



CHRISTMAS IN MIDDLEBURG

VHSA 2009 CONVENTION PAGE 20



BLACK GOLD FINALE
BY TONY WELLS

PAGE 5

DAN MORROW

At its last regular meeting of the year, on December 5, Town Council formally and informally expressed its thanks to all who had contributed to the success of the parade and other events during the snowy, December 5, celebration of "Christmas in Middleburg."

A combination of uncertain pre-storm forecasts, and the reality of a steady, wet, heavy snow, on December 5, made the late planning and execution of the event both difficult and potentially hazardous.

Happily, the celebration appears to have been one of the safest, and for those who made it through the snow to attend,

one of the most successful in years.

Council praised the events' organizers and volunteers, and voted to recognize them formally at its next regular session.

Police Chief Steve Webber reported that his team had been made aware of only one personal injury, the result of a fall on the ice. Parking, especially for horse trailers, was made more difficult by the snow, and wet conditions on fields set aside for overflow parking. A few visitors parked inadvertently on lawns and private property, causing some minor property damage.

Asked why the parade seemed to go so well, despite the weather, Chief Webber

Continued Page 7

LIONS CLUB HELPS LOCAL WOMEN IN BREAST CANCER FIGHT



MIDDLEBURG LION MARC SWEDENBURG PRESENTS \$1000 CHECK TO MARY JO JACKSON AND JAMES ATKINS

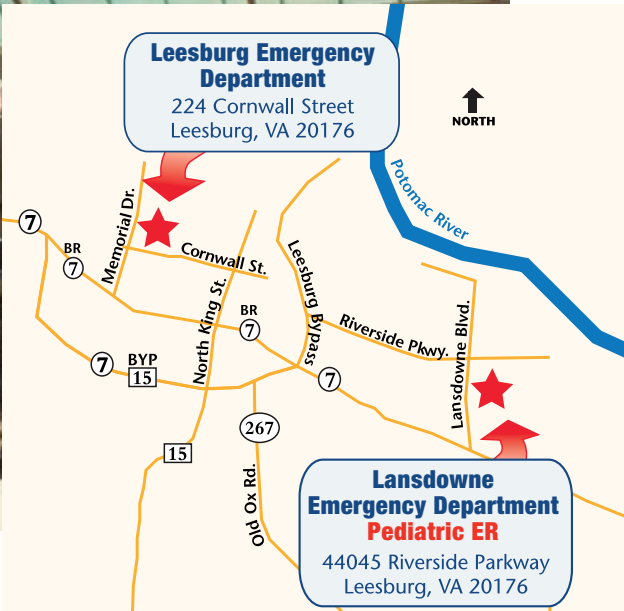
The Middleburg Lions Club has donated \$1,000 to the Cherry Blossom Breast Cancer Fund's campaign to eliminate breast cancer in local women and men.

The Lions Club, a community service organization of business and professional men and women, picked the Cherry Blossom Fund because of its success in increasing the access to and reducing the cost of mammograms and treatment for uninsured/underinsured local women, in educating all women on the need for regular screenings, and in improving local breast cancer technology.

"As men and women committed to our community", said President Ron Lang, "we decided that breast cancer detection and treatment are sig-

nificant local needs in which we could assist. The Cherry Blossom Fund's impact since its inception has been noteworthy and is worthy of our support."

Mary Jo Jackson, a director of the Cherry Blossom Fund and a breast cancer survivor, in accepting the donation, said that the significant Lions Club donation will be put to good use. "We were just selecting the medical and educational providers for our 2009 funding, so the Middleburg Lions Club's donation was a very heartwarming event. On behalf of women and men confronting breast cancer, we thank the Lions."



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Middleburg Eccentric
P.O. Box 1768
Middleburg, VA 20118
540-687-3200
fax 866-705-7643
www.mbecc.com
news@mbec.com

Cover Photo
by Dee Dee Hubbard

Editor In Chief
Dee Dee Hubbard ~ editor@mbec.com

Design & Production Director
Jay Hubbard

Publisher
Dan Morrow

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NEWS OF NOTE THE COACH STOP TO CLOSE, JANUARY 3

In mid-December Mike and Mark Tate, proprietors of Middleburg's landmark Coach Stop Restaurant, announced that January 3, 2010, would be the restaurant's last day of business.

At press time, no purchase has been agreed upon for the 7-day-a-week, three-meals-a-day franchise that occupies one of the most prominent store fronts in Middleburg's central business district, employs more than 20 people, and has, for more than two decades, served as the social and political heart of Main Street.

The decision to close was not easy. "We have enjoyed serving the community a great deal. It has been 22 years since we bought the Coach Stop and over 30 since we first started working in the Coach Stop," Mike noted. "The Restaurant business brings great joys and rewards but also long hours and hard work. It is especially hard on our families, and that's probably the most important reason for our decision." Mark added, "For 22 years we have looked forward to seeing and serving all of our friends in the community and we will miss all of our friends. In the end we had to decide whether we could last another decade or if it was better take on another challenge in our lives. We have explored selling the Coach Stop, and while that would be more profitable it would be a little bitter sweet watching somebody else run the restaurant that became so

much of our lives."

A Middleburg Landmark

The "regulars" at The Coach Stop range in age from 80-plus to under 8, and everywhere in between. Visitors from all over the world sit side-by-side with townspeople, their friends and neighbors.

Moms and dads leave their kids at the bar eating ice cream while they shop or run errands in the village.

Secretaries of State and CIA station chiefs, sports heroes and farm workers, rub elbows or sit in neighboring booths and tables, read the papers, drink their coffee, chat with each other, or not, pay their bills, and go on their way without furor or fanfare.

At the Coach Stop if one listened, one always learned. Who is running for office, who isn't, and why? What UVA football player flattened Sam Huff in his senior year at West Virginia? What Americans were rounded up in Berlin after the Reichstag fire? The current price of hay and horses? Who's dating whom? Who won at the horse show or steeplechase race? Who lost? The difference between a Titleist and an SUV.

A Family Business

For many the Coach Stop is as much home as home is, and sometimes more. The food was good, and



the service was, well . . . right.

Mike and Mark, and the people who work with them, have what some of their customers described as "just good people sense." They hired people they liked; they knew when and how to leave people alone; and when and how to be sure to take special care of them.

Malcolm Gladwell might say they were more than good at what they did because they both put in their 10,000 hours.

Others, including Mike and Mark, chalk it up to good parenting.

Their parents, Mike and Margo Tate, moved the family to the Middleburg area from Alexandria in the mid '70s. They raised four great kids. Their eldest son, named for his dad, is not only a successful restaurateur, he holds an engineering degree from Virginia Tech. Mark has served as Vice Mayor of Middleburg, and among other things, as a leader of the state and county Republican Party. Chris Tate is a successful lawyer. Julie Tate, is a Pulitzer Prize winning

research specialist and journalist at the Washington Post.

Mike began work at The Coach Stop, thirty-two years ago, when Brian and Loretta Jilison owned and ran the shop. As Mike tells the story, Loretta, over lunch one day, asked if all the Tates had summer jobs. Mike's grandmother, he swears, said, "Yes . . . everyone but Mike."

The Jilisons offered him a job on the spot. He was 15, and a rising junior at Loudoun County High. A year later Mark signed on as well. Nine years after that, the Tates bought the Coach Stop from the Jilisons and never looked back.

There was no job in the restaurant the Tates hadn't done themselves during summers and weekends through high school and college. They have never asked anyone to do anything they hadn't done themselves, Mike says . . . and wouldn't know how to do it any other way.

People loved them for it, and Middleburg will be a lesser place without them.

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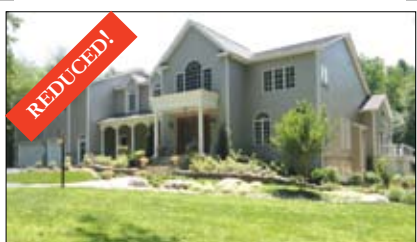
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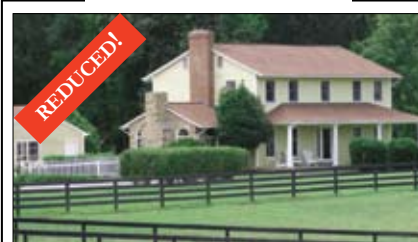


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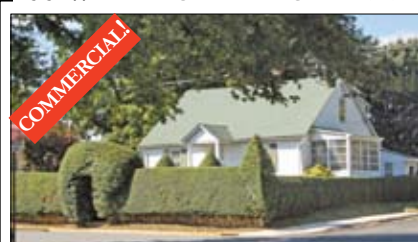
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NEWS OF NOTE

WHEN THE ART YOU LOVE DESERVES THE VERY BEST

One reason Bill Waller’s frame shop is so seductive is that the quality and diversity of the frames in the windows stops you in your tracks. It takes just a moment of intent gazing until you quickly look over your shoulder to confirm that you haven’t suddenly been transported to Florence.

The multitude of frames in Waller’s windows are so beautiful, so finely crafted, so amazing in their range of historical periods that the desire to enter the small, magical shop is compulsive. Unfortunately, very often, the shop is closed. Closed for a very good reason.

Bill Waller and his international team of experts make 95% of the frames in his shop. His genius for framing the finest art and memorabilia is known and sought out internationally. So he and his assistant, Nicholas Gargiulo from Buenos Aires are most often found in the workshop at Bill’s home creating and crafting what are easily among the most beautiful frames on the planet.

“I opened the Middleburg shop in 1993, but because we make everything ourselves, we could not possibly do all the carving, stippling, glazing and gilding in the shop. It’s very intense work, and we really need to focus.”

“We have a local source for tiger maple, a freezer full of molded parts and everything from Rococo to Bauhaus pieces in work.”

Only on Thursday, Friday and Saturday, from 11 a.m. to 5 p.m., will you be able to open the door and step into the tiny, elegant space. Then and there you’ll meet the charming, intelligent, handsome gentleman who has as much time for the five-year-old with a treasured watercolor from The Lion King as he has for an individual who wishes to restore a treasured family painting to the boundaries it deserves.

A fine artist born in Washington, D.C., Bill grew up in Maryland and Virginia with a stop in Wilmette, Illinois.

“My dad headed up the microphone division at Bell and Howell,” Waller explained. “Suburban Chicago was a terrific place when we were living there. I’m sure it is still a great place.”

Bill studied fine art with a focus on representational painting and, following his studies, worked at The Phillips Collection. He describes his work at The Phillips as a major influence on his life.

“Phillips was still alive when I was there in the sixties,” he added. “I had an intimate day-in, day-out exposure to art and artists in a place Andre Malraux called ‘the most fastidious gallery in Washington.’ The Phillips had an enormous impact on me.”

It was there that Bill realized that there was one aspect of art that he loved as much as painting. That was framing.

“It quickly became my passion,” he explained.

He subsequently worked for a number of years in the best framing shops in the City, doing framing for the major galleries and museums. During this period he learned how to handle all kinds of work, from museum quality paintings, prints and photography to artifacts and objects that matter to individuals.

He developed an intense dedication to authentic framing that is historically and aesthetically correct. He devoted years to create the knowledge base he needs to place a piece in a truly appropriate frame, and he began to understand what a frame really is and how accurately it can represent the worlds that form the context for the art.

For forty years, Bill Waller has been establishing the boundary of beautiful compositions. Establishing the artwork in its surroundings. Protecting it from damage and defining its provenance.

For anyone who finds herself on South Madison Street in Middleburg at Waller Picture Framing, the shop and the service are real treasures.

Certain historians believe that the Mesopotamians framed pictures in Northern Germany. Most agree that it probably wasn’t until the 17th Century when framing began to be respected.

During the Renaissance, port-



traiture became very important as evidence of one’s wealth, refinement and social standing. With that, came the associated importance of the elaborate, gilded frame that began to take center stage in grand residences.

Since then, most periods and many artists have demanded highly specific frames. Whether English, French, Spanish, Dutch, Chinese or American; whether 17th and 18th Century English and French, or 19th and 20th Century American, Bill Waller can almost immediately present a frame for you to consider.

He will also be happy to explain the origin of the beautiful frames that capture your attention. For instance, if you are fascinated with the stunning frame that seems to be created with deeply carved and gilded waves, Bill will explain that it is an homage to Florine Stettheimer, an early-Modernist painter of extreme originality who designed it.

You might love the frames that he did as an homage to Goya, or you might be intrigued with the tabernacle frames or those with cro-

BLACK GOLD FINALE



ANTHONY WELLS

The backdrop for Dr. Wells’ international thriller is a world in conflict, with an energy crisis more severe than even the most astute analysts could have predicted. The United States’ position as a superpower is threatened by an economic downturn that makes the Great Depression pale in comparison. As Islamic fundamentalists struggle to control the oil supply in the middle east and China threatens to create a new world order, newly elected President Angela Truman must deal with colliding interests to stabilize the global economy and defuse a military crisis that may result in World War III.

At the heart of the solution

NINA KARIN BRATCHES AND IAN BRUCE ABERNETHY

On September 14th 2009, Nina Karin Bratches and Ian Bruce Abernethy were married in Warrenton, Virginia.

Nina and Ian reside at Fox Den Farm in The Plains, Virginia. Ian, a retired management consultant, and Nina, an interior designer, are now focusing on raising natural Angus beef ‘Pride of the Plains’ with their partner Rodger Lee Elgin III.

The Abernethys are presently restoring their 19th century house and enjoying life on the farm. Nina and Ian are delighted to share this union with their children Kristen, Nicholas and Jennifer, their son-in-law Steven, their grandchildren Alexandra, Christopher, Abigail and Cooper and other family and friends!



MIDDLEBURG BANK ANNOUNCES REGIONAL BOARD OF DIRECTORS

Middleburg Bank, a wholly owned subsidiary of Middleburg Financial Corporation (Nasdaq: MBRG) announced the formation of the Bank’s Northern Virginia Regional Board of Directors. This group of local business and community leaders will provide the Bank with fresh perspectives on the communities the Bank serves and also help the Bank capitalize on market opportunities.

The Bank’s Northern Virginia Board of Directors is led by Jim Stakem, Broker/Owner, RE/MAX Select Properties. Other Board members include:

- Jeffrey Browning, President, Browning Equipment
- Stephen Combs, Member, Updegrove, Combs, McDaniel & Wilson, P.L.C.
- Robert Gordon, Owner & President of Loudoun Commercial Title,

Michael Huber, President & CEO of Belfort Furniture, Inc.

Carol Kost, President of Loudoun Youth Inc.

William Murphy, President of Valley Energy

David Weinschel, CEO, Celebrations Hospitality, Inc. and owner of the historic Whitehall Manor

“We are honored to have this group of business and community leaders serve on our new Northern Virginia Regional Board of Directors” said Gary R. Shook, President and CEO of Middleburg Bank. “Each of these individuals is successful in their own right and Middleburg Bank will benefit from their collective business acumen, market knowledge and leadership abilities” noted Mr. Shook. “We have worked with similar groups of community and business leaders through our Regional Board of Directors in Fauquier County and Williamsburg and we know the value these individuals can bring to our company.”

“I am excited and honored to serve as the first Chairman of Middleburg Bank’s Northern Virginia Regional Board” said Mr. Stakem. “I have a great deal of professional respect for Middleburg Bank’s achievements over their 85 year history and I, along with all the members of the Regional Board, look forward to helping the Bank continue to meet the financial needs of families and businesses in this area.”

Middleburg Bank locations are conveniently located in Middleburg, Purcellville, Leesburg, Ashburn, Reston, Warrenton and Marshall. Additional information on these locations can be found at www.middleburg-bank.com.

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- VA State Safety Inspections for life
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NEWS OF NOTE

MAMMOGRAMS SAVE LIVES

NATIONAL CANCER ORGANIZATIONS URGE WOMEN TO “KEEP DOING WHAT YOU ARE DOING”

New breast cancer screening recommendations from the United States Preventive Services Task Force (USPSTF) has led to mass confusion for women and justifiable outrage from national breast cancer and health organizations throughout the country. The Cherry Blossom Breast Cancer Fund strongly urges all women to reject the USPSTF recommendations and follow the advice of the American Cancer Society, The Susan G. Komen Foundation, Health and Human Services Secretary, Kathleen Sebelius, and many other national organizations who recommend that

women continue to get their annual mammogram starting at age forty. “If I had followed the Task Force’s advice, I would not be alive today” says Mary Jo Jackson, a Middleburg resident and ten-year veteran of breast cancer who is still battling the disease today. “My tumor was so small that it could not be detected through a clinical or self breast exam. Mammography found my tumor.” Mary Jo’s story is true of many women in Middleburg and our surrounding communities who have found breast cancer tumors through mammography or a self breast exam, another screening method which was

also rejected by the task force.

While all cancer organizations admit that mammography is not a perfect test and has its limitations, it is the best screening exam available today. “The USPSTF says that screening 1,339 women in their 50s to save one life makes screening worthwhile in that age group” says Otis W. Brawley, M.D., chief medical officer for the American Cancer Society. “Yet USPSTF also says screening 1,904 women ages 40 to 49 in order to save one life is not worthwhile. The American Cancer Society feels that in both cases, the lifesaving benefits of screening outweigh any potential



harm. This is one annual screening test I recommend unequivocally, and would recommend to any woman 40 and over, be she a patient, a stranger, or a family member,” says Brawley.

Dr. Bernadine Healy, the former head of the National Institutes of

Health and an adviser to Presidents Ronald Reagan, George H.W. Bush and George W. Bush, advises women to ignore the new mammography recommendations and continue getting screened for breast cancer in their 40s. “I’m saying, very powerfully, ignore them. Women in their 40s have a very aggressive kind of breast cancer. They tend to progress fast. And to not screen women in that age group is astounding to me” Healy said.

James Atkins, founder of The Cherry Blossom Breast Cancer Fund, lost his wife, Cheryl Clayton Atkins, to breast cancer in 2003. “Cheryl was diagnosed at 47 with metastatic breast cancer, despite the fact that she had no family history. Had we not missed her annual mammogram the year before we might have caught it early. I cannot urge women strongly enough about the importance of early detection and getting their annual mammogram beginning at age forty.”

“We have worked so hard to build public trust and to urge people to get screened. And now they hear that maybe they shouldn’t bother. That is dangerous,” says Nancy Brinker, founder of the Susan G. Komen Foundation. “Let me say this as clearly as I can: mammography saves lives, even this USPSTF report says that. Keep doing what you are doing and continue to get an annual mammogram beginning at age 40.”

The author, Patty Jarvis, was diagnosed in 2003 at age 46 with stage III breast cancer. She has no history of breast cancer in her family. Patty found her tumor through a breast self exam.

The Cherry Blossom Breast Cancer Fund’s mission is to raise funds for breast cancer prevention and early detection through screening and education; provide support and community outreach to those individuals and families facing breast cancer in Loudoun and Fauquier counties; and advance scientific research in the fight to eradicate breast cancer. The Cherry Blossom Breast Cancer Fund is placed with the Piedmont Community Foundation, a 501c (3) organization. Since 2007, the CBBCF has raised over \$125,000. One hundred percent of the proceeds have been distributed to breast cancer organizations and hospitals including Fauquier Hospital, Inova Loudoun Hospital, the Loudoun Community Health Center, Breast Cancer Network of Strength, FISH, Blue Ridge Hospice, and Georgetown University’s Lombardi Cancer Institute.

Contact: James Atkins, Founder, Cherry Blossom Breast Cancer Fund
Telephone: (703) 447-2302
Email: jpatkins@yahoo.com
www.cherryblossombreastcancerfund.org

NEWS OF NOTE

CHRISTMAS IN MIDDLEBURG

CONTINUED FROM PAGE 1

spoke frankly. “We had a safe and successful parade,” he said, thanks to good people, hard work, and probably a little luck as well. The crowds were great. People seemed to be in a great mood, and watched out for each other. Special thanks, he said, should go out to the Virginia State Police, to Loudoun County Sheriff Steve Simpson and the men and women of his department, to First Sgt. Alvin Blankenship, and to all the officers of the Middleburg Police Department.

New Goals

Continuing its ongoing efforts to make policy informed by a well-defined mission statement, Council formally, and unanimously adopted five “clear and measurable” goals for 2010. They included:

1) The establishment of an independent, non-profit “Middleburg Foundation,” designed to acquire, manage and develop property in Middleburg. Specifically, Council resolved to find a “person” or “persons” to move the project forward, in order to “... stabilize rents in the core business district ...” and

develop “... open space for the use of residents and community members.”

2) Having the Town’s “Go Green” Committee develop and fund a plan for “energy-efficient, dark-sky lighting” in the central business district

3) Seeking funds to build and maintain already planned sidewalks and pedestrian pathways in and around the village.

4) Implementing plans to minimize water loss, and introduce other water infrastructure improvements and efficiencies, as the Town’s new waste water and water treatment plants come on line in the year ahead.

In December, 2010, goals will be reviewed and evaluated, and new goals set for 2011.

Though the new goals were adopted without opposition, several members of Town Council, as well local bankers and property owners have expressed reservations about Town support of a new not-for-profit property-management foundation. Middleburg already serves as a landlord for tenants in the Town-owned “Health Center” facility. “Profits” from its operation are donated to local charities.

Regulation Review

Council unanimously approved a motion introduced by Council Member Lisa Patterson instructing Town Planner and Zoning Administrator David Beniamino to formally review Town ordinances that might be unnecessarily burdensome on small businesses.

Patterson told Council that she and Beniamino had already begun the process informally.

While investigating space available for a possible Middleburg Town Museum, Patterson noted that expensive site plans and other documentation and research were required of businesses attempting to rent spaces as small as 350-400 square feet, for activities quite

similar to those of previous occupants of the space. In other cases, the amount of time required for approval of a new renter’s business, discouraged applications.

According to Beniamino, many of the rules and regulations had emerged, piecemeal, over time, and had been no doubt adopted with the best of intentions. A coherent, systematic and professional review should eliminate unintentional obstacles in the path of new business development, and still protect the Town and those who do business here, from unregulated development.

New Ad Hoc Committee for Retail Promotion

Economic Development

Coordinator Cindy Pearson reported that a new committee, now called “The Retail Group” had met twice during November. “Advertising” and “getting more folks to shop in Middleburg is the main concern,” according to Pearson, “letting folks know there is something in Middleburg from the very young to the folks in the later years.”

Fourteen people attended the group’s first meeting, and eleven attended the second. Enthusiasm is high. The committee has already printed a Holiday Shopping Guide, funded by “Christmas and Middleburg and the Town’s Economic Development Department. The next meeting of the group will be scheduled in January.

No Need to Crash the Party!
No Invitation Necessary!
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EDITOR'S DESK

MIDDLEBURG IN THE SNOW

Anyone who made it to the Christmas in Middleburg parade on December 5 will tell you it was snowy, cold, wet . . . and absolutely beautiful. Everyone's photographs turned out like Norman Rockwell paintings. They caught the hunt parading in the snow, hounds' tails wagging; children and their parents smiling; fire trucks, and book worms, and school kids, and floats. Dogs that needed homes. Dogs that had one. And Santa totally unaware that his hat and beard were completely iced over. It was something extraordinary and rare, and all of us who were lucky enough to be there will long cherish the memory.

THE COACH STOP

By now nearly everyone has heard that the Coach Stop will close the first week in January. It was much more than a restaurant. Many of us got our first real jobs there and learned, first hand, how hard it is to do the things that sometimes seem so easy.. For those of us in the newspaper business, it's a special loss. It's a rare place indeed that attracts such a happy cross section of a community, three times a day, every day. We'll miss it. Thanks to Mike and Mark Tate for giving us, oh, twenty or thirty years of their hard work, great food, care and kind attention. We wish them, and their families, the very best in the years ahead.

TOWN

Town Council and Staff always find themselves, for better or worse, at the heart of our news coverage. We do so because their work is difficult, time-consuming, sometimes boring, always important, and, for too many years, all too often ignored. Our Council reporter recently complained vociferously that proceedings . . . even those dealing with the most controversial issues . . . were becoming all too rational, orderly, and polite. Thanks and three cheers for Council and Staff. We're looking forward watching them work.

POLITICAL CORRECTNESS RUN AMUCK FROM BEYOND THE BELTWAY

KEN RIETZ

That's what one Loudoun County resident called the decision by a Loudoun Committee to BAN a nativity scene, Christmas tree, menorah, and other traditional religious symbols from the Court House grounds.

Facing outrage from citizens, the Loudoun County Board over-ruled the Committee's decision and allowed the 50 year old tradition of celebrating the Holidays at the Court House to continue.

At this time of year, political correctness and the rights of the minority overwhelming the desires of the majority, becomes all too obvious.

ON A LIGHTER NOTE, the following, author unknown, says it well.

T'was the month before Christmas

When all through our land,

Not a Christian was praying

Nor taking a stand.

See the PC Police had taken away,

The reason for Christmas

- no one could say.

The children were told by their schools not to sing,

About Shepherds and Wise Men and Angels and things.

It might hurt people's feelings, the teachers would say,

December 25th is just a 'Holiday'.

Yet the shoppers were ready with cash, checks and credit,

Pushing folks down to the floor just to get it!

CDs from Madonna, an X BOX, an I-pod

Something was changing, something quite odd!

Retailers promoted Ramadan and Kwanzaa

In hopes to sell books by Franken & Fonda.

As Targets were hanging their trees upside down

At Lowe's the word Christmas was no where to be found.

At K-Mart and Staples and Penney's and Sears,

You won't hear the word Christmas; it'll tear your ears.

Inclusive, Sensitive, Diverse

Are words that were used to intimidate me.

Now Daschle, Now Darden, Now Sharpton, Wolf Blitzer

On Boxer, on Rather, on Kerry, on Clinton!

At the top of the Senate, there arose such a clatter

To eliminate Jesus, in all public matter.

And we spoke not a word, as they took away our faith,

Forbidden to speak of salvation and grace.

The true Gift of Christmas was exchanged and discarded,

The reason for the season stopped before it started.

So as you celebrate 'Winter Break' under your 'Dream Tree'

Sipping your Starbucks, listen to me.

Choose your words carefully, choose what you say,

Shout MERRY CHRISTMAS! - not Happy Holiday!

Please, EVERYONE, join together and wish ALL you meet during the holidays a "MERRY CHRISTMAS"!

Christ is The Reason for the Christ-mas Season!

HYPOCRISY

TOM PRATT

It is an accepted fact that around 14,000 people in the United States die each year simply because they do not and in most cases cannot afford health care.

Think about that: 14,000 preventable deaths because of the economics of the health care in this, supposedly the richest nation on the planet.

Go back 15 years to about the time Republicans and Democrats in both the House and Senate killed the Clintons' health care plan and you'll note that around 200,000 Americans have died in this country from the lack of proper health care.

Now, please ask yourself how many Americans have died from terrorist attacks in the same time period?

Grouping the attacks on American embassies, the Cole and 9/11, I would guess less than 5,000. But we have avenged those deaths with hundreds of billions of dollars and many thousands of not only American lives but innocent civilians as well.

Somehow I think our priorities are askew in this country.

Regarding Afghanistan, the President in his acceptance speech of the Nobel Peace prize

MISUNDERSTANDINGS

DANIEL MORROW

Several of my more conservative friends, including some who contribute regularly to the Eccentric, have taken me to task of late for my October, 2009, column on "Fear, Loathing, and the 21st Century GOP."

One thought I'd written that George Wallace was a Republican. For the record, George wasn't . . . and I didn't say he was.

What I did say was that

Richard Nixon's GOP made a conscious decision to court his supporters, did so effectively, and the modern party has been stuck with the worst of them ever since.

Another pointed out, with understandable distress, that he, and several of his friends, thought I had labeled them, and their party, racist. For the record, they aren't . . . and I didn't . . . or, at least, didn't mean to.

What I did say (apparently not very well) was that,

while most Republicans are not racist, unfortunately most self-described American racists tend to be Republicans.

Indeed, every reputable statistical analysis of regional, national and local voting patterns since 1972 confirms that, for some reason, what is now the 21st Century GOP attracts disproportionate numbers of several dying breeds of such truly mean-spirited people: a distressingly outspoken, irrational anti-black, anti-Semitic, anti-brown, anti-gay, anti-sci-

AFGHANISTAN - AGREEING ON AMERICAN POLICY?

BRUCE SMART

From Pearl Harbor to the fall of the Berlin Wall in 1991, with the exception of the later years of the Vietnam War, America has followed a bipartisan foreign policy: be firm with adversaries, collaborate with allies, stand steadfast in supporting human rights, and favor listening and diplomacy over arrogance when addressing world issues. No nation other than America was in a position to lead the world then, and none is now. But since 1991 foreign policy debates in the US - over the Balkans, the Middle East, Africa, North Korea, and Iraq - have become more contentious and partisan, and our stance with our allies and others more "take it or leave it". In PURPLE's view, this trend, mirroring acerbic Congressional debates over domestic policies, does not serve our nation well.

Today, a great threat to civilization is the inability of Islam and the West to find common ground on which to co-exist in cooperative harmony. Differences in demographics, geography, religion, culture, history, education, and access to resources, and a rapidly integrating global economy, all contribute to this impasse. Neither side understands the other well. Zealots on each side see this confrontation as a "win-lose" matter, and are determined that their side "win."

Today we are debating America's (and the West's) role in Afghanistan. After many weeks of study and consultation President Obama has announced the broad outlines of his policy - 30,000 more American troops starting now,

with drawdown beginning in late 2011. In coming to this conclusion, we feel certain he has reviewed the lessons of Vietnam and Iraq (both ours and the British, Russian and French before us), and the connection between Afghanistan and the wider Asian situation, reaching from Israel and Palestine, through Iraq, Iran, and Pakistan to India, China and Russia, all of with more intimate stakes in this area than do we.

Certainly he is aware of the social, ethical, political and economic conditions in Afghanistan, the fragility of its government, and its people's logical resentment of an occupying power. He surely feels the strain of repeated re-deployments on military families, especially non-career reservists, and the added costs that burden an overstretched

ence, and anti-rational minority.

Unfortunately for my conservative Republican friends, and to the embarrassment of those who are neither racist nor mean-spirited, the rantings of such people now threaten to re-brand the party of Nixon and Bush as something even less appealing than it was during those ill-fated administrations.

Worse, by continuing to court and embrace such people, and by helping them articulate their prejudices in language that is both politically correct and rhetorically effective, the 21st Century GOP empowers them.

Some card-carrying conservative Republicans, like David Frum and many of the friends who feared I libeled them, have the good sense and good grace to worry about it . . . and say so.

God bless 'em. They should . . . do both.

until it arrives."

While nothing is certain, this PURPLE observer believes that President Obama has selected a prudent course, an effort that can remove Afghanistan and, hopefully, Pakistan as safe havens for terrorists. It would preserve the US reputation as a vigorous fighter for peace. And if it doesn't get the necessary cooperation from the Afghan government there is an open door through which to bow out. Interestingly, as the days have passed, Republican Senator John McCain has come around to generally approving the plan, and our Allies have anted up 7,000 more soldiers. Hopefully, we are seeing a foreign policy approach that many Americans on both sides of the political aisle can support.

The first reaction to the program from the left was that "Obama's sold out to the generals. We should get out of Afghanistan right now, saving American lives and treasure." The right was only slightly kinder: "He should send more troops, and setting a cutoff date just encourages the Afghans to stall and do nothing

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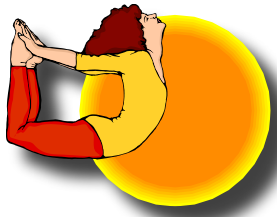
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NEWS OF NOTE

MOLLY THE PONY MISSES CHRISTMAS PARADE



Neither a hurricane nor a time visiting children's hospitals and retirement homes to encourage others to make the best of their situations.

She did, however, meet friends and fans at her Books & Crannies book signing to introduce "A True Story, Molly the Pony," the sad and wonderful tale of how she lost her right front leg and learned to walk again with a prosthetic limb, by Pam Kaster.

This jolly little pony is an inspiration to individuals the world over who, through accident or war, lose a limb and have to learn to live with a prosthetic.

Molly's troubles began with Hurricane Katrina. Molly was left in her stall in the barn while everyone else drove away to escape the storm. It rained and rained and the wind roared overhead. A tree fell on the barn and tore a hole in the roof.

The poor pony waited and waited for someone to come for her. She found hay and small pools of water while she waited.

Two weeks later, she was found and taken to a wonderful family farm to recuperate. She was well fed and groomed and so happy to have a new home. But one day, she was badly bitten on the leg by a very big dog, and he did a lot of damage.

When the veterinarians looked at her, they decided her leg simply would never serve her well again. Although it is very rare for a horse to live after a leg has been amputated, Molly seemed a good candidate for a prosthetic limb.

"Molly is a very smart pony with great attitude," said a veterinarian who cared for her. "She knew how to take care of herself and she wanted to learn to walk again."

Molly's surgery was done at Louisiana State University where her injured leg was amputated below the knee and a stiff white cast was attached. A month later, the cast was replaced with a silver and black prosthetic limb with a smiley face on the bottom of her rubber hoof.

Although it was difficult to walk at first, Molly practiced eagerly and soon she could walk and trot whenever she wanted.

Everywhere she went, she left a footprint of smiley faces.

Today, Molly spends lots of time visiting children's hospitals and retirement homes to encourage others to make the best of their situations.

While in the D.C. area, she visited wounded soldiers at Walter Reed Hospital to cheer them up and show them how well she walks with her prosthetic leg.

Molly is known and admired around the world and the book about her is available at Books & Crannies in Middleburg, Virginia.

If you would like more information on Molly's Foundation or to mail a donation to Molly's Foundation, please contact her at:

Kids and Ponies - Molly's Foundation 156 Bertucci Lane, St. Rose, LA 70087

COUNTY PROGRAMS IN DANGER? PUBLIC SPEAKS TO SUPERVISORS

DENIS COTTER

Work on Loudoun County's FY11 budget got off to a good start on Tuesday December 8th with public input hearings at the Board of Supervisors' meeting room in Leesburg. This was the first time ever that public input hearings were held before a proposed budget has been developed. The break with precedent came about because of the county staff's projection, made in September, of a \$157 million FY11 budget shortfall. Over 200 people were present and well over 50 people were signed up to speak.

Chairman Scott York started the proceedings with a short PowerPoint presentation on the budget. He covered ways of addressing the shortfall - tax increases, spending cuts, or a combination of both.

York looked back at last year's budget, and reviewed historic and forecast budget and demographic numbers. The numbers review touched on the many factors influencing the county budget, among them population and student enrollment, debt service forecast, historical average house value, and usage of the various county services.

Advocates from Lincoln and Hillsboro argued in favor of small schools remaining fully operational. Representatives of Loudoun's teachers made the case for better funding of the school budget. The Carver Adult Day Care Center and the Master Gardener Program were also defended. Several teenagers and their parents spoke compellingly about how they had benefitted greatly from "Family Connections" a seven-week program for managing difficult teens.

Speakers were limited to two minutes each. Advocates of the public library system were well-represented with testimony from several library advisory boards, members of the library Board of Trustees, and general residents. Many made the point that libraries represent only 1% of the county budget and provide valuable services, including Internet access and job search ability, that would be greatly impacted if staff is cut and opening hours reduced. Members of the Community Services Board spoke about the serious personal consequences to individual clients if there are additional cuts to the Department of Mental Health, Mental Retardation, and Substance Abuse Services.

Advocates from Lincoln and Hillsboro argued in favor of small schools remaining fully operational. Representatives of Loudoun's teachers made the case for better funding of the school budget. The Carver Adult Day Care Center and the Master Gardener Program were also defended. Several teenagers and their parents spoke compellingly about how they had benefitted greatly from "Family Connections" a seven-week program for managing difficult teens.

While a number of speakers indicated their willingness to accept a tax increase, others argued strongly for lower taxes, reductions in county spending, and living within the county's means. One speaker advised the supervisors to look hard at programs that are inefficient, overstaffed, duplicative, or no longer required.

Sitting on the dais with the nine supervisors were several top county staff, including the newly appointed Loudoun County Administrator, Tim Hemstreet, who will prepare the FY11 budget. Fresh from the City of Miami Beach, Florida, it was his second day on the job, and he had quite an earful from Loudoun's public.

Another public input session was held December 10th at the School Board headquarters. Important dates in the New Year are January 30th for a "Community Budget Dialogue Workshop" and February 8th when Mr. Hemstreet presents his proposed FY11 budget. More public hearings will follow in February. The supervisors adopt the FY11 budget in April. Community members can provide direct input to the supervisors by calling 703-377-0204 or e-mailing BOS@loudoun.gov.

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NEWS OF NOTE

A CREEK RUNS THROUGH US

CHANDLER VAN VOORHIS

Water has played a critical role in the formation of the United States. As President Theodore Roosevelt stated 100 years ago, in the first ever White House Conference on Conservation, “It was in Philadelphia that the representatives of all the States met for what was in its original conception merely a waterways conference; but when they had closed their deliberations the outcome was the Constitution which made the States into a Nation. The Constitution of the United States thus grew in large part out the necessity for united actions in the wise use of one of our natural resources.”

The notion of stewardship is a concept reaching deep into the annals of our history. Thomas Jefferson penned a famous letter to Madison two hundred years ago where he stated “I set out on this ground which I suppose to be self evident, ‘that the earth belongs in usufruct to the living,’ that the dead have neither pow-

ers nor rights over it.”

The concept of “usufruct” dates to Roman law. It simply means “a legal right of using and enjoying the fruits or profits of something belonging to another.” Jefferson believed in the sovereignty of the present generation. But sovereignty was tied to a responsibility that the present generation has to the future generations to whom the earth belongs.

To truly accept an obligation to the future requires a person to pursue a land ethic borne not out of the role of conqueror, but rather of trustee. Healing and restoration are being fostered by the emergence of ecosystem markets. The notion is simple. Whether it is paying a landowner to plant trees to sequester carbon or paying the landowner to restore riparian edges along Goose Creek, we learn to put a price on our clean air and our clean water.

Restoration is only starting to be integrated into the economic value system. With a price, it has value. As the liabilities of a dwindling supply of land and natural resources base increase, value and price are being assigned

more and more to what has been considered to this point a “free” externality.

Theodore Roosevelt rightfully concluded, that our “resources are the final basis of national power and perpetuity” and that “it is safe to say that the prosperity of our people depends directly on the energy and intelligence with which our natural resources are used.” Roosevelt went on to say that George “Washington clearly saw that the perpetuity of the States could only be secured by union, and that the only feasible basis of union was an economic one; in other words, that it must be based on the development and use of their natural resources.”

We stand at a confluence in American history where we can create a more purposeful and natural capitalism. Conservation and restoration are best achieved when landowners, government and the markets create a partnership that enables better land management. It is through this partnership that we build equity in our land and in our neighbor.

The benefit is a result that ripples over time. A restored acre of ground will

have a multiplier effect, a positive opportunity cost, in its impact downstream in sustaining water, soil, and air for space beyond the acres themselves. It is the season and the time for renewal.

Chandler Van Voorhis is a board member of Goose Creek Association (www.goosecreekassn.org) and a member of the Outdoor Writers Association of America.



TUTORS NEEDED IN MIDDLEBURG

One of Middleburg’s most successful educational programs, the “Study Buddy” tutoring program for elementary school children, needs volunteers.

Founded as part of the Windy Hill Foundation’s programs for residents, “Study Buddy” quickly moved to embrace other children as well.

In partnership with Middleburg Elementary School, the program now helps nearly two dozen kids, of which

only about half are Windy Hill residents.

Volunteers work one-on-one with children, primarily on remedial reading with some homework help.

The time required is minimal: Monday and/or Thursday from about 2:30 PM to 4:00 PM.

If you can volunteer to help, or know someone else who can, please contact Claire Louis at Windy Hill.

Email: CLouis@whdc.org Or, phone 540-687-3273)



Patrickswell’s main residence has four bedrooms with four full and two half baths and a studio apartment on the lower level for staff or guests. There is a lovely pool and tennis court amid the gardens in the rear of the house. Just a short walk down the driveway is a custom 20 stall center-aisle horse barn with an office, tack room, and 2 wash stalls. All of this is encircled by a 1/16th of a mile indoor track that doubles as 4 turn-out paddocks in inclement weather. There is a 2 bedroom guest house and an equipment shed in the barn area. On the adjoining 371 acres there are three tenant houses, four barns and numerous outbuildings.

Patrickswell is located a mere 47 miles west of the Nation’s Capitol, 27 miles west of Dulles International Airport, and within 30 miles of three regional airports capable of accommodating your private aircraft.

This property offers convenient access to the cosmopolitan amenities of city life here and throughout the world. \$18,500,000.

RULE CHANGES MAKE IRA CHECK UP AN END-OF-YEAR ESSENTIAL

CAROLYN STYS

Bluemont Capital Advisors, LLC, recently announced that Jonathan Wagner CFA, has joined the firm as a Principal and Portfolio Manager. Wagner brings fifteen years of investment experience to the woman-owned and independent Register Investment Advisory firm.

Susan Dale, formerly with Morgan Stanley until she established a private advisory service for embassies

and not-for-profits in the Washington, D.C. area, has also joined the firm as vice president and financial advisor.

“We are delighted to welcome both Jon and Susan to our team,” said Bluemont President Carolyn Stys. “They increase our strength in areas that are critically important to our clients.”

During the past five years, Wagner managed the D.C. metro practice at Old Dominion Capital Management. His experience man-

aging globally diversified portfolios will complement Bluemont’s highly respected portfolio management capability.

Jonathan will work closely with Mark Stys, Bluemont’s Chief Investment Officer and a fifteen-year veteran of finance services. Mark’s years as a bond trader and Head of Fixed Income and International Strategy at Fidelity Capital Markets in Boston gives Bluemont a unique understanding of global investment strategies.

Susan and Carolyn will focus on the opportunities available to executive and high-net-worth women who are investors and dominant care givers .

“Our goal is to create an unparalleled approach to investing that will help today’s woman meet her unique needs and support the objectives she has set for her life,” Carolyn continued.

Carolyn Stys has twenty years of experience at major national Wall Street firms including PIMCO, Fidelity

Investments and State Street Bank.

“We are under no illusions about the continuing turbulence in the market,” Carolyn underscored. “These additions will help us continue to preserve our clients’ capital and position their portfolios for resiliency and growth in these unpredictable times.”

Please contact me at cstys@bluemontcapital.com for the Bluemont Capital Advisors’ Seven-Point IRA-to-Roth Checklist.



December 2009

After nearly 22 years of serving breakfast, lunch and dinner seven days a week to countless loyal customers, friends, family and visitors to Middleburg, we have an important message - goodbye and bountiful thanks. The Coach Stop Restaurant will close its doors for a final time on Sunday, January 3, 2010.

This ends an era of delicious food, interesting people and welcomed conversation. While we have served a number of celebrities over the years, The Coach Stop has always been about the regular diners and longtime staff. The Coach Stop has truly been a place “where you always meet someone you know.” And in the end, only two things stand out – our patrons and our food.

We have prided ourselves on specialties – from the creamed chipped beef on flaky biscuits for breakfast, to our Jumbo hamburger with homemade onion rings for lunch, to the calves liver and onions or backfin lump crab cakes for dinner. And let us not forget the variety of delicious home-baked pies and desserts. Our consistent goal and theme has been to serve good food at a solid value and in easy company.

A lot of aspects played into our decision to close. Simply put, it is time. Along with the rewards, restaurants bring large and daily service challenges, long hours, and ultimately bone-testing fatigue. We sincerely hope you will understand and know that our gratitude for your patronage is real.

We hope over the next few weeks you will find the time to come in and enjoy a last meal with us. Over the years, it has not been like coming to work for us – but instead simply leaving one house to come to our other house. To all the regulars, friends and guests who have come in the front door and to all the staff, purveyors and vendors who have come in the back door, thank you.

With sincere gratitude,

Mike
Mike Tate

Mark
Mark Tate

Please note that in keeping with tradition and allowing staff to spend time with family and friends, we will close at 3:00 p.m. on December 24 and reopen at 7:00 a.m. on December 26. We will also be closed for January 1 in order to prepare for our final weekend – we will open on January 2 at 7:00 a.m.



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Photo By Jay Hubbard

PASTIMES

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PASTIMES

ROOT OF WARMTH: PURÉED SOUPS

YOUR PERSONAL CHEF

ALYSON BROWETT

It's the coldest night of the year. Bitter cold. Howling wind. Need warmth. What better to warm you on a cold, windy night than a nice bowl of soup? The key to good soup is fresh ingredients and a basic knowledge of what makes flavor. Usually that entails onion, good stock or broth and maybe some (a lot of?) garlic. I've been addicted to a couple of root vegetable soups already this season, both using local, fresh ingredients. And both of them are good for you – in moderation, of course.

Soups are easy to make, and generally consist of whatever you have on hand. Both of the recipes I feature here are purées. Puréed soups are a great way to get those who claim to hate vegetables to eat them, and can be consumed by young children and older adults alike. They usually contain a main ingredient, with highlights of other complementary flavors. When making soups, be creative and dare to experiment.

Orange You Glad...

...That carrots get better if left in the ground as long as possible? Two weeks ago I was able to pull several beautiful, large carrots out of the garden of some good friends. Carrots are high in beta-carotene, which gives them their great orange color. When metabolized by the human body, beta-carotene turns into vitamin A, which is essential for the development and maintenance of good eyesight (but no, it won't enable you to see in the dark). Carrots are also high in antioxidants, dietary fiber and minerals. In short, they are good for you.

This soup is absolutely delicious. It is ridiculously simple, and honestly, it is difficult to mess it up.

Gingered Carrot Soup

1 large shallot, diced

1 medium onion, diced

2 tablespoons fresh minced ginger

1 tablespoon extra virgin olive oil

4 cups chopped carrots

5 cups organic low-sodium vegetable broth or water

1 tablespoon local honey

½ cup heavy cream (optional)

1-2 teaspoons kosher salt

In a large pot, heat the olive oil over medium-high heat. Sauté the shallot and onion until soft, about 3-4 minutes. Add the ginger and sauté about 2 more minutes. Add the carrots and sauté another 2 minutes. Add the broth or water and bring to a boil. Lower the heat and simmer for about 15-20 minutes, or until the carrots are tender. Allow the soup to cool slightly. Then blend the mixture in 3-4 batches in a blender, being sure to not cover the blender tightly so that steam is able to escape (otherwise, the steam will build up and explode the lid off of the blender – never a good situation!). Rinse the pot, and after each batch, pour the blended soup through a strainer over the pot, pushing it through with a spatula, if necessary. Return the soup to medium heat. Stir in the honey, cream (if using) and salt to taste. Serve hot with pumpernickel croutons. Serves 6 as a first course.

Po-tA-toe, Po-tah-toe

With the whole low-carb craze, potatoes have gotten a bad rap. While they are starchy and

full of carbs, the truth is, they are good for you, particularly in cold weather when we burn more calories simply to stay warm. Potatoes, which originated in Peru, are one of the oldest cultivated crops and are the world's fourth largest food crop. Potatoes are chock full of vitamins and minerals, including potassium and vitamins C and B6.

This soup combines the niceness of potato with the naughtiness of some bacon, cheese and cream. It is a meal in and of itself. I used Green Mountain potatoes from Smallwood's Veggieporium in Berryville, VA, who sell at the Leesburg Winter Farmers' Market on Saturday mornings. Enjoy this quick supper on a cold night with a nice ale or stout for added naughtiness. (What? Santa isn't watching...!).

Creamy Potato Soup

4 strips bacon, diced

2 medium onions, diced

2 cloves garlic, minced

6 cups peeled and diced potatoes

7 cups vegetable broth or water

1 cup shredded cheddar

1 cup heavy cream

2-3 teaspoons kosher salt

½ teaspoon fresh ground pepper

For garnish:

2 strips bacon, cooked and crumbled

4 tablespoons shredded cheddar

4 scallions, sliced on a bias

In a large pot, cook the bacon over medium-high heat, rendering the fat. Add the onion and garlic and cook until softened and slightly browned. Add the broth or water and the potatoes. Bring to a boil and simmer for 20-30 minutes, or until the potatoes are tender. Using an immersion blender (or a blender, following the instructions above), blend the



soup until smooth. Stir in 1 cup of cheese, cream, pepper and salt, to taste. Bring the soup to a simmer and then serve immediately. Top the soup with the crumbled bacon, cheddar and scallions. Serves 4 (main course) to 6 (first course).

REMODELERS Q & A

PHIL BZDYK

Susan from Boyce, VA writes:

All of our walls and ceilings are cracking. I'm not sure why or what to do to stop it. Every day I find new cracks. I read about exterior problems causing interior problems and we've just finished painting the exterior with a really high quality stucco paint.

Susan, Generally, plaster walls built prior to the 1950's are comprised of a brown coat (very porous layer of sandy mortar) pressed onto and in between strips of wooden lath nailed to the wall studs; finished with a finish coat of dense non-porous plaster. It is normal for cracks to appear as shrinkage and seasonal expansion and contraction occur. Assuming the plaster isn't spalled (when the plaster "lugs" are no longer holding the plaster to the wooden lath), amongst various methods, there are 2 options I favor. The 1st is to use a high stretch caulk after priming and before final paint coats. This option is only about 25% certain to keep cracks from reappearing, but reduces their appearance a little. The 2nd op-

tion is to use a fiber mesh matt, covering the entire wall surface (wall to wall, floor to ceiling). Next a high plaster content joint compound is applied, covering the mesh. Then 2 coats of standard joint compound are applied, sanded, primed and painted. I've used this process for about 12 years and the probability of no cracks re-appearing is about 95%.

My opinion is that your exterior efforts have not impacted the re-appearance of cracks. Most likely, some variation of the 1st option was used prior to your purchase of the house. A few heating/cooling cycles will usually be all it takes to cause the differential between the microscopic movements of the separate pieces of plaster, breaking the bond between the repair material and the plaster.

The 2nd option is successful because it's virtually a new reinforced layer of plaster bonded to the existing plaster, but fairly expensive. The method does not detract from the sound & feel of a real plaster wall. For ceilings, instead of option 2, we often overlay a layer of drywall for cost savings, since the ceiling is out of view or easy reach, and the difference in feel is difficult to detect.

A GARDEN FOR ALL SEASONS

THE PLANT LADY

KAREN REXRODE

The ultimate garden, one with every season in mind, may be achieved by adding shrubs and trees that exhibit bold displays of evergreen branches or colored winter branches, or even better yet - layers of exfoliating bark. Prunus mackii with its exfoliating red-brown bark is gorgeous but we are far too warm to keep it happy. It's indigenous to the Amur River which runs between Russia and China, in the family with peaches, plums, cherries and almonds, the bark is a glowing burnt umber in color, hence the desire to own it. There are many other trees that exfoliate and grow perfectly well here, Parrotia persica, with its layers of bark in gray, green, and brown is just one good example. The flowers of parrotia arrive in early spring or late winter, small red streamers remind the gardener of hamamelis or witch hazel, a close relative. Very slow growing, this little known small tree offers multi-season interest with brightly colored foliage in fall, spring flowers of red and exfoliating bark year-round. Indigenous to Iran, like the ice plant or Chimnanthus praecox (incredible small, almost transparent fragrant flowers in winter), it is uncommon for plants from this part of the world to thrive in ours.

Given the many types of twigged dogwoods or cornus, one can readily imagine the yellow twigged dogwood, with its pure yellow stems, rising above a Chamaecyparis 'Gold Mop'. Additional 'Lemon Glow' daffodils will only highlight this as spring arrives, a yellow overload?... perhaps. Add a few Rhododendron mucronulatum with gorgeous lavender flowers on naked stems in March if you want a complementary counterpoint. It was quite by accident, and only because I keep my garden segmented by color, that I learned how beautiful the hyacinth 'Gypsy Queen' was with the Cornus sanguineus 'Midwinter Fire'. This twigged dogwood's branches turn from red to yellow and finish in orange over the course of winter and spring. The Hyacinth 'Gypsy Queen' is sold as an orange flowering hyacinth, but it actually ages

from an almost pure pink to a decidedly soft orange, a tough color to place well, the pair are perfect for each other.

Pinus bungeana is commonly known as the lace-bark pine and the bark will exfoliate and reveal various shades of green with tan and bits of cream. A native of China, it is also a slow grower and possibly the most magnificent specimen around is at the National Arboretum, in the azalea collection. I planted seven many years ago and the beavers had there way with four and the remaining three are misshapen due to deer browsing. I once stood below a magnificent Pinus bungeana in a garden in Connecticut and words cannot describe its beauty.

Acer griseum are considered the reining king of exfoliation when it comes to deciduous trees. Even when young the bark begins to peel and pop out in papery layers of red-brown. From central China, the site of an entire forest of these would be a spiritual experience for even a non-gardener. The biggest drawback for this wonderful tree is how slow it grows, buy the largest one you can find.

Lastly there is the false-quince or Pseudocydonia sinensis. This seldom seen tree also exfoliates at a young age and is clearly its most beautiful in winter. The bark reveals layers of gray and cream and can be

rubbed to flake off small bits of mosaic flecks. Related to quince but thornless, the fruit it produces are large and fall to the ground in winter. It seems that nothing eats them here (of Chinese origins), but they can be used for jam making after freezing. A very

nice collection of them can be found at Blandy or the State Arboretum on Route 50 near Winchester.

Brightly colored branches can only be appreciated at this time of year and partner well with evergreen trees and shrubs. Exfoliation is certainly a thing of



beauty and no harm is done in peeling some off to hold and admire - it's a winter thing.



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PASTIMES

FORE!
7TH INNING STRETCH

ALEX CUDABACK

I'm going to briefly dip my toe into the Superfund site that Tiger Woods' life is quickly becoming and I'm going to do it for a simple reason.

I write about sports.

In case you hadn't noticed, Tiger Woods is sports. It's kind of hard to write, think, talk, or ponder on sports, the nature of sports, the meaning of sports or the implication of sporting culture without talking about the guy who, just recently, was acknowledged as the first billionaire athlete.

It's sort of like talking about cars and not touching on engines. Doesn't work.

So just because Tiger and his many supporters don't like the topic, it doesn't mean they get to look down their noses at the people whose interest is piqued. They don't get to choose in what context people refer to their boy.

Who created the interest in the first place?

Who crafted the image?

Who happily climbed up and sat on the pedestal?

So the interest has turned nasty, and the questions are tougher and the glare of the spotlight is starting to burn. That's what happens. Deal with it.

Tiger and his handlers, his employees and his friends, and every one of the sycophants who wanted to be in Tiger's circle of trust, they're all just as guilty for allowing this to happen.

Tiger deserves his privacy? Sure. But so do I and so does everybody else, and we've been force-fed a 24-hour-a-day Tiger diet for about a decade now. I'm hooked. I'm a Tiger junky. Don't hate the addict

for wanting his fix; hate yourself for giving him his first taste.

I'm not judging Tiger, mind you. Let's be perfectly clear. Absolutely no part of me is dumb enough to play the moral blame-game. I'm not perfect. But, surprise, surprise, neither is Tiger. So we have something in common after all. And I didn't have to spend thousands of dollars on fancy watches or millions of dollars on fancy consulting contracts, I didn't have to switch mobile-phone providers, I didn't have to swaddle myself in swooshes and I didn't have to drink my weight in energy drinks. Heck, I didn't even have to shave.

Do I feel sorry for Woods? That's a harder question than I think most realize. These were his actions, and his alone. Nobody forced this behavior on him. I feel sorry that he seemingly put so much at risk for so little reward with so little regard for the possible consequences. I think, for now, I reserve my sorrow, my pity, and my hope for something better to come of this for Tiger's wife, Elin, and their two children, Sam and Charlie.

Will I forgive Woods for his transgressions? That's really not up to me. Woods isn't looking for my forgiveness. He's looking for the forgiveness of those who matter infinitely more, his family first and then his friends.

Will I look upon Woods with the same slack-jawed awe ever again? Probably not. And not because he screwed up. My jaw won't drop to the ground anymore because now I know he's human, as human as I, and he's just as fallible as the rest of us.

This was a case of hubris, of disregard for others and of ego run amok. It's nothing new. It's happened before and it'll happen again.

Tiger will be back, I'll bet. Lord

knows he could disappear forever, sequestered away somewhere and never go wanting, but I don't think that same ego will let that happen.

No, he'll be back and his pursuit of 18 will again be what everybody talks about, but he'll never be the same.

And maybe, just maybe, that'll be a good thing.

Parting Shots....

Any Redskins fan who still wants to get rid of Jason Campbell, blow it out your ear. This past Sunday's game proved nothing other than how spectacularly awful a first-overall quarterback pick can be. JaMarcus Russell was getting booed in Oakland *before* he got on the field. Dude completes less than 50 percent of his *passes*. All Campbell does is take shots, get up, and keep his team moving. You really think the Redskins are going to find someone better in the draft than Campbell? Or do you believe that one of the GM's of one of the teams that has a better QB is going to trade him to Washington for....? What, exactly? Vinny Cerrato and a sack of magic beans?

The BCS is still such a sham that all the other shams duck their eyes and shake their heads. And it's still run by the crookedest bunch of crookedy crooks the sports world has ever seen. "When would our student-athletes study if there were a college football playoff?" they boldly ask while counting their zillions. Ha! My hope is that Alabama and Texas play to a scoreless tie and TCU and Cincinnati both win going away. I'll have to watch to find out though....

And the best thing to watch this holiday season? The Winter Classic on January 1. The Philadelphia Flyers vs. the Boston Bruins. At Fenway. Awesome.



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Helen Modly, CFP, ChFC of Focus Wealth Management, Ltd., Middleburg, VA addressed over 100 Virginia CPAs at the 19th Annual VSCPA Professional Development Conference in Reston, Va. Helen Modly is nationally recognized for her expertise in retirement distributions and retirement portfolio management. Her writings have appeared in Morningstar, Horseshmouth, and the Wall Street Journal.

"No gold watch, no pension, and more centenarians than we can count. How are we going to fund a 40 year vacation?" Modly asked of the baby-boomers in the audience. Modly gave the CPAs a quick course in technicalities of retirement income projections, issues in managing retirement assets, and strategies and financial products that can help us reach our goals.

Strive for Five, Eight is Great was one departing message. Working from 62 to 67 is good, 62 to 70 is even better. Staying in the specific labor market where you command the best paycheck may be the single most effective measure in boosting your future retirement income.

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WHY IS MY
MOUTH SO DRY?

DR. ROBERT A. GALLEGOS

This is a question I'm asked frequently in my dental office. The saliva glands regularly produce saliva to keep the mouth moist, lubricate the tongue and soft gum tissue and wash the teeth. If you find that you are constantly thirsty, having difficulty swallowing, experiencing burning mouth or your saliva is thick, foamy or absent you have dry mouth (xerostomia)-and you are not alone. Approximately, twenty-five percent of the population has this condition.

There are several reasons people experience dry mouth, some of which are normal physiologic changes and others are caused by disease, medications, and lifestyle. Women may experience dry mouth during normal physiologic hormonal changes in menstruation, pregnancy and menopause. As we age, our saliva glands produce less saliva. Examples of disease processes that adversely affect saliva flow include: Sjogren's syndrome (www.sjogrens.org), AIDS/HIV, Alzheimer's (www.alzfdn.org), Parkinson's (www.parkinson.org), anemia, high blood pressure, diabetes (www.diabetes.org) and stroke (www.stroke.org). Nerve damage from trauma can also decrease saliva flow. Medications and medical treatment including: antihistamines, antidepressants, diuretics, sleep aids, deconges-



tants, chemotherapy and head and neck radiation may also cause dry mouth. Lifestyle choices are also a contributing factor such as: not drinking enough water, smoking, chewing tobacco, and consuming alcohol and caffeine (sodas, coffee and teas).

Saliva is important. It is the body's most important mechanism for fighting tooth decay, gum disease and for initiating the digestive process. The lack of good salivary flow leads to poor digestion and a sore or burning mouth all of which may contribute to malnutrition, especially in older adults.

Understanding the causes of dry mouth and managing them with the assistance of your dentist and physician, along with good oral hygiene and regular visits to your general dentist, will help improve the condition, prevent tooth decay and gum disease and contribute to your overall good health.

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PARENTS & PROGENY

MIDDLEBURG ACADEMY HOLDS COUCHFEST 2009



At its fall homecoming "Couchfest" celebration, Middleburg Academy (formerly Notre Dame Academy) introduced a new sport with perhaps Olympic potential, Couch Racing. Conceived by Phillip Lawson-Shanks and his wife Wendy, a member of the school's faculty, the sport had its genesis somewhere to the east of Middleburg, either in Aldie, Virginia or England.

The concept is simple: Equip a couch with wheels and coast or otherwise propel it down a slope from a

starting point to a finish line as swiftly as possible, carrying a crew to assist in its management and add weight and thus momentum to the vehicle. Couchfesting dress is eclectic for both participants and spectators, rather than conforming the unimaginative formality required at comparable British events such as Ascot or Henley. This suggests an American origin for the sport.

Couch Racing is as yet unencumbered by any rules other than the law of gravity (in itself a British import, courtesy of Sir Thomas Newton). There is as yet no

limit on design or means of propulsion. One vehicle was seen to spout bursts of smoke from its tailpipe, and some seen in the race meet today suggested that their designers had yet to enjoy time in the Academy's excellent physics department.

The naming of the vehicles, however, was creative. Appropriately, "Freudian Slip" stayed on course for only about 30 yards from the start, its design lacking any steering mechanism. Who or what "Psycho" was named for is unclear, but teenagers usually can identify many who fit that mold. "Derelictious" was a successful entry, probably named for its body's condition before the propitious addition of wheels. But to this aging writer, the most appropriate was the Parents' Association entry, "Desperate Housewives." It, too, had trouble surviving its course.

At the conclusion of racing, trophies capped by model couches were awarded. During that ceremony Head of School Libbi Murray pointed to a very steep road that intersected the course near its finish, advising that racing couch design

had a long way to go before she would approve moving a future meet to that hill. There was no opportunity to gauge the racers' reaction to that challenge by an adult authority figure, because the crowd was due at the soccer game, to be followed by a barbecue and bonfire thereafter.

As the throng dispersed,

the couches were collected under the event's welcoming sign. It was uncertain whether they would enter a tag sale, be rehabbed for future use, or visit some nearby land fill. An informed guess would be "rehabilitation," because, as they used to say of the old Brooklyn Dodgers, "wait 'til next year."

U.S. PARK POLICE HORSE MOUNTED UNIT AT MIDDLEBURG ELEMENTARY



The esteemed United States Park Police Horse Mounted Unit, represented by Officer Mariea Clowers, visited Middleburg Elementary School on November 23rd as part of an assembly program highlighting the usefulness of horses in law enforcement. The children were also instructed on safety issues and behavior around horses, i.e. quiet approach.

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**4:00 pm Family Service featuring
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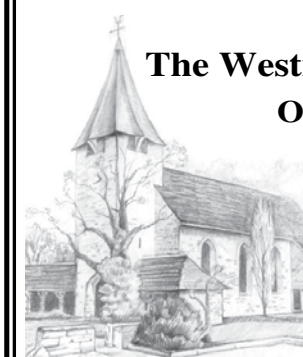
This service is for families with small children,
includes a children's homily,
and the Holy Eucharist.

8:00 pm A Service of Lessons & Carols
Festival music with the Trinity Choir,
soloists, and strings.

11:00 pm Celebration of the Holy Eucharist
Featuring soloists and strings.

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10:30 am Celebration of the Holy Eucharist.



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Rusty is an adorable Haflinger X pony about 14.2 h. Broke to be ridden, but needs to regain his trust towards people first. If you have room in your heart/barn, please give him a second chance.



Middleburg Humane Foundation

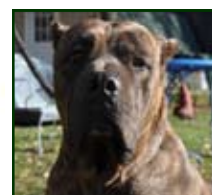
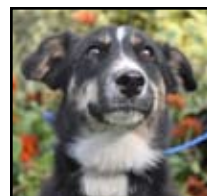


Claude is a Beagle mix puppy (brother of Owen), born ~ July 7, 2009. He loves to play and will need a home with a fenced in yard.



Owen is a Beagle mix puppy (brother of Claude), born ~ July 7, 2009. He loves to play and will need a fenced in yard.

Elsa had a horrible beginning- she lived chained to a blue plastic barrel- always hungry with long cold winters... She is having lots of fun here meeting friends & having love & a full tummy.



Gracie is a purebred Coonhound who is a doll. She was rescued by animal control with a litter of pups that died of starvation. She spent many months at the county shelter with no interest. Please give her a second chance.



Pressa is a lovely purebred Presa Canario that needs a special foster home while a cruelty case appeal is resolved. Pressa is truly a dear dog. She is excellent with small kids, medium/large sized dogs, & house cats. She is very fearful of most men and needs a gentle & quiet home.



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

Furry Holidays!



Max and Otis are adorable 3 year old Shih-Poo brothers. They get along great with kids, cats, and other dogs. Max and Otis love each other and need to find them a loving home together.



Holiday Wish List

Please donate the following:

- Dry & canned cat food
- Bleach & paper towels
- Postage stamps
- Homes for barn kitties
- Homes for rescued equines
- Cat sized ceramic food bowls

Thank you very much!



Bagel is a happy, fun loving older Beagle mix who was abandoned on the side of a road. She loves everyone and is great with other dogs, cats and kids too! Bagel would be a perfect companion for a retired couple!



Brock is an adorable Hound mix born ~ August 18, 2009. He is super cute and playful. He will be a large? dog & will need a home with a fenced in yard.

Middleburg Humane Foundation
P.O. Box 1238 ~ Middleburg, VA ~ 20118
mhfdtn@earthlink.net ~ (540) 364-3272

For more information on animals available for adoption, upcoming fundraisers, recent rescues, and how you can help, please visit us on the web:

www.middleburghumane.com



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Last Saturday was Christmas in Middleburg, and it turned out to be one for the record books. Snow graced our little village all day, turning the already gorgeous town into a postcard-perfect scene.

For this small scruffy dog, it was a veritable blizzard during which I kicked up my paws, ran in circles and caught snowflakes on my tongue. It was a magical day.

The whole experience made me remember how lucky I am to live in this animal-crazy, beautiful place that is so unlike any other in the country. It made me proud of my home and happy to be here.

Dogs can seem to be very simple creatures. We delight in a snowflake. We love unconditionally. We adore warming by a fire. We are masters at snuggling in our beds. We appreciate our food. In sum, we know how to find happiness in the things that truly matter.

It occurs to me that Middleburg can seem simple too. It's a place that refuses to

move too fast, that upholds tradition, that honors the beauty in nature and that embraces friends and family. In short, it's a place for remembering what truly matters.

Last Saturday, watching the festivities amidst a blanket of white, it felt like the troubles of the world were far in the past. It felt like the joy of the people and the joy of the animals were one and the same. It felt like we were all in this together and that everything would be just fine.

At the end of a year that has not been fine in many ways, I would like to say Merry Christmas, Middleburg, and thank you. Thank you for making the simple life a thing of absolute beauty. Thank you for making it easier to stay grounded in a time that surely is not. Thank you for the possibility of peace and quiet in a chaotic world.

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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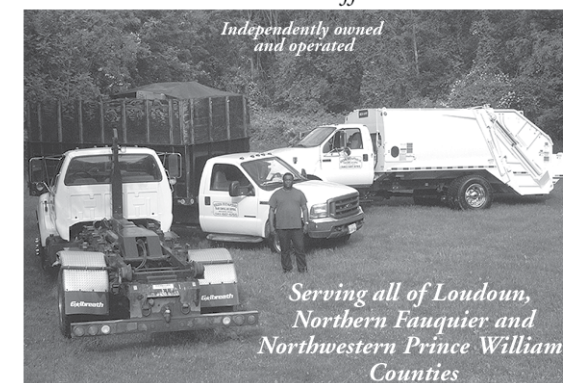
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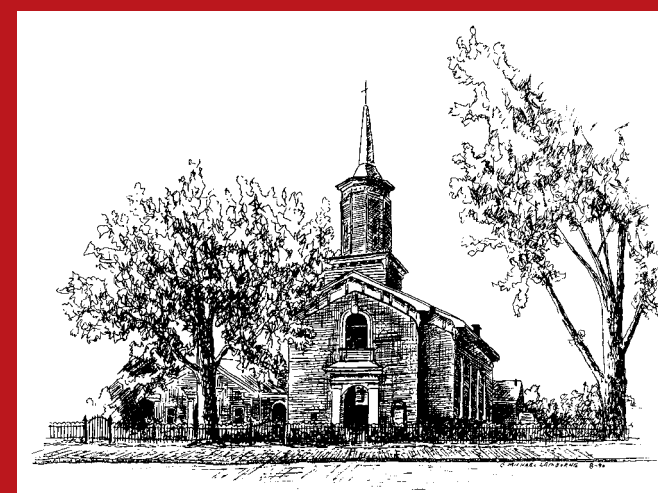
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Dakota
Middleburg, Virginia

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



Harborvale
Middleburg, Virginia

51 acres in Orange County Hunt located just minutes from town surrounded by large farms off the highly sought-after Zulla Road. Interior renovations have begun. Charming stone cottage, 3 car garage, stable and tenant house are all in need of renovation but will make a fine estate. Currently in two parcels. \$3,200,000.

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1780 Quaker Barn
Philomont, Virginia

Historic Quaker stone barn built in 1780, completely restored and updated in the last two years to a 4/5 bedroom, 3 1/2 bath home. 3 fireplaces, exposed 40' hand hewn ceiling beams, 40' exposed chestnut log ceilings in basement, lovely heart pine floors, exposed fieldstone, flagstone floors in basement. Approx. 8,500 sq. ft. of living space with another 2,500 sq. ft. available to be finished. Top of line finishing throughout, exceptional pool with stone terrace and outdoor fireplace. \$2,200,000.

Paul MacMahon (540) 687-5588



Atoka Chase
Middleburg, Virginia

Impressive stone and frame home with a pond and 10 acres in Atoka Chase. Large first floor master suite, open 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. \$1,270,000.

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Commercial
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. \$895,000 or rent for \$3,250 per month.

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Adams Green
Middleburg, Virginia

Four bedrooms, three and half bath Cape Cod. Sits on 3 private acres outside the town of Middleburg. Gourmet kitchen is complimented with hardwood floors, the master suite and walk in closet are exquisite. Wood burning fireplaces enhance the dining room and family room. Fully finished basement. Deck with hot tub and mature plantings. \$1,100,000.

Margaret Carroll (540) 454-0650



Waterford Land
Waterford, Virginia

74 +/- acres on top of the village, mostly open and rolling with three houses and a stone bank barn. The land is in conservation easement and 3 divisions are permitted. This land is adjacent to the Waterford Foundation Parklands, Historic Village of Waterford and Catoctin Creek and was originally known as the Phillips Family Farm, a founder of Waterford. Waterford is one of three places in the United States in which the entire village is designated a National Historic Landmark. \$2,500,000.

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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.

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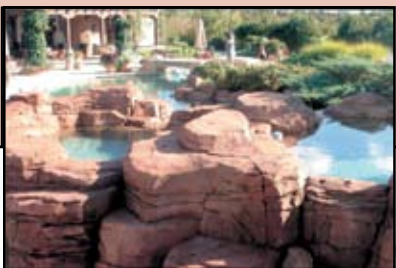
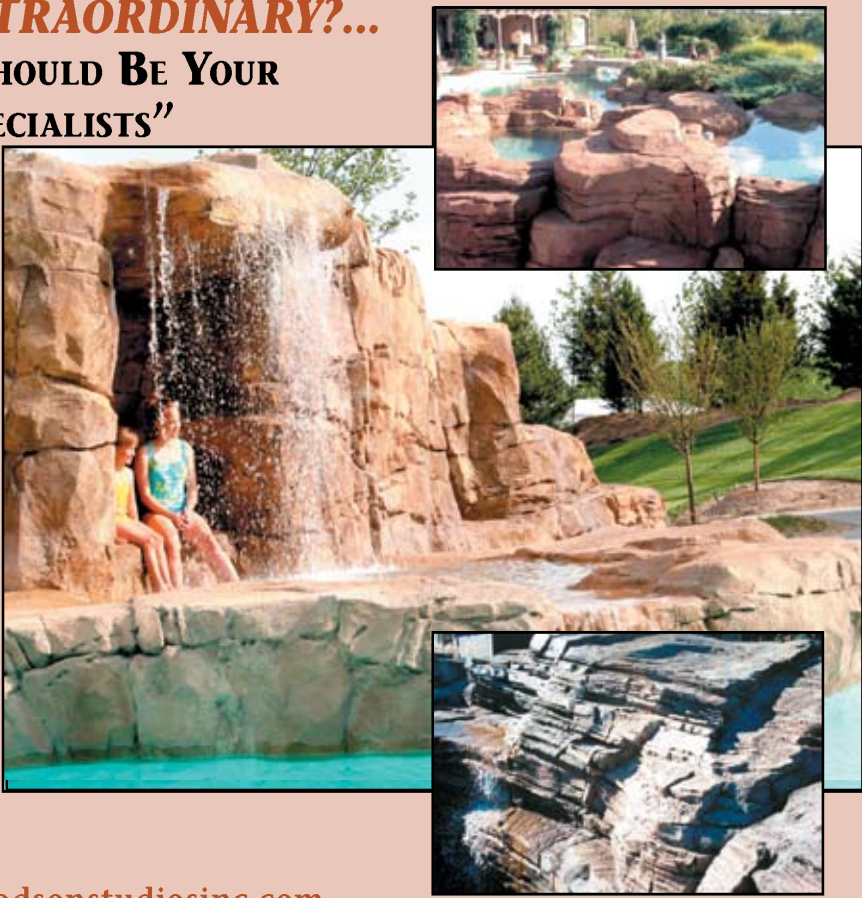
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Rick Lowe

703-509-3962

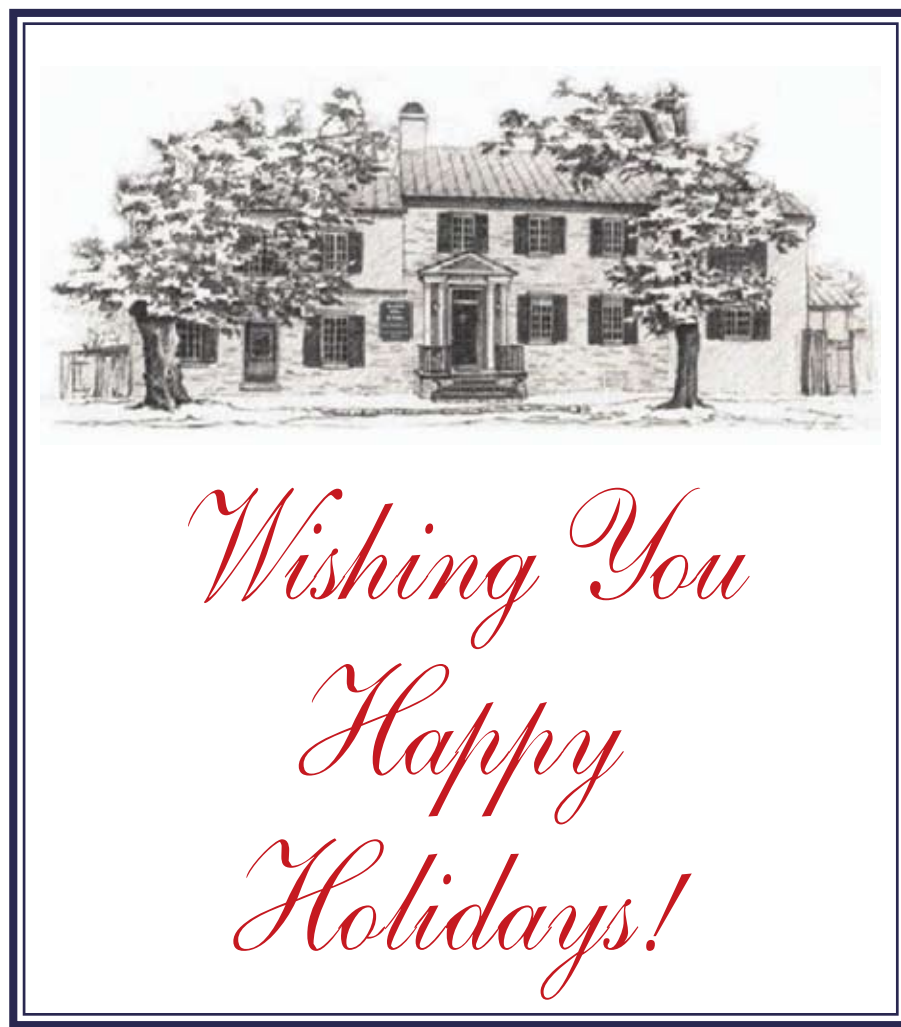


7 CHINN LANE, MIDDLEBURG, VA

Many fine details, 2 fireplaces, 2.5 baths, 2 bedrooms, living and dining rooms, sun room. Large fenced yard, pretty mature landscaping, and private studio with steam shower and skylights. Walk to everything in town. \$899,000.

Mary South Hutchison

540-687-6885



POWELL HOUSE, MIDDLEBURG, VA

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540-687-5678



JOE'S HIDEAWAY, WASHINGTON, VA

Private contemporary with cathedral ceilings and skylights on 28 acres, less than a 1/2 mile to Shenandoah National Park. The floor plan is flexible with 2 bedrooms up and 2 down. Dining room and kitchen have tiled floors. The living room, den and master bedroom have hardwood floors. The hot tub is in the back of the house off an extremely private deck with French doors from the living room and master bedroom. The front patio is flagstone with a covered walk to the garage. Small run-in shed for extra gardening items. \$575,000.

Amy Timbers

540-987-8668



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



WILLOWIN FARM, PURCELLVILLE, VA

Classic lines on this 5 year old, 5 BR, 5 BA/1HB colonial farmhouse in coveted Willowin Farm make this lovely 10.5 acre property an ideal home. Sited on a knoll this beautiful home overlooks western Purcellville out to the Blue Ridge Mountains yet is located minutes between Philomont and Middleburg. Horses are allowed and Willowin Farm is in Open Space Land Use providing tax benefit. Hardwood floors, detached carriage house garage, fully finished basement, big wrap porch, paved roads and an exceptional price right out the gate \$959,500.

Gloria Rose Ott

540-454-4394

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