely little gal who we are still getting to know. She will be introduced to kitties, kids & other dogs soon so call for an update!



Buddy is a wonderful 3 yr. old Lab/Collie. He gets along well with other dogs & people but we have not yet tried him around Kitty cats. Buddy is about 100 pounds- a big love muffin/ gentle giant!

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ALBERT'S CORNER

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

Years ago, there were very few options when it came to dog toys. There were some vinyl steaks and hamburgers available in the pet section of the grocery store. There were basic balls and ropes. And there might have been the occasional rawhide shoe. Times have changed. The dog toy industry has exploded, resulting in a multitude of innovative and well-made choices.

While it's wonderful that people now have so many options when it comes to toys for their pets, trying to choose the right toys can be a little challenging. After all, not all toys are appropriate for all dogs.

Before determining which type of toy to buy, the most important consideration is size - both the size of the dog and the size of the toy. No dog should ever play with a toy that he or she could swallow. That simple rule can save a lot of lives. It's always better to err on the side buying larger toys.

Once the size of the toy is appropriate, the next consideration is whether the dog is a heavy chewer. While some soft toys are sturdier than others, no soft toy can hold up against a truly determined chewer. Be realistic. No matter how cute a toy may be, if it's going to be in tatters within seconds, it's a waste of money. That said,

some soft toys, like the Tuffy's line from VIP Products, do stand up to much more abuse than other toys.

Even less durable toys can have second, third and fourth lives, however. It's possible to buy packs of squeakers and replace them frequently as we de-squeak our playthings. Some toys, like Dr. Noys, have no messy filling and are designed to accommodate new squeakers. These toys make a lot of sense because all is not lost when the squeaker dies.

Extremely durable toys made of heavy-duty rubber may be more appropriate for tough chewers. The classic Kong line has now been joined by such excellent alternatives as West Paw Design's Hurley and Planet Dog's Orbee Ball. I'm particularly fond of Hurley's and Orbee's because they're made in the America. They're also guaranteed. If a dog destroys one, the manufacturer will replace it.

Interactive toys are another category that is growing by leaps and bounds. These toys encourage us to play for a long time and learn while we're playing. Sometimes these toys are soft, as is the case with the Kyjen Hide-a-Squirrel. We love to "find" the squirrels and pull them out of their "tree" and will do so repeatedly without growing bored. Many interactive toys are reward-based. If we figure out the puzzle,

we get a small treat. My current favorite is StarMark's Bob-a-Lot, which dispenses a tiny amount of food if I roll it just the right way. I'm also a big fan of the Canine Genius line, which operates under the same premise. The one caveat with these toys is that we are consuming calories as we play with them, so our people need to watch how much we're eating.

Once you've selected some great new toys for us, it's a good idea to rotate them. This helps us to maintain our interest in them for a long time. It's almost like getting something new when a temporarily stored toy comes out of hiding. My toy-box gets refilled often, not necessarily with new toys, but with ones I don't see every day.

For most canines, life is about eating, playing and sleeping. We're very lucky that playing is so much more fun now that there are tons of toy options. The holidays are coming up pretty soon and I'm hoping for a little sack of toys - with a lot of treats thrown in too, of course!

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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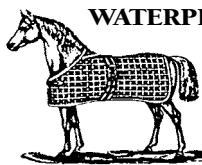
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Dakota

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



Longfield

Middleburg, Virginia

96 acres of gently rolling open land with mountain views. Large stone house with slate and metal roof, 4 bedrooms, 4 1/2 baths, 3 fireplaces, hardwood floors, and rear flagstone terraces. Recent improvements include heated pool and cabana. 5-car garage. \$3,495,000.

Paul MacMahon (540) 687-5588



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.

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Wildwood

Bluemont, Virginia

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

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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.

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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 quaint 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
Margaret Carroll (540) 454-0650



South Liberty Street

Middleburg, Virginia

The old church rectory. Unusual opportunity to buy a free standing commercial building in Middleburg on a large lot. The property includes the stone and shake office building and the oversized stone garage with unlimited potential. Includes a large administrative area, reception, conference room and three offices. \$950,000.

Helen MacMahon (540) 454-1930



The Moffett House

The Plains, Virginia

Built in 1909, this expanded Sears bungalow sits on 3 pristine acres in the historic village of The Plains. Today this unique 3 bedroom home totals more than 3,500 square feet of charming living space which includes a first floor master suite and an English pub room with a large home office. Surrounded by land in conservation easement. \$895,000.

Margaret Carroll (540) 454-0650



Hunts End

Leesburg, Virginia

Mt. Gilead location, home built in 1994 with 4 bedrooms, 2 1/2 baths, 3 fireplaces, high ceilings, in ground pool, with brick and pebble stone terrace. Brick barn on 5.20 acres. \$699,000.

Paul MacMahon (540) 687-5588



Westmount

Middleburg, Virginia

Perfect Hunt Box, close to Middleburg yet very private. Cottage built in 1970. 4 bedrooms, 3 full baths, fireplace, mountain views from rear deck and balcony. Improvements include 4 stall center aisle barn with wash stall and large extremely well done apartment, board fencing, storage building, spring fed pond on 12 very private acres. \$950,000.

Paul MacMahon (540) 687-5588

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Get the Biz Buzz!

The Middleburg Business and
Professional Association invites you
to our October Mixer

Tuesday, October 13
5:30-7:30 p.m.

Hosted by
The Fun Shop
117 West Washington Street

We'll have a 10-minute Biz Buzz
to bring you up-to-date

There will be a \$5.00 charge for non-members.



Please RSVP by email to:
info@visitmiddleburgva.com

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INTERNATIONAL OFFERING

NORTHWOOD, DELAPLANE, VA

Lovely 120 acres property in sought after Orange County Hunt. Fabulous view, rolling pastures, large pond. Over 1 mile of frontage on Goose Creek, Open floor plan in well maintained, 4 bedroom, country house. Wonderful flow for entertaining. Additional log cabin with view of pond. Beautiful gardens surround house. Pool. Large deck. Great privacy. Superb country retreat. Drastic price reduction. \$2,850,000.

Ruth Ripley 540-687-2222



INTERNATIONAL OFFERING

GRITTON MILLS, MIDDLEBURG, VA

Historic and spacious 5 bedroom home meticulously restored and maintained with '04 addition. Formal and charming informal areas leading to multiple outdoor living spaces overlooking pond. Landscaping, 3 stall stable, fencing, studio, in-law apartment, 17.5 private acres, minutes to town. \$2,500,000.

Mary South Hutchison 540-687-6885



INTERNATIONAL OFFERING

CARTER'S MILL, MIDDLEBURG, VA

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

Ruth Ripley 540-687-2222



INTERNATIONAL OFFERING

WOODFORD, WARRENTON, VA

Exceptionally appointed 4 bedroom, 3.3 bath estate with over 5,100 finished sq. ft. plus basement, built in 2002. Located off scenic byway 10 minutes northeast of Historic Warrenton and comprised of 21.2 bucolic acres with pond in 2 parcels encompassed by rolling meadows and sweeping mountain views. 20 minutes from Middleburg, 10 minutes from I-66. Priced below recent appraisal. \$1,950,000.

Clyde Lamond 703-501-8065



INTERNATIONAL OFFERING

KILLERMONT, WASHINGTON, VA

Award-winning architecture, a stunning view, and exquisite gardens make this one of Rappahannock's finest gems. Bordering the Shenandoah National Park, this 31 acre estate is the ultimate private retreat. Garage, elevator and many other extras. Every aspect of this 4 bedroom, 5 bath home on 4 levels is a study of understated luxury. \$1,895,000.

Anita Sisney 703-973-1987
Lynn Wiley 540-454-1527



INTERNATIONAL OFFERING

LIME KILN ROAD, MIDDLEBURG, VA

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

Rick Lowe 703-509-3962



INTERNATIONAL OFFERING

BROOKDALE, ROUND HILL, VA

Stately 5 bedroom home on 17 manicured acres. Accessories include 4 full baths, 2 half baths, breathtaking views, heated pool and hot tub with cabana, home theater with 120" screen, full circuit home gym, Generac power system and concrete drive. Great commuter location. \$1,350,000.

Bob Vantrease 540-514-9295
Liden Ryan 703-408-4696



WEST WIND FARM, CASTLETON, VA

43 acre working llama farm with Thornton River frontage and lovely mountain views. The 3 bedroom, 2 bath residence boasts a gourmet kitchen, 2 fireplaces and indoor endless pool. The land is in two parcels with half of the acreage being open. Extensive, fenced rotational pastures, 18 paddocks, 2 barns, 2 equipment sheds, run-in's and a farm manager's office. Ideal for a horse, sheep, cattle or goat farm. \$945,000.

Amy Timbers 540-987-8668



WALNUT GROVE LANE, WASHINGTON, VA

A farm parcel with everything - wonderful mountain views, gently rolling fields, mature forests, stone walls, ponds, and streams. The 64 acre parcel is mostly open with a large barn and several outbuildings. The ideal setting for a small farm or estate in a very private setting. Currently fenced for cattle and used for hay production. \$839,000.

Alan Zuschlag 540-270-8150



LA FARMETTE, UNISON, VA

Major price reduction! La Farmette, located near Unison on 14+ acres with a large family home, pool, hot tub, guest house and fenced paddocks for livestock, offers country living at its best. Call today for brochure and/or an appointment. LO7074507. Now priced at \$748,500.

Page & Jud Glascock 540-687-2237



FIREFLY COTTAGE, RECTORTOWN, VA

Million dollar views from the lovely front porch greet you at Firefly Cottage. This reproduction "hunt box" is on the apron of the most charming and unspoiled village in Fauquier County. Three bedrooms, 2 baths, sensational kitchen, fireplace with antique mantel, large back porch and many other super features in the chic sought after village. Drastic price reduction. \$695,000.

Ruth Ripley 540-687-2222



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.

Anita Sisney 703-973-1987

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