



RESTORE AMERICA

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BACK TO SCHOOL, BACK TO HEALTHY EATING

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MUSIC THERAPY ON MADISON

DANIEL MORROW

At an unusual August 19 session, Town Council paved the way for the establishment of a new center for music therapy at 15 South Madison Street, in the building that formerly housed Nobel Nielson Shoes.

Building-owner Ben Graham told Council he had not only offered use of the space, but other financial support to Tom Schweitzer, a licensed therapist, well-known for his work in music therapy, and currently a candidate for an advanced degree in the field.

Council approved the requested a waiver of certain site-plan-requirements of Middleburg's Subdivision Ordinance without dissent, following Town Planner David Beniamino's positive recommendation.

Mayor Betsy Davis and

Council Member Kathy Jo Shea did not attend the session, which had been delayed for a week after local storms and power outages canceled Council's scheduled August 12 monthly meeting.

Tom Sweitzer

As Ben Graham told Council, Tom Sweitzer has long demonstrated "a special gift" for using music to bring troubled children and young adults "out of their shells."

Sweitzer joined the faculty at The Hill School in 1995, soon after completing a degree in Music Theater at Shenandoah University.

A talented musician, composer, playwright, librettist, performer and teacher, his work for, by and with music lovers of

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A BEST FRIEND FOR THOROUGHBREDS IN NEED

ROSE MARIE BOGLEY PLANS BENEFIT
FOR RETIRED & ABANDONED RACE HORSES



Life is not always nice for thoroughbred racehorses who have been 'retired' from the track. Many run on small tracks until they drop, others starve in lonely back lots and some splendid animals spend their last hours in dusty trailers traveling to slaughterhouses. Some, the very lucky ones, are rescued by the Thoroughbred Retirement Foundation (TRF).

Rose Marie Bogley, Hunt Country philanthropist and steward of one of Virginia's most beautiful and historic horse farms, Peace and Plenty at Bollingbrook, knows all about the heart and spirit of these former

equine champions. In 2007 she made a personal commitment to a thoroughbred who put his owners on the map only to be abandoned when he needed them.

It is her love of horses, and her respect for her adopted racehorse, ReRaise, that made Mrs. Bogley decide to invite others who feel as she does to her magnificent estate October 9th for a spectacular black tie dinner dance and auction to benefit the Thoroughbred Re-

Continued Page 6

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SCOTT BUZZELLI 540-454-1399 \$699,000



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JIM LEMON 703-203-9766 \$3,900,000



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JIM LEMON 703-203-9766 \$ 740,000



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ANNE MCINTOSH 703-509-4499 \$3,400,000



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ANNE MCINTOSH 703-509-4499 \$645,000

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NEWS OF NOTE

LONGTIME MIDDLEBURG RESIDENT HAROLD “BUD” MORENCY

On August 10, at the age of 91, Harold “Bud” Morency passed away in Winchester, Virginia, at Westminster Canterbury.

A longtime resident of Middleburg, Morency was born in Oak Park, Illinois, attended Hins-dale Township High School, and the University of Colorado.

During the Second World War he served in the United States Army.

In 1948, he and his beloved wife, Maralyn, moved to The Plains and Kinloch Farm.

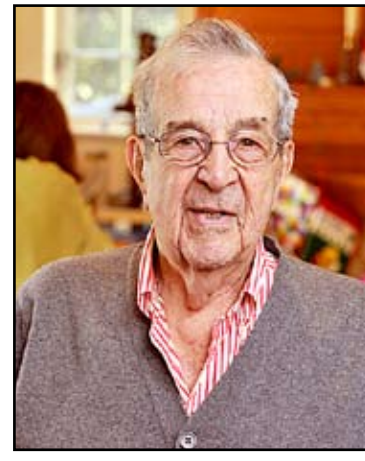
An extraordinary and suc-cessful career in real estate and home building in and around Middleburg and Winchester soon followed.

Morency founded Middleburg Real Estate, and is re-membered by many a local fam-ily for his help in getting them into their first home, both by building a house they could afford, and by helping them navigate the com-plexities of first-time home own-ership.

He was one of the founders of the Middleburg Tennis Club, and (with Maralyn) was a found-ing member of the St. Andrews Club of Delray Beach, Florida.

Morency served for many years as a member of Middle-burg’s Town Council and was well known for his ongoing, active and personal engagement in local af-fairs.

Maralyn, whom he first met in high school, married him 69 years ago. He is survived by Maralyn; a daughter, Sharon Bry-ant of Chattanooga, Tennessee; a son Michael and his wife, Jeanne of Middleburg, seven granchil-dren: Lila Kiswani and her hus-band Kevin, Paul Bryant and Mar-iana Bryant, Sara, Anna, Rita and Matthew Morency, and three great grandchildren: David and Ellie Kiswani and Kory Chaney.



A graveside service was held on August 13 at Sharon Cem-etery, Middleburg.

Memorial donations may be made to the Westminster Can-terbury Fellowship Fund or to the Congregational Community Ac-tion Program (CCAP), 112 South Kent Street, Winchester 22601, where he lived with his wife, Maralyn.

BRYANT PARK COMES TO MIDDLEBURG

NINTH ANNUAL WINDY HILL FASHION SHOW BENEFIT

The Windy Hill Founda-tion announced today that its ninth annual benefit fashion show will be held on Wednesday, September 22 at 11:30 a.m. at Poplar Grange, a beau-tiful estate located just outside of Middleburg. The Windy Hill Foundation is a non-profit organization located in Middleburg, Virginia.

Several fashion retailers will provide clothes for the event including: Betsey, Duch-essa, Highcliffe Clothiers, Lou Lou and Lou Lou’s, Too, The Magic Wardrobe, and Timmie Jane.

Food will be provided by a host of local restaurants including: Back Street Café and Catering, Blackthorne Inn & Restaurant, The French Hound, The Goodstone Inn, Market Salamander and The Red Fox Inn.

Tickets are \$85 each and must be purchased in advance by calling Donna Barkley at 540-554-2819.

In addition, a raffle will be held with a chance to win a G.E.M. elec-tric/battery powered car. \$25 per chance or 5 for \$100.

The Windy Hill Founda-tion mission is to provide safe, decent, and affordable hous-ing to low and lower income families and the elderly from the surrounding Middleburg/ Upperville area and to en-courage self-sufficiency and independence among tenant residents. Proceeds from this

event will help Family Devel-opment Committee programs including emergency rental assistance, help with medi-cal and dental bills, computer and internet training, parent-ing classes, and on-site access to a trained Loudoun County social worker. Windy Hill is a 501(c)3 organization. For more information on the Windy Hill Foundation, call 540-687-3997.

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NEWS OF NOTE

THOROUGHBREDS IN NEED

CONTINUED FROM PAGE 1

tirement Foundation.

"It will be a beautiful evening," she noted. "Jim Bechtold is the designer and he plans a delightful setting; Back Street Café's catering will be scrumptious; Sidney's Orchestra will play for dancing and the auction will be the best ever."

Although this is the first benefit for TRF Mrs. Bogley has planned, she is absolutely convinced that individuals who love thoroughbreds and understand how hard they are worked at the track, will want to help ensure that they enjoy a dignified retirement.

"We all know that racehorse owners are often far removed from their investments," she explained.

STEPHANIE SMITH, M.S., CFP, HAS JOINED THE WEALTH MANAGEMENT TEAM AT FOCUS WEALTH MANAGEMENT



Ms. Smith, a native of Fauquier County and an accomplished horsewoman, joins Focus Wealth Management from Wiseman and Associates in Winchester, VA where she managed the financial planning and investment management activities of the firm. She earned her Master's degree in Financial Planning from Virginia Tech and completed the Executive Certificate in Financial Planning at Georgetown University. She holds the Certified Financial Planner designation.

"Stephanie's passion for financial education and her interest in women's issues make her a natural fit for our team", stated Sandra Atkins, president of Focus Wealth Management, Ltd. "She has taught Analytical Techniques of Financial Planning at Virginia Tech and continues to be a guest lecturer there".

Ms. Smith will also be assuming the role of Chief Technology Officer at Focus Wealth Management in addition to wealth manager.

FOCUS WEALTH MANAGEMENT, Ltd. is a women owned, fee-only investment management and financial planning firm located in Middleburg, Virginia. For more information, visit the website at www.focus-wealth.com, or by telephone at (540) 931-9051.

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◆◆◆

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EDITOR’S DESK

MUSIC ON MADISON

Special thanks and praise are in order for Middleburg’s Ben Graham, for musician, teacher and therapist Tom Sweitzer, and for Middleburg’s Town Council and Staff for their generous, far-sighted, and swift decisions to pursue the establishment of a new music therapy center on South Madison Street.

The project, exemplifies the very best of what makes Middleburg a very very good place to live, and work, and visit.

Graham’s generosity and willingness to work with and for town has been extraordinary.

Sweitzer’s vision, and his track record, speak for themselves. (A semantically less reticent editor might even say they sing.)

Town Council and Staff succeeded admirably in balancing a keen sense of what’s good, with an equally keen sense of their duty to do what’s good for the town.

We wish the new center, and all who support it the very best.

OF MUSEUMS AND MEANDERING TRAILS

Council’s decision to actively support the creation of a Town Museum, and the solicitation of funds to integrate the Town’s existing walking trails into a well-planned, well-designed, and well-maintained whole are equally commendable.

Their approach to the museum project, making effective use of existing property and the on-going enthusiasm of educator and former

Town Council Member Eura Lewis is especially commendable.

The project also fits nicely into the vision of Missy Janes and her supporters, combining stewardship of the Town’s history, with stewardship of it’s natural resources.

August, despite the heat, and rain, and power outages, has been a very good month indeed.

HOW ABOUT RIGHT SIZING THE FEDERAL GOVERNMENT

FROM BEYOND THE BELTWAY

KEN RIETZ

Anyone who has actually run a business knows the economics of cutting costs. Some can be done around the edges. However, real cost cuts come from reducing the number of employees and total compensation. In business it is called “Right Sizing.”

Businesses across the country are right sizing by not hiring. Faced with uncertainty in tax policy, healthcare costs and trade policy, business has put on the brakes. In fact, small business start ups have reached an all time low.

This right sizing fervor has not affected Federal Government.

Since 2007, the number of Transportation Department employees with compensation of \$170,000.00 has skyrocketed from 1 (ONE) to over 1,600.

During the same period, the number of Defense Department employees with pay in excess of \$150,000.00 has grown from 1,600 to more than 10,000.

This Federal Employee EXPLOSION occurred while the Democrats controlled both Houses of Congress and had a firm grip on the appropriating process.

The average Federal employee now receives compensation almost TWICE that of an employee in the private

sector doing an equivalent job.

Faced with these statistics and another record setting deficit in July, the Democrat BIG GOVERNMENT SPENDING MACHINE kept rolling on. This time they caved to the Teachers Union and passed another \$30 BILLION bail out.

As President Reagan often pointed out, the problem is not the quality and motivation of Federal employees. The problem is the uncontrolled growth of the Federal bureaucracy.

Our Federal government needs to learn from the private sector. The way to cut spending is to “Right Size” the Federal government. Let’s start with a

hiring and salary freeze.

The most important indicator for Republicans is the generic ballot. When asked if they will vote for a Republican or Democrat candidate for the House, Republicans come out on top by almost 10 points. Republican voters are also winning on the intensity scale with a stronger inclination to vote.

This is why Republican Senate candidates in three key states – Pennsylvania, Ohio and California – have suddenly jumped into the lead over their Democrat opponents.

The theme coming out of the White House is that Republicans want to go back to their old ways while Democrats will take us forward.....forward over the cliff ? ? - keep in mind that the Democrats have already, in just the last nine months, added one trillion dollars to the Federal deficit - . They have clamped a strangle hold on job growth with threats of higher corporate taxes, cap and trade legislation and higher healthcare costs.

At the same time, two newly elected Republican

Governors are giving the nation lessons in FISCAL LEADERSHIP. New Jersey’s Governor, CHRIS CHRISTY is successfully fighting the Unions to balance the State budget. Virginia’s Governor, BOB McDONNELL has turned the \$ 1.8 Billion deficit inherited from a Democrat administration into a \$ 200 Million surplus without a tax increase.

So, I’ll place my bet on Gibbs’ problematic, if unique, veracity against Pelosi’s political interchange.

HYPOCRISY

TOM PRATT

The controversy over the proposed Muslim cultural center in Manhattan is a disgraceful display of not only ignorance but of mean spirited politics of the worst sort.

These sub-intelligent, knowledge-challenged idiots such as Flush (not a typo) Limbaugh, Sahara Palin and Newt Gingrich have not taken the time to do any research on the project or the people behind it. They are simply using this issue for self aggrandizement in an attempt to appeal to the also intelligence-challenged Tea Party dopes.

up a monument at Gettysburg) then that would make all white Christian men Clan followers.

The equally idiotic Gingrich recently said we would not allow the Japanese to build a memorial next to Pearl Harbor or the Nazi’s a sign next to the Holocaust Museum. I ask you how can you compare over a billion people who follow the Islamic Faith to Nazis and WW2 Japanese soldiers.

Another bit of information that these dopes have failed to recognize is that the Imam who is heading the project is one of the most moderate of all Imams. His name is Imam Feisal Abdul Rauf who travelled overseas with one of Bush’s closest aides, Karen Hughes in 2006. He also has helped the FBI extensively with counterterrorism efforts following 9/11.

have called Bradley Manning, the accused whistleblower, who leaked the video of U.S. Soldiers murdering an innocent journalist and Iraqi citizens to Wiki Leaks, a traitor and a criminal who has endangered U.S lives by revealing a war crime.

Do they not realize that their heroes’, Gingrich etc, condemnation of all Muslims and comparison of Muslims to Nazi’s and Klu Klux Klan members, are helping the extremists recruit more extremists. If you can go to impressionable unemployed young people who already dislike America for all the meddling we have done in their countries and show them that a majority of Americans hate them, the recruitment job is much easier.

I would suggest that these hate mongers read Imam Rauf’s book ‘What’s Right with Islam: A New Vision of Muslims in America.’ This man has spoken at the National Cathedral has lectured at the Aspen Institute, he is a very well respected leader who has made Interfaith a very important part of his life. He seeks to bring all religions together and not separate people as the Limbaugh and Gringrichs of the world want to do.

The Tea Party jerks

NEWT, NAZIS AND THE NOBEL PRIZE

BLUE NOTES

DANIEL MORROW

Prepare yourselves for yet another chapter of “The Wit and Wisdom of former Speaker of the House Newt Gingrich”, the self-righteous, born-again Republican moralist, philanderer, presidential wanna-be, and author of several novels, catalogued, ironically, as “historical fiction.”

This time the Tulane-trained expert on Belgian

education policy in the Congo is posturing around ground zero.

According to the disgraced and disgraceful former Congressman, “Nazis” (members of an early 20th-century German political party (and disproportionately “Christian”) . . . and “The Japanese” (citizens and soldiers of a disproportionately Shinto/Buddhist country summed up by Newt as the folks who

brought you Pearl Harbor) . . . and Muslims (an internally fragmented religious community comprising dozens nationalities and even more points of view) are just alike.

And if you’re not impressed by Newt’s mastery of history (and traditional formal logic), he’s ready to wow you with his economic insights.

Like most of his tea-sipping friends, he’s convinced that extending tax breaks to the wealthiest one-percent of America’s households constitutes good stewardship of the American economy.

How will the roughly \$680 billion (with a “B”) in tax benefits be distributed? Well, none for you, Pilgrim.

Princeton economist, and Nobel Prize winner, Paul Krugman put it this way.

“Take a group of 1,000 randomly selected Americans and pick the ONE with the highest income; he’s going to get the majority of that group’s tax break. And the average tax break for those lucky few -- the poorest members of the group have annual incomes of more than \$2 million, and the average member makes more than \$7 million a year -- would be \$3 million over the course of the

next decade.”

Nice . . . for all of us taking home that kind of dough.

Don’t Tread on Me? Good Lord, don’t go anywhere NEAR those people.

Next week: Palin cures cancer and launches her tea-parties-for-world-peace campaign.

Watch this space . . . and keep your citizenship papers handy.

grained in the Republican agenda? Some possibilities:

(1) Republicans don’t believe the science. Some Senators may not, but surely some are informed enough to respect the findings of the great bulk of the world’s climate scientists. Universal Republican opposition to climate legislation suggests there are also other reasons.

(2) Action now will cost too much. This is illogical. Deferring action can cause huge costs later. Cap and trade or carbon taxes would of course raise the price of fossil fuels, by internalizing the costs of the pollution they cause, thus discouraging their use and promoting efficiencies and

DUCKING A HARD DECISION

PURPLE

BRUCE SMART

If you believe that human-caused global warming and climate change are among the most threatening challenges facing our world – as an engineer, Purple surely does – then the Obama Administration’s decision to abandon the fight for an energy/climate bill this year falls somewhere between disappointing and disastrous.

Sure, counting votes, there probably aren’t 60 Senators yet ready to overcome a Republican filibuster, and the Democrats are on a modest winning streak they don’t want to upset. But in abandoning the issue, they missed the chance to put Energy, Climate, and

Republican Irresponsibility on the front page as signature issues for Congressional campaigns this fall. Had the Democratic leadership - in Congress and the White House - moved vigorously, the stage would be set for getting a Bill in 2011. By letting the matter drop quietly, the President has down-played its importance, and may have lost his chance to address energy and climate change for several years, insuring that future damage, costs and threats to national security will almost certainly be far greater than if he had acted forcefully now.

Locally it would surely have helped Democrats. Our area is well informed on the need to pro-

tect our environment, and sufficiently educated to understand the science involved. We remain angry at Dominion for proposing an unneeded power line across our countryside to transmit electricity generated from coal, a huge source of greenhouse gasses. Our Congressman, Republican Frank Wolf, has been a consistent opponent of federal action on climate change in his correspondence with this voter, his opposition further confirmed by his recent campaign mailing, which discussed every major issue one could think of, except climate change, about which not one word appeared.

Why is opposition to climate legislation so in-

Knowing the poisonous atmosphere in Washington, Purple understands the strategy. The first argument

will appeal to those unfamiliar with the issue, and the second to those who cannot see beyond this month’s electric bill, not realizing that almost everything else they buy has the costs of associated pollution control reflected in its price. The third reason will energize the Party’s hate base, including Tea Party supporters. Together these reasons establish a cynical political program that may appeal to know-nothing voters, but gives the rest of us every reason to defeat Republican legislators who put Party, re-election and self-interest over their Nation’s needs.

A Purple-tinged candidate couldn’t ask for a better target against which to run.



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NEWS OF NOTE

MUSIC THERAPY ON MADISON

CONTINUED FROM PAGE 1

all ages is well known in and around Middleburg.

His outstanding use of music for therapy recently attracted the attention of the White House, where he was invited to perform during the White House Disabilities Theater Day (Watch for it on HBO).

Tentative plans call for the center to be open from 4:00 PM to 9:00 p.m., three days a week and from 9:00 a.m. to 5:00 p.m. on Sundays. A Saturday evening movie session, and the sale of musical instruments and related equipment are also under consideration.

A Meandering Trail

In late July, by a 5-0 vote, Council approved a request to formally pursue VDOT and Federal funding for what has been described as a new "Middleburg Meandering Trail."

The proposal begins a process that will support, funding, planning and maintenance of an extended walking trail around Middleburg, linked to existing trails Hill School and the M.A.R.E. Center.

Council Member Bundles Murdock, who introduced the motion, offered special thanks to Missy Janes and others for their outstanding work on the project to date.

Janes, the author of Life in the Country. Stewarding the Land Responsibly: A Landowner's Guide, told Council she looked at the trail "as a natural resource library."

According to Janes, tentative plans call for phase 1 of the trail to start at Middleburg Elementary School, meander along a tributary to Wancopin Creek, cross Route 50 just below Middleburg Animal Hospital, swing below property owned by the Daley family, then through land owned by Ron Poston, into the church cemetery, through the back of George White's property, and then "sneak" through the Meadow Kirk property to the entrance of the Hill School, where it would connect to the existing trail.

Health Center Home for Middleburg Museum

Mayor Betsy Davis reported that she, Economic Development Coordinator Cindy Pearson, and former Town Council Member Eura Lewis had recently discussed using a rental apartment in the Town-owned Health Center Building as "a good starting location" for a town museum.

The development of a museum, Davis noted, had long

been "a pet project" for Ms. Lewis, and that, at one time, the Town had actually considered purchasing the Asbury Church building on Marshall Street for the purpose. Lewis, Davis noted, would be a perfect Museum Chairperson.

The town currently charges \$850/month for the space being considered in the Health Center. "Profit" from rental of the space is donated to charity each year. The Health Center Advisory Board has been asked to discuss the matter and make recommendations.

Payday Lenders

Middleburg, signed on to a request by the City of Staunton, sent to all members of the Virginia Municipal League, urging the Governor and Virginia General Assembly to act swiftly to "prohibit predatory, usurious lending practices in the Commonwealth of Virginia." The pay-day loans in question usually take the form of short cash advances for a set fee, in anticipation of a forthcoming pay check (or social security check). Depending on the terms of the loans and "roll-over" provisions for fees, interest rates as high as 3,600 % per annum have been reported. There are, at present, no such businesses known to be operating in Middleburg.

Shaved Ice Stand

Council granted a "Temporary Zoning Permit to allow for the sale of shaved ice at the Middleburg United Methodist Church" to Middleburg Academy senior, Andrew Rader and his brother, John, a freshman.

The Raders told Council they got their idea for a shaved ice stand last year, in Hawaii, where they saw a man selling shaved ice on the street.

Middleburg United Methodist Church agreed to let the Raders use the church lawn on Friday and Saturday afternoons, and, possibly on Sunday as well.

The senior Rader noted that, in addition to traditional shaved ice covered with syrup, their stand might emulate vendors in Hawaii who put ice cream in the bottom of their cones. Music, he said, was also a possibility.

Low Flow and Water Treatment

Retired Town Administrator Jerry Schiro, now serving as a consultant until his replacement can be found, reported that low demand for treated water in Middleburg is delaying the opening of the Town's

new treatment plant.

The new state-of-the-art plant was designed to treat 250,000 gallons per day in order to accommodate the anticipated needs of the yet-to-be-opened Salamander Inn and Spa.

On some days, Schiro noted, Middleburg requires less than 80,000 gallons per day, particularly in dry weather.

One approach may be to operate only half the plant at a time, alternating filtration membranes to keep them wet and operational. Unfortunately, the plant is currently designed to automatically run two filtration "trains." Alternating the trains would require significantly more work, and indeed manual work by the plant's operators. Changing the plant's design and operating procedures will also incur unanticipated costs.

Also at issue are anticipated requests from Salamander that the Town reduce performance bonds held by the Town pending delivery of the plant, or that Town take full ownership of the plant once it has been passed all permit requirements.

Middleburg, he noted, needs "to nail down all of the issues before accepting the plant. Given what Schiro described as "tremendous progress", the water treatment plant would "probably be on line by the end of August."

Fire Suppression at The Sporting Library

Loudoun Water has also conducted water flow tests for the National Sporting Library and Museum's new fire suppression system, Schiro reported. The results were not good.

Because the new water treatment plants are not yet on line, the he Town "was having a hard time" meeting water pressure requirements for the Library and Museum's new system.

After a pressure test conducted at the fire hydrant closest to the Library, on The Plains Road, Town Planner David Beniamino and Schiro told Library executives that it they chose to rely on their new fire suppression system in the absence of sufficient water pressure, they would do so at their own risk.

Indeed, according to Schiro, if the Library and Museum were completed before the town's new water treatment plant was operational, the Library would not be allowed to connect their fire system to the Town's water lines.

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PASTIMES

BACK TO SCHOOL, BACK TO HEALTHY EATING

YOUR PERSONAL CHEF

ALYSON BROWETT

As summer has ended. It is time to get back to school and work, relegating summer vacation memories to scrapbooks and storytelling. It's also time to forget the county fair cotton candy, boardwalk fries and road trip hamburgers. Now that we're all falling back into our daily routines, we need a call to action. According to the Centers for Disease Control and Prevention, more than 15% of adults in every state are obese (more than 30% in nine states) and 17% of all children in the United States are obese (defined as having a body mass index, or BMI, higher than 30).

By resorting to "convenience" foods – those that are boxed, bagged or obtained from restaurants – we are systematically killing ourselves. Obesity is shortening our lives and increasing our health care costs. A recent study in the journal Health Affairs stated that childhood obesity creates \$14.1 billion in direct health costs annually, while adult obesity-related illness creates \$147 billion in direct health costs annually. Yes, billions. These costs are continuing to rise and have risen dramatically over the past three years. We are getting fatter faster, which means we are getting obesity-related illnesses (heart disease, high cholesterol, diabetes, even asthma) more often. It is time that we as a nation, in our individual communities and homes, put our collective foot down and make a difference in the way we live.

While getting at least 30-60 minutes of moderate to vigorous exercise daily is important, any health expert will tell you that the single most important factor in obtaining and maintaining healthy weight is nutrition. Here are some simple steps to get you started on the road to better nutrition. By following even some of these suggestions, we can all start to make a difference in our individual, and therefore our nation's, health.

1. Watch your portion sizes and eat a balanced diet

that consists of mostly complex carbohydrates, unsaturated fats and lean proteins. Make your largest portion colorful vegetables prepared in low fat ways, such as raw, steamed, grilled or roasted. Only about one half of your plate should be meat and starch, about three to four ounces per serving. Also be aware of the serving sizes of packaged foods.

2. Try to eat smaller meals or snacks at the same times throughout the day. If you train your body into understanding that it will be getting food at the same time, it will use the calories you provide it more efficiently, and you are less likely to overeat if you know you'll be eating again in a few hours.

3. Read food labels. Learn the different names for sugars and start to eliminate them from your diet. If you begin to eat foods with as few ingredients as possible, then you will begin to eliminate a lot of the sugars and processed additives that are considered "empty calories" and bad for you.

4. Eat foods that are close to the source. A whole apple is better than apple juice. Staying away from processed and packaged foods will automatically cut down the sugars and "empty calories" you consume.

5. Increase your water intake. A simple place to start is to aim for at least 40 ounces daily.

Here is a quick and well-balanced (and fun!) meal or snack idea. When given the chance to interact in food preparation, children are more likely to try vegetables that they otherwise might not.

Mini Pizzas

4 whole wheat English muffins

1 cup tomato sauce

4 oz. lean ham

4 oz. shredded part-skim mozzarella cheese

Diced veggies – peppers,

onions, broccoli, tomatoes, mushrooms – whatever you like!

Heat the oven to 300°F. Split the English muffins in half. Spread a little spaghetti sauce on each one. Top each half with ½ oz. ham, ½ ounce

of cheese and some veggies. Place the mini pizzas on a baking sheet or directly on the oven rack and cook for about 5-10 minutes, or until the cheese is melted. Serves four.



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NASTY BEASTIES

THE PLANT LADY

KAREN REXRODE

Summer can bring out some of the nastiest, vilest bugs. It's the gardener that often finds them, usually by accident and often accompanied by a painful sting. One example is the saddleback caterpillar, a striking creature in its larval form, developing into a moth of little beauty, dull brown with few markings. The caterpillar is bright green with a brown saddle on its back, designed to look like an eye and scare birds. Fine spines run along its body and cover the small horns at each end. These spines will sting and leave an irritating welt. As painful as any bee sting, but slow to develop, the gardener has usually moved onto the next plant in the garden before they realize there's pain. This pain will spread and it seems like the more you rub, the worse it feels. If you rubbed up against one and made contact with many of the spines, the pain can be nauseating. The best relief seems to be Benadryl spray and I keep it in my garden bag, close by and handy when I'm working my way through a lot of perennials. The host plants for saddlebacks are apple, aster, grape, maple, oak, dogwood, elm and viburnum. From small eggs they travel and feed on just about anything. I often find them on iris, peonies, astilbe and echinacea. Look for chewed leaves and then carefully use something (stick or clippers) to lift the leaf and look beneath before pruning or deadheading. Where there is one, there are often more. Once I found 18 in one astilbe patch. The saddleback caterpillar tends to be a late summer and fall pest. Their damage to leaves is minor, their sting is major.

Another insect that seems to be more prevalent this year is the velvet ant. The female scurries along the ground, back legs are higher than front, she looks like she's jacked up in the back. Her furry body is stripped with bright red hairs and smaller black stripes. Not an ant but a solitary wasp, only the female runs on the ground. The males have wings and can fly, something I have never seen. Their sting is said to be the most painful of any insect, in fact another common name for them is cow killer. The bright red is clearly a warning sign and the good thing is they will avoid you, running the other way when they sense movement. The quick scurrying is a search for wasp and bumblebee nests. The female will lay her eggs in the cells of

their pupa and they become a host for her young. With our extraordinarily hot summer, I have seen more than any other year. They can also be found in deserts, so it should come as no surprise that they have liked our heat. The good news is that their desire to avoid us means the gardener is pretty safe. I have never been stung and I know of no one else that has. Now a barefoot gardener might be in more danger, take heed!



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PASTIMES

OH, MY ACHING HEAD....

7TH INNING STRETCH

ALEX CUDABACK

Congrats to the Washington Mystics on locking up its first Eastern Conference title. Beating the team (Atlanta) they'll be facing in the first round to do it? That's just a bonus.

Note to the Wizards: Ahem. You may want to pick up the pace a bit.

My favorite thing about August? The Little League World Series. (I know, I know, the Babe Ruth World Series is being held right around the corner in Purcellville. So go already!) But I love the LLWS. Maybe it's the kids trying so hard to act grown up and failing so miserably as their exuberance, their enthusiasm, their joy and their heartbreak all bubble to the surface. Maybe it's the idea that these kids are all playing just because they love to do it. Maybe it's because the games are played on scaled down fields perfect for the scaled down munchkins running around on them. Maybe it's because the kids always play hard, always care and regularly make plays they'll remember for a lifetime. Whatever the reason, I encourage you to tune in if you have a chance. Games are being broadcast on ESPN and ABC.

Lou Pinella walked away from the game he's played and managed professionally for the last 48 years of his life on Sunday. He cried. He thanked people and organizations. It was all sort of what you'd expected it to be. But he didn't throw any bases, he didn't toss any bats or helmets or other equipment, he didn't kick any dirt. Lou has mellowed with age. But I'll still miss his presence on the field and in the dugout. With Bobby Cox retiring at the end of the season the game is losing two of its finest characters, and two of its finest men.

Congrats to the Nats on signing Bryce Harper, the generational hitting talent that the team hopes will join Ryan Zimmerman and Stephen Strasburg as the foundations of a soon to be proud franchise. Of course, Harper won't join the team for at least another two or three seasons (if he does as well in the minors as everyone hopes) and by that time who knows what state the Nats will be in.

Strasburg's latest injury, hopefully just a strained flexor tendon in his throwing arm, should underscore the team's plans to treat Strasburg with utmost care. There is absolutely nothing to be gained by NOT shutting him down. The Nationals' season, as far as Strasburg is concerned, is done. He was closing in on the team-mandated innings-pitched limit anyway. How many more

4- and 5-inning starts did they have in mind to confirm what they'd always suspected about Strasburg, that his stuff is as good if not better than advertised, that his attitude and approach are everything you could want from a face of the franchise?

And speaking of Harper and Strasburg, can anyone explain to me why, exactly, it took until "under a minute" before the signing deadline to get both of these guys signed, sealed and delivered? I simply don't understand why teams and agents engage in this game of chicken each and every year. Does anyone look good because of it? Really? Do Scott Boras and Mike Rizzo not have each other on speed-dial? Do neither of them have enough anytime minutes to spend some time talking about this kind of thing months earlier? Why the drama? 'Cause they've got better things to do? Really? Pick up the phone, gents. You both just look silly.

For a team that worked so hard to revamp itself from the inside out this off-season, from turning the reins over to people who actually had a bit of experience doing this kind of thing to using draft picks to address needs rather than wants, the Redskins have done just about everything right this off-season.

Even this situation with Albert Haynesworth is progressing according to script...

Haynesworth set himself up for failure when he decided to blow off the OTA's that all his teammates managed to get to; he set himself up for failure when he spent his first week in camp repeatedly failing his

conditioning test; he set himself up for failure when he decided to sit out practices with a mystery ailment just now diagnosed as rhabdomyolysis, a breakdown of muscle fibers into the bloodstream that can damage the kidneys. (Granted, the number one course of prevention for rhabdomyolysis is proper and frequent hydration, something you'd think a \$100 million athlete could keep up with, but Haynesworth has never come across as the sharpest tool in the shed.)

Haynesworth's petulant attitude has finally caught up with him and there's not a thing he can do about it. He doesn't like playing with the second-teamers? Tough. He doesn't like playing in the third quarter of a preseason game? Should've been on time for practice, not down in Bermuda working with your personal conditioning coach. (How does one get that job by way?) He doesn't feel appreciated, loved, care for, whatever? Suck eggs, Albert; you gotta give to get, and so far all you've given is bad attitude.

The Redskins are going to be a better team this year, either with Albert or without him; Shanahan doesn't care one way or the other. His doghouse is more than big enough to accommodate the \$100 million malcontent. The sooner that message sinks in to Haynesworth's aching head, the better for him.

"The days of him playing without practicing are over. And that, to me, says it all," Mike Shanahan said the other day.

Exactly. Coming from Shanahan, that's not a line in the sand.

That's written in stone.



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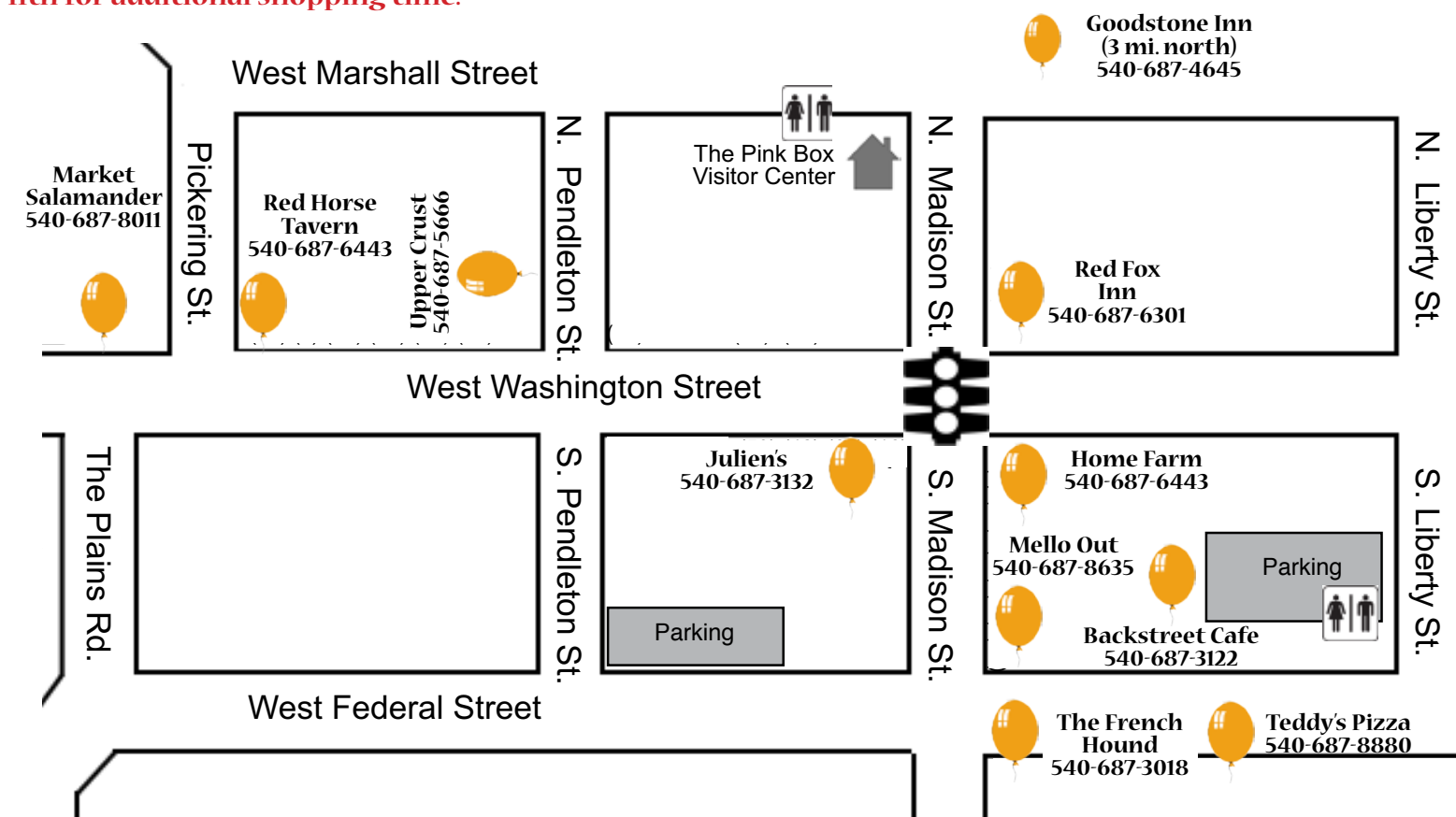
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FALL ART CELEBRATION

The Middleburg Arts Council is celebrating Middleburg Artists the month of September throughout town. Local businesses will once again offer space to the artists to show their art. On Saturday, September 11, 2010, 3-7 pm, there will be an 'Art Walk' throughout town to showcase the artists in the local businesses with their art work. Participating businesses will remain open until 7:00 pm on Saturday, September 11th for additional shopping time.



Bringing together local farmers, vintners and food artisans with the area's chefs, Celebrate the Harvest Week will showcase the Piedmont regions bountiful harvest.

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Diana Puppies— healthy, unbelievably cute Mastiff/Boxer Mix pups that were born late May. They will be HUGE!!!

Adam is an 8 yr. old lab mix who spent most of his life on a chain. He loves people, is very smart, & will give lots of kisses, but is not good around cats.



Bagel is a happy, fun loving older Beagle mix who adores people and would be a perfect companion. She will do anything for a treat!

Middleburg Humane Foundation



MHF is in a contest! We REALLY need your help! Please take just a few seconds to VOTE for us to be in the upcoming movie "Smitty"! The organization with the most votes will be in the movie and will win a ton of prizes and cool stuff!

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- Click on the Smitty poster on our homepage
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PLEASE help us spread the word!

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Lilah is a charming 4 yr. old Beagle Pit bull mix She is very sweet, loves people, & has a great personality.

Bruce is very sweet, super special, calm Pit Bull mix. He has a wonderful temperament, is great with kids & other dogs.



Bunnies We have 9 adorable bunnies available of various ages and personalities that were found on the side of the road.

Diana is a 4 yr old Mastiff mix who came to us with 8 emaciated puppies. She's incredibly smart, knows many commands & will sit up to beg for treats.



Gracie is a 5 yr. old Coonhound who is a doll. She loves people & attention but would do best in a home without children.



ALBERT'S CORNER

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

This month's article is all about walking in my shoes. Okay, I don't actually wear shoes, but you know what I mean. People and pets inhabit the exact same world but perceive it in very different ways. We have the same five senses, but they work differently, and that's what makes us fascinating!

Of course, everyone knows about our amazing sense of smell. Our olfactory lobe is four times larger than the similar portion of a person's brain. We have 20 times the number of smell receptors as you do. As a result, we can do wonderful things with our noses, including separating scents when we are presented with many at once and being able to smell less concentrated odors that are impossible for humans to detect. In fact, our sense of smell enables us to help people in unbelievable ways. With proper training, we can sniff out insects, bombs, drugs, people, other animals and even some types of cancer! Some breeds, like German Shepherds and Bloodhounds, have keener senses of smell than other breeds. Dogs with short snouts, for instance, are less likely to be champion trackers.

The second sense most often associated with dogs is our ability to hear at astonishing distances. In fact, we can track the origin of a sound in 6/100 of a second – even when it's too far away for a person to hear it at all. Many of us can rotate our ears in multiple directions and move one ear independently of another. It's not that our hearing is so much different than yours, it's that we can hear sounds at high frequencies completely out of human range. In lower frequencies, however, our hearing is more similar to that of a human.

Our sense of sight is not as highly developed as our senses of smell and hearing, but it is far better than once believed. We can see color, but not as vividly as you do. We see blues, yellows and grays but have difficulty with red and green. (You might want to keep this in mind when selecting toys for us.) What we lack in color differentiation, however, we make up for in motion detection and night vision. We can spot movement much faster and farther away than you can, and we can see very well in the dark.

Touch is something you might not think a lot about when you think about our senses, but you should. We have sensitive nerve-endings all over our bodies despite the fact that we're covered in fur. That's why we love it when people pet us. Interestingly, one of the places we're least sensitive is around the neck. That's one of the many reasons (in my opinion) that considering training methods other than choke collars is beneficial.

Finally, there is our sense of taste. This one is not terribly impressive. We simply do not have as many taste buds as people and we do not often discriminate when it comes to what we eat. We rely on our sense of smell rather than our sense of taste when we encounter food. Unfortunately for our offended humans, that means really smelly things are usually a

delicacy to us.

Knowing more about how we perceive our world can help people to be more patient and understanding with us. In fact, the differences in human and canine senses may be one of the reasons that we go together so well. After at least

14,000 years of co-existing, I "sense" that the relationship is working out just fine!

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

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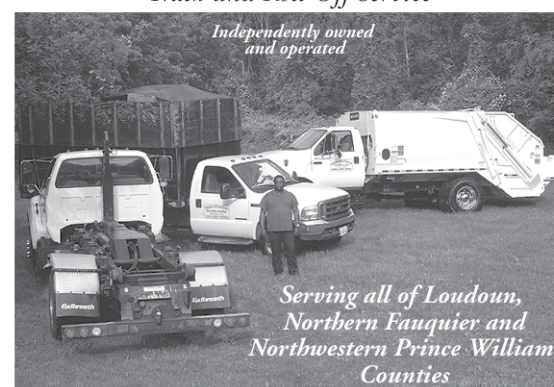


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Trough Hill Farm
Middleburg, Virginia

103 acres and towering white oaks surround this delightful 1800's Virginia farmhouse in a well protected area near Foxcroft School. Ultra charming main house has 9 fireplaces, multiple staircases, original wood floors and 5 bedrooms. Additional guest house and stunning pool house/game room make this a unique compound for entertaining. Gorgeous stone walls, terraces and garden walls wrap around the pool and overlook lovely spring fed pond and barns. \$5,200,000.

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Forest Mills Farm
Leesburg, Virginia

Circa 1813 Quaker home, brick, stone and stucco construction. 5 bedrooms, 3 1/2 baths, 7 fireplaces, high ceilings, beautiful woodwork and original floors on 69.75 acres. Improvements include the stone guest house, log cabin, 3 barns totalling 20 stalls and riding ring. Property is fenced and cross fenced, boxwood gardens. Great setting in a protected area. Prime fox hunting location. \$2,500,000.

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Marshall, Virginia

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Beaver Creek
Purcellville, Virginia

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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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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. \$945,000.

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Margaret Carroll (540) 454-0650



Conde Road
Marshall, Virginia

Stunning home perched on 8+ acres near Warrenton. Perfect first floor master overlooking stately pool and plantings. Gourmet kitchen, separate dining room, library, family room. Two private bedroom suites with baths on lower level with large entertainment center, wet bar and sitting room. 4 fireplaces, 3-car garage. Warrenton Hunt. \$895,000.

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Commercial
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Piedmont Drive
Middleburg, Virginia

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In the Virginia Countryside

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In the Capital Region



INTERNATIONAL OFFERING

DRESDEN FARM, MIDDLEBURG, VA

Beautiful and renowned horse farm near Middleburg in the heart of hunt country. 125 acres. Superb main house, circa 1787, surrounded by exquisite gardens and massive hardwoods. Pool and pool house. Four additional dwellings, farm office, full complement of horse barns, equipment sheds, auxiliary farm buildings. Excellent fencing. Automatic waterers in all paddocks. Huge pond surrounded by gardens. Greenhouses. All in mint condition. \$8,000,000.

Ruth Ripley 540-687-2222

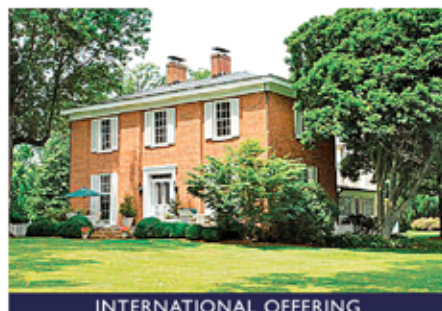


INTERNATIONAL OFFERING

ROCK RIDGE, MIDDLEBURG, VA

Great Location. Orange County Hunt. 94 acres. Five bedroom stone and brick main residence with paneled library, elegant woodwork and beautiful aged wood floors. The house is sited on hillside with fabulous views. 22 stall main barn, 5 stall barn. Outdoor ring, run-in sheds. 3 bedroom cottage. 2 bedroom tenant house. Superb facility for horses. Excellent ride out. \$4,950,000.

Gloria Armfield 540-687-2223



INTERNATIONAL OFFERING

WOODSIDE, DELAPLANE, VA

Elegant and historic brick federal house on 32.5 acres. The first section is circa 1730, with an addition in 1850. Fabulous views of the Blue Ridge sweep over a large pond. Huge, well maintained hardwoods stand in the park like lawn. Lush gardens. Dependencies include a glamorous pool, a seven stall barn, a large equipment/storage shed with an apartment attached and two log garden houses. The property is in the desirable Orange County Hunt. Large price reduction. \$2,900,000.

Ruth Ripley 540-687-2222



INTERNATIONAL OFFERING

LORETTA, WARRENTON, VA

Loretta, a beautiful Colonial Revival Mansion, is a registered Va. Landmark property listed in the National Register of Historic Places. 73+ acres, 2 tenant houses, barn/stable, office/studio. Main house with 4 bedrooms, 2 1/2 baths. Well known landmark owned by a late Master of the Warrenton Hunt. Written up in many books i.e., "Historic Houses of Virginia." \$2,300,000.

Gloria Armfield 540-687-2223

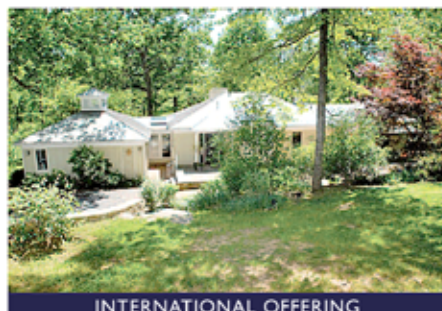


INTERNATIONAL OFFERING

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, fabulous home office/au pair suite, 7.5 baths, and 5 fireplaces. \$1,699,900.

Rick Lowe 703-509-3962



INTERNATIONAL OFFERING

THE PERCH, MIDDLEBURG, VA

In the heart of the Orange County hunt just south of Middleburg. Light filled country contemporary in lush surroundings overlooking Little River. 8.9 acres. 3 bedroom main house, fabulous kitchen. Garage with lovely office/guest quarters above. 2 stall barn with groom's quarters. Fenced paddocks with run-in shed. Price reduced. \$1,550,000.

Ruth Ripley 540-687-2222
Lynn Wiley 540-454-1527



FAIRFIELD, MIDDLEBURG, VA

Special location with 4+ acres just east of Middleburg. 1st floor master bedroom with ensuite bath, living room, dining room with access to screened porch overlooking the pool. Two additional bedrooms, bath and half bath, den, family room, eat-in kitchen and library. Attached 2 car garage. \$950,000.

Gloria Armfield 540-687-2223



WILD WIND, MIDDLEBURG, VA

Price Reduction. Located just west of town in Middleburg Downs, this lovely French Colonial is sited on over 3 beautifully landscaped acres providing excellent privacy and views of the Blue Ridge Mountains. Well maintained 4 bedroom house has a new kitchen, laundry and powder room. Hardwood floors throughout. \$799,500.

Carole Miller 540-687-2233



KINGSCCHASE LANE, THE PLAINS, VA

Hidden among mature trees with pond and small stream, established landscaping, this all brick cape has 2 master suites on the main floor, upper level guest quarters and ground floor family room, and home office, or could be a full in-law apartment with kitchen and dining area. 7.66 acres just minutes from The Plains and I-66. Two levels of porches covered and enclosed, hardwood floors, fireplace. Total of 4 bedrooms and 3.5 baths. \$599,500.

Lynn Wiley 540-454-1527



LOCUST GROVE, RECTORTOWN, VA

Historic stone and stucco farm house c. 1850 on 9.73 private acres in the famed Orange County Hunt. The 3 bedroom and 1.5 bath home is situated on land previously home to the Locust Hill Vineyard. The home is livable at present, but ready for major updating. Numerous outbuildings with unlimited potential. \$599,000.

Rick Lowe 703-509-3962
Carol Fochtman 540-272-4334



28 ACRES, DELAPLANE, VA

Beautiful views in all directions. 28+ acres of rolling open land perfect for horses, cows, grapes, or just enjoying. Small stream and some woods, several house sites to select from two 4 bedroom perks. Minutes to I-66 just west of Marshall. Surrounded by other large parcels. Plats available. \$595,000.

Lynn Wiley 540-454-1527



MOONLIGHT WOODS, PURCELLVILLE, VA

Charming 3 bedroom and 2.5 bath home in pristine condition. Sited in 3.1 acres, the home is tucked off a hard surface road behind a natural screen of trees. Bounded by a horse farm on one side and a year-around stream on the other, the residence is a welcome retreat. Bonus two-story 1,680 sq. ft. carriage house. \$479,000.

Carol Fochtman 540-272-4334
Clyde Lamond 703-501-8065

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